

## Ellen Jörstad

Se detaljerad information och personbästatider

Gren: 50m Fjärilsim (25) Personbästa: 00:30.77 AQUA-poäng: 497 Datum: 2023-06-17 Tävling: Sommar Utmanaren 2023

| Tid      | AQUA | Omgång | Datum      | Tävling                          |
|----------|------|--------|------------|----------------------------------|
| 00:48.47 | 127  | Final  | 2017-12-15 | KM / Utmanaren 4                 |
| 00:48.47 | 127  | Final  | 2017-12-15 | KM / Utmanaren 4                 |
| 00:46.46 | 144  | Final  | 2018-02-17 | Utmanaren 1/ Distans-KM          |
| 00:44.91 | 159  | Final  | 2018-04-21 | Utmanaren 2 / Distans-KM         |
| 00:44.89 | 160  | Final  | 2018-05-05 | Vårsimiaden Distrikt MSSF 2018   |
| 00:42.13 | 193  | Final  | 2018-09-23 | Wadköpingsdoppet 2018            |
| 00:40.74 | 214  | Final  | 2018-10-07 | Utmanaren 3/ Distans-KM          |
| 00:41.74 | 199  | Final  | 2018-12-01 | Höstsaimiaden 2018 Säffle        |
| 00:41.14 | 208  | Final  | 2018-12-09 | Utmanaren 4 & Sprint-KM          |
| 00:40.77 | 213  | Final  | 2019-01-19 | Utmanaren 1 & Distans-KM 2019    |
| 00:41.82 | 198  | Final  | 2019-02-03 | NUSS Yngre (25m)                 |
| 00:45.44 | 154  | Final  | 2019-02-03 | NUSS Yngre (25m)                 |
| 00:41.30 | 205  | Final  | 2019-05-30 | Sala Sparbanks Silverdoppet 2019 |
| 00:38.88 | 246  | Final  | 2019-09-22 | Wadköpingsdoppet 2019            |
| 00:37.89 | 266  | Final  | 2019-10-05 | Knatte Cup 2019                  |
| 00:37.19 | 281  | Final  | 2019-12-13 | Utmanaren 4 & Sprint-KM 2019     |
| 00:36.35 | 301  | Final  | 2020-02-15 | Utmanaren 1 & Distans-KM 2020    |
| 00:36.31 | 302  | Final  | 2020-09-20 | Wadköpingsdoppet 2020            |
| 00:36.34 | 301  | Final  | 2020-10-03 | Effective Sprint & Distans 2020  |
| 00:32.67 | 415  | Final  | 2021-09-26 | Wadköpingsdoppet 2021            |