

ShaRK 400m 2026: Session: 2: COACH Evaluation sheet for TEAM: AZK

Coachinfo: Warming up from: 17:05 untill 18:10. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Smets Mark

Coaches: Claessens Matthias

PB => Personal Best time

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

Event number: 6: 400M FREESTYLE WOMEN 13+							Heat:1, starttime: 18:15	
Heat: 1/10 Lane : 4 Athlete: LAZEROMS SIEN							Q-time: 99:99:99	
PB (25m pool): 05:31.62 Kapellen 22/12/2024				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		01:18.70		no time		02:42.87
	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		05:31.62
								

Coach feedback:

Event number: 6: 400M FREESTYLE WOMEN 13+							Heat:5, starttime: 18:45	
Heat: 5/10 Lane : 5 Athlete: MAVRIQI ARRITA							Q-time: 05:42:40	
PB (25m pool): 05:42.40 Kapellen 30/05/2026				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		01:19.23		no time		02:48.59
	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		05:42.40
								

Coach feedback:

Event number: 6: 400M FREESTYLE WOMEN 13+							Heat:6, starttime: 18:50	
Heat: 6/10 Lane : 3 Athlete: VAN GINNEKEN MARIT							Q-time: 05:24:65	
PB (25m pool): 05:24.65 Herentals 04/10/2025				PB (50m pool): 05:41.84SB: 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		00:35.03		01:14.10		01:54.55		02:36.44
	00:35.03		00:39.07		00:40.45		00:41.89	
								
	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

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PB		03:19.26		04:01.95		04:44.10		05:24.65
	00:42.82		00:42.69		00:42.15		00:40.55	
								

Coach feedback:

Event number: 6: 400M FREESTYLE WOMEN 13+ Heat:8, starttime: 19:00

Heat: 8/10 Lane : 1 Athlete: MATTHEEUSEN ELLA Q-time: 05:09:50

PB (25m pool): 05:09.50 Kapellen 30/05/2026 PB (50m pool): 05:22.26 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		01:13.53		no time		02:33.06
	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		05:09.50
								

Coach feedback:

Event number: 6: 400M FREESTYLE WOMEN 13+ Heat:8, starttime: 19:00

Heat: 8/10 Lane : 4 Athlete: MICHIENSEN JINTHE Q-time: 04:59:26

PB (25m pool): 04:59.26 Herentals 04/10/2025 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		00:32.89		01:09.70		01:47.23		02:25.88
	00:32.89		00:36.81		00:37.53		00:38.65	
								
	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		03:04.65		03:43.07		04:21.57		04:59.26
	00:38.77		00:38.42		00:38.50		00:37.69	
								

Coach feedback:

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Event number: 7: 400M FREESTYLE MEN 13+							Heat:5, starttime: 19:45	
Heat: 5/12 Lane : 3 Athlete: CLAESSENS VIC							Q-time: 05:35:31	
PB (25m pool): 05:38.79 Herentals 04/10/2025				PB (50m pool): 05:35.31SB: 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		00:37.40		01:20.05		02:04.50		02:48.74
	00:37.40		00:42.65		00:44.45		00:44.24	
								
	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		03:30.80		04:14.12		04:58.13		05:38.79
	00:42.06		00:43.32		00:44.01		00:40.66	
								

Coach feedback:

Event number: 7: 400M FREESTYLE MEN 13+							Heat:11, starttime: 20:20	
Heat: 11/12 Lane : 5 Athlete: JORISSEN QUINTEN							Q-time: 04:40:05	
PB (25m pool): 04:40.05 Herentals 04/10/2025				PB (50m pool): 04:45.91SB: 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		00:30.20		01:04.98		01:40.46		02:16.59
	00:30.20		00:34.78		00:35.48		00:36.13	
								
	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		02:52.78		03:29.32		04:05.78		04:40.05
	00:36.19		00:36.54		00:36.46		00:34.27	
								

Coach feedback:

Event number: 7: 400M FREESTYLE MEN 13+							Heat:12, starttime: 20:25	
Heat: 12/12 Lane : 1 Athlete: VAN LOON WIES							Q-time: 04:33:22	
PB (25m pool): 04:33.22 Antwerpen 12/10/2025				PB (50m pool): 04:44.75SB: 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		00:30.44		01:04.48		01:39.40		02:14.88
	00:30.44		00:34.04		00:34.92		00:35.48	
								
	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		02:50.18		03:25.30		04:00.18		04:33.22
	00:35.30		00:35.12		00:34.88		00:33.04	
								

Coach feedback: