

## Amanda Fröding

Se detaljerad information och personbästatider

Gren: 100m Frisim (25) Personbästa: 01:11.74 AQUA-poäng: 343 Datum: 2022-12-04 Tävling: Sparbanken Rekarne Simcup 2022

| Tid      | AQUA | Omgång | Datum      | Tävling                                      |
|----------|------|--------|------------|----------------------------------------------|
| 01:12.28 | 336  | Final  | 2023-12-15 | Utmanaren & Sprint-KM 2023                   |
| 01:12.76 | 329  | Final  | 2023-03-04 | Skomakardoppet 2023                          |
| 01:11.74 | 343  | Final  | 2022-12-04 | Sparbanken Rekarne Simcup 2022               |
| 01:12.06 | 339  | Final  | 2022-11-13 | Sum-Sim regionfinal 2022 ÖREBRO              |
| 01:13.46 | 320  | Final  | 2022-09-25 | Wadköpingsdoppet 2022                        |
| 01:14.60 | 305  | Final  | 2022-06-18 | Sommar Utmanaren 2022                        |
| 01:18.38 | 263  | Final  | 2021-10-27 | TEMPORÄRRACE 27E OKTOBER 2021                |
| 01:25.63 | 202  | Final  | 2021-06-16 | TEMPORÄRRACE ONSDAG 16E JUNI                 |
| 01:19.08 | 256  | Final  | 2020-12-22 | Supermikrotävling                            |
| 01:19.68 | 250  | Final  | 2020-10-04 | Effective Sprint & Distans 2020              |
| 01:19.81 | 249  | Final  | 2020-09-19 | Wadköpingsdoppet 2020                        |
| 01:22.97 | 222  | Final  | 2020-03-01 | Skomakardoppet 2020                          |
| 01:22.25 | 228  | Final  | 2020-02-15 | Utmanaren 1 & Distans-KM 2020                |
| 01:24.33 | 211  | Final  | 2019-12-13 | Utmanaren 4 & Sprint-KM 2019                 |
| 01:23.29 | 219  | Final  | 2019-11-30 | Höstsimiaden 2019 Karlstad                   |
| 01:23.15 | 220  | Final  | 2019-11-09 | Sum-Sim (25m) 2019 regionfinal Mellansvenska |
| 01:30.30 | 172  | Final  | 2019-10-05 | Knatte Cup 2019                              |
| 01:28.47 | 183  | Final  | 2019-09-04 | Utmanaren 3 & Distans-KM 2019                |
| 01:31.22 | 167  | Final  | 2019-05-30 | Sala Sparbanks Silverdoppet 2019             |
| 01:38.86 | 131  | Final  | 2019-05-04 | Vårsimiaden 2019 Örebro                      |