

## Emil Jörstad

Se detaljerad information och personbästatider

Gren: 50m Ryggsim (25) Personbästa: 00:30.62 AQUA-poäng: 376 Datum: 2023-12-15 Tävling: Utmanaren & Sprint-KM 2023

| Tid      | AQUA | Omgång | Datum      | Tävling                                        |
|----------|------|--------|------------|------------------------------------------------|
| 00:30.62 | 376  | Final  | 2023-12-15 | Utmanaren & Sprint-KM 2023                     |
| 00:31.74 | 343  | Final  | 2023-03-05 | Skomakardoppet 2023                            |
| 00:32.41 | 322  | Final  | 2022-12-09 | Utmanaren 4 & Sprint-KM 2022                   |
| 00:32.70 | 313  | Final  | 2023-02-05 | NUSS Yngre (25m)                               |
| 00:33.19 | 300  | Final  | 2023-02-04 | NUSS Yngre (25m)                               |
| 00:33.51 | 291  | Final  | 2021-12-17 | Utmanaren 4 & Sprint-KM 2021                   |
| 00:33.66 | 287  | Final  | 2022-09-25 | Wadköpingsdoppet 2022                          |
| 00:33.83 | 283  | Final  | 2022-10-08 | Senior-DM, Junior-DM och DM-Parasim (25m) 2022 |
| 00:33.86 | 282  | Final  | 2021-09-26 | Wadköpingsdoppet 2021                          |
| 00:36.83 | 219  | Final  | 2020-02-01 | NUSS Yngre (25m) 2020                          |
| 00:37.64 | 205  | Final  | 2019-12-13 | Utmanaren 4 & Sprint-KM 2019                   |
| 00:37.81 | 202  | Final  | 2019-09-21 | Wadköpingsdoppet 2019                          |
| 00:38.74 | 188  | Final  | 2019-10-05 | Knatte Cup 2019                                |
| 00:39.23 | 181  | Final  | 2019-05-30 | Sala Sparbanks Silverdoppet 2019               |
| 00:39.59 | 176  | Final  | 2018-12-01 | Höstsaimiaden 2018 Säffle                      |
| 00:39.94 | 172  | Final  | 2019-02-03 | NUSS Yngre (25m)                               |
| 00:40.58 | 164  | Final  | 2018-10-06 | Knatte Cup 2018                                |
| 00:40.90 | 160  | Final  | 2018-09-23 | Wadköpingsdoppet 2018                          |
| 00:44.01 | 128  | Final  | 2018-05-05 | Vårsimiaden Distrikt MSSF 2018                 |
| 00:45.98 | 112  | Final  | 2017-12-15 | KM / Utmanaren 4                               |