

# Resultat

## Distanscupen 3 2024

Plats: Filborna Arena  
Bassäng: 25m

Arrangör: Helsingborgs Simsällskap  
Tävlingsdatum: den 15 apr 2024 till den 15 apr 2024

### Gren 5, 400m Medley Damer - Final

Plac	Namn	Född	Förening	R.T.	AQU	Tid	Diff	
1	<b>Ebba Holgersson</b>	2005	Helsingborgs Simsällskap	0.77	601	<b>5:06.80</b>		
	50m: 33.22	100m: 1:11.10	(37.88)	150m: 1:50.88	(39.78)	200m: 2:28.90	(38.02)	
	250m: 3:10.43	(41.53)	300m: 3:52.79	(42.36)	350m: 4:30.40	(37.61)	400m: 5:06.80	(36.40)
2	<b>Olivia Staafgård</b>	2007	Helsingborgs Simsällskap	0.64	551	<b>5:15.76</b>	+8.96	
	50m: 33.21	100m: 1:11.71	(38.50)	150m: 1:53.43	(41.72)	200m: 2:34.60	(41.17)	
	250m: 3:19.69	(45.09)	300m: 4:04.73	(45.04)	350m: 4:40.54	(35.81)	400m: 5:15.76	(35.22)
3	<b>Nefeli Blithikiotis</b>	2011	Helsingborgs Simsällskap		527	<b>5:20.55</b>	+13.75	
	50m: 33.14	100m: 1:12.91	(39.77)	150m: 1:54.77	(41.86)	200m: 2:36.08	(41.31)	
	250m: 3:20.97	(44.89)	300m: 4:06.05	(45.08)	350m: 4:44.94	(38.89)	400m: 5:20.55	(35.61)
4	<b>Ellinor Nilsson</b>	2009	Helsingborgs Simsällskap		516	<b>5:22.64</b>	+15.84	
	50m: 32.48	100m: 1:11.49	(39.01)	150m: 1:54.07	(42.58)	200m: 2:35.14	(41.07)	
	250m: 3:21.44	(46.30)	300m: 4:08.45	(47.01)	350m: 4:46.74	(38.29)	400m: 5:22.64	(35.90)
5	<b>Kajsa Berg</b>	2009	Helsingborgs Simsällskap		497	<b>5:26.74</b>	+19.94	
	50m: 35.42	100m: 1:15.83	(40.41)	150m: 1:59.02	(43.19)	200m: 2:41.86	(42.84)	
	250m: 3:29.02	(47.16)	300m: 4:16.36	(47.34)	350m: 4:52.41	(36.05)	400m: 5:26.74	(34.33)
6	<b>Laura Bartolek</b>	2010	Helsingborgs Simsällskap		488	<b>5:28.77</b>	+21.97	
	50m: 33.06	100m: 1:11.08	(38.02)	150m: 1:54.29	(43.21)	200m: 2:37.30	(43.01)	
	250m: 3:24.46	(47.16)	300m: 4:12.60	(48.14)	350m: 4:51.66	(39.06)	400m: 5:28.77	(37.11)
7	<b>Estelle Johansson</b>	2010	Helsingborgs Simsällskap	0.80	487	<b>5:29.00</b>	+22.20	
	50m: 34.48	100m: 1:15.70	(41.22)	150m: 1:57.75	(42.05)	200m: 2:38.28	(40.53)	
	250m: 3:25.75	(47.47)	300m: 4:13.40	(47.65)	350m: 4:52.65	(39.25)	400m: 5:29.00	(36.35)
8	<b>Dehlia Svensson</b>	2007	Helsingborgs Simsällskap	0.81	473	<b>5:32.23</b>	+25.43	
	50m: 34.13	100m: 1:14.77	(40.64)	150m: 2:00.32	(45.55)	200m: 2:43.23	(42.91)	
	250m: 3:30.89	(47.66)	300m: 4:18.77	(47.88)	350m: 4:55.96	(37.19)	400m: 5:32.23	(36.27)
9	<b>Felicia Jönsson</b>	2009	Helsingborgs Simsällskap	0.70	435	<b>5:41.62</b>	+34.82	
	50m: 35.44	100m: 1:18.04	(42.60)	150m: 2:01.85	(43.81)	200m: 2:44.10	(42.25)	
	250m: 3:35.01	(50.91)	300m: 4:24.82	(49.81)	350m: 5:04.05	(39.23)	400m: 5:41.62	(37.57)
10	<b>Elsa Magnander</b>	2010	Helsingborgs Simsällskap		411	<b>5:48.11</b>	+41.31	
	50m: 36.91	100m: 1:21.33	(44.42)	150m: 2:08.16	(46.83)	200m: 2:53.11	(44.95)	
	250m: 3:40.16	(47.05)	300m: 4:27.79	(47.63)	350m: 5:08.67	(40.88)	400m: 5:48.11	(39.44)
11	<b>Sofia Pojmark</b>	2008	Helsingborgs Simsällskap	0.84	410	<b>5:48.28</b>	+41.48	
	50m: 37.95	100m: 1:23.84	(45.89)	150m: 2:13.73	(49.89)	200m: 3:02.32	(48.59)	
	250m: 3:46.10	(43.78)	300m: 4:29.84	(43.74)	350m: 5:09.62	(39.78)	400m: 5:48.28	(38.66)
12	<b>Märta Edelhamre</b>	2010	Helsingborgs Simsällskap	0.91	404	<b>5:50.14</b>	+43.34	
	50m: 36.51	100m: 1:20.96	(44.45)	150m: 2:07.55	(46.59)	200m: 2:52.91	(45.36)	
	250m: 3:43.20	(50.29)	300m: 4:33.28	(50.08)	350m: 5:13.10	(39.82)	400m: 5:50.14	(37.04)
13	<b>Sanna Bankert</b>	2008	Helsingborgs Simsällskap	0.76	391	<b>5:54.11</b>	+47.31	
	50m: 36.50	100m: 1:20.61	(44.11)	150m: 2:06.10	(45.49)	200m: 2:51.54	(45.44)	
	250m: 3:41.06	(49.52)	300m: 4:30.49	(49.43)	350m: 5:12.95	(42.46)	400m: 5:54.11	(41.16)
14	<b>Alma Nilsson</b>	2009	Helsingborgs Simsällskap	0.77	389	<b>5:54.67</b>	+47.87	
	50m: 36.40	100m: 1:19.92	(43.52)	150m: 2:10.71	(50.79)	200m: 2:57.29	(46.58)	
	250m: 3:45.30	(48.01)	300m: 4:33.82	(48.52)	350m: 5:15.15	(41.33)	400m: 5:54.67	(39.52)
15	<b>Daniella Nilsson</b>	2009	Helsingborgs Simsällskap		383	<b>5:56.37</b>	+49.57	
	50m: 35.74	100m: 1:18.39	(42.65)	150m: 2:07.87	(49.48)	200m: 2:55.36	(47.49)	
	250m: 3:42.92	(47.56)	300m: 4:31.76	(48.84)	350m: 5:15.05	(43.29)	400m: 5:56.37	(41.32)
16	<b>Alva Eskilsson</b>	2010	Helsingborgs Simsällskap	0.88	379	<b>5:57.72</b>	+50.92	
	50m: 38.08	100m: 1:25.05	(46.97)	150m: 2:10.14	(45.09)	200m: 2:54.16	(44.02)	
	250m: 3:46.41	(52.25)	300m: 4:38.01	(51.60)	350m: 5:18.09	(40.08)	400m: 5:57.72	(39.63)
17	<b>Greta Sandell</b>	2009	Helsingborgs Simsällskap		372	<b>5:59.90</b>	+53.10	
	50m: 37.22	100m: 1:21.98	(44.76)	150m: 2:09.49	(47.51)	200m: 2:54.18	(44.69)	
	250m: 3:46.03	(51.85)	300m: 4:38.85	(52.82)	350m: 5:20.02	(41.17)	400m: 5:59.90	(39.88)
18	<b>Alice Levin</b>	2011	Helsingborgs Simsällskap	0.95	340	<b>6:10.97</b>	+1:04.17	
	50m: 38.45	100m: 1:22.60	(44.15)	150m: 2:12.25	(49.65)	200m: 3:00.65	(48.40)	
	250m: 3:54.24	(53.59)	300m: 4:47.97	(53.73)	350m: 5:30.87	(42.90)	400m: 6:10.97	(40.10)
19	<b>Nellie Bertelsen Borg</b>	2011	Helsingborgs Simsällskap	0.77	327	<b>6:15.79</b>	+1:08.99	
	50m: 37.64	100m: 1:22.79	(45.15)	150m: 2:11.03	(48.24)	200m: 2:58.15	(47.12)	
	250m: 3:54.27	(56.12)	300m: 4:50.73	(56.46)	350m: 5:34.01	(43.28)	400m: 6:15.79	(41.78)
20	<b>Elin Haugen</b>	2009	Helsingborgs Simsällskap		311	<b>6:22.14</b>	+1:15.34	
	50m: 39.96	100m: 1:32.08	(52.12)	150m: 2:26.47	(54.39)	200m: 3:16.40	(49.93)	
	250m: 4:07.10	(50.70)	300m: 4:58.69	(51.59)	350m: 5:42.31	(43.62)	400m: 6:22.14	(39.83)

# Resultat

## Gren 5, 400m Medley Damer - Final

Plac	Namn	Född	Förening	R.T.	AQU	Tid	Diff	
21	<b>Elvira Sandberg</b>	2011	Helsingborgs Simsällskap		306	<b>6:24.21</b>	+1:17.41	
	50m: 39.71	100m: 1:26.78	(47.07)	150m: 2:19.16	(52.38)	200m: 3:08.39	(49.23)	
	250m: 4:04.03	(55.64)	300m: 4:58.76	(54.73)	350m: 5:42.53	(43.77)	400m: 6:24.21	(41.68)

Grenen officiell: 2024-04-15 18:56:21

## Gren 6, 400m Medley Herrar - Final

Plac	Namn	Född	Förening	R.T.	AQU	Tid	Diff	
1	<b>Isak Vikström</b>	1999	Helsingborgs Simsällskap	0.52	678	<b>4:27.18</b>		
	50m: 27.40	100m: 59.53	(32.13)	150m: 1:33.19	(33.66)	200m: 2:06.50	(33.31)	
	250m: 2:44.11	(37.61)	300m: 3:23.15	(39.04)	350m: 3:56.57	(33.42)	400m: 4:27.18	(30.61)
2	<b>Alan Jovic</b>	2004	Helsingborgs Simsällskap	0.64	577	<b>4:41.98</b>	+14.80	
	50m: 29.07	100m: 1:02.22	(33.15)	150m: 1:38.44	(36.22)	200m: 2:14.63	(36.19)	
	250m: 2:53.42	(38.79)	300m: 3:34.31	(40.89)	350m: 4:08.58	(34.27)	400m: 4:41.98	(33.40)
3	<b>Hilding Hallberg</b>	2005	Helsingborgs Simsällskap	0.63	526	<b>4:50.79</b>	+23.61	
	50m: 28.44	100m: 1:02.94	(34.50)	150m: 1:40.55	(37.61)	200m: 2:17.52	(36.97)	
	250m: 2:59.92	(42.40)	300m: 3:44.46	(44.54)	350m: 4:17.98	(33.52)	400m: 4:50.79	(32.81)
4	<b>Kasper Prahl</b>	2008	Helsingborgs Simsällskap	0.68	482	<b>4:59.43</b>	+32.25	
	50m: 29.59	100m: 1:04.29	(34.70)	150m: 1:45.12	(40.83)	200m: 2:24.59	(39.47)	
	250m: 3:07.57	(42.98)	300m: 3:50.85	(43.28)	350m: 4:26.13	(35.28)	400m: 4:59.43	(33.30)
5	<b>Wille Zetterström</b>	2008	Helsingborgs Simsällskap	0.75	474	<b>5:01.09</b>	+33.91	
	50m: 29.60	100m: 1:05.05	(35.45)	150m: 1:45.60	(40.55)	200m: 2:24.97	(39.37)	
	250m: 3:07.80	(42.83)	300m: 3:50.63	(42.83)	350m: 4:26.68	(36.05)	400m: 5:01.09	(34.41)
6	<b>Elliot Sandberg</b>	2008	Helsingborgs Simsällskap	0.42	415	<b>5:14.71</b>	+47.53	
	50m: 30.89	100m: 1:06.86	(35.97)	150m: 1:50.89	(44.03)	200m: 2:33.50	(42.61)	
	250m: 3:21.64	(48.14)	300m: 4:09.50	(47.86)	350m: 4:42.68	(33.18)	400m: 5:14.71	(32.03)
7	<b>Charlie Ståhlgren</b>	2009	Helsingborgs Simsällskap	0.71	369	<b>5:27.18</b>	+1:00.00	
	50m: 35.31	100m: 1:17.49	(42.18)	150m: 2:01.45	(43.96)	200m: 2:44.62	(43.17)	
	250m: 3:28.18	(43.56)	300m: 4:12.64	(44.46)	350m: 4:51.13	(38.49)	400m: 5:27.18	(36.05)
8	<b>Viggo Näsström</b>	2010	Helsingborgs Simsällskap	0.77	368	<b>5:27.45</b>	+1:00.27	
	50m: 32.08	100m: 1:13.15	(41.07)	150m: 2:00.23	(47.08)	200m: 2:45.75	(45.52)	
	250m: 3:29.71	(43.96)	300m: 4:15.03	(45.32)	350m: 4:52.33	(37.30)	400m: 5:27.45	(35.12)
9	<b>Jarne Vriezckolk</b>	2009	Helsingborgs Simsällskap	0.70	358	<b>5:30.60</b>	+1:03.42	
	50m: 32.66	100m: 1:10.61	(37.95)	150m: 1:53.99	(43.38)	200m: 2:37.05	(43.06)	
	250m: 3:27.02	(49.97)	300m: 4:17.12	(50.10)	350m: 4:54.50	(37.38)	400m: 5:30.60	(36.10)
10	<b>Andreas Joves</b>	2011	Helsingborgs Simsällskap	0.63	344	<b>5:35.01</b>	+1:07.83	
	50m: 33.48	100m: 1:13.23	(39.75)	150m: 1:56.56	(43.33)	200m: 2:39.50	(42.94)	
	250m: 3:30.03	(50.53)	300m: 4:21.03	(51.00)	350m: 4:57.08	(36.05)	400m: 5:35.01	(37.93)
11	<b>Ewan Lidberg</b>	2010	Helsingborgs Simsällskap	0.68	338	<b>5:36.81</b>	+1:09.63	
	50m: 33.68	100m: 1:16.18	(42.50)	150m: 2:00.98	(44.80)	200m: 2:45.58	(44.60)	
	250m: 3:32.56	(46.98)	300m: 4:20.66	(48.10)	350m: 4:59.97	(39.31)	400m: 5:36.81	(36.84)
12	<b>Jacob Björk</b>	2009	Helsingborgs Simsällskap	0.58	335	<b>5:37.81</b>	+1:10.63	
	50m: 35.10	100m: 1:16.80	(41.70)	150m: 2:01.86	(45.06)	200m: 2:44.56	(42.70)	
	250m: 3:30.30	(45.74)	300m: 4:18.58	(48.28)	350m: 4:59.65	(41.07)	400m: 5:37.81	(38.16)
13	<b>Felix Broberg</b>	2010	Helsingborgs Simsällskap		302	<b>5:49.61</b>	+1:22.43	
	50m: 38.59	100m: 1:25.99	(47.40)	150m: 2:12.47	(46.48)	200m: 2:57.93	(45.46)	
	250m: 3:43.13	(45.20)	300m: 4:31.50	(48.37)	350m: 5:13.61	(42.11)	400m: 5:49.61	(36.00)
14	<b>Tim Bankert</b>	2011	Helsingborgs Simsällskap	0.74	269	<b>6:03.72</b>	+1:36.54	
	50m: 38.87	100m: 1:25.76	(46.89)	150m: 2:15.95	(50.19)	200m: 3:03.35	(47.40)	
	250m: 3:52.51	(49.16)	300m: 4:40.79	(48.28)	350m: 5:23.94	(43.15)	400m: 6:03.72	(39.78)
15	<b>Loujan Llupa</b>	2010	Helsingborgs Simsällskap		266	<b>6:04.68</b>	+1:37.50	
	50m: 38.28	100m: 1:24.15	(45.87)	150m: 2:11.36	(47.21)	200m: 2:57.03	(45.67)	
	250m: 3:49.06	(52.03)	300m: 4:41.31	(52.25)	350m: 5:23.24	(41.93)	400m: 6:04.68	(41.44)
-	<b>Filip Jälminger</b>	2008	Helsingborgs Simsällskap			<b>DNS</b>		

Grenen officiell: 2024-04-15 19:16:06