

# UZKZ Cup 2026: Session: 1: COACH evaluation sheet for TEAM: STA

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

Coaches: Pieters Stephanie HEADCOACH

Coaches: Buyck Tine

Coaches: Lasoen Sam

Coaches: Vlamijnck Robin

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 : 6 Athlete: DE SMET KOBE |           |           |           |           | Q-time: 01:06:56                                      |
| PB (25m pool): 01:06.56 TEMSE 23/11/2025 |           |           |           |           | PB (50m pool): 01:06.57 SB: 01:06.56 TEMSE 23/11/2025 |
|                                          | 2 5 M     | 5 0 M     | 7 5 M     | 1 0 0 M   |                                                       |
| PB                                       |           | 00:32.07  |           | 01:06.56  |                                                       |
|                                          |           | 00:32.07  |           | 00:34.49  |                                                       |
|                                          | . . . . . | . . . . . | . . . . . | . . . . . |                                                       |

Coach feedback:

| Event number: 1: 100M FREESTYLE MEN 11+            |           |           |           |           | Heat:5, starttime: 09:08                                        |
|----------------------------------------------------|-----------|-----------|-----------|-----------|-----------------------------------------------------------------|
| Heat: 5/9 Lane : 1 Athlete: DEGRANDE VIC           |           |           |           |           | Q-time: 01:05:27                                                |
| PB (25m pool): 01:05.27 Sint-Amandsberg 19/10/2025 |           |           |           |           | PB (50m pool): 01:06.94 SB: 01:05.27 Sint-Amandsberg 19/10/2025 |
|                                                    | 2 5 M     | 5 0 M     | 7 5 M     | 1 0 0 M   |                                                                 |
| PB                                                 |           | 00:31.36  |           | 01:05.27  |                                                                 |
|                                                    |           | 00:31.36  |           | 00:33.91  |                                                                 |
|                                                    | . . . . . | . . . . . | . . . . . | . . . . . |                                                                 |

Coach feedback:

| Event number: 1: 100M FREESTYLE MEN 11+     |           |           |           |           | Heat:6, starttime: 09:09                                |
|---------------------------------------------|-----------|-----------|-----------|-----------|---------------------------------------------------------|
| Heat: 6/9 Lane : 7 Athlete: DE BRUYNE BRIEK |           |           |           |           | Q-time: 01:03:81                                        |
| PB (25m pool): 01:03.81 T ROSCO 12/10/2025  |           |           |           |           | PB (50m pool): 01:06.16 SB: 01:03.81 T ROSCO 12/10/2025 |
|                                             | 2 5 M     | 5 0 M     | 7 5 M     | 1 0 0 M   |                                                         |
| PB                                          |           | no time   |           | 01:03.81  |                                                         |
|                                             |           | no time   |           |           |                                                         |
|                                             | . . . . . | . . . . . | . . . . . | . . . . . |                                                         |

Coach feedback:

# UZZKZ Cup 2026: Session: 1: COACH evaluation sheet for TEAM: STA

| Event number: 1: 100M FREESTYLE MEN 11+       |          |          |          |          | Heat:7, starttime: 09:11                                   |
|-----------------------------------------------|----------|----------|----------|----------|------------------------------------------------------------|
| Heat: 7/9 Lane : 6 Athlete: VROMAN FINN       |          |          |          |          | Q-time: 01:02:00                                           |
| PB (25m pool): 01:02.00 Maastricht 30/12/2025 |          |          |          |          | PB (50m pool): 01:03.72 SB: 01:02.00 Maastricht 30/12/2025 |
|                                               | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                                                            |
| PB                                            |          | 00:30.43 |          | 01:02.00 |                                                            |
|                                               | 00:30.43 |          | 00:31.57 |          |                                                            |
|                                               | .....    | .....    | .....    | .....    |                                                            |

Coach feedback:

| Event number: 1: 100M FREESTYLE MEN 11+       |          |          |          |          | Heat:8, starttime: 09:12                                   |
|-----------------------------------------------|----------|----------|----------|----------|------------------------------------------------------------|
| Heat: 8/9 Lane : 4 Athlete: VROMAN WOUT       |          |          |          |          | Q-time: 00:58:05                                           |
| PB (25m pool): 00:58.05 Maastricht 30/12/2025 |          |          |          |          | PB (50m pool): 00:58.47 SB: 00:58.05 Maastricht 30/12/2025 |
|                                               | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                                                            |
| PB                                            |          | 00:28.13 |          | 00:58.05 |                                                            |
|                                               | 00:28.13 |          | 00:29.92 |          |                                                            |
|                                               | .....    | .....    | .....    | .....    |                                                            |

Coach feedback:

| Event number: 1: 100M FREESTYLE MEN 11+       |          |          |          |          | Heat:9, starttime: 09:14                                   |
|-----------------------------------------------|----------|----------|----------|----------|------------------------------------------------------------|
| Heat: 9/9 Lane : 6 Athlete: DHOOGE LIAM       |          |          |          |          | Q-time: 00:54:34                                           |
| PB (25m pool): 00:54.34 Maastricht 30/12/2025 |          |          |          |          | PB (50m pool): 00:55.16 SB: 00:54.34 Maastricht 30/12/2025 |
|                                               | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                                                            |
| PB                                            |          | 00:26.16 |          | 00:54.34 |                                                            |
|                                               | 00:26.16 |          | 00:28.18 |          |                                                            |
|                                               | .....    | .....    | .....    | .....    |                                                            |

Coach feedback:

| Event number: 2: 100M BACKSTROKE WOMEN 11+ |         |         |       |         | Heat:1, starttime: 09:16            |
|--------------------------------------------|---------|---------|-------|---------|-------------------------------------|
| Heat: 1/7 Lane : 2 Athlete: MUYS LILY      |         |         |       |         | Q-time: 01:45:57                    |
| PB (25m pool): no time                     |         |         |       |         | PB (50m pool): 01:35.72 SB: no time |
|                                            | 2 5 M   | 5 0 M   | 7 5 M | 1 0 0 M |                                     |
| PB                                         |         | no time |       | no time |                                     |
|                                            | no time |         |       |         |                                     |
|                                            | .....   | .....   | ..... | .....   |                                     |

