

## Frida Florén

Se detaljerad information och personbästatider

Gren: 400m Medley (25) Personbästa: 05:11.74 AQUA-poäng: 573 Datum: 2023-11-26 Tävling: SM/JSM (25m) 2023

| Tid      | AQUA | Omgång | Datum      | Tävling                                      |
|----------|------|--------|------------|----------------------------------------------|
| 06:20.72 | 317  | Final  | 2016-09-11 | Masdoppet 2016                               |
| 06:01.09 | 370  | Final  | 2016-10-22 | Ungdoms GP 4 2016 Falun                      |
| 05:59.01 | 377  | Final  | 2017-01-06 | Palles Minne - TYR Cup 2017                  |
| 05:52.85 | 397  | Final  | 2017-03-11 | Ungdoms GP 2 2017 Eskilstuna                 |
| 05:44.88 | 425  | Final  | 2017-09-09 | Masdoppet 2017                               |
| 05:42.19 | 435  | Final  | 2017-09-23 | Wadköpingsdoppet 2017                        |
| 05:38.74 | 449  | Final  | 2017-10-21 | UGP 1 2017-2018 Falun                        |
| 05:38.13 | 451  | Final  | 2017-10-14 | DM-JDM (25M) 2017 Mellansvensk               |
| 05:35.67 | 461  | Final  | 2018-01-06 | Palles Minne - TYR Cup 2018                  |
| 05:35.34 | 460  | Final  | 2019-01-06 | Palles Minne TYR Cup 2019                    |
| 05:33.58 | 467  | Final  | 2019-01-26 | UGP 2 2018-2019 Borlänge                     |
| 05:33.34 | 471  | Final  | 2018-01-27 | UGP 2 2017-2018 Borlänge                     |
| 05:30.31 | 481  | Final  | 2018-10-13 | Ungdoms GP 1 2018-2019 Falun                 |
| 05:28.94 | 487  | Final  | 2018-11-10 | Sum-Sim (25m) 2018 regionfinal Mellansvenska |
| 05:28.57 | 489  | Final  | 2020-01-25 | Ungdoms GP 2 2019-2020 Borlänge              |
| 05:25.03 | 505  | Final  | 2019-10-12 | Ungdoms GP 1 2019-2020 Falun                 |
| 05:23.15 | 514  | Final  | 2023-12-15 | NM-Para NM, Open, 2023, kortbana             |
| 05:22.91 | 518  | Final  | 2018-02-04 | NUSS Äldre (25m) 2018                        |
| 05:21.36 | 523  | Final  | 2019-12-13 | Norrländska mästerskapen 2019                |
| 05:18.88 | 535  | Final  | 2020-10-10 | UGP1                                         |