

DDAT open: Session: 1: COACH Evaluation sheet for TEAM: PSV Eindhoven

Coachinfo: Warming up from: 13:00 untill . Teamleadmeeting @ The listed starttimes are indicative!

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

Event number: 4: 200M BACKSTROKE WOMEN 11+							Heat:6, starttime: 15:20	
Heat: 6/6 Lane : 5 Athlete: NELISSEN JANA							Q-time: 02:43:04	
PB (25m pool): 2:43.04 Tilburg 6 Dec 2025				PB (50m pool): 2:57.91 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		38.32		1:20.27		2:02.36		2:43.04
	38.32		41.95		42.09		40.68	
								

Coach feedback:

Event number: 12: 400M MEDLEY WOMEN 11+							Heat:2, starttime: 16:46	
Heat: 2/2 Lane : 4 Athlete: NELISSEN JANA							Q-time: 05:57:57	
PB (25m pool): 5:57.57 Eindhoven 15 Nov 2025				PB (50m pool): 6:18.21 SB:				
	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		35.81		1:22.00		2:08.00		2:54.50
	35.81		46.19		46.00		46.50	
								
	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		3:46.63		4:37.78		5:19.44		5:57.57
	52.13		51.15		41.66		38.13	
								

Coach feedback: