

## Lisa Nystrand

Se detaljerad information och personbästatider

Gren: 200m Bröstsims (25) Personbästa: 02:22.69 AQUA-poäng: 838 Datum: 2023-12-07 Tävlings: LEN: European Short Course Championships

| Tid      | AQUA | Omgång | Datum      | Tävling                                  |
|----------|------|--------|------------|------------------------------------------|
| 02:34.30 | 663  | Final  | 2019-09-29 | Swedish Swim Games                       |
| 02:33.26 | 676  | Final  | 2021-09-26 | Swedish Swim Games - Grand Prix 1        |
| 02:29.55 | 728  | Final  | 2022-09-25 | Swedish Swim Games 2022 - Grand Prix 1   |
| 02:29.21 | 733  | Final  | 2022-10-30 | Ystad Grand Prix 2 / Swedish Grand Prix  |
| 02:36.69 | 633  | Final  | 2018-11-15 | SM/JSM (25m) 2018                        |
| 02:28.96 | 737  | Final  | 2021-11-25 | SM/JSM (25m) 2021                        |
| 02:33.39 | 675  | Final  | 2019-11-29 | Nordic Swimming Championships            |
| 02:28.38 | 745  | Final  | 2023-09-24 | Swedish Swim Games 2023 - Grand Prix 1   |
| 02:27.68 | 756  | Final  | 2023-10-29 | Ystad Grand Prix 2 / Swedish Grand Prix  |
| 02:32.64 | 685  | Final  | 2019-11-14 | SM/JSM (25m) 2019                        |
| 02:33.63 | 672  | Final  | 2021-10-07 | FINA: World Cup No 2 - 2021 Series       |
| 02:24.76 | 803  | Final  | 2022-11-23 | SM/JSM (25M) 2022                        |
| 02:24.66 | 805  | Final  | 2022-12-10 | Nordic Championships                     |
| 02:35.13 | 652  | Final  | 2020-09-27 | Swedish Swim Games                       |
| 02:23.81 | 819  | Final  | 2023-11-23 | SM/JSM (25m) 2023                        |
| 02:22.86 | 835  | Final  | 2023-12-07 | LEN: European Short Course Championships |
| 03:41.11 | 225  | Final  | 2015-10-10 | Ungdoms GP 4 Falun 2015                  |
| 02:27.52 | 759  | Final  | 2022-11-12 | Sum-Sim regionfinal 2022-Stockholm       |
| 02:27.64 | 757  | Final  | 2022-10-30 | Ystad Grand Prix 2 / Swedish Grand Prix  |
| 02:25.04 | 798  | Final  | 2023-11-23 | SM/JSM (25m) 2023                        |