

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

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

Coaches: Lissens Jeroen HEADCOACH

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

Event number: 3: 400M FREESTYLE MIXED 9-10							Heat:4, starttime: 14:40	
Heat: 4/8 Lane : 4 Athlete: LI YIYANG							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:2, starttime: 15:30	
Heat: 2/8 Lane : 2 Athlete: VAN DE WINKEL MAUD							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:2, starttime: 15:30	
Heat: 2/8 Lane : 3 Athlete: VERMEULEN LOUISE							Q-time: 07:22:30	
PB (25m pool): 07:22.30 Tremelo 14/12/2025				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		no time		01:40.53		no time		03:36.16
	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		07:22.30
								

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Event number: 4: 400M FREESTYLE WOMEN 11-12							Heat:2, starttime: 15:30	
Heat: 2/8 Lane : 4 Athlete: CREEMERS LIEZE							Q-time: 07:23:53	
PB (25m pool): 07:23.53 Tremelo 14/12/2025				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		no time		01:14.57		no time		03:39.56
	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		07:23.53
								

Coach feedback:

Event number: 4: 400M FREESTYLE WOMEN 11-12							Heat:3, starttime: 15:35	
Heat: 3/8 Lane : 3 Athlete: VANDENSANDE LUCÍA							Q-time: 07:06:34	
PB (25m pool): 07:06.34 Tremelo 14/12/2025				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		no time		01:41.07		no time		03:30.34
	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		07:06.34
								

Coach feedback:

Event number: 4: 400M FREESTYLE WOMEN 11-12							Heat:3, starttime: 15:35	
Heat: 3/8 Lane : 5 Athlete: VANDENSANDE CLARA							Q-time: 07:11:02	
PB (25m pool): 07:11.02 Tremelo 14/12/2025				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		no time		01:43.45		no time		03:36.40
	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		07:11.02
								

Coach feedback:

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Event number: 4: 400M FREESTYLE WOMEN 11-12							Heat:4, starttime: 15:45	
Heat: 4/8 Lane : 3 Athlete: VAN HOUTD SEOANE LISA							Q-time: 06:18:99	
PB (25m pool): 06:18.99 Zaventem 21/06/2025				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		no time		01:31.06		no time		03:09.14
	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		06:18.99
								

Coach feedback:

Event number: 4: 400M FREESTYLE WOMEN 11-12							Heat:6, starttime: 15:55	
Heat: 6/8 Lane : 2 Athlete: DE RYCK HANNE							Q-time: 05:41:12	
PB (25m pool): 05:41.12 Sportoase De Watermolen 21/07/2026 PB (50m pool): 05:45.51 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		00:38.38		01:21.76		02:05.68		02:49.68
	00:38.38		00:43.38		00:43.92		00:44.00	
								
	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		03:32.60		04:15.59		04:59.07		05:41.12
	00:42.92		00:42.99		00:43.48		00:42.05	
								

Coach feedback:

Event number: 4: 400M FREESTYLE WOMEN 11-12							Heat:7, starttime: 16:05	
Heat: 7/8 Lane : 6 Athlete: SIMONS HANNA							Q-time: 05:34:40	
PB (25m pool): 05:34.40 Tremelo 24/05/2026				PB (50m pool): 05:35.17 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		01:19.31		no time		02:14.13
	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		05:34.40
								

Coach feedback:

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Event number: 5: 400M FREESTYLE MEN 11-12							Heat:1, starttime: 16:15	
Heat: 1/5 Lane : 4 Athlete: SPADEA SAMUELE							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: 5: 400M FREESTYLE MEN 11-12							Heat:1, starttime: 16:15	
Heat: 1/5 Lane : 5 Athlete: KERREMANS SEM							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: