

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

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

Coaches: De Wit Ellen HEADCOACH

Coaches: Verluyten Philippe

PB => Personal Best time

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

Event number: 1: 100M FREESTYLE MEN 11+ Heat:3, starttime: 09:04

Heat: 3/9 Lane : 2 Athlete: OSSELAER VAN NIEUWENHUYZE KIAN				Q-time: 01:15:30	
PB (25m pool): 01:16.89 TEMSE 23/11/2025				PB (50m pool): 01:15.30 SB: 01:16.89 TEMSE 23/11/2025	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.60		01:16.89	
		00:37.60		00:39.29	
					

Coach feedback:

Event number: 1: 100M FREESTYLE MEN 11+ Heat:5, starttime: 09:08

Heat: 5/9 Lane : 3 Athlete: KARER MALIK				Q-time: 01:04:82	
PB (25m pool): 01:04.82 Eeklo 06/04/2026				PB (50m pool): 01:05.53 SB: 01:04.82 Eeklo 06/04/2026	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.82		01:04.82	
		00:30.82		00:34.00	
					

Coach feedback:

Event number: 3: 200M MEDLEY MEN 11+ Heat:2, starttime: 09:37

Heat: 2/5 Lane : 8 Athlete: EL BOUJADDAYNI YAHYA							Q-time: 03:21:89	
PB (25m pool): 03:21.89 Durmehal 28/02/2026				PB (50m pool): 03:22.73 SB: 03:21.89 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		00:48.76		01:38.39		02:35.08		03:21.89
	00:48.76		00:49.63		00:56.69		00:46.81	
								

Coach feedback:

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

Event number: 3: 200M MEDLEY MEN 11+							Heat:3, starttime: 09:41	
Heat: 3/5 Lane : 3 Athlete: RENDERS KLAAS							Q-time: 02:56:61	
PB (25m pool): 02:56.61 Gent 23/02/2025				PB (50m pool): 02:45.84 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		00:41.01		01:23.33		02:18.09		02:56.61
	00:41.01		00:42.32		00:54.76		00:38.52	
								

Coach feedback:

Event number: 5: 100M BACKSTROKE MIXED 10-9					Heat:2, starttime: 10:07	
Heat: 2/4 Lane : 3 Athlete: HENDRICKX NELLE					Q-time: 01:51:28	
PB (25m pool): 01:51.28 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): no time SB: 01:51.28 Stedelijk Zwembad Geel 15/02/2026						
	2 5 M	5 0 M	7 5 M	1 0 0 M		
PB		00:50.04		01:51.28		
	00:50.04		01:01.24			
						

Coach feedback:

Event number: 5: 100M BACKSTROKE MIXED 10-9										Heat:2, starttime: 10:07	
Heat: 2/4 Lane : 8 Athlete: DERYCK JULIE									Q-time: 02:00:03		
PB (25m pool): 02:00.03 Durmehal 28/02/2026					PB (50m pool): no time SB: 02:00.03 Durmehal 28/02/2026						
	2 5 M		5 0 M		7 5 M		1 0 0 M				
PB			00:57.46				02:00.03				
	00:57.46				01:02.57						
											

Coach feedback:

Event number: 5: 100M BACKSTROKE MIXED 10-9										Heat:3, starttime: 10:10	
Heat: 3/4 Lane : 5 Athlete: JANSSENS MILA										Q-time: 01:44:99	
PB (25m pool): 01:44.99 Durmehal 28/02/2026										PB (50m pool): 01:47.98 SB: 01:44.99 Durmehal 28/02/2026	
	2 5 M		5 0 M		7 5 M		1 0 0 M				
PB			00:50.29				01:44.99				
	00:50.29				00:54.70						
											

Coach feedback:

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

Event number: 5: 100M BACKSTROKE MIXED 10-9					Heat:3, starttime: 10:10
Heat: 3/4 Lane : 6 Athlete: OSSELAER VAN NIEUWENHUYZE KAIL					Q-time: 01:46:06
PB (25m pool): 01:46.06 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 01:45.02 SB: 01:46.06 Stedelijk Zwembad Geel 15/02/2026					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:49.62		01:46.06	
	00:49.62		00:56.44		
					

Coach feedback:

Event number: 5: 100M BACKSTROKE MIXED 10-9					Heat:3, starttime: 10:10
Heat: 3/4 Lane : 7 Athlete: SEGERS ZOë					Q-time: 01:46:65
PB (25m pool): 01:46.65 Sint-Niklaas 28/12/2025 PB (50m pool): 01:45.87 SB: 01:46.65 Sint-Niklaas 28/12/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:51.27		01:46.65	
	00:51.27		00:55.38		
					

Coach feedback:

Event number: 5: 100M BACKSTROKE MIXED 10-9					Heat:4, starttime: 10:13
Heat: 4/4 Lane : 2 Athlete: DERRE EMIEL					Q-time: 01:36:02
PB (25m pool): 01:36.02 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 01:37.74 SB: 01:36.02 Stedelijk Zwembad Geel 15/02/2026					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:46.94		01:36.02	
	00:46.94		00:49.08		
					

Coach feedback:

Event number: 6: 50M BUTTERFLY MEN 11+					Heat:2, starttime: 10:17
Heat: 2/5 Lane : 6 Athlete: OSSELAER VAN NIEUWENHUYZE KIAN					Q-time: 00:42:08
PB (25m pool): 00:42.21 Torhout 06/12/2025 PB (50m pool): 00:42.08 SB: 00:42.21 Torhout 06/12/2025					
	2 5 M	5 0 M			
PB		00:42.21			
	00:42.21				
					

Coach feedback:

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

Event number: 7: 400M FREESTYLE WOMEN 11+							Heat:2, starttime: 10:40	
Heat: 2/7 Lane : 2 Athlete: CAZACU ANTONIA SABINA							Q-time: 06:25:68	
PB (25m pool): no time			PB (50m pool): 06:25.68SB: 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:3, starttime: 10:48	
Heat: 3/7 Lane : 6 Athlete: GOEMINNE ELLEMIEKE							Q-time: 06:01:65	
PB (25m pool): 06:01.65 T ROSCO 12/10/2025			PB (50m pool): 06:02.35SB: 06:01.65 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		00:42.38		01:28.92		02:15.55		03:02.02
	00:42.38		00:46.54		00:46.63		00:46.47	
								
	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		03:47.29		04:33.00		05:18.88		06:01.65
	00:45.27		00:45.71		00:45.88		00:42.77	
								

Coach feedback:

Event number: 7: 400M FREESTYLE WOMEN 11+							Heat:4, starttime: 10:55	
Heat: 4/7 Lane : 6 Athlete: LALOO FÉLINE							Q-time: 05:47:80	
PB (25m pool): 05:47.80 Eeklo 06/04/2026			PB (50m pool): no time SB: 05:47.80 Eeklo 06/04/2026					
	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		01:20.64		no time		02:50.91
	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		05:47.80
								

Coach feedback:

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

Event number: 8: 100M BREASTSTROKE MEN 11+					Heat:2, starttime: 11:22
Heat: 2/5 Lane : 6 Athlete: OSSELAER VAN NIEUWENHUYZE KIAN					Q-time: 01:36:64
PB (25m pool): 01:39.76 Torhout 06/12/2025					PB (50m pool): 01:36.64 SB: 01:39.76 Torhout 06/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:47.17		01:39.76	
	00:47.17		00:52.59		
					

Coach feedback:

Event number: 8: 100M BREASTSTROKE MEN 11+					Heat:4, starttime: 11:26
Heat: 4/5 Lane : 1 Athlete: AERENS JEF					Q-time: 01:22:82
PB (25m pool): 01:22.82 Durmehal 28/02/2026					PB (50m pool): 01:26.50 SB: 01:22.82 Durmehal 28/02/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.02		01:22.82	
	00:39.02		00:43.80		
					

Coach feedback:

Event number: 11: 50M BUTTERFLY MIXED 10-9					Heat:1, starttime: 11:55
Heat: 1/4 Lane : 5 Athlete: DERRE EMIEL					Q-time: 99:99:99
PB (25m pool): 00:47.76 Torhout 06/12/2025					PB (50m pool): no time SB: 00:47.76 Torhout 06/12/2025
	2 5 M	5 0 M			
PB		00:47.76			
	00:47.76				
					

Coach feedback:

Event number: 11: 50M BUTTERFLY MIXED 10-9					Heat:2, starttime: 11:57
Heat: 2/4 Lane : 1 Athlete: DERYCK JULIE					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:

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

Event number: 11: 50M BUTTERFLY MIXED 10-9			Heat:2, starttime: 11:57
Heat: 2/4 Lane : 5 Athlete: HENDRICKX NELLE			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:2, starttime: 11:57
Heat: 2/4 Lane : 7 Athlete: OSSELAER VAN NIEUWENHUYZE KAIL			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:3, starttime: 11:58
Heat: 3/4 Lane : 5 Athlete: JANSSENS MILA			Q-time: 00:54:95
PB (25m pool): 00:54.95 Eeklo 19/04/2026			PB (50m pool): no time SB: 00:54.95 Eeklo 19/04/2026
	2 5 M	5 0 M	
PB		00:54.95	
	00:54.95		
			

Coach feedback:

Event number: 11: 50M BUTTERFLY MIXED 10-9			Heat:4, starttime: 12:00
Heat: 4/4 Lane : 2 Athlete: SEGERS ZOë			Q-time: 00:49:73
PB (25m pool): 00:49.73 Eeklo 19/04/2026			PB (50m pool): no time SB: 00:49.73 Eeklo 19/04/2026
	2 5 M	5 0 M	
PB		00:49.73	
	00:49.73		
			

Coach feedback: