

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

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

Coaches: Daniëls Liesbeth

Coaches: Vanuytven Diane

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 : 2 Athlete: HERREMANS ELIEN							Q-time: 06:16:45	
PB (25m pool): 06:16.45 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		01:25.65		no time		03:04.65
	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		06:16.45
								

Coach feedback:

Event number: 6: 400M FREESTYLE WOMEN 13+							Heat:3, starttime: 18:30	
Heat: 3/10 Lane : 6 Athlete: BOURGUIGNON NENA							Q-time: 06:29:62	
PB (25m pool): 06:29.62 Arendonk 30/11/2025				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		01:27.35		no time		03:07.23
	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		06:29.62
								

Coach feedback:

Event number: 7: 400M FREESTYLE MEN 13+							Heat:2, starttime: 19:25	
Heat: 2/12 Lane : 2 Athlete: GILLIS MATTHIJS							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
		</						

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

Event number: 7: 400M FREESTYLE MEN 13+							Heat:3, starttime: 19:30	
Heat: 3/12 Lane : 2 Athlete: GILLIS BAS							Q-time: 06:57:74	
PB (25m pool): 06:57.74 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		00:43.81		01:35.53		02:28.89		03:20.89
	00:43.81		00:51.72		00:53.36		00:52.00	
								
	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		04:17.32		05:12.74		06:08.47		06:57.74
	00:56.43		00:55.42		00:55.73		00:49.27	
								

Coach feedback: