

Elias Fröde

Se detaljerad information och personbästatider

Gren: 200m Ryggswim (50) Personbästa: 02:10.92 AQUA-poäng: 624 Datum: 2019-07-01 Tävling: SM/Para-SM/JSM (50m) 2019

Tid	AQUA	Omgång	Datum	Tävling
02:10.92	624	Final	2019-07-01	SM/Para-SM/JSM (50m) 2019
02:10.96	624	Final	2019-07-01	SM/Para-SM/JSM (50m) 2019
02:13.37	590	Final	2019-05-25	DM 2019 Långbana
02:14.67	573	Final	2018-07-07	SM/Para-SM/JSM (50m) 2018
02:15.28	566	Final	2018-07-07	SM/Para-SM/JSM (50m) 2018
02:16.72	548	Final	2018-05-13	Neptuniaden 2018
02:17.64	537	Final	2018-06-30	Sum-Sim (50m) 2018
02:18.03	533	Final	2016-07-02	Sum-Sim (50m) 2016
02:18.79	524	Final	2017-06-03	DM(50m)-2017
02:18.91	523	Final	2017-04-08	Swim Open Stockholm 2017
02:19.89	512	Final	2017-07-15	Sum-Sim (50m) 2017
02:21.76	492	Final	2017-01-29	Swedish Grand Prix 2017
02:22.39	485	Final	2016-07-02	Sum-Sim (50m) 2016
02:22.39	485	Final	2017-07-03	SM/JSM (50m) 2017
02:22.47	484	Final	2016-03-30	Swim Open Stockholm
02:23.01	479	Final	2017-05-21	Neptuniaden 2017
02:23.52	474	Final	2017-01-29	Swedish Grand Prix 2017
02:23.84	471	Final	2018-02-04	Nya Vinterneptuniaden 2018
02:24.64	463	Final	2016-12-11	Luciasimmet 2016
02:26.60	444	Final	2015-06-27	Sum-Sim (50m) 2015