

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

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

Coaches: Degelin Lieselot

Coaches: Stabel Siegfried HEADCOACH

Coaches: Reymen Rika

PB => Personal Best time

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

Event number: 2: 400M MEDLEY MEN 11+							Heat:2, starttime: 14:00	
Heat: 2/3 Lane : 4 Athlete: LEYSEN JEROEN							Q-time: 05:37:08	
PB (25m pool): 05:37.08 Sportoase De Watermolen 21/07/2026 PB (50m pool): 05:42.16SB: 05:42.27 Mol 04/10/2026								
	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		00:34.66		01:19.67		02:02.85		02:46.34
	00:34.66		00:45.01		00:43.18		00:43.49	
								
	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		03:33.75		04:22.22		05:01.47		05:37.08
	00:47.41		00:48.47		00:39.25		00:35.61	
								

Coach feedback:

Event number: 2: 400M MEDLEY MEN 11+							Heat:3, starttime: 14:10	
Heat: 3/3 Lane : 6 Athlete: STABEL JASPER							Q-time: 05:27:77	
PB (25m pool): 05:27.77 Herentals 04/10/2025							PB (50m pool): 05:36.09SB: 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		00:34.37		01:17.54		01:59.15		02:41.84
	00:34.37		00:43.17		00:41.61		00:42.69	
								
	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		03:26.69		04:12.59		04:50.66		05:27.77
	00:44.85		00:45.90		00:38.07		00:37.11	
								

Coach feedback:

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Event number: 3: 400M FREESTYLE MIXED 9-10							Heat:1, starttime: 14:15	
Heat: 1/8 Lane : 5 Athlete: LEYSEN MATHIJS							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: 3: 400M FREESTYLE MIXED 9-10							Heat:5, starttime: 14:50	
Heat: 5/8 Lane : 3 Athlete: VERMEERSCH DEGELIN TOKE							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: 3: 400M FREESTYLE MIXED 9-10							Heat:6, starttime: 14:55	
Heat: 6/8 Lane : 4 Athlete: ADAMS LOUISE							Q-time: 07:38:86	
PB (25m pool): no time			PB (50m pool): 07:38.86SB: 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:

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Event number: 4: 400M FREESTYLE WOMEN 11-12							Heat:1, starttime: 15:20	
Heat: 1/8 Lane : 2 Athlete: VAN OTTEN NOOMI							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: 4: 400M FREESTYLE WOMEN 11-12							Heat:4, starttime: 15:45	
Heat: 4/8 Lane : 2 Athlete: VERMEERSCH DEGELIN COLETTE							Q-time: 06:42:80	
PB (25m pool): 06:42.80 2370 Arendonk 21/12/2025				PB (50m pool): 06:59.54SB: 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		01:31.00		no time		03:15.11
	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		06:42.80
								

Coach feedback:

Event number: 5: 400M FREESTYLE MEN 11-12							Heat:2, starttime: 16:25	
Heat: 2/5 Lane : 4 Athlete: VANDERHALLEN JISSE							Q-time: 06:34:03	
PB (25m pool): 06:34.03 Lier 04/04/2026				PB (50m pool): 07:29.46SB: 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		no time		01:30.27		no time		03:10.73
	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		06:34.03
								

Coach feedback:

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Event number: 5: 400M FREESTYLE MEN 11-12							Heat:2, starttime: 16:25	
Heat: 2/5 Lane : 5 Athlete: MICHIELS TJEN							Q-time: 06:36:70	
PB (25m pool): 06:36.70 Arendonk 31/05/2026				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		01:31.67		no time		03:14.63
	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		06:36.70
								

Coach feedback:

Event number: 5: 400M FREESTYLE MEN 11-12							Heat:3, starttime: 16:30	
Heat: 3/5 Lane : 2 Athlete: SAZONOV VICTOR							Q-time: 06:14:73	
PB (25m pool): 06:14.73 Arendonk 31/05/2026				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		01:29.91		no time		03:11.58
	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		06:14.73
								

Coach feedback:

Event number: 5: 400M FREESTYLE MEN 11-12							Heat:4, starttime: 16:40	
Heat: 4/5 Lane : 3 Athlete: ADAMS MATHIS							Q-time: 05:22:03	
PB (25m pool): 05:22.03 Sportoase De Watermolen 21/07/2026 PB (50m pool): 05:24.61SB: 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		00:37.42		01:19.16		02:01.33		02:42.53
	00:37.42		00:41.74		00:42.17		00:41.20	
								
	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		03:23.97		04:04.78		04:44.98		05:22.03
	00:41.44		00:40.81		00:40.20		00:37.05	
								

Coach feedback:

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Event number: 5: 400M FREESTYLE MEN 11-12							Heat:5, starttime: 16:45	
Heat: 5/5 Lane : 3 Athlete: LEYSEN BENJAMIN							Q-time: 04:55:49	
PB (25m pool): 04:55.49 Lier 04/04/2026				PB (50m pool): 05:15.75 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		01:08.55		no time		02:23.51
	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		04:55.49
								

Coach feedback: