

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

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

Coaches: Mulkers Lander HEADCOACH

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 : 3 Athlete: POELMANS JULIE							Q-time: 99:99:99	
PB (25m pool): no time			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		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		no time
								

Coach feedback:

Event number: 6: 400M FREESTYLE WOMEN 13+							Heat:4, starttime: 18:35	
Heat: 4/10 Lane : 2 Athlete: FRANSSSEN LYNA							Q-time: 05:52:95	
PB (25m pool): 05:52.95 Beringen 16/03/2025			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		no time		01:24.64		no time		02:54.86
	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		05:52.95
								

Coach feedback:

Event number: 6: 400M FREESTYLE WOMEN 13+							Heat:4, starttime: 18:35	
Heat: 4/10 Lane : 6 Athlete: LENAERTS JULIA							Q-time: 06:05:58	
PB (25m pool): 06:05.58 Beringen 08/02/2026			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		01:27.01		no time		02:59.90
	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		06:05.58
								

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Event number: 6: 400M FREESTYLE WOMEN 13+							Heat:5, starttime: 18:45	
Heat: 5/10 Lane : 2 Athlete: GERETS ANNELIEN							Q-time: 05:40:90	
PB (25m pool): 05:15.28 Hasselt 04/10/2026				PB (50m pool): no time SB: 05:15.28 Hasselt 04/10/2026				
	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		00:36.22		01:16.38		01:57.10		02:38.38
	00:36.22		00:40.16		00:40.72		00:41.28	
								
	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		03:18.85		03:59.52		04:38.62		05:15.28
	00:40.47		00:40.67		00:39.10		00:36.66	
								

Coach feedback:

Event number: 6: 400M FREESTYLE WOMEN 13+							Heat:5, starttime: 18:45	
Heat: 5/10 Lane : 3 Athlete: VANDER MEER NOOR							Q-time: 05:33:10	
PB (25m pool): 06:03.20 Herentals 04/10/2025				PB (50m pool): 05:33.10SB: 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		00:38.98		01:21.23		02:04.98		02:50.64
	00:38.98		00:42.25		00:43.75		00:45.66	
								
	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		03:38.37		04:26.11		05:14.62		06:03.20
	00:47.73		00:47.74		00:48.51		00:48.58	
								

Coach feedback:

Event number: 6: 400M FREESTYLE WOMEN 13+							Heat:6, starttime: 18:50	
Heat: 6/10 Lane : 5 Athlete: VANDER MEER AMBER							Q-time: 05:29:27	
PB (25m pool): 05:29.75 Sint-Truiden 17/03/2024				PB (50m pool): 05:29.27 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		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		05:29.75
	...	...	...	...	...	...	...	...

Coach feedback:

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Event number: 7: 400M FREESTYLE MEN 13+							Heat:2, starttime: 19:25	
Heat: 2/12 Lane : 4 Athlete: VANGROOTLOON BERRE							Q-time: 99:99:99	
PB (25m pool): no time			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		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		no time
								

Coach feedback:

Event number: 7: 400M FREESTYLE MEN 13+							Heat:3, starttime: 19:30	
Heat: 3/12 Lane : 4 Athlete: SPREUWERS LEI							Q-time: 06:32:97	
PB (25m pool): 06:32.97 Beringen 08/02/2026				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		01:31.53		no time		03:11.41
	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		06:32.97
								

Coach feedback:

Event number: 7: 400M FREESTYLE MEN 13+							Heat:12, starttime: 20:25	
Heat: 12/12 Lane : 3 Athlete: VANGROOTLOON JEF							Q-time: 04:05:89	
PB (25m pool): 04:08.28 Gent 09/11/2025				PB (50m pool): 04:07.09SB: 04:10.85 Hasselt 04/10/2026				
	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		00:27.43		00:57.92		01:29.13		02:00.75
	00:27.43		00:30.49		00:31.21		00:31.62	
								
	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		02:32.67		03:04.71		03:36.90		04:08.28
	00:31.92		00:32.04		00:32.19		00:31.38	
								

Coach feedback: