Tempus Open - Frida Lannhard

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Se detaljerad information och personbästatider

Gren: 400m Medley (50) Personbästa: 05:09.82 AQUA-poäng: 635 Datum: 2017-04-09 Tävling: Swim Open Stockholm 2017

Tid	AQUA	Omgång	Datum	Tävling
05:09.82	635	Final	2017-04-09	Swim Open Stockholm 2017
05:11.69	624	Final	2018-03-24	Västerås Meet 2018
05:13.51	613	Final	2017-07-02	SM/JSM (50m) 2017
05:14.28	608	Final	2017-04-09	Swim Open Stockholm 2017
05:14.54	607	Final	2017-07-15	Sum-Sim (50m) 2017
05:14.78	605	Final	2018-01-28	Swedish Grand Prix 2018
05:14.81	605	Final	2017-05-12	Open Belgian Championships Swimming 2017
05:17.78	588	Final	2018-01-28	Swedish Grand Prix 2018
05:17.83	602	Final	2015-06-27	Sum-Sim (50m) 2015
05:18.19	600	Final	2016-03-31	Swim Open Stockholm
05:18.98	582	Final	2017-07-15	Sum-Sim (50m) 2017
05:19.02	582	Final	2018-07-06	SM/Para-SM/JSM (50m) 2018
05:19.72	578	Final	2017-05-12	Open Belgian Championships Swimming 2017
05:20.14	575	Final	2018-05-13	Jöns Svanbergsimmet 50m
05:20.42	587	Final	2016-07-02	Sum-Sim (50m) 2016
05:20.55	587	Final	2015-07-05	NUSS Äldre och Yngre 50 m 2015
05:21.56	568	Final	2019-04-13	Malmsten Swim Open Stockholm 2019
05:21.70	567	Final	2017-01-29	Swedish Grand Prix 2017
05:21.82	580	Final	2016-07-02	Sum-Sim (50m) 2016
05:21.87	580	Final	2016-06-11	DM - JDM (50m) 2016 MSSF