

## Freja Härstedt

Se detaljerad information och personbästatider

Gren: 100m Ryggsim (25) Personbästa: 01:16.78 AQUA-poäng: 365 Datum: 2023-12-10 Tävling: Adventsdoppet 3.0

| Tid      | AQUA | Omgång | Datum      | Tävling                                    |
|----------|------|--------|------------|--------------------------------------------|
| 01:16.78 | 365  | Final  | 2023-12-10 | Adventsdoppet 3.0                          |
| 01:17.77 | 351  | Final  | 2023-11-25 | Sim à Lund - GUL Challenge                 |
| 01:19.57 | 328  | Final  | 2022-05-01 | Ystad Grand Prix 1                         |
| 01:20.75 | 314  | Final  | 2021-05-08 | Temporärrace1                              |
| 01:21.79 | 302  | Final  | 2023-03-05 | Öresund Meeting 2023                       |
| 01:21.88 | 301  | Final  | 2022-09-10 | Sparbanken Skåne Cup                       |
| 01:21.98 | 300  | Final  | 2023-10-15 | UGP 3                                      |
| 01:23.60 | 285  | Final  | 2019-09-29 | SERIESIM Div 2 Omg 1                       |
| 01:23.96 | 279  | Final  | 2022-10-16 | UGP 3                                      |
| 01:24.02 | 280  | Final  | 2019-11-30 | Höstsimiaden 2019 Staffanstorp             |
| 01:26.42 | 258  | Final  | 2019-11-10 | Sum-Sim (25m) 2019 regionfinal Skåne södra |
| 01:27.87 | 245  | Final  | 2019-09-20 | Sparbanken Skåne Cup                       |
| 01:29.02 | 236  | Final  | 2018-03-03 | MedaljRace 2018                            |
| 01:29.30 | 234  | Final  | 2018-12-02 | Höstsimiaden                               |
| 01:30.54 | 224  | Final  | 2019-02-03 | Dronksim 2019                              |
| 01:30.61 | 224  | Final  | 2019-05-04 | Vårsimiaden Distrikt Vellinge 2019         |
| 01:31.04 | 220  | Final  | 2018-05-06 | Vårsimiaden distrikt                       |
| 01:32.90 | 207  | Final  | 2018-09-23 | Sparbanken Skåne Cup                       |
| 01:33.47 | 204  | Final  | 2018-02-03 | Donksim                                    |
| 01:33.72 | 202  | Final  | 2018-03-25 | Öresund Meeting 2018                       |