

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

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

Coaches: Guillemy Vincent

Coaches: Baeyens Siemen

Coaches: Van Collie Sylvie HEADCOACH

Coaches: Herreman Kurt

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 : 3 Athlete: CLAEYS JONA					Q-time: 01:19:97
PB (25m pool): 01:19.97 leper 04/01/2026					PB (50m pool): no time SB: 01:19.97 leper 04/01/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.04		01:19.97	
		00:37.04		00:42.93	
					

Coach feedback:

Event number: 1: 100M FREESTYLE MEN 11+					Heat:2, starttime: 09:02
Heat: 2/9 Lane : 6 Athlete: DESMET TUUR					Q-time: 01:24:26
PB (25m pool): 01:24.26 Menen 01/05/2026					PB (50m pool): no time SB: 01:24.26 Menen 01/05/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:40.26		01:24.26	
		00:40.26		00:44.00	
					

Coach feedback:

Event number: 1: 100M FREESTYLE MEN 11+					Heat:4, starttime: 09:06
Heat: 4/9 Lane : 4 Athlete: STRYNCKX DAAN					Q-time: 01:06:12
PB (25m pool): 01:06.12 Menen 01/05/2026					PB (50m pool): 01:10.08 SB: 01:06.12 Menen 01/05/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.26		01:06.12	
		00:31.26		00:34.86	
					

Coach feedback:

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Event number: 1: 100M FREESTYLE MEN 11+					Heat:6, starttime: 09:09
Heat: 6/9 Lane : 6 Athlete: DEMASURE YORDI					Q-time: 01:03:79
PB (25m pool): 01:03.79 Zwembad De Treffer 06/04/2026					PB (50m pool): 01:04.33 SB: 01:03.79 Zwembad De Treffer 06/04/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.84		01:03.79	
	00:30.84		00:32.95		
					

Coach feedback:

Event number: 1: 100M FREESTYLE MEN 11+					Heat:7, starttime: 09:11
Heat: 7/9 Lane : 5 Athlete: BAEYENS SIEMEN					Q-time: 01:01:04
PB (25m pool): 01:01.02 Brugge 20/10/2024					PB (50m pool): 01:01.07 SB: 01:01.04 Diksmuide 12/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:29.51		01:01.02	
	00:29.51		00:31.51		
					

Coach feedback:

Event number: 2: 100M BACKSTROKE WOMEN 11+					Heat:2, starttime: 09:19
Heat: 2/7 Lane : 5 Athlete: DEFEVER AUWKE					Q-time: 01:30:35
PB (25m pool): 01:30.35 Menen 01/05/2026					PB (50m pool): 01:37.79 SB: 01:30.35 Menen 01/05/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:44.25		01:30.35	
	00:44.25		00:46.10		
					

Coach feedback:

Event number: 2: 100M BACKSTROKE WOMEN 11+					Heat:3, starttime: 09:21
Heat: 3/7 Lane : 1 Athlete: HEYTENS JORIEN					Q-time: 01:28:00
PB (25m pool): 01:28.34 Menen 01/05/2026					PB (50m pool): 01:28.00 SB: 01:28.34 Menen 01/05/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:43.13		01:28.34	
	00:43.13		00:45.21		
					

Coach feedback:

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Event number: 2: 100M BACKSTROKE WOMEN 11+					Heat:4, starttime: 09:24
Heat: 4/7 Lane : 3 Athlete: BOLLAERT AMÉLIE					Q-time: 01:20:64
PB (25m pool): 01:20.64 Zwembad De Treffer 06/04/2026					PB (50m pool): 01:23.74 SB: 01:20.64 Zwembad De Treffer 06/04/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:40.48		01:20.64	
	00:40.48		00:40.16		
					

Coach feedback:

Event number: 3: 200M MEDLEY MEN 11+							Heat:1, starttime: 09:33	
Heat: 1/5 Lane : 4 Athlete: RAMON SIEBE							Q-time: 03:27:49	
PB (25m pool): 03:27.49 Menen 01/05/2026			PB (50m pool): 03:46.31 SB: 03:27.49 Menen 01/05/2026					
	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		00:51.44		no time		no time		03:27.49
	00:51.44							
								

Coach feedback:

Event number: 3: 200M MEDLEY MEN 11+							Heat:1, starttime: 09:33	
Heat: 1/5 Lane : 5 Athlete: LAGACIE THIBAUT							Q-time: 03:28:25	
PB (25m pool): 03:28.25 Meulebeke 10/05/2026			PB (50m pool): 03:55.68SB: 03:28.25 Meulebeke 10/05/2026					
	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		00:47.68		no time		no time		03:28.25
	00:47.68							
								

Coach feedback:

Event number: 3: 200M MEDLEY MEN 11+							Heat:4, starttime: 09:44	
Heat: 4/5 Lane : 4 Athlete: DEMASURE YORDI							Q-time: 02:41:41	
PB (25m pool): 02:41.41 Menen 01/05/2026			PB (50m pool): 03:01.07SB: 02:41.41 Menen 01/05/2026					
	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		00:35.68		no time		no time		02:41.41
	00:35.68							
								

Coach feedback:

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Event number: 4: 200M BREASTSTROKE WOMEN 11+							Heat:2, starttime: 09:56	
Heat: 2/3 Lane : 6 Athlete: LAGACIE AXELLE							Q-time: 03:17:78	
PB (25m pool): 03:31.86 leper 07/01/2024				PB (50m pool): 03:17.78SB: 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		03:31.86
	no time							
								

Coach feedback:

Event number: 5: 100M BACKSTROKE MIXED 10-9							Heat:3, starttime: 10:10	
Heat: 3/4 Lane : 2 Athlete: RAMON NOORE							Q-time: 01:46:33	
PB (25m pool): 01:46.33 Menen 01/05/2026				PB (50m pool): no time SB: 01:46.33 Menen 01/05/2026				
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:51.48		01:46.33				
	00:51.48		00:54.85					
								

Coach feedback:

Event number: 5: 100M BACKSTROKE MIXED 10-9							Heat:4, starttime: 10:13	
Heat: 4/4 Lane : 1 Athlete: LAGACIE RENEE							Q-time: 01:37:01	
PB (25m pool): 01:37.01 Menen 01/05/2026				PB (50m pool): no time SB: 01:37.01 Menen 01/05/2026				
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:48.30		01:37.01				
	00:48.30		00:48.71					
								

Coach feedback:

Event number: 6: 50M BUTTERFLY MEN 11+							Heat:4, starttime: 10:19		
Heat: 4/5 Lane : 5 Athlete: BAEYENS SIEMEN							Q-time: 00:29:44		
PB (25m pool): 00:30.04 DIKSMUIDE 30/11/2025				PB (50m pool): 00:29.44SB: 00:30.04 DIKSMUIDE 30/11/2025					
	2 5 M		5 0 M						
PB			00:30.04						
			00:30.04						
									

Coach feedback:

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Event number: 7: 400M FREESTYLE WOMEN 11+							Heat:2, starttime: 10:40	
Heat: 2/7 Lane : 5 Athlete: HEYTENS JORIEN							Q-time: 06:21:55	
PB (25m pool): 06:25.06 LAGO Zwevegem 09/06/2025				PB (50m pool): 06:21.55SB: 06:27.52 Diksmuide 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		00:43.45		01:34.13		02:24.80		03:11.62
	00:43.45		00:50.68		00:50.67		00:46.82	
								
	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		04:01.36		04:51.46		05:40.71		06:25.06
	00:49.74		00:50.10		00:49.25		00:44.35	
								

Coach feedback:

Event number: 7: 400M FREESTYLE WOMEN 11+							Heat:3, starttime: 10:48	
Heat: 3/7 Lane : 4 Athlete: BOLLAERT AMÉLIE							Q-time: 05:53:03	
PB (25m pool): 05:53.71 Diksmuide 12/10/2025				PB (50m pool): 05:53.03SB: 05:53.71 Diksmuide 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		00:38.95		01:23.25		02:09.01		02:55.57
	00:38.95		00:44.30		00:45.76		00:46.56	
								
	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		03:41.36		04:27.75		05:12.47		05:53.71
	00:45.79		00:46.39		00:44.72		00:41.24	
								

Coach feedback:

Event number: 8: 100M BREASTSTROKE MEN 11+					Heat:1, starttime: 11:20				
Heat: 1/5 Lane : 4 Athlete: CLAEYS JONA					Q-time: 01:40:96				
PB (25m pool): 01:40.96 Diksmuide 08/02/2026					PB (50m pool): 01:38.15SB: 01:40.96 Diksmuide 08/02/2026				
	2 5 M	5 0 M	7 5 M	1 0 0 M					
PB		00:47.69		01:40.96					
	00:47.69		00:53.27						
									

Coach feedback:

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Event number: 8: 100M BREASTSTROKE MEN 11+					Heat:2, starttime: 11:22
Heat: 2/5 Lane : 8 Athlete: DESMET TUUR					Q-time: 01:39:72
PB (25m pool): 01:39.72 Diksmuide 08/02/2026					PB (50m pool): no time SB: 01:39.72 Diksmuide 08/02/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:47.18		01:39.72	
	00:47.18		00:52.54		
					

Coach feedback:

Event number: 8: 100M BREASTSTROKE MEN 11+					Heat:5, starttime: 11:28
Heat: 5/5 Lane : 7 Athlete: BAEYENS SIEMEN					Q-time: 01:17:94
PB (25m pool):					PB (50m pool): 01:18.87 SB: 01:17.94 Diksmuide 12/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB					
					

Coach feedback:

Event number: 9: 100M BUTTERFLY WOMEN 11+					Heat:1, starttime: 11:31
Heat: 1/4 Lane : 2 Athlete: DEFEVER AUWKE					Q-time: 01:54:77
PB (25m pool): 01:55.61 LAGO Zwevegem 09/06/2025					PB (50m pool): 01:54.77 SB: 01:56.77 leper 04/01/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:55.28		01:55.61	
	00:55.28		01:00.33		
					

Coach feedback:

Event number: 9: 100M BUTTERFLY WOMEN 11+					Heat:2, starttime: 11:33
Heat: 2/4 Lane : 2 Athlete: LAGACIE AXELLE					Q-time: 01:21:68
PB (25m pool): 01:26.50 Diksmuide 01/12/2024					PB (50m pool): 01:21.68 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.81		01:26.50	
	00:39.81		00:46.69		
					

Coach feedback:

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

Coach feedback:

Event number: 11: 50M BUTTERFLY MIXED 10-9			Heat:4, starttime: 12:00
Heat: 4/4 Lane : 1 Athlete: LAGACIE RENEE			Q-time: 00:50:78
PB (25m pool): 00:50.78 Torhout 06/12/2025			PB (50m pool): no time SB: 00:50.78 Torhout 06/12/2025
	2 5 M	5 0 M	
PB		00:50.78	
	00:50.78		
			

Coach feedback: