

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
04:49.25	780	Final	2021-04-09	Malmsten Swim Open Stockholm 2021
04:50.51	770	Final	2021-06-05	Järfälla Nationella 2021
04:50.44	771	Final	2021-06-26	58. Sette Colli
04:50.71	769	Final	2022-04-10	Malmsten Swim Open Stockholm 2022
04:50.10	769	Final	2024-02-17	Järfälla Nationella 2024
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
04:50.84	768	Final	2023-04-14	Malmsten Swim Open Stockholm 2023
04:45.06	815	Final	2023-07-04	LEN: European Junior Championships
04:49.18	781	Final	2023-05-05	Acropolis Swim Open 2023
04:52.67	753	Final	2020-02-15	Järfälla Nationella 2020
04:48.92	779	Final	2024-04-06	Malmsten Swim Open Stockholm 2024
04:52.33	756	Final	2022-07-16	Sum-Sim (50m) 2022
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
04:53.26	745	Final	2024-05-12	Jöns Svanbergssimmet 50m 2024