Fróði Hansen

Vís útgreinaðar upplýsingar og persónlig met

Kapping: 400m Frísvimjing (50) Persóligt met: 04:21.47 AQUA stig: 596 Dagfest: 2024-05-11 Stevna: FM & JM á langgeil 2024

Tíð	AQUA	Umfar	Dagfest	Stevna
04:21.47	596	Finala	2024-05-11	FM & JM á langgeil 2024
04:23.47	582	Finala	2024-05-11	FM & JM á langgeil 2024
04:27.32	557	Finala	2024-03-16	SuSvim Open mars 2024
04:30.75	537	Finala	2023-05-20	SuSvim Open Mai 2023
04:33.85	518	Finala	2024-07-03	Nordic Age Group Championships
04:35.75	508	Finala	2023-01-28	Reykjavik International Games - Swim Meet
04:38.68	492	Finala	2023-06-17	JM-FM á Langgeil 2023
04:45.52	457	Finala	2023-06-17	JM-FM á Langgeil 2023
04:47.81	447	Finala	2022-06-05	JM-FM á Langgeil 2022
04:49.02	441	Finala	2021-06-12	Atlantic Open 2021
04:50.00	437	Finala	2023-01-14	SuSvim Open Jan 2023
04:50.81	433	Finala	2022-06-05	JM-FM á Langgeil 2022
04:58.42	401	Finala	2021-07-10	JM-FM á Langgeil 2021
05:08.47	363	Finala	2020-07-04	JM-FM á Langgeil 2020
05:12.86	348	Finala	2020-07-04	JM-FM á Langgeil 2020