

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

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

Coaches: Luyten Sjobbe 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 : 2 Athlete: HUYSMANS ILIANA							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:2, starttime: 18:25	
Heat: 2/10 Lane : 2 Athlete: LIEVENS NONA							Q-time: 07:09:72	
PB (25m pool): 07:09.72 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		00:45.60		01:38.13		02:33.57		03:28.96
	00:45.60		00:52.53		00:55.44		00:55.39	
								
	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		04:25.57		05:22.14		06:15.66		07:09.72
	00:56.61		00:56.57		00:53.52		00:54.06	
								

Coach feedback:

Event number: 6: 400M FREESTYLE WOMEN 13+							Heat:4, starttime: 18:35	
Heat: 4/10 Lane : 1 Athlete: MEEKERS RANIA							Q-time: 06:02:79	
PB (25m pool): 06:02.79 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		00:36.83		01:17.26		02:02.30		02:49.25
	00:36.83		00:40.43		00:45.04		00:46.95	
								
	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		03:36.96		04:25.45		05:14.76		06:02.79
	00:47.71		00:48.49		00:49.31		00:48.03	
								

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

Event number: 6: 400M FREESTYLE WOMEN 13+							Heat:4, starttime: 18:35	
Heat: 4/10 Lane : 3 Athlete: DIRIX LILY							Q-time: 05:45:20	
PB (25m pool): 05:25.76 Mol 04/10/2026				PB (50m pool): 05:45.20SB: 05:25.76 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		00:35.91		01:15.68		01:56.24		02:37.83
	00:35.91		00:39.77		00:40.56		00:41.59	
								
	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		03:20.04		04:01.68		04:44.32		05:25.76
	00:42.21		00:41.64		00:42.64		00:41.44	
								

Coach feedback:

Event number: 6: 400M FREESTYLE WOMEN 13+							Heat:7, starttime: 18:55	
Heat: 7/10 Lane : 5 Athlete: ADRIAENSEN LENA							Q-time: 05:17:53	
PB (25m pool): 05:12.60 Mol 04/10/2026				PB (50m pool): 05:17.53SB: 05:12.60 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		00:35.98		01:16.24		01:56.52		02:37.68
	00:35.98		00:40.26		00:40.28		00:41.16	
								
	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		03:17.93		03:57.20		04:36.40		05:12.60
	00:40.25		00:39.27		00:39.20		00:36.20	
								

Coach feedback:

Event number: 6: 400M FREESTYLE WOMEN 13+							Heat:9, starttime: 19:05	
Heat: 9/10 Lane : 1 Athlete: VAN BAELEN YENTHE							Q-time: 04:54:64	
PB (25m pool): 04:51.86 Mol 04/10/2026				PB (50m pool): 04:54.64 SB: 04:51.86 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		00:33.48		01:09.78		01:46.61		02:23.63
	00:33.48		00:36.30		00:36.83		00:37.02	
								
	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		03:00.94		03:38.30		04:15.61		04:51.86
	00:37.31		00:37.36		00:37.31		00:36.25	
								

Coach feedback:

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

Event number: 7: 400M FREESTYLE MEN 13+							Heat:1, starttime: 19:15	
Heat: 1/12 Lane : 2 Athlete: VAN DEN BROEK LAURENS							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 : 3 Athlete: MEEKERS CARSTEN							Q-time: 06:32:73	
PB (25m pool): 06:32.73 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		00:38.93		01:25.95		02:16.37		03:07.49
	00:38.93		00:47.02		00:50.42		00:51.12	
								
	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		03:59.44		04:51.54		05:44.06		06:32.73
	00:51.95		00:52.10		00:52.52		00:48.67	
								

Coach feedback:

Event number: 7: 400M FREESTYLE MEN 13+							Heat:3, starttime: 19:30	
Heat: 3/12 Lane : 6 Athlete: ROMANYUK MYKHAYLO							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:

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

Event number: 7: 400M FREESTYLE MEN 13+							Heat:4, starttime: 19:40	
Heat: 4/12 Lane : 1 Athlete: LECOMTE FLORENTIN							Q-time: 06:21:33	
PB (25m pool): 05:33.39 Mol 04/10/2026				PB (50m pool): no time SB: 05:33.39 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		00:35.65		01:16.62		01:58.94		02:41.89
	00:35.65		00:40.97		00:42.32		00:42.95	
								
	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		03:25.09		04:08.33		04:52.28		05:33.39
	00:43.20		00:43.24		00:43.95		00:41.11	
								

Coach feedback:

Event number: 7: 400M FREESTYLE MEN 13+							Heat:5, starttime: 19:45	
Heat: 5/12 Lane : 4 Athlete: KEMPS VINCE							Q-time: 05:36:30	
PB (25m pool): 05:36.30 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		00:35.24		01:16.73		01:59.03		02:42.39
	00:35.24		00:41.49		00:42.30		00:43.36	
								
	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		03:25.35		04:09.61		04:53.49		05:36.30
	00:42.96		00:44.26		00:43.88		00:42.81	
								

Coach feedback:

Event number: 7: 400M FREESTYLE MEN 13+							Heat:5, starttime: 19:45	
Heat: 5/12 Lane : 6 Athlete: JACOBS JOB							Q-time: 05:53:95	
PB (25m pool): 05:53.95 Arendonk 01/12/2024				PB (50m pool): 06:11.66 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		01:23.66		no time		02:54.27
	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		05:53.95
								

Coach feedback:

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

Event number: 7: 400M FREESTYLE MEN 13+							Heat:7, starttime: 20:00	
Heat: 7/12 Lane : 5 Athlete: GEUDENS THOR							Q-time: 05:14:57	
PB (25m pool): 05:32.81 Herentals 04/10/2025				PB (50m pool): 05:14.57 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		00:37.30		01:18.37		02:00.84		02:43.55
	00:37.30		00:41.07		00:42.47		00:42.71	
								
	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		03:26.33		04:09.60		04:51.87		05:32.81
	00:42.78		00:43.27		00:42.27		00:40.94	
								

Coach feedback:

Event number: 7: 400M FREESTYLE MEN 13+							Heat:8, starttime: 20:05	
Heat: 8/12 Lane : 1 Athlete: HOOYBERGHS MIL							Q-time: 05:10:82	
PB (25m pool): 05:30.95 Herentals 04/10/2025				PB (50m pool): 05:10.82 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		00:36.33		01:18.60		02:01.48		02:45.51
	00:36.33		00:42.27		00:42.88		00:44.03	
								
	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		03:28.00		04:09.71		04:52.54		05:30.95
	00:42.49		00:41.71		00:42.83		00:38.41	
								

Coach feedback:

Event number: 7: 400M FREESTYLE MEN 13+							Heat:8, starttime: 20:05	
Heat: 8/12 Lane : 4 Athlete: MIHAILESCU STEFAN							Q-time: 05:04:27	
PB (25m pool): 05:25.46 Heist Op Den Berg 13/01/2024				PB (50m pool): 05:04.27 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		05:25.46
								

Coach feedback:

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

Event number: 7: 400M FREESTYLE MEN 13+							Heat:8, starttime: 20:05	
Heat: 8/12 Lane : 6 Athlete: HUYSMANS SEPPE							Q-time: 05:11:15	
PB (25m pool): 05:13.85 Herentals 05/10/2024				PB (50m pool): 05:11.15 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		05:13.85
								

Coach feedback:

Event number: 7: 400M FREESTYLE MEN 13+							Heat:11, starttime: 20:20	
Heat: 11/12 Lane : 3 Athlete: ZRIRAK WAEL							Q-time: 04:35:41	
PB (25m pool): 04:35.41 Pelt 05/10/2025				PB (50m pool): 04:45.34 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		01:06.63		no time		02:18.23
	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		04:35.41
								

Coach feedback:

Event number: 7: 400M FREESTYLE MEN 13+							Heat:12, starttime: 20:25	
Heat: 12/12 Lane : 5 Athlete: VERACHTEN LOUIS							Q-time: 04:31:13	
PB (25m pool): 04:42.61 Herentals 04/10/2025				PB (50m pool): 04:31.13 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		00:32.78		01:08.96		01:44.69		02:20.32
	00:32.78		00:36.18		00:35.73		00:35.63	
								
	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		02:56.66		03:32.46		04:07.86		04:42.61
	00:36.34		00:35.80		00:35.40		00:34.75	
								

Coach feedback: