

## Fredrik Ekholm

Se detaljerad information och personbästatider

Gren: 100m Bröstsöm (25) Personbästa: 01:03.88 AQUA-poäng: 648 Datum: 2022-11-23 Tävlings: SM/JSM (25M) 2022

| Tid      | AQUA | Omgång | Datum      | Tävlings                                   |
|----------|------|--------|------------|--------------------------------------------|
| 01:26.81 | 262  | Final  | 2017-09-10 | Arena USO 2017                             |
| 01:04.89 | 618  | Final  | 2022-10-23 | DM/JDM 25m VSSF 2022                       |
| 01:04.97 | 617  | Final  | 2021-11-25 | SM/JSM (25m) 2021                          |
| 01:06.59 | 572  | Final  | 2022-10-30 | Ystad Grand Prix 2 / Swedish Grand Prix    |
| 01:06.96 | 564  | Final  | 2021-10-31 | Ystad Grand Prix 2                         |
| 01:03.88 | 648  | Final  | 2022-11-23 | SM/JSM (25M) 2022                          |
| 01:09.27 | 517  | Final  | 2020-10-11 | UGP 1 Kba                                  |
| 01:41.96 | 162  | Final  | 2015-02-28 | Sandaredssimmet 2015                       |
| 01:23.96 | 290  | Final  | 2018-01-28 | UGP 2                                      |
| 01:19.67 | 340  | Final  | 2018-10-14 | UGP 1 Stenungsund 2018                     |
| 01:17.54 | 368  | Final  | 2019-09-22 | Speedo Swim Meet 2019                      |
| 01:16.50 | 384  | Final  | 2019-01-27 | UGP2 Kungsbacka                            |
| 01:15.30 | 402  | Final  | 2019-02-03 | NUSS Äldre (25m) 2019                      |
| 01:15.25 | 403  | Final  | 2019-10-20 | DM/JDM VSSF                                |
| 01:14.19 | 421  | Final  | 2019-10-13 | UGP 1 Borås                                |
| 01:12.08 | 459  | Final  | 2019-11-10 | Sum-Sim (25m) 2019 regionfinal Västsvenska |
| 01:08.84 | 527  | Final  | 2020-10-18 | DM/JDM VSSF                                |
| 01:08.38 | 537  | Final  | 2020-09-08 | Dual Meet 1                                |
| 01:06.81 | 568  | Final  | 2021-10-24 | DM/JDM                                     |
| 01:04.99 | 615  | Final  | 2023-04-30 | Ullbergstrofén final                       |