

## Alexander Rydefjord

Se detaljerad information och personbästatider

Gren: 400m Frisim (25) Personbästa: 04:20.59 AQUA-poäng: 540 Datum: 2021-11-14 Tävling: Sum-Sim regionfinal Sundsvall

| Tid      | AQUA | Omgång | Datum      | Tävling                                       |
|----------|------|--------|------------|-----------------------------------------------|
| 04:20.59 | 540  | Final  | 2021-11-14 | Sum-Sim regionfinal Sundsvall                 |
| 04:21.05 | 537  | Final  | 2023-12-16 | NM-Para NM, Open, 2023, kortbana              |
| 04:21.31 | 535  | Final  | 2021-10-03 | Repay Vågspelen 2021                          |
| 04:21.86 | 532  | Final  | 2021-12-12 | Sum-Sim riksfinal 2021                        |
| 04:22.01 | 531  | Final  | 2021-05-20 | Temporärrace 3                                |
| 04:22.07 | 531  | Final  | 2021-07-03 | Härnösim 2021                                 |
| 04:22.85 | 526  | Final  | 2021-09-25 | Swedish Swim Games - Grand Prix 1             |
| 04:23.31 | 523  | Final  | 2022-02-26 | Februari-racet 2022                           |
| 04:24.11 | 519  | Final  | 2023-10-20 | NIU-Mästerskapen 2023                         |
| 04:24.25 | 518  | Final  | 2021-09-11 | Mikrotävling 2 2021                           |
| 04:25.04 | 513  | Final  | 2020-11-08 | Sum-Sim (25m) 2020 regionfinal Mellannorrland |
| 04:26.62 | 504  | Final  | 2020-10-11 | UGP1                                          |
| 04:28.45 | 494  | Final  | 2021-06-24 | KM1                                           |
| 04:28.66 | 493  | Final  | 2023-02-11 | Februari-racet 2023                           |
| 04:30.49 | 483  | Final  | 2020-11-02 | KM5                                           |
| 04:30.65 | 482  | Final  | 2020-09-27 | Sundsvall Arena Cup 2020                      |
| 04:39.86 | 436  | Final  | 2020-01-26 | Ungdoms GP2 2019-2020 Härnösand               |
| 04:53.10 | 379  | Final  | 2019-10-13 | UGP1                                          |
| 05:12.07 | 314  | Final  | 2018-11-10 | Sum-Sim Region Norrland                       |
| 05:24.38 | 280  | Final  | 2018-05-05 | Vårsimiaden 2018 Njurunda                     |