

## 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                            |
|----------|------|--------|------------|------------------------------------|
| 04:30.09 | 654  | Final  | 2017-12-10 | Sum-Sim Riksfinal 2017             |
| 04:29.97 | 655  | Final  | 2016-10-22 | UGP 4                              |
| 04:29.90 | 656  | Final  | 2017-11-12 | Sum-Sim region                     |
| 04:29.80 | 651  | Final  | 2020-06-27 | Riksmästerskap (25m) 2020          |
| 04:29.53 | 658  | Final  | 2017-11-02 | SM/JSM (25m) 2017                  |
| 04:29.25 | 660  | Final  | 2017-10-15 | DM/JDM kortbana 2017               |
| 04:29.25 | 660  | Final  | 2017-10-15 | DM/JDM kortbana 2017               |
| 04:29.07 | 657  | Final  | 2020-02-29 | S 71-Cup                           |
| 04:27.87 | 671  | Final  | 2017-10-01 | Speedo Swim Meet 2017              |
| 04:27.46 | 674  | Final  | 2016-11-05 | SM/JSM (25m) 2016                  |
| 04:26.96 | 677  | Final  | 2017-03-12 | UGP 2                              |
| 04:26.87 | 678  | Final  | 2016-10-09 | Danone Open                        |
| 04:25.33 | 690  | Final  | 2019-03-24 | Öresund Meeting 2019               |
| 04:24.75 | 695  | Final  | 2018-09-23 | Speedo Swim Meet 2018              |
| 04:24.07 | 700  | Final  | 2017-03-26 | Öresund Meeting 2017               |
| 04:23.45 | 705  | Final  | 2018-11-15 | SM/JSM (25m) 2018                  |
| 04:23.28 | 701  | Final  | 2019-10-20 | TYR Open 2019-10-19--20            |
| 04:23.25 | 707  | Final  | 2019-09-07 | Arena Poseidon Team Cup            |
| 04:23.16 | 707  | Final  | 2018-12-09 | Nordic Swimming Championships 2018 |
| 04:22.62 | 706  | Final  | 2019-10-06 | DM/JDM kortbana 2019               |