

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

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

Coaches: Daniëls Liesbeth

Coaches: Vanuytven Diane

PB => Personal Best time

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

Event number: 3: 400M FREESTYLE MIXED 9-10							Heat:2, starttime: 14:25	
Heat: 2/8 Lane : 6 Athlete: FELIX JULIE							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 : 6 Athlete: SOMERS BESS							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:1, starttime: 15:20	
Heat: 1/8 Lane : 3 Athlete: VLUYMANS JULIE							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 / 2								

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Event number: 4: 400M FREESTYLE WOMEN 11-12							Heat:3, starttime: 15:35	
Heat: 3/8 Lane : 4 Athlete: DE KEYZER FRAN							Q-time: 07:10:76	
PB (25m pool): 07:10.76 Lier 04/04/2026				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		01:41.45		no time		03:32.95
	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		07:10.76
								

Coach feedback:

Event number: 5: 400M FREESTYLE MEN 11-12							Heat:2, starttime: 16:25	
Heat: 2/5 Lane : 2 Athlete: DE PUYDT ARTHUR							Q-time: 06:35:50	
PB (25m pool): 06:35.50 Heist-op-den-Berg 10/01/2026				PB (50m pool): 07:01.14SB: 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		01:36.13		no time		03:18.77
	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		06:35.50
								

Coach feedback: