

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

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

Coaches: Mertens Wenke

Coaches: Van Olmen Jill

PB => Personal Best time

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

Event number: 2: 400M MEDLEY MEN 11+							Heat:3, starttime: 14:10	
Heat: 3/3 Lane : 2 Athlete: VAN WAELDEREN THOMAS							Q-time: 05:07:02	
PB (25m pool): 04:58.90 Aarschot 05/03/2023				PB (50m pool): 05:07.02 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		04:58.90
								

Coach feedback:

Event number: 2: 400M MEDLEY MEN 11+							Heat:3, starttime: 14:10	
Heat: 3/3 Lane : 5 Athlete: GYULNAZARYAN MAX							Q-time: 05:18:96	
PB (25m pool): 05:18.96 Herentals 04/10/2025			PB (50m pool): 05:34.49SB: 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		00:32.36		01:09.95		01:52.20		02:32.06
	00:32.36		00:37.59		00:42.25		00:39.86	
								
	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		03:20.29		04:07.66		04:45.00		05:18.96
	00:48.23		00:47.37		00:37.34		00:33.96	
								

Coach feedback:

Event number: 5: 400M FREESTYLE MEN 11-12							Heat:2, starttime: 16:25	
Heat: 2/5 Lane : 3 Athlete: DOUWEN MON							Q-time: 06:27:73	
PB (25m pool): 06:27.73 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		00:42.34		01:32.55		02:22.78		03:12.33
	00:42.34		00:50.21		00:50.23		00:49.55	
								
	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		04:02.54		04:52.44		05:40.93		06:27.73
	00:50.21		00:49.90		00:48.49		00:46.80	
				E-jury: 2026-10-08 time: 06:08:32pm Page: 1 / 2				

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

Event number: 5: 400M FREESTYLE MEN 11-12							Heat:3, starttime: 16:30	
Heat: 3/5 Lane : 1 Athlete: VAN WAELDEREN KAREL							Q-time: 06:21:22	
PB (25m pool): 06:21.22 Arendonk 30/11/2025				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		no time		01:29.50		no time		03:08.81
	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		06:21.22
								

Coach feedback:

Event number: 5: 400M FREESTYLE MEN 11-12							Heat:3, starttime: 16:30	
Heat: 3/5 Lane : 5 Athlete: DE FLEURQUIN LOWIE							Q-time: 06:14:79	
PB (25m pool): 06:14.79 Heist-op-den-Berg 10/01/2026				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		01:30.41		no time		03:07.19
	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		06:14.79
								

Coach feedback: