

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
04:53.26	745	Final	2024-05-12	Jöns Svanbergssimmet 50m 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
04:49.53	774	Final	2024-04-01	Speedo Helsinki Swim Meet 2024
04:54.11	738	Final	2024-04-01	Speedo Helsinki Swim Meet 2024
04:50.10	769	Final	2024-02-17	Järfälla Nationella 2024
04:48.68	785	Final	2023-12-01	Qualification Meet
04:49.53	778	Final	2023-12-01	Qualification Meet
04:45.06	815	Final	2023-07-04	LEN: European Junior Championships
04:48.82	784	Final	2023-07-04	LEN: European Junior Championships
04:47.41	795	Final	2023-06-16	AdO Cup 2023
04:48.63	785	Final	2023-06-10	DM & St Erikssimmet (50m) 2023
04:49.18	781	Final	2023-05-05	Acropolis Swim Open 2023
04:53.21	749	Final	2023-05-05	Acropolis Swim Open 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
04:49.81	776	Final	2023-03-10	Swedish Grand Prix 2023
04:50.40	771	Final	2022-08-13	LEN: European Championships
05:01.59	688	Final	2022-07-16	Sum-Sim (50m) 2022
04:52.33	756	Final	2022-07-16	Sum-Sim (50m) 2022