

Lisa Nystrand

Se detaljerad information och personbästatider

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

Tid	AQUA	Omgång	Datum	Tävling
01:02.03	692	Final	2023-11-26	SM/JSM (25m) 2023
01:03.91	638	Final	2019-11-10	Sum-Sim (25m) 2019 regionfinal Mellansvenska
01:03.48	646	Final	2021-10-23	DM 25m 2021
01:03.33	651	Final	2021-11-14	Sum-Sim regionfinal Stockholm
01:04.10	632	Final	2020-02-02	NUSS Äldre (25m) 2020
01:04.24	628	Final	2019-11-15	SM/JSM (25m) 2019
01:03.14	662	Final	2019-12-08	Sum-Sim (25m) 2019 riksfinal
01:02.69	671	Final	2021-11-13	Sum-Sim regionfinal Stockholm
01:04.68	615	Final	2019-10-19	Jöns Svanbergssimmet 25m 2019
01:02.09	690	Final	2023-09-24	Swedish Swim Games 2023 - Grand Prix 1
01:02.06	691	Final	2021-12-12	Sum-Sim riksfinal 2021
01:00.78	736	Final	2022-11-26	SM/JSM (25M) 2022
01:01.99	694	Final	2021-12-11	Sum-Sim riksfinal 2021
01:01.78	701	Final	2022-11-13	Sum-Sim regionfinal 2022-Stockholm
01:45.17	144	Final	2014-09-07	Arena-Open
01:01.44	713	Final	2022-11-12	Sum-Sim regionfinal 2022-Stockholm
01:01.42	713	Final	2022-12-17	Sum-Sim riksfinal 2022
01:01.24	720	Final	2023-11-26	SM/JSM (25m) 2023
01:01.20	721	Final	2022-12-11	Nordic Championships
01:01.14	723	Final	2022-12-18	Sum-Sim riksfinal 2022