

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

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

Coaches: Moeskops Kathleen HEADCOACH

Coaches: Feyten Anne

Coaches: Vissers Ann

Coaches: Feyen Jaklien

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 : 4 Athlete: BOVEN AXELLE							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 : 4 Athlete: BIERINCKX MIE							Q-time: 99:99:99	
PB (25m pool): 05:45.43 Arendonk 01/12/2024				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		01:24.50		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		05:45.43
								

Coach feedback:

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Event number: 1: 400M MEDLEY WOMEN 11+							Heat:4, starttime: 13:50	
Heat: 4/4 Lane : 2 Athlete: BELLENS LORE							Q-time: 05:27:17	
PB (25m pool): 05:27.17 Herentals 04/10/2025				PB (50m pool): 05:33.46SB: 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		00:33.89		01:12.94		01:55.14		02:36.52
	00:33.89		00:39.05		00:42.20		00:41.38	
								
	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		03:23.10		04:10.92		04:49.27		05:27.17
	00:46.58		00:47.82		00:38.35		00:37.90	
								

Coach feedback:

Event number: 1: 400M MEDLEY WOMEN 11+							Heat:4, starttime: 13:50	
Heat: 4/4 Lane : 3 Athlete: MERTENS HELENA							Q-time: 05:17:23	
PB (25m pool): 05:17.23 Aarschot 04/05/2025				PB (50m pool): 05:27.96SB: 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		01:13.16		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		05:17.23
								

Coach feedback:

Event number: 1: 400M MEDLEY WOMEN 11+							Heat:4, starttime: 13:50	
Heat: 4/4 Lane : 4 Athlete: MERTENS FEMKE							Q-time: 05:22:63	
PB (25m pool): 05:22.63 Herentals 04/10/2025				PB (50m pool): 05:29.17 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		00:33.59		01:14.29		01:54.54		02:34.25
	00:33.59		00:40.70		00:40.25		00:39.71	
								
	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		03:21.21		04:08.59		04:45.98		05:22.63
	00:46.96		00:47.38		00:37.39		00:36.65	
								

Coach feedback:

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Event number: 2: 400M MEDLEY MEN 11+							Heat:1, starttime: 13:55	
Heat: 1/3 Lane : 2 Athlete: BERTELS QUILLAN							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:1, starttime: 13:55	
Heat: 1/3 Lane : 3 Athlete: VAN GORP TUUR							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 : 5 Athlete: MERTENS DIETER							Q-time: 05:58:64	
PB (25m pool): 05:58.64 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		00:39.71		01:28.45		02:14.33		02:59.17
	00:39.71		00:48.74		00:45.88		00:44.84	
								
	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		03:49.92		04:41.15		05:20.79		05:58.64
	00:50.75		00:51.23		00:39.64		00:37.85	
								

Coach feedback:

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Event number: 3: 400M FREESTYLE MIXED 9-10							Heat:2, starttime: 14:25	
Heat: 2/8 Lane : 3 Athlete: VAN DE VEL FERRE							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:4, starttime: 14:40	
Heat: 4/8 Lane : 5 Athlete: BORGHS FABIAN							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 : 6 Athlete: UZZI OLIVER							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:

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

Event number: 3: 400M FREESTYLE MIXED 9-10							Heat:7, starttime: 15:05	
Heat: 7/8 Lane : 2 Athlete: DE BIE APOLLINE							Q-time: 06:56:12	
PB (25m pool): 06:56.12 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		00:42.35		01:36.73		02:29.47		03:24.72
	00:42.35		00:54.38		00:52.74		00:55.25	
								
	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		04:20.92		05:15.02		06:05.67		06:56.12
	00:56.20		00:54.10		00:50.65		00:50.45	
								

Coach feedback:

Event number: 3: 400M FREESTYLE MIXED 9-10							Heat:7, starttime: 15:05	
Heat: 7/8 Lane : 6 Athlete: VAN GORP FÉLINE							Q-time: 07:15:57	
PB (25m pool): 07:16.81 3500 Hasselt 23/11/2025				PB (50m pool): 07:15.57 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		00:45.17		01:42.25		02:41.08		03:38.11
	00:45.17		00:57.08		00:58.83		00:57.03	
								
	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		04:33.11		05:28.65		06:24.83		07:16.81
	00:55.00		00:55.54		00:56.18		00:51.98	
								

Coach feedback:

Event number: 4: 400M FREESTYLE WOMEN 11-12							Heat:4, starttime: 15:45	
Heat: 4/8 Lane : 5 Athlete: LAMBRECHTS JADE							Q-time: 06:46:61	
PB (25m pool): 06:46.61 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		00:41.30		01:30.66		02:22.84		03:15.02
	00:41.30		00:49.36		00:52.18		00:52.18	
								
	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		04:08.63		05:03.70		05:56.93		06:46.61
	00:53.61		00:55.07		00:53.23		00:49.68	
								

Coach feedback:

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Event number: 4: 400M FREESTYLE WOMEN 11-12							Heat:7, starttime: 16:05	
Heat: 7/8 Lane : 1 Athlete: KENIS LOLA							Q-time: 05:27:27	
PB (25m pool): 05:27.27 Arendonk 31/05/2026				PB (50m pool): 05:47.20SB: 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		01:15.65		no time		02:40.50
	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		05:27.27
								

Coach feedback:

Event number: 5: 400M FREESTYLE MEN 11-12							Heat:1, starttime: 16:15	
Heat: 1/5 Lane : 2 Athlete: UZZI WILLIAM							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 : 6 Athlete: WILMS BRAM							Q-time: 07:20:25	
PB (25m pool): 07:20.25 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		00:47.05		01:44.21		02:42.18		03:38.93
	00:47.05		00:57.16		00:57.97		00:56.75	
								
	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		04:36.15		05:33.41		06:27.63		07:20.25
	00:57.22		00:57.26		00:54.22		00:52.62	
								

Coach feedback:

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Event number: 5: 400M FREESTYLE MEN 11-12							Heat:3, starttime: 16:30	
Heat: 3/5 Lane : 4 Athlete: JANSSENS ALEXANDER							Q-time: 06:06:86	
PB (25m pool): 06:06.86 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		00:38.46		01:21.98		02:08.63		02:56.67
	00:38.46		00:43.52		00:46.65		00:48.04	
								
	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		03:44.11		04:33.90		05:21.24		06:06.86
	00:47.44		00:49.79		00:47.34		00:45.62	
								

Coach feedback: