

Elvira Mörtstrand

Se detaljerad information och personbästatider

Gren: 400m Frisim (25) Personbästa: 04:13.08 AQUA-poäng: 763 Datum: 2023-11-23 Tävling: SM/JSM (25m) 2023

Tid	AQUA	Omgång	Datum	Tävling
04:25.13	686	Final	2021-10-03	DM-JDM (25m) 2021
04:24.32	693	Final	2020-02-01	NUSS Äldre (25m) 2020
04:20.63	698	Final	2023-11-23	SM/JSM (25m) 2023
04:22.33	709	Final	2022-09-25	Swedish Swim Games 2022 - Grand Prix 1
04:21.45	716	Final	2019-11-29	Nordic Swimming Championships
04:20.94	720	Final	2020-09-20	Wadköpingsdoppet 2020
04:19.81	729	Final	2019-09-21	Wadköpingsdoppet 2019
04:19.61	731	Final	2019-11-14	SM/JSM (25m) 2019
04:18.53	740	Final	2021-11-25	SM/JSM (25m) 2021
04:17.54	749	Final	2019-12-08	Sum-Sim (25m) 2019 riksfinal
04:17.29	751	Final	2022-11-23	SM/JSM (25M) 2022
04:17.25	751	Final	2019-11-10	Sum-Sim (25m) 2019 regionfinal Mellansvenska
04:16.67	756	Final	2019-11-14	SM/JSM (25m) 2019
04:16.24	760	Final	2021-11-25	SM/JSM (25m) 2021
04:13.08	763	Final	2023-11-23	SM/JSM (25m) 2023
04:15.35	768	Final	2022-11-23	SM/JSM (25M) 2022
04:15.21	770	Final	2019-11-29	Nordic Swimming Championships