

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

Coachinfo: Warming up from: untill . 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: 13: 100M FREESTYLE WOMEN 11+

Heat:1, starttime: 14:00

Heat: 1/7 Lane : 4 Athlete: CAZACU ANTONIA SABINA

Q-time: 01:18:24

PB (25m pool): 01:18.24 Eeklo 19/04/2026

PB (50m pool): 01:22.01 SB: 01:18.24 Eeklo 19/04/2026

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.75		01:18.24	
		00:36.75		00:41.49	
					

Coach feedback:

Event number: 13: 100M FREESTYLE WOMEN 11+

Heat:2, starttime: 14:02

Heat: 2/7 Lane : 7 Athlete: GOEMINNE ELLEMIEKE

Q-time: 01:17:89

PB (25m pool): 01:17.89 Stedelijk Zwembad Geel 15/02/2026

PB (50m pool): 01:18.63 SB: 01:17.89 Stedelijk Zwembad Geel 15/02/2026

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.05		01:17.89	
		00:37.05		00:40.84	
					

Coach feedback:

Event number: 14: 100M BACKSTROKE MEN 11+

Heat:3, starttime: 14:18

Heat: 3/7 Lane : 8 Athlete: OSSELAER VAN NIEUWENHUYZE KIAN

Q-time: 01:23:90

PB (25m pool): 01:29.88 Sinbad 05/10/2025

PB (50m pool): 01:23.90 SB: 01:29.88 Sinbad 05/10/2025

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:44.61		01:29.88	
		00:44.61		00:45.27	
					

Coach feedback:

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Event number: 14: 100M BACKSTROKE MEN 11+					Heat:4, starttime: 14:20
Heat: 4/7 Lane : 1 Athlete: VANDEPUTTE WOUT					Q-time: 01:19:08
PB (25m pool): 01:19.08 Sint-Amandsberg 19/10/2025					PB (50m pool): 01:15.55 SB: 01:19.08 Sint-Amandsberg 19/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.45		01:19.08	
	00:39.45		00:39.63		
					

Coach feedback:

Event number: 15: 400M FREESTYLE MIXED 10-9					Heat:1, starttime: 14:29			
Heat: 1/4 Lane : 3 Athlete: DERRE EMIEL					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: 15: 400M FREESTYLE MIXED 10-9					Heat:1, starttime: 14:29			
Heat: 1/4 Lane : 4 Athlete: SEGERS ZOë					Q-time: 99:99:99			
PB (25m pool): no time					PB (50m pool): 07:33.31 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:

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Event number: 15: 400M FREESTYLE MIXED 10-9							Heat:2, starttime: 14:38	
Heat: 2/4 Lane : 2 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	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: 15: 400M FREESTYLE MIXED 10-9							Heat:2, starttime: 14:38	
Heat: 2/4 Lane : 3 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	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: 15: 400M FREESTYLE MIXED 10-9							Heat:2, starttime: 14:38	
Heat: 2/4 Lane : 4 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	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:

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Event number: 15: 400M FREESTYLE MIXED 10-9							Heat:3, starttime: 14:46	
Heat: 3/4 Lane : 8 Athlete: JANSSENS MILA							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:4, starttime: 15:15	
Heat: 4/6 Lane : 7 Athlete: LALOO FÉLINE							Q-time: 03:06:56	
PB (25m pool): 03:06.56 Eeklo 06/04/2026			PB (50m pool): 03:06.06SB: 03:06.56 Eeklo 06/04/2026					
	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		00:41.21		no time		no time		03:06.56
	00:41.21							
								

Coach feedback:

Event number: 17: 200M BREASTSTROKE MEN 11+							Heat:3, starttime: 15:36	
Heat: 3/3 Lane : 6 Athlete: AERENS JEF							Q-time: 03:00:89	
PB (25m pool): 03:00.89 Temse 21/12/2025			PB (50m pool): 03:03.13SB: 03:00.89 Temse 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		00:40.70		01:26.85		02:14.22		03:00.89
	00:40.70		00:46.15		00:47.37		00:46.67	
								

Coach feedback:

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Event number: 19: 400M FREESTYLE MEN 11+							Heat:1, starttime: 15:56	
Heat: 1/5 Lane : 5 Athlete: EL BOUJADDAYNI YAHYA							Q-time: 06:28:99	
PB (25m pool): 06:28.99 Eeklo 06/04/2026			PB (50m pool): no time SB: 06:28.99 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		01:35.27		no time		03:15.92
	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		06:28.99
								

Coach feedback:

Event number: 19: 400M FREESTYLE MEN 11+							Heat:3, starttime: 16:10	
Heat: 3/5 Lane : 6 Athlete: KARER MALIK							Q-time: 05:21:74	
PB (25m pool): 05:21.74 Lokeren 05/04/2025				PB (50m pool): 05:03.44SB: 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		00:36.03		01:15.68		01:56.52		02:38.05
	00:36.03		00:39.65		00:40.84		00:41.53	
								
	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		03:19.59		04:00.86		04:42.04		05:21.74
	00:41.54		00:41.27		00:41.18		00:39.70	
								

Coach feedback:

Event number: 20: 100M BREASTSTROKE WOMEN 11+							Heat:2, starttime: 16:30	
Heat: 2/6 Lane : 2 Athlete: GOEMINNE ELLEMIEKE							Q-time: 01:46:78	
PB (25m pool): 01:44.52 Torhout 06/12/2025				PB (50m pool): 01:49.47 SB: 01:44.52 Torhout 06/12/2025				
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:48.87		01:44.52				
	00:48.87		00:55.65					
								

Coach feedback:

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

Event number: 20: 100M BREASTSTROKE WOMEN 11+				Heat:3, starttime: 16:33	
Heat: 3/6 Lane : 1 Athlete: CAZACU ANTONIA SABINA				Q-time: 01:38:88	
PB (25m pool): 01:44.03 Torhout 06/12/2025				PB (50m pool): 01:38.88 SB: 01:44.03 Torhout 06/12/2025	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:49.28		01:44.03	
	00:49.28		00:54.75		
					

Coach feedback: