

## Moa Holmquist

Se detaljerad information och personbästatider

Gren: 400m Frisim (25) Personbästa: 04:14.39 AQUA-poäng: 777 Datum: 2022-10-30 Tävling: Ystad Grand Prix 2 / Swedish Grand Prix

| Tid      | AQUA | Omgång | Datum      | Tävling                                   |
|----------|------|--------|------------|-------------------------------------------|
| 04:15.26 | 769  | Final  | 2020-11-07 | JSS Open 7 2020                           |
| 04:39.47 | 590  | Final  | 2019-01-26 | UGP2 2018-2019                            |
| 04:30.11 | 649  | Final  | 2019-12-08 | Sum-Sim (25m) 2019 riksfinal              |
| 05:33.84 | 346  | Final  | 2015-11-15 | Sum-Sim region 4                          |
| 04:28.65 | 660  | Final  | 2019-10-06 | DM/JDM (25m) 2019 Östsvenska              |
| 04:28.22 | 663  | Final  | 2019-10-12 | UGP 1                                     |
| 04:27.66 | 667  | Final  | 2019-11-10 | Sum-Sim (25m) 2019 regionfinal Östsvenska |
| 04:27.10 | 671  | Final  | 2020-02-01 | NUSS Äldre (25m) 2020                     |
| 05:43.69 | 317  | Final  | 2015-10-20 | Testtävling 2 25m                         |
| 04:19.83 | 729  | Final  | 2023-02-04 | NUSS Äldre 25m 2023                       |
| 04:18.12 | 744  | Final  | 2021-12-03 | Nordic Swimming Championships 2021        |
| 04:17.50 | 749  | Final  | 2020-09-19 | Speedo Swim 2020                          |
| 04:16.91 | 754  | Final  | 2020-10-17 | DM/JDM 2020                               |
| 04:16.87 | 755  | Final  | 2021-09-26 | Swedish Swim Games - Grand Prix 1         |
| 04:15.70 | 765  | Final  | 2022-11-23 | SM/JSM (25M) 2022                         |
| 04:14.39 | 777  | Final  | 2022-10-30 | Ystad Grand Prix 2 / Swedish Grand Prix   |
| 04:20.30 | 725  | Final  | 2022-09-25 | Swedish Swim Games 2022 - Grand Prix 1    |
| 04:20.48 | 724  | Final  | 2021-09-26 | Swedish Swim Games - Grand Prix 1         |
| 04:20.62 | 723  | Final  | 2021-10-31 | Ystad Grand Prix 2                        |
| 04:21.40 | 716  | Final  | 2022-11-23 | SM/JSM (25M) 2022                         |