

## 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                                      |
|----------|------|--------|------------|----------------------------------------------|
| 04:13.08 | 763  | Final  | 2023-11-23 | SM/JSM (25m) 2023                            |
| 04:15.21 | 770  | Final  | 2019-11-29 | Nordic Swimming Championships                |
| 04:15.35 | 768  | Final  | 2022-11-23 | SM/JSM (25M) 2022                            |
| 04:16.24 | 760  | Final  | 2021-11-25 | SM/JSM (25m) 2021                            |
| 04:16.67 | 756  | Final  | 2019-11-14 | SM/JSM (25m) 2019                            |
| 04:17.25 | 751  | Final  | 2019-11-10 | Sum-Sim (25m) 2019 regionfinal Mellansvenska |
| 04:17.29 | 751  | Final  | 2022-11-23 | SM/JSM (25M) 2022                            |
| 04:17.54 | 749  | Final  | 2019-12-08 | Sum-Sim (25m) 2019 riksfinal                 |
| 04:18.53 | 740  | Final  | 2021-11-25 | SM/JSM (25m) 2021                            |
| 04:19.61 | 731  | Final  | 2019-11-14 | SM/JSM (25m) 2019                            |
| 04:19.81 | 729  | Final  | 2019-09-21 | Wadköpingsdoppet 2019                        |
| 04:20.63 | 698  | Final  | 2023-11-23 | SM/JSM (25m) 2023                            |
| 04:20.94 | 720  | Final  | 2020-09-20 | Wadköpingsdoppet 2020                        |
| 04:21.45 | 716  | Final  | 2019-11-29 | Nordic Swimming Championships                |
| 04:22.33 | 709  | Final  | 2022-09-25 | Swedish Swim Games 2022 - Grand Prix 1       |
| 04:22.46 | 684  | Final  | 2023-09-24 | Wadköpingsdoppet 2023                        |
| 04:24.32 | 693  | Final  | 2020-02-01 | NUSS Äldre (25m) 2020                        |
| 04:25.13 | 686  | Final  | 2021-10-03 | DM-JDM (25m) 2021                            |
| 04:27.15 | 676  | Final  | 2017-10-08 | Swedish Swim Games 2017                      |
| 04:27.37 | 674  | Final  | 2018-12-16 | Sum-Sim (25m) 2018 riksfinal                 |