

UZKZ Cup 2026: Session: 1: COACH evaluation sheet for TEAM: KWZC

Coachinfo: Warming up from: 08:00 untill 08:50. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Verschuere Nele HEADCOACH

Coaches: Beel Steven

Coaches: Decabooter Geert

PB => Personal Best time

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

Event number: 1: 100M FREESTYLE MEN 11+					Heat:3, starttime: 09:04
Heat: 3/9 Lane : 6 Athlete: BHIJA NASSIM					Q-time: 01:14:51
PB (25m pool): 01:14.51 Zwembad De Treffer 06/04/2026					PB (50m pool): 01:14.48 SB: 01:14.51 Zwembad De Treffer 06/04/2026
PB	2 5 M	5 0 M	7 5 M	1 0 0 M	
		00:35.50		01:14.51	
	00:35.50		00:39.01		
					

Coach feedback:

Event number: 1: 100M FREESTYLE MEN 11+					Heat:4, starttime: 09:06
Heat: 4/9 Lane : 8 Athlete: TACK THORBEN					Q-time: 01:09:49
PB (25m pool): 01:09.49 Ieper 04/01/2026					PB (50m pool): 01:11.69 SB: 01:09.49 Ieper 04/01/2026
PB	2 5 M	5 0 M	7 5 M	1 0 0 M	
		00:33.46		01:09.49	
	00:33.46		00:36.03		
					

Coach feedback:

Event number: 1: 100M FREESTYLE MEN 11+					Heat:6, starttime: 09:09
Heat: 6/9 Lane : 8 Athlete: LAVAERT CLÉMENT					Q-time: 01:04:38
PB (25m pool): 01:04.38 Diksmuide 12/10/2025					PB (50m pool): 01:04.18 SB: 01:04.38 Diksmuide 12/10/2025
PB	2 5 M	5 0 M	7 5 M	1 0 0 M	
		00:31.05		01:04.38	
	00:31.05		00:33.33		
					

Coach feedback:

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Event number: 1: 100M FREESTYLE MEN 11+					Heat:7, starttime: 09:11
Heat: 7/9 Lane : 1 Athlete: BEEL NOAH					Q-time: 01:02:66
PB (25m pool): 01:02.66 Zwembad De Treffer 06/04/2026					PB (50m pool): 01:03.02 SB: 01:02.66 Zwembad De Treffer 06/04/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.35		01:02.66	
	00:30.35		00:32.31		
					

Coach feedback:

Event number: 2: 100M BACKSTROKE WOMEN 11+					Heat:3, starttime: 09:21
Heat: 3/7 Lane : 2 Athlete: DEPAEPE LANA					Q-time: 01:27:30
PB (25m pool): 01:27.30 Zwembad De Treffer 06/04/2026					PB (50m pool): 01:33.19 SB: 01:27.30 Zwembad De Treffer 06/04/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:42.70		01:27.30	
	00:42.70		00:44.60		
					

Coach feedback:

Event number: 2: 100M BACKSTROKE WOMEN 11+					Heat:4, starttime: 09:24
Heat: 4/7 Lane : 6 Athlete: VAN GANSBEKE RHUNE					Q-time: 01:20:67
PB (25m pool): 01:20.67 Zwevegem 11/05/2025					PB (50m pool): 01:22.72 SB: 01:22.10 Sint-Amansberg 19/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:40.16		01:20.67	
	00:40.16		00:40.51		
					

Coach feedback:

Event number: 4: 200M BREASTSTROKE WOMEN 11+							Heat:2, starttime: 09:56	
Heat: 2/3 Lane : 3 Athlete: DEPAEPE LANA							Q-time: 03:15:80	
PB (25m pool): 03:15.80 leper 04/01/2026				PB (50m pool): 03:19.70 SB: 03:15.80 leper 04/01/2026				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:44.10		01:34.58		no time		03:15.80
	00:44.10		00:50.48					
								

Coach feedback:

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Event number: 4: 200M BREASTSTROKE WOMEN 11+							Heat:2, starttime: 09:56	
Heat: 2/3 Lane : 7 Athlete: VAN GANSBEKE NORE							Q-time: 03:30:83	
PB (25m pool): 03:30.83 leper 04/01/2026				PB (50m pool): 03:33.82SB: 03:30.83 leper 04/01/2026				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:44.56		01:38.40		no time		03:30.83
	00:44.56		00:53.84					
								

Coach feedback:

Event number: 6: 50M BUTTERFLY MEN 11+							Heat:2, starttime: 10:17		
Heat: 2/5 Lane : 8 Athlete: BHIJA NASSIM							Q-time: 99:99:99		
PB (25m pool): no time				PB (50m pool): 00:43.22				SB: no time	
	2 5 M		5 0 M						
PB			no time						
	no time								
									

Coach feedback:

Event number: 6: 50M BUTTERFLY MEN 11+										Heat:3, starttime: 10:18	
Heat: 3/5 Lane : 4 Athlete: LAVAERT CLÉMENT										Q-time: 00:33:86	
PB (25m pool): 00:33.86 Temse 17/11/2025					PB (50m pool): 00:33.32SB: 00:33.86 Temse 17/11/2025						
	2 5 M		5 0 M								
PB			00:33.86								
			00:33.86								
											

Coach feedback:

Event number: 6: 50M BUTTERFLY MEN 11+										Heat:3, starttime: 10:18	
Heat: 3/5 Lane : 7 Athlete: TACK THORBEN										Q-time: 00:37:38	
PB (25m pool): 00:37.38 WAREGEM 27/09/2025					PB (50m pool): no time SB: 00:37.38 WAREGEM 27/09/2025						
PB	2 5 M		5 0 M								
			00:37.38								
			00:37.38								
											

Coach feedback:

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Event number: 6: 50M BUTTERFLY MEN 11+										Heat:4, starttime: 10:19																			
Heat: 4/5 Lane : 2 Athlete: BEEL NOAH																				Q-time: 00:31:68									
PB (25m pool): 00:31.68 Temse 17/11/2025										PB (50m pool): 00:31.48SB: 00:31.68 Temse 17/11/2025																			
		2 5 M				5 0 M																							
PB						00:31.68																							
		00:31.68																											
																													

Coach feedback:

Event number: 7: 400M FREESTYLE WOMEN 11+							Heat:4, starttime: 10:55	
Heat: 4/7 Lane : 3 Athlete: VAN GANSBEKE NORE							Q-time: 05:47:36	
PB (25m pool): 05:47.36 Sint-Amandsberg 19/10/2025				PB (50m pool): no time SB: 05:47.36 Sint-Amandsberg 19/10/2025				
	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		00:35.69		01:16.53		01:59.17		02:43.84
	00:35.69		00:40.84		00:42.64		00:44.67	
								
	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		03:28.47		04:15.89		05:03.87		05:47.36
	00:44.63		00:47.42		00:47.98		00:43.49	
								

Coach feedback:

Event number: 7: 400M FREESTYLE WOMEN 11+							Heat:6, starttime: 11:08	
Heat: 6/7 Lane : 8 Athlete: VAN GANSBEKE RHUNE							Q-time: 05:24:09	
PB (25m pool): 05:24.01 Sint-Amandsberg 27/10/2024				PB (50m pool): no time SB: 05:24.09 Sint-Amandsberg 19/10/2025				
	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		00:37.09		01:17.47		01:59.14		02:40.90
	00:37.09		00:40.38		00:41.67		00:41.76	
								
	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		03:22.71		04:04.82		04:46.19		05:24.01
	00:41.81		00:42.11		00:41.37		00:37.82	
								

Coach feedback: