

## Josefine Almvret

Se detaljerad information och personbästatider

Gren: 400m Medley (50) Personbästa: 05:16.45 AQUA-poäng: 610 Datum: 2015-07-03 Tävling: SM/JSM (50m) 2015

| Tid      | AQUA | Omgång | Datum      | Tävling                        |
|----------|------|--------|------------|--------------------------------|
| 05:31.55 | 530  | Final  | 2013-06-08 | DM/JDM 2013                    |
| 05:31.18 | 532  | Final  | 2014-01-26 | Swedish Grand Prix 1           |
| 05:27.43 | 550  | Final  | 2014-06-28 | Sum-Sim (50m) 2014             |
| 05:26.50 | 555  | Final  | 2014-06-28 | Sum-Sim (50m) 2014             |
| 05:25.28 | 561  | Final  | 2015-06-27 | Sum-Sim (50m) 2015             |
| 05:24.13 | 567  | Final  | 2015-06-27 | Sum-Sim (50m) 2015             |
| 05:22.06 | 579  | Final  | 2014-06-07 | DM/JDM 2014                    |
| 05:21.02 | 584  | Final  | 2014-05-25 | Neptuniaden                    |
| 05:20.78 | 585  | Final  | 2014-07-04 | SM/JSM (50m) 2014              |
| 05:19.32 | 594  | Final  | 2013-07-13 | Nordic Age Group Championships |
| 05:16.45 | 610  | Final  | 2015-07-03 | SM/JSM (50m) 2015              |