

Tempus Open - Rúni Dahl

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Vís útgreinaðar upplýsingar og persónlig met

Kapping: 400m Blandað (50) Persóligt met: 05:26.04 AQUA stig: 418 Dagfest: 2021-07-10 Stevna: JM-FM á Langgeil 2021

Tíð	AQUA	Umfar	Dagfest	Stevna
05:26.04	418	Finala	2021-07-10	JM-FM á Langgeil 2021
05:37.58	376	Finala	2020-07-04	JM-FM á Langgeil 2020
05:51.79	333	Finala	2022-06-05	JM-FM á Langgeil 2022
05:52.90	329	Finala	2021-07-10	JM-FM á Langgeil 2021
05:53.67	327	Finala	2022-04-23	Atlantic Open 2022
05:58.60	314	Finala	2020-07-04	JM-FM á Langgeil 2020