

## Helmi Swanson

Se detaljerad information och personbästatider

Gren: 200m Medley (25) Personbästa: 02:28.79 AQUA-poäng: 549 Datum: 2020-01-26 Tävling: Ungdoms GP 2 2019-2020 Borlänge

| Tid      | AQUA | Omgång | Datum      | Tävling                        |
|----------|------|--------|------------|--------------------------------|
| 03:00.89 | 315  | Final  | 2014-10-11 | Ungdoms GP 4 Falun 2014        |
| 02:45.63 | 398  | Final  | 2017-02-05 | NUSS Yngre (25m) 2017          |
| 02:45.07 | 415  | Final  | 2015-09-05 | Masdoppet 2015                 |
| 02:44.06 | 409  | Final  | 2015-10-17 | DM-JDM (25M) 2015 Västerås     |
| 02:43.77 | 411  | Final  | 2015-11-14 | Sum-Sim Region 2               |
| 02:42.15 | 438  | Final  | 2015-10-10 | Ungdoms GP 4 Falun 2015        |
| 02:42.04 | 425  | Final  | 2016-05-07 | Vårsimiaden Final MSSF 2016    |
| 02:41.30 | 431  | Final  | 2016-02-27 | Falu SkinsGames 2016           |
| 02:41.12 | 432  | Final  | 2017-01-06 | Palles Minne - TYR Cup 2017    |
| 02:40.65 | 436  | Final  | 2017-02-25 | Falu SkinsGames                |
| 02:40.08 | 441  | Final  | 2017-09-24 | Wadköpingsdoppet 2017          |
| 02:40.06 | 441  | Final  | 2016-04-23 | Vårsimiaden Försök 2016        |
| 02:39.22 | 448  | Final  | 2016-09-10 | Masdoppet 2016                 |
| 02:38.91 | 450  | Final  | 2020-09-26 | Swedish Swim Games             |
| 02:38.63 | 453  | Final  | 2017-05-06 | Vårsimiaden Försök 2017        |
| 02:37.81 | 460  | Final  | 2017-10-07 | Fjärran Högder Spelen          |
| 02:36.68 | 470  | Final  | 2020-01-05 | Palles Minne - TYR Cup 2020    |
| 02:36.51 | 472  | Final  | 2016-10-15 | DM-JDM (25M) 2016 Mellansvensk |
| 02:36.16 | 475  | Final  | 2018-01-06 | Palles Minne - TYR Cup 2018    |
| 02:36.14 | 475  | Final  | 2016-11-12 | Sum-Sim region 2               |