

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

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

Coaches: Delissen Kim

Coaches: Laermans Eline

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 : 1 Athlete: VANDE SOMPELE HASSE							Q-time: 06:22:52	
PB (25m pool): 06:22.52 Aartselaar 01/11/2025							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		no time		01:29.63		no time		03:09.52
	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		06:22.52
								

Coach feedback:

Event number: 6: 400M FREESTYLE WOMEN 13+							Heat:4, starttime: 18:35	
Heat: 4/10 Lane : 4 Athlete: VAN DEN BOSSCHE LIA							Q-time: 05:47:98	
PB (25m pool): 05:47.98 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		00:39.52		01:23.42		02:07.25		02:51.87
	00:39.52			00:43.90	00:43.83		00:44.62	
								
	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		03:37.40		04:23.38		05:08.12		05:47.98
	00:45.53			00:45.98	00:44.74		00:39.86	
								

Coach feedback:

Event number: 6: 400M FREESTYLE WOMEN 13+							Heat:5, starttime: 18:45	
Heat: 5/10 Lane : 1 Athlete: CORNEZ MAYLIE							Q-time: 05:42:47	
PB (25m pool): 05:42.47 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		00:38.07		01:21.11		02:04.85		02:48.65
	00:38.07			00:43.04	00:43.74		00:43.80	
								
	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		03:32.76		04:17.20		05:00.68		05:42.47
	00:44.11			00:44.44	00:43.48		00:41.79	
								

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Event number: 6: 400M FREESTYLE WOMEN 13+							Heat:5, starttime: 18:45	
Heat: 5/10 Lane : 4 Athlete: NULENS LILI							Q-time: 05:34:58	
PB (25m pool): 05:49.74 Herentals 04/10/2025				PB (50m pool): 05:34.58SB: 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		00:40.34		01:25.71		02:11.08		02:56.16
	00:40.34		00:45.37		00:45.37		00:45.08	
								
	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		03:40.64		04:26.07		05:10.75		05:49.74
	00:44.48		00:45.43		00:44.68		00:38.99	
								

Coach feedback:

Event number: 6: 400M FREESTYLE WOMEN 13+							Heat:6, starttime: 18:50	
Heat: 6/10 Lane : 1 Athlete: VANDE SOMPELE JITS							Q-time: 05:29:32	
PB (25m pool): 05:29.32 Herentals 04/10/2025				PB (50m pool): 05:29.76SB: 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		00:36.11		01:17.23		01:59.53		02:42.07
	00:36.11		00:41.12		00:42.30		00:42.54	
								
	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		03:24.59		04:06.90		04:48.82		05:29.32
	00:42.52		00:42.31		00:41.92		00:40.50	
								

Coach feedback:

Event number: 6: 400M FREESTYLE WOMEN 13+							Heat:7, starttime: 18:55	
Heat: 7/10 Lane : 1 Athlete: DE SCHEPPER LARA							Q-time: 05:20:35	
PB (25m pool): 05:14.04 Mol 04/10/2026				PB (50m pool): 05:20.35SB: 05:14.04 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		00:36.09		01:15.47		01:55.75		02:36.30
	00:36.09		00:39.38		00:40.28		00:40.55	
	...	...	...	...	...	...	...	...
	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		03:17.11		03:57.63		04:37.51		05:14.04
	00:40.81		00:40.52		00:39.88		00:36.53	
	...	...	...	...	...	...	...	...

Coach feedback:

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Event number: 7: 400M FREESTYLE MEN 13+							Heat:1, starttime: 19:15	
Heat: 1/12 Lane : 3 Athlete: KAHKESHAN KYAN							Q-time: 99:99:99	
PB (25m pool): 06:10.72 Arendonk 31/05/2026				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		01:24.09		no time		02:57.56
	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		06:10.72
								

Coach feedback:

Event number: 7: 400M FREESTYLE MEN 13+							Heat:1, starttime: 19:15	
Heat: 1/12 Lane : 4 Athlete: WILMSEN TIM							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:2, starttime: 19:25	
Heat: 2/12 Lane : 1 Athlete: GOXHAJ ANIEL							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:

