

Lisa Nystrand

Se detaljerad information och personbästatider

Gren: 200m Bröstsimm (25) Personbästa: 02:22.69 AQUA-poäng: 838 Datum: 2023-12-07 Tävling: LEN: European Short Course Championships

Tid	AQUA	Omgång	Datum	Tävling
02:34.77	657	Final	2018-11-15	SM/JSM (25m) 2018
02:33.60	672	Final	2019-10-19	Jöns Svanbergssimmet 25m 2019
02:33.12	678	Final	2019-10-05	DM-JDM (25m) MSSF 2019
02:32.78	683	Final	2020-09-27	Swedish Swim Games
02:32.65	685	Final	2019-09-29	Swedish Swim Games
02:32.41	688	Final	2020-12-11	Väsby Covidrace
02:32.19	691	Final	2020-06-07	The OG Games
02:31.71	697	Final	2019-11-29	Nordic Swimming Championships
02:30.94	708	Final	2021-11-14	Sum-Sim regionfinal Stockholm
02:30.82	710	Final	2021-12-12	Sum-Sim riksfinal 2021
02:30.06	721	Final	2022-10-23	DM 25m 2022
02:29.15	734	Final	2022-09-25	Swedish Swim Games 2022 - Grand Prix 1
02:28.66	741	Final	2021-11-25	SM/JSM (25m) 2021
02:27.64	757	Final	2022-10-30	Ystad Grand Prix 2 / Swedish Grand Prix
02:27.52	759	Final	2022-11-12	Sum-Sim regionfinal 2022-Stockholm
02:27.33	762	Final	2023-09-24	Swedish Swim Games 2023 - Grand Prix 1
02:26.22	779	Final	2023-10-29	Ystad Grand Prix 2 / Swedish Grand Prix
02:25.04	798	Final	2023-11-23	SM/JSM (25m) 2023
02:24.77	803	Final	2022-12-17	Sum-Sim riksfinal 2022
02:24.49	807	Final	2022-11-23	SM/JSM (25M) 2022