

Tempus Open - Silja Bech

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Vís útgreinaðar upplýsingar og persónlig met

Kapping: 400m Frísvimjing (50) Persóligt met: 05:31.93 AQUA stig: 361 Dagfest: 2023-06-17 Stevna: JM-FM á Langgeil 2023

Tíð	AQUA	Umfar	Dagfest	Stevna
05:31.93	361	Finala	2023-06-17	JM-FM á Langgeil 2023
05:32.59	354	Finala	2024-03-16	SuSvim Open mars 2024
05:38.40	340	Finala	2024-01-13	SuSvim Open jan 2024
05:38.76	340	Finala	2023-01-14	SuSvim Open Jan 2023
05:40.46	334	Finala	2023-01-29	Reykjavik International Games - Swim Meet
05:42.22	329	Finala	2022-06-05	JM-FM á Langgeil 2022
05:52.73	301	Finala	2021-04-10	SuSvim Open Apríl 2021
05:54.63	296	Finala	2021-06-12	Atlantic Open 2021
05:59.12	285	Finala	2021-07-10	JM-FM á Langgeil 2021
06:05.22	271	Finala	2021-02-06	SuSvim Open Feb 2021
06:11.75	257	Finala	2022-04-24	Atlantic Open 2022