

## Silja Bech

Vís útgreinaðar upplýsingar og persónlig met

Kapping: 50m Frísvimjing (25) Persóligt met: 00:31.81 AQUA stig: 374 Dagfest: 2022-11-12 Stevna: JM-FM á Stuttgeil 2022

Tíð	AQUA	Umfar	Dagfest	Stevna
00:31.81	374	Finala	2022-11-12	JM-FM á Stuttgeil 2022
00:31.81	374	Finala	2023-09-30	HS Open 30. sept - 1. okt. 2023
00:31.89	371	Finala	2023-11-11	JM-FM á Stuttgeil 2023
00:31.96	369	Finala	2023-11-11	JM-FM á Stuttgeil 2023
00:32.09	364	Finala	2022-11-12	JM-FM á Stuttgeil 2022
00:32.14	363	Finala	2023-10-21	Ægir Open októbur 2023
00:32.20	361	Finala	2024-02-17	Ægir Open
00:32.23	360	Finala	2023-12-16	SMS Jólasprint
00:32.45	352	Finala	2022-10-21	Ægir Open 22. og 23. októbur 2022
00:32.78	342	Finala	2022-11-27	Køge Open 2022
00:35.49	269	Finala	2021-03-20	Flot/FS/Reysti-stevna
00:35.64	266	Finala	2021-02-21	Ægir Open - Februar 2021
00:35.82	262	Finala	2021-04-17	HS-stevna í Gundadali fyri bólkarnar 1-4
00:36.23	253	Finala	2021-05-22	HS Open 22. og 23. mai 2021
00:36.43	249	Finala	2021-05-02	ABMS 2021
00:37.19	234	Finala	2020-10-03	Ægir Open - Oktober 2020
00:37.47	229	Finala	2020-09-13	HS Open