

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

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

Coaches: Van Nieuwenhove Laurien HEADCOACH

PB => Personal Best time

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

Event number: 1: 100M FREESTYLE MEN 11+					Heat:8, starttime: 09:12
Heat: 8/9 Lane : 1 Athlete: DE DECKER TIBE					Q-time: 00:59:36
PB (25m pool): 00:59.36 TEMSE 23/11/2025			PB (50m pool): 00:58.63 SB: 00:59.36 TEMSE 23/11/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:28.99		00:59.36	
	00:28.99		00:30.37		
					

Coach feedback:

Event number: 1: 100M FREESTYLE MEN 11+					Heat:9, starttime: 09:14
Heat: 9/9 Lane : 1 Athlete: LOEYS EWOUT					Q-time: 00:56:98
PB (25m pool): 00:56.98 Temse 21/12/2025			PB (50m pool): 00:57.67 SB: 00:56.98 Temse 21/12/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:27.30		00:56.98	
	00:27.30		00:29.68		
					

Coach feedback:

Event number: 2: 100M BACKSTROKE WOMEN 11+					Heat:7, starttime: 09:31
Heat: 7/7 Lane : 7 Athlete: BLANCQUAERT CAMILLE					Q-time: 01:09:44
PB (25m pool): 01:09.44 TEMSE 23/11/2025			PB (50m pool): 01:10.14 SB: 01:09.44 TEMSE 23/11/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.02		01:09.44	
	00:34.02		00:35.42		
					

Coach feedback:

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Event number: 2: 100M BACKSTROKE WOMEN 11+					Heat:7, starttime: 09:31
Heat: 7/7 Lane : 8 Athlete: HOLLEBOSCH NOA					Q-time: 01:10:66
PB (25m pool): 01:06.67 TEMSE 24/11/2024					PB (50m pool): 01:10.26 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.21		01:06.67	
	00:32.21		00:34.46		
					

Coach feedback:

Event number: 3: 200M MEDLEY MEN 11+							Heat:3, starttime: 09:41	
Heat: 3/5 Lane : 1 Athlete: BODDAERT LUCAS							Q-time: 03:00:54	
PB (25m pool): no time			PB (50m pool): 03:00.54 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		no time		no time		no time		no time
	no time							
								

Coach feedback:

Event number: 3: 200M MEDLEY MEN 11+							Heat:3, starttime: 09:41	
Heat: 3/5 Lane : 2 Athlete: RABAEYS LUCAS							Q-time: 02:58:88	
PB (25m pool): 03:10.99 Sinbad 05/10/2025				PB (50m pool): 02:58.88SB: 03:10.99 Sinbad 05/10/2025				
	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		00:49.07		no time		no time		03:10.99
	00:49.07							
								

Coach feedback:

Event number: 3: 200M MEDLEY MEN 11+							Heat:5, starttime: 09:48	
Heat: 5/5 Lane : 1 Athlete: DE DECKER TIBE							Q-time: 02:35:84	
PB (25m pool): 02:35.84 T ROSCO 12/10/2025				PB (50m pool): 02:29.11 SB: 02:35.84 T ROSCO 12/10/2025				
	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		00:34.85		01:13.24		02:00.38		02:35.84
	00:34.85		00:38.39		00:47.14		00:35.46	
								

Coach feedback:

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Event number: 4: 200M BREASTSTROKE WOMEN 11+							Heat:3, starttime: 10:00	
Heat: 3/3 Lane : 3 Athlete: WAIGNEIN ROSIE							Q-time: 03:03:71	
PB (25m pool): 03:03.71 TEMSE 23/11/2025				PB (50m pool): 03:02.92SB: 03:03.71 TEMSE 23/11/2025				
	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		00:42.19		01:29.67		02:17.38		03:03.71
	00:42.19		00:47.48		00:47.71		00:46.33	
								

Coach feedback:

Event number: 4: 200M BREASTSTROKE WOMEN 11+							Heat:3, starttime: 10:00	
Heat: 3/3 Lane : 5 Athlete: VAN DER PLAS LOTTE							Q-time: 02:50:78	
PB (25m pool): 02:50.78 T ROSCO 12/10/2025				PB (50m pool): 02:55.81 SB: 02:50.78 T ROSCO 12/10/2025				
	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		00:38.79		01:21.52		02:05.76		02:50.78
	00:38.79		00:42.73		00:44.24		00:45.02	
								

Coach feedback:

Event number: 6: 50M BUTTERFLY MEN 11+										Heat:4, starttime: 10:19	
Heat: 4/5 Lane : 4 Athlete: LOEYS EWOUT										Q-time: 00:29:24	
PB (25m pool): 00:29.24 Sint-Amandsberg 19/10/2025					PB (50m pool): 00:28.84 SB: 00:29.24 Sint-Amandsberg 19/10/2025						
	2 5 M		5 0 M								
PB			00:29.24								
			00:29.24								
											

Coach feedback:

Event number: 7: 400M FREESTYLE WOMEN 11+							Heat:5, starttime: 11:02	
Heat: 5/7 Lane : 4 Athlete: WAIGNEIN ROSIE							Q-time: 05:25:66	
PB (25m pool): 05:25.66 Sinbad 12/01/2025				PB (50m pool): 05:14.92SB: 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		01:18.38		no time		02:42.48
	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		05:25.66
								

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Event number: 8: 100M BREASTSTROKE MEN 11+					Heat:3, starttime: 11:24
Heat: 3/5 Lane : 1 Athlete: BODDAERT LUCAS					Q-time: 01:28:77
PB (25m pool): 01:34.54 Dendermonde. 22/11/2025			PB (50m pool): 01:28.77 SB: 01:34.54 Dendermonde. 22/11/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:45.36		01:34.54	
	00:45.36		00:49.18		
					

Coach feedback:

Event number: 9: 100M BUTTERFLY WOMEN 11+					Heat:3, starttime: 11:35
Heat: 3/4 Lane : 5 Athlete: BLANCQUAERT CAMILLE					Q-time: 01:12:72
PB (25m pool): 01:12.72 LAGO Zwevegem 09/06/2025			PB (50m pool): 01:12.53 SB: 01:14.33 TEMSE 23/11/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.53		01:12.72	
	00:33.53		00:39.19		
					

Coach feedback:

Event number: 9: 100M BUTTERFLY WOMEN 11+					Heat:3, starttime: 11:35
Heat: 3/4 Lane : 6 Athlete: VAN DER PLAS LOTTE					Q-time: 01:13:61
PB (25m pool): 01:13.61 Eeklo 06/04/2026			PB (50m pool): 01:13.80 SB: 01:13.61 Eeklo 06/04/2026		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.70		01:13.61	
	00:33.70		00:39.91		
					

Coach feedback:

Event number: 9: 100M BUTTERFLY WOMEN 11+					Heat:4, starttime: 11:37
Heat: 4/4 Lane : 3 Athlete: HOLLEBOSCH NOA					Q-time: 01:04:26
PB (25m pool): 01:04.56 Gent(Sint-Amandsberg) 11/11/2024			PB (50m pool): 00:48.76 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.29		01:04.56	
	00:30.29		00:34.27		
					

Coach feedback:

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Event number: 9: 100M BUTTERFLY WOMEN 11+					Heat:4, starttime: 11:37
Heat: 4/4 Lane : 6 Athlete: DE DECKER FEBE					Q-time: 01:05:12
PB (25m pool): 01:05.12 Aachen 12/10/2025			PB (50m pool): 01:05.69 SB: 01:05.12 Aachen 12/10/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.64		01:05.12	
	00:30.64		00:34.48		
					

Coach feedback:

Event number: 10: 200M BACKSTROKE MEN 11+							Heat:4, starttime: 11:52	
Heat: 4/4 Lane : 5 Athlete: DE DECKER TIBE							Q-time: 02:21:00	
PB (25m pool): 02:21.00 Temse 17/11/2025				PB (50m pool): 02:24.17 SB: 02:21.00 Temse 17/11/2025				
	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		00:32.39		01:08.40		01:45.42		02:21.00
	00:32.39		00:36.01		00:37.02		00:35.58	
								

Coach feedback:

Event number: 12: 4x50M MEDLEY MIXED 11+							Heat:2, starttime: 12:10	
Heat: 2/2 Lane : 3 Athlete: TEAM MEGA 1							Q-time: 02:02:53	
PB (25m pool):			PB (50m pool):		SB:			
	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								
								

Coach feedback:

Event number: 12: 4x50M MEDLEY MIXED 11+							Heat:2, starttime: 12:10	
Heat: 2/2 Lane : 8 Athlete: TEAM MEGA 2							Q-time: 02:20:76	
PB (25m pool):			PB (50m pool):		SB:			
	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								
								

Coach feedback: