

Sofia Lindholm

Se detaljerad information och personbästatider

Gren: 400m Medley (50) Personbästa: 04:57.22 AQUA-poäng: 736 Datum: 2014-07-04 Tävling: SM/JSM (50m) 2014

Tid	AQUA	Omgång	Datum	Tävling
06:00.99	415	Final	2005-05-06	SPEEDO 2005
05:36.42	513	Final	2007-04-14	Falkenberg Race
05:34.79	521	Final	2007-07-01	SUM-SIM 2007 (50m)
05:29.82	545	Final	2007-05-18	SPEEDO 2007
05:20.98	591	Final	2009-07-04	SM/JSM (50m) 2009
05:20.97	591	Final	2011-04-16	Falkenberg Race
05:19.35	600	Final	2009-07-19	SUM-SIM 2009 (50m)
05:17.35	612	Final	2010-07-25	SUM-SIM 2010 (50m)
05:17.00	614	Final	2009-05-30	Laxaleken
05:15.98	620	Final	2009-07-19	SUM-SIM 2009 (50m)
05:10.85	643	Final	2014-04-12	Falkenberg Race 2014
05:09.15	654	Final	2014-06-08	DM/JDM 50m VSSF 2014
05:07.30	674	Final	2010-07-25	SUM-SIM 2010 (50m)
05:07.03	675	Final	2012-06-09	DM/JDM VSSF 2012
05:06.27	673	Final	2013-04-05	Swim Cup 2013
05:05.91	683	Final	2012-06-30	SM/JSM (50m) 2012
05:05.89	675	Final	2013-04-05	Swim Cup 2013
05:05.22	680	Final	2013-07-05	SM/JSM (50m) 2013
05:04.81	690	Final	2012-04-14	Falkenberg Race
05:02.48	706	Final	2012-06-30	SM/JSM (50m) 2012