

## Pontus Hake

Se detaljerad information och personbästatider

Gren: 50m Frisim (50) Personbästa: 00:26.41 AQUA-poäng: 496 Datum: 2019-06-30 Tävling: Bockstensdoppet 2019

| Tid      | AQUA | Omgång | Datum      | Tävling                        |
|----------|------|--------|------------|--------------------------------|
| 00:27.43 | 442  | Final  | 2022-04-10 | Kungsbacka Spring Meet         |
| 00:38.74 | 157  | Final  | 2013-06-29 | Bockstensdoppet 2013           |
| 00:32.73 | 260  | Final  | 2015-07-05 | NUSS Äldre och Yngre 50 m 2015 |
| 00:28.61 | 390  | Final  | 2017-04-08 | Falkenberg Race 2017           |
| 00:28.55 | 392  | Final  | 2017-05-28 | Laxaleken 2017                 |
| 00:28.02 | 415  | Final  | 2018-04-08 | Falkenberg Race 2018           |
| 00:27.54 | 437  | Final  | 2018-03-09 | Kronborg Open 2018             |
| 00:27.50 | 439  | Final  | 2018-06-02 | DM-JDM                         |
| 00:26.41 | 496  | Final  | 2019-06-30 | Bockstensdoppet 2019           |
| 00:26.98 | 465  | Final  | 2018-07-08 | Bockstensdoppet 2018           |
| 00:26.85 | 472  | Final  | 2019-04-14 | Falkenberg Race 2019           |
| 00:26.77 | 476  | Final  | 2021-07-11 | LH-Games - RM 2021 Landskrona  |
| 00:26.63 | 484  | Final  | 2020-02-02 | Malmö TYR invitational         |
| 00:26.46 | 493  | Final  | 2019-06-09 | Citadellsim 2019               |
| 00:26.43 | 495  | Final  | 2019-05-26 | Laxaleken 2019                 |
| 00:27.35 | 446  | Final  | 2018-02-03 | Arena Sprint Meet              |
| 00:26.61 | 485  | Final  | 2020-02-22 | Borås Speedo Meet 2020         |
| 00:26.58 | 486  | Final  | 2019-02-02 | Arena Sprint Meet              |
| 00:33.02 | 253  | Final  | 2015-04-26 | Ullbergstrofén 2015            |
| 00:35.57 | 203  | Final  | 2014-05-04 | Ullbergstrofén 2014            |