

## Lisa Nystrand

Se detaljerad information och personbästatider

Gren: 100m Frisim (50) Personbästa: 00:58.00 AQUA-poäng: 708 Datum: 2022-07-05 Tävling: European Junior Swimming Championships

| Tid      | AQUA | Omgång | Datum      | Tävling                                 |
|----------|------|--------|------------|-----------------------------------------|
| 00:58.12 | 704  | Final  | 2023-07-04 | LEN: European Junior Championships      |
| 00:58.00 | 708  | Final  | 2022-07-05 | European Junior Swimming Championships  |
| 01:03.78 | 532  | Final  | 2018-06-28 | Sum-Sim (50m) 2018                      |
| 00:59.40 | 659  | Final  | 2022-04-12 | Malmsten Swim Open Stockholm 2022       |
| 01:15.94 | 322  | Final  | 2016-05-14 | Jöns Svanbergsimmet                     |
| 01:06.86 | 472  | Final  | 2017-07-01 | Polisen Head Summer Cup                 |
| 01:03.94 | 528  | Final  | 2018-03-25 | Västerås Meet 2018                      |
| 01:00.91 | 611  | Final  | 2019-02-16 | Järfälla Nationella 2019                |
| 01:00.54 | 623  | Final  | 2019-05-11 | Jöns Svanbergsimmet 50m 2019            |
| 01:00.13 | 635  | Final  | 2019-03-31 | Västerås Meet 2019                      |
| 01:00.12 | 636  | Final  | 2019-06-01 | DM-JDM (50m) 2019 Mellansvenska         |
| 00:59.86 | 644  | Final  | 2020-02-15 | Järfälla Nationella 2020                |
| 00:59.76 | 647  | Final  | 2020-03-08 | Ungdoms GP 3 (50m) 2019-2020 Eskilstuna |
| 00:59.55 | 654  | Final  | 2022-02-05 | Tempo-Race 1 (50m) 2022                 |
| 00:59.25 | 664  | Final  | 2021-06-05 | Järfälla Nationella 2021                |
| 00:59.10 | 669  | Final  | 2022-04-12 | Malmsten Swim Open Stockholm 2022       |
| 00:58.89 | 677  | Final  | 2023-06-10 | DM & St Erikssimmet (50m) 2023          |
| 00:58.80 | 680  | Final  | 2022-06-11 | DM och St Erikssimmet Stockholm (50m)   |
| 00:58.64 | 685  | Final  | 2022-07-17 | Sum-Sim (50m) 2022                      |
| 00:58.44 | 692  | Final  | 2024-02-17 | Järfälla Nationella 2024                |