

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

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

Coaches: Van Nieuwenhove Laurien HEADCOACH

PB => Personal Best time

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

Event number: 13: 100M FREESTYLE WOMEN 11+					Heat:6, starttime: 14:09
Heat: 6/7 Lane : 7 Athlete: BLANCQUAERT CAMILLE					Q-time: 01:02:78
PB (25m pool): 01:02.78 Temse 21/12/2025			PB (50m pool): 01:03.87 SB: 01:02.78 Temse 21/12/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.33		01:02.78	
	00:30.33		00:32.45		
					

Coach feedback:

Event number: 13: 100M FREESTYLE WOMEN 11+					Heat:6, starttime: 14:09
Heat: 6/7 Lane : 8 Athlete: WAIGNEIN ROSIE					Q-time: 01:03:79
PB (25m pool): 01:03.79 Eeklo 06/04/2026			PB (50m pool): 01:04.95 SB: 01:03.79 Eeklo 06/04/2026		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.83		01:03.79	
	00:30.83		00:32.96		
					

Coach feedback:

Event number: 13: 100M FREESTYLE WOMEN 11+					Heat:7, starttime: 14:10
Heat: 7/7 Lane : 4 Athlete: HOLLEBOSCH NOA					Q-time: 00:57:50
PB (25m pool): 00:57.50 Eeklo 06/04/2026			PB (50m pool): 00:58.40 SB: 00:57.50 Eeklo 06/04/2026		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:27.59		00:57.50	
	00:27.59		00:29.91		
					

Coach feedback:

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Event number: 14: 100M BACKSTROKE MEN 11+					Heat:2, starttime: 14:15
Heat: 2/7 Lane : 7 Athlete: RABAEYS LUCAS					Q-time: 01:27:69
PB (25m pool): 01:27.69 Sint-Amandsberg 19/10/2025			PB (50m pool): 01:25.51 SB: 01:27.69 Sint-Amandsberg 19/10/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:43.90		01:27.69	
	00:43.90		00:43.79		
					

Coach feedback:

Event number: 14: 100M BACKSTROKE MEN 11+					Heat:3, starttime: 14:18
Heat: 3/7 Lane : 5 Athlete: BODDAERT LUCAS					Q-time: 01:20:44
PB (25m pool): 01:20.44 Temse 21/12/2025			PB (50m pool): 01:20.05 SB: 01:20.44 Temse 21/12/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:40.28		01:20.44	
	00:40.28		00:40.16		
					

Coach feedback:

Event number: 14: 100M BACKSTROKE MEN 11+					Heat:7, starttime: 14:27
Heat: 7/7 Lane : 2 Athlete: LOEYS EWOUT					Q-time: 01:06:00
PB (25m pool): 01:06.00 TEMSE 23/11/2025			PB (50m pool): 01:07.48 SB: 01:06.00 TEMSE 23/11/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.14		01:06.00	
	00:32.14		00:33.86		
					

Coach feedback:

Event number: 14: 100M BACKSTROKE MEN 11+					Heat:7, starttime: 14:27
Heat: 7/7 Lane : 5 Athlete: DE DECKER TIBE					Q-time: 01:03:26
PB (25m pool): 01:03.26 Eeklo 06/04/2026			PB (50m pool): 01:04.51 SB: 01:03.26 Eeklo 06/04/2026		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.14		01:03.26	
	00:30.14		00:33.12		
					

Coach feedback:

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Event number: 16: 200M MEDLEY WOMEN 11+							Heat:5, starttime: 15:19	
Heat: 5/6 Lane : 4 Athlete: BLANCQUAERT CAMILLE							Q-time: 02:46:73	
PB (25m pool): 02:46.73 T ROSCO 12/10/2025				PB (50m pool): 02:43.22SB: 02:46.73 T ROSCO 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		00:34.06		01:13.62		02:08.15		02:46.73
	00:34.06		00:39.56		00:54.53		00:38.58	
								

Coach feedback:

Event number: 16: 200M MEDLEY WOMEN 11+							Heat:6, starttime: 15:22	
Heat: 6/6 Lane : 1 Athlete: VAN DER PLAS LOTTE							Q-time: 02:37:72	
PB (25m pool): 02:37.72 Sint-Amandsberg 19/10/2025				PB (50m pool): 02:44.17 SB: 02:37.72 Sint-Amandsberg 19/10/2025				
	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		00:34.62		01:15.48		02:00.75		02:37.72
	00:34.62		00:40.86		00:45.27		00:36.97	
								

Coach feedback:

Event number: 16: 200M MEDLEY WOMEN 11+							Heat:6, starttime: 15:22	
Heat: 6/6 Lane : 3 Athlete: DE DECKER FEBE							Q-time: 02:28:47	
PB (25m pool): 02:28.47 Sint-Amandsberg 19/10/2025				PB (50m pool): 02:32.95 SB: 02:28.47 Sint-Amandsberg 19/10/2025				
	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		00:31.13		01:10.34		01:55.51		02:28.47
	00:31.13		00:39.21		00:45.17		00:32.96	
								

Coach feedback:

Event number: 17: 200M BREASTSTROKE MEN 11+							Heat:3, starttime: 15:36	
Heat: 3/3 Lane : 8 Athlete: BODDAERT LUCAS							Q-time: 03:16:66	
PB (25m pool): no time			PB (50m pool): 03:16.66 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:

