

## Jacob Glans

Se detaljerad information och personbästatider

Gren: 100m Ryggswim (25) Personbästa: 00:55.98 AQUA-poäng: 643 Datum: 2022-10-29 Tävlings: Ystad Grand Prix 2 / Swedish Grand Prix

| Tid      | AQUA | Omgång | Datum      | Tävlings                                |
|----------|------|--------|------------|-----------------------------------------|
| 00:57.33 | 599  | Final  | 2022-10-22 | DM/JDM/PARA DM                          |
| 00:57.09 | 606  | Final  | 2022-10-29 | Ystad Grand Prix 2 / Swedish Grand Prix |
| 00:55.98 | 643  | Final  | 2022-10-29 | Ystad Grand Prix 2 / Swedish Grand Prix |
| 00:57.15 | 604  | Final  | 2022-11-12 | Sum-Sim regionfinal 2022 Karlshamn      |
| 00:57.22 | 602  | Final  | 2022-11-12 | Sum-Sim regionfinal 2022 Karlshamn      |
| 00:56.03 | 641  | Final  | 2022-11-25 | SM/JSM (25M) 2022                       |
| 00:56.35 | 630  | Final  | 2022-11-25 | SM/JSM (25M) 2022                       |
| 00:56.25 | 634  | Final  | 2022-12-11 | Nordic Championships                    |
| 00:56.18 | 636  | Final  | 2022-12-12 | Nordic Championships                    |
| 00:56.68 | 619  | Final  | 2022-12-12 | Nordic Championships                    |
| 00:56.50 | 625  | Final  | 2022-12-17 | Sum-Sim riksfinal 2022                  |
| 00:56.46 | 627  | Final  | 2022-12-17 | Sum-Sim riksfinal 2022                  |
| 00:57.87 | 582  | Final  | 2023-03-04 | Öresund Meeting 2023                    |
| 00:57.67 | 588  | Final  | 2023-10-21 | DM/JDM/PARA DM                          |
| 00:56.47 | 626  | Final  | 2023-10-28 | Ystad Grand Prix 2 / Swedish Grand Prix |
| 00:56.00 | 642  | Final  | 2023-10-28 | Ystad Grand Prix 2 / Swedish Grand Prix |
| 00:56.02 | 642  | Final  | 2023-11-25 | SM/JSM (25m) 2023                       |
| 00:55.99 | 643  | Final  | 2023-11-25 | SM/JSM (25m) 2023                       |
| 00:56.99 | 609  | Final  | 2024-01-27 | UGP 1                                   |
| 00:56.76 | 617  | Final  | 2024-03-02 | Öresund Meeting 2024                    |