

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

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

Coaches: Mertens Wenke

Coaches: Van Olmen Jill

PB => Personal Best time

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

Event number: 6: 400M FREESTYLE WOMEN 13+							Heat:3, starttime: 18:30	
Heat: 3/10 Lane : 3 Athlete: CUYPERS LEONIE							Q-time: 06:05:62	
PB (25m pool): 06:05.62 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		00:40.95		01:29.10		02:17.34		03:05.51
	00:40.95		00:48.15		00:48.24		00:48.17	
								
	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		03:53.31		04:40.73		05:27.33		06:05.62
	00:47.80		00:47.42		00:46.60		00:38.29	
								

Coach feedback:

Event number: 6: 400M FREESTYLE WOMEN 13+							Heat:3, starttime: 18:30	
Heat: 3/10 Lane : 5 Athlete: VAN NECK LISE							Q-time: 06:19:06	
PB (25m pool): 06:19.06 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		00:38.94		01:24.37		02:11.64		03:00.42
	00:38.94		00:45.43		00:47.27		00:48.78	
								
	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		03:50.72		04:41.34		05:30.54		06:19.06
	00:50.30		00:50.62		00:49.20		00:48.52	
								

Coach feedback:

Event number: 6: 400M FREESTYLE WOMEN 13+							Heat:7, starttime: 18:55	
Heat: 7/10 Lane : 2 Athlete: LAUREYS XANTE							Q-time: 05:16:93	
PB (25m pool): 05:16.93 Herentals 04/10/2025				PB (50m pool): 05:14.54SB: 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		00:35.57		01:15.67		01:57.08		02:37.66
	00:35.57		00:40.10		00:41.41		00:40.58	
								
	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		03:18.48		03:59.20		04:40.45		05:16.93
	00:40.82		00:40.72		00:41.25		00:36.48	
								

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

Event number: 6: 400M FREESTYLE WOMEN 13+							Heat:7, starttime: 18:55	
Heat: 7/10 Lane : 3 Athlete: VAN AERSCHOT NEL							Q-time: 05:13:27	
PB (25m pool): 05:13.27 Herentals 04/10/2025				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		00:33.45		01:11.22		01:50.84		02:31.00
	00:33.45		00:37.77		00:39.62		00:40.16	
								
	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		03:11.53		03:52.59		04:33.64		05:13.27
	00:40.53		00:41.06		00:41.05		00:39.63	
								

Coach feedback:

Event number: 6: 400M FREESTYLE WOMEN 13+							Heat:7, starttime: 18:55	
Heat: 7/10 Lane : 6 Athlete: VAN ROOSBROECK YUNA							Q-time: 05:22:58	
PB (25m pool): 05:22.58 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		00:35.65		01:15.93		01:57.86		02:40.61
	00:35.65		00:40.28		00:41.93		00:42.75	
								
	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		03:21.22		04:01.93		04:43.79		05:22.58
	00:40.61		00:40.71		00:41.86		00:38.79	
								

Coach feedback:

Event number: 6: 400M FREESTYLE WOMEN 13+							Heat:8, starttime: 19:00	
Heat: 8/10 Lane : 2 Athlete: LEMMENS FEBE							Q-time: 05:06:37	
PB (25m pool): 05:06.37 Herentals 04/10/2025				PB (50m pool): 05:20.31 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		00:33.30		01:11.26		01:49.80		02:28.93
	00:33.30		00:37.96		00:38.54		00:39.13	
	...	...	...	...	...	...	...	...
	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		03:08.01		03:47.94		04:27.82		05:06.37
	00:39.08		00:39.93		00:39.88		00:38.55	
	...	...	...	...	...	...	...	...

Coach feedback:

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

Event number: 6: 400M FREESTYLE WOMEN 13+							Heat:8, starttime: 19:00	
Heat: 8/10 Lane : 6 Athlete: VAN WAELDEREN HANNE							Q-time: 05:09:85	
PB (25m pool): 05:06.35 Arendonk 01/12/2024				PB (50m pool): 05:18.12SB: 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		01:15.69		no time		02:33.41
	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		05:06.35
								

Coach feedback:

Event number: 6: 400M FREESTYLE WOMEN 13+							Heat:10, starttime: 19:10	
Heat: 10/10 Lane : 4 Athlete: VINGERHOETS MADELIEF							Q-time: 04:37:54	
PB (25m pool): 04:37.54 Aarschot 04/05/2025				PB (50m pool): 04:49.18SB: 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		01:07.50		no time		02:18.28
	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		04:37.54
								

Coach feedback:

Event number: 7: 400M FREESTYLE MEN 13+							Heat:4, starttime: 19:40	
Heat: 4/12 Lane : 2 Athlete: MERTENS GIJS							Q-time: 06:05:46	
PB (25m pool): 06:05.46 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		00:40.10		01:24.94		02:12.24		02:59.75
	00:40.10		00:44.84		00:47.30		00:47.51	
								
	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		03:46.15		04:33.13		05:20.50		06:05.46
	00:46.40		00:46.98		00:47.37		00:44.96	
								

Coach feedback:

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

Event number: 7: 400M FREESTYLE MEN 13+							Heat:5, starttime: 19:45	
Heat: 5/12 Lane : 2 Athlete: CUYPERS ARTHUR							Q-time: 05:39:56	
PB (25m pool): 05:39.56 Herentals 04/10/2025				PB (50m pool): 05:23.33SB: 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		00:38.94		01:21.51		02:05.69		02:49.84
	00:38.94		00:42.57		00:44.18		00:44.15	
								
	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		03:34.03		04:17.79		05:01.38		05:39.56
	00:44.19		00:43.76		00:43.59		00:38.18	
								

Coach feedback:

Event number: 7: 400M FREESTYLE MEN 13+							Heat:10, starttime: 20:15	
Heat: 10/12 Lane : 3 Athlete: SLUYTS TIBE							Q-time: 04:40:86	
PB (25m pool): 04:40.86 Herentals 04/10/2025				PB (50m pool): 04:43.72SB: 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		00:31.23		01:06.48		01:41.93		02:18.21
	00:31.23		00:35.25		00:35.45		00:36.28	
								
	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		02:53.69		03:29.93		04:05.73		04:40.86
	00:35.48		00:36.24		00:35.80		00:35.13	
								

Coach feedback:

Event number: 7: 400M FREESTYLE MEN 13+							Heat:10, starttime: 20:15	
Heat: 10/12 Lane : 4 Athlete: GYULNAZARYAN MAX							Q-time: 04:46:42	
PB (25m pool): 04:46.42 Herentals 04/10/2025				PB (50m pool): 05:02.60SB: 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		00:32.18		01:08.11		01:44.96		02:21.84
	00:32.18		00:35.93		00:36.85		00:36.88	
								
	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		02:59.11		03:35.98		04:12.77		04:46.42
	00:37.27		00:36.87		00:36.79		00:33.65	
								

Coach feedback:

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

Event number: 7: 400M FREESTYLE MEN 13+							Heat:11, starttime: 20:20	
Heat: 11/12 Lane : 4 Athlete: SLUYTS JENNE							Q-time: 04:35:48	
PB (25m pool): 04:35.48 Herentals 04/10/2025				PB (50m pool): 04:41.19SB: 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		00:31.02		01:05.27		01:39.80		02:14.30
	00:31.02		00:34.25		00:34.53		00:34.50	
								
	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		02:49.40		03:25.47		04:01.00		04:35.48
	00:35.10		00:36.07		00:35.53		00:34.48	
								

Coach feedback:

Event number: 7: 400M FREESTYLE MEN 13+							Heat:12, starttime: 20:25	
Heat: 12/12 Lane : 2 Athlete: JARNE HAESENDONCKX							Q-time: 04:23:31	
PB (25m pool): 04:23.31 Aarschot 28/07/2025				PB (50m pool): 04:51.05 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		01:02.20		no time		02:09.67
	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		04:23.31
								

Coach feedback: