

## Lisa Nystrand

Se detaljerad information och personbästatider

Gren: 400m Medley (50) Personbästa: 04:45.06 AQUA-poäng: 815 Datum: 2023-07-04 Tävling: LEN: European Junior Championships

| Tid      | AQUA | Omgång | Datum      | Tävling                                    |
|----------|------|--------|------------|--------------------------------------------|
| 04:50.04 | 774  | Final  | 2021-07-06 | LEN European Junior Swimming Championships |
| 04:49.81 | 776  | Final  | 2023-03-10 | Swedish Grand Prix 2023                    |
| 04:49.64 | 777  | Final  | 2022-03-26 | Västerås Meet 2022                         |
| 04:49.56 | 778  | Final  | 2022-03-11 | Swedish Grand Prix 2022                    |
| 04:49.53 | 774  | Final  | 2024-04-01 | Speedo Helsinki Swim Meet 2024             |
| 04:49.53 | 778  | Final  | 2023-12-01 | Qualification Meet                         |
| 04:49.25 | 780  | Final  | 2021-04-09 | Malmsten Swim Open Stockholm 2021          |
| 04:49.18 | 781  | Final  | 2023-05-05 | Acropolis Swim Open 2023                   |
| 04:49.15 | 781  | Final  | 2022-07-05 | European Junior Swimming Championships     |
| 04:48.92 | 779  | Final  | 2024-04-06 | Malmsten Swim Open Stockholm 2024          |
| 04:48.82 | 784  | Final  | 2023-07-04 | LEN: European Junior Championships         |
| 04:48.68 | 785  | Final  | 2023-12-01 | Qualification Meet                         |
| 04:48.63 | 785  | Final  | 2023-06-10 | DM & St Erikssimmet (50m) 2023             |
| 04:47.65 | 793  | Final  | 2022-07-05 | European Junior Swimming Championships     |
| 04:47.47 | 795  | Final  | 2021-07-06 | LEN European Junior Swimming Championships |
| 04:47.41 | 795  | Final  | 2023-06-16 | AdO Cup 2023                               |
| 04:45.06 | 815  | Final  | 2023-07-04 | LEN: European Junior Championships         |