

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

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

Coaches: Degelin Lieselot

Coaches: Stabel Siegfried HEADCOACH

Coaches: Reymen Rika

PB => Personal Best time

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

Event number: 6: 400M FREESTYLE WOMEN 13+							Heat:2, starttime: 18:25	
Heat: 2/10 Lane : 3 Athlete: VANGOIDSENHOVEN CARO							Q-time: 06:46:98	
PB (25m pool): 06:46.98 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		00:42.32		01:32.85		02:25.74		03:20.01
	00:42.32		00:50.53		00:52.89		00:54.27	
								
	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		04:13.44		05:05.58		05:50.17		06:46.98
	00:53.43		00:52.14		00:44.59		00:56.81	
								

Coach feedback:

Event number: 6: 400M FREESTYLE WOMEN 13+							Heat:2, starttime: 18:25	
Heat: 2/10 Lane : 4 Athlete: NIEWENWEG LENTE							Q-time: 07:00:10	
PB (25m pool): 07:00.10 2370 Arendonk 21/12/2025				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		01:33.20		no time		03:21.39
	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		07:00.10
								

Coach feedback:

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Event number: 6: 400M FREESTYLE WOMEN 13+							Heat:2, starttime: 18:25	
Heat: 2/10 Lane : 5 Athlete: NIEWENWEG STERRE							Q-time: 07:12:34	
PB (25m pool): 07:12.34 Arendonk 25/05/2025				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		01:42.87		no time		03:35.30
	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		07:12.34
								

Coach feedback:

Event number: 6: 400M FREESTYLE WOMEN 13+							Heat:3, starttime: 18:30	
Heat: 3/10 Lane : 4 Athlete: VAN MECHELEN LUNA							Q-time: 06:05:73	
PB (25m pool): 06:05.73 Arendonk 31/05/2026				PB (50m pool): 06:32.19SB: 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		01:22.31		no time		02:57.90
	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		06:05.73
								

Coach feedback:

Event number: 6: 400M FREESTYLE WOMEN 13+							Heat:7, starttime: 18:55	
Heat: 7/10 Lane : 4 Athlete: CAMPFORTS FIEN							Q-time: 05:14:57	
PB (25m pool): 05:14.57 Herentals 04/10/2025				PB (50m pool): 05:18.11SB: 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		00:33.22		01:11.06		01:50.70		02:31.47
	00:33.22		00:37.84		00:39.64		00:40.77	
								
	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		03:12.75		03:54.06		04:35.67		05:14.57
	00:41.28		00:41.31		00:41.61		00:38.90	
								

Coach feedback:

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Event number: 7: 400M FREESTYLE MEN 13+							Heat:4, starttime: 19:40	
Heat: 4/12 Lane : 3 Athlete: BANCIU ADAM							Q-time: 05:58:37	
PB (25m pool): 05:58.37 Arendonk 31/05/2026				PB (50m pool): 06:05.91SB: 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		no time		01:25.70		no time		02:58.27
	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		05:58.37
								

Coach feedback:

Event number: 7: 400M FREESTYLE MEN 13+							Heat:5, starttime: 19:45	
Heat: 5/12 Lane : 1 Athlete: KENIS AXL							Q-time: 05:50:79	
PB (25m pool): 06:18.34 Herentals 04/10/2025				PB (50m pool): 05:50.79SB: 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		00:37.35		01:21.02		02:09.33		02:59.17
	00:37.35		00:43.67		00:48.31		00:49.84	
								
	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		03:49.08		04:39.29		05:30.08		06:18.34
	00:49.91		00:50.21		00:50.79		00:48.26	
								

Coach feedback:

Event number: 7: 400M FREESTYLE MEN 13+							Heat:6, starttime: 19:50	
Heat: 6/12 Lane : 1 Athlete: REYMEN RHUNE							Q-time: 05:24:16	
PB (25m pool): 05:24.16 Arendonk 31/05/2026				PB (50m pool): 06:40.68SB: 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		01:17.20		no time		02:40.67
	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		05:24.16
								

Coach feedback:

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Event number: 7: 400M FREESTYLE MEN 13+							Heat:6, starttime: 19:50	
Heat: 6/12 Lane : 4 Athlete: VAN MECHGELEN RUBE							Q-time: 05:19:20	
PB (25m pool): 05:19.20 Arendonk 25/05/2025				PB (50m pool): 05:28.03SB: 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		01:12.60		no time		02:33.20
	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		05:19.20
								

Coach feedback:

Event number: 7: 400M FREESTYLE MEN 13+							Heat:7, starttime: 20:00	
Heat: 7/12 Lane : 3 Athlete: STABEL JONATHAN							Q-time: 05:11:84	
PB (25m pool): 05:11.84 Zwembad De Motte 14/07/2026				PB (50m pool): 05:22.04SB: 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		01:12.35		no time		02:32.67
	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		05:11.84
								

Coach feedback:

Event number: 7: 400M FREESTYLE MEN 13+							Heat:9, starttime: 20:10	
Heat: 9/12 Lane : 1 Athlete: LEYSEN JEROEN							Q-time: 05:01:80	
PB (25m pool): 05:01.80 Sportoase De Watermolen 21/07/2026 PB (50m pool): 05:18.01SB: 05:06.86 Mol 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		00:32.41		01:10.18		01:49.67		02:28.99
	00:32.41		00:37.77		00:39.49		00:39.32	
								
	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		03:08.44		03:47.55		04:25.82		05:01.80
	00:39.45		00:39.11		00:38.27		00:35.98	
								

Coach feedback:

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

Event number: 7: 400M FREESTYLE MEN 13+							Heat:9, starttime: 20:10	
Heat: 9/12 Lane : 5 Athlete: VAN MECHGELEN ARNE							Q-time: 05:00:87	
PB (25m pool): 05:00.87 Arendonk 25/05/2025				PB (50m pool): 05:10.21SB: 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		01:09.47		no time		02:26.12
	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		05:00.87
								

Coach feedback:

Event number: 7: 400M FREESTYLE MEN 13+							Heat:10, starttime: 20:15	
Heat: 10/12 Lane : 1 Athlete: STABEL JASPER							Q-time: 04:49:38	
PB (25m pool): 04:49.38 Sinbad 22/07/2025				PB (50m pool): 04:54.84SB: 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		00:31.42		01:06.90		no time		02:20.69
	00:31.42		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		no time		no time		no time		04:49.38
								

Coach feedback: