

Delara Ronquist

Se detaljerad information och personbästatider

Gren: 50m Frisim (25) Personbästa: 00:29.39 AQUA-poäng: 474 Datum: 2023-11-12 Tävling: Sum-Sim regionfinal 2023 Stockholm

Tid	AQUA	Omgång	Datum	Tävling
00:29.39	474	Final	2023-11-12	Sum-Sim regionfinal 2023 Stockholm
00:29.59	465	Final	2023-10-07	Zoggs Zwim 2023
00:29.62	463	Final	2023-03-25	GIH-games 2023
00:29.68	461	Final	2024-02-10	Kringelsim 2024
00:29.71	459	Final	2021-10-09	HEAD to Head 2021
00:29.77	456	Final	2023-02-18	Kringelsim 2023
00:29.82	454	Final	2024-03-24	GIH-games 2024
00:30.01	446	Final	2023-12-02	Sparbanken Rekarne Simcup 2023
00:30.11	441	Final	2023-12-16	Polisens KM 2023
00:30.16	439	Final	2022-08-20	Simklubben Neptuns KM 2022
00:30.35	431	Final	2021-12-11	Åkeshov Invitational
00:30.35	431	Final	2023-10-01	ArneBorg2023
00:30.67	417	Final	2021-08-21	Neptuns KM 2021
00:31.35	391	Final	2020-10-10	Neppan Micro II
00:31.84	373	Final	2022-12-10	Åkeshov invitational
00:31.88	372	Final	2019-10-19	Polisen HEAD to Head 2019
00:32.54	349	Final	2019-09-22	Neppan Knatte-Cup Höst 2019
00:33.34	325	Final	2019-08-24	Neptuns KM 2019
00:33.37	324	Final	2019-02-16	Tyresö Knatte
00:34.34	297	Final	2018-10-20	HEAD to Head 2018