

## Frida Lindborg

Se detaljerad information och personbästatider

Gren: 400m Frisim (25) Personbästa: 04:47.88 AQUA-poäng: 543 Datum: 2004-04-03 Tävling: Skomakardoppet

| Tid      | AQUA | Omgång | Datum      | Tävling                    |
|----------|------|--------|------------|----------------------------|
| 06:03.00 | 271  | Final  | 2001-05-19 | Simiaden                   |
| 05:50.06 | 302  | Final  | 2001-10-06 | Litho Cup/UGP4             |
| 05:35.26 | 344  | Final  | 2001-10-27 | SUM-SIM REG 2001           |
| 05:32.56 | 352  | Final  | 2002-01-26 | DM                         |
| 05:25.94 | 374  | Final  | 2002-03-16 | NUSS Yngre                 |
| 05:22.90 | 385  | Final  | 2004-11-21 | Höstsimiaden               |
| 05:17.61 | 404  | Final  | 2002-11-09 | JDM 9-10 november 2002     |
| 05:14.09 | 418  | Final  | 2002-10-06 | Litho Cup/UGP4             |
| 05:04.99 | 456  | Final  | 2004-02-28 | UGP 2                      |
| 05:04.50 | 459  | Final  | 2002-11-23 | SUM-SIM RIKS               |
| 05:03.97 | 461  | Final  | 2002-10-26 | SUM-SIM REGION             |
| 05:01.28 | 474  | Final  | 2003-03-15 | NUSS YNGRE                 |
| 05:01.04 | 475  | Final  | 2003-03-01 | UGP 2                      |
| 04:58.48 | 487  | Final  | 2004-09-25 | Wadköpingsdoppet           |
| 04:57.78 | 490  | Final  | 2003-11-23 | Höstsimiaden               |
| 04:57.13 | 494  | Final  | 2004-04-17 | KM 2                       |
| 04:56.13 | 499  | Final  | 2003-09-27 | Wadköpingsdoppet           |
| 04:55.87 | 500  | Final  | 2004-10-02 | Litho Cup/UGP4             |
| 04:54.04 | 509  | Final  | 2003-10-25 | SUM-SIM Region             |
| 04:53.87 | 510  | Final  | 2004-03-19 | NORDISKA UNGDOMSSIMSPLEN Ä |