

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

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

Coaches: Van Buggenhout Koen

PB => Personal Best time

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

Event number: 1: 100M FREESTYLE MEN 11+					Heat:2, starttime: 09:02
Heat: 2/9 Lane : 7 Athlete: PIETERS MAURO					Q-time: 01:25:56
PB (25m pool): 01:26.57 Temse 21/12/2025			PB (50m pool): 01:24.77 SB: 01:26.57 Temse 21/12/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:41.18		01:26.57	
	00:41.18		00:45.39		
					

Coach feedback:

Event number: 1: 100M FREESTYLE MEN 11+					Heat:3, starttime: 09:04
Heat: 3/9 Lane : 3 Athlete: LONG XIANG					Q-time: 01:10:16
PB (25m pool): 01:10.16 Temse 17/11/2025			PB (50m pool): 01:08.38 SB: 01:10.16 Temse 17/11/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.68		01:10.16	
	00:33.68		00:36.48		
					

Coach feedback:

Event number: 1: 100M FREESTYLE MEN 11+					Heat:6, starttime: 09:09
Heat: 6/9 Lane : 3 Athlete: NIEMEGEREETS SVEN					Q-time: 01:03:47
PB (25m pool): 01:03.47 TEMSE 18/05/2025			PB (50m pool): 01:04.14 SB: 01:03.94 Eeklo 19/04/2026		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.09		01:03.47	
	00:31.09		00:32.38		
					

Coach feedback:

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Event number: 3: 200M MEDLEY MEN 11+							Heat:1, starttime: 09:33	
Heat: 1/5 Lane : 6 Athlete: HEMELSOEN AARYAN							Q-time: 99:99:99	
PB (25m pool): no time			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		no time
	no time							
								

Coach feedback:

Event number: 3: 200M MEDLEY MEN 11+							Heat:4, starttime: 09:44	
Heat: 4/5 Lane : 1 Athlete: VERSCHELDE THIJS							Q-time: 02:53:61	
PB (25m pool): 02:53.61 Durmehal 28/02/2026			PB (50m pool): 02:58.71 SB: 02:53.61 Durmehal 28/02/2026					
	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		00:38.50		01:23.62		02:15.99		02:53.61
	00:38.50		00:45.12		00:52.37		00:37.62	
								

Coach feedback:

Event number: 3: 200M MEDLEY MEN 11+							Heat:4, starttime: 09:44	
Heat: 4/5 Lane : 6 Athlete: VANMEIRHAEGHE KASPER							Q-time: 02:44:08	
PB (25m pool): 02:44.08 Durmehal 28/02/2026			PB (50m pool): 02:49.45 SB: 02:44.08 Durmehal 28/02/2026					
	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		00:37.02		01:17.45		02:07.28		02:44.08
	00:37.02		00:40.43		00:49.83		00:36.80	
								

Coach feedback:

Event number: 4: 200M BREASTSTROKE WOMEN 11+							Heat:2, starttime: 09:56	
Heat: 2/3 Lane : 4 Athlete: VANDENBUSSCHE LENA							Q-time: 03:15:11	
PB (25m pool): 03:15.11 Eeklo 19/04/2026			PB (50m pool): 03:24.33 SB: 03:15.11 Eeklo 19/04/2026					
	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		00:46.39		01:36.74		no time		03:15.11
	00:46.39		00:50.35					
								

Coach feedback:

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Event number: 4: 200M BREASTSTROKE WOMEN 11+							Heat:2, starttime: 09:56	
Heat: 2/3 Lane : 5 Athlete: VAN BUGGENHOUT AMBER							Q-time: 03:15:16	
PB (25m pool): 03:15.16 Temse 21/12/2025				PB (50m pool): 03:25.09SB: 03:15.16 Temse 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		00:44.77		01:34.36		02:26.40		03:15.16
	00:44.77		00:49.59		00:52.04		00:48.76	
								

Coach feedback:

Event number: 4: 200M BREASTSTROKE WOMEN 11+							Heat:3, starttime: 10:00	
Heat: 3/3 Lane : 6 Athlete: SCHELFAUT FLOOR							Q-time: 03:06:65	
PB (25m pool): 03:06.65 Eeklo 19/04/2026				PB (50m pool): 03:11.46 SB: 03:06.65 Eeklo 19/04/2026				
	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		00:42.77		01:30.68		no time		03:06.65
	00:42.77		00:47.91					
								

Coach feedback:

Event number: 7: 400M FREESTYLE WOMEN 11+							Heat:2, starttime: 10:40	
Heat: 2/7 Lane : 1 Athlete: VANDENBUSSCHE LENA							Q-time: 07:17:31	
PB (25m pool): 07:17.31 LAGO Zwevegem 09/06/2025				PB (50m pool): no time SB: 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		00:48.31		01:42.10		02:38.80		03:36.19
	00:48.31		00:53.79		00:56.70		00:57.39	
								
	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		04:33.84		05:29.97		06:24.59		07:17.31
	00:57.65		00:56.13		00:54.62		00:52.72	
								

Coach feedback:

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Event number: 7: 400M FREESTYLE WOMEN 11+							Heat:3, starttime: 10:48	
Heat: 3/7 Lane : 1 Athlete: VAN BUGGENHOUT AMBER							Q-time: 06:11:90	
PB (25m pool): 06:11.90 Eeklo 21/04/2025				PB (50m pool): 08:23.84SB: 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		01:29.28		no time		03:03.48
	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		06:11.90
								

Coach feedback:

Event number: 7: 400M FREESTYLE WOMEN 11+							Heat:3, starttime: 10:48	
Heat: 3/7 Lane : 7 Athlete: SCHELFAUT FLOOR							Q-time: 06:11:34	
PB (25m pool): 06:11.34 Gent 23/02/2025				PB (50m pool): 07:09.95SB: 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		00:40.03		01:26.06		no time		no time
	00:40.03		00:46.03					
								
	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		06:11.50		06:11.34
								

Coach feedback:

Event number: 8: 100M BREASTSTROKE MEN 11+					Heat:1, starttime: 11:20				
Heat: 1/5 Lane : 7 Athlete: PIETERS MAURO					Q-time: 01:52:91				
PB (25m pool): 01:53.48 Sint-Amandsberg 19/10/2025					PB (50m pool): 01:48.16SB: 01:53.48 Sint-Amandsberg 19/10/2025				
	2 5 M	5 0 M	7 5 M	1 0 0 M					
PB		00:52.38		01:53.48					
	00:52.38		01:01.10						
									

Coach feedback:

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Event number: 8: 100M BREASTSTROKE MEN 11+					Heat:3, starttime: 11:24
Heat: 3/5 Lane : 5 Athlete: HEMELSOEN AARYAN					Q-time: 01:23:48
PB (25m pool): 01:23.48 Eeklo 06/04/2026			PB (50m pool): 01:26.07 SB: 01:23.48 Eeklo 06/04/2026		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.52		01:23.48	
	00:38.52		00:44.96		
					

Coach feedback:

Event number: 8: 100M BREASTSTROKE MEN 11+					Heat:3, starttime: 11:24
Heat: 3/5 Lane : 6 Athlete: NIEMEGEERTS SVEN					Q-time: 01:24:61
PB (25m pool): 01:24.61 Gent 23/02/2025			PB (50m pool): 01:29.08 SB: 01:25.11 Dendermonde. 22/11/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:40.06		01:24.61	
	00:40.06		00:44.55		
					

Coach feedback:

Event number: 8: 100M BREASTSTROKE MEN 11+					Heat:3, starttime: 11:24
Heat: 3/5 Lane : 8 Athlete: LONG XIANG					Q-time: 01:29:91
PB (25m pool): 01:29.91 Durmechal 28/02/2026			PB (50m pool): 01:31.97 SB: 01:29.91 Durmechal 28/02/2026		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:43.23		01:29.91	
	00:43.23		00:46.68		
					

Coach feedback:

Event number: 10: 200M BACKSTROKE MEN 11+							Heat:1, starttime: 11:39	
Heat: 1/4 Lane : 3 Athlete: VERSCHELDE THIJS							Q-time: 99:99:99	
PB (25m pool): no time			PB (50m pool): 03:17.36SB: 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:

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Event number: 10: 200M BACKSTROKE MEN 11+							Heat:3, starttime: 11:48	
Heat: 3/4 Lane : 2 Athlete: VANMEIRHAEGHE KASPER							Q-time: 02:45:49	
PB (25m pool): 02:46.33 LAGO Zwevegem 09/06/2025 PB (50m pool): 02:45.49 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		00:40.24		01:22.76		02:05.11		02:46.33
	00:40.24		00:42.52		00:42.35		00:41.22	
								

Coach feedback: