

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 Houweligen: 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