

Emilia Rönningdal

Se detaljerad information och personbästatider

Gren: 400m Medley (25) Personbästa: 04:47.88 AQUA-poäng: 727 Datum: 2021-12-04 Tävling: Nordic Swimming Championships 2021

Tid	AQUA	Omgång	Datum	Tävling
04:47.88	727	Final	2021-12-04	Nordic Swimming Championships 2021
04:49.27	717	Final	2021-10-29	Ystad Grand Prix 2
04:52.19	695	Final	2021-11-28	SM/JSM (25m) 2021
04:52.68	692	Final	2018-12-08	Nordic Swimming Championships 2018
04:52.77	691	Final	2022-04-25	Distanscupen 3 2022
04:54.15	682	Final	2018-10-07	DM/JDM kortbana 2018
04:54.39	680	Final	2018-12-16	Sum-Sim (25m) 2018 riksfinal
04:55.75	671	Final	2018-11-11	Sum-Sim (25m) 2018 regionfinal Skåne norra
04:55.81	670	Final	2018-12-08	Nordic Swimming Championships 2018
04:56.20	668	Final	2020-10-18	DM (25 m) Skåne Blekinge
04:56.81	667	Final	2017-11-12	Sum-Sim region
04:57.28	660	Final	2018-10-21	Ystad Grand Prix 2 TYR Open
04:58.21	654	Final	2019-10-06	DM/JDM kortbana 2019
04:58.37	657	Final	2017-12-10	Sum-Sim Riksfinal 2017
04:59.01	649	Final	2021-12-04	Nordic Swimming Championships 2021
04:59.28	651	Final	2018-09-23	Speedo Swim Meet 2018
04:59.49	646	Final	2020-06-27	Riksmästerskap (25m) 2020
04:59.74	648	Final	2016-12-03	Sum-Sim Riksfinal 2016
05:00.08	646	Final	2017-10-01	Speedo Swim Meet 2017
05:00.75	642	Final	2017-10-15	DM/JDM kortbana 2017