

## Ella Gutenwik

Se detaljerad information och personbästatider

Gren: 400m Frisim (50) Personbästa: 04:36.80 AQUA-poäng: 623 Datum: 2021-07-16 Tävling: JSM/Sum-Sim äldre & Sum-Sim 16 år

| Tid      | AQUA | Omgång | Datum      | Tävling                                  |
|----------|------|--------|------------|------------------------------------------|
| 04:36.80 | 623  | Final  | 2021-07-16 | JSM/Sum-Sim äldre & Sum-Sim 16 år        |
| 04:37.24 | 619  | Final  | 2023-06-28 | SM/Para-SM/JSM (50m) 2023                |
| 04:37.59 | 618  | Final  | 2022-07-01 | SM/Para-SM/JSM (50m) 2022                |
| 04:38.53 | 611  | Final  | 2021-07-03 | SM/Para-SM/JSM (50m) 2021                |
| 04:38.65 | 611  | Final  | 2022-05-29 | Citadellsim 2022                         |
| 04:39.81 | 603  | Final  | 2023-05-28 | Citadellsim 2023                         |
| 04:40.11 | 601  | Final  | 2022-04-11 | Malmsten Swim Open Stockholm 2022        |
| 04:40.59 | 598  | Final  | 2022-03-06 | Malmö LC Meet                            |
| 04:40.68 | 597  | Final  | 2022-03-12 | Swedish Grand Prix 2022                  |
| 04:42.16 | 588  | Final  | 2019-07-12 | Sum-Sim (50m) 2019                       |
| 04:43.67 | 579  | Final  | 2019-07-12 | Sum-Sim (50m) 2019                       |
| 04:44.00 | 577  | Final  | 2019-06-02 | DM/JDM 50m Karlshamn 2019                |
| 04:45.77 | 566  | Final  | 2023-05-07 | Malmö LC Meet                            |
| 04:46.58 | 561  | Final  | 2020-06-29 | Riksmästerskap (50m) 2020 Halmstad Äldre |
| 04:46.84 | 560  | Final  | 2019-05-25 | Laxaleken 2019                           |
| 04:49.66 | 543  | Final  | 2023-04-15 | Malmsten Swim Open Stockholm 2023        |
| 04:52.87 | 526  | Final  | 2020-03-07 | Swedish Grand Prix 2020                  |
| 04:53.88 | 520  | Final  | 2018-05-19 | Laxaleken 2018                           |
| 04:54.22 | 519  | Final  | 2019-04-12 | Malmsten Swim Open Stockholm 2019        |
| 04:55.74 | 511  | Final  | 2018-03-10 | UGP 3                                    |