

Lisa Nystrand

Se detaljerad information och personbästatider

Gren: 100m Ryggswim (50) Personbästa: 01:04.00 AQUA-poäng: 723 Datum: 2023-05-07 Tävling: Acropolis Swim Open 2023

Tid	AQUA	Omgång	Datum	Tävling
01:05.57	668	Final	2024-05-11	Jöns Svanbergssimmet 50m 2024
01:05.01	690	Final	2023-05-07	Acropolis Swim Open 2023
01:04.00	723	Final	2023-05-07	Acropolis Swim Open 2023
01:04.42	709	Final	2023-04-09	Speedo Helsinki Swim Meet
01:04.33	712	Final	2023-03-25	Västerås Meet 2023
01:04.25	714	Final	2023-03-12	Swedish Grand Prix 2023
01:04.79	697	Final	2023-03-12	Swedish Grand Prix 2023
01:04.87	694	Final	2023-02-05	Vinterneptuniaden 2023 (50m)
01:05.35	679	Final	2022-07-16	Sum-Sim (50m) 2022
01:06.06	657	Final	2022-07-16	Sum-Sim (50m) 2022
01:05.53	673	Final	2022-07-10	European Junior Swimming Championships
01:05.47	675	Final	2022-06-11	DM och St Erikssimmet Stockholm (50m)
01:04.83	695	Final	2022-03-26	Västerås Meet 2022
01:04.36	711	Final	2022-03-12	Swedish Grand Prix 2022
01:04.57	704	Final	2022-03-12	Swedish Grand Prix 2022
01:05.29	685	Final	2021-07-11	LEN European Junior Swimming Championships
01:05.70	672	Final	2021-07-07	LEN European Junior Swimming Championships
01:07.16	629	Final	2020-03-08	Ungdoms GP 3 (50m) 2019-2020 Eskilstuna
01:06.95	635	Final	2020-02-16	Järfälla Nationella 2020
01:07.82	625	Final	2019-06-30	SM/Para-SM/JSM (50m) 2019