

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

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

The listed starttimes are indicative!

Coaches: Mulkers Lander HEADCOACH

PB => Personal Best time

Athlete: BEUNCKENS TESS

Style	Event	Heat	Lane	PB 25m pool	PB 50m pool	Starttime
400M MEDLEY WOMEN 11+	1	3	3	05:44.42	05:42.53	13:45

Athlete: BEVERNAGE TRIX

Style	Event	Heat	Lane	PB 25m pool	PB 50m pool	Starttime
400M FREESTYLE WOMEN 11-12	4	7	4	06:12.91	05:22.46	16:05

Athlete: CLAESSENS ELLA-LOUISE

Style	Event	Heat	Lane	PB 25m pool	PB 50m pool	Starttime
400M MEDLEY WOMEN 11+	1	3	4	05:45.85	05:52.49	13:45

Athlete: CLAESSENS ISA-BEAU

Style	Event	Heat	Lane	PB 25m pool	PB 50m pool	Starttime
400M FREESTYLE WOMEN 11-12	4	8	1	05:32.49	05:08.38	16:10

Athlete: COPERMAN SAM

Style	Event	Heat	Lane	PB 25m pool	PB 50m pool	Starttime
400M MEDLEY WOMEN 11+	1	2	5	no time	no time	13:35

Athlete: DANIELS LOTTE

Style	Event	Heat	Lane	PB 25m pool	PB 50m pool	Starttime
400M FREESTYLE WOMEN 11-12	4	4	1	07:05.04	no time	15:45

Athlete: LIZIN NEL

Style	Event	Heat	Lane	PB 25m pool	PB 50m pool	Starttime
400M FREESTYLE WOMEN 11-12	4	3	6	07:18.97	no time	15:35

Athlete: PUT TYANA

Style	Event	Heat	Lane	PB 25m pool	PB 50m pool	Starttime
400M FREESTYLE WOMEN 11-12	4	5	3	06:12.28	05:56.30	15:50

Athlete: TAIBI AYA

Style	Event	Heat	Lane	PB 25m pool	PB 50m pool	Starttime
400M FREESTYLE WOMEN 11-12	4	3	1	07:16.99	08:21.93	15:35

Athlete: THEWISSEN MIRTHE

Style	Event	Heat	Lane	PB 25m pool	PB 50m pool	Starttime
400M MEDLEY WOMEN 11+	1	1	2	no time	no time	13:30

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Athlete: VANGROOTLOON JEF

Style	Event	Heat	Lane	PB 25m pool	PB 50m pool	Starttime
400M MEDLEY MEN 11+	2	3	3	05:15.02	04:58.03	14:10

Athlete: VERLEYSEN NOA

Style	Event	Heat	Lane	PB 25m pool	PB 50m pool	Starttime
400M MEDLEY WOMEN 11+	1	3	2	06:02.20	05:48.95	13:45