

Lisa Nystrand

Se detaljerad information och personbästatider

Gren: 200m Medley (25) Personbästa: 02:09.05 AQUA-poäng: 841 Datum: 2023-12-08 Tävling: LEN: European Short Course Championships

Tid	AQUA	Omgång	Datum	Tävling
02:21.49	638	Final	2019-02-03	NUSS Yngre (25m)
02:20.28	655	Final	2018-11-14	SM/JSM (25m) 2018
02:20.11	657	Final	2019-02-23	Falu SkinsGames 2019
02:20.08	658	Final	2019-10-19	Jöns Svanbergssimmet 25m 2019
02:19.77	662	Final	2019-11-13	SM/JSM (25m) 2019
02:19.48	666	Final	2018-12-15	Sum-Sim (25m) 2018 riksfinal
02:18.81	676	Final	2020-09-26	Swedish Swim Games
02:18.63	679	Final	2020-09-26	Swedish Swim Games
02:18.57	680	Final	2019-11-09	Sum-Sim (25m) 2019 regionfinal Mellansvenska
02:18.46	681	Final	2019-10-06	DM-JDM (25m) MSSF 2019
02:18.47	681	Final	2019-09-28	Swedish Swim Games
02:18.40	682	Final	2019-09-28	Swedish Swim Games
02:18.44	682	Final	2020-11-01	Söndagsrace 3 2020
02:18.10	687	Final	2020-02-22	FaluSkinsGames 2020
02:17.99	688	Final	2019-12-01	Nordic Swimming Championships
02:17.55	695	Final	2019-11-13	SM/JSM (25m) 2019
02:16.55	710	Final	2020-12-10	Väsby Covidrace
02:16.39	713	Final	2020-06-07	The OG Games
02:16.16	716	Final	2020-02-01	NUSS Äldre (25m) 2020
02:16.10	717	Final	2022-09-24	Swedish Swim Games 2022 - Grand Prix 1