

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
02:14.53	743	Final	2021-11-05	LEN European Short Course Swimming Championships
02:09.05	841	Final	2023-12-08	LEN: European Short Course Championships
02:12.31	781	Final	2023-09-23	Swedish Swim Games 2023 - Grand Prix 1
02:14.40	745	Final	2022-09-10	Simkampen 2022
02:14.54	743	Final	2022-11-12	Sum-Sim regionfinal 2022-Stockholm
02:13.73	756	Final	2021-09-25	Swedish Swim Games - Grand Prix 1
02:15.57	726	Final	2021-10-23	DM 25m 2021
02:13.46	761	Final	2022-12-17	Sum-Sim riksfinal 2022
02:15.28	730	Final	2022-10-23	DM 25m 2022
02:15.80	722	Final	2019-12-01	Nordic Swimming Championships
02:12.82	772	Final	2022-09-24	Swedish Swim Games 2022 - Grand Prix 1
02:12.60	776	Final	2022-10-29	Ystad Grand Prix 2 / Swedish Grand Prix
02:12.31	781	Final	2021-11-24	SM/JSM (25m) 2021
02:11.79	790	Final	2022-11-24	SM/JSM (25M) 2022
02:16.16	716	Final	2020-02-01	NUSS Äldre (25m) 2020
02:11.40	797	Final	2023-10-28	Ystad Grand Prix 2 / Swedish Grand Prix
02:15.29	730	Final	2019-12-07	Sum-Sim (25m) 2019 riksfinal
02:10.61	812	Final	2023-12-09	LEN: European Short Course Championships
03:13.19	259	Final	2015-10-10	Ungdoms GP 4 Falun 2015
02:10.28	818	Final	2022-12-12	Nordic Championships