

## Nils Malmberg

Se detaljerad information och personbästatider

Gren: 400m Frisim (50) Personbästa: 04:15.03 AQUA-poäng: 642 Datum: 2023-07-09 Tävling: Bockstendsdoppet 2023

| Tid      | AQUA | Omgång | Datum      | Tävling                           |
|----------|------|--------|------------|-----------------------------------|
| 05:44.29 | 261  | Final  | 2016-06-05 | UGP 3 - 2016                      |
| 05:35.86 | 281  | Final  | 2016-07-01 | Bockstendsdoppet                  |
| 05:24.13 | 312  | Final  | 2017-03-25 | Västerås Meet 2017                |
| 05:05.31 | 374  | Final  | 2017-06-11 | UGP 3 - 2017                      |
| 04:43.19 | 469  | Final  | 2018-03-11 | UGP 3 - 2018                      |
| 04:41.24 | 479  | Final  | 2018-04-22 | Sportringen Swim Meet             |
| 04:42.44 | 473  | Final  | 2018-04-28 | TYR Invite                        |
| 04:48.25 | 445  | Final  | 2018-05-12 | Neptuniaden 2018                  |
| 04:28.69 | 549  | Final  | 2018-06-28 | Sum-Sim (50m) 2018                |
| 04:33.15 | 522  | Final  | 2018-06-28 | Sum-Sim (50m) 2018                |
| 04:37.92 | 496  | Final  | 2019-02-02 | Vinterneptuniaden 2019            |
| 04:39.79 | 486  | Final  | 2019-02-16 | Järfälla Nationella 2019          |
| 04:34.33 | 516  | Final  | 2019-03-10 | UGP3 (Eriksdal)                   |
| 04:36.62 | 503  | Final  | 2019-04-12 | Malmsten Swim Open Stockholm 2019 |
| 04:36.89 | 502  | Final  | 2019-05-25 | DM 2019 Långbana                  |
| 04:21.65 | 595  | Final  | 2019-07-11 | Sum-Sim (50m) 2019                |
| 04:25.85 | 567  | Final  | 2019-07-11 | Sum-Sim (50m) 2019                |
| 04:30.39 | 539  | Final  | 2020-02-01 | Vinterneptuniaden 2020            |
| 04:32.67 | 525  | Final  | 2020-03-08 | UGP 3- Eriksdalsbadet, 2020       |
| 04:33.65 | 520  | Final  | 2020-07-02 | JUM-SIM 2020                      |