

## Alfred Södhammar

Se detaljerad information och personbästatider

Gren: 50m Ryggswim (50) Personbästa: 00:41.29 AQUA-poäng: 185 Datum: 2024-03-01 Tävling: Kronborg Open 2024

| Tid      | AQUA | Omgång | Datum      | Tävling                       |
|----------|------|--------|------------|-------------------------------|
| 00:41.29 | 185  | Final  | 2024-03-01 | Kronborg Open 2024            |
| 00:41.86 | 181  | Final  | 2023-08-27 | Swim For Life 2023            |
| 00:42.51 | 170  | Final  | 2024-04-06 | Sportringen Swim Meet 2024    |
| 00:42.74 | 170  | Final  | 2023-07-08 | LH-Games 2023                 |
| 00:44.22 | 154  | Final  | 2023-03-10 | Kronborg Open 2023            |
| 00:49.09 | 113  | Final  | 2022-05-28 | Citadellsim 2022              |
| 00:50.41 | 107  | Final  | 2021-06-05 | Citadellsim 2021              |
| 00:51.40 | 101  | Final  | 2021-08-21 | Swim for Life 2021            |
| 00:52.22 | 94   | Final  | 2022-03-18 | Kronborg Open 2022            |
| 00:53.24 | 91   | Final  | 2021-07-11 | LH-Games - RM 2021 Landskrona |