

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

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

Coaches: Ryckeman Brian

Coaches: Kesteman Jane HEADCOACH

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 : 2 Athlete: SEGAERT HANNE							Q-time: 05:26:61	
PB (25m pool): 05:43.14 Herentals 04/10/2025				PB (50m pool): 05:26.61 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		00:37.56		01:20.08		02:03.91		02:48.46
	00:37.56		00:42.52		00:43.83		00:44.55	
								
	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		03:33.41		04:18.42		05:03.02		05:43.14
	00:44.95		00:45.01		00:44.60		00:40.12	
								

Coach feedback:

Event number: 6: 400M FREESTYLE WOMEN 13+							Heat:8, starttime: 19:00	
Heat: 8/10 Lane : 5 Athlete: DEVUYST OONA							Q-time: 05:07:94	
PB (25m pool): 05:07.94 Herentals 04/10/2025				PB (50m pool): 05:12.98SB: 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		00:34.32		01:12.67		01:52.33		02:32.39
	00:34.32		00:38.35		00:39.66		00:40.06	
								
	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		03:12.10		03:52.59		04:31.93		05:07.94
	00:39.71		00:40.49		00:39.34		00:36.01	
								

Coach feedback:

Event number: 6: 400M FREESTYLE WOMEN 13+							Heat:9, starttime: 19:05	
Heat: 9/10 Lane : 3 Athlete: DEPAEPE ELIZE							Q-time: 04:46:83	
PB (25m pool): 04:46.83 Herentals 04/10/2025				PB (50m pool): 04:51.77 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		00:32.65		01:09.12		01:46.44		02:23.45
	00:32.65		00:36.47		00:37.32		00:37.01	
								
	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		03:00.13		03:36.35		04:12.09		04:46.83
	00:36.68		00:36.22		00:35.74		00:34.74	
								



E-jury: · 2026-10-08 time: · 06:08:49pm · Page: 1 / 3 ·

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Event number: 7: 400M FREESTYLE MEN 13+							Heat:2, starttime: 19:25	
Heat: 2/12 Lane : 3 Athlete: VANSIELEGHEM KILLIAN							Q-time: 99:99:99	
PB (25m pool): 04:06.34 Veurne 27/10/2024				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		00:58.25		no time		02:01.36
	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		04:06.34
								

Coach feedback:

Event number: 7: 400M FREESTYLE MEN 13+							Heat:2, starttime: 19:25	
Heat: 2/12 Lane : 5 Athlete: DHEERE RÉMI							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:9, starttime: 20:10	
Heat: 9/12 Lane : 2 Athlete: VANDOOREN LOU							Q-time: 04:56:62	
PB (25m pool): 04:56.62 Menen 01/05/2026				PB (50m pool): 05:06.58SB: 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		01:10.73		no time		02:27.27
	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		04:56.62
								

Coach feedback:

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Event number: 7: 400M FREESTYLE MEN 13+							Heat:9, starttime: 20:10	
Heat: 9/12 Lane : 3 Athlete: VANDEVIJVERE LARS							Q-time: 04:50:41	
PB (25m pool): 04:43.69 Brugge 04/10/2026				PB (50m pool): 04:50.41SB: 04:43.69 Brugge 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		00:32.62		01:08.05		01:44.13		02:20.52
	00:32.62		00:35.43		00:36.08		00:36.39	
								
	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		02:57.38		03:34.45		04:10.58		04:43.69
	00:36.86		00:37.07		00:36.13		00:33.11	
								

Coach feedback:

Event number: 7: 400M FREESTYLE MEN 13+							Heat:10, starttime: 20:15	
Heat: 10/12 Lane : 2 Athlete: VANSIELEGHEM JAYDEN							Q-time: 04:47:28	
PB (25m pool): 04:37.99 Brugge 04/10/2026				PB (50m pool): 04:47.28SB: 04:37.99 Brugge 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		00:31.86		01:07.04		01:42.43		02:18.02
	00:31.86		00:35.18		00:35.39		00:35.59	
								
	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		02:53.56		03:29.02		04:04.64		04:37.99
	00:35.54		00:35.46		00:35.62		00:33.35	
								

Coach feedback: