

## Lisa Nystrand

Se detaljerad information och personbästatider

Gren: 400m Medley (50) Personbästa: 04:45.06 AQUA-poäng: 815 Datum: 2023-07-04 Tävling: LEN: European Junior Championships

| Tid      | AQUA | Omgång | Datum      | Tävling                                 |
|----------|------|--------|------------|-----------------------------------------|
| 06:27.37 | 332  | Final  | 2016-05-15 | Jöns Svanbergssimmet                    |
| 05:55.40 | 420  | Final  | 2017-03-25 | Västerås Meet 2017                      |
| 05:38.78 | 486  | Final  | 2017-06-10 | DM - JDM (50m) 2016 MSSF                |
| 05:27.73 | 536  | Final  | 2018-03-24 | Västerås Meet 2018                      |
| 05:26.93 | 540  | Final  | 2018-04-06 | Malmsten Swim Open Stockholm 2018       |
| 05:18.70 | 583  | Final  | 2018-06-02 | DM - JDM (50m) 2018 MSSF                |
| 05:16.60 | 595  | Final  | 2018-06-30 | Sum-Sim (50m) 2018                      |
| 05:13.94 | 610  | Final  | 2018-06-30 | Sum-Sim (50m) 2018                      |
| 05:13.87 | 611  | Final  | 2018-07-06 | SM/Para-SM/JSM (50m) 2018               |
| 05:02.95 | 679  | Final  | 2019-02-16 | Järfälla Nationella 2019                |
| 05:01.93 | 686  | Final  | 2019-03-09 | Ungdoms GP 3 (50m) 2018-2019 Eskilstuna |
| 05:01.59 | 688  | Final  | 2022-07-16 | Sum-Sim (50m) 2022                      |
| 05:01.06 | 692  | Final  | 2019-03-30 | Västerås Meet 2019                      |
| 05:00.72 | 694  | Final  | 2019-05-12 | Jöns Svanbergssimmet 50m 2019           |
| 04:59.91 | 700  | Final  | 2019-06-01 | DM-JDM (50m) 2019 Mellansvenska         |
| 04:58.89 | 707  | Final  | 2019-06-30 | SM/Para-SM/JSM (50m) 2019               |
| 04:58.11 | 713  | Final  | 2019-07-13 | Sum-Sim (50m) 2019                      |
| 04:57.99 | 714  | Final  | 2019-06-30 | SM/Para-SM/JSM (50m) 2019               |
| 04:57.41 | 718  | Final  | 2019-04-13 | Malmsten Swim Open Stockholm 2019       |
| 04:56.74 | 723  | Final  | 2019-04-13 | Malmsten Swim Open Stockholm 2019       |