

UZZKZ Cup 2026: Session: 1: COACH evaluation sheet for TEAM: KZK

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

Coaches: Dewulf Bart HEADCOACH

Coaches: Duck Chantal

PB => Personal Best time

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

Event number: 1: 100M FREESTYLE MEN 11+ Heat:5, starttime: 09:08

Heat: 5/9 Lane : 2 Athlete: OLSZEWSKI MAXIME				Q-time: 01:05:11
PB (25m pool): 01:05.11 Ettelbruck 19/04/2026		PB (50m pool): 01:06.21 SB: 01:05.11 Ettelbruck 19/04/2026		
	2 5 M	5 0 M	7 5 M	1 0 0 M
PB		00:31.50		01:05.11
		00:31.50		00:33.61
				

Coach feedback:

Event number: 2: 100M BACKSTROKE WOMEN 11+ Heat:4, starttime: 09:24

Heat: 4/7 Lane : 7 Athlete: VERVENNE LOUISA				Q-time: 01:22:75
PB (25m pool): 01:22.75 Temse 17/11/2025		PB (50m pool): 01:22.72 SB: 01:22.75 Temse 17/11/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M
PB		00:40.99		01:22.75
		00:40.99		00:41.76
				

Coach feedback:

Event number: 2: 100M BACKSTROKE WOMEN 11+ Heat:5, starttime: 09:26

Heat: 5/7 Lane : 2 Athlete: ZEPHIRIN ASTRID				Q-time: 01:18:51
PB (25m pool): 01:18.51 Ettelbruck 19/04/2026		PB (50m pool): 01:19.92 SB: 01:18.51 Ettelbruck 19/04/2026		
	2 5 M	5 0 M	7 5 M	1 0 0 M
PB		00:38.78		01:18.51
		00:38.78		00:39.73
				

Coach feedback:

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Event number: 2: 100M BACKSTROKE WOMEN 11+					Heat:5, starttime: 09:26
Heat: 5/7 Lane : 8 Athlete: DUMORTIER ELISE					Q-time: 01:19:98
PB (25m pool): 01:19.98 Ettelbruck 19/04/2026			PB (50m pool): 01:21.76 SB: 01:19.98 Ettelbruck 19/04/2026		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.42		01:19.98	
	00:39.42		00:40.56		
					

Coach feedback:

Event number: 2: 100M BACKSTROKE WOMEN 11+					Heat:6, starttime: 09:28
Heat: 6/7 Lane : 8 Athlete: DECUPERE LAURENCE					Q-time: 01:14:22
PB (25m pool): 01:14.22 Ettelbruck 19/04/2026			PB (50m pool): 01:16.44 SB: 01:14.22 Ettelbruck 19/04/2026		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.32		01:14.22	
	00:36.32		00:37.90		
					

Coach feedback:

Event number: 4: 200M BREASTSTROKE WOMEN 11+							Heat:3, starttime: 10:00	
Heat: 3/3 Lane : 2 Athlete: LEMAHIEU LUCIE							Q-time: 03:11:21	
PB (25m pool): 03:32.58 Meulebeke 18/05/2025				PB (50m pool): 03:11.21 SB: no time				
	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		00:50.11		01:44.39		no time		03:32.58
	00:50.11		00:54.28					
								

Coach feedback:

Event number: 7: 400M FREESTYLE WOMEN 11+							Heat:5, starttime: 11:02	
Heat: 5/7 Lane : 5 Athlete: VERVENNE LOUISA							Q-time: 05:27:92	
PB (25m pool): 05:41.69 Veurne 19/10/2025			PB (50m pool): 05:27.92SB: 05:41.69 Veurne 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		no time		01:22.14		no time		02:50.47
	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		05:41.69
								

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Event number: 7: 400M FREESTYLE WOMEN 11+							Heat:6, starttime: 11:08	
Heat: 6/7 Lane : 3 Athlete: ZEPHIRIN ASTRID							Q-time: 05:13:84	
PB (25m pool): 05:31.50 Diksmuide 12/10/2025				PB (50m pool): 05:13.84SB: 05:31.50 Diksmuide 12/10/2025				
	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		00:36.26		01:18.55		02:01.43		02:43.83
	00:36.26		00:42.29		00:42.88		00:42.40	
								
	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		03:26.73		04:09.48		04:52.44		05:31.50
	00:42.90		00:42.75		00:42.96		00:39.06	
								

Coach feedback:

Event number: 7: 400M FREESTYLE WOMEN 11+							Heat:7, starttime: 11:14	
Heat: 7/7 Lane : 2 Athlete: DECUPERE LAURENCE							Q-time: 04:55:11	
PB (25m pool): 04:55.11 Sint-Amandsberg 19/10/2025				PB (50m pool): 04:57.07 SB: 04:55.11 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		00:32.93		01:09.74		01:47.79		02:25.66
	00:32.93		00:36.81		00:38.05		00:37.87	
								
	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		03:03.96		03:41.95		04:19.59		04:55.11
	00:38.30		00:37.99		00:37.64		00:35.52	
								

Coach feedback:

Event number: 7: 400M FREESTYLE WOMEN 11+							Heat:7, starttime: 11:14	
Heat: 7/7 Lane : 8 Athlete: ROMBAUT CÉLINE							Q-time: 05:07:41	
PB (25m pool): 05:13.68 Sint-Amandsberg 19/10/2025				PB (50m pool): 05:07.41SB: 05:13.68 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		00:36.24		01:16.06		01:56.16		02:36.56
	00:36.24		00:39.82		00:40.10		00:40.40	
								
	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		03:16.82		03:56.37		04:36.08		05:13.68
	00:40.26		00:39.55		00:39.71		00:37.60	
								

Coach feedback: