

pr's between 01/08/2019 and 16/04/2020

Sharon Voorsluijs: total improved: 01:17:98 total PR: 18

medley 100m 01:53:24 difference: -0:07:49 9/21/2019
breaststroke 50m 0:59:63 difference: -0:0:13 9/21/2019
breaststroke 50m 0:57:78 difference: -0:01:85 11/23/2019
breaststroke 50m 0:57:16 difference: -0:0:62 1/25/2020
breaststroke 50m 0:56:49 difference: -0:0:67 3/7/2020
backstroke 100m 01:46:40 difference: -0:04:12 10/5/2019
backstroke 100m 01:45:62 difference: -0:0:78 2/1/2020
butterfly 50m 0:53:95 difference: -0:05:83 10/5/2019
butterfly 50m 0:49:32 difference: -0:04:63 1/25/2020
freestyle 100m 01:39:24 difference: -0:04:35 10/12/2019
freestyle 100m 01:32:09 difference: -0:07:15 10/26/2019
freestyle 100m 01:28:14 difference: -0:03:95 2/1/2020
backstroke 50m 0:49:66 difference: -0:01:43 10/26/2019
backstroke 50m 0:49:23 difference: -0:0:43 1/11/2020
freestyle 50m 0:40:61 difference: -0:01:77 11/2/2019
freestyle 200m 03:18:53 difference: -0:09:68 11/23/2019
medley 200m 03:42:56 difference: -0:11:46 1/25/2020
breaststroke 100m 01:59:57 difference: -0:11:64 3/7/2020

Joëlle Paans: total improved: 0:33:37 total PR: 17

freestyle 100m 01:13:68 difference: -0:03:50 9/21/2019
freestyle 100m 01:13:62 difference: -0:06 2/15/2020
breaststroke 100m 01:40:41 difference: -0:08 10/5/2019
breaststroke 100m 01:39:06 difference: -0:01:35 11/23/2019
breaststroke 100m 01:38:60 difference: -0:0:46 2/1/2020
backstroke 50m 0:43:01 difference: -0:01:06 10/5/2019
backstroke 50m 0:41:79 difference: -0:01:22 1/11/2020
backstroke 50m 0:40:12 difference: -0:01:67 3/7/2020
medley 100m 01:27:43 difference: -0:02:58 10/12/2019
breaststroke 50m 0:45:25 difference: -0:0:55 10/12/2019
breaststroke 50m 0:44:56 difference: -0:0:69 11/2/2019
breaststroke 50m 0:44:0 difference: -0:0:56 1/25/2020
butterfly 50m 0:39:82 difference: -0:01:30 11/16/2019
medley 200m 03:18:63 difference: -0:06:0 11/16/2019
freestyle 200m 02:50:50 difference: -0:11:14 11/23/2019
freestyle 50m 0:32:77 difference: -0:0:80 1/25/2020
freestyle 50m 0:32:42 difference: -0:0:35 2/15/2020

Liz Bijkerk: total improved: 0:40:87 total PR: 16

backstroke 50m 0:44:01 difference: -0:03:14 10/5/2019
butterfly 50m 0:46:27 difference: -0:01:41 10/12/2019
butterfly 50m 0:41:38 difference: -0:04:89 11/16/2019
freestyle 200m 03:08 difference: -0:06:88 10/12/2019
freestyle 200m 02:52:76 difference: -0:07:32 11/23/2019
freestyle 100m 01:22:39 difference: -0:0:41 10/26/2019
freestyle 100m 01:19:25 difference: -0:03:14 11/23/2019
freestyle 100m 01:18:28 difference: -0:0:97 2/1/2020
freestyle 50m 0:36:82 difference: -0:01:51 11/2/2019
freestyle 50m 0:36:70 difference: -0:0:12 1/11/2020
freestyle 50m 0:35:94 difference: -0:0:76 1/25/2020
freestyle 50m 0:35:37 difference: -0:0:57 2/15/2020
backstroke 100m 01:35:84 difference: -0:0:91 11/16/2019
breaststroke 50m 0:53:86 difference: -0:0:58 11/23/2019

breaststroke 50m 0:53:69 difference: -0:0:17 1/11/2020
breaststroke 100m 01:53:15 difference: -0:08:09 1/11/2020

Vera van Houwelingen: total improved: 0:42:82 total PR: 16

backstroke 100m 01:28:69 difference: -0:01:70 9/21/2019
backstroke 100m 01:24:57 difference: -0:04:12 11/2/2019
breaststroke 50m 0:45:84 difference: -0:0:18 10/5/2019
freestyle 100m 01:16:87 difference: -0:01:60 10/5/2019
freestyle 100m 01:16:77 difference: -0:0:10 10/26/2019
freestyle 100m 01:14:91 difference: -0:01:86 3/7/2020
medley 100m 01:27:30 difference: -0:03:23 10/12/2019
breaststroke 100m 01:42:39 difference: -0:0:58 10/12/2019
breaststroke 100m 01:39:83 difference: -0:02:56 11/23/2019
butterfly 50m 0:40:89 difference: -0:04:72 11/2/2019
freestyle 200m 02:53:90 difference: -0:01:02 11/16/2019
freestyle 50m 0:33:50 difference: -0:0:61 1/11/2020
freestyle 50m 0:32:80 difference: -0:0:70 1/25/2020
medley 200m 03:20:42 difference: -0:03:59 1/11/2020
butterfly 100m 01:52:24 difference: -0:12:10 2/1/2020
breaststroke 200m 03:49:69 difference: -0:04:15 2/15/2020

Sofie van Vliet: total improved: 0:59:60 total PR: 15

backstroke 100m 01:40:58 difference: -0:09:57 10/5/2019
backstroke 50m 0:48:77 difference: -0:01:38 10/5/2019
backstroke 50m 0:47:80 difference: -0:0:97 10/26/2019
butterfly 50m 01:0:87 difference: -0:07:99 10/5/2019
butterfly 50m 0:59:24 difference: -0:01:63 10/12/2019
butterfly 50m 0:54:17 difference: -0:05:07 3/7/2020
freestyle 100m 01:44:20 difference: -0:01:57 10/12/2019
freestyle 100m 01:39:12 difference: -0:05:08 10/26/2019
freestyle 50m 0:44:33 difference: -0:01:36 11/2/2019
freestyle 50m 0:42:64 difference: -0:01:69 1/25/2020
freestyle 200m 03:29:13 difference: -0:13:14 11/23/2019
breaststroke 50m 0:59:36 difference: -0:03:22 11/23/2019
breaststroke 50m 0:58:57 difference: -0:0:79 1/25/2020
breaststroke 50m 0:58:33 difference: -0:0:24 3/7/2020
breaststroke 100m 02:06:78 difference: -0:05:90 3/7/2020

Lisa Nederveen: total improved: 01:10:68 total PR: 14

butterfly 100m 01:18:43 difference: -0:0:98 9/21/2019
breaststroke 200m 03:14:37 difference: -0:0:49 9/21/2019
medley 100m 01:16:20 difference: -0:0:65 10/5/2019
backstroke 200m 02:51:43 difference: -0:26:19 10/12/2019
butterfly 50m 0:32:97 difference: -0:0:14 10/12/2019
butterfly 50m 0:32:77 difference: -0:0:20 1/11/2020
medley 200m 02:44:42 difference: -0:05:85 10/26/2019
freestyle 100m 01:06:79 difference: -0:01:72 10/26/2019
freestyle 100m 01:05:13 difference: -0:01:66 11/23/2019
freestyle 200m 02:30:30 difference: -0:0:58 11/2/2019
freestyle 400m 05:22:83 difference: -0:24:57 1/25/2020
freestyle 50m 0:30:19 difference: -0:08 1/25/2020
freestyle 50m 0:29:87 difference: -0:0:32 2/15/2020
butterfly 200m 03:09:0 difference: -0:07:25 2/15/2020

Thijs Militie: total improved: 0:44:56 total PR: 12

medley 100m 01:51:65 difference: -0:07:92 10/5/2019
medley 100m 01:50:67 difference: -0:0:98 11/16/2019
medley 100m 01:45:06 difference: -0:05:61 1/25/2020

freestyle 100m 01:38:89 difference: -0:02:72 10/12/2019
freestyle 100m 01:34:07 difference: -0:04:82 10/26/2019
freestyle 100m 01:32:29 difference: -0:01:78 11/23/2019
breaststroke 100m 01:58:53 difference: -0:07:98 1/11/2020
breaststroke 50m 0:56:13 difference: -0:0:23 1/25/2020
backstroke 100m 01:45:96 difference: -0:10:39 2/1/2020
backstroke 50m 0:50:26 difference: -0:01:18 2/1/2020
freestyle 50m 0:40:75 difference: -0:0:50 2/1/2020
freestyle 50m 0:40:30 difference: -0:0:45 2/15/2020

Bob Hogendoorn: total improved: 0:12:13 total PR: 12

backstroke 200m 02:34:85 difference: -0:01:14 9/21/2019
butterfly 100m 01:06:97 difference: -0:0:93 9/21/2019
breaststroke 200m 02:45:77 difference: -0:07:93 10/12/2019
butterfly 50m 0:29:34 difference: -0:02 10/12/2019
freestyle 100m 0:58:05 difference: -0:04 11/16/2019
freestyle 100m 0:57:86 difference: -0:0:19 1/25/2020
freestyle 100m 0:57:68 difference: -0:0:18 2/15/2020
medley 100m 01:07:47 difference: -0:0:26 11/23/2019
breaststroke 100m 01:16:26 difference: -0:0:75 1/11/2020
breaststroke 100m 01:16:17 difference: -0:09 3/7/2020
medley 200m 02:28:16 difference: -0:0:32 1/25/2020
freestyle 50m 0:25:64 difference: -0:0:28 2/15/2020

Amy Ambachtsheer: total improved: 01:42:89 total PR: 12

medley 100m 01:45:12 difference: -0:10:84 9/21/2019
breaststroke 50m 0:54:51 difference: -0:01:09 9/21/2019
breaststroke 50m 0:52:30 difference: -0:02:21 2/15/2020
freestyle 200m 03:27:74 difference: -0:19:15 10/12/2019
medley 200m 03:47:47 difference: -0:14:23 11/2/2019
medley 200m 03:46:46 difference: -0:01:01 1/25/2020
breaststroke 100m 01:58:12 difference: -0:02:69 1/11/2020
breaststroke 100m 01:55:35 difference: -0:02:77 2/15/2020
breaststroke 100m 01:52:84 difference: -0:02:51 3/7/2020
butterfly 100m 02:03:09 difference: -0:19:30 1/25/2020
backstroke 100m 01:44:52 difference: -0:0:64 2/1/2020
breaststroke 200m 04:0:12 difference: -0:26:45 2/15/2020

Silas van Bekkum: total improved: 0:19:40 total PR: 11

butterfly 50m 0:33:53 difference: -0:0:81 10/12/2019
butterfly 50m 0:33:04 difference: -0:0:49 1/11/2020
freestyle 200m 02:33:09 difference: -0:0:86 11/2/2019
freestyle 100m 01:04:46 difference: -0:01:91 11/16/2019
freestyle 100m 01:02:78 difference: -0:01:68 1/11/2020
medley 100m 01:16:85 difference: -0:01:14 11/23/2019
breaststroke 100m 01:25:15 difference: -0:02:79 1/11/2020
backstroke 100m 01:20:02 difference: -0:02:41 2/1/2020
medley 200m 02:44:59 difference: -0:06:37 2/1/2020
breaststroke 50m 0:39:33 difference: -0:0:51 2/1/2020
freestyle 50m 0:28:70 difference: -0:0:43 2/15/2020

Jelle van Tuijl: total improved: 0:08:93 total PR: 9

backstroke 200m 02:43:83 difference: -0:03:42 9/21/2019
backstroke 100m 01:16:35 difference: -0:0:29 9/21/2019
backstroke 100m 01:13:67 difference: -0:02:68 2/1/2020
freestyle 400m 05:28:62 difference: -0:0:74 10/26/2019
breaststroke 50m 0:39:34 difference: -0:0:16 11/2/2019
breaststroke 50m 0:39:16 difference: -0:0:18 2/1/2020

freestyle 50m 0:28:69 difference: -0:0:26 11/2/2019
butterfly 50m 0:33:84 difference: -0:0:74 1/11/2020
freestyle 100m 01:02:65 difference: -0:0:46 3/7/2020

Delvin Oosterbaan: total improved: 0:27:73 total PR: 8

breaststroke 50m 0:49:02 difference: -0:0:89 10/12/2019
breaststroke 50m 0:47:74 difference: -0:01:28 10/26/2019
breaststroke 50m 0:47:05 difference: -0:0:69 1/25/2020
freestyle 50m 0:37:45 difference: -0:05:66 10/26/2019
freestyle 100m 01:28:32 difference: -0:09:49 11/2/2019
backstroke 100m 01:44:29 difference: -0:05:90 11/16/2019
breaststroke 100m 01:45:50 difference: -0:0:71 11/23/2019
breaststroke 100m 01:42:39 difference: -0:03:11 1/25/2020

Kenji Bor: total improved: 0:40:24 total PR: 8

breaststroke 50m 0:55:38 difference: -0:02:58 11/2/2019
breaststroke 50m 0:53:43 difference: -0:01:95 11/16/2019
freestyle 50m 0:45:22 difference: -0:05:85 11/16/2019
freestyle 50m 0:44:62 difference: -0:0:60 1/11/2020
medley 100m 01:52:59 difference: -0:15:53 11/23/2019
medley 100m 01:52:11 difference: -0:0:48 1/25/2020
backstroke 100m 01:48:28 difference: -0:09:37 2/1/2020
backstroke 50m 0:51:51 difference: -0:03:88 2/1/2020

Puck Hogendoorn: total improved: 0:12:63 total PR: 8

breaststroke 50m 0:43:47 difference: -0:0:31 10/5/2019
breaststroke 50m 0:42:88 difference: -0:0:59 11/16/2019
breaststroke 50m 0:41:53 difference: -0:01:35 1/25/2020
medley 100m 01:23:59 difference: -0:02:82 10/12/2019
breaststroke 100m 01:34:0 difference: -0:03:68 10/12/2019
backstroke 50m 0:38:64 difference: -0:01:84 10/26/2019
butterfly 50m 0:35:96 difference: -0:0:85 11/2/2019
freestyle 50m 0:31:61 difference: -0:01:19 1/25/2020

Dena Ambachtsheer: total improved: 0:27:10 total PR: 6

backstroke 50m 0:54:18 difference: -0:05:24 10/5/2019
medley 100m 02:06:17 difference: -0:01:26 10/5/2019
breaststroke 50m 01:04:64 difference: -0:03:19 11/2/2019
freestyle 50m 0:46:76 difference: -0:06:60 1/11/2020
butterfly 25m 0:25:76 difference: -0:06:02 1/11/2020
backstroke 100m 01:58:71 difference: -0:04:79 2/1/2020

Jan Willem Nederveen: total improved: 0:01:98 total PR: 6

butterfly 50m 0:33:56 difference: -0:0:22 1/11/2020
freestyle 100m 01:06:60 difference: -0:0:35 1/25/2020
breaststroke 50m 0:37:07 difference: -0:01 2/1/2020
butterfly 25m 0:14:66 difference: -0:0:44 2/15/2020
freestyle 25m 0:13:22 difference: -0:0:90 2/15/2020
breaststroke 100m 01:23:88 difference: -0:06 3/7/2020

Chantal Voorsluijs: total improved: 0:21:29 total PR: 5

breaststroke 50m 0:59:34 difference: -0:03:54 11/2/2019
freestyle 50m 0:49:19 difference: -0:01:71 1/11/2020
backstroke 100m 02:0:82 difference: -0:04:42 2/1/2020
breaststroke 100m 02:03:99 difference: -0:09:98 3/7/2020
backstroke 50m 0:55:22 difference: -0:01:64 3/7/2020

Kim Hogendoorn: total improved: 0:11:10 total PR: 5

breaststroke 100m 01:32:61 difference: -0:0:83 10/5/2019
medley 100m 01:23:90 difference: -0:0:62 10/12/2019
backstroke 50m 0:37:31 difference: -0:0:14 10/26/2019
butterfly 50m 0:40:43 difference: -0:0:91 11/16/2019
freestyle 200m 02:48:84 difference: -0:08:60 11/23/2019

Sanne Nederveen: total improved: 0:02:29 total PR: 3

backstroke 200m 02:48:32 difference: -0:01:65 10/12/2019
freestyle 100m 01:06:63 difference: -0:0:19 10/26/2019
breaststroke 50m 0:39:32 difference: -0:0:45 2/15/2020

Talitha Boelen: total improved: 0:06:07 total PR: 3

freestyle 400m 06:01:04 difference: -0:04:96 1/25/2020
butterfly 25m 0:17:78 difference: -0:0:56 2/15/2020
freestyle 25m 0:16:06 difference: -0:0:55 2/15/2020

Frédérique Vink: total improved: 0:19:66 total PR: 2

backstroke 50m 0:48:71 difference: -0:09:70 1/11/2020
backstroke 100m 01:52:18 difference: -0:09:96 2/1/2020

Jan-Paul Mosterdijk: total improved: 0:0:65 total PR: 1

medley 100m 01:18:68 difference: -0:0:65 9/21/2019

Walter Bot: total improved: 0:0:19 total PR: 1

backstroke 50m 0:35:39 difference: -0:0:19 10/5/2019

John van Heteren: total improved: 0:0:89 total PR: 1

butterfly 25m 0:15:67 difference: -0:0:89 2/15/2020