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Event number: 7: 400M FREESTYLE MEN 13+							Heat:4, starttime: 19:40	
Heat: 4/12 Lane : 5 Athlete: VERDONCK STIJN							Q-time: 06:06:83	
PB (25m pool): 06:06.83 2370 Arendonk 21/12/2025				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		no time		01:27.76		no time		02:58.96
	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		06:06.83
								

Coach feedback:

Event number: 7: 400M FREESTYLE MEN 13+							Heat:5, starttime: 19:45	
Heat: 5/12 Lane : 5 Athlete: FONTANA ALESSANDRO MARIA NIC							Q-time: 05:50:72	
PB (25m pool): 05:50.72 Arendonk 31/05/2026				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		01:23.94		no time		02:55.82
	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		05:50.72
								

Coach feedback:

Event number: 7: 400M FREESTYLE MEN 13+							Heat:6, starttime: 19:50	
Heat: 6/12 Lane : 5 Athlete: LADEWIG SETH							Q-time: 05:22:94	
PB (25m pool): 05:22.94 Herentals 05/10/2024				PB (50m pool): 05:53.30SB: 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		05:22.94
								

Coach feedback:

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Event number: 7: 400M FREESTYLE MEN 13+							Heat:7, starttime: 20:00	
Heat: 7/12 Lane : 1 Athlete: BETTENS STAN							Q-time: 05:14:79	
PB (25m pool): 05:14.79 Herentals 04/10/2025				PB (50m pool): 05:14.04 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		00:34.78		01:13.85		01:53.57		02:34.36
	00:34.78		00:39.07		00:39.72		00:40.79	
								
	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		03:15.84		03:56.67		04:36.51		05:14.79
	00:41.48		00:40.83		00:39.84		00:38.28	
								

Coach feedback:

Event number: 7: 400M FREESTYLE MEN 13+							Heat:7, starttime: 20:00	
Heat: 7/12 Lane : 4 Athlete: COGURCU ARDA							Q-time: 05:12:33	
PB (25m pool): no time			PB (50m pool): 05:12.33SB: 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		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:8, starttime: 20:05	
Heat: 8/12 Lane : 2 Athlete: EL HADDOUCHI HAROUN							Q-time: 05:05:96	
PB (25m pool): 05:05.96 Kapellen 22/12/2024				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		01:14.67		no time		02:36.39
	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		05:05.96
								

Coach feedback:

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

Event number: 7: 400M FREESTYLE MEN 13+							Heat:9, starttime: 20:10	
Heat: 9/12 Lane : 6 Athlete: TSYBULNIAK KYRYL							Q-time: 05:02:14	
PB (25m pool): 05:02.14 2370 Arendonk 21/12/2025				PB (50m pool): 05:02.76 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		00:32.29		01:08.74		no time		02:26.65
	00:32.29		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		no time		no time		no time		05:02.14
								

Coach feedback:

Event number: 7: 400M FREESTYLE MEN 13+							Heat:11, starttime: 20:20	
Heat: 11/12 Lane : 1 Athlete: NAEGELS REZA							Q-time: 04:40:66	
PB (25m pool): 04:40.66 Kapellen 22/12/2024				PB (50m pool): 04:42.57 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		no time		01:05.34		no time		02:16.19
	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		04:40.66
								

Coach feedback:

Event number: 7: 400M FREESTYLE MEN 13+							Heat:12, starttime: 20:25	
Heat: 12/12 Lane : 4 Athlete: HOROVYI MYKYTA							Q-time: 04:11:37	
PB (25m pool): 04:11.37 SINT AMANDSBERG 12/11/2023				PB (50m pool): 04:18.70 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		04:11.37
								

Coach feedback:

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

Event number: 7: 400M FREESTYLE MEN 13+							Heat:12, starttime: 20:25	
Heat: 12/12 Lane : 6 Athlete: BETTENS LUCAS							Q-time: 04:33:63	
PB (25m pool): 04:33.63 Antwerpen 12/10/2025				PB (50m pool): 04:40.19SB: 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		00:30.60		01:04.57		01:39.06		02:13.82
	00:30.60		00:33.97		00:34.49		00:34.76	
								
	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		02:49.15		03:24.60		03:59.70		04:33.63
	00:35.33		00:35.45		00:35.10		00:33.93	
								

Coach feedback: