

ShaRK 400m 2026: Session: 1: Startlist per athlete for TEAM: AZV

Coachinfo: Warming up from: 12:20 untill 13:25. Teamleadmeeting @ 13:00

The listed starttimes are indicative!

Coaches: Verachttert Elke

Coaches: Torfs Agnes

Coaches: Claassen Benny HEADCOACH

PB => Personal Best time

Athlete: LAMBRECHTS LOES

Style	Event	Heat	Lane	PB 25m pool	PB 50m pool	Starttime
400M MEDLEY WOMEN 11+	1	3	5	06:01.83	06:09.99	13:45

Athlete: LAURYSSSEN NETTE

Style	Event	Heat	Lane	PB 25m pool	PB 50m pool	Starttime
400M FREESTYLE WOMEN 11-12	4	6	5	05:42.51	05:47.81	15:55

Athlete: PEETERS LENA

Style	Event	Heat	Lane	PB 25m pool	PB 50m pool	Starttime
400M FREESTYLE WOMEN 11-12	4	7	5	05:31.20	05:25.03	16:05

Athlete: VAN COTTHEM NIKA

Style	Event	Heat	Lane	PB 25m pool	PB 50m pool	Starttime
400M FREESTYLE WOMEN 11-12	4	6	1	05:47.46	07:11.73	15:55

Athlete: VAN VORST MARIE

Style	Event	Heat	Lane	PB 25m pool	PB 50m pool	Starttime
400M FREESTYLE MIXED 9-10	3	6	1	08:24.30	08:06.26	14:55

Athlete: VERSTRAETEN DJURRE

Style	Event	Heat	Lane	PB 25m pool	PB 50m pool	Starttime
400M FREESTYLE MEN 11-12	5	3	6	06:24.42	no time	16:30

Athlete: WILLEMS IWAN

Style	Event	Heat	Lane	PB 25m pool	PB 50m pool	Starttime
400M FREESTYLE MEN 11-12	5	5	6	05:25.90	05:18.87	16:45

Athlete: WILLEMS RUBEN

Style	Event	Heat	Lane	PB 25m pool	PB 50m pool	Starttime
400M MEDLEY MEN 11+	2	2	3	05:34.66	05:38.20	14:00