

## Lisa Nystrand

Se detaljerad information och personbästatider

Gren: 200m Medley (50) Personbästa: 02:14.64 AQUA-poäng: 821 Datum: 2022-08-15 Tävling: LEN: European Championships

| Tid      | AQUA | Omgång | Datum      | Tävling                                 |
|----------|------|--------|------------|-----------------------------------------|
| 02:57.86 | 356  | Final  | 2016-06-04 | UGP 3 2016                              |
| 02:48.32 | 420  | Final  | 2017-03-25 | Västerås Meet 2017                      |
| 02:43.89 | 455  | Final  | 2017-04-29 | Scandic Täby Invite                     |
| 02:43.29 | 460  | Final  | 2017-05-20 | Jöns Svanbergssimmet 50m                |
| 02:40.04 | 489  | Final  | 2017-06-11 | DM - JDM (50m) 2016 MSSF                |
| 02:38.60 | 502  | Final  | 2017-07-13 | Sum-Sim (50m) 2017                      |
| 02:33.93 | 550  | Final  | 2018-03-24 | Västerås Meet 2018                      |
| 02:33.49 | 554  | Final  | 2018-04-07 | Malmsten Swim Open Stockholm 2018       |
| 02:31.70 | 574  | Final  | 2018-06-03 | DM - JDM (50m) 2018 MSSF                |
| 02:31.15 | 580  | Final  | 2018-05-12 | Jöns Svanbergssimmet 50m                |
| 02:30.86 | 584  | Final  | 2018-06-28 | Sum-Sim (50m) 2018                      |
| 02:27.77 | 621  | Final  | 2018-06-28 | Sum-Sim (50m) 2018                      |
| 02:22.84 | 688  | Final  | 2019-02-16 | Järfälla Nationella 2019                |
| 02:22.57 | 692  | Final  | 2019-06-02 | DM-JDM (50m) 2019 Mellansvenska         |
| 02:22.34 | 695  | Final  | 2019-07-02 | SM/Para-SM/JSM (50m) 2019               |
| 02:22.28 | 696  | Final  | 2019-07-02 | SM/Para-SM/JSM (50m) 2019               |
| 02:22.16 | 698  | Final  | 2019-03-30 | Västerås Meet 2019                      |
| 02:22.13 | 698  | Final  | 2020-03-08 | Ungdoms GP 3 (50m) 2019-2020 Eskilstuna |
| 02:21.87 | 702  | Final  | 2019-04-14 | Malmsten Swim Open Stockholm 2019       |
| 02:21.81 | 703  | Final  | 2019-03-10 | Ungdoms GP 3 (50m) 2018-2019 Eskilstuna |