

## Julia Almquist

Se detaljerad information och personbästatider

Gren: 400m Frisim (25) Personbästa: 04:33.09 AQUA-poäng: 628 Datum: 2022-10-23 Tävling: DM/JDM/PARA DM

| Tid      | AQUA | Omgång | Datum      | Tävling                                   |
|----------|------|--------|------------|-------------------------------------------|
| 04:33.09 | 628  | Final  | 2022-10-23 | DM/JDM/PARA DM                            |
| 04:36.13 | 587  | Final  | 2023-11-12 | Sum-Sim regionfinal 2023 Kristianstad     |
| 04:36.16 | 607  | Final  | 2022-05-01 | Ystad Grand Prix 1                        |
| 04:40.54 | 560  | Final  | 2023-10-14 | UGP 3                                     |
| 04:40.77 | 578  | Final  | 2021-10-31 | Ystad Grand Prix 2                        |
| 04:42.35 | 549  | Final  | 2023-10-08 | Speedo Swim Meet 2023                     |
| 04:42.50 | 567  | Final  | 2022-05-01 | Ystad Grand Prix 1                        |
| 04:42.86 | 546  | Final  | 2023-09-24 | GTI Cup 2023                              |
| 04:43.65 | 542  | Final  | 2023-10-29 | Ystad Grand Prix 2 / Swedish Grand Prix   |
| 04:43.74 | 560  | Final  | 2021-10-24 | DM Sjöbo                                  |
| 04:43.91 | 540  | Final  | 2023-11-23 | SM/JSM (25m) 2023                         |
| 04:44.76 | 554  | Final  | 2021-10-31 | Ystad Grand Prix 2                        |
| 04:47.51 | 538  | Final  | 2021-04-10 | Temporärrace Swim of Staffanst            |
| 04:48.33 | 533  | Final  | 2021-05-15 | Temporärrace 15 maj                       |
| 04:48.94 | 530  | Final  | 2021-09-11 | Sparbanken Skåne Cup                      |
| 05:04.41 | 453  | Final  | 2020-10-10 | UGP 1 Löddeköpinge                        |
| 05:10.67 | 426  | Final  | 2019-11-10 | Sum-Sim (25m) 2019 regionfinal Östsvenska |
| 05:10.71 | 426  | Final  | 2019-10-12 | UGP 1 2019                                |
| 05:19.60 | 392  | Final  | 2020-01-25 | UGP 2 2019-2020, Kalmar                   |
| 05:20.73 | 387  | Final  | 2019-12-01 | Höstsimiaden                              |