

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

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

Coaches: Ryckeman Brian

Coaches: Kesteman Jane HEADCOACH

PB => Personal Best time

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

Event number: 1: 400M MEDLEY WOMEN 11+							Heat:2, starttime: 13:35	
Heat: 2/4 Lane : 2 Athlete: CLAEYS DITTE							Q-time: 99:99:99	
PB (25m pool): 05:20.02 Meulebeke 07/04/2024				PB (50m pool): 05:26.25 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		05:20.02
								

Coach feedback:

Event number: 3: 400M FREESTYLE MIXED 9-10							Heat:1, starttime: 14:15	
Heat: 1/8 Lane : 1 Athlete: BAUWENS ELSA							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:1, starttime: 14:15	
Heat: 1/8 Lane : 2 Athlete: DAUWE EMMA							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
				E-jury: 2026-10-08 time: 06:08:32pm		Page: 1 / 7		

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Event number: 3: 400M FREESTYLE MIXED 9-10							Heat:2, starttime: 14:25	
Heat: 2/8 Lane : 4 Athlete: QUARTIER QUINN							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:3, starttime: 14:30	
Heat: 3/8 Lane : 1 Athlete: CANNIERE GUDRUN							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:3, starttime: 14:30	
Heat: 3/8 Lane : 3 Athlete: DIEUSAERT SIMON							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:3, starttime: 14:30	
Heat: 3/8 Lane : 5 Athlete: GALENS ALICE							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:5, starttime: 15:50	
Heat: 5/8 Lane : 1 Athlete: DE CLOEDT DELGADO LISA							Q-time: 06:11:28	
PB (25m pool): 06:16.16 DIKSMUIDE 30/11/2025				PB (50m pool): 06:11.28SB: 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		00:40.35		01:25.73		02:13.29		03:01.92
	00:40.35		00:45.38		00:47.56		00:48.63	
								
	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		03:51.01		04:40.49		05:29.72		06:16.16
	00:49.09		00:49.48		00:49.23		00:46.44	
								

Coach feedback:

Event number: 4: 400M FREESTYLE WOMEN 11-12							Heat:5, starttime: 15:50	
Heat: 5/8 Lane : 5 Athlete: VANDEVIJVERE LORE							Q-time: 06:06:95	
PB (25m pool): 06:36.23 Diksmuide 12/10/2025			PB (50m pool): 06:06.95SB: 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		00:42.66		01:32.28		02:23.95		03:16.93
	00:42.66		00:49.62		00:51.67		00:52.98	
								
	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		04:05.56		04:59.79		05:49.56		06:36.23
	00:48.63		00:54.23		00:49.77		00:46.67	
								

Coach feedback:

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Event number: 4: 400M FREESTYLE WOMEN 11-12							Heat:6, starttime: 15:55	
Heat: 6/8 Lane : 3 Athlete: DIEUSAERT ROSELIEN							Q-time: 05:36:53	
PB (25m pool): 05:39.06 Herentals 04/10/2025				PB (50m pool): 05:36.53SB: 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		00:38.96		01:21.82		02:05.17		02:50.05
	00:38.96		00:42.86		00:43.35		00:44.88	
								
	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		04:16.97		04:59.86		05:39.06
	00:43.70		00:43.22		00:42.89		00:39.20	
								

Coach feedback:

Event number: 4: 400M FREESTYLE WOMEN 11-12							Heat:7, starttime: 16:05	
Heat: 7/8 Lane : 2 Athlete: ANTIERENS LOUISE							Q-time: 05:23:06	
PB (25m pool): 05:37.87 DIKSMUIDE 30/11/2025				PB (50m pool): 05:23.06SB: 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		00:38.32		01:20.81		02:04.59		02:47.86
	00:38.32		00:42.49		00:43.78		00:43.27	
								
	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		03:30.91		04:14.43		04:57.19		05:37.87
	00:43.05		00:43.52		00:42.76		00:40.68	
								

