

## Elias Fröde

Se detaljerad information och personbästatider

Gren: 100m Ryggswim (50) Personbästa: 01:02.39 AQUA-poäng: 573 Datum: 2019-02-16 Tävling: Järfälla Nationella 2019

| Tid      | AQUA | Omgång | Datum      | Tävling                     |
|----------|------|--------|------------|-----------------------------|
| 01:30.73 | 187  | Final  | 2012-07-06 | Stockholm Summer Games 2012 |
| 01:30.59 | 188  | Final  | 2012-06-16 | UGP 3 - 2012                |
| 01:28.06 | 205  | Final  | 2012-05-20 | Neptuniaden                 |
| 01:25.04 | 227  | Final  | 2013-06-29 | Tyr Swim Meet               |
| 01:25.00 | 228  | Final  | 2013-06-01 | UGP 3 - 2013                |
| 01:22.95 | 245  | Final  | 2013-05-18 | Neptuniaden                 |
| 01:18.38 | 290  | Final  | 2014-05-03 | TYR Challenger Meet 2014    |
| 01:15.66 | 323  | Final  | 2014-05-31 | UGP 3 - 2014                |
| 01:14.89 | 333  | Final  | 2014-05-04 | TYR Challenger Meet 2014    |
| 01:14.71 | 336  | Final  | 2014-04-06 | Västerås Meet 2014          |
| 01:13.57 | 351  | Final  | 2014-05-25 | Neptuniaden                 |
| 01:12.66 | 365  | Final  | 2016-05-14 | TYR Challenger Meet 2016    |
| 01:09.77 | 412  | Final  | 2015-06-07 | DM/JDM 2015                 |
| 01:08.50 | 435  | Final  | 2015-06-25 | Sum-Sim (50m) 2015          |
| 01:08.43 | 437  | Final  | 2015-05-16 | Speedo Open 2015            |
| 01:08.02 | 445  | Final  | 2015-06-28 | Sum-Sim (50m) 2015          |
| 01:07.20 | 461  | Final  | 2015-06-28 | Sum-Sim (50m) 2015          |
| 01:06.51 | 476  | Final  | 2016-04-01 | Swim Open Stockholm         |
| 01:05.72 | 491  | Final  | 2018-03-10 | UGP 3 - 2018                |
| 01:05.67 | 494  | Final  | 2016-12-11 | Luciasimmet 2016            |