

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
04:47.41	795	Final	2023-06-16	AdO Cup 2023
04:52.09	754	Final	2024-04-06	Malmsten Swim Open Stockholm 2024
04:52.54	754	Final	2021-04-09	Malmsten Swim Open Stockholm 2021
04:50.40	771	Final	2022-08-13	LEN: European Championships
04:56.74	723	Final	2019-04-13	Malmsten Swim Open Stockholm 2019
04:57.99	714	Final	2019-06-30	SM/Para-SM/JSM (50m) 2019
04:53.21	749	Final	2023-05-05	Acropolis Swim Open 2023
04:54.96	736	Final	2023-04-14	Malmsten Swim Open Stockholm 2023
05:16.60	595	Final	2018-06-30	Sum-Sim (50m) 2018
04:49.53	778	Final	2023-12-01	Qualification Meet
04:54.11	738	Final	2024-04-01	Speedo Helsinki Swim Meet 2024
04:49.15	781	Final	2022-07-05	European Junior Swimming Championships
05:01.59	688	Final	2022-07-16	Sum-Sim (50m) 2022
04:48.82	784	Final	2023-07-04	LEN: European Junior Championships
05:13.87	611	Final	2018-07-06	SM/Para-SM/JSM (50m) 2018
05:26.93	540	Final	2018-04-06	Malmsten Swim Open Stockholm 2018
04:54.36	740	Final	2022-04-10	Malmsten Swim Open Stockholm 2022
04:47.47	795	Final	2021-07-06	LEN European Junior Swimming Championships
04:58.11	713	Final	2019-07-13	Sum-Sim (50m) 2019
04:49.25	780	Final	2021-04-09	Malmsten Swim Open Stockholm 2021