

## Pontus Hake

Se detaljerad information och personbästatider

Gren: 50m Ryggsim (25) Personbästa: 00:32.07 AQUA-poäng: 332 Datum: 2019-12-15 Tävling: KM 2019

| Tid      | AQUA | Omgång | Datum      | Tävling                |
|----------|------|--------|------------|------------------------|
| 00:49.88 | 93   | Final  | 2013-03-02 | US-Cupen               |
| 00:47.99 | 104  | Final  | 2013-05-25 | Alingsås Knatterace    |
| 00:45.57 | 122  | Final  | 2013-09-06 | SEFA Internationell    |
| 00:45.94 | 119  | Final  | 2013-09-22 | Sandaredssprinten 2013 |
| 00:46.02 | 118  | Final  | 2013-09-22 | Sandaredssprinten 2013 |
| 00:44.60 | 130  | Final  | 2013-11-30 | Barracuda Race         |
| 00:42.96 | 145  | Final  | 2014-03-02 | Sandaredssimmet 2014   |
| 00:43.47 | 140  | Final  | 2014-03-23 | Öresund Meeting 2014   |
| 00:43.57 | 139  | Final  | 2014-04-06 | SOIS Medley Cup 2014   |
| 00:44.31 | 132  | Final  | 2014-04-27 | Vårsimiaden 2014       |
| 00:42.13 | 154  | Final  | 2014-09-05 | Arena USO 2014         |
| 00:40.47 | 174  | Final  | 2015-01-15 | KM 1                   |
| 00:41.31 | 163  | Final  | 2015-02-28 | Sandaredssimmet 2015   |
| 00:43.07 | 144  | Final  | 2015-03-21 | Späckhuggarsim         |
| 00:40.99 | 167  | Final  | 2015-03-22 | Öresund Meeting 2015   |
| 00:41.63 | 160  | Final  | 2015-09-17 | KM 4                   |
| 00:39.12 | 183  | Final  | 2016-03-05 | Sandaredssimmet 2016   |
| 00:39.47 | 178  | Final  | 2016-04-03 | Öresund Meeting 2016   |
| 00:38.01 | 199  | Final  | 2016-11-17 | KM 5                   |
| 00:37.01 | 216  | Final  | 2017-02-04 | SOIS Medley Cup 2017   |