

## John Åhlund

Se detaljerad information och personbästatider

Gren: 50m Bröstsims (25) Personbästa: 00:38.95 AQUA-poäng: 272 Datum: 2021-11-13 Tävling: Sum-Sim regionfinal Göteborg

| Tid      | AQUA | Omgång | Datum      | Tävling                                         |
|----------|------|--------|------------|-------------------------------------------------|
| 00:38.95 | 272  | Final  | 2021-11-13 | Sum-Sim regionfinal Göteborg                    |
| 00:39.11 | 259  | Final  | 2023-04-29 | Älgadoppet 2023                                 |
| 00:39.46 | 252  | Final  | 2023-09-10 | Varberg Swim Games 2023                         |
| 00:39.69 | 248  | Final  | 2023-09-23 | Loranga Cup 2023                                |
| 00:40.48 | 242  | Final  | 2022-04-30 | Älgadoppet 2022                                 |
| 00:43.60 | 194  | Final  | 2020-09-20 | Loranga Cup                                     |
| 00:44.65 | 180  | Final  | 2019-11-24 | Barracuda Race - Henning Degerman Memorial 2019 |
| 00:45.99 | 165  | Final  | 2019-09-08 | Sandaredssprinten 2019                          |
| 00:47.30 | 152  | Final  | 2019-02-02 | Skene SOIS Medley Cup                           |
| 00:50.68 | 123  | Final  | 2018-12-08 | Team Race Meet TYR 2018                         |
| 00:55.26 | 95   | Final  | 2018-10-07 | Burger King Swim                                |
| 00:56.29 | 90   | Final  | 2018-03-03 | US-Cupen 2018                                   |