

## Thilde Smedbäck

Se detaljerad information och personbästatider

Gren: 400m Frisim (25) Personbästa: 04:29.54 AQUA-poäng: 653 Datum: 2022-11-23 Tävling: SM/JSM (25M) 2022

| Tid      | AQUA | Omgång | Datum      | Tävling                        |
|----------|------|--------|------------|--------------------------------|
| 06:59.11 | 176  | Final  | 2013-04-06 | KM 2                           |
| 06:12.02 | 251  | Final  | 2014-02-01 | NUSS Yngre (25m)               |
| 05:58.20 | 280  | Final  | 2014-11-09 | Sum-Sim region 4               |
| 05:52.32 | 296  | Final  | 2014-04-05 | KM 2                           |
| 05:39.54 | 329  | Final  | 2015-03-28 | KM 2                           |
| 05:39.43 | 329  | Final  | 2015-01-31 | NUSS Yngre (25m)               |
| 05:24.19 | 378  | Final  | 2015-11-15 | Sum-Sim region 4               |
| 05:13.51 | 418  | Final  | 2016-02-07 | NUSS Yngre (25m) 2016          |
| 05:11.81 | 425  | Final  | 2016-04-15 | KM 2                           |
| 05:03.46 | 461  | Final  | 2016-10-02 | Blueseventy Simcup             |
| 05:02.04 | 468  | Final  | 2016-10-22 | Ungdoms GP 4                   |
| 04:59.05 | 482  | Final  | 2017-04-01 | KM 2                           |
| 04:56.82 | 493  | Final  | 2016-11-13 | Sum-Sim region 4               |
| 04:52.35 | 516  | Final  | 2017-05-07 | Vårsimiaden Distrikt           |
| 04:51.18 | 522  | Final  | 2017-10-15 | Östsvenska Mästerskapen DM/JDM |
| 04:51.17 | 522  | Final  | 2017-02-04 | NUSS Yngre (25m) 2017          |
| 04:50.99 | 523  | Final  | 2016-11-27 | Höstsimiaden 2016              |
| 04:48.56 | 536  | Final  | 2017-05-28 | Vårsimiaden Regionsfinal 2017  |
| 04:46.00 | 551  | Final  | 2017-10-01 | LeWa Sport Cup                 |
| 04:44.60 | 559  | Final  | 2018-04-21 | KM 2                           |