

ShaRK 400m 2026: Session: 2: Startlist per athlete for TEAM: HZS

Coachinfo: Warming up from: 17:05 untill 18:10. Teamleadmeeting @

The listed starttimes are indicative!

Coaches: Mulkers Lander HEADCOACH

PB => Personal Best time

Athlete: FRANSSEN LYNA

Style	Event	Heat	Lane	PB 25m pool	PB 50m pool	Starttime
400M FREESTYLE WOMEN 13+	6	4	2	05:52.95	no time	18:35

Athlete: GERETS ANNELIEN

Style	Event	Heat	Lane	PB 25m pool	PB 50m pool	Starttime
400M FREESTYLE WOMEN 13+	6	5	2	05:15.28	no time	18:45

Athlete: LENAERTS JULIA

Style	Event	Heat	Lane	PB 25m pool	PB 50m pool	Starttime
400M FREESTYLE WOMEN 13+	6	4	6	06:05.58	no time	18:35

Athlete: POELMANS JULIE

Style	Event	Heat	Lane	PB 25m pool	PB 50m pool	Starttime
400M FREESTYLE WOMEN 13+	6	1	3	no time	no time	18:15

Athlete: SPREUWERS LEI

Style	Event	Heat	Lane	PB 25m pool	PB 50m pool	Starttime
400M FREESTYLE MEN 13+	7	3	4	06:32.97	no time	19:30

Athlete: VANDER MEER AMBER

Style	Event	Heat	Lane	PB 25m pool	PB 50m pool	Starttime
400M FREESTYLE WOMEN 13+	6	6	5	05:29.75	05:29.27	18:50

Athlete: VANDER MEER NOOR

Style	Event	Heat	Lane	PB 25m pool	PB 50m pool	Starttime
400M FREESTYLE WOMEN 13+	6	5	3	06:03.20	05:33.10	18:45

Athlete: VANGROOTLOON BERRE

Style	Event	Heat	Lane	PB 25m pool	PB 50m pool	Starttime
400M FREESTYLE MEN 13+	7	2	4	no time	no time	19:25

Athlete: VANGROOTLOON JEF

Style	Event	Heat	Lane	PB 25m pool	PB 50m pool	Starttime
400M FREESTYLE MEN 13+	7	12	3	04:08.28	04:07.09	20:25