

Silja Bech

Vís útgreinaðar upplýsingar og persónlig met

Kapping: 100m Frísvimjing (25) Persóligt met: 01:09.34 AQUA stig: 380 Dagfest: 2023-11-10 Stevna: JM-FM á Stuttgeil 2023

| Tíð | AQUA | Umfar | Dagfest | Stevna |
|----------|------|--------|------------|---------------------------------|
| 01:09.34 | 380 | Finala | 2023-11-10 | JM-FM á Stuttgeil 2023 |
| 01:10.25 | 365 | Finala | 2023-12-16 | SMS Jólasprint |
| 01:10.53 | 361 | Finala | 2022-11-11 | JM-FM á Stuttgeil 2022 |
| 01:10.81 | 357 | Finala | 2023-11-10 | JM-FM á Stuttgeil 2023 |
| 01:10.88 | 356 | Finala | 2023-11-10 | JM-FM á Stuttgeil 2023 |
| 01:10.91 | 355 | Finala | 2023-10-22 | Ægir Open októbur 2023 |
| 01:11.17 | 351 | Finala | 2022-11-26 | Køge Open 2022 |
| 01:11.41 | 348 | Finala | 2023-10-01 | HS Open 30. sept - 1. okt. 2023 |
| 01:11.65 | 344 | Finala | 2023-04-14 | Atlantic Open 2023 |
| 01:11.83 | 342 | Finala | 2024-02-17 | Ægir Open |
| 01:12.93 | 327 | Finala | 2023-09-30 | HS Open 30. sept - 1. okt. 2023 |
| 01:16.84 | 279 | Finala | 2021-02-20 | Ægir Open - Februar 2021 |
| 01:16.97 | 278 | Finala | 2021-03-20 | Flot/FS/Reysti-stevna |
| 01:20.27 | 245 | Finala | 2021-05-22 | HS Open 22. og 23. mai 2021 |
| 01:20.28 | 245 | Finala | 2021-05-01 | ABMS 2021 |
| 01:20.59 | 242 | Finala | 2021-05-01 | ABMS 2021 |
| 01:24.47 | 210 | Finala | 2020-09-12 | HS Open |
| 01:27.29 | 190 | Finala | 2020-05-30 | ABMS 2020 |
| 01:29.11 | 179 | Finala | 2020-10-03 | Ægir Open - Oktober 2020 |