

## Simon Fröde

Se detaljerad information och personbästatider

Gren: 100m Frisim (25) Personbästa: 00:53.92 AQUA-poäng: 578 Datum: 2018-12-14 Tävling: Sum-Sim (25m) 2018 riksfinal

| Tid      | AQUA | Omgång | Datum      | Tävling                                  |
|----------|------|--------|------------|------------------------------------------|
| 00:55.91 | 519  | Final  | 2017-10-07 | Swedish Swim Games 2017                  |
| 00:58.50 | 453  | Final  | 2015-10-23 | HEAD to Head 2015                        |
| 01:04.93 | 331  | Final  | 2014-10-17 | HEAD to Head 2014                        |
| 00:56.03 | 515  | Final  | 2016-10-07 | Polisen HEAD to Head 2016                |
| 00:55.94 | 518  | Final  | 2017-10-01 | Head to HEAD 2017                        |
| 00:54.81 | 551  | Final  | 2018-10-21 | HEAD to Head 2018                        |
| 00:55.39 | 534  | Final  | 2018-02-18 | Järfälla Nationella 2018                 |
| 00:55.53 | 530  | Final  | 2017-02-18 | Järfälla Nationella 2017                 |
| 00:55.66 | 526  | Final  | 2018-09-22 | Arena Cup 2018                           |
| 00:55.71 | 524  | Final  | 2016-10-07 | Polisen HEAD to Head 2016                |
| 00:55.85 | 520  | Final  | 2018-02-17 | Järfälla Nationella 2018                 |
| 00:53.92 | 578  | Final  | 2018-12-14 | Sum-Sim (25m) 2018 riksfinal             |
| 00:54.99 | 545  | Final  | 2016-12-04 | Sum-Sim Riksfinal 2016                   |
| 00:54.86 | 549  | Final  | 2018-11-11 | Sum-Sim (25m) 2018 regionfinal Stockholm |
| 00:56.05 | 515  | Final  | 2017-02-19 | Järfälla Nationella 2017                 |
| 00:56.27 | 509  | Final  | 2016-04-23 | Vårsimiaden distrikt(försök)             |
| 00:56.30 | 508  | Final  | 2017-10-01 | Head to HEAD 2017                        |
| 01:15.39 | 211  | Final  | 2013-03-10 | Vilunda Knatte 2013                      |
| 00:56.55 | 501  | Final  | 2015-12-06 | Sum-Sim Riksfinal 2015                   |
| 00:56.58 | 501  | Final  | 2016-05-07 | Vårsimiaden final                        |