

## Oscar Bjering

Se detaljerad information och personbästatider

Gren: 400m Frisim (25) Personbästa: 03:56.76 AQUA-poäng: 720 Datum: 2022-11-24 Tävling: SM/JSM (25M) 2022

| Tid      | AQUA | Omgång | Datum      | Tävling                                 |
|----------|------|--------|------------|-----------------------------------------|
| 04:09.21 | 617  | Final  | 2021-10-10 | Lödde Cup 2021                          |
| 04:08.42 | 623  | Final  | 2022-10-29 | Ystad Grand Prix 2 / Swedish Grand Prix |
| 04:07.13 | 633  | Final  | 2021-10-23 | DM/JDM                                  |
| 04:07.12 | 633  | Final  | 2021-10-30 | Ystad Grand Prix 2                      |
| 04:06.32 | 639  | Final  | 2021-12-19 | Dual Meet                               |
| 04:05.57 | 645  | Final  | 2022-11-24 | SM/JSM (25M) 2022                       |
| 04:05.46 | 646  | Final  | 2022-09-24 | Wadköpingsdoppet 2022                   |
| 04:04.89 | 651  | Final  | 2022-10-22 | DM/JDM 25m VSSF 2022                    |
| 04:03.86 | 659  | Final  | 2022-03-05 | Öresund Meeting 2022                    |
| 04:03.30 | 663  | Final  | 2023-11-22 | SM/JSM (25m) 2023                       |
| 04:02.86 | 667  | Final  | 2021-10-30 | Ystad Grand Prix 2                      |
| 04:00.79 | 684  | Final  | 2021-11-24 | SM/JSM (25m) 2021                       |
| 03:58.63 | 703  | Final  | 2023-11-22 | SM/JSM (25m) 2023                       |
| 03:56.76 | 720  | Final  | 2022-11-24 | SM/JSM (25M) 2022                       |