

Tempus Open - Lilja Strøm Winther

## Lilja Strøm Winther

Vís útgreinaðar upplýsingar og persónlig met

Kapping: 50m Ryggsvimjing (25) Persónligt met: 00:40.68 AQUA stig: 239 Dagfest: 2023-05-07 Stevna: ABMS 2023

Tíð	AQUA	Umfar	Dagfest	Stevna
00:40.68	239	Finala	2023-05-07	ABMS 2023
00:40.95	234	Finala	2024-10-26	Ægir Open
00:42.11	215	Finala	2023-10-22	Ægir Open októbur 2023
00:42.25	213	Finala	2023-11-26	Køge Open 2023 - Køge
00:42.33	212	Finala	2022-10-21	Ægir Open 22. og 23. októbur 2022
00:42.67	207	Finala	2023-05-07	ABMS 2023
00:43.27	199	Finala	2023-02-18	Ægir Open
00:43.88	190	Finala	2023-05-07	ABMS 2023
00:44.43	183	Finala	2023-05-07	ABMS 2023
00:45.01	176	Finala	2023-11-18	ABMS-Sprint 2023
00:45.78	174	Finala	2022-05-15	ABMS 2022
00:46.08	164	Finala	2023-12-16	SMS Jólasprint
00:52.36	117	Finala	2021-05-02	ABMS 2021
00:52.47	117	Finala	2021-05-01	ABMS 2021