

## Mika Rönndahl

Se detaljerad information och personbästatider

Gren: 50m Frisim (25) Personbästa: 00:29.70 AQUA-poäng: 460 Datum: 2022-11-26 Tävling: Swedbanks Medaljjakt EM 221126

| Tid      | AQUA | Omgång | Datum      | Tävling                                 |
|----------|------|--------|------------|-----------------------------------------|
| 00:40.18 | 193  | Final  | 2017-03-25 | Öresund Meeting 2017                    |
| 00:39.48 | 203  | Final  | 2017-04-29 | Medaljjakt A, T 170429                  |
| 00:39.17 | 208  | Final  | 2017-05-07 | Simiaden                                |
| 00:38.42 | 221  | Final  | 2017-12-03 | Höstsimiaden 2017                       |
| 00:36.71 | 253  | Final  | 2017-11-25 | Seriesim Div 2 omg 2 171125             |
| 00:36.22 | 264  | Final  | 2018-01-21 | Seriesim div 1 omg 3                    |
| 00:33.98 | 307  | Final  | 2018-10-07 | Upp till 13                             |
| 00:33.09 | 332  | Final  | 2019-09-21 | Speedo Swim Meet 2019                   |
| 00:33.09 | 332  | Final  | 2019-05-04 | Vårsimiade Distrikt 2019                |
| 00:33.01 | 335  | Final  | 2019-09-07 | Arena Poseidon Team Cup                 |
| 00:32.18 | 361  | Final  | 2019-05-25 | Vårsimiaden Region                      |
| 00:31.44 | 387  | Final  | 2019-12-07 | Adventsdoppet 2,0 191207                |
| 00:30.86 | 410  | Final  | 2023-10-28 | Ystad Grand Prix 2 / Swedish Grand Prix |
| 00:29.95 | 448  | Final  | 2023-03-04 | Öresund Meeting 2023                    |
| 00:29.83 | 454  | Final  | 2023-11-12 | Sum-Sim regionfinal 2023 Ängelholm      |
| 00:29.70 | 460  | Final  | 2022-11-26 | Swedbanks Medaljjakt EM 221126          |