

Simon Frank

Se detaljerad information och personbästatider

Gren: 400m Medley (50) Personbästa: 04:23.41 AQUA-poäng: 793 Datum: 2016-04-01 Tävling: Swim Open Stockholm

Tid	AQUA	Omgång	Datum	Tävling
04:23.41	793	Final	2016-04-01	Swim Open Stockholm
04:25.42	775	Final	2016-04-01	Swim Open Stockholm
04:26.13	769	Final	2014-07-03	SM/JSM (50m) 2014
04:28.00	753	Final	2012-06-29	SM/JSM (50m) 2012
04:28.06	752	Final	2013-07-04	SM/JSM (50m) 2013
04:28.26	751	Final	2015-07-02	SM/JSM (50m) 2015
04:28.29	750	Final	2012-07-27	Campeonatos Nacionais de Juvenis e Absolutos de Portugal - OPEN
04:30.27	734	Final	2014-07-03	SM/JSM (50m) 2014
04:31.28	726	Final	2016-01-16	2016 ST TXLA Arena Pro Swim Series
04:31.39	725	Final	2016-07-07	SM/JSM (50m) 2016
04:32.07	719	Final	2016-01-16	2016 ST TXLA Arena Pro Swim Series
04:33.06	712	Final	2011-07-03	SM/JSM (50m) 2011
04:33.15	711	Final	2010-07-18	SM/JSM (50m) 2010
04:33.62	707	Final	2012-07-27	Campeonatos Nacionais de Juvenis e Absolutos de Portugal - OPEN
04:33.93	705	Final	2015-07-02	SM/JSM (50m) 2015
04:35.69	691	Final	2010-02-13	Grand Prix 2
04:36.94	682	Final	2012-06-29	SM/JSM (50m) 2012
04:37.21	680	Final	2016-07-07	SM/JSM (50m) 2016
04:37.73	676	Final	2011-07-03	SM/JSM (50m) 2011
04:37.82	676	Final	2013-07-04	SM/JSM (50m) 2013