

Silas Dam Lindberg

Vís útgreinaðar upplýsingar og persónlig met

Kapping: 400m Frísvimjing (25) Persóligt met: 04:10.55 AQUA stig: 607 Dagfest: 2024-09-28 Stevna: HS Open 2024

Tíð	AQUA	Umfar	Dagfest	Stevna
04:10.55	607	Finala	2024-09-28	HS Open 2024
04:10.90	605	Finala	2024-11-09	FM & JM á stuttgeil 2024
04:17.16	562	Finala	2023-12-01	Nordic Championships
04:18.07	556	Finala	2023-11-11	JM-FM á Stuttgeil 2023
04:18.39	554	Finala	2023-10-22	Ægir Open októbur 2023
04:30.13	485	Finala	2023-11-11	JM-FM á Stuttgeil 2023
04:32.89	470	Finala	2023-02-18	Ægir Open
04:33.97	464	Finala	2023-03-18	HS Open 18.-19. mars 2023
04:42.77	422	Finala	2022-11-12	JM-FM á Stuttgeil 2022
04:50.68	389	Finala	2022-10-21	Ægir Open 22. og 23. októbur 2022
05:04.35	339	Finala	2022-05-15	ABMS 2022
05:09.47	322	Finala	2021-11-13	JM-FM á Stuttgeil 2021
05:10.79	318	Finala	2021-05-02	ABMS 2021
05:12.74	312	Finala	2021-02-21	Ægir Open - Februar 2021
05:14.07	308	Finala	2021-03-13	HS Open 13 - 14 mars 2021
05:24.83	278	Finala	2021-09-11	HS Open 11 - 12 sept. 2021
05:32.29	260	Finala	2020-10-03	Ægir Open - Oktober 2020
05:35.22	253	Finala	2020-10-31	Ægir Open 31-10-2020