

## Jonathan Palminger

Se detaljerad information och personbästatider

Gren: 400m Frisim (25) Personbästa: 04:15.09 AQUA-poäng: 576 Datum: 2021-09-04 Tävling: Arena Poseidon Team Cup

| Tid      | AQUA | Omgång | Datum      | Tävling                                    |
|----------|------|--------|------------|--------------------------------------------|
| 05:15.23 | 305  | Final  | 2017-03-25 | Öresund Meeting 2017                       |
| 05:09.51 | 322  | Final  | 2017-01-28 | UGP1                                       |
| 05:06.15 | 333  | Final  | 2017-06-03 | Vårsimiaden Region/Sponsor Cup             |
| 05:05.90 | 334  | Final  | 2017-05-06 | Vårsimiaden Distrikt 2017                  |
| 04:48.40 | 398  | Final  | 2017-09-30 | Speedo Swim Meet 2017                      |
| 04:42.46 | 424  | Final  | 2017-10-22 | U-GP 1                                     |
| 04:42.24 | 425  | Final  | 2017-11-11 | Sum-Sim region                             |
| 04:36.29 | 453  | Final  | 2018-03-24 | Öresund Meeting 2018                       |
| 04:31.87 | 475  | Final  | 2017-12-09 | Sum-Sim Riksfinal 2017                     |
| 04:26.30 | 506  | Final  | 2018-08-25 | Arena & Poseidon Team Cup 2018             |
| 04:23.51 | 522  | Final  | 2018-10-14 | UGP 1 Sjöbo 2018-10-13                     |
| 04:23.35 | 523  | Final  | 2018-10-06 | DM/JDM kortbana 2018                       |
| 04:18.90 | 550  | Final  | 2019-12-08 | Sum-Sim (25m) 2019 riksfinal               |
| 04:16.08 | 569  | Final  | 2019-11-10 | Sum-Sim (25m) 2019 regionfinal Skåne södra |
| 04:15.09 | 576  | Final  | 2021-09-04 | Arena Poseidon Team Cup                    |