Coach feedback:

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|                                            |          |          |          |                                                       |  |
|--------------------------------------------|----------|----------|----------|-------------------------------------------------------|--|
| Event number: 2: 100M BACKSTROKE WOMEN 11+ |          |          |          | Heat:1, starttime: 09:16                              |  |
| Heat: 1/7 Lane : 3 Athlete: DEGRANDE NORE  |          |          |          | Q-time: 01:39:99                                      |  |
| PB (25m pool): 01:42.61 TEMSE 30/03/2025   |          |          |          | PB (50m pool): 01:38.25 SB: 01:45.10 TEMSE 23/11/2025 |  |
|                                            | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M                                               |  |
| PB                                         |          | 00:50.38 |          | 01:42.61                                              |  |
|                                            | 00:50.38 |          | 00:52.23 |                                                       |  |
|                                            | .....    | .....    | .....    | .....                                                 |  |

Coach feedback:

|                                                    |          |          |          |                                                                 |  |
|----------------------------------------------------|----------|----------|----------|-----------------------------------------------------------------|--|
| Event number: 2: 100M BACKSTROKE WOMEN 11+         |          |          |          | Heat:1, starttime: 09:16                                        |  |
| Heat: 1/7 Lane : 4 Athlete: DE MUER ANNA           |          |          |          | Q-time: 01:34:49                                                |  |
| PB (25m pool): 01:34.49 Sint-Amandsberg 19/10/2025 |          |          |          | PB (50m pool): 01:26.90 SB: 01:34.49 Sint-Amandsberg 19/10/2025 |  |
|                                                    | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M                                                         |  |
| PB                                                 |          | 00:46.54 |          | 01:34.49                                                        |  |
|                                                    | 00:46.54 |          | 00:47.95 |                                                                 |  |
|                                                    | .....    | .....    | .....    | .....                                                           |  |

Coach feedback:

|                                            |          |          |          |                                     |  |
|--------------------------------------------|----------|----------|----------|-------------------------------------|--|
| Event number: 2: 100M BACKSTROKE WOMEN 11+ |          |          |          | Heat:1, starttime: 09:16            |  |
| Heat: 1/7 Lane : 5 Athlete: DE SMET LORE   |          |          |          | Q-time: 01:36:16                    |  |
| PB (25m pool): 01:41.82 Gent 23/02/2025    |          |          |          | PB (50m pool): 01:33.85 SB: no time |  |
|                                            | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M                             |  |
| PB                                         |          | 00:49.09 |          | 01:41.82                            |  |
|                                            | 00:49.09 |          | 00:52.73 |                                     |  |
|                                            | .....    | .....    | .....    | .....                               |  |

Coach feedback:

|                                                |         |         |       |                                     |  |
|------------------------------------------------|---------|---------|-------|-------------------------------------|--|
| Event number: 2: 100M BACKSTROKE WOMEN 11+     |         |         |       | Heat:1, starttime: 09:16            |  |
| Heat: 1/7 Lane : 6 Athlete: VAN DE STEENE LORE |         |         |       | Q-time: 01:40:00                    |  |
| PB (25m pool): 01:53.04 Gent 23/02/2025        |         |         |       | PB (50m pool): 01:39.00 SB: no time |  |
|                                                | 2 5 M   | 5 0 M   | 7 5 M | 1 0 0 M                             |  |
| PB                                             |         | no time |       | 01:53.04                            |  |
|                                                | no time |         |       |                                     |  |
|                                                | .....   | .....   | ..... | .....                               |  |

Coach feedback:

# UZZKZ Cup 2026: Session: 1: COACH evaluation sheet for TEAM: STA

| Event number: 2: 100M BACKSTROKE WOMEN 11+  |         |         |                                     |         | Heat:2, starttime: 09:19 |
|---------------------------------------------|---------|---------|-------------------------------------|---------|--------------------------|
| Heat: 2/7 Lane : 2 Athlete: DE VUSSER LAURE |         |         |                                     |         | Q-time: 01:33:25         |
| PB (25m pool): no time                      |         |         | PB (50m pool): 01:29.62 SB: no time |         |                          |
|                                             | 2 5 M   | 5 0 M   | 7 5 M                               | 1 0 0 M |                          |
| PB                                          |         | no time |                                     | no time |                          |
|                                             | no time |         |                                     |         |                          |
|                                             | .....   | .....   | .....                               | .....   |                          |

Coach feedback:

| Event number: 2: 100M BACKSTROKE WOMEN 11+    |          |          |                                                       |          | Heat:2, starttime: 09:19 |
|-----------------------------------------------|----------|----------|-------------------------------------------------------|----------|--------------------------|
| Heat: 2/7 Lane : 3 Athlete: BERKEIN FRANCESCA |          |          |                                                       |          | Q-time: 01:31:19         |
| PB (25m pool): 01:31.19 TEMSE 23/11/2025      |          |          | PB (50m pool): 01:27.26 SB: 01:31.19 TEMSE 23/11/2025 |          |                          |
|                                               | 2 5 M    | 5 0 M    | 7 5 M                                                 | 1 0 0 M  |                          |
| PB                                            |          | 00:45.23 |                                                       | 01:31.19 |                          |
|                                               | 00:45.23 |          | 00:45.96                                              |          |                          |
|                                               | .....    | .....    | .....                                                 | .....    |                          |

Coach feedback:

| Event number: 2: 100M BACKSTROKE WOMEN 11+         |          |          |                                                                 |          | Heat:3, starttime: 09:21 |
|----------------------------------------------------|----------|----------|-----------------------------------------------------------------|----------|--------------------------|
| Heat: 3/7 Lane : 7 Athlete: DE MULDER MAÏTHÉ       |          |          |                                                                 |          | Q-time: 01:27:87         |
| PB (25m pool): 01:28.80 Sint-Amandsberg 19/10/2025 |          |          | PB (50m pool): 01:25.36 SB: 01:28.80 Sint-Amandsberg 19/10/2025 |          |                          |
|                                                    | 2 5 M    | 5 0 M    | 7 5 M                                                           | 1 0 0 M  |                          |
| PB                                                 |          | 00:42.95 |                                                                 | 01:28.80 |                          |
|                                                    | 00:42.95 |          | 00:45.85                                                        |          |                          |
|                                                    | .....    | .....    | .....                                                           | .....    |                          |

