

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

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

Coaches: Ryckeman Brian

Coaches: Taveirne Bea HEADCOACH

PB => Personal Best time

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

Event number: 1: 100M FREESTYLE MEN 11+					Heat:6, starttime: 09:09
Heat: 6/9 Lane : 2 Athlete: VANSIELEGHEM JAYDEN					Q-time: 01:03:80
PB (25m pool): 01:03.80 Diksmuide 28/12/2025					PB (50m pool): 01:02.96 SB: 01:03.80 Diksmuide 28/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.34		01:03.80	
		00:30.34		00:33.46	
					

Coach feedback:

Event number: 1: 100M FREESTYLE MEN 11+					Heat:7, starttime: 09:11
Heat: 7/9 Lane : 2 Athlete: VAN CRAEYNES BAS					Q-time: 01:02:15
PB (25m pool): 01:02.15 Temse 17/11/2025					PB (50m pool): 01:01.18 SB: 01:02.15 Temse 17/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.25		01:02.15	
		00:30.25		00:31.90	
					

Coach feedback:

Event number: 1: 100M FREESTYLE MEN 11+					Heat:9, starttime: 09:14
Heat: 9/9 Lane : 3 Athlete: DHEERE RÉMI					Q-time: 00:54:22
PB (25m pool): 00:54.22 Diksmuide 28/12/2025					PB (50m pool): 00:55.83 SB: 00:54.22 Diksmuide 28/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:25.94		00:54.22	
		00:25.94		00:28.28	
					

Coach feedback:

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Event number: 1: 100M FREESTYLE MEN 11+					Heat:9, starttime: 09:14
Heat: 9/9 Lane : 4 Athlete: VANSIELEGHEM KILLIAN					Q-time: 00:50:59
PB (25m pool): 00:50.59 Zwevegem 11/05/2025					PB (50m pool): 00:52.69 SB: 00:50.96 Gent 09/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:23.81		00:50.59	
	00:23.81		00:26.78		
					

Coach feedback:

Event number: 1: 100M FREESTYLE MEN 11+					Heat:9, starttime: 09:14
Heat: 9/9 Lane : 7 Athlete: PROVOOST DAJO					Q-time: 00:54:76
PB (25m pool): 00:54.76 Diksmuide 28/12/2025					PB (50m pool): 00:56.02 SB: 00:54.76 Diksmuide 28/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:26.52		00:54.76	
	00:26.52		00:28.24		
					

Coach feedback:

Event number: 1: 100M FREESTYLE MEN 11+					Heat:9, starttime: 09:14
Heat: 9/9 Lane : 8 Athlete: DEVOS RHUNE					Q-time: 00:57:30
PB (25m pool): 00:57.30 Diksmuide 28/12/2025					PB (50m pool): 00:59.28 SB: 00:57.30 Diksmuide 28/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:27.84		00:57.30	
	00:27.84		00:29.46		
					

Coach feedback:

Event number: 2: 100M BACKSTROKE WOMEN 11+					Heat:7, starttime: 09:31
Heat: 7/7 Lane : 3 Athlete: CLAEYS DITTE					Q-time: 01:08:53
PB (25m pool): 01:08.53 Diksmuide 28/12/2025					PB (50m pool): 01:07.82 SB: 01:08.53 Diksmuide 28/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.92		01:08.53	
	00:32.92		00:35.61		
					

Coach feedback:

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Event number: 2: 100M BACKSTROKE WOMEN 11+					Heat:7, starttime: 09:31
Heat: 7/7 Lane : 5 Athlete: DEPAEPE ELIZE					Q-time: 01:07:48
PB (25m pool): 01:07.48 Diksmuide 28/12/2025					PB (50m pool): 01:09.28 SB: 01:07.48 Diksmuide 28/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.93		01:07.48	
	00:32.93		00:34.55		
					

Coach feedback:

Event number: 3: 200M MEDLEY MEN 11+							Heat:5, starttime: 09:48	
Heat: 5/5 Lane : 2 Athlete: DEVOS MATHIS							Q-time: 02:33:25	
PB (25m pool): 02:33.25 Diksmuide 28/12/2025				PB (50m pool): 02:34.28 SB: 02:33.25 Diksmuide 28/12/2025				
	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		00:32.93		01:11.58		01:56.96		02:33.25
	00:32.93		00:38.65		00:45.38		00:36.29	
								

Coach feedback:

Event number: 4: 200M BREASTSTROKE WOMEN 11+							Heat:1, starttime: 09:51	
Heat: 1/3 Lane : 4 Athlete: NAESENS MYRTHE							Q-time: 03:47:80	
PB (25m pool): 03:44.12 leper 07/01/2024							PB (50m pool): no time 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		03:44.12
	no time							
								

Coach feedback:

Event number: 6: 50M BUTTERFLY MEN 11+					Heat:4, starttime: 10:19				
Heat: 4/5 Lane : 7 Athlete: VANSIELEGHEM JAYDEN					Q-time: 00:31:69				
PB (25m pool): 00:34.39 Brugge 20/10/2024					PB (50m pool): 00:31.69 SB: no time				
	2 5 M		5 0 M						
PB			00:34.39						
			00:34.39						
									

Coach feedback:

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Event number: 6: 50M BUTTERFLY MEN 11+			Heat:5, starttime: 10:20
Heat: 5/5 Lane : 1 Athlete: PROVOOST DAJO			Q-time: 00:28:86
PB (25m pool): 00:28.86 WAREGEM 27/09/2025			PB (50m pool): 00:28.44 SB: 00:28.86 WAREGEM 27/09/2025
	2 5 M	5 0 M	
PB		00:28.86	
		00:28.86	
			

Coach feedback:

Event number: 6: 50M BUTTERFLY MEN 11+			Heat:5, starttime: 10:20
Heat: 5/5 Lane : 3 Athlete: DHEERE RéMI			Q-time: 00:27:99
PB (25m pool): no time			PB (50m pool): 00:27.99 SB: no time
	2 5 M	5 0 M	
PB		no time	
		no time	
			

Coach feedback:

Event number: 6: 50M BUTTERFLY MEN 11+			Heat:5, starttime: 10:20
Heat: 5/5 Lane : 4 Athlete: VANSIELEGHEM KILLIAN			Q-time: 00:25:78
PB (25m pool): 00:25.24 Gent(Sint-Amandsberg) 11/11/2024			PB (50m pool): 00:25.94 SB: 00:25.78 Gent 09/11/2025
	2 5 M	5 0 M	
PB		00:25.24	
		00:25.24	
			

Coach feedback:

Event number: 6: 50M BUTTERFLY MEN 11+			Heat:5, starttime: 10:20
Heat: 5/5 Lane : 6 Athlete: DEVOS RHUNE			Q-time: 00:28:15
PB (25m pool): 00:28.15 Diksmuide 12/10/2025			PB (50m pool): 00:27.73 SB: 00:28.15 Diksmuide 12/10/2025
	2 5 M	5 0 M	
PB		00:28.15	
		00:28.15	
			

Coach feedback:

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Event number: 7: 400M FREESTYLE WOMEN 11+							Heat:7, starttime: 11:14	
Heat: 7/7 Lane : 6 Athlete: CLAEYS DITTE							Q-time: 04:43:91	
PB (25m pool): 04:35.55 Sint-Amandsberg 27/10/2024				PB (50m pool): 04:35.05SB: 04:43.91 Herentals 04/10/2025				
	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		00:32.26		01:08.24		01:43.64		02:19.18
	00:32.26		00:35.98		00:35.40		00:35.54	
								
	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		02:53.85		03:28.09		04:02.60		04:35.55
	00:34.67		00:34.24		00:34.51		00:32.95	
								

Coach feedback:

Event number: 8: 100M BREASTSTROKE MEN 11+							Heat:3, starttime: 11:24	
Heat: 3/5 Lane : 4 Athlete: VANSIELEGHEM JAYDEN							Q-time: 01:23:17	
PB (25m pool): 01:23.17 Diksmuide 28/12/2025				PB (50m pool): 01:25.57 SB: 01:23.17 Diksmuide 28/12/2025				
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:39.51		01:23.17				
	00:39.51		00:43.66					
								

Coach feedback:

Event number: 8: 100M BREASTSTROKE MEN 11+							Heat:4, starttime: 11:26	
Heat: 4/5 Lane : 3 Athlete: DEVOS MATHIS							Q-time: 01:21:20	
PB (25m pool): 01:21.20 Temse 17/11/2025				PB (50m pool): 01:25.67SB: 01:21.20 Temse 17/11/2025				
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:38.16		01:21.20				
	00:38.16		00:43.04					
								

Coach feedback:

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Event number: 9: 100M BUTTERFLY WOMEN 11+					Heat:1, starttime: 11:31
Heat: 1/4 Lane : 6 Athlete: NAESENS MYRTHE					Q-time: 01:38:67
PB (25m pool): 01:33.86 Diksmuide 01/12/2024					PB (50m pool): 01:36.60 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:41.78		01:33.86	
	00:41.78		00:52.08		
					

Coach feedback:

Event number: 9: 100M BUTTERFLY WOMEN 11+					Heat:3, starttime: 11:35
Heat: 3/4 Lane : 2 Athlete: DEPAEPE ELIZE					Q-time: 01:14:21
PB (25m pool): 01:14.21 Diksmuide 28/12/2025					PB (50m pool): 01:20.11 SB: 01:14.21 Diksmuide 28/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.57		01:14.21	
	00:34.57		00:39.64		
					

Coach feedback:

Event number: 10: 200M BACKSTROKE MEN 11+					Heat:2, starttime: 11:43			
Heat: 2/4 Lane : 7 Athlete: PROVOOST DAJO					Q-time: 99:99:99			
PB (25m pool): 02:44.00 Tielt 15/05/2022					PB (50m pool): 02:42.47 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		02:44.00
	no time							
								

Coach feedback:

Event number: 10: 200M BACKSTROKE MEN 11+					Heat:4, starttime: 11:52			
Heat: 4/4 Lane : 2 Athlete: VAN CRAEYNST BAS					Q-time: 02:29:87			
PB (25m pool): 02:29.87 Diksmuide 12/10/2025					PB (50m pool): 02:34.77 SB: 02:29.87 Diksmuide 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		00:35.68		01:14.14		01:52.72		02:29.87
	00:35.68		00:38.46		00:38.58		00:37.15	
								

Coach feedback:

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

Event number: 10: 200M BACKSTROKE MEN 11+							Heat:4, starttime: 11:52	
Heat: 4/4 Lane : 6 Athlete: DEVOS RHUNE							Q-time: 02:26:96	
PB (25m pool): 02:25.00 LEUVEN 24/11/2024				PB (50m pool): 02:26.96 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		00:33.82		01:10.20		01:47.99		02:25.00
	00:33.82		00:36.38		00:37.79		00:37.01	
								

Coach feedback:

Event number: 12: 4x50M MEDLEY MIXED 11+							Heat:2, starttime: 12:10	
Heat: 2/2 Lane : 4 Athlete: TEAM ROSC 1							Q-time: 01:29:77	
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: