

## Viggo Holst

Se detaljerad information och personbästatider

Gren: 800m Frisim (25) Personbästa: 08:10.85 AQUA-poäng: 737 Datum: 2023-11-23 Tävling: SM/JSM (25m) 2023

| Tid      | AQUA | Omgång | Datum      | Tävling                                 |
|----------|------|--------|------------|-----------------------------------------|
| 10:36.08 | 338  | Final  | 2019-01-28 | Distanscupen 1 2019                     |
| 09:18.41 | 500  | Final  | 2021-03-27 | Temporärrace 3 210327                   |
| 09:14.07 | 512  | Final  | 2020-09-20 | Speedo Swim Meet 2020                   |
| 09:12.54 | 516  | Final  | 2021-10-23 | DM Sjöbo                                |
| 09:10.86 | 521  | Final  | 2020-10-11 | UGP1_Hässleholm                         |
| 09:01.57 | 548  | Final  | 2021-10-03 | Speedo Swim Meet 2021                   |
| 08:48.34 | 591  | Final  | 2021-11-14 | Sum-Sim Regionfinal 2021 Ängelholm      |
| 08:46.13 | 598  | Final  | 2022-02-14 | Distanscupen 1 2022                     |
| 08:42.21 | 612  | Final  | 2021-12-12 | Sum-Sim riksfinal 2021                  |
| 08:39.98 | 620  | Final  | 2022-10-22 | DM/JDM/PARA DM                          |
| 08:35.93 | 634  | Final  | 2022-12-16 | Sum-Sim riksfinal 2022                  |
| 08:29.81 | 657  | Final  | 2023-02-13 | Distanscupen 1 2023                     |
| 08:23.84 | 681  | Final  | 2024-02-12 | Distanscupen 1 2024                     |
| 08:20.67 | 694  | Final  | 2023-10-29 | Ystad Grand Prix 2 / Swedish Grand Prix |
| 08:10.85 | 737  | Final  | 2023-11-23 | SM/JSM (25m) 2023                       |