Coach feedback:

| Event number: 2: 100M BACKSTROKE WOMEN 11+  |          |          |                                                            |          | Heat:5, starttime: 09:26 |
|---------------------------------------------|----------|----------|------------------------------------------------------------|----------|--------------------------|
| Heat: 5/7 Lane : 3 Athlete: VAN DOORNE LORE |          |          |                                                            |          | Q-time: 01:17:34         |
| PB (25m pool): 01:17.34 Gent 23/02/2025     |          |          | PB (50m pool): 01:20.02 SB: 01:18.21 Maastricht 30/12/2025 |          |                          |
|                                             | 2 5 M    | 5 0 M    | 7 5 M                                                      | 1 0 0 M  |                          |
| PB                                          |          | 00:37.43 |                                                            | 01:17.34 |                          |
|                                             | 00:37.43 |          | 00:39.91                                                   |          |                          |
|                                             | .....    | .....    | .....                                                      | .....    |                          |

Coach feedback:

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|                                               |          |          |          |          |                                                            |
|-----------------------------------------------|----------|----------|----------|----------|------------------------------------------------------------|
| Event number: 2: 100M BACKSTROKE WOMEN 11+    |          |          |          |          | Heat:5, starttime: 09:26                                   |
| Heat: 5/7 Lane : 5 Athlete: DE WULF ALEXINE   |          |          |          |          | Q-time: 01:16:87                                           |
| PB (25m pool): 01:16.87 Maastricht 30/12/2025 |          |          |          |          | PB (50m pool): 01:20.84 SB: 01:16.87 Maastricht 30/12/2025 |
|                                               | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                                                            |
| PB                                            |          | 00:36.89 |          | 01:16.87 |                                                            |
|                                               | 00:36.89 |          | 00:39.98 |          |                                                            |
|                                               | .....    | .....    | .....    | .....    |                                                            |

Coach feedback:

|                                                    |          |          |          |          |                                                                 |
|----------------------------------------------------|----------|----------|----------|----------|-----------------------------------------------------------------|
| Event number: 2: 100M BACKSTROKE WOMEN 11+         |          |          |          |          | Heat:5, starttime: 09:26                                        |
| Heat: 5/7 Lane : 6 Athlete: BERKEIN ALESSIA        |          |          |          |          | Q-time: 01:17:83                                                |
| PB (25m pool): 01:17.83 Sint-Amandsberg 19/10/2025 |          |          |          |          | PB (50m pool): 01:18.12 SB: 01:17.83 Sint-Amandsberg 19/10/2025 |
|                                                    | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                                                                 |
| PB                                                 |          | 00:38.07 |          | 01:17.83 |                                                                 |
|                                                    | 00:38.07 |          | 00:39.76 |          |                                                                 |
|                                                    | .....    | .....    | .....    | .....    |                                                                 |

Coach feedback:

|                                               |          |          |          |          |                                                            |
|-----------------------------------------------|----------|----------|----------|----------|------------------------------------------------------------|
| Event number: 2: 100M BACKSTROKE WOMEN 11+    |          |          |          |          | Heat:6, starttime: 09:28                                   |
| Heat: 6/7 Lane : 1 Athlete: DE GRAVE LIZE     |          |          |          |          | Q-time: 01:12:98                                           |
| PB (25m pool): 01:12.98 Maastricht 30/12/2025 |          |          |          |          | PB (50m pool): 01:18.77 SB: 01:12.98 Maastricht 30/12/2025 |
|                                               | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                                                            |
| PB                                            |          | 00:35.09 |          | 01:12.98 |                                                            |
|                                               | 00:35.09 |          | 00:37.89 |          |                                                            |
|                                               | .....    | .....    | .....    | .....    |                                                            |

Coach feedback:

|                                               |          |          |          |          |                                                            |
|-----------------------------------------------|----------|----------|----------|----------|------------------------------------------------------------|
| Event number: 2: 100M BACKSTROKE WOMEN 11+    |          |          |          |          | Heat:6, starttime: 09:28                                   |
| Heat: 6/7 Lane : 2 Athlete: RUTSAERT EMILY    |          |          |          |          | Q-time: 01:12:45                                           |
| PB (25m pool): 01:12.45 Maastricht 30/12/2025 |          |          |          |          | PB (50m pool): 01:15.53 SB: 01:12.45 Maastricht 30/12/2025 |
|                                               | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                                                            |
| PB                                            |          | 00:35.14 |          | 01:12.45 |                                                            |
|                                               | 00:35.14 |          | 00:37.31 |          |                                                            |
|                                               | .....    | .....    | .....    | .....    |                                                            |

Coach feedback:

# UZZKZ Cup 2026: Session: 1: COACH evaluation sheet for TEAM: STA

| Event number: 2: 100M BACKSTROKE WOMEN 11+    |          |          |                                                            |          | Heat:6, starttime: 09:28 |
|-----------------------------------------------|----------|----------|------------------------------------------------------------|----------|--------------------------|
| Heat: 6/7 Lane : 3 Athlete: DE MULDER CHLOë   |          |          |                                                            |          | Q-time: 01:12:07         |
| PB (25m pool): 01:12.07 Maastricht 30/12/2025 |          |          | PB (50m pool): 01:15.28 SB: 01:12.07 Maastricht 30/12/2025 |          |                          |
|                                               | 2 5 M    | 5 0 M    | 7 5 M                                                      | 1 0 0 M  |                          |
| PB                                            |          | 00:34.71 |                                                            | 01:12.07 |                          |
|                                               | 00:34.71 |          | 00:37.36                                                   |          |                          |
|                                               | .....    | .....    | .....                                                      | .....    |                          |

