

## Albin Nyholm

Se detaljerad information och personbästatider

Gren: 400m Frisim (25) Personbästa: 04:11.04 AQUA-poäng: 604 Datum: 2023-11-22 Tävling: SM/JSM (25m) 2023

| Tid      | AQUA | Omgång | Datum      | Tävling                                    |
|----------|------|--------|------------|--------------------------------------------|
| 05:19.12 | 294  | Final  | 2019-09-20 | Sparbanken Skåne Cup                       |
| 05:06.27 | 332  | Final  | 2019-11-09 | Sum-Sim (25m) 2019 regionfinal Skåne södra |
| 05:05.04 | 336  | Final  | 2019-11-30 | Höstsimiaden 2019 Staffanstorp             |
| 05:06.69 | 331  | Final  | 2020-01-26 | Dronksim                                   |
| 04:52.23 | 383  | Final  | 2020-09-20 | Speedo Swim Meet 2020                      |
| 04:51.74 | 385  | Final  | 2020-10-11 | UGP 1 Löddeköpinge                         |
| 04:36.27 | 453  | Final  | 2021-04-05 | Temporärrace 67 påsk edition               |
| 04:35.14 | 459  | Final  | 2021-05-15 | Temporärrace 15 maj                        |
| 04:31.87 | 475  | Final  | 2021-10-02 | Speedo Swim Meet 2021                      |
| 04:34.79 | 460  | Final  | 2021-10-24 | DM Sjöbo                                   |
| 04:27.22 | 501  | Final  | 2021-11-13 | Sum-Sim Regionfinal 2021 Ängelholm         |
| 04:32.74 | 471  | Final  | 2021-12-11 | Sum-Sim riksfinal 2021                     |
| 04:16.13 | 569  | Final  | 2022-05-28 | 23th DANISH INTERNATIONAL SWIM CUP         |
| 04:20.47 | 541  | Final  | 2022-10-22 | DM/JDM/PARA DM                             |
| 04:30.44 | 483  | Final  | 2023-09-01 | Arena & Poseidon Team Cup (PTC)            |
| 04:14.62 | 579  | Final  | 2023-09-24 | GTI Cup 2023                               |
| 04:20.05 | 543  | Final  | 2023-10-08 | Speedo Swim Meet 2023                      |
| 04:19.19 | 549  | Final  | 2023-10-28 | Ystad Grand Prix 2 / Swedish Grand Prix    |
| 04:14.02 | 583  | Final  | 2023-11-12 | Sum-Sim regionfinal 2023 Kristianstad      |
| 04:11.04 | 604  | Final  | 2023-11-22 | SM/JSM (25m) 2023                          |