

## Sheila Hedman

Se detaljerad information och personbästatider

Gren: 50m Frisim (25) Personbästa: 00:31.47 AQUA-poäng: 386 Datum: 2022-11-13 Tävling: Sum-Sim regionfinal 2022-Stockholm

| Tid      | AQUA | Omgång | Datum      | Tävling                            |
|----------|------|--------|------------|------------------------------------|
| 00:49.25 | 105  | Final  | 2016-11-26 | Höstsimiaden                       |
| 00:48.62 | 109  | Final  | 2017-01-21 | Neptuns KM                         |
| 00:45.73 | 131  | Final  | 2017-03-12 | Nya Arena Vilunda Knatte 2017      |
| 00:41.60 | 174  | Final  | 2017-09-24 | Arne Borgs minne TYR sprint        |
| 00:39.67 | 201  | Final  | 2018-02-17 | Tyresö Knatte                      |
| 00:35.10 | 278  | Final  | 2018-11-24 | Neptuns KM                         |
| 00:34.65 | 289  | Final  | 2018-12-01 | Höstsimiaden 2018, SPIF            |
| 00:34.40 | 296  | Final  | 2018-09-30 | Arne Borgs minne TYR sprint        |
| 00:34.17 | 302  | Final  | 2018-10-20 | HEAD to Head 2018                  |
| 00:33.85 | 310  | Final  | 2019-08-24 | Neptuns KM 2019                    |
| 00:33.67 | 315  | Final  | 2023-04-01 | Seriesim delt 2, 2023              |
| 00:33.18 | 330  | Final  | 2019-10-19 | Polisen HEAD to Head 2019          |
| 00:33.07 | 333  | Final  | 2021-02-20 | Tempo Race 1                       |
| 00:32.47 | 352  | Final  | 2021-08-21 | Neptuns KM 2021                    |
| 00:32.31 | 357  | Final  | 2020-10-10 | Neppan Micro II                    |
| 00:31.70 | 378  | Final  | 2021-12-11 | Åkeshov Invitational               |
| 00:31.47 | 386  | Final  | 2022-11-13 | Sum-Sim regionfinal 2022-Stockholm |