

## 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                                    |
|----------|------|--------|------------|--------------------------------------------|
| 02:17.85 | 765  | Final  | 2023-03-11 | Swedish Grand Prix 2023                    |
| 02:17.79 | 766  | Final  | 2024-04-07 | Malmsten Swim Open Stockholm 2024          |
| 02:17.81 | 766  | Final  | 2023-10-22 | World Aquatics World Cup                   |
| 02:17.16 | 777  | Final  | 2022-07-09 | European Junior Swimming Championships     |
| 02:16.46 | 789  | Final  | 2022-08-15 | LEN: European Championships                |
| 02:17.56 | 770  | Final  | 2021-07-09 | LEN European Junior Swimming Championships |
| 02:16.34 | 791  | Final  | 2021-05-21 | LEN: European Championships                |
| 02:19.75 | 735  | Final  | 2022-04-11 | Malmsten Swim Open Stockholm 2022          |
| 02:19.19 | 743  | Final  | 2023-05-06 | Acropolis Swim Open 2023                   |
| 02:16.23 | 793  | Final  | 2021-04-10 | Malmsten Swim Open Stockholm 2021          |
| 02:16.82 | 783  | Final  | 2022-06-29 | SM/Para-SM/JSM (50m) 2022                  |
| 02:18.53 | 754  | Final  | 2023-04-15 | Malmsten Swim Open Stockholm 2023          |
| 02:17.36 | 774  | Final  | 2024-03-31 | Speedo Helsinki Swim Meet 2024             |
| 02:16.95 | 781  | Final  | 2023-12-02 | Qualification Meet                         |
| 02:21.07 | 714  | Final  | 2019-07-11 | Sum-Sim (50m) 2019                         |
| 02:19.17 | 744  | Final  | 2022-03-13 | Swedish Grand Prix 2022                    |
| 02:15.27 | 810  | Final  | 2023-06-17 | AdO Cup 2023                               |
| 02:17.57 | 770  | Final  | 2023-04-08 | Speedo Helsinki Swim Meet                  |
| 02:19.30 | 742  | Final  | 2022-05-25 | Mare Nostrum                               |
| 02:17.44 | 772  | Final  | 2023-07-08 | LEN: European Junior Championships         |