

## Fredrik Ekholm

Se detaljerad information och personbästatider

Gren: 50m Bröstsöm (25) Personbästa: 00:28.96 AQUA-poäng: 639 Datum: 2022-11-26 Tävling: SM/JSM (25M) 2022

| Tid      | AQUA | Omgång | Datum      | Tävling                                 |
|----------|------|--------|------------|-----------------------------------------|
| 00:38.71 | 277  | Final  | 2017-12-09 | Team Race Meet                          |
| 00:38.52 | 281  | Final  | 2017-12-09 | Team Race Meet                          |
| 00:38.41 | 284  | Final  | 2016-09-11 | Serneke Swim Open                       |
| 00:38.29 | 286  | Final  | 2017-12-09 | Team Race Meet                          |
| 00:38.06 | 291  | Final  | 2018-01-27 | Sandaredsracet Sprint                   |
| 00:34.69 | 385  | Final  | 2019-01-09 | Stippen 1                               |
| 00:34.38 | 396  | Final  | 2019-05-15 | Stippen 3                               |
| 00:34.08 | 406  | Final  | 2019-10-19 | DM/JDM VSSF                             |
| 00:33.86 | 414  | Final  | 2019-12-07 | Team Race Meet TYR 2019                 |
| 00:33.27 | 437  | Final  | 2020-04-18 | Corona Cup 1 Mikro                      |
| 00:33.11 | 443  | Final  | 2019-12-07 | Team Race Meet TYR 2019                 |
| 00:32.39 | 473  | Final  | 2019-12-07 | Team Race Meet TYR 2019                 |
| 00:32.04 | 489  | Final  | 2020-10-18 | DM/JDM VSSF                             |
| 00:31.59 | 510  | Final  | 2020-10-21 | Stippen Fortsättning 4                  |
| 00:30.77 | 552  | Final  | 2020-09-20 | Speedo Swim 2020                        |
| 00:30.08 | 570  | Final  | 2022-09-28 | NIU mästerskapen                        |
| 00:30.04 | 572  | Final  | 2022-10-29 | Ystad Grand Prix 2 / Swedish Grand Prix |
| 00:30.29 | 579  | Final  | 2021-10-30 | Ystad Grand Prix 2                      |
| 00:29.69 | 593  | Final  | 2022-10-22 | DM/JDM 25m VSSF 2022                    |
| 00:29.60 | 598  | Final  | 2022-10-22 | DM/JDM 25m VSSF 2022                    |