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Event number: 18: 50M BUTTERFLY WOMEN 11+				Heat:4, starttime: 15:44			
Heat: 4/4 Lane : 1 Athlete: WAIGNEIN ROSIE				Q-time: 00:33:98			
PB (25m pool): 00:33.98 Temse 17/11/2025				PB (50m pool): 00:33.42 SB: 00:33.98 Temse 17/11/2025			
	2 5 M	5 0 M					
PB		00:33.98					
		00:33.98					
							

Coach feedback:

Event number: 18: 50M BUTTERFLY WOMEN 11+				Heat:4, starttime: 15:44			
Heat: 4/4 Lane : 2 Athlete: VAN DER PLAS LOTTE				Q-time: 00:32:05			
PB (25m pool): 00:32.05 Temse 17/11/2025				PB (50m pool): 00:31.79 SB: 00:32.05 Temse 17/11/2025			
	2 5 M	5 0 M					
PB		00:32.05					
		00:32.05					
							

Coach feedback:

Event number: 18: 50M BUTTERFLY WOMEN 11+				Heat:4, starttime: 15:44			
Heat: 4/4 Lane : 4 Athlete: HOLLEBOSCH NOA				Q-time: 00:28:82			
PB (25m pool): 00:29.09 Gent(Sint-Amandsberg) 11/11/2024				PB (50m pool): 00:28.82 SB: no time			
	2 5 M	5 0 M					
PB		00:29.09					
		00:29.09					
							

Coach feedback:

Event number: 19: 400M FREESTYLE MEN 11+							Heat:2, starttime: 16:03	
Heat: 2/5 Lane : 7 Athlete: RABAEYS LUCAS							Q-time: 06:18:20	
PB (25m pool): 06:18.20 Eeklo 21/04/2025				PB (50m pool): no time SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		no time		01:29.07		no time		03:06.08
	no time							
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		no time		no time		no time		06:18.20
								

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Event number: 20: 100M BREASTSTROKE WOMEN 11+					Heat:5, starttime: 16:37
Heat: 5/6 Lane : 3 Athlete: WAIGNEIN ROSIE					Q-time: 01:24:14
PB (25m pool): 01:24.14 Temse 17/11/2025			PB (50m pool): 01:24.16 SB: 01:24.14 Temse 17/11/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:40.24		01:24.14	
	00:40.24		00:43.90		
					

Coach feedback:

Event number: 20: 100M BREASTSTROKE WOMEN 11+					Heat:6, starttime: 16:39
Heat: 6/6 Lane : 3 Athlete: VAN DER PLAS LOTTE					Q-time: 01:17:20
PB (25m pool): 01:17.20 Temse 17/11/2025			PB (50m pool): 01:19.43 SB: 01:17.20 Temse 17/11/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.19		01:17.20	
	00:36.19		00:41.01		
					

Coach feedback:

Event number: 20: 100M BREASTSTROKE WOMEN 11+					Heat:6, starttime: 16:39
Heat: 6/6 Lane : 4 Athlete: HOLLEBOSCH NOA					Q-time: 01:14:56
PB (25m pool): 01:14.53 TEMSE 24/11/2024			PB (50m pool): 01:15.94 SB: 01:14.56 Eeklo 06/04/2026		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.36		01:14.53	
	00:35.36		00:39.17		
					

Coach feedback:

Event number: 21: 100M BUTTERFLY MEN 11+					Heat:3, starttime: 16:45
Heat: 3/4 Lane : 7 Athlete: DE DECKER TIBE					Q-time: 01:16:49
PB (25m pool): 01:16.49 Sint-Amandsberg 19/10/2025			PB (50m pool): 01:13.36 SB: 01:16.49 Sint-Amandsberg 19/10/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.52		01:16.49	
	00:34.52		00:41.97		
					

Coach feedback:

UZZKZ Cup 2026: Session: 2: COACH evaluation sheet for TEAM: MEGA

Event number: 21: 100M BUTTERFLY MEN 11+					Heat:4, starttime: 16:47
Heat: 4/4 Lane : 6 Athlete: LOEYS EWOUT					Q-time: 01:04:96
PB (25m pool): 01:04.96 TEMSE 23/11/2025					PB (50m pool): 01:06.53 SB: 01:04.96 TEMSE 23/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.65		01:04.96	
	00:30.65		00:34.31		
					

Coach feedback:

Event number: 22: 200M BACKSTROKE WOMEN 11+							Heat:3, starttime: 16:58	
Heat: 3/3 Lane : 3 Athlete: BLANCQUAERT CAMILLE							Q-time: 02:31:97	
PB (25m pool): 02:31.97 Temse 17/11/2025				PB (50m pool): 02:36.39SB: 02:31.97 Temse 17/11/2025				
	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		00:33.60		01:11.44		01:51.20		02:31.97
	00:33.60		00:37.84		00:39.76		00:40.77	
								

Coach feedback:

Event number: 23: 4x50M FREESTYLE MIXED 11+							Heat:2, starttime: 17:10	
Heat: 2/2 Lane : 1 Athlete: TEAM MEGA 2							Q-time: 02:05:58	
PB (25m pool):			PB (50m pool):		SB:			
	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								
								

Coach feedback:

Event number: 23: 4x50M FREESTYLE MIXED 11+							Heat:2, starttime: 17:10	
Heat: 2/2 Lane : 3 Athlete: TEAM MEGA 1							Q-time: 01:50:16	
PB (25m pool):			PB (50m pool):		SB:			
	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								
								

Coach feedback: