

ShaRK 400m 2026: Session: 2: COACH evaluation sheet for TEAM: HZA

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

Coaches: Van Dyck Nina

Coaches: De Cuyper Tibo

Coaches: Waelkens Bea HEADCOACH

Coaches: Gullentops Axel

PB => Personal Best time

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

Event number: 6: 400M FREESTYLE WOMEN 13+							Heat:6, starttime: 18:50	
Heat: 6/10 Lane : 4 Athlete: DE BOCK MARIE							Q-time: 05:25:10	
PB (25m pool): 05:25.10 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		00:36.00		01:17.05		01:58.49		02:40.25
	00:36.00		00:41.05		00:41.44		00:41.76	
								
	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		03:22.61		04:04.72		04:45.97		05:25.10
	00:42.36		00:42.11		00:41.25		00:39.13	
								

Coach feedback:

Event number: 6: 400M FREESTYLE WOMEN 13+							Heat:9, starttime: 19:05	
Heat: 9/10 Lane : 6 Athlete: VAN LOOY ANKE							Q-time: 04:54:88	
PB (25m pool): 04:51.69 Heist Op Den Berg 13/01/2024				PB (50m pool): 05:10.78SB: 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		no time		no time		no time
	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		04:51.69
								

Coach feedback:

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Event number: 7: 400M FREESTYLE MEN 13+							Heat:4, starttime: 19:40	
Heat: 4/12 Lane : 4 Athlete: BATS YVAN							Q-time: 06:00:20	
PB (25m pool): 06:00.20 Heist-op-den-Berg 10/01/2026				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		01:25.08		no time		02:57.45
	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		06:00.20
								

Coach feedback:

Event number: 7: 400M FREESTYLE MEN 13+							Heat:6, starttime: 19:50	
Heat: 6/12 Lane : 3 Athlete: VERBEEK MATTS							Q-time: 05:18:37	
PB (25m pool): 05:18.37 Herentals 04/10/2025				PB (50m pool): 05:54.30SB: 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		00:34.60		01:14.39		01:56.09		02:37.79
	00:34.60		00:39.79		00:41.70		00:41.70	
								
	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		03:19.23		04:00.15		04:39.24		05:18.37
	00:41.44		00:40.92		00:39.09		00:39.13	
								

Coach feedback:

Event number: 7: 400M FREESTYLE MEN 13+							Heat:8, starttime: 20:05	
Heat: 8/12 Lane : 3 Athlete: GORIS FINN							Q-time: 05:02:77	
PB (25m pool): 05:02.77 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		00:33.21		01:10.56		01:48.47		02:27.21
	00:33.21		00:37.35		00:37.91		00:38.74	
								
	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		03:06.34		03:46.51		04:25.94		05:02.77
	00:39.13		00:40.17		00:39.43		00:36.83	
								

Coach feedback:

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Event number: 7: 400M FREESTYLE MEN 13+							Heat:8, starttime: 20:05	
Heat: 8/12 Lane : 5 Athlete: PIETERS KOBE							Q-time: 05:10:41	
PB (25m pool): 05:10.41 Tremelo 24/05/2026				PB (50m pool): 05:57.67 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		01:15.54		no time		02:34.69
	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		05:10.41
								

Coach feedback:

Event number: 7: 400M FREESTYLE MEN 13+							Heat:11, starttime: 20:20	
Heat: 11/12 Lane : 2 Athlete: BROWN QUINTEN							Q-time: 04:39:68	
PB (25m pool): 04:39.68 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		00:30.37		01:04.46		01:40.72		02:16.58
	00:30.37		00:34.09		00:36.26		00:35.86	
								
	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		02:53.78		03:29.88		04:06.14		04:39.68
	00:37.20		00:36.10		00:36.26		00:33.54	
								

Coach feedback: