

## Helen Gillholm

Se detaljerad information och personbästatider

Gren: 50m Frisim (25) Personbästa: 00:30.61 AQUA-poäng: 438 Datum: 2003-06-07 Tävling: SPEEDO International

| Tid      | AQUA | Omgång | Datum      | Tävling                  |
|----------|------|--------|------------|--------------------------|
| 00:30.66 | 436  | Final  | 2004-03-28 | Team Sportia Swim        |
| 00:30.66 | 436  | Final  | 2004-05-21 | ULLBERGSTROFEN 2004      |
| 00:31.45 | 404  | Final  | 2003-03-09 | TEAM SPORTIA SWIM        |
| 00:31.45 | 404  | Final  | 2002-09-07 | Ungdoms GP 3 / Preem Cup |
| 00:32.24 | 375  | Final  | 2003-04-05 | VÄSTKUSTLOPPET           |
| 00:32.19 | 376  | Final  | 2001-03-18 | KNALLESIMMET 2001        |
| 00:32.17 | 377  | Final  | 2001-03-31 | VÄSTKUSTLOPPET           |
| 00:31.91 | 386  | Final  | 2002-04-06 | VÄSTKUSTLOPPET           |
| 00:31.87 | 388  | Final  | 2001-01-12 | Seriesim                 |
| 00:31.81 | 390  | Final  | 2004-04-18 | VSSF Seriesim            |
| 00:31.49 | 402  | Final  | 2003-02-01 | Taiga Cup & UGP          |
| 00:30.61 | 438  | Final  | 2003-06-07 | SPEEDO International     |
| 00:31.39 | 406  | Final  | 2002-05-18 | SPEEDO International     |
| 00:31.12 | 417  | Final  | 2003-03-21 | NUSS ÄLDRE               |
| 00:30.97 | 423  | Final  | 2004-04-03 | VÄSTKUSTLOPPET           |
| 00:30.90 | 425  | Final  | 2004-04-18 | VSSF Seriesim            |
| 00:30.65 | 436  | Final  | 2004-04-03 | VÄSTKUSTLOPPET           |