Coach feedback:

| Event number: 2: 100M BACKSTROKE WOMEN 11+  |         |         |                                                         |          | Heat:6, starttime: 09:28 |
|---------------------------------------------|---------|---------|---------------------------------------------------------|----------|--------------------------|
| Heat: 6/7 Lane : 4 Athlete: DE SMUL PAULINE |         |         |                                                         |          | Q-time: 01:11:60         |
| PB (25m pool): 01:11.60 T ROSCO 12/10/2025  |         |         | PB (50m pool): 01:14.43 SB: 01:11.60 T ROSCO 12/10/2025 |          |                          |
|                                             | 2 5 M   | 5 0 M   | 7 5 M                                                   | 1 0 0 M  |                          |
| PB                                          |         | no time |                                                         | 01:11.60 |                          |
|                                             | no time |         |                                                         |          |                          |
|                                             | .....   | .....   | .....                                                   | .....    |                          |

Coach feedback:

| Event number: 2: 100M BACKSTROKE WOMEN 11+ |          |          |                                                         |          | Heat:6, starttime: 09:28 |
|--------------------------------------------|----------|----------|---------------------------------------------------------|----------|--------------------------|
| Heat: 6/7 Lane : 5 Athlete: VLAMIJNCK LORE |          |          |                                                         |          | Q-time: 01:11:61         |
| PB (25m pool): 01:11.12 TEMSE 24/11/2024   |          |          | PB (50m pool): 01:13.15 SB: 01:11.61 Lokeren 28/09/2025 |          |                          |
|                                            | 2 5 M    | 5 0 M    | 7 5 M                                                   | 1 0 0 M  |                          |
| PB                                         |          | 00:34.86 |                                                         | 01:11.12 |                          |
|                                            | 00:34.86 |          | 00:36.26                                                |          |                          |
|                                            | .....    | .....    | .....                                                   | .....    |                          |

Coach feedback:

| Event number: 2: 100M BACKSTROKE WOMEN 11+ |          |          |                                                         |          | Heat:6, starttime: 09:28 |
|--------------------------------------------|----------|----------|---------------------------------------------------------|----------|--------------------------|
| Heat: 6/7 Lane : 7 Athlete: BUYLE LAURE    |          |          |                                                         |          | Q-time: 01:12:94         |
| PB (25m pool): 01:12.94 T ROSCO 12/10/2025 |          |          | PB (50m pool): 01:16.24 SB: 01:12.94 T ROSCO 12/10/2025 |          |                          |
|                                            | 2 5 M    | 5 0 M    | 7 5 M                                                   | 1 0 0 M  |                          |
| PB                                         |          | 00:35.78 |                                                         | 01:12.94 |                          |
|                                            | 00:35.78 |          | 00:37.16                                                |          |                          |
|                                            | .....    | .....    | .....                                                   | .....    |                          |

Coach feedback:

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| Event number: 2: 100M BACKSTROKE WOMEN 11+ |          |          |                                                       |          | Heat:7, starttime: 09:31 |
|--------------------------------------------|----------|----------|-------------------------------------------------------|----------|--------------------------|
| Heat: 7/7 Lane : 2 Athlete: BUYLE GEIKE    |          |          |                                                       |          | Q-time: 01:09:39         |
| PB (25m pool): 01:09.39 Temse 17/11/2025   |          |          | PB (50m pool): 01:13.24 SB: 01:09.39 Temse 17/11/2025 |          |                          |
|                                            | 2 5 M    | 5 0 M    | 7 5 M                                                 | 1 0 0 M  |                          |
| PB                                         |          | 00:33.51 |                                                       | 01:09.39 |                          |
|                                            | 00:33.51 |          | 00:35.88                                              |          |                          |
|                                            | .....    | .....    | .....                                                 | .....    |                          |

Coach feedback:

| Event number: 2: 100M BACKSTROKE WOMEN 11+    |          |          |                                                            |          | Heat:7, starttime: 09:31 |
|-----------------------------------------------|----------|----------|------------------------------------------------------------|----------|--------------------------|
| Heat: 7/7 Lane : 4 Athlete: VAN AVONDT LINA   |          |          |                                                            |          | Q-time: 01:07:47         |
| PB (25m pool): 01:07.47 Maastricht 30/12/2025 |          |          | PB (50m pool): 01:10.36 SB: 01:07.47 Maastricht 30/12/2025 |          |                          |
|                                               | 2 5 M    | 5 0 M    | 7 5 M                                                      | 1 0 0 M  |                          |
| PB                                            |          | 00:32.99 |                                                            | 01:07.47 |                          |
|                                               | 00:32.99 |          | 00:34.48                                                   |          |                          |
|                                               | .....    | .....    | .....                                                      | .....    |                          |

Coach feedback:

| Event number: 3: 200M MEDLEY MEN 11+              |         |         |                                     |         |       |         | Heat:2, starttime: 09:37 |         |
|---------------------------------------------------|---------|---------|-------------------------------------|---------|-------|---------|--------------------------|---------|
| Heat: 2/5    Lane : 5    Athlete: VAN DOORNE ARNO |         |         |                                     |         |       |         | Q-time: 03:07:44         |         |
| PB (25m pool): no time                            |         |         | PB (50m pool): 03:07.44 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: 6: 50M BUTTERFLY MEN 11+      |         |         |                                     |  | Heat:2, starttime: 10:17 |
|---------------------------------------------|---------|---------|-------------------------------------|--|--------------------------|
| Heat: 2/5 Lane : 2 Athlete: VAN DOORNE ARNO |         |         |                                     |  | Q-time: 00:43:91         |
| PB (25m pool): no time                      |         |         | PB (50m pool): 00:43.91 SB: no time |  |                          |
|                                             | 2 5 M   | 5 0 M   |                                     |  |                          |
| PB                                          |         | no time |                                     |  |                          |
|                                             | no time |         |                                     |  |                          |
|                                             | .....   | .....   |                                     |  |                          |

Coach feedback:

