

## Sofia Frisk

Se detaljerad information och personbästatider

Gren: 200m Medley (25) Personbästa: 02:35.82 AQUA-poäng: 478 Datum: 2019-11-10 Tävling: Sum-Sim (25m) 2019 regionfinal Skåne norra

| Tid      | AQUA | Omgång | Datum      | Tävling                                    |
|----------|------|--------|------------|--------------------------------------------|
| 02:43.16 | 416  | Final  | 2019-09-07 | Arena Poseidon Team Cup                    |
| 03:20.14 | 225  | Final  | 2016-10-08 | Medaljjakt A, T 161008                     |
| 02:53.53 | 346  | Final  | 2017-10-21 | Swedbanks Medaljjakt A, T 1710             |
| 02:49.62 | 370  | Final  | 2017-09-30 | Speedo Swim Meet 2017                      |
| 02:49.03 | 374  | Final  | 2018-08-26 | Rönneracet                                 |
| 02:47.52 | 384  | Final  | 2018-05-05 | Simiaden                                   |
| 02:45.32 | 400  | Final  | 2018-05-20 | Vårsimiaden - Regionfinal                  |
| 02:44.82 | 404  | Final  | 2018-03-10 | Medaljjakt A, T 180310                     |
| 02:44.19 | 408  | Final  | 2018-10-13 | Medaljjakt A, T 181013                     |
| 02:44.10 | 409  | Final  | 2018-03-24 | Öresund Meeting 2018                       |
| 02:43.70 | 412  | Final  | 2018-09-22 | Speedo Swim Meet 2018                      |
| 02:35.82 | 478  | Final  | 2019-11-10 | Sum-Sim (25m) 2019 regionfinal Skåne norra |
| 02:41.27 | 431  | Final  | 2019-10-12 | SwedbankMedaljjakt A, T 191012             |
| 02:40.23 | 439  | Final  | 2019-09-22 | Speedo Swim Meet 2019                      |
| 02:39.87 | 442  | Final  | 2020-09-19 | Speedo Swim Meet 2020                      |
| 02:39.86 | 442  | Final  | 2018-11-10 | Sum-Sim (25m) 2018 regionfinal Skåne norra |
| 02:38.99 | 450  | Final  | 2021-05-08 | Temporärrace 11                            |
| 02:38.68 | 452  | Final  | 2019-12-07 | Sim à Lund - GUL Challenge                 |
| 02:38.55 | 454  | Final  | 2020-06-28 | Riksmästerskap (25m) 2020 Helsingborg      |
| 02:37.31 | 464  | Final  | 2019-03-23 | Öresund Meeting 2019                       |