

## Lilly Frost

Se detaljerad information och personbästatider

Gren: 200m Medley (25) Personbästa: 02:29.74 AQUA-poäng: 538 Datum: 2024-05-04 Tävling: Seriesim Div 1 omg 2 2024

| Tid      | AQUA | Omgång | Datum      | Tävling                                 |
|----------|------|--------|------------|-----------------------------------------|
| 02:29.74 | 538  | Final  | 2024-05-04 | Seriesim Div 1 omg 2 2024               |
| 02:32.59 | 509  | Final  | 2022-11-12 | Sum-Sim regionfinal 2022 Karlshamn      |
| 02:32.69 | 508  | Final  | 2022-12-17 | Sum-Sim riksfinal 2022                  |
| 02:33.57 | 499  | Final  | 2023-09-23 | GTI Cup 2023                            |
| 02:33.69 | 498  | Final  | 2022-10-16 | UGP 3                                   |
| 02:33.85 | 496  | Final  | 2023-10-28 | Ystad Grand Prix 2 / Swedish Grand Prix |
| 02:34.55 | 490  | Final  | 2023-09-23 | GTI Cup 2023                            |
| 02:35.68 | 479  | Final  | 2023-03-04 | Öresund Meeting 2023                    |
| 02:35.81 | 478  | Final  | 2023-09-02 | Arena & Poseidon Team Cup (PTC)         |
| 02:36.84 | 469  | Final  | 2021-11-13 | Sum-Sim regionfinal Kristianstad        |
| 02:37.14 | 466  | Final  | 2023-09-02 | Arena & Poseidon Team Cup (PTC)         |
| 02:39.10 | 449  | Final  | 2021-10-17 | UGP 3                                   |
| 02:41.05 | 433  | Final  | 2021-06-20 | Lödde Cup Summer Edition                |
| 02:45.50 | 399  | Final  | 2020-10-10 | UGP 1 Löddeköpinge                      |
| 02:57.02 | 326  | Final  | 2020-04-13 | Vellinge Easter Race                    |