# UZKZ Cup 2026: Session: 1: COACH evaluation sheet for TEAM: STA

| Event number: 7: 400M FREESTYLE WOMEN 11+   |         |         |                        |         |         |             | Heat:1, starttime: 10:32 |         |
|---------------------------------------------|---------|---------|------------------------|---------|---------|-------------|--------------------------|---------|
| Heat: 1/7    Lane : 2    Athlete: MUYS LILY |         |         |                        |         |         |             | 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 M | 1 2 5 M | 1 5 0 M     | 1 7 5 M                  | 2 0 0 M |
| PB                                          |         | no time |                        | no time |         | no time     |                          | no time |
|                                             | 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     |                          | no time |
|                                             |         |         |                        |         |         |             |                          |         |
|                                             | .....   | .....   | .....                  | .....   | .....   | .....       | .....                    | .....   |

Coach feedback:

| Event number: 7: 400M FREESTYLE WOMEN 11+        |          |          |                                                              |          |          |          | Heat:2, starttime: 10:40 |          |
|--------------------------------------------------|----------|----------|--------------------------------------------------------------|----------|----------|----------|--------------------------|----------|
| Heat: 2/7    Lane : 4    Athlete: DE SMET LORE   |          |          |                                                              |          |          |          | Q-time: 06:19:68         |          |
| PB (25m pool): 06:39.13    T ROSCO    12/10/2025 |          |          | PB (50m pool): 06:10.33SB: 06:39.13    T ROSCO    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                                               |          | 00:44.86 |                                                              | 01:33.93 |          | 02:23.68 |                          | 03:14.42 |
|                                                  | 00:44.86 |          | 00:49.07                                                     |          | 00:49.75 |          | 00:50.74                 |          |
|                                                  | .....    | .....    | .....                                                        | .....    | .....    | .....    | .....                    | .....    |
|                                                  | 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                                               |          | 04:05.15 |                                                              | 04:56.88 |          | 05:48.89 |                          | 06:39.13 |
|                                                  | 00:50.73 |          | 00:51.73                                                     |          | 00:52.01 |          | 00:50.24                 |          |
|                                                  | .....    | .....    | .....                                                        | .....    | .....    | .....    | .....                    | .....    |

Coach feedback:

| Event number: 7: 400M FREESTYLE WOMEN 11+         |          |          |                                                              |          |          |          | Heat:2, starttime: 10:40 |          |
|---------------------------------------------------|----------|----------|--------------------------------------------------------------|----------|----------|----------|--------------------------|----------|
| Heat: 2/7    Lane : 6    Athlete: DE VUSSER LAURE |          |          |                                                              |          |          |          | Q-time: 06:24:11         |          |
| PB (25m pool): 06:24.11    T ROSCO    12/10/2025  |          |          | PB (50m pool): 06:17.26SB: 06:24.11    T ROSCO    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                                                |          | 00:41.84 |                                                              | 01:29.78 |          | 02:18.46 |                          | 03:08.34 |
|                                                   | 00:41.84 |          | 00:47.94                                                     |          | 00:48.68 |          | 00:49.88                 |          |
|                                                   | .....    | .....    | .....                                                        | .....    | .....    | .....    | .....                    | .....    |
|                                                   | 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                                                |          | 03:57.36 |                                                              | 04:46.94 |          | 05:36.84 |                          | 06:24.11 |
|                                                   | 00:49.02 |          | 00:49.58                                                     |          | 00:49.90 |          | 00:47.27                 |          |
|                                                   | .....    | .....    | .....                                                        | .....    | .....    | .....    | .....                    | .....    |

Coach feedback:

# UZKZ Cup 2026: Session: 1: COACH evaluation sheet for TEAM: STA

| Event number: 7: 400M FREESTYLE WOMEN 11+            |          |          |          |                                                            |          |          | Heat:3, starttime: 10:48 |          |
|------------------------------------------------------|----------|----------|----------|------------------------------------------------------------|----------|----------|--------------------------|----------|
| Heat: 3/7    Lane : 3    Athlete: VAN DE STEENE LORE |          |          |          |                                                            |          |          | Q-time: 05:58:35         |          |
| PB (25m pool): 06:11.27   T ROSCO   12/10/2025       |          |          |          | PB (50m pool): 05:48.01SB: 06:11.27   T ROSCO   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                                                   |          | 00:40.62 |          | 01:26.60                                                   |          | 02:13.30 |                          | 03:01.33 |
|                                                      | 00:40.62 |          | 00:45.98 |                                                            | 00:46.70 |          | 00:48.03                 |          |
|                                                      | .....    | .....    | .....    | .....                                                      | .....    | .....    | .....                    | .....    |
|                                                      | 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                                                   |          | 03:49.72 |          | 04:37.79                                                   |          | 05:26.76 |                          | 06:11.27 |
|                                                      | 00:48.39 |          | 00:48.07 |                                                            | 00:48.97 |          | 00:44.51                 |          |
|                                                      | .....    | .....    | .....    | .....                                                      | .....    | .....    | .....                    | .....    |

Coach feedback:

| Event number: 7: 400M FREESTYLE WOMEN 11+       |         |         |                                    |         |         |         | Heat:3, starttime: 10:48 |         |
|-------------------------------------------------|---------|---------|------------------------------------|---------|---------|---------|--------------------------|---------|
| Heat: 3/7    Lane : 8    Athlete: DEGRANDE NORE |         |         |                                    |         |         |         | Q-time: 06:16:20         |         |
| PB (25m pool): no time                          |         |         | PB (50m pool): 06:04.15SB: 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 |                                    | no time |         | no time |                          | no time |
|                                                 | 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 |                          | no time |
|                                                 |         |         |                                    |         |         |         |                          |         |
|                                                 | .....   | .....   | .....                              | .....   | .....   | .....   | .....                    | .....   |

Coach feedback:

| Event number: 7: 400M FREESTYLE WOMEN 11+      |         |         |                                    |         |         |         | Heat:4, starttime: 10:55 |         |
|------------------------------------------------|---------|---------|------------------------------------|---------|---------|---------|--------------------------|---------|
| Heat: 4/7    Lane : 7    Athlete: DE MUER ANNA |         |         |                                    |         |         |         | Q-time: 05:48:96         |         |
| PB (25m pool): no time                         |         |         | PB (50m pool): 05:30.25SB: 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 |                                    | no time |         | no time |                          | no time |
|                                                | 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 |                          | no time |
|                                                |         |         |                                    |         |         |         |                          |         |
|                                                | .....   | .....   | .....                              | .....   | .....   | .....   | .....                    | .....   |

