

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

## **Amy Ambachtsheer: total improved: 0:08:69 total PR: 4**

freestyle 50m 0:42:36 difference: -0:01:89 06-Oct-18  
butterfly 50m 0:56:68 difference: -0:02:28 01-Dec-18  
freestyle 100m 01:37:94 difference: -0:02:48 01-Dec-18  
backstroke 50m 0:48:72 difference: -0:02:04 01-Dec-18

## **Jeroen Flokstra: total improved: 0:04:77 total PR: 2**

backstroke 200m 02:56:90 difference: -0:04:66 29-Sep-18  
backstroke 50m 0:36:70 difference: -0:0:11 06-Oct-18

## **John van Heteren: total improved: 0:04 total PR: 1**

butterfly 50m 0:35:47 difference: -0:04 03-Nov-18

## **Kim Hogendoorn: total improved: 0:51:77 total PR: 12**

backstroke 100m 01:25:24 difference: -0:01:02 29-Sep-18  
freestyle 200m 03:06:56 difference: -0:08:85 29-Sep-18  
freestyle 200m 02:58:95 difference: -0:07:61 17-Nov-18  
freestyle 100m 01:21:03 difference: -0:01:27 06-Oct-18  
freestyle 100m 01:19:12 difference: -0:01:91 20-Oct-18  
freestyle 100m 01:16:78 difference: -0:02:34 24-Nov-18  
freestyle 50m 0:34:70 difference: -0:01:85 03-Nov-18  
breaststroke 50m 0:42:20 difference: -0:0:89 03-Nov-18  
butterfly 100m 01:35:34 difference: -0:20:81 24-Nov-18  
butterfly 50m 0:41:44 difference: -0:02:74 24-Nov-18  
medley 100m 01:25:14 difference: -0:02:41 01-Dec-18  
breaststroke 100m 01:34:21 difference: -0:07 01-Dec-18

## **Puck Hogendoorn: total improved: 0:51:29 total PR: 8**

medley 100m 01:26:84 difference: -0:13:54 29-Sep-18  
breaststroke 50m 0:44:92 difference: -0:02:02 29-Sep-18  
backstroke 100m 01:30:39 difference: -0:07:94 06-Oct-18  
backstroke 100m 01:27:31 difference: -0:03:08 17-Nov-18  
backstroke 50m 0:40:48 difference: -0:01:22 20-Oct-18  
butterfly 50m 0:36:85 difference: -0:03:14 17-Nov-18  
freestyle 200m 02:52:70 difference: -0:19:82 24-Nov-18  
freestyle 200m 02:52:17 difference: -0:0:53 01-Dec-18

## **Vera van Houwelingen: total improved: 0:49:01 total PR: 10**

medley 100m 01:30:53 difference: -0:03:69 29-Sep-18  
breaststroke 50m 0:46:32 difference: -0:03:04 29-Sep-18  
backstroke 100m 01:30:39 difference: -0:03:75 06-Oct-18  
freestyle 100m 01:21:66 difference: -0:08:30 06-Oct-18  
freestyle 100m 01:20:35 difference: -0:01:31 20-Oct-18  
backstroke 50m 0:41:82 difference: -0:0:41 20-Oct-18  
freestyle 400m 06:39:53 difference: -0:15:27 03-Nov-18  
freestyle 50m 0:35:43 difference: -0:0:11 03-Nov-18  
butterfly 50m 0:46:56 difference: -0:01:29 17-Nov-18  
freestyle 200m 02:54:92 difference: -0:11:84 24-Nov-18

## **Mara Kreukniet: total improved: 0:50:63 total PR: 13**

medley 100m 01:48:57 difference: -0:04:89 29-Sep-18  
backstroke 100m 02:0:37 difference: -0:0:12 06-Oct-18  
backstroke 100m 01:57:55 difference: -0:02:82 17-Nov-18  
butterfly 50m 0:53:13 difference: -0:0:50 06-Oct-18  
butterfly 50m 0:51:50 difference: -0:01:63 20-Oct-18

butterfly 50m 0:50:39 difference: -0:01:11 17-Nov-18  
butterfly 50m 0:50:19 difference: -0:0:20 01-Dec-18  
medley 200m 03:54:06 difference: -0:16:79 20-Oct-18  
freestyle 50m 0:44:96 difference: -0:01:65 03-Nov-18  
backstroke 50m 0:53:13 difference: -0:0:15 17-Nov-18  
breaststroke 50m 0:48:80 difference: -0:0:88 24-Nov-18  
freestyle 200m 03:39:02 difference: -0:18:07 01-Dec-18  
freestyle 100m 01:42:34 difference: -0:01:82 01-Dec-18

**Tabitha Legendijk: total improved: 0:03:14 total PR: 1**  
medley 200m 03:26:09 difference: -0:03:14 03-Nov-18

**Evi Mijster: total improved: 0:0:81 total PR: 1**  
butterfly 50m 0:35:83 difference: -0:0:81 01-Dec-18

**Jan Willem Nederveen: total improved: 0:01:08 total PR: 1**  
freestyle 100m 01:07:24 difference: -0:01:08 17-Nov-18

**Lisa Nederveen: total improved: 0:30:24 total PR: 7**  
butterfly 100m 01:19:41 difference: -0:05:65 29-Sep-18  
medley 100m 01:16:85 difference: -0:03:17 29-Sep-18  
breaststroke 100m 01:29:13 difference: -0:01:21 06-Oct-18  
breaststroke 100m 01:28:25 difference: -0:0:88 24-Nov-18  
backstroke 50m 0:35:63 difference: -0:01:08 20-Oct-18  
freestyle 50m 0:30:34 difference: -0:0:96 03-Nov-18  
medley 200m 02:57:60 difference: -0:17:29 17-Nov-18

**Sanne Nederveen: total improved: 0:37:10 total PR: 15**  
breaststroke 200m 03:14:13 difference: -0:0:67 29-Sep-18  
freestyle 100m 01:07:55 difference: -0:01:43 29-Sep-18  
butterfly 100m 01:21:31 difference: -0:11:20 29-Sep-18  
freestyle 50m 0:30:82 difference: -0:0:80 29-Sep-18  
medley 100m 01:17:50 difference: -0:0:47 06-Oct-18  
backstroke 50m 0:36:33 difference: -0:0:16 06-Oct-18  
backstroke 50m 0:36:15 difference: -0:0:18 06-Oct-18  
backstroke 50m 0:36:08 difference: -0:07 01-Dec-18  
breaststroke 100m 01:26:69 difference: -0:0:26 20-Oct-18  
freestyle 400m 05:32:78 difference: -0:12:38 03-Nov-18  
backstroke 100m 01:18:03 difference: -0:01:57 03-Nov-18  
butterfly 50m 0:33:57 difference: -0:01:21 17-Nov-18  
medley 200m 02:52:03 difference: -0:01:12 17-Nov-18  
freestyle 200m 02:31:05 difference: -0:05:34 24-Nov-18  
breaststroke 50m 0:39:85 difference: -0:0:24 01-Dec-18

**Joëlle Paans: total improved: 0:12:49 total PR: 6**  
breaststroke 100m 01:42:02 difference: -0:0:85 20-Oct-18  
breaststroke 100m 01:40:49 difference: -0:01:53 24-Nov-18  
medley 200m 03:26:42 difference: -0:07:39 03-Nov-18  
butterfly 50m 0:43:52 difference: -0:0:89 03-Nov-18  
breaststroke 50m 0:45:80 difference: -0:01:03 17-Nov-18  
medley 100m 01:33:62 difference: -0:0:80 01-Dec-18

**Jelle van Tuijl: total improved: 0:06:57 total PR: 8**  
freestyle 100m 01:03:11 difference: -0:01:04 29-Sep-18  
butterfly 100m 01:23:18 difference: -0:01:22 29-Sep-18  
backstroke 50m 0:34:11 difference: -0:0:16 06-Oct-18  
backstroke 50m 0:33:73 difference: -0:0:38 03-Nov-18  
medley 200m 02:50:98 difference: -0:0:53 20-Oct-18

backstroke 100m 01:16:70 difference: -0:01:66 24-Nov-18  
medley 100m 01:14:31 difference: -0:01:32 01-Dec-18  
breaststroke 50m 0:39:50 difference: -0:0:26 01-Dec-18

**Kim van Tuijl: total improved: 0:04:13 total PR: 2**

backstroke 50m 0:43:18 difference: -0:0:73 20-Oct-18  
medley 100m 01:34:50 difference: -0:03:40 01-Dec-18

**Luc Veul: total improved: 0:50:37 total PR: 3**

freestyle 100m 01:09:07 difference: -0:02:27 29-Sep-18  
freestyle 400m 06:11:98 difference: -0:46:17 20-Oct-18  
freestyle 200m 02:48:64 difference: -0:01:93 24-Nov-18

**Jan-Paul Mosterdijk: total improved: 0:46:15 total PR: 9**

freestyle 50m 0:29:78 difference: -0:0:67 29-Sep-18  
freestyle 50m 0:29:30 difference: -0:0:48 20-Oct-18  
backstroke 50m 0:35:68 difference: -0:02:72 06-Oct-18  
medley 100m 01:19:33 difference: -0:02:94 06-Oct-18  
freestyle 400m 05:25:97 difference: -0:35:26 20-Oct-18  
freestyle 100m 01:05:44 difference: -0:02:15 03-Nov-18  
backstroke 100m 01:23:79 difference: -0:01:76 17-Nov-18  
freestyle 200m 02:31:19 difference: -0:09 01-Dec-18  
butterfly 50m 0:34:68 difference: -0:08 01-Dec-18

**Thijs Militie: total improved: 0:08:29 total PR: 2**

breaststroke 50m 0:59:28 difference: -0:01:58 17-Nov-18  
medley 100m 01:59:57 difference: -0:06:71 24-Nov-18

**Sharon Voorsluijs: total improved: 0:21:75 total PR: 6**

medley 100m 02:10:71 difference: -0:01:24 06-Oct-18  
medley 100m 02:0:73 difference: -0:09:98 17-Nov-18  
freestyle 50m 0:45:42 difference: -0:02:05 03-Nov-18  
breaststroke 50m 01:04:62 difference: -0:02:80 03-Nov-18  
freestyle 100m 01:45:02 difference: -0:04:25 24-Nov-18  
freestyle 100m 01:43:59 difference: -0:01:43 01-Dec-18

**Sofie van Vliet: total improved: 0:10:05 total PR: 7**

medley 100m 02:07:86 difference: -0:08 06-Oct-18  
medley 100m 02:03:11 difference: -0:04:75 17-Nov-18  
freestyle 50m 0:48:67 difference: -0:01:99 03-Nov-18  
breaststroke 50m 01:03:22 difference: -0:0:22 03-Nov-18  
backstroke 50m 0:55:07 difference: -0:01:85 17-Nov-18  
backstroke 50m 0:54:25 difference: -0:0:82 01-Dec-18  
freestyle 100m 01:45:77 difference: -0:0:34 01-Dec-18

**Liz Bijkerk: total improved: 0:22:05 total PR: 5**

medley 100m 01:53:02 difference: -0:01:83 06-Oct-18  
medley 100m 01:45:84 difference: -0:07:18 17-Nov-18  
freestyle 100m 01:27:23 difference: -0:09:03 24-Nov-18  
freestyle 50m 0:41:78 difference: -0:02:26 24-Nov-18  
butterfly 50m 0:47:77 difference: -0:01:75 01-Dec-18