

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

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

The listed starttimes are indicative!

Coaches: Van Dyck Nina

Coaches: De Cuyper Tibo

Coaches: Waelkens Bea HEADCOACH

Coaches: Gullentops Axel

PB => Personal Best time

Athlete: DE CUYPER LENS

Style	Event	Heat	Lane	PB 25m pool	PB 50m pool	Starttime
400M MEDLEY MEN 11+	2	3	4	04:59.10	no time	14:10

Athlete: FAES ELYNE

Style	Event	Heat	Lane	PB 25m pool	PB 50m pool	Starttime
400M MEDLEY WOMEN 11+	1	2	3	06:18.19	no time	13:35

Athlete: GORIS ARWEN

Style	Event	Heat	Lane	PB 25m pool	PB 50m pool	Starttime
400M FREESTYLE WOMEN 11-12	4	5	6	06:12.70	no time	15:50

Athlete: LAMBRECHTS Fé

Style	Event	Heat	Lane	PB 25m pool	PB 50m pool	Starttime
400M FREESTYLE WOMEN 11-12	4	4	6	07:05.39	no time	15:45

Athlete: MEUNIER EMILE

Style	Event	Heat	Lane	PB 25m pool	PB 50m pool	Starttime
400M FREESTYLE MIXED 9-10	3	8	5	06:21.92	06:44.83	15:15

Athlete: ROZIERIS LILY

Style	Event	Heat	Lane	PB 25m pool	PB 50m pool	Starttime
400M FREESTYLE WOMEN 11-12	4	6	4	05:36.98	06:00.08	15:55

Athlete: WELSLAU INES

Style	Event	Heat	Lane	PB 25m pool	PB 50m pool	Starttime
400M FREESTYLE WOMEN 11-12	4	3	2	07:10.86	no time	15:35

Athlete: WIJCKMANS LENE

Style	Event	Heat	Lane	PB 25m pool	PB 50m pool	Starttime
400M MEDLEY WOMEN 11+	1	4	6	05:40.63	05:57.67	13:50