Coach feedback:

# UZKZ Cup 2026: Session: 1: COACH evaluation sheet for TEAM: STA

| Event number: 7: 400M FREESTYLE WOMEN 11+          |           |           |           |                                                            |           |           | Heat:5, starttime: 11:02 |           |
|----------------------------------------------------|-----------|-----------|-----------|------------------------------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 5/7    Lane : 1    Athlete: DE MULDER MAÏTHÉ |           |           |           |                                                            |           |           | Q-time: 05:39:26         |           |
| PB (25m pool): 05:42.20   T ROSCO   12/10/2025     |           |           |           | PB (50m pool): 05:39.01SB: 05:42.20   T ROSCO   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                                                 |           | 00:37.01  |           | 01:19.46                                                   |           | 02:03.30  |                          | 02:47.85  |
|                                                    | 00:37.01  |           | 00:42.45  |                                                            | 00:43.84  |           | 00:44.55                 |           |
|                                                    | . . . . . | . . . . . | . . . . . | . . . . .                                                  | . . . . . | . . . . . | . . . . .                | . . . . . |
|                                                    | 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                                                 |           | 03:32.17  |           | 04:16.71                                                   |           | 05:01.77  |                          | 05:42.20  |
|                                                    | 00:44.32  |           | 00:44.54  |                                                            | 00:45.06  |           | 00:40.43                 |           |
|                                                    | . . . . . | . . . . . | . . . . . | . . . . .                                                  | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 7: 400M FREESTYLE WOMEN 11+           |         |         |                                     |         |         |         | Heat:5, starttime: 11:02 |         |
|-----------------------------------------------------|---------|---------|-------------------------------------|---------|---------|---------|--------------------------|---------|
| Heat: 5/7    Lane : 7    Athlete: BERKEIN FRANCESCA |         |         |                                     |         |         |         | Q-time: 05:38:51         |         |
| PB (25m pool): no time                              |         |         | PB (50m pool): 05:23.57 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                                                  |         | no time |                                     | no time |         | no time |                          | no time |
|                                                     | 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 |                          | no time |
|                                                     |         |         |                                     |         |         |         |                          |         |
|                                                     | ...     | ...     | ...                                 | ...     | ...     | ...     | ...                      | ...     |

Coach feedback:

| Event number: 7: 400M FREESTYLE WOMEN 11+         |           |           |           |                                                              |           |           | Heat:6, starttime: 11:08 |           |
|---------------------------------------------------|-----------|-----------|-----------|--------------------------------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 6/7    Lane : 7    Athlete: DE WULF ALEXINE |           |           |           |                                                              |           |           | Q-time: 05:22:35         |           |
| PB (25m pool): 05:25.15    Lokeren    28/09/2025  |           |           |           | PB (50m pool): 05:22.35SB: 05:25.15    Lokeren    28/09/2025 |           |           |                          |           |
|                                                   | 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                                                |           | 00:37.37  |           | 01:18.07                                                     |           | 01:58.93  |                          | 02:41.06  |
|                                                   | 00:37.37  |           | 00:40.70  |                                                              | 00:40.86  |           | 00:42.13                 |           |
|                                                   | . . . . . | . . . . . | . . . . . | . . . . .                                                    | . . . . . | . . . . . | . . . . .                | . . . . . |
|                                                   | 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                                                |           | 03:22.63  |           | 04:03.71                                                     |           | 04:44.94  |                          | 05:25.15  |
|                                                   | 00:41.57  |           | 00:41.08  |                                                              | 00:41.23  |           | 00:40.21                 |           |
|                                                   | . . . . . | . . . . . | . . . . . | . . . . .                                                    | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

# UZZKZ Cup 2026: Session: 1: COACH evaluation sheet for TEAM: STA

| Event number: 8: 100M BREASTSTROKE MEN 11+    |          |          |          |          | Heat:4, starttime: 11:26                                   |
|-----------------------------------------------|----------|----------|----------|----------|------------------------------------------------------------|
| Heat: 4/5 Lane : 7 Athlete: VROMAN FINN       |          |          |          |          | Q-time: 01:22:30                                           |
| PB (25m pool): 01:22.30 Maastricht 30/12/2025 |          |          |          |          | PB (50m pool): 01:27.44 SB: 01:22.30 Maastricht 30/12/2025 |
|                                               | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                                                            |
| PB                                            |          | 00:38.96 |          | 01:22.30 |                                                            |
|                                               | 00:38.96 |          | 00:43.34 |          |                                                            |
|                                               | .....    | .....    | .....    | .....    |                                                            |

Coach feedback:

| Event number: 9: 100M BUTTERFLY WOMEN 11+ |          |          |          |          | Heat:2, starttime: 11:33                              |
|-------------------------------------------|----------|----------|----------|----------|-------------------------------------------------------|
| Heat: 2/4 Lane : 4 Athlete: BUYLE LAURE   |          |          |          |          | Q-time: 01:19:94                                      |
| PB (25m pool): 01:19.94 Gent 23/02/2025   |          |          |          |          | PB (50m pool): 01:23.53 SB: 01:20.00 Temse 17/11/2025 |
|                                           | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                                                       |
| PB                                        |          | 00:35.52 |          | 01:19.94 |                                                       |
|                                           | 00:35.52 |          | 00:44.42 |          |                                                       |
|                                           | .....    | .....    | .....    | .....    |                                                       |

Coach feedback:

| Event number: 9: 100M BUTTERFLY WOMEN 11+   |          |          |          |          | Heat:2, starttime: 11:33                               |
|---------------------------------------------|----------|----------|----------|----------|--------------------------------------------------------|
| Heat: 2/4 Lane : 5 Athlete: BERKEIN ALESSIA |          |          |          |          | Q-time: 01:20:27                                       |
| PB (25m pool): 01:20.27 LEUVEN 23/11/2025   |          |          |          |          | PB (50m pool): 01:21.70 SB: 01:20.27 LEUVEN 23/11/2025 |
|                                             | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                                                        |
| PB                                          |          | 00:36.90 |          | 01:20.27 |                                                        |
|                                             | 00:36.90 |          | 00:43.37 |          |                                                        |
|                                             | .....    | .....    | .....    | .....    |                                                        |

Coach feedback:

| Event number: 9: 100M BUTTERFLY WOMEN 11+          |          |          |          |          | Heat:2, starttime: 11:33                                        |
|----------------------------------------------------|----------|----------|----------|----------|-----------------------------------------------------------------|
| Heat: 2/4 Lane : 7 Athlete: BUYLE GEIKE            |          |          |          |          | Q-time: 01:22:59                                                |
| PB (25m pool): 01:22.59 Sint-Amandsberg 19/10/2025 |          |          |          |          | PB (50m pool): 01:25.95 SB: 01:22.59 Sint-Amandsberg 19/10/2025 |
|                                                    | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                                                                 |
| PB                                                 |          | 00:37.45 |          | 01:22.59 |                                                                 |
|                                                    | 00:37.45 |          | 00:45.14 |          |                                                                 |
|                                                    | .....    | .....    | .....    | .....    |                                                                 |

Coach feedback:

# UZZKZ Cup 2026: Session: 1: COACH evaluation sheet for TEAM: STA

| Event number: 9: 100M BUTTERFLY WOMEN 11+     |         |         |       |          | Heat:3, starttime: 11:35                                   |
|-----------------------------------------------|---------|---------|-------|----------|------------------------------------------------------------|
| Heat: 3/4 Lane : 1 Athlete: VLAMIJNCK LORE    |         |         |       |          | Q-time: 01:17:01                                           |
| PB (25m pool): 01:16.50 Maastricht 30/12/2023 |         |         |       |          | PB (50m pool): 01:19.06 SB: 01:17.01 Maastricht 30/12/2025 |
|                                               | 2 5 M   | 5 0 M   | 7 5 M | 1 0 0 M  |                                                            |
| PB                                            |         | no time |       | 01:16.50 |                                                            |
|                                               | no time |         |       |          |                                                            |
|                                               | .....   | .....   | ..... | .....    |                                                            |

Coach feedback:

| Event number: 9: 100M BUTTERFLY WOMEN 11+  |                   |          |       |          | Heat:3, starttime: 11:35                              |
|--------------------------------------------|-------------------|----------|-------|----------|-------------------------------------------------------|
| Heat: 3/4 Lane : 3 Athlete: RUTSAERT EMILY |                   |          |       |          | Q-time: 01:12:92                                      |
| PB (25m pool): 01:15.68 Temse 17/11/2025   |                   |          |       |          | PB (50m pool): 01:09.90 SB: 01:15.68 Temse 17/11/2025 |
|                                            | 2 5 M             | 5 0 M    | 7 5 M | 1 0 0 M  |                                                       |
| PB                                         |                   | 00:34.63 |       | 01:15.68 |                                                       |
|                                            | 00:34.63 00:41.05 |          |       |          |                                                       |
|                                            | .....             | .....    | ..... | .....    |                                                       |

Coach feedback:

| Event number: 9: 100M BUTTERFLY WOMEN 11+          |                   |          |       |          | Heat:3, starttime: 11:35                                        |
|----------------------------------------------------|-------------------|----------|-------|----------|-----------------------------------------------------------------|
| Heat: 3/4 Lane : 4 Athlete: VAN DOORNE LORE        |                   |          |       |          | Q-time: 01:12:70                                                |
| PB (25m pool): 01:12.70 Sint-Amandsberg 19/10/2025 |                   |          |       |          | PB (50m pool): 01:13.76 SB: 01:12.70 Sint-Amandsberg 19/10/2025 |
|                                                    | 2 5 M             | 5 0 M    | 7 5 M | 1 0 0 M  |                                                                 |
| PB                                                 |                   | 00:33.60 |       | 01:12.70 |                                                                 |
|                                                    | 00:33.60 00:39.10 |          |       |          |                                                                 |
|                                                    | .....             | .....    | ..... | .....    |                                                                 |

Coach feedback:

| Event number: 9: 100M BUTTERFLY WOMEN 11+     |                   |          |       |          | Heat:3, starttime: 11:35                                   |
|-----------------------------------------------|-------------------|----------|-------|----------|------------------------------------------------------------|
| Heat: 3/4 Lane : 7 Athlete: DE SMUL PAULINE   |                   |          |       |          | Q-time: 01:14:59                                           |
| PB (25m pool): 01:14.59 Maastricht 30/12/2025 |                   |          |       |          | PB (50m pool): 01:17.59 SB: 01:14.59 Maastricht 30/12/2025 |
|                                               | 2 5 M             | 5 0 M    | 7 5 M | 1 0 0 M  |                                                            |
| PB                                            |                   | 00:33.73 |       | 01:14.59 |                                                            |
|                                               | 00:33.73 00:40.86 |          |       |          |                                                            |
|                                               | .....             | .....    | ..... | .....    |                                                            |

Coach feedback:

# UZKZ Cup 2026: Session: 1: COACH evaluation sheet for TEAM: STA

| Event number: 9: 100M BUTTERFLY WOMEN 11+          |          |          |          |          | Heat:3, starttime: 11:35                                        |
|----------------------------------------------------|----------|----------|----------|----------|-----------------------------------------------------------------|
| Heat: 3/4 Lane : 8 Athlete: DE MULDER CHLOë        |          |          |          |          | Q-time: 01:17:32                                                |
| PB (25m pool): 01:17.32 Sint-Amandsberg 19/10/2025 |          |          |          |          | PB (50m pool): 01:17.64 SB: 01:17.32 Sint-Amandsberg 19/10/2025 |
|                                                    | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                                                                 |
| PB                                                 |          | 00:35.65 |          | 01:17.32 |                                                                 |
|                                                    | 00:35.65 |          | 00:41.67 |          |                                                                 |
|                                                    | .....    | .....    | .....    | .....    |                                                                 |

