

Elias Fröde

Se detaljerad information och personbästatider

Gren: 400m Medley (50) Personbästa: 04:38.14 AQUA-poäng: 673 Datum: 2019-04-14 Tävling: Malmsten Swim Open Stockholm 2019

Tid	AQUA	Omgång	Datum	Tävling
04:58.67	544	Final	2017-07-01	SM/JSM (50m) 2017
05:13.27	471	Final	2016-07-03	Sum-Sim (50m) 2016
05:12.81	473	Final	2015-06-28	Sum-Sim (50m) 2015
05:03.10	520	Final	2018-01-27	Swedish Grand Prix 2018
05:01.86	527	Final	2016-04-01	Swim Open Stockholm
04:38.14	673	Final	2019-04-14	Malmsten Swim Open Stockholm 2019
04:57.21	552	Final	2017-04-10	Swim Open Stockholm 2017
04:54.57	567	Final	2017-07-16	Sum-Sim (50m) 2017
04:49.61	596	Final	2019-06-29	SM/Para-SM/JSM (50m) 2019
04:48.36	604	Final	2018-07-05	SM/Para-SM/JSM (50m) 2018
04:47.62	609	Final	2018-07-01	Sum-Sim (50m) 2018
04:44.73	628	Final	2018-04-07	Malmsten Swim Open Stockholm 2018
04:55.61	561	Final	2017-05-21	Neptuniaden 2017
04:57.40	551	Final	2018-02-04	Nya Vinterneptuniaden 2018
04:50.20	593	Final	2018-07-01	Sum-Sim (50m) 2018
04:59.92	537	Final	2017-06-04	DM(50m)-2017
05:00.86	532	Final	2017-04-10	Swim Open Stockholm 2017
05:03.77	517	Final	2016-07-03	Sum-Sim (50m) 2016
05:10.54	484	Final	2016-06-05	UGP 3 - 2016
05:10.93	482	Final	2015-06-28	Sum-Sim (50m) 2015