

pr's between 08/01/2018 and 06/01/2019

Amy Ambachtsheer: total improved: 08:69 total PR: 4  
freestyle 50m 42:36 difference: -01:89 06-Oct-18  
butterfly 50m 56:68 difference: -02:28 01-Dec-18  
freestyle 100m 01:37:94 difference: -02:48 01-Dec-18  
backstroke 50m 48:72 difference: -02:04 01-Dec-18

Jeroen Flokstra: total improved: 04:77 total PR: 2  
backstroke 200m 02:56:90 difference: -04:66 29-Sep-18  
backstroke 50m 36:70 difference: -11 06-Oct-18

John Heteren: total improved: :04 total PR: 1  
butterfly 50m 35:47 difference: -04 03-Nov-18

Kim Hogendoorn: total improved: 51:77 total PR: 12  
backstroke 100m 01:25:24 difference: -01:02 29-Sep-18  
freestyle 200m 03:06:56 difference: -08:85 29-Sep-18  
freestyle 200m 02:58:95 difference: -07:61 17-Nov-18  
freestyle 100m 01:21:03 difference: -01:27 06-Oct-18  
freestyle 100m 01:19:12 difference: -01:91 20-Oct-18  
freestyle 100m 01:16:78 difference: -02:34 24-Nov-18  
freestyle 50m 34:70 difference: -01:85 03-Nov-18  
breaststroke 50m 42:20 difference: -89 03-Nov-18  
butterfly 100m 01:35:34 difference: -20:81 24-Nov-18  
butterfly 50m 41:44 difference: -02:74 24-Nov-18  
medley 100m 01:25:14 difference: -02:41 01-Dec-18  
breaststroke 100m 01:34:21 difference: -07 01-Dec-18

Puck Hogendoorn: total improved: 51:29 total PR: 8  
medley 100m 01:26:84 difference: -13:54 29-Sep-18  
breaststroke 50m 44:92 difference: -02:02 29-Sep-18  
backstroke 100m 01:30:39 difference: -07:94 06-Oct-18  
backstroke 100m 01:27:31 difference: -03:08 17-Nov-18  
backstroke 50m 40:48 difference: -01:22 20-Oct-18  
butterfly 50m 36:85 difference: -03:14 17-Nov-18  
freestyle 200m 02:52:70 difference: -19:82 24-Nov-18  
freestyle 200m 02:52:17 difference: -53 01-Dec-18

Vera Houwelingen: total improved: 49:01 total PR: 10  
medley 100m 01:30:53 difference: -03:69 29-Sep-18  
breaststroke 50m 46:32 difference: -03:04 29-Sep-18  
backstroke 100m 01:30:39 difference: -03:75 06-Oct-18  
freestyle 100m 01:21:66 difference: -08:30 06-Oct-18  
freestyle 100m 01:20:35 difference: -01:31 20-Oct-18  
backstroke 50m 41:82 difference: -41 20-Oct-18  
freestyle 400m 06:39:53 difference: -15:27 03-Nov-18  
freestyle 50m 35:43 difference: -11 03-Nov-18  
butterfly 50m 46:56 difference: -01:29 17-Nov-18  
freestyle 200m 02:54:92 difference: -11:84 24-Nov-18

Mara Kreukniet: total improved: 50:63 total PR: 13  
medley 100m 01:48:57 difference: -04:89 29-Sep-18  
backstroke 100m 02:37 difference: -12 06-Oct-18  
backstroke 100m 01:57:55 difference: -02:82 17-Nov-18  
butterfly 50m 53:13 difference: -50 06-Oct-18  
butterfly 50m 51:50 difference: -01:63 20-Oct-18  
butterfly 50m 50:39 difference: -01:11 17-Nov-18

butterfly 50m 50:19 difference: -20 01-Dec-18  
medley 200m 03:54:06 difference: -16:79 20-Oct-18  
freestyle 50m 44:96 difference: -01:65 03-Nov-18  
backstroke 50m 53:13 difference: -15 17-Nov-18  
breaststroke 50m 48:80 difference: -88 24-Nov-18  
freestyle 200m 03:39:02 difference: -18:07 01-Dec-18  
freestyle 100m 01:42:34 difference: -01:82 01-Dec-18

Tabitha Lagendijk: total improved: 03:14 total PR: 1  
medley 200m 03:26:09 difference: -03:14 03-Nov-18

Evi Mijster: total improved: :81 total PR: 1  
butterfly 50m 35:83 difference: -81 01-Dec-18

Jan Willem Nederveen: total improved: 01:08 total PR: 1  
freestyle 100m 01:07:24 difference: -01:08 17-Nov-18

Lisa Nederveen: total improved: 30:24 total PR: 7  
butterfly 100m 01:19:41 difference: -05:65 29-Sep-18  
medley 100m 01:16:85 difference: -03:17 29-Sep-18  
breaststroke 100m 01:29:13 difference: -01:21 06-Oct-18  
breaststroke 100m 01:28:25 difference: -88 24-Nov-18  
backstroke 50m 35:63 difference: -01:08 20-Oct-18  
freestyle 50m 30:34 difference: -96 03-Nov-18  
medley 200m 02:57:60 difference: -17:29 17-Nov-18

Sanne Nederveen: total improved: 37:10 total PR: 15  
breaststroke 200m 03:14:13 difference: -67 29-Sep-18  
freestyle 100m 01:07:55 difference: -01:43 29-Sep-18  
butterfly 100m 01:21:31 difference: -11:20 29-Sep-18  
freestyle 50m 30:82 difference: -80 29-Sep-18  
medley 100m 01:17:50 difference: -47 06-Oct-18  
backstroke 50m 36:33 difference: -16 06-Oct-18  
backstroke 50m 36:15 difference: -18 06-Oct-18  
backstroke 50m 36:08 difference: -07 01-Dec-18  
breaststroke 100m 01:26:69 difference: -26 20-Oct-18  
freestyle 400m 05:32:78 difference: -12:38 03-Nov-18  
backstroke 100m 01:18:03 difference: -01:57 03-Nov-18  
butterfly 50m 33:57 difference: -01:21 17-Nov-18  
medley 200m 02:52:03 difference: -01:12 17-Nov-18  
freestyle 200m 02:31:05 difference: -05:34 24-Nov-18  
breaststroke 50m 39:85 difference: -24 01-Dec-18

Joëlle Paans: total improved: 12:49 total PR: 6  
breaststroke 100m 01:42:02 difference: -85 20-Oct-18  
breaststroke 100m 01:40:49 difference: -01:53 24-Nov-18  
medley 200m 03:26:42 difference: -07:39 03-Nov-18  
butterfly 50m 43:52 difference: -89 03-Nov-18  
breaststroke 50m 45:80 difference: -01:03 17-Nov-18  
medley 100m 01:33:62 difference: -80 01-Dec-18

Jelle Tuijl: total improved: 06:57 total PR: 8  
freestyle 100m 01:03:11 difference: -01:04 29-Sep-18  
butterfly 100m 01:23:18 difference: -01:22 29-Sep-18  
backstroke 50m 34:11 difference: -16 06-Oct-18  
backstroke 50m 33:73 difference: -38 03-Nov-18  
medley 200m 02:50:98 difference: -53 20-Oct-18  
backstroke 100m 01:16:70 difference: -01:66 24-Nov-18

medley 100m 01:14:31 difference: -01:32 01-Dec-18  
breaststroke 50m 39:50 difference: -26 01-Dec-18

Kim Tuijl: total improved: 04:13 total PR: 2  
backstroke 50m 43:18 difference: -73 20-Oct-18  
medley 100m 01:34:50 difference: -03:40 01-Dec-18

Luc Veul: total improved: 50:37 total PR: 3  
freestyle 100m 01:09:07 difference: -02:27 29-Sep-18  
freestyle 400m 06:11:98 difference: -46:17 20-Oct-18  
freestyle 200m 02:48:64 difference: -01:93 24-Nov-18

Jan-Paul Mosterdijk: total improved: 46:15 total PR: 9  
freestyle 50m 29:78 difference: -67 29-Sep-18  
freestyle 50m 29:30 difference: -48 20-Oct-18  
backstroke 50m 35:68 difference: -02:72 06-Oct-18  
medley 100m 01:19:33 difference: -02:94 06-Oct-18  
freestyle 400m 05:25:97 difference: -35:26 20-Oct-18  
freestyle 100m 01:05:44 difference: -02:15 03-Nov-18  
backstroke 100m 01:23:79 difference: -01:76 17-Nov-18  
freestyle 200m 02:31:19 difference: -09 01-Dec-18  
butterfly 50m 34:68 difference: -08 01-Dec-18

Thijs Militie: total improved: 08:29 total PR: 2  
breaststroke 50m 59:28 difference: -01:58 17-Nov-18  
medley 100m 01:59:57 difference: -06:71 24-Nov-18

Sharon Voorsluijs: total improved: 21:75 total PR: 6  
medley 100m 02:10:71 difference: -01:24 06-Oct-18  
medley 100m 02:73 difference: -09:98 17-Nov-18  
freestyle 50m 45:42 difference: -02:05 03-Nov-18  
breaststroke 50m 01:04:62 difference: -02:80 03-Nov-18  
freestyle 100m 01:45:02 difference: -04:25 24-Nov-18  
freestyle 100m 01:43:59 difference: -01:43 01-Dec-18

Sofie van Vliet: total improved: 10:05 total PR: 7  
medley 100m 02:07:86 difference: -08 06-Oct-18  
medley 100m 02:03:11 difference: -04:75 17-Nov-18  
freestyle 50m 48:67 difference: -01:99 03-Nov-18  
breaststroke 50m 01:03:22 difference: -22 03-Nov-18  
backstroke 50m 55:07 difference: -01:85 17-Nov-18  
backstroke 50m 54:25 difference: -82 01-Dec-18  
freestyle 100m 01:45:77 difference: -34 01-Dec-18

Liz Bijkerk: total improved: 22:05 total PR: 5  
medley 100m 01:53:02 difference: -01:83 06-Oct-18  
medley 100m 01:45:84 difference: -07:18 17-Nov-18  
freestyle 100m 01:27:23 difference: -09:03 24-Nov-18  
freestyle 50m 41:78 difference: -02:26 24-Nov-18  
butterfly 50m 47:77 difference: -01:75 01-Dec-18