

## Ellen Jörstad

Se detaljerad information och personbästatider

Gren: 200m Medley (25) Personbästa: 02:31.73 AQUA-poäng: 518 Datum: 2022-09-24 Tävling: Wadköpingsdoppet 2022

| Tid      | AQUA | Omgång | Datum      | Tävling                                      |
|----------|------|--------|------------|----------------------------------------------|
| 02:56.01 | 331  | Final  | 2019-10-13 | Ungdoms GP 1 2019-2020 Karlskoga             |
| 03:32.82 | 187  | Final  | 2018-02-17 | Utmanaren 1/ Distans-KM                      |
| 03:27.20 | 203  | Final  | 2018-03-03 | Skomakardoppet                               |
| 03:19.92 | 226  | Final  | 2018-12-09 | Utmanaren 4 & Sprint-KM                      |
| 03:17.34 | 235  | Final  | 2018-10-07 | Utmanaren 3/ Distans-KM                      |
| 03:16.09 | 240  | Final  | 2019-02-02 | NUSS Yngre (25m)                             |
| 03:15.01 | 244  | Final  | 2019-01-19 | Utmanaren 1 & Distans-KM 2019                |
| 03:14.56 | 245  | Final  | 2018-09-22 | Wadköpingsdoppet 2018                        |
| 03:12.84 | 252  | Final  | 2019-03-02 | Skomakardoppet 2019                          |
| 03:08.20 | 271  | Final  | 2019-05-04 | Vårsimiaden 2019 Örebro                      |
| 02:58.79 | 316  | Final  | 2019-09-21 | Wadköpingsdoppet 2019                        |
| 02:31.73 | 518  | Final  | 2022-09-24 | Wadköpingsdoppet 2022                        |
| 02:55.76 | 333  | Final  | 2019-11-30 | Höstsimiaden 2019 Karlstad                   |
| 02:54.67 | 339  | Final  | 2020-01-26 | UGP2 2019-2020                               |
| 02:53.75 | 344  | Final  | 2019-11-09 | Sum-Sim (25m) 2019 regionfinal Mellansvenska |
| 02:48.56 | 377  | Final  | 2020-09-19 | Wadköpingsdoppet 2020                        |
| 02:40.66 | 436  | Final  | 2021-09-25 | Wadköpingsdoppet 2021                        |
| 02:39.85 | 443  | Final  | 2021-10-17 | Ungdoms GP 3 (25m) 2021 Säffle               |
| 02:39.18 | 448  | Final  | 2021-11-13 | Sum-Sim regionfinal 2021 Uppsala             |
| 02:35.24 | 483  | Final  | 2022-06-18 | Sommar Utmanaren 2022                        |