

Tempus Open - Fróði Hansen

## Fróði Hansen

Vís útgreinaðar upplýsingar og persónlig met

Kapping: 400m Frísvimjing (25) Persónligt met: 04:09.64 AQUA stig: 614 Dagfest: 2024-11-09 Stevna: FM & JM á stuttgeil 2024

Tíð	AQUA	Umfar	Dagfest	Stevna
04:09.64	614	Finala	2024-11-09	FM & JM á stuttgeil 2024
04:11.09	604	Finala	2024-06-28	Tórshavn Open
04:12.79	591	Finala	2024-06-28	Tórshavn Open
04:14.42	580	Finala	2024-02-17	Ægir Open
04:15.40	573	Finala	2024-10-26	Ægir Open
04:16.59	566	Finala	2023-11-11	JM-FM á Stuttgeil 2023
04:18.08	556	Finala	2023-10-22	Ægir Open októbur 2023
04:24.91	514	Finala	2023-02-18	Ægir Open
04:26.65	504	Finala	2023-11-11	JM-FM á Stuttgeil 2023
04:29.82	486	Finala	2022-11-12	JM-FM á Stuttgeil 2022
04:33.88	465	Finala	2022-11-12	JM-FM á Stuttgeil 2022
04:33.94	465	Finala	2022-10-21	Ægir Open 22. og 23. októbur 2022
04:35.92	455	Finala	2023-04-15	Atlantic Open 2023
04:36.95	450	Finala	2024-11-09	FM & JM á stuttgeil 2024
04:42.39	424	Finala	2022-03-12	HS Open 12.-13 mars 2022
04:44.00	417	Finala	2022-05-15	ABMS 2022
04:45.66	410	Finala	2021-11-13	JM-FM á Stuttgeil 2021
04:46.01	408	Finala	2021-05-22	HS Open 22. og 23. mai 2021
04:52.78	380	Finala	2021-05-02	ABMS 2021
04:59.14	357	Finala	2020-11-14	JM-FM á Stuttgeil 2020