Coach feedback:

| Event number: 9: 100M BUTTERFLY WOMEN 11+     |         |         |       |          | Heat:4, starttime: 11:37                                   |
|-----------------------------------------------|---------|---------|-------|----------|------------------------------------------------------------|
| Heat: 4/4 Lane : 2 Athlete: VAN AVONDT LINA   |         |         |       |          | Q-time: 01:06:79                                           |
| PB (25m pool): 01:06.73 Maastricht 30/12/2023 |         |         |       |          | PB (50m pool): 01:08.60 SB: 01:06.79 Maastricht 30/12/2025 |
|                                               | 2 5 M   | 5 0 M   | 7 5 M | 1 0 0 M  |                                                            |
| PB                                            |         | no time |       | 01:06.73 |                                                            |
|                                               | no time |         |       |          |                                                            |
|                                               | .....   | .....   | ..... | .....    |                                                            |

Coach feedback:

| Event number: 9: 100M BUTTERFLY WOMEN 11+     |          |          |          |          | Heat:4, starttime: 11:37                                   |
|-----------------------------------------------|----------|----------|----------|----------|------------------------------------------------------------|
| Heat: 4/4 Lane : 8 Athlete: DE GRAVE LIZE     |          |          |          |          | Q-time: 01:11:84                                           |
| PB (25m pool): 01:11.84 Maastricht 30/12/2025 |          |          |          |          | PB (50m pool): 01:14.01 SB: 01:11.84 Maastricht 30/12/2025 |
|                                               | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                                                            |
| PB                                            |          | 00:33.06 |          | 01:11.84 |                                                            |
|                                               | 00:33.06 |          | 00:38.78 |          |                                                            |
|                                               | .....    | .....    | .....    | .....    |                                                            |

Coach feedback:

| Event number: 10: 200M BACKSTROKE MEN 11+      |           |           |                                                         |           |           |           | Heat:3, starttime: 11:48 |           |
|------------------------------------------------|-----------|-----------|---------------------------------------------------------|-----------|-----------|-----------|--------------------------|-----------|
| Heat: 3/4    Lane : 3    Athlete: DE SMET KOBE |           |           |                                                         |           |           |           | Q-time: 02:37:17         |           |
| PB (25m pool): 02:37.17    TEMSE 23/11/2025    |           |           | PB (50m pool): 02:45.19SB: 02:37.17    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                                             |           | 00:37.68  |                                                         | 01:17.92  |           | 01:58.26  |                          | 02:37.17  |
|                                                | 00:37.68  |           | 00:40.24                                                |           | 00:40.34  |           | 00:38.91                 |           |
|                                                | . . . . . | . . . . . | . . . . .                                               | . . . . . | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

# UZKZ Cup 2026: Session: 1: COACH evaluation sheet for TEAM: STA

| Event number: 10: 200M BACKSTROKE MEN 11+      |           |           |           |                                                         |           |           | Heat:4, starttime: 11:52 |           |
|------------------------------------------------|-----------|-----------|-----------|---------------------------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 4/4    Lane : 1    Athlete: DEGRANDE VIC |           |           |           |                                                         |           |           | Q-time: 02:31:36         |           |
| PB (25m pool): 02:31.36    TEMSE 23/11/2025    |           |           |           | PB (50m pool): 02:37.94SB: 02:31.36    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                                             |           | 00:35.37  |           | 01:13.56                                                |           | 01:52.09  |                          | 02:31.36  |
|                                                | 00:35.37  |           | 00:38.19  |                                                         | 00:38.53  |           | 00:39.27                 |           |
|                                                | . . . . . | . . . . . | . . . . . | . . . . .                                               | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 10: 200M BACKSTROKE MEN 11+       |           |           |           |                                                              |           |           | Heat:4, starttime: 11:52 |           |
|-------------------------------------------------|-----------|-----------|-----------|--------------------------------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 4/4    Lane : 3    Athlete: DHOOGHE LIAM  |           |           |           |                                                              |           |           | Q-time: 02:21:92         |           |
| PB (25m pool): 02:21.92    LEUVEN    23/11/2025 |           |           |           | PB (50m pool): 02:26.90 SB: 02:21.92    LEUVEN    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                                              |           | 00:32.63  |           | 01:08.91                                                     |           | 01:45.77  |                          | 02:21.92  |
|                                                 | 00:32.63  |           | 00:36.28  |                                                              | 00:36.86  |           | 00:36.15                 |           |
|                                                 | . . . . . | . . . . . | . . . . . | . . . . .                                                    | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 10: 200M BACKSTROKE MEN 11+       |           |           |           |                                                              |           |           | Heat:4, starttime: 11:52 |           |
|-------------------------------------------------|-----------|-----------|-----------|--------------------------------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 4/4    Lane : 4    Athlete: VROMAN WOUT   |           |           |           |                                                              |           |           | Q-time: 02:19:39         |           |
| PB (25m pool): 02:19.39    LEUVEN    23/11/2025 |           |           |           | PB (50m pool): 02:26.15 SB: 02:19.39    LEUVEN    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                                              |           | 00:33.66  |           | 01:09.02                                                     |           | 01:45.10  |                          | 02:19.39  |
|                                                 | 00:33.66  |           | 00:35.36  |                                                              | 00:36.08  |           | 00:34.29                 |           |
|                                                 | . . . . . | . . . . . | . . . . . | . . . . .                                                    | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 10: 200M BACKSTROKE MEN 11+         |           |           |                                                          |           |           |           | Heat:4, starttime: 11:52 |           |
|---------------------------------------------------|-----------|-----------|----------------------------------------------------------|-----------|-----------|-----------|--------------------------|-----------|
| Heat: 4/4    Lane : 8    Athlete: DE BRUYNE BRIEK |           |           |                                                          |           |           |           | Q-time: 02:33:59         |           |
| PB (25m pool): 02:33.59    TEMSE 23/11/2025       |           |           | PB (50m pool): 02:40.56 SB: 02:33.59    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                                                |           | 00:36.37  |                                                          | 01:15.64  |           | 01:54.88  |                          | 02:33.59  |
|                                                   | 00:36.37  |           | 00:39.27                                                 |           | 00:39.24  |           | 00:38.71                 |           |
|                                                   | . . . . . | . . . . . | . . . . .                                                | . . . . . | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback: