

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

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

The listed starttimes are indicative!

Coaches: Ryckeman Brian

Coaches: Kesteman Jane HEADCOACH

PB => Personal Best time

## Athlete: ANTIERENS LOUISE

| Style                      | Event | Heat | Lane | PB 25m pool | PB 50m pool | Starttime |
|----------------------------|-------|------|------|-------------|-------------|-----------|
| 400M FREESTYLE WOMEN 11-12 | 4     | 7    | 2    | 05:37.87    | 05:23.06    | 16:05     |

## Athlete: BAUWENS ELSA

| Style                     | Event | Heat | Lane | PB 25m pool | PB 50m pool | Starttime |
|---------------------------|-------|------|------|-------------|-------------|-----------|
| 400M FREESTYLE MIXED 9-10 | 3     | 1    | 1    | no time     | no time     | 14:15     |

## Athlete: CANNIERE ERIN

| Style                      | Event | Heat | Lane | PB 25m pool | PB 50m pool | Starttime |
|----------------------------|-------|------|------|-------------|-------------|-----------|
| 400M FREESTYLE WOMEN 11-12 | 4     | 7    | 3    | 05:42.30    | 05:14.04    | 16:05     |

## Athlete: CANNIERE GUDRUN

| Style                     | Event | Heat | Lane | PB 25m pool | PB 50m pool | Starttime |
|---------------------------|-------|------|------|-------------|-------------|-----------|
| 400M FREESTYLE MIXED 9-10 | 3     | 3    | 1    | no time     | no time     | 14:30     |

## Athlete: CLAEYS DITTE

| Style                 | Event | Heat | Lane | PB 25m pool | PB 50m pool | Starttime |
|-----------------------|-------|------|------|-------------|-------------|-----------|
| 400M MEDLEY WOMEN 11+ | 1     | 2    | 2    | 05:20.02    | 05:26.25    | 13:35     |

## Athlete: DAUWE EMMA

| Style                     | Event | Heat | Lane | PB 25m pool | PB 50m pool | Starttime |
|---------------------------|-------|------|------|-------------|-------------|-----------|
| 400M FREESTYLE MIXED 9-10 | 3     | 1    | 2    | no time     | no time     | 14:15     |

## Athlete: DAUWE LARS

| Style                    | Event | Heat | Lane | PB 25m pool | PB 50m pool | Starttime |
|--------------------------|-------|------|------|-------------|-------------|-----------|
| 400M FREESTYLE MEN 11-12 | 5     | 5    | 4    | 05:06.33    | 04:56.58    | 16:45     |

## Athlete: DE CLOEDT DELGADO LISA

| Style                      | Event | Heat | Lane | PB 25m pool | PB 50m pool | Starttime |
|----------------------------|-------|------|------|-------------|-------------|-----------|
| 400M FREESTYLE WOMEN 11-12 | 4     | 5    | 1    | 06:16.16    | 06:11.28    | 15:50     |

## Athlete: DIEUSAERT ROSELIEN

| Style                      | Event | Heat | Lane | PB 25m pool | PB 50m pool | Starttime |
|----------------------------|-------|------|------|-------------|-------------|-----------|
| 400M FREESTYLE WOMEN 11-12 | 4     | 6    | 3    | 05:39.06    | 05:36.53    | 15:55     |

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## Athlete: DIEUSAERT SIMON

| Style                     | Event | Heat | Lane | PB 25m pool | PB 50m pool | Starttime |
|---------------------------|-------|------|------|-------------|-------------|-----------|
| 400M FREESTYLE MIXED 9-10 | 3     | 3    | 3    | no time     | no time     | 14:30     |

## Athlete: FERKET AIDAN

| Style                    | Event | Heat | Lane | PB 25m pool | PB 50m pool | Starttime |
|--------------------------|-------|------|------|-------------|-------------|-----------|
| 400M FREESTYLE MEN 11-12 | 5     | 4    | 4    | 06:01.11    | 05:26.60    | 16:40     |

## Athlete: GALENS ALICE

| Style                     | Event | Heat | Lane | PB 25m pool | PB 50m pool | Starttime |
|---------------------------|-------|------|------|-------------|-------------|-----------|
| 400M FREESTYLE MIXED 9-10 | 3     | 3    | 5    | no time     | no time     | 14:30     |

## Athlete: GOUDESEUNE EMIEL

| Style                    | Event | Heat | Lane | PB 25m pool | PB 50m pool | Starttime |
|--------------------------|-------|------|------|-------------|-------------|-----------|
| 400M FREESTYLE MEN 11-12 | 5     | 1    | 1    | no time     | no time     | 16:15     |

## Athlete: GOUDESEUNE LEON

| Style                    | Event | Heat | Lane | PB 25m pool | PB 50m pool | Starttime |
|--------------------------|-------|------|------|-------------|-------------|-----------|
| 400M FREESTYLE MEN 11-12 | 5     | 2    | 1    | 06:42.45    | no time     | 16:25     |

## Athlete: LAFORCE LANDER

| Style                    | Event | Heat | Lane | PB 25m pool | PB 50m pool | Starttime |
|--------------------------|-------|------|------|-------------|-------------|-----------|
| 400M FREESTYLE MEN 11-12 | 5     | 5    | 5    | 05:19.20    | 05:05.35    | 16:45     |

## Athlete: QUARTIER QUINN

| Style                     | Event | Heat | Lane | PB 25m pool | PB 50m pool | Starttime |
|---------------------------|-------|------|------|-------------|-------------|-----------|
| 400M FREESTYLE MIXED 9-10 | 3     | 2    | 4    | no time     | no time     | 14:25     |

## Athlete: RYCKEMAN ELLA

| Style                      | Event | Heat | Lane | PB 25m pool | PB 50m pool | Starttime |
|----------------------------|-------|------|------|-------------|-------------|-----------|
| 400M FREESTYLE WOMEN 11-12 | 4     | 8    | 3    | 04:51.50    | 04:58.09    | 16:10     |

## Athlete: STAELENS TYLER

| Style                    | Event | Heat | Lane | PB 25m pool | PB 50m pool | Starttime |
|--------------------------|-------|------|------|-------------|-------------|-----------|
| 400M FREESTYLE MEN 11-12 | 5     | 5    | 2    | 04:59.76    | 05:00.72    | 16:45     |

## Athlete: VANDEVIJVERE LORE

| Style                      | Event | Heat | Lane | PB 25m pool | PB 50m pool | Starttime |
|----------------------------|-------|------|------|-------------|-------------|-----------|
| 400M FREESTYLE WOMEN 11-12 | 4     | 5    | 5    | 06:36.23    | 06:06.95    | 15:50     |