

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

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

Coaches: Gitsels Els HEADCOACH

PB => Personal Best time

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

Event number: 6: 400M FREESTYLE WOMEN 13+							Heat:10, starttime: 19:10	
Heat: 10/10 Lane : 1 Athlete: VAN HOVE PAULINE							Q-time: 04:44:90	
PB (25m pool): 04:51.89 Liège 12/10/2025				PB (50m pool): 04:44.97 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		00:32.83		01:09.12		no time		02:23.29
	00:32.83		00:36.29					
								
	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		04:51.89
								

Coach feedback:

Event number: 6: 400M FREESTYLE WOMEN 13+							Heat:10, starttime: 19:10	
Heat: 10/10 Lane : 3 Athlete: STAS LORANE							Q-time: 04:35:96	
PB (25m pool): 04:35.96 4367 Crisnée 30/05/2026				PB (50m pool): 04:39.35 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		00:31.40		01:06.00		no time		02:16.42
	00:31.40		00:34.60					
								
	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		04:35.96
								

Coach feedback:

Event number: 7: 400M FREESTYLE MEN 13+							Heat:7, starttime: 20:00	
Heat: 7/12 Lane : 2 Athlete: RENOUARD MAEL							Q-time: 05:14:36	
PB (25m pool): 05:14.36 4367 Crisnée 30/05/2026				PB (50m pool): 05:20.98SB: 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		00:36.35		01:16.22		no time		02:36.11
	00:36.35		00:39.87					
								
	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		05:14.36
								

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Event number: 7: 400M FREESTYLE MEN 13+							Heat:10, starttime: 20:15	
Heat: 10/12 Lane : 5 Athlete: JORISSEN FINN							Q-time: 04:48:75	
PB (25m pool): 04:48.75 4367 Crisnée 29/11/2025				PB (50m pool): 04:51.20 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		00:31.72		01:08.18		no time		02:22.53
	00:31.72		00:36.46					
								
	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		03:37.26		no time		04:48.75
								

Coach feedback: