

Moa Holmquist

Se detaljerad information och personbästatider

Gren: 400m Frisim (25) Personbästa: 04:14.39 AQUA-poäng: 777 Datum: 2022-10-30 Tävling: Ystad Grand Prix 2 / Swedish Grand Prix

Tid	AQUA	Omgång	Datum	Tävling
05:43.69	317	Final	2015-10-20	Testtävling 2 25m
05:33.84	346	Final	2015-11-15	Sum-Sim region 4
04:39.47	590	Final	2019-01-26	UGP2 2018-2019
04:30.11	649	Final	2019-12-08	Sum-Sim (25m) 2019 riksfinal
04:29.68	652	Final	2019-11-14	SM/JSM (25m) 2019
04:28.65	660	Final	2019-10-06	DM/JDM (25m) 2019 Östsvenska
04:28.22	663	Final	2019-10-12	UGP 1
04:27.66	667	Final	2019-11-10	Sum-Sim (25m) 2019 regionfinal Östsvenska
04:27.10	671	Final	2020-02-01	NUSS Äldre (25m) 2020
04:21.71	714	Final	2021-12-03	Nordic Swimming Championships 2021
04:21.40	716	Final	2022-11-23	SM/JSM (25M) 2022
04:20.62	723	Final	2021-10-31	Ystad Grand Prix 2
04:20.48	724	Final	2021-09-26	Swedish Swim Games - Grand Prix 1
04:20.30	725	Final	2022-09-25	Swedish Swim Games 2022 - Grand Prix 1
04:19.83	729	Final	2023-02-04	NUSS Äldre 25m 2023
04:18.12	744	Final	2021-12-03	Nordic Swimming Championships 2021
04:17.50	749	Final	2020-09-19	Speedo Swim 2020
04:16.91	754	Final	2020-10-17	DM/JDM 2020
04:16.87	755	Final	2021-09-26	Swedish Swim Games - Grand Prix 1
04:16.32	760	Final	2022-10-30	Ystad Grand Prix 2 / Swedish Grand Prix