

Sofia Lindholm

Se detaljerad information och personbästatider

Gren: 400m Frisim (25) Personbästa: 04:18.72 AQUA-poäng: 748 Datum: 2012-01-29 Tävling: JSM (25m) 2012

Tid	AQUA	Omgång	Datum	Tävling
04:31.27	649	Final	2008-10-26	SUM-SIM Region 6 - 2008
04:31.78	645	Final	2009-12-13	SUM-SIM Riksfinal (25m)
04:32.30	642	Final	2008-09-28	Wadköpingsdoppet
04:32.78	638	Final	2007-12-08	SUM-SIM RIKSFINAL 2007 (25m)
04:33.06	636	Final	2009-02-01	JSM (25m)
04:33.15	636	Final	2009-11-15	SUM-SIM 2009 Region 6
04:34.98	623	Final	2007-11-10	SUM-SIM Reg 6 2007
04:35.18	622	Final	2009-10-04	Litho-Cup 2009
04:37.38	607	Final	2009-01-11	JDM
04:37.84	604	Final	2009-01-11	JDM
04:39.02	596	Final	2008-04-05	UGP 2/Team Sportia Swim
04:40.59	586	Final	2011-01-16	JDM VSSF 25 m
04:41.51	581	Final	2007-10-20	UGP 4/SumMeet
04:43.95	566	Final	2007-03-24	UGP2/Team Sportia Swim
04:44.17	564	Final	2008-01-13	JDM
04:45.34	558	Final	2008-01-13	JDM
04:48.51	539	Final	2006-09-30	UGP 4
04:49.33	535	Final	2007-09-29	Wadköpingsdoppet
04:49.71	533	Final	2006-09-17	Sim a gogo
04:49.82	532	Final	2006-10-21	SUM-SIM region 6 - 2006