

## Oscar Elfers

Se detaljerad information och personbästatider

Gren: 400m Frisim (25) Personbästa: 04:01.77 AQUA-poäng: 676 Datum: 2021-11-24 Tävling: SM/JSM (25m) 2021

| Tid      | AQUA | Omgång | Datum      | Tävling                                        |
|----------|------|--------|------------|------------------------------------------------|
| 04:14.65 | 579  | Final  | 2018-10-20 | Ystad Grand Prix 2 TYR Open                    |
| 04:19.45 | 547  | Final  | 2018-08-26 | Rönneracet                                     |
| 04:20.51 | 540  | Final  | 2018-03-24 | Öresund Meeting 2018                           |
| 04:23.43 | 523  | Final  | 2017-11-12 | Sum-Sim region                                 |
| 04:31.57 | 477  | Final  | 2017-10-01 | Speedo Swim Meet 2017                          |
| 04:35.23 | 458  | Final  | 2017-10-14 | DM/JDM kortbana 2017                           |
| 04:35.23 | 458  | Final  | 2017-10-14 | DM/JDM kortbana 2017                           |
| 04:36.31 | 453  | Final  | 2017-08-26 | Arena & Poseidon Team Cup 2017                 |
| 04:38.33 | 443  | Final  | 2017-05-27 | 20th DANISH INTERNATIONAL SWIM CUP - MASTER DB |
| 04:50.70 | 389  | Final  | 2016-10-23 | UGP 4                                          |
| 05:02.55 | 345  | Final  | 2015-12-13 | Medaljjakt A, T 151213                         |
| 05:03.93 | 340  | Final  | 2016-08-27 | Arena & Poseidon Team Cup 2016                 |
| 05:06.90 | 330  | Final  | 2016-01-09 | Swedbank Medaljjakt A,T 160109                 |
| 05:11.59 | 316  | Final  | 2015-11-14 | Sum-Sim region 6                               |
| 05:19.70 | 292  | Final  | 2015-10-10 | Medaljjakt A, T 151010                         |
| 05:29.09 | 268  | Final  | 2015-05-23 | Simiaden Regionsfinal                          |
| 05:48.05 | 226  | Final  | 2015-04-18 | Vårsimiaden Distrikt                           |
| 05:50.40 | 222  | Final  | 2014-11-22 | Höstsimiaden 2014                              |