

# Jonatan Holmquist

Se detaljerad information och personbästatider

Gren: 50m Ryggsim (50) Personbästa: 00:30.31 AQUA-poäng: 469 Datum: 2024-02-04 Tävling: Sportringen Sprint Meet

| Tid      | AQUA | Omgång | Datum      | Tävling                           |
|----------|------|--------|------------|-----------------------------------|
| 00:30.45 | 462  | Final  | 2024-04-06 | Malmsten Swim Open Stockholm 2024 |
| 00:30.31 | 469  | Final  | 2024-02-04 | Sportringen Sprint Meet           |
| 00:30.81 | 455  | Final  | 2023-03-12 | Swedish Grand Prix 2023           |
| 00:31.04 | 450  | Final  | 2022-05-21 | STT Taastrup Open 2022            |
| 00:31.13 | 441  | Final  | 2023-04-14 | Malmsten Swim Open Stockholm 2023 |
| 00:31.14 | 432  | Final  | 2024-03-09 | Swedish Grand Prix 2024           |
| 00:32.63 | 397  | Final  | 2019-05-11 | VAT Copenhagen Open 2019 2        |
| 00:41.04 | 200  | Final  | 2016-05-14 | Rosenlundsbadet Sprint 2016       |
| 00:33.42 | 372  | Final  | 2018-04-29 | Ullbergstrofén 2018               |
| 00:39.09 | 232  | Final  | 2017-02-04 | arena Sprint Meet 2017            |
| 00:34.31 | 343  | Final  | 2018-02-03 | Arena Sprint Meet                 |
| 00:52.90 | 93   | Final  | 2013-06-15 | Färsingadoppet                    |
| 00:48.57 | 121  | Final  | 2014-06-13 | Färsingadoppet                    |
| 00:43.20 | 172  | Final  | 2016-05-14 | Rosenlundsbadet Sprint 2016       |
| 00:38.14 | 250  | Final  | 2017-08-26 | Swim for life 2017                |
| 00:33.76 | 361  | Final  | 2018-06-02 | DM-JDM                            |
| 00:33.27 | 375  | Final  | 2019-06-01 | DM/JDM 50m Karlshamn 2019         |
| 00:32.56 | 400  | Final  | 2019-02-16 | Järfälla Nationella 2019          |
| 00:31.53 | 441  | Final  | 2021-06-06 | Citadellsim 2021                  |
| 00:30.71 | 460  | Final  | 2023-06-03 | DM/JDM/Para DM                    |