

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

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

Coaches: Moeskops Kathleen HEADCOACH

Coaches: Feyten Anne

Coaches: Vissers Ann

Coaches: Feyen Jaklien

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

Event number: 6: 400M FREESTYLE WOMEN 13+							Heat:4, starttime: 18:35	
Heat: 4/10 Lane : 5 Athlete: KENIS JOSEPHINE							Q-time: 05:58:18	
PB (25m pool): 05:58.18 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		01:23.26		02:08.91		02:55.72
	00:38.93		00:44.33		00:45.65		00:46.81	
								
	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		03:43.10		04:29.64		05:15.99		05:58.18
	00:47.38		00:46.54		00:46.35		00:42.19	
								

Coach feedback:

Event number: 6: 400M FREESTYLE WOMEN 13+							Heat:5, starttime: 18:45	
Heat: 5/10 Lane : 6 Athlete: VAN LOMMEL ANTHE							Q-time: 05:43:79	
PB (25m pool): 05:43.79 Herentals 04/10/2025				PB (50m pool): 05:23.57SB: 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		00:34.66		01:15.67		01:59.83		02:44.57
	00:34.66		00:41.01		00:44.16		00:44.74	
								
	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		03:29.13		04:14.74		05:00.05		05:43.79
	00:44.56		00:45.61		00:45.31		00:43.74	
								

Coach feedback:

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Event number: 6: 400M FREESTYLE WOMEN 13+							Heat:6, starttime: 18:50	
Heat: 6/10 Lane : 6 Athlete: DIERCKX FEMKE							Q-time: 05:29:55	
PB (25m pool): 05:29.01 Aarschot 28/04/2024				PB (50m pool): 05:37.18SB: 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		05:29.01
								

Coach feedback:

Event number: 6: 400M FREESTYLE WOMEN 13+							Heat:8, starttime: 19:00	
Heat: 8/10 Lane : 3 Athlete: DURT REINE							Q-time: 04:58:52	
PB (25m pool): 04:58.52 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		00:33.29		01:09.96		01:47.31		02:25.40
	00:33.29		00:36.67		00:37.35		00:38.09	
								
	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		03:04.01		03:42.85		04:21.10		04:58.52
	00:38.61		00:38.84		00:38.25		00:37.42	
								

Coach feedback:

Event number: 6: 400M FREESTYLE WOMEN 13+							Heat:9, starttime: 19:05	
Heat: 9/10 Lane : 2 Athlete: BELLENS LORE							Q-time: 04:52:19	
PB (25m pool): 04:52.19 Herentals 04/10/2025				PB (50m pool): 05:16.68 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		00:32.22		01:07.77		01:43.94		02:21.03
	00:32.22		00:35.55		00:36.17		00:37.09	
								
	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		02:58.94		03:37.16		04:15.15		04:52.19
	00:37.91		00:38.22		00:37.99		00:37.04	
								

Coach feedback:

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Event number: 6: 400M FREESTYLE WOMEN 13+							Heat:9, starttime: 19:05	
Heat: 9/10 Lane : 4 Athlete: MERTENS FEMKE							Q-time: 04:48:91	
PB (25m pool): 04:48.91 Herentals 04/10/2025				PB (50m pool): 04:55.36 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		00:32.45		01:08.00		01:44.09		02:21.39
	00:32.45		00:35.55		00:36.09		00:37.30	
								
	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		02:59.40		03:37.17		04:14.34		04:48.91
	00:38.01		00:37.77		00:37.17		00:34.57	
								

Coach feedback:

Event number: 6: 400M FREESTYLE WOMEN 13+							Heat:9, starttime: 19:05	
Heat: 9/10 Lane : 5 Athlete: JANSSENS ELISABETH							Q-time: 04:54:63	
PB (25m pool): 05:11.08 Heist Op Den Berg 13/01/2024				PB (50m pool): 05:04.99SB: 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		05:11.08
								

Coach feedback:

Event number: 6: 400M FREESTYLE WOMEN 13+							Heat:10, starttime: 19:10	
Heat: 10/10 Lane : 2 Athlete: MERTENS HELENA							Q-time: 04:38:58	
PB (25m pool): 04:32.27 Gent(Sint-Amandsberg) 11/11/2024				PB (50m pool): 04:38.58 SB: 04:42.89 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		00:30.54		01:03.78		01:37.84		02:12.59
	00:30.54		00:33.24		00:34.06		00:34.75	
								
	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		02:47.47		03:22.61		03:58.23		04:32.27
	00:34.88		00:35.14		00:35.62		00:34.04	
								

Coach feedback:

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Event number: 6: 400M FREESTYLE WOMEN 13+							Heat:10, starttime: 19:10	
Heat: 10/10 Lane : 5 Athlete: BOVEN AXELLE							Q-time: 04:42:82	
PB (25m pool): 04:42.82 Herentals 04/10/2025				PB (50m pool): 04:47.28 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		00:30.92		01:05.66		01:41.25		02:17.10
	00:30.92		00:34.74		00:35.59		00:35.85	
								
	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		02:52.91		03:29.68		04:06.37		04:42.82
	00:35.81		00:36.77		00:36.69		00:36.45	
								

Coach feedback:

Event number: 6: 400M FREESTYLE WOMEN 13+							Heat:10, starttime: 19:10	
Heat: 10/10 Lane : 6 Athlete: BIERINCKX MIE							Q-time: 04:46:59	
PB (25m pool): 04:47.82 Antwerpen 12/10/2025				PB (50m pool): 04:46.59SB: 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		00:32.09		01:08.14		01:44.63		02:19.78
	00:32.09		00:36.05		00:36.49		00:35.15	
								
	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		02:55.86		03:32.84		04:09.19		04:47.82
	00:36.08		00:36.98		00:36.35		00:38.63	
								

Coach feedback:

Event number: 7: 400M FREESTYLE MEN 13+							Heat:3, starttime: 19:30	
Heat: 3/12 Lane : 1 Athlete: SERNEELS ROAN							Q-time: 99:99:99	
PB (25m pool): 06:25.44 Herentals 05/10/2024				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		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		06:25.44
								

Coach feedback:

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Event number: 7: 400M FREESTYLE MEN 13+							Heat:3, starttime: 19:30	
Heat: 3/12 Lane : 5 Athlete: UZZI ALEXANDER							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:4, starttime: 19:40	
Heat: 4/12 Lane : 6 Athlete: VAN STEENBERGEN ARON							Q-time: 06:27:68	
PB (25m pool): 06:27.68 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		00:40.28		01:28.52		02:19.69		03:11.22
	00:40.28		00:48.24		00:51.17		00:51.53	
								
	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		04:02.75		04:53.88		05:42.73		06:27.68
	00:51.53		00:51.13		00:48.85		00:44.95	
								

Coach feedback:

Event number: 7: 400M FREESTYLE MEN 13+							Heat:6, starttime: 19:50	
Heat: 6/12 Lane : 2 Athlete: BELLENS PIETER							Q-time: 05:22:91	
PB (25m pool): 05:22.91 Mol 04/10/2026			PB (50m pool): no time SB: 05:22.91 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		00:35.61		01:17.23		01:58.79		02:41.19
	00:35.61		00:41.62		00:41.56		00:42.40	
								
	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		03:22.22		04:03.81		04:44.28		05:22.91
	00:41.03		00:41.59		00:40.47		00:38.63	
								

Coach feedback:

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Event number: 7: 400M FREESTYLE MEN 13+							Heat:6, starttime: 19:50	
Heat: 6/12 Lane : 6 Athlete: BROUNS PRYAM							Q-time: 05:31:99	
PB (25m pool): 05:31.99 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		00:35.59		01:16.47		01:58.79		02:41.32
	00:35.59		00:40.88		00:42.32		00:42.53	
								
	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		03:23.81		04:06.87		04:49.68		05:31.99
	00:42.49		00:43.06		00:42.81		00:42.31	
								

Coach feedback:

Event number: 7: 400M FREESTYLE MEN 13+							Heat:7, starttime: 20:00	
Heat: 7/12 Lane : 6 Athlete: FEYEN AEDEN							Q-time: 05:17:36	
PB (25m pool): 05:20.71 LEUVEN 21/12/2025				PB (50m pool): 05:17.36 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		00:34.71		01:13.68		01:55.36		02:37.02
	00:34.71		00:38.97		00:41.68		00:41.66	
								
	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		03:19.20		04:01.47		04:43.47		05:20.71
	00:42.18		00:42.27		00:42.00		00:37.24	
								

Coach feedback:

Event number: 7: 400M FREESTYLE MEN 13+							Heat:9, starttime: 20:10	
Heat: 9/12 Lane : 4 Athlete: BERTELS QUILLAN							Q-time: 04:54:40	
PB (25m pool): 04:54.40 Herentals 04/10/2025				PB (50m pool): 04:50.83SB: 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		00:30.39		01:05.83		01:43.26		02:21.29
	00:30.39		00:35.44		00:37.43		00:38.03	
								
	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		02:59.73		03:38.48		04:17.86		04:54.40
	00:38.44		00:38.75		00:39.38		00:36.54	
								

Coach feedback:

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Event number: 7: 400M FREESTYLE MEN 13+							Heat:10, starttime: 20:15	
Heat: 10/12 Lane : 6 Athlete: VAN GORP TUUR							Q-time: 04:49:81	
PB (25m pool): 04:56.88 LEUVEN 21/12/2025				PB (50m pool): 04:49.81 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		00:32.99		01:09.40		01:47.09		02:24.99
	00:32.99		00:36.41		00:37.69		00:37.90	
								
	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		03:03.23		03:42.35		04:20.17		04:56.88
	00:38.24		00:39.12		00:37.82		00:36.71	
								

Coach feedback:

Event number: 7: 400M FREESTYLE MEN 13+							Heat:11, starttime: 20:20	
Heat: 11/12 Lane : 6 Athlete: LAEREMANS SEBASTIAAN							Q-time: 04:40:71	
PB (25m pool): 04:40.71 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		00:30.78		01:06.21		01:42.39		02:18.84
	00:30.78		00:35.43		00:36.18		00:36.45	
								
	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		02:54.85		03:31.06		04:06.63		04:40.71
	00:36.01		00:36.21		00:35.57		00:34.08	
								

Coach feedback: