

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

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

Coaches: DEMEESTER Christiane HEADCOACH

Coaches: DE SAEDELEER Jodie

PB => Personal Best time

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

Event number: 1: 100M FREESTYLE MEN 11+ Heat:4, starttime: 09:06

Heat: 4/9 Lane : 2 Athlete: DERVAUX ARNOUT Q-time: 01:07:38

PB (25m pool): 01:08.96 Nijlen 16/11/2025 PB (50m pool): 01:07.38 SB: 01:08.96 Nijlen 16/11/2025

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.14		01:08.96	
		00:33.14		00:35.82	
					

Coach feedback:

Event number: 1: 100M FREESTYLE MEN 11+ Heat:7, starttime: 09:11

Heat: 7/9 Lane : 3 Athlete: DE MOOR MAXIME Q-time: 01:01:19

PB (25m pool): 01:01.19 Nijlen 16/11/2025 PB (50m pool): 01:02.30 SB: 01:01.19 Nijlen 16/11/2025

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:29.26		01:01.19	
		00:29.26		00:31.93	
					

Coach feedback:

Event number: 2: 100M BACKSTROKE WOMEN 11+ Heat:3, starttime: 09:21

Heat: 3/7 Lane : 3 Athlete: VERPLANCKE MARA Q-time: 01:25:28

PB (25m pool): 01:25.28 Nijlen 16/11/2025 PB (50m pool): 01:29.08 SB: 01:25.28 Nijlen 16/11/2025

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:41.18		01:25.28	
		00:41.18		00:44.10	
					

Coach feedback:

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Event number: 4: 200M BREASTSTROKE WOMEN 11+							Heat:3, starttime: 10:00	
Heat: 3/3 Lane : 1 Athlete: WENES JOELIA							Q-time: 03:13:34	
PB (25m pool): 03:13.34 LEUVEN 21/12/2025				PB (50m pool): 03:20.45SB: 03:13.34 LEUVEN 21/12/2025				
	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		00:43.57		01:33.09		02:23.02		03:13.34
	00:43.57		00:49.52		00:49.93		00:50.32	
								

Coach feedback:

Event number: 5: 100M BACKSTROKE MIXED 10-9							Heat:2, starttime: 10:07	
Heat: 2/4 Lane : 2 Athlete: GRYSPEERDT-DE SAEDELEER ROBBY							Q-time: 01:54:26	
PB (25m pool): 01:54.26 Menen 01/05/2026				PB (50m pool): no time SB: 01:54.26 Menen 01/05/2026				
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:52.08		01:54.26				
	00:52.08		01:02.18					
								

Coach feedback:

Event number: 6: 50M BUTTERFLY MEN 11+										Heat:2, starttime: 10:17	
Heat: 2/5 Lane : 5 Athlete: TANGHE BATIS										Q-time: 00:41:08	
PB (25m pool): 00:41.25 Diksmuide 12/10/2025					PB (50m pool): 00:41.08 SB: 00:41.25 Diksmuide 12/10/2025						
	2 5 M		5 0 M								
PB			00:41.25								
			00:41.25								
											

Coach feedback:

Event number: 6: 50M BUTTERFLY MEN 11+										Heat:3, starttime: 10:18																			
Heat: 3/5 Lane : 5 Athlete: DERVAUX ARNOUT																				Q-time: 00:33:90									
PB (25m pool): 00:33.90 Menen 01/05/2026										PB (50m pool): 00:34.50 SB: 00:33.90 Menen 01/05/2026																			
	2 5 M					5 0 M																							
PB						00:33.90																							
	00:33.90																												
																													

Coach feedback:

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Event number: 9: 100M BUTTERFLY WOMEN 11+					Heat:2, starttime: 11:33
Heat: 2/4 Lane : 8 Athlete: VERPLANCKE MARA					Q-time: 01:30:68
PB (25m pool): 01:30.98 Nijlen 16/11/2025					PB (50m pool): 01:28.44 SB: 01:30.98 Nijlen 16/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:41.07		01:30.98	
	00:41.07		00:49.91		
					

Coach feedback:

Event number: 11: 50M BUTTERFLY MIXED 10-9					Heat:2, starttime: 11:57
Heat: 2/4 Lane : 2 Athlete: GRYSPEERDT-DE SAEDELEER ROBBY					Q-time: 99:99:99
PB (25m pool): no time					PB (50m pool): no time SB: no time
	2 5 M	5 0 M			
PB		no time			
	no time				
					

Coach feedback: