

Marcus Holmquist

Se detaljerad information och personbästatider

Gren: 400m Frisim (50) Personbästa: 04:01.28 AQUA-poäng: 758 Datum: 2021-04-08 Tävling: Malmsten Swim Open Stockholm 2021

Tid	AQUA	Omgång	Datum	Tävling
04:01.87	753	Final	2019-06-30	SM/Para-SM/JSM (50m) 2019
04:13.26	656	Final	2016-06-30	Sum-Sim (50m) 2016
04:13.43	654	Final	2017-07-02	SM/JSM (50m) 2017
04:13.72	652	Final	2017-07-13	Sum-Sim (50m) 2017
04:27.86	554	Final	2015-06-25	Sum-Sim (50m) 2015
04:16.80	629	Final	2018-01-27	Swedish Grand Prix 2018
04:18.91	614	Final	2019-01-26	Swedish Grand Prix 2019
04:19.76	608	Final	2016-03-30	Swim Open Stockholm
04:08.49	694	Final	2018-04-15	Bergen Swim Festival 2018
04:07.63	701	Final	2017-04-08	Swim Open Stockholm 2017
04:17.16	626	Final	2017-01-28	Swedish Grand Prix 2017
04:06.28	713	Final	2018-04-05	Malmsten Swim Open Stockholm 2018
04:28.16	552	Final	2016-01-30	Swedish Grand Prix 2016
04:03.11	741	Final	2019-04-12	Malmsten Swim Open Stockholm 2019
04:02.21	750	Final	2018-07-04	LEN: European Junior Championships
04:01.28	758	Final	2021-04-08	Malmsten Swim Open Stockholm 2021
04:07.05	706	Final	2017-04-08	Swim Open Stockholm 2017
04:07.52	702	Final	2019-06-09	DM/JDM och Vårsimiaden Final 2019
06:24.48	187	Final	2011-05-08	Rosenlundsbadet Sprint
04:04.21	731	Final	2017-07-12	Sum-Sim (50m) 2017