

Lisa Nystrand

Se detaljerad information och personbästatider

Gren: 100m Ryggswim (25) Personbästa: 01:00.78 AQUA-poäng: 736 Datum: 2022-11-26 Tävling: SM/JSM (25M) 2022

Tid	AQUA	Omgång	Datum	Tävling
01:03.33	651	Final	2021-11-14	Sum-Sim regionfinal Stockholm
01:03.17	656	Final	2021-11-26	SM/JSM (25m) 2021
01:01.99	694	Final	2021-12-11	Sum-Sim riksfinal 2021
01:02.06	691	Final	2021-12-12	Sum-Sim riksfinal 2021
01:01.44	713	Final	2022-11-12	Sum-Sim regionfinal 2022-Stockholm
01:01.78	701	Final	2022-11-13	Sum-Sim regionfinal 2022-Stockholm
01:01.12	724	Final	2022-11-26	SM/JSM (25M) 2022
01:00.78	736	Final	2022-11-26	SM/JSM (25M) 2022
01:01.20	721	Final	2022-12-11	Nordic Championships
01:01.42	713	Final	2022-12-17	Sum-Sim riksfinal 2022
01:01.14	723	Final	2022-12-18	Sum-Sim riksfinal 2022
01:02.09	690	Final	2023-09-24	Swedish Swim Games 2023 - Grand Prix 1
01:02.15	688	Final	2023-09-24	Swedish Swim Games 2023 - Grand Prix 1
01:01.61	707	Final	2023-11-24	SM/JSM (25m) 2023
01:02.03	692	Final	2023-11-26	SM/JSM (25m) 2023
01:01.24	720	Final	2023-11-26	SM/JSM (25m) 2023