

## Lisa Nystrand

Se detaljerad information och personbästatider

Gren: 100m Fjärilsim (25) Personbästa: 01:00.81 AQUA-poäng: 723 Datum: 2022-12-18 Tävling: Sum-Sim riksfinal 2022

| Tid      | AQUA | Omgång | Datum      | Tävling                                      |
|----------|------|--------|------------|----------------------------------------------|
| 01:30.52 | 219  | Final  | 2016-03-12 | Ungdoms GP 2 med LSS Cup 2016                |
| 01:29.45 | 227  | Final  | 2016-04-09 | Arena Cup                                    |
| 01:23.16 | 283  | Final  | 2016-09-11 | Arena-Open                                   |
| 01:23.25 | 282  | Final  | 2016-10-22 | Ungdoms GP 4 2016 Falun                      |
| 01:22.24 | 292  | Final  | 2016-11-12 | Sum-Sim region 2                             |
| 01:19.45 | 324  | Final  | 2017-02-26 | Falu SkinsGames                              |
| 01:18.65 | 334  | Final  | 2017-04-01 | Arena Cup                                    |
| 01:15.36 | 380  | Final  | 2017-09-24 | Arena Cup 2017                               |
| 01:13.14 | 416  | Final  | 2017-11-11 | Sum-Sim Region 2 2017                        |
| 01:15.00 | 386  | Final  | 2018-02-03 | NUSS Yngre (25m)                             |
| 01:13.57 | 408  | Final  | 2018-02-25 | Falu SkinsGames 2018                         |
| 01:14.32 | 396  | Final  | 2018-04-22 | Strängnäs Simcup 2018                        |
| 01:18.33 | 338  | Final  | 2018-05-05 | Vårsimiaden Distrikt MSSF 2018               |
| 01:08.13 | 514  | Final  | 2018-10-07 | Jöns Svanberg 25m                            |
| 01:09.31 | 489  | Final  | 2018-10-13 | Ungdoms GP 1 2018-2019 Falun                 |
| 01:06.33 | 558  | Final  | 2018-11-10 | Sum-Sim (25m) 2018 regionfinal Mellansvenska |
| 01:06.60 | 551  | Final  | 2018-12-15 | Sum-Sim (25m) 2018 riksfinal                 |
| 01:07.16 | 537  | Final  | 2019-01-06 | Palles Minne TYR Cup 2019                    |
| 01:08.87 | 498  | Final  | 2019-01-19 | ENA Games                                    |
| 01:09.57 | 483  | Final  | 2019-01-19 | ENA Games                                    |