

Josefine Almvret

Se detaljerad information och personbästatider

Gren: 400m Frisim (50) Personbästa: 04:37.75 AQUA-poäng: 638 Datum: 2014-06-27 Tävling: Sum-Sim (50m) 2014

Tid	AQUA	Omgång	Datum	Tävling
06:09.10	272	Final	2009-06-27	UGP3/Bockstensdoppet
05:17.02	429	Final	2011-07-02	Ungdoms GP 3
04:52.99	543	Final	2012-06-16	UGP 3 - 2012
04:49.77	562	Final	2012-07-21	Sum-Sim (50m) 2012
04:48.93	567	Final	2013-04-28	Västerås Meet 2013
04:49.19	565	Final	2013-05-18	Neptuniaden
04:55.36	530	Final	2013-06-08	DM/JDM 2013
04:42.45	606	Final	2013-06-28	Sum-Sim (50m) 2013
04:49.48	563	Final	2013-06-28	Sum-Sim (50m) 2013
04:39.94	623	Final	2013-07-13	Nordic Age Group Championships
05:01.61	498	Final	2014-01-26	Swedish Grand Prix 1
04:54.16	537	Final	2014-03-09	Swedish Grand Prix 2
04:46.07	584	Final	2014-06-07	DM/JDM 2014
04:47.20	577	Final	2014-06-27	Sum-Sim (50m) 2014
04:37.75	638	Final	2014-06-27	Sum-Sim (50m) 2014
04:43.87	595	Final	2015-04-19	Swedish Grand Prix 3
04:50.73	554	Final	2015-05-16	Speedo Open 2015
04:49.68	560	Final	2015-05-30	UGP 3 - 2015
04:49.95	559	Final	2015-06-26	Sum-Sim (50m) 2015
04:46.22	581	Final	2015-07-04	SM/JSM (50m) 2015