

## Pontus Palmqvist

Se detaljerad information och personbästatider

Gren: 200m Ryggsim (25) Personbästa: 01:57.55 AQUA-poäng: 735 Datum: 2015-11-06 Tävling: SM/JSM (25m) 2015

| Tid      | AQUA | Omgång | Datum      | Tävling                       |
|----------|------|--------|------------|-------------------------------|
| 02:54.16 | 226  | Final  | 2004-09-04 | UGP 3 / Preem Cup             |
| 02:45.58 | 263  | Final  | 2004-11-27 | Barracuda Race                |
| 02:35.71 | 316  | Final  | 2005-02-05 | UGP1 och TAIGA CUP            |
| 02:26.20 | 382  | Final  | 2008-01-13 | JDM                           |
| 02:25.58 | 387  | Final  | 2007-03-17 | Falu Skins Games              |
| 02:23.98 | 400  | Final  | 2005-11-13 | JDM                           |
| 02:22.42 | 413  | Final  | 2006-12-03 | Barracuda Race                |
| 02:21.54 | 421  | Final  | 2006-01-15 | JDM 2006 (25m), Västsvenska   |
| 02:21.40 | 422  | Final  | 2006-01-15 | JDM 2006 (25m), Västsvenska   |
| 02:21.16 | 424  | Final  | 2006-09-09 | UGP 3 - Toyota Cup            |
| 02:21.12 | 425  | Final  | 2006-11-05 | DM 25 m                       |
| 02:18.47 | 449  | Final  | 2007-10-28 | DM 25 m                       |
| 02:18.10 | 453  | Final  | 2006-01-28 | UGP 1 & Taiga Cup             |
| 02:17.78 | 456  | Final  | 2007-10-28 | DM 25 m                       |
| 02:17.66 | 457  | Final  | 2007-02-10 | UGP 1 2007/ Taiga Cup         |
| 02:16.99 | 464  | Final  | 2006-11-05 | DM 25 m                       |
| 02:16.93 | 465  | Final  | 2006-10-07 | Lödde Cup                     |
| 02:16.84 | 466  | Final  | 2007-09-15 | UGP 3 - Toyota Cup            |
| 02:16.71 | 467  | Final  | 2008-01-13 | JDM                           |
| 02:14.86 | 487  | Final  | 2015-12-13 | Nordic Swimming Championships |