

Lisa Nystrand

Se detaljerad information och personbästatider

Gren: 400m Medley (25) Personbästa: 04:37.07 AQUA-poäng: 816 Datum: 2023-12-05 Tävling: LEN: European Short Course Championships

Tid	AQUA	Omgång	Datum	Tävling
06:09.68	345	Final	2016-10-22	Ungdoms GP 4 2016 Falun
05:28.45	492	Final	2017-10-14	DM-JDM (25M) 2017 Mellansvensk
05:02.88	624	Final	2018-10-07	Jöns Svanberg 25m
05:00.38	640	Final	2018-10-20	DM-JDM (25m) MSSF 2018
04:57.93	656	Final	2018-11-18	SM/JSM (25m) 2018
04:58.89	650	Final	2018-11-18	SM/JSM (25m) 2018
05:08.02	594	Final	2019-01-06	Palles Minne TYR Cup 2019
04:50.16	710	Final	2019-09-29	Swedish Swim Games
04:49.21	717	Final	2019-10-05	DM-JDM (25m) MSSF 2019
04:51.44	701	Final	2019-10-20	Jöns Svanbergssimmet 25m 2019
04:51.37	701	Final	2019-11-17	SM/JSM (25m) 2019
04:52.15	696	Final	2019-11-17	SM/JSM (25m) 2019
04:51.62	700	Final	2019-11-30	Nordic Swimming Championships
04:46.67	736	Final	2019-11-30	Nordic Swimming Championships
04:45.62	745	Final	2020-02-02	NUSS Äldre (25m) 2020
04:52.05	696	Final	2020-09-27	Swedish Swim Games
04:52.00	697	Final	2020-10-18	SK Ena & Sala SSs Microtävling
04:48.07	726	Final	2020-12-11	Väsby Covidrace
04:52.21	695	Final	2021-04-25	Väsby Temporärrace NIU 1
04:41.13	781	Final	2021-09-24	Swedish Swim Games - Grand Prix 1