

## Sandra Nord-Holmegard

Se detaljerad information och personbästatider

Gren: 400m Medley (25) Personbästa: 05:07.48 AQUA-poäng: 611 Datum: 2005-12-01 Tävling: JSM 2005 (25m)

| Tid      | AQUA | Omgång | Datum      | Tävling              |
|----------|------|--------|------------|----------------------|
| 05:07.48 | 611  | Final  | 2005-12-01 | JSM 2005 (25m)       |
| 05:08.08 | 608  | Final  | 2005-10-29 | JDM Skåne 2005 (25m) |
| 05:13.34 | 578  | Final  | 2005-09-23 | Øresund Swim Cup     |
| 05:14.69 | 570  | Final  | 2004-10-31 | SUMSIM REGION        |
| 05:14.72 | 570  | Final  | 2004-11-06 | JDM 2004 kortbana    |
| 05:17.02 | 558  | Final  | 2006-01-15 | JDM 2006 (25m)       |
| 05:17.17 | 557  | Final  | 2003-11-09 | Junior DM            |
| 05:17.56 | 555  | Final  | 2003-09-21 | Regionsmatch         |
| 05:18.95 | 548  | Final  | 2006-02-02 | JSM (25m)            |
| 05:19.32 | 546  | Final  | 2005-03-10 | SM (25m) 2005        |
| 05:20.04 | 542  | Final  | 2005-10-03 | Allskånskan          |
| 05:20.09 | 542  | Final  | 2004-09-05 | Regionmatch          |
| 05:21.59 | 534  | Final  | 2005-02-12 | DM                   |
| 05:21.80 | 533  | Final  | 2003-09-25 | Öresunds Swim Cup    |
| 05:23.51 | 525  | Final  | 2003-09-22 | Allskånskan          |
| 05:23.63 | 524  | Final  | 2004-09-26 | Grand Prix 3/VM-kval |
| 05:24.29 | 521  | Final  | 2004-11-25 | JSM (25m)            |
| 05:36.20 | 468  | Final  | 2002-10-27 | SUM-SIM REG          |
| 05:38.96 | 456  | Final  | 2002-10-06 | UGP 4                |