

ShaRK 400m 2026: Session: 1: COACH evaluation sheet for TEAM: HZS

Coachinfo: Warming up from: 12:20 untill 13:25. Teamleadmeeting @ 13:00 The listed starttimes are indicative!

Coaches: Mulkers Lander HEADCOACH

PB => Personal Best time

SB => Seasons Best time: Season starting point: first of September.

Event number: 1: 400M MEDLEY WOMEN 11+							Heat:1, starttime: 13:30	
Heat: 1/4 Lane : 2 Athlete: THEWISSEN MIRTHE							Q-time: 99:99:99	
PB (25m pool): no time			PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		no time		no time		no time		no time
	no time							
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		no time		no time		no time		no time
								

Coach feedback:

Event number: 1: 400M MEDLEY WOMEN 11+							Heat:2, starttime: 13:35	
Heat: 2/4 Lane : 5 Athlete: COPERMANS SAM							Q-time: 99:99:99	
PB (25m pool): no time			PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		no time		no time		no time		no time
	no time							
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		no time		no time		no time		no time
								

Coach feedback:

Event number: 1: 400M MEDLEY WOMEN 11+							Heat:3, starttime: 13:45	
Heat: 3/4 Lane : 2 Athlete: VERLEYSSEN NOA							Q-time: 05:48:95	
PB (25m pool): 06:02.20 Beringen 03/03/2024			PB (50m pool): 05:48.95SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		no time		no time		no time		no time
	no time							
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		no time		no time		no time		06:02.20
								

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Event number: 1: 400M MEDLEY WOMEN 11+							Heat:3, starttime: 13:45	
Heat: 3/4 Lane : 3 Athlete: BEUNCKENS TESS							Q-time: 05:42:53	
PB (25m pool): 05:44.42 Aarschot 04/05/2025				PB (50m pool): 05:42.53SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		no time		01:22.09		no time		no time
	no time							
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		no time		no time		no time		05:44.42
								

Coach feedback:

Event number: 1: 400M MEDLEY WOMEN 11+							Heat:3, starttime: 13:45	
Heat: 3/4 Lane : 4 Athlete: CLAESSENS ELLA-LOUISE							Q-time: 05:45:85	
PB (25m pool): 05:45.85 Tilburg 26/10/2025				PB (50m pool): 05:52.49SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		00:35.46		01:18.80		02:02.52		02:44.58
	00:35.46		00:43.34		00:43.72		00:42.06	
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		03:37.98		04:29.42		05:08.55		05:45.85
	00:53.40		00:51.44		00:39.13		00:37.30	
								

Coach feedback:

Event number: 2: 400M MEDLEY MEN 11+							Heat:3, starttime: 14:10	
Heat: 3/3 Lane : 3 Athlete: VANGROOTLOON JEF							Q-time: 04:56:25	
PB (25m pool): 05:15.02 Beringen 03/03/2024				PB (50m pool): 04:58.03SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		no time		no time		no time		no time
	no time							
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		no time		no time		no time		05:15.02
								

Coach feedback:

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Event number: 4: 400M FREESTYLE WOMEN 11-12							Heat:3, starttime: 15:35	
Heat: 3/8 Lane : 1 Athlete: TAIBI AYA							Q-time: 07:16:99	
PB (25m pool): 07:16.99 Beringen 08/02/2026				PB (50m pool): 08:21.93SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		no time		01:40.38		no time		03:32.94
	no time							
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		no time		no time		no time		07:16.99
								

Coach feedback:

Event number: 4: 400M FREESTYLE WOMEN 11-12							Heat:3, starttime: 15:35	
Heat: 3/8 Lane : 6 Athlete: LIZIN NEL							Q-time: 07:18:97	
PB (25m pool): 07:18.97 3500 Hasselt 23/11/2025				PB (50m pool): no time SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		00:45.82		01:40.26		02:35.74		03:33.15
	00:45.82		00:54.44		00:55.48		00:57.41	
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		04:31.02		05:29.86		06:25.89		07:18.97
	00:57.87		00:58.84		00:56.03		00:53.08	
								

Coach feedback:

Event number: 4: 400M FREESTYLE WOMEN 11-12							Heat:4, starttime: 15:45	
Heat: 4/8 Lane : 1 Athlete: DANIELS LOTTE							Q-time: 07:05:04	
PB (25m pool): 07:05.04 3500 Hasselt 23/11/2025				PB (50m pool): no time SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		00:44.36		01:38.99		02:33.06		03:29.24
	00:44.36		00:54.63		00:54.07		00:56.18	
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		04:25.96		05:21.54		06:15.03		07:05.04
	00:56.72		00:55.58		00:53.49		00:50.01	
								

Coach feedback:

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Event number: 4: 400M FREESTYLE WOMEN 11-12							Heat:5, starttime: 15:50	
Heat: 5/8 Lane : 3 Athlete: PUT TYANA							Q-time: 05:56:30	
PB (25m pool): 06:12.28 Beringen 08/02/2026				PB (50m pool): 05:56.30SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		no time		01:24.14		no time		03:00.71
	no time							
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		no time		no time		no time		06:12.28
								

Coach feedback:

Event number: 4: 400M FREESTYLE WOMEN 11-12							Heat:7, starttime: 16:05	
Heat: 7/8 Lane : 4 Athlete: BEVERNAGE TRIX							Q-time: 05:22:46	
PB (25m pool): 06:12.91 Herentals 04/10/2025				PB (50m pool): 05:22.46SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		00:42.64		01:29.59		02:16.40		03:04.43
	00:42.64		00:46.95		00:46.81		00:48.03	
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		03:52.82		04:41.27		05:28.72		06:12.91
	00:48.39		00:48.45		00:47.45		00:44.19	
								

Coach feedback:

Event number: 4: 400M FREESTYLE WOMEN 11-12							Heat:8, starttime: 16:10	
Heat: 8/8 Lane : 1 Athlete: CLAESSENS ISA-BEAU							Q-time: 05:08:38	
PB (25m pool): 05:32.49 Herentals 04/10/2025				PB (50m pool): 05:08.38SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		00:37.45		01:19.64		02:01.71		02:44.08
	00:37.45		00:42.19		00:42.07		00:42.37	
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		03:27.57		04:09.86		04:51.80		05:32.49
	00:43.49		00:42.29		00:41.94		00:40.69	
								

Coach feedback: