

## Sam Askari Louyeh

Se detaljerad information och personbästatider

Gren: 400m Frisim (25) Personbästa: 04:31.42 AQUA-poäng: 478 Datum: 2024-03-02 Tävling: Öresund Meeting 2024

| Tid      | AQUA | Omgång | Datum      | Tävling                                 |
|----------|------|--------|------------|-----------------------------------------|
| 04:31.42 | 478  | Final  | 2024-03-02 | Öresund Meeting 2024                    |
| 04:31.87 | 475  | Final  | 2023-10-28 | Ystad Grand Prix 2 / Swedish Grand Prix |
| 04:33.34 | 468  | Final  | 2023-10-08 | Speedo Swim Meet 2023                   |
| 04:37.04 | 449  | Final  | 2023-05-22 | Distanscupen omg 4                      |
| 04:48.69 | 397  | Final  | 2023-03-04 | Öresund Meeting 2023                    |
| 04:40.60 | 432  | Final  | 2022-11-12 | Sum-Sim regionfinal 2022 Karlshamn      |
| 04:42.24 | 425  | Final  | 2022-10-01 | Speedo Swim Meet 2022                   |
| 04:51.03 | 387  | Final  | 2022-05-30 | Distanscupen omg 4                      |
| 04:50.84 | 388  | Final  | 2022-04-30 | Ystad Grand Prix 1                      |
| 04:54.36 | 374  | Final  | 2022-04-30 | Ystad Grand Prix 1                      |
| 04:58.22 | 360  | Final  | 2021-10-30 | Ystad Grand Prix 2                      |
| 05:04.56 | 338  | Final  | 2021-10-30 | Ystad Grand Prix 2                      |
| 05:06.83 | 331  | Final  | 2021-10-02 | Speedo Swim Meet 2021                   |
| 05:17.05 | 300  | Final  | 2021-03-27 | MKK Temporärrace2.0                     |