

UZKZ Cup 2026: Session: 2: COACH evaluation sheet for TEAM: KWZC

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

Coaches: Verschuere Nele HEADCOACH

Coaches: Beel Steven

Coaches: Decabooter Geert

PB => Personal Best time

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

Event number: 13: 100M FREESTYLE WOMEN 11+					Heat:3, starttime: 14:04
Heat: 3/7 Lane : 2 Athlete: DEPAEPE LANA					Q-time: 01:14:05
PB (25m pool): 01:14.05 Zwembad De Treffer 06/04/2026					PB (50m pool): 01:17.47 SB: 01:14.05 Zwembad De Treffer 06/04/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.31		01:14.05	
	00:34.31		00:39.74		
					

Coach feedback:

Event number: 13: 100M FREESTYLE WOMEN 11+					Heat:3, starttime: 14:04
Heat: 3/7 Lane : 7 Athlete: VAN GANSBEKE NORE					Q-time: 01:14:42
PB (25m pool): 01:14.42 Zwembad De Treffer 06/04/2026					PB (50m pool): 01:15.75 SB: 01:14.42 Zwembad De Treffer 06/04/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.06		01:14.42	
	00:35.06		00:39.36		
					

Coach feedback:

Event number: 13: 100M FREESTYLE WOMEN 11+					Heat:4, starttime: 14:06
Heat: 4/7 Lane : 6 Athlete: VAN GANSBEKE RHUNE					Q-time: 01:08:58
PB (25m pool): 01:08.58 Zwevegem 11/05/2025					PB (50m pool): 01:10.82 SB: 01:10.34 Ieper 04/01/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.17		01:08.58	
	00:33.17		00:35.41		
					

Coach feedback:

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Event number: 17: 200M BREASTSTROKE MEN 11+							Heat:3, starttime: 15:36	
Heat: 3/3 Lane : 2 Athlete: BEEL NOAH							Q-time: 03:07:66	
PB (25m pool): 03:07.66 Diksmuide 12/10/2025				PB (50m pool): 03:07.34 SB: 03:07.66 Diksmuide 12/10/2025				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:43.91		01:32.45		02:20.77		03:07.66
	00:43.91		00:48.54		00:48.32		00:46.89	
								

Coach feedback:

Event number: 19: 400M FREESTYLE MEN 11+							Heat:2, starttime: 16:03	
Heat: 2/5 Lane : 8 Athlete: BHIJA NASSIM							Q-time: 06:24:96	
PB (25m pool): 06:24.96 Sint-Amandsberg 19/10/2025				PB (50m pool): 06:06.01SB: 06:24.96 Sint-Amandsberg 19/10/2025				
	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		01:29.44		02:19.26		03:08.33
	00:40.62		00:48.82		00:49.82		00:49.07	
								
	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		03:59.07		04:49.39		05:39.31		06:24.96
	00:50.74		00:50.32		00:49.92		00:45.65	
								

Coach feedback:

Event number: 19: 400M FREESTYLE MEN 11+							Heat:5, starttime: 16:22	
Heat: 5/5 Lane : 8 Athlete: LAVAERT CLÉMENT							Q-time: 04:57:22	
PB (25m pool): 04:57.22 Diksmuide 12/10/2025				PB (50m pool): 05:06.86SB: 04:57.22 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		00:33.48		01:10.83		01:48.72		02:27.49
	00:33.48		00:37.35		00:37.89		00:38.77	
								
	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		03:06.11		03:44.29		04:21.71		04:57.22
	00:38.62		00:38.18		00:37.42		00:35.51	
								

Coach feedback:

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Event number: 20: 100M BREASTSTROKE WOMEN 11+					Heat:4, starttime: 16:35
Heat: 4/6 Lane : 5 Athlete: DEPAEPE LANA					Q-time: 01:30:41
PB (25m pool): 01:30.41 Zwembad De Treffers 06/04/2026					PB (50m pool): 01:31.40 SB: 01:30.41 Zwembad De Treffers 06/04/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:42.01		01:30.41	
	00:42.01		00:48.40		
					

Coach feedback:

Event number: 21: 100M BUTTERFLY MEN 11+					Heat:2, starttime: 16:44
Heat: 2/4 Lane : 2 Athlete: TACK THORBEN					Q-time: 01:22:52
PB (25m pool): 01:22.52 Zwembad De Treffers 06/04/2026					PB (50m pool): 01:23.78 SB: 01:22.52 Zwembad De Treffers 06/04/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.17		01:22.52	
	00:37.17		00:45.35		
					

Coach feedback:

Event number: 21: 100M BUTTERFLY MEN 11+					Heat:3, starttime: 16:45
Heat: 3/4 Lane : 5 Athlete: BEEL NOAH					Q-time: 01:11:42
PB (25m pool): 01:11.42 Zwembad De Treffers 06/04/2026					PB (50m pool): 01:10.03 SB: 01:11.42 Zwembad De Treffers 06/04/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.01		01:11.42	
	00:33.01		00:38.41		
					

Coach feedback: