

## Oskar Holm

Se detaljerad information och personbästatider

Gren: 400m Medley (25) Personbästa: 04:42.65 AQUA-poäng: 578 Datum: 2010-09-25 Tävling: Wadköpingsdoppet 2010

| Tid      | AQUA | Omgång | Datum      | Tävling                 |
|----------|------|--------|------------|-------------------------|
| 04:43.76 | 571  | Final  | 2011-11-27 | SM (25m) 2011           |
| 04:53.73 | 515  | Final  | 2010-02-04 | JSM (25m)               |
| 04:45.69 | 560  | Final  | 2011-02-06 | JSM (25m) 2011          |
| 04:43.79 | 571  | Final  | 2010-12-05 | SM (25m) 2010           |
| 06:16.42 | 244  | Final  | 2006-04-08 | Solstadoppet            |
| 04:43.90 | 570  | Final  | 2011-11-06 | DM/UDM/KDM 25 m 2011    |
| 06:07.74 | 262  | Final  | 2006-09-10 | UGP 3/Närke Cup         |
| 06:07.31 | 263  | Final  | 2006-10-21 | SUM-SIM region 5 - 2006 |
| 06:06.80 | 264  | Final  | 2006-09-24 | VUM SIM                 |
| 05:08.94 | 442  | Final  | 2009-01-31 | NUSS äldre 25m 2009     |
| 05:05.93 | 456  | Final  | 2009-04-04 | Solstadoppet            |
| 05:04.86 | 460  | Final  | 2017-09-09 | KM 3                    |
| 04:58.52 | 490  | Final  | 2012-11-04 | DM/UDM/KDM 25 m 2012    |
| 04:57.65 | 495  | Final  | 2013-02-16 | Långdistans KM 2013     |
| 04:55.60 | 505  | Final  | 2010-01-16 | JDM 3D                  |
| 04:42.65 | 578  | Final  | 2010-09-25 | Wadköpingsdoppet 2010   |
| 04:52.13 | 523  | Final  | 2009-10-25 | DM/RM 3D 2009           |
| 04:49.93 | 535  | Final  | 2009-12-13 | SUM-SIM Riksfinal (25m) |
| 04:48.76 | 542  | Final  | 2013-09-07 | KM 3                    |
| 04:48.23 | 545  | Final  | 2009-11-14 | SUM-SIM 2009 Region 5   |