

Simon Frank

Se detaljerad information och personbästatider

Gren: 400m Frisim (50) Personbästa: 04:11.03 AQUA-poäng: 673 Datum: 2008-03-22 Tävling: 7-nationers (50m)

Tid	AQUA	Omgång	Datum	Tävling
06:03.85	221	Final	2001-06-02	NEPTUNIADEN
06:03.07	222	Final	2001-07-06	LH - Games
05:28.31	301	Final	2002-05-18	NEPTUNIADEN
05:22.62	317	Final	2002-06-28	LH-GAMES
05:07.77	365	Final	2003-05-05	ROSENLUNDSBADET SPRINT
05:07.77	365	Final	2003-05-05	ROSENLUNDSBADET SPRINT
05:06.88	368	Final	2003-05-17	WELLA CUP 2003
05:00.23	393	Final	2003-06-07	NEPTUNIADEN
04:59.50	396	Final	2003-07-03	SUM-SIM 2003 (50m)
04:34.67	514	Final	2004-05-15	Wella Cup
04:38.06	495	Final	2004-05-31	NEPTUNIADEN
04:32.87	524	Final	2004-07-08	SUM-SIM 2004 (50m)
04:25.13	571	Final	2004-07-08	SUM-SIM 2004 (50m)
04:18.88	614	Final	2005-05-06	SPEEDO 2005
04:23.81	580	Final	2005-05-28	WELLA CUP
04:20.97	599	Final	2005-06-11	DM/JDM - Stockholm
04:24.24	577	Final	2005-06-11	DM/JDM - Stockholm
04:14.38	647	Final	2005-07-07	SUM-SIM 2005 (50m)
04:24.16	578	Final	2005-07-07	SUM-SIM 2005 (50m)
04:21.76	594	Final	2006-03-10	Grand Prix 2