

Emilia Rönningdal

Se detaljerad information och personbästatider

Gren: 400m Frisim (25) Personbästa: 04:13.98 AQUA-poäng: 781 Datum: 2021-11-25 Tävling: SM/JSM (25m) 2021

Tid	AQUA	Omgång	Datum	Tävling
04:24.07	700	Final	2017-03-26	Öresund Meeting 2017
04:30.94	648	Final	2017-08-26	Arena & Poseidon Team Cup 2017
04:27.87	671	Final	2017-10-01	Speedo Swim Meet 2017
04:31.92	641	Final	2017-10-08	YGP 2 Danone Open
04:30.63	650	Final	2017-10-08	YGP 2 Danone Open
04:29.25	660	Final	2017-10-15	DM/JDM kortbana 2017
04:29.25	660	Final	2017-10-15	DM/JDM kortbana 2017
04:29.53	658	Final	2017-11-02	SM/JSM (25m) 2017
04:29.90	656	Final	2017-11-12	Sum-Sim region
04:30.09	654	Final	2017-12-10	Sum-Sim Riksfinal 2017
04:34.00	627	Final	2018-03-25	Öresund Meeting 2018
04:24.75	695	Final	2018-09-23	Speedo Swim Meet 2018
04:22.42	713	Final	2018-10-07	DM/JDM kortbana 2018
04:20.96	725	Final	2018-11-11	Sum-Sim (25m) 2018 regionfinal Skåne norra
04:23.45	705	Final	2018-11-15	SM/JSM (25m) 2018
04:16.84	761	Final	2018-12-09	Nordic Swimming Championships 2018
04:23.16	707	Final	2018-12-09	Nordic Swimming Championships 2018
04:19.96	734	Final	2018-12-16	Sum-Sim (25m) 2018 riksfinal
04:25.33	690	Final	2019-03-24	Öresund Meeting 2019
04:23.25	707	Final	2019-09-07	Arena Poseidon Team Cup