

## Freja Härstedt

Se detaljerad information och personbästatider

Gren: 50m Frisim (25) Personbästa: 00:31.05 AQUA-poäng: 402 Datum: 2023-12-16 Tävling: KM Trelleborg Sim 2023

| Tid      | AQUA | Omgång | Datum      | Tävling                                 |
|----------|------|--------|------------|-----------------------------------------|
| 00:31.05 | 402  | Final  | 2023-12-16 | KM Trelleborg Sim 2023                  |
| 00:31.37 | 390  | Final  | 2023-12-10 | Adventsdoppet 3.0                       |
| 00:31.38 | 390  | Final  | 2021-05-08 | Temporärrace1                           |
| 00:31.66 | 379  | Final  | 2023-11-12 | Sum-Sim regionfinal 2023 Kristianstad   |
| 00:32.02 | 367  | Final  | 2023-03-04 | Öresund Meeting 2023                    |
| 00:32.05 | 366  | Final  | 2021-12-11 | Adventsdoppet 2.0                       |
| 00:32.11 | 364  | Final  | 2022-09-09 | Sparbanken Skåne Cup                    |
| 00:32.16 | 362  | Final  | 2019-12-14 | Klubbmästerskap 2019                    |
| 00:32.39 | 354  | Final  | 2019-12-07 | Adventsdoppet 2,0 191207                |
| 00:32.50 | 351  | Final  | 2023-09-10 | Sparbanken Skåne Cup                    |
| 00:32.56 | 349  | Final  | 2022-12-17 | KM Trelleborg Sim 2022                  |
| 00:32.60 | 347  | Final  | 2020-09-18 | Sparbanken Skåne Cup                    |
| 00:32.78 | 342  | Final  | 2022-10-29 | Ystad Grand Prix 2 / Swedish Grand Prix |
| 00:32.93 | 337  | Final  | 2021-12-18 | KM Trelleborg 2021                      |
| 00:33.02 | 334  | Final  | 2019-11-30 | Höstsimiaden 2019 Staffanstorp          |
| 00:33.88 | 310  | Final  | 2019-11-03 | Novembersim 2019                        |
| 00:34.65 | 289  | Final  | 2018-12-17 | Klubbmästerskap TS YSS                  |
| 00:35.41 | 282  | Final  | 2018-05-01 | seriesim kval till divison 1            |
| 00:35.48 | 269  | Final  | 2018-11-11 | Vikingadoppet 2018                      |
| 00:35.49 | 269  | Final  | 2019-03-23 | Öresund Meeting 2019                    |