

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

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

Coaches: Luyten Sjobbe 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 : 3 Athlete: HOEYBERGHS RYLEY							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 : 1 Athlete: ADRIAENSEN LENA							Q-time: 06:05:12	
PB (25m pool): 06:01.63 Mol 04/10/2026			PB (50m pool): 06:05.12SB: 06:01.63 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		00:37.55		01:24.13		02:10.75		02:55.13
	00:37.55		00:46.58		00:46.62		00:44.38	
								
	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		03:47.91		04:41.20		05:22.26		06:01.63
	00:52.78		00:53.29		00:41.06		00:39.37	
								

Coach feedback:

Event number: 1: 400M MEDLEY WOMEN 11+							Heat:3, starttime: 13:45	
Heat: 3/4 Lane : 6 Athlete: CEULEMANS LENA							Q-time: 06:08:00	
PB (25m pool): no time			PB (50m pool): 06:08.00SB: 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
								

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Event number: 2: 400M MEDLEY MEN 11+							Heat:1, starttime: 13:55	
Heat: 1/3 Lane : 4 Athlete: DE MESSEMAEKER ZYDRICH							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: 2: 400M MEDLEY MEN 11+							Heat:2, starttime: 14:00	
Heat: 2/3 Lane : 1 Athlete: VAN HOVE VICTOR							Q-time: 06:15:51	
PB (25m pool): 06:15.51 Herentals 04/10/2025			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		00:41.35		01:31.32		02:20.16		03:06.71
	00:41.35		00:49.97		00:48.84		00:46.55	
								
	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		03:58.37		04:52.53		05:35.05		06:15.51
	00:51.66		00:54.16		00:42.52		00:40.46	
								

Coach feedback:

Event number: 3: 400M FREESTYLE MIXED 9-10							Heat:4, starttime: 14:40	
Heat: 4/8 Lane : 3 Athlete: VANHAM CAS							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:

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Event number: 3: 400M FREESTYLE MIXED 9-10							Heat:6, starttime: 14:55	
Heat: 6/8 Lane : 2 Athlete: RAES KAYA							Q-time: 07:42:15	
PB (25m pool): 07:42.15 Herentals 04/10/2025				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		00:44.16		01:39.17		02:38.97		03:39.46
	00:44.16		00:55.01		00:59.80		01:00.49	
								
	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		04:37.43		05:43.36		06:45.72		07:42.15
	00:57.97		01:05.93		01:02.36		00:56.43	
								

Coach feedback:

Event number: 3: 400M FREESTYLE MIXED 9-10							Heat:6, starttime: 14:55	
Heat: 6/8 Lane : 3 Athlete: VERACHTEN TIJL							Q-time: 07:34:14	
PB (25m pool): 07:34.14 Herentals 04/10/2025				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		00:45.77		01:40.29		02:37.47		03:35.20
	00:45.77		00:54.52		00:57.18		00:57.73	
								
	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		04:35.52		05:33.58		06:34.89		07:34.14
	01:00.32		00:58.06		01:01.31		00:59.25	
								

Coach feedback:

Event number: 3: 400M FREESTYLE MIXED 9-10							Heat:7, starttime: 15:05	
Heat: 7/8 Lane : 3 Athlete: COOLS VINCE							Q-time: 06:40:92	
PB (25m pool): 06:40.92 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		00:43.75		01:35.64		02:28.78		03:19.93
	00:43.75		00:51.89		00:53.14		00:51.15	
								
	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		04:08.70		05:02.25		05:51.90		06:40.92
	00:48.77		00:53.55		00:49.65		00:49.02	
								

Coach feedback:

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Event number: 4: 400M FREESTYLE WOMEN 11-12							Heat:1, starttime: 15:20	
Heat: 1/8 Lane : 4 Athlete: STADTMAN MALAYKA							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 : 5 Athlete: BORRÉ ULRIKE							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 : 4 Athlete: PEELAERS ELISE							Q-time: 06:42:02	
PB (25m pool): no time			PB (50m pool): 06:42.02SB: 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: 5: 400M FREESTYLE MEN 11-12							Heat:1, starttime: 16:15	
Heat: 1/5 Lane : 3 Athlete: VAN GORP THIJS							Q-time: 08:36:98	
PB (25m pool): 08:36.98 Antwerpen 12/10/2025				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		00:56.07		02:00.41		03:07.71		04:13.74
	00:56.07		01:04.34		01:07.30		01:06.03	
								
	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		05:22.51		06:30.47		07:30.00		08:36.98
	01:08.77		01:07.96		00:59.53		01:06.98	
								

Coach feedback:

Event number: 5: 400M FREESTYLE MEN 11-12							Heat:3, starttime: 16:30	
Heat: 3/5 Lane : 3 Athlete: CEULEMANS WARD							Q-time: 06:03:12	
PB (25m pool): 05:51.40 Pelt 27/09/2026				PB (50m pool): 06:03.12SB: 05:51.40 Pelt 27/09/2026				
	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		no time		01:25.45		no time		02:55.23
	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		05:51.40
								

Coach feedback:

Event number: 5: 400M FREESTYLE MEN 11-12							Heat:4, starttime: 16:40	
Heat: 4/5 Lane : 1 Athlete: MOLS LEON							Q-time: 05:39:39	
PB (25m pool): 06:24.16 Arendonk 25/05/2025				PB (50m pool): 05:39.39SB: 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		01:30.73		no time		03:08.76
	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		06:24.16
								

Coach feedback:

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Event number: 5: 400M FREESTYLE MEN 11-12							Heat:4, starttime: 16:40	
Heat: 4/5 Lane : 5 Athlete: VAN HOVE NAND							Q-time: 05:38:77	
PB (25m pool): 05:38.77 Antwerpen 12/10/2025				PB (50m pool): 06:24.62 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		00:38.06		01:20.97		02:04.91		02:49.06
	00:38.06		00:42.91		00:43.94		00:44.15	
								
	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		03:32.58		04:16.69		04:59.42		05:38.77
	00:43.52		00:44.11		00:42.73		00:39.35	
								

Coach feedback: