

## Sofia Henell

Se detaljerad information och personbästatider

Gren: 50m Ryggswim (25) Personbästa: 00:29.23 AQUA-poäng: 677 Datum: 2016-11-08 Tävlings: SM/JSM (25m) 2016

| Tid      | AQUA | Omgång | Datum      | Tävling                        |
|----------|------|--------|------------|--------------------------------|
| 00:30.70 | 586  | Final  | 2015-10-04 | Intersport Simcup              |
| 00:30.82 | 577  | Final  | 2016-04-10 | LeWa Sport Cup                 |
| 00:30.99 | 570  | Final  | 2014-10-05 | Intersport Simcup 2014         |
| 00:31.05 | 567  | Final  | 2015-10-04 | Intersport Simcup              |
| 00:31.07 | 563  | Final  | 2017-10-07 | KM 4                           |
| 00:35.03 | 394  | Final  | 2011-10-15 | ÖGP                            |
| 00:31.31 | 553  | Final  | 2014-10-25 | Östsvenska Mästerskapen/DM/JDM |
| 00:31.44 | 546  | Final  | 2015-03-21 | Öresund Meeting 2015           |
| 00:31.51 | 542  | Final  | 2014-10-18 | KM 4                           |
| 00:31.55 | 540  | Final  | 2015-01-30 | NUSS Äldre                     |
| 00:31.62 | 535  | Final  | 2015-10-17 | DM/JDM Östsvenska              |
| 00:32.92 | 475  | Final  | 2013-10-19 | KM 4                           |
| 00:33.00 | 472  | Final  | 2013-10-06 | Intersport Simcup Motala 2013  |
| 00:33.20 | 463  | Final  | 2012-11-17 | KM 4                           |
| 00:34.73 | 405  | Final  | 2012-01-07 | JDM 2012                       |
| 00:34.94 | 397  | Final  | 2011-11-27 | Östgöta Simiaden 2011          |
| 00:33.60 | 447  | Final  | 2012-03-31 | Essenuoto Sprint Event         |
| 00:35.41 | 382  | Final  | 2011-04-09 | Essenuoto Sprint Event         |