

## 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                            |
|----------|------|--------|------------|------------------------------------|
| 04:49.81 | 776  | Final  | 2023-03-10 | Swedish Grand Prix 2023            |
| 04:54.96 | 736  | Final  | 2023-04-14 | Malmsten Swim Open Stockholm 2023  |
| 04:50.84 | 768  | Final  | 2023-04-14 | Malmsten Swim Open Stockholm 2023  |
| 04:53.21 | 749  | Final  | 2023-05-05 | Acropolis Swim Open 2023           |
| 04:49.18 | 781  | Final  | 2023-05-05 | Acropolis Swim Open 2023           |
| 04:48.63 | 785  | Final  | 2023-06-10 | DM & St Erikssimmet (50m) 2023     |
| 04:47.41 | 795  | Final  | 2023-06-16 | AdO Cup 2023                       |
| 04:48.82 | 784  | Final  | 2023-07-04 | LEN: European Junior Championships |
| 04:45.06 | 815  | Final  | 2023-07-04 | LEN: European Junior Championships |
| 04:49.53 | 778  | Final  | 2023-12-01 | Qualification Meet                 |
| 04:48.68 | 785  | Final  | 2023-12-01 | Qualification Meet                 |
| 04:50.10 | 769  | Final  | 2024-02-17 | Järfälla Nationella 2024           |
| 04:54.11 | 738  | Final  | 2024-04-01 | Speedo Helsinki Swim Meet 2024     |
| 04:49.53 | 774  | Final  | 2024-04-01 | Speedo Helsinki Swim Meet 2024     |
| 04:52.09 | 754  | Final  | 2024-04-06 | Malmsten Swim Open Stockholm 2024  |
| 04:48.92 | 779  | Final  | 2024-04-06 | Malmsten Swim Open Stockholm 2024  |
| 04:53.26 | 745  | Final  | 2024-05-12 | Jöns Svanbergssimmet 50m 2024      |