# Freja Härstedt

Se detaljerad information och personbästatider

Gren: 200m Frisim (25)  Personbästa: 02:20.39  AQUA-poäng: 485 Datum: 2024-03-09 Tävling: S 71-Cup

| Tid | AQUA | Omgång | Datum | Tävling |
|---|---|---|---|---|
| 02:20.39 | 485 | Final | 2024-03-09 | S 71-Cup |
| 02:23.79 | 451 | Final | 2024-03-03 | Öresund Meeting 2024 |
| 02:25.53 | 435 | Final | 2023-10-21 | DM/JDM/PARA DM |
| 02:25.90 | 432 | Final | 2023-12-10 | Adventsdoppet 3.0 |
| 02:26.26 | 429 | Final | 2024-01-28 | UGP 1 |
| 02:26.84 | 423 | Final | 2023-04-29 | Ystad Grand Prix 1 |
| 02:27.08 | 421 | Final | 2023-11-25 | Sim à Lund - GUL Challenge |
| 02:29.06 | 405 | Final | 2023-10-01 | ICA Supermarket Meet 2023 |
| 02:29.26 | 404 | Final | 2022-03-12 | S 71-Cup |
| 02:29.81 | 399 | Final | 2023-03-11 | S 71-Cup |
| 02:30.03 | 397 | Final | 2022-10-29 | Ystad Grand Prix 2 / Swedish Grand Prix |
| 02:30.04 | 398 | Final | 2021-05-22 | Temporärrace 2 |
| 02:30.75 | 393 | Final | 2020-01-25 | UGP 2 Skåne-Blekinge |
| 02:31.27 | 387 | Final | 2023-09-09 | Sparbanken Skåne Cup |
| 02:31.59 | 385 | Final | 2022-10-15 | UGP 3 |
| 02:32.80 | 376 | Final | 2022-11-12 | Sum-Sim regionfinal 2022 Ängelholm |
| 02:34.49 | 364 | Final | 2022-09-10 | Sparbanken Skåne Cup |
| 02:34.96 | 360 | Final | 2022-11-26 | Sim à Lund - GUL Challenge |
| 02:38.63 | 337 | Final | 2019-05-25 | Vårsimiaden Region |
| 02:38.78 | 336 | Final | 2019-05-04 | Vårsimiaden Distrikt Vellinge 2019 |