

## Jonathan Essien

Se detaljerad information och personbästatider

Gren: 50m Frisim (25) Personbästa: 00:25.41 AQUA-poäng: 499 Datum: 2023-11-25 Tävling: Extralopp

| Tid      | AQUA | Omgång | Datum      | Tävling                                |
|----------|------|--------|------------|----------------------------------------|
| 00:30.93 | 281  | Final  | 2020-02-15 | Kringelsim 2020                        |
| 00:27.15 | 409  | Final  | 2021-09-26 | Arne Borgs minne &TYR sprint 2021      |
| 00:26.48 | 441  | Final  | 2021-10-09 | HEAD to Head 2021                      |
| 00:26.97 | 417  | Final  | 2021-10-09 | HEAD to Head 2021                      |
| 00:26.40 | 445  | Final  | 2021-12-04 | Sparbanken Rekarne Simcup & TYR Sprint |
| 00:26.98 | 417  | Final  | 2021-12-04 | Sparbanken Rekarne Simcup & TYR Sprint |
| 00:27.20 | 407  | Final  | 2022-04-02 | Strängnäs Simcup 2022                  |
| 00:26.07 | 462  | Final  | 2022-09-25 | Arne Borgs minne & TYR sprint          |
| 00:26.05 | 463  | Final  | 2022-10-08 | Polisen Head to Head 2022              |
| 00:26.75 | 428  | Final  | 2022-10-08 | Polisen Head to Head 2022              |
| 00:26.38 | 446  | Final  | 2022-11-13 | Sum-Sim regionfinal 2022-Stockholm     |
| 00:27.63 | 388  | Final  | 2022-12-03 | Sparbanken Rekarne Simcup 2022         |
| 00:26.56 | 437  | Final  | 2022-12-03 | Sparbanken Rekarne Simcup 2022         |
| 00:27.52 | 393  | Final  | 2022-12-03 | Sparbanken Rekarne Simcup 2022         |
| 00:27.33 | 401  | Final  | 2023-04-02 | Strängnäs Simcup 2023                  |
| 00:26.78 | 426  | Final  | 2023-04-02 | Strängnäs Simcup 2023                  |
| 00:25.82 | 475  | Final  | 2023-09-24 | Swedish Swim Games 2023 - Grand Prix 1 |
| 00:26.53 | 438  | Final  | 2023-10-01 | ArneBorg2023                           |
| 00:25.50 | 494  | Final  | 2023-10-07 | Zoggs Zwim 2023                        |
| 00:25.41 | 499  | Final  | 2023-11-25 | Extralopp                              |