

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

Coachinfo: Warming up from: untill . Teamleadmeeting @

The listed starttimes are indicative!

Coaches: Van Buggenhout Koen

PB => Personal Best time

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

Event number: 13: 100M FREESTYLE WOMEN 11+					Heat:2, starttime: 14:02
Heat: 2/7 Lane : 5 Athlete: VAN BUGGENHOUT AMBER					Q-time: 01:15:98
PB (25m pool): 01:15.98 Temse 21/12/2025					PB (50m pool): 01:19.02 SB: 01:15.98 Temse 21/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.44		01:15.98	
	00:36.44		00:39.54		
					

Coach feedback:

Event number: 13: 100M FREESTYLE WOMEN 11+					Heat:3, starttime: 14:04
Heat: 3/7 Lane : 3 Athlete: WILLAERT NAOMI					Q-time: 01:12:95
PB (25m pool): 01:12.95 Temse 21/12/2025					PB (50m pool): 01:15.42 SB: 01:12.95 Temse 21/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.13		01:12.95	
	00:35.13		00:37.82		
					

Coach feedback:

Event number: 13: 100M FREESTYLE WOMEN 11+					Heat:4, starttime: 14:06
Heat: 4/7 Lane : 7 Athlete: LAGA LORE					Q-time: 01:10:37
PB (25m pool): 01:10.37 Eeklo 19/04/2026					PB (50m pool): 01:12.06 SB: 01:10.37 Eeklo 19/04/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.31		01:10.37	
	00:33.31		00:37.06		
					

Coach feedback:

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Event number: 13: 100M FREESTYLE WOMEN 11+					Heat:5, starttime: 14:07
Heat: 5/7 Lane : 8 Athlete: DIERICKX MAREN					Q-time: 01:07:48
PB (25m pool): 01:07.48 Eeklo 19/04/2026					PB (50m pool): 01:10.70 SB: 01:07.48 Eeklo 19/04/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.60		01:07.48	
	00:32.60		00:34.88		
					

Coach feedback:

Event number: 14: 100M BACKSTROKE MEN 11+					Heat:1, starttime: 14:12
Heat: 1/7 Lane : 6 Athlete: PIETERS MAURO					Q-time: 01:33:70
PB (25m pool): 01:33.70 Temse 21/12/2025					PB (50m pool): 01:33.77 SB: 01:33.70 Temse 21/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:45.62		01:33.70	
	00:45.62		00:48.08		
					

Coach feedback:

Event number: 14: 100M BACKSTROKE MEN 11+					Heat:3, starttime: 14:18
Heat: 3/7 Lane : 2 Athlete: VERSCHELDE THIJS					Q-time: 01:22:00
PB (25m pool): 01:22.00 Eeklo 06/04/2026					PB (50m pool): 01:22.97 SB: 01:22.00 Eeklo 06/04/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.59		01:22.00	
	00:39.59		00:42.41		
					

Coach feedback:

Event number: 14: 100M BACKSTROKE MEN 11+					Heat:3, starttime: 14:18
Heat: 3/7 Lane : 6 Athlete: LONG XIANG					Q-time: 01:21:98
PB (25m pool): 01:21.98 Temse 21/12/2025					PB (50m pool): 01:23.85 SB: 01:21.98 Temse 21/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:40.43		01:21.98	
	00:40.43		00:41.55		
					

Coach feedback:

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Event number: 14: 100M BACKSTROKE MEN 11+					Heat:4, starttime: 14:20
Heat: 4/7 Lane : 4 Athlete: HEMELSOEN AARYAN					Q-time: 01:16:04
PB (25m pool): 01:16.04 Eeklo 06/04/2026					PB (50m pool): 01:18.99 SB: 01:16.04 Eeklo 06/04/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.98		01:16.04	
	00:36.98		00:39.06		
					

Coach feedback:

Event number: 14: 100M BACKSTROKE MEN 11+					Heat:5, starttime: 14:23
Heat: 5/7 Lane : 5 Athlete: VANMEIRHAEGHE KASPER					Q-time: 01:14:57
PB (25m pool): 01:14.57 Eeklo 19/04/2026					PB (50m pool): 01:17.21 SB: 01:14.57 Eeklo 19/04/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:14.57	
	no time				
					

Coach feedback:

Event number: 14: 100M BACKSTROKE MEN 11+					Heat:5, starttime: 14:23
Heat: 5/7 Lane : 6 Athlete: NIEMEGEREERTS SVEN					Q-time: 01:15:32
PB (25m pool): 01:15.32 TEMSE 30/03/2025					PB (50m pool): 01:18.17 SB: 01:18.12 Eeklo 06/04/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.60		01:15.32	
	00:36.60		00:38.72		
					

Coach feedback:

Event number: 16: 200M MEDLEY WOMEN 11+							Heat:3, starttime: 15:12	
Heat: 3/6 Lane : 7 Athlete: VANDENBUSSCHE LENA							Q-time: 03:14:31	
PB (25m pool): 03:14.31 Durmehal 28/02/2026				PB (50m pool): 03:20.64 SB: 03:14.31 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		00:46.56		01:37.63		02:30.55		03:14.31
	00:46.56		00:51.07		00:52.92		00:43.76	
								

Coach feedback:

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Event number: 16: 200M MEDLEY WOMEN 11+							Heat:4, starttime: 15:15	
Heat: 4/6 Lane : 6 Athlete: WILLAERT NAOMI							Q-time: 03:06:23	
PB (25m pool): 03:06.23 Durmehal 28/02/2026				PB (50m pool): 03:15.62SB: 03:06.23 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		00:44.25		01:30.59		02:25.80		03:06.23
	00:44.25		00:46.34		00:55.21		00:40.43	
								

Coach feedback:

Event number: 16: 200M MEDLEY WOMEN 11+							Heat:5, starttime: 15:19	
Heat: 5/6 Lane : 5 Athlete: DIERICKX MAREN							Q-time: 02:50:00	
PB (25m pool): 02:50.00 Durmehal 28/02/2026				PB (50m pool): 02:56.15SB: 02:50.00 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		00:36.42		01:20.70		02:11.27		02:50.00
	00:36.42		00:44.28		00:50.57		00:38.73	
								

Coach feedback:

Event number: 18: 50M BUTTERFLY WOMEN 11+										Heat:3, starttime: 15:43	
Heat: 3/4 Lane : 3 Athlete: LAGA LORE									Q-time: 00:36:61		
PB (25m pool): 00:36.61 Eeklo 19/04/2026					PB (50m pool): 00:37.56SB: 00:36.61 Eeklo 19/04/2026						
	2 5 M		5 0 M								
PB			00:36.61								
	00:36.61										
											

Coach feedback:

Event number: 19: 400M FREESTYLE MEN 11+							Heat:1, starttime: 15:56	
Heat: 1/5 Lane : 1 Athlete: HEMELSOEN AARYAN							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
								

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Event number: 19: 400M FREESTYLE MEN 11+							Heat:1, starttime: 15:56	
Heat: 1/5 Lane : 3 Athlete: PIETERS MAURO							Q-time: 06:41:63	
PB (25m pool): 07:12.42 Gent 23/02/2025				PB (50m pool): 06:41.63SB: 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		00:45.06		01:40.02		02:35.38		03:31.50
	00:45.06		00:54.96		00:55.36		00:56.12	
								
	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		04:27.23		05:23.98		06:17.31		07:12.42
	00:55.73		00:56.75		00:53.33		00:55.11	
								

Coach feedback:

Event number: 19: 400M FREESTYLE MEN 11+							Heat:1, starttime: 15:56	
Heat: 1/5 Lane : 4 Athlete: LONG XIANG							Q-time: 06:25:31	
PB (25m pool): 06:25.31 LAGO Zwevegem 09/06/2025				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		00:41.87		01:30.15		02:19.85		03:09.95
	00:41.87		00:48.28		00:49.70		00:50.10	
								
	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		04:00.40		04:49.45		05:38.62		06:25.31
	00:50.45		00:49.05		00:49.17		00:46.69	
								

Coach feedback:

Event number: 19: 400M FREESTYLE MEN 11+							Heat:3, starttime: 16:10	
Heat: 3/5 Lane : 4 Athlete: NIEMEGEERTS SVEN							Q-time: 05:15:84	
PB (25m pool): 05:31.77 LAGO Zwevegem 20/05/2024				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		05:31.77
	...	...	...	...	...	...	...	...

Coach feedback:

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Event number: 19: 400M FREESTYLE MEN 11+							Heat:3, starttime: 16:10	
Heat: 3/5 Lane : 7 Athlete: VERSCHELDE THIJS							Q-time: 05:29:12	
PB (25m pool): 06:05.48 LAGO Zwevegem 20/05/2024				PB (50m pool): 05:46.02 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		06:05.48
	...	...	...	...	...	...	...	...

Coach feedback:

Event number: 19: 400M FREESTYLE MEN 11+							Heat:4, starttime: 16:16	
Heat: 4/5 Lane : 1 Athlete: VANMEIRHAE GHE KASPER							Q-time: 05:11:34	
PB (25m pool): 05:11.34 LAGO Zwevegem 09/06/2025				PB (50m pool): 06:34.00 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		00:35.30		01:14.24		01:54.47		02:34.09
	00:35.30		00:38.94		00:40.23		00:39.62	
								
	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		03:14.09		03:54.14		04:33.64		05:11.34
	00:40.00		00:40.05		00:39.50		00:37.70	
								

Coach feedback:

Event number: 20: 100M BREASTSTROKE WOMEN 11+										Heat:3, starttime: 16:33	
Heat: 3/6 Lane : 4 Athlete: LAGA LORE									Q-time: 01:33:40		
PB (25m pool): 01:33.40 T ROSCO 12/10/2025					PB (50m pool): 01:37.06 SB: 01:33.40 T ROSCO 12/10/2025						
	2 5 M		5 0 M		7 5 M		1 0 0 M				
PB			00:44.39				01:33.40				
	00:44.39				00:49.01						
											

Coach feedback:

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

Event number: 20: 100M BREASTSTROKE WOMEN 11+					Heat:4, starttime: 16:35
Heat: 4/6 Lane : 6 Athlete: DIERICKX MAREN					Q-time: 01:30:72
PB (25m pool): 01:30.72 Durmehal 28/02/2026			PB (50m pool): 01:31.96 SB: 01:30.72 Durmehal 28/02/2026		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:43.12		01:30.72	
	00:43.12		00:47.60		
					

Coach feedback:

Event number: 20: 100M BREASTSTROKE WOMEN 11+					Heat:4, starttime: 16:35
Heat: 4/6 Lane : 8 Athlete: VANDENBUSSCHE LENA					Q-time: 01:33:26
PB (25m pool): 01:33.26 Sint-Amandsberg 19/10/2025			PB (50m pool): 01:33.78 SB: 01:33.26 Sint-Amandsberg 19/10/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:44.49		01:33.26	
	00:44.49		00:48.77		
					

Coach feedback:

Event number: 22: 200M BACKSTROKE WOMEN 11+							Heat:1, starttime: 16:49	
Heat: 1/3 Lane : 2 Athlete: VAN BUGGENHOUT AMBER							Q-time: 03:13:42	
PB (25m pool): 03:13.42 Eeklo 21/04/2025				PB (50m pool): 03:05.89 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		00:44.80		01:34.23		no time		03:13.42
	00:44.80		00:49.43					
								

Coach feedback:

Event number: 22: 200M BACKSTROKE WOMEN 11+							Heat:2, starttime: 16:54	
Heat: 2/3 Lane : 1 Athlete: WILLAERT NAOMI							Q-time: 03:01:68	
PB (25m pool): 03:03.44 Eeklo 21/04/2025				PB (50m pool): 03:01.68SB: 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		00:42.19		01:28.60		no time		03:03.44
	00:42.19		00:46.41					
								

Coach feedback:

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Event number: 23: 4x50M FREESTYLE MIXED 11+							Heat:1, starttime: 17:07	
Heat: 1/2 Lane : 7 Athlete: TEAM SOS 1							Q-time: 99:99:99	
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: