

## Mikael Lanestrand

Se detaljerad information och personbästatider

Gren: 50m Frisim (25) Personbästa: 00:30.80 AQUA-poäng: 283 Datum: 2020-12-19 Tävling: Skuru Jullovs-Covid Race

| Tid      | AQUA | Omgång | Datum      | Tävling                                       |
|----------|------|--------|------------|-----------------------------------------------|
| 00:43.23 | 102  | Final  | 2017-02-18 | LSS Väsman Open 2017                          |
| 00:43.49 | 101  | Final  | 2016-12-03 | Julklappsdoppet 2016                          |
| 00:31.81 | 254  | Final  | 2022-10-08 | Polisen Head to Head 2022                     |
| 00:37.94 | 152  | Final  | 2018-10-20 | HEAD to Head 2018                             |
| 00:32.80 | 234  | Final  | 2021-08-28 | Karlstad Open                                 |
| 00:33.84 | 214  | Final  | 2019-10-19 | Polisen HEAD to Head 2019                     |
| 00:32.90 | 230  | Final  | 2022-12-11 | Skuru Jul-Sprint                              |
| 00:38.53 | 145  | Final  | 2018-06-03 | Gurrasimmet                                   |
| 00:38.22 | 148  | Final  | 2017-12-17 | Jul-KM                                        |
| 00:53.36 | 55   | Final  | 2015-05-24 | Gurrasimmet                                   |
| 00:36.23 | 174  | Final  | 2019-05-26 | Gurrasimmet                                   |
| 00:35.68 | 183  | Final  | 2019-09-29 | Arne Borgs minne &TYR sprint 2019             |
| 00:33.17 | 227  | Final  | 2019-12-08 | Skuru Julsprint 2019                          |
| 00:30.80 | 283  | Final  | 2020-12-19 | Skuru Jullovs-Covid Race                      |
| 00:32.51 | 238  | Final  | 2022-06-14 | Skuru KM                                      |
| 00:31.90 | 255  | Final  | 2020-12-05 | Skuru Jul-Covid Race                          |
| 00:31.85 | 253  | Final  | 2021-11-14 | Sum-Sim regionfinal 2021 Region 3b Södertälje |
| 00:31.61 | 263  | Final  | 2020-06-13 | Vår KM                                        |
| 00:31.34 | 269  | Final  | 2020-09-20 | Speedo Swim 2020                              |
| 00:31.22 | 272  | Final  | 2021-04-16 | Skuru Temporärrace                            |