Coach feedback:

Event number: 4: 400M FREESTYLE WOMEN 11-12							Heat:7, starttime: 16:05	
Heat: 7/8 Lane : 3 Athlete: CANNIERE ERIN							Q-time: 05:14:04	
PB (25m pool): 05:42.30 DIKSMUIDE 30/11/2025				PB (50m pool): 05:14.04SB: 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		00:36.76		01:19.04		02:02.93		02:47.25
	00:36.76		00:42.28		00:43.89		00:44.32	
								
	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		03:31.70		04:16.41		05:01.27		05:42.30
	00:44.45		00:44.71		00:44.86		00:41.03	
								

Coach feedback:

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Event number: 4: 400M FREESTYLE WOMEN 11-12							Heat:8, starttime: 16:10	
Heat: 8/8 Lane : 3 Athlete: RYCKEMAN ELLA							Q-time: 04:51:50	
PB (25m pool): 04:51.50 Menen 01/05/2026				PB (50m pool): 04:58.09SB: 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		no time		01:10.03		no time		02:25.77
	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		04:51.50
								

Coach feedback:

Event number: 5: 400M FREESTYLE MEN 11-12							Heat:1, starttime: 16:15	
Heat: 1/5 Lane : 1 Athlete: GOUDESEUNE EMIEL							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:2, starttime: 16:25	
Heat: 2/5 Lane : 1 Athlete: GOUDESEUNE LEON							Q-time: 06:42:45	
PB (25m pool): 06:42.45 Menen 01/05/2026				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		01:35.85		no time		03:18.56
	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		06:42.45
								

Coach feedback:

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Event number: 5: 400M FREESTYLE MEN 11-12							Heat:4, starttime: 16:40	
Heat: 4/5 Lane : 4 Athlete: FERKET AIDAN							Q-time: 05:26:60	
PB (25m pool): 06:01.11 DIKSMUIDE 30/11/2025				PB (50m pool): 05:26.60SB: 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		00:39.81		01:24.92		02:11.15		02:57.19
	00:39.81		00:45.11		00:46.23		00:46.04	
								
	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		03:42.26		04:29.46		05:15.53		06:01.11
	00:45.07		00:47.20		00:46.07		00:45.58	
								

Coach feedback:

Event number: 5: 400M FREESTYLE MEN 11-12							Heat:5, starttime: 16:45	
Heat: 5/5 Lane : 2 Athlete: STAELENS TYLER							Q-time: 04:59:76	
PB (25m pool): 04:59.76 Menen 01/05/2026				PB (50m pool): 05:00.72SB: 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		01:10.64		no time		02:27.85
	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		04:59.76
	...	...	...	...	...	...	...	...

Coach feedback:

Event number: 5: 400M FREESTYLE MEN 11-12							Heat:5, starttime: 16:45	
Heat: 5/5 Lane : 4 Athlete: DAUWE LARS							Q-time: 04:56:58	
PB (25m pool): 05:06.33 Diksmuide 12/10/2025				PB (50m pool): 04:56.58SB: 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		00:35.47		01:14.27		01:53.87		02:33.71
	00:35.47		00:38.80		00:39.60		00:39.84	
								
	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		03:13.36		03:51.75		04:31.05		05:06.33
	00:39.65		00:38.39		00:39.30		00:35.28	
								

Coach feedback:

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Event number: 5: 400M FREESTYLE MEN 11-12							Heat:5, starttime: 16:45	
Heat: 5/5 Lane : 5 Athlete: LAFORCE LANDER							Q-time: 05:05:35	
PB (25m pool): 05:19.20 Diksmuide 12/10/2025				PB (50m pool): 05:05.35 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		00:35.52		01:15.37		01:56.70		02:38.06
	00:35.52		00:39.85		00:41.33		00:41.36	
								
	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		03:19.18		04:00.76		04:41.24		05:19.20
	00:41.12		00:41.58		00:40.48		00:37.96	
								

Coach feedback: