

## Alexander Frost

Se detaljerad information och personbästatider

Gren: 200m Medley (25) Personbästa: 02:21.70 AQUA-poäng: 468 Datum: 2012-11-10 Tävling: SUM-SIM Region 4 2012 (25m)

| Tid      | AQUA | Omgång | Datum      | Tävling                       |
|----------|------|--------|------------|-------------------------------|
| 02:21.70 | 468  | Final  | 2012-11-10 | SUM-SIM Region 4 2012 (25m)   |
| 02:24.07 | 440  | Final  | 2015-01-30 | NUSS Äldre                    |
| 02:25.21 | 430  | Final  | 2013-11-09 | Sum-Sim Region 4              |
| 02:25.95 | 429  | Final  | 2012-10-07 | Intersport Simcup Motala 2012 |
| 02:33.31 | 370  | Final  | 2011-11-20 | SUM-SIM Region 4 2011 (25m)   |
| 02:40.08 | 325  | Final  | 2010-06-05 | Vårsimiaden region            |
| 02:41.44 | 317  | Final  | 2011-03-19 | Östergötlands Grand Prix Vår  |
| 02:42.33 | 311  | Final  | 2010-11-14 | SUM-SIM Region 4 2010 (25m)   |
| 02:44.55 | 299  | Final  | 2010-05-15 | Vårsimiaden Distriktsfinal    |
| 02:47.27 | 285  | Final  | 2010-04-17 | Essenuoto Sprint Event        |
| 02:52.69 | 259  | Final  | 2010-01-30 | NUSS-yngre (25m) 2010         |
| 02:57.46 | 238  | Final  | 2009-09-20 | Delfinsimmet                  |
| 02:58.27 | 235  | Final  | 2009-05-16 | Knattiaden region 2009        |
| 03:01.15 | 224  | Final  | 2009-04-25 | Knattiaden Distriktsfinal     |
| 03:02.97 | 217  | Final  | 2009-04-18 | Essenuoto Sprint Event        |
| 03:09.95 | 194  | Final  | 2008-10-25 | SUM-SIM Region 4 - 2008       |
| 03:13.98 | 182  | Final  | 2008-10-04 | UGP 4                         |