

Lisa Nystrand

Se detaljerad information och personbästatider

Gren: 400m Medley (25) Personbästa: 04:37.07 AQUA-poäng: 816 Datum: 2023-12-05 Tävling: LEN: European Short Course Championships

Tid	AQUA	Omgång	Datum	Tävling
05:00.38	640	Final	2018-10-20	DM-JDM (25m) MSSF 2018
05:02.88	624	Final	2018-10-07	Jöns Svanberg 25m
05:08.02	594	Final	2019-01-06	Palles Minne TYR Cup 2019
06:09.68	345	Final	2016-10-22	Ungdoms GP 4 2016 Falun
04:42.94	766	Final	2021-11-28	SM/JSM (25m) 2021
04:37.12	815	Final	2023-09-22	Swedish Swim Games 2023 - Grand Prix 1
04:37.14	815	Final	2023-11-26	SM/JSM (25m) 2023
04:37.88	809	Final	2023-10-27	Ystad Grand Prix 2 / Swedish Grand Prix
04:38.09	807	Final	2022-12-11	Nordic Championships
04:39.03	799	Final	2022-11-27	SM/JSM (25M) 2022
04:41.13	781	Final	2021-09-24	Swedish Swim Games - Grand Prix 1
04:42.02	774	Final	2022-12-18	Sum-Sim riksfinal 2022
04:42.84	767	Final	2021-10-08	FINA: World Cup No 2 - 2021 Series
04:48.07	726	Final	2020-12-11	Väsby Covidrace
04:42.97	766	Final	2021-12-11	Sum-Sim riksfinal 2021
04:43.01	765	Final	2022-10-28	Ystad Grand Prix 2 / Swedish Grand Prix
04:43.82	759	Final	2022-11-13	Sum-Sim regionfinal 2022-Stockholm
04:44.49	754	Final	2021-11-13	Sum-Sim regionfinal Stockholm
04:45.62	745	Final	2020-02-02	NUSS Äldre (25m) 2020
04:45.99	742	Final	2022-09-23	Swedish Swim Games 2022 - Grand Prix 1