

## Lucas Bontidean

Se detaljerad information och personbästatider

Gren: 50m Frisim (25) Personbästa: 00:26.25 AQUA-poäng: 458 Datum: 2020-09-05 Tävling: Poseidontävling Mikro-3

| Tid      | AQUA | Omgång | Datum      | Tävling                        |
|----------|------|--------|------------|--------------------------------|
| 00:35.30 | 189  | Final  | 2015-12-13 | KM final 2015                  |
| 00:33.99 | 211  | Final  | 2016-04-10 | Seriesim Division 1 omg 4      |
| 00:35.63 | 183  | Final  | 2016-08-27 | Arena & Poseidon Team Cup 2016 |
| 00:33.37 | 223  | Final  | 2016-09-17 | Seriesim Div 1 Omg 1 160917    |
| 00:32.76 | 236  | Final  | 2016-12-11 | Seriesim div 1                 |
| 00:34.71 | 198  | Final  | 2016-12-11 | KM final 2016                  |
| 00:32.04 | 252  | Final  | 2017-03-25 | Späckhuggarsim                 |
| 00:31.82 | 258  | Final  | 2017-04-29 | Poseidontävling 3              |
| 00:30.84 | 283  | Final  | 2017-08-26 | Arena & Poseidon Team Cup 2017 |
| 00:30.55 | 291  | Final  | 2017-10-08 | YGP 2 Danone Open              |
| 00:31.17 | 274  | Final  | 2017-12-02 | Höstsimiaden                   |
| 00:31.22 | 273  | Final  | 2017-12-17 | KM final 2017                  |
| 00:29.58 | 321  | Final  | 2018-04-22 | Poseidontävling 3              |
| 00:30.09 | 305  | Final  | 2018-05-05 | Vårsimiaden, distrikt          |
| 00:28.79 | 348  | Final  | 2018-09-22 | Speedo Swim Meet 2018          |
| 00:29.11 | 337  | Final  | 2018-10-21 | Ystad Grand Prix 2 TYR Open    |
| 00:28.32 | 366  | Final  | 2018-10-21 | Ystad Grand Prix 2 TYR Open    |
| 00:27.94 | 381  | Final  | 2018-12-09 | KM 2018                        |
| 00:27.10 | 417  | Final  | 2019-12-15 | KM 2019                        |
| 00:26.25 | 458  | Final  | 2020-09-05 | Poseidontävling Mikro-3        |