

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

Coachinfo: Warming up from: untill . Teamleadmeeting @

The listed starttimes are indicative!

Coaches: DEMEESTER Christiane HEADCOACH

Coaches: DE SAEDELEER Jodie

PB => Personal Best time

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

Event number: 15: 400M FREESTYLE MIXED 10-9 Heat:3, starttime: 14:46

Heat: 3/4 Lane : 1 Athlete: GRYSPEERDT-DE SAEDELEER ROBBY							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: 16: 200M MEDLEY WOMEN 11+ Heat:1, starttime: 15:03

Heat: 1/6 Lane : 6 Athlete: MEURISSE KYANA							Q-time: 99:99:99	
PB (25m pool): 02:53.29 Diksmuide 01/12/2024			PB (50m pool): 03:00.20 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		00:38.16		01:21.03		02:14.51		02:53.29
	00:38.16		00:42.87		00:53.48		00:38.78	
								

Coach feedback:

Event number: 16: 200M MEDLEY WOMEN 11+ Heat:4, starttime: 15:15

Heat: 4/6 Lane : 3 Athlete: VERPLANCHE MARA							Q-time: 03:05:71	
PB (25m pool): 03:06.29 DIKSMUIDE 30/11/2025			PB (50m pool): 03:05.71 SB: 03:06.29 DIKSMUIDE 30/11/2025					
	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		00:41.37		01:29.33		02:25.55		03:06.29
	00:41.37		00:47.96		00:56.22		00:40.74	
								

Coach feedback:

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Event number: 17: 200M BREASTSTROKE MEN 11+							Heat:1, starttime: 15:26	
Heat: 1/3 Lane : 3 Athlete: PENEZ BEAU							Q-time: 99:99:99	
PB (25m pool): no time			PB (50m pool): 03:17.24SB: 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: 19: 400M FREESTYLE MEN 11+							Heat:4, starttime: 16:16	
Heat: 4/5 Lane : 5 Athlete: RIGOLE MAURO							Q-time: 04:59:91	
PB (25m pool): 04:59.91 Menen 01/05/2026			PB (50m pool): no time SB: 04:59.91 Menen 01/05/2026					
	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		01:13.80		no time		02:29.81
	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		04:59.91
								

Coach feedback:

Event number: 20: 100M BREASTSTROKE WOMEN 11+					Heat:1, starttime: 16:28
Heat: 1/6 Lane : 3 Athlete: MEURISSE KYANA				Q-time: 99:99:99	
PB (25m pool): 01:41.68 Diksmuide 30/12/2023			PB (50m pool): 01:46.55 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:41.68	
	no time				
					

Coach feedback:

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Event number: 22: 200M BACKSTROKE WOMEN 11+							Heat:1, starttime: 16:49	
Heat: 1/3 Lane : 4 Athlete: VERPLANCKE MARA							Q-time: 03:03:66	
PB (25m pool): 03:03.66 LEUVEN 21/12/2025				PB (50m pool): 03:10.05 SB: 03:03.66 LEUVEN 21/12/2025				
	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		00:43.81		01:30.77		02:17.60		03:03.66
	00:43.81		00:46.96		00:46.83		00:46.06	
								

Coach feedback: