

## Fróði Hansen

Vís útgreinaðar upplýsingar og persónlig met

Kapping: 400m Frísvimjing (25) Persóligt met: 04:14.42 AQUA stig: 580 Dagfest: 2024-02-17 Stevna: Ægir Open

| Tíð      | AQUA | Umfar  | Dagfest    | Stevna                            |
|----------|------|--------|------------|-----------------------------------|
| 04:14.42 | 580  | Finala | 2024-02-17 | Ægir Open                         |
| 04:16.59 | 566  | Finala | 2023-11-11 | JM-FM á Stuttgeil 2023            |
| 04:18.08 | 556  | Finala | 2023-10-22 | Ægir Open októbur 2023            |
| 04:24.91 | 514  | Finala | 2023-02-18 | Ægir Open                         |
| 04:26.65 | 504  | Finala | 2023-11-11 | JM-FM á Stuttgeil 2023            |
| 04:29.82 | 486  | Finala | 2022-11-12 | JM-FM á Stuttgeil 2022            |
| 04:33.88 | 465  | Finala | 2022-11-12 | JM-FM á Stuttgeil 2022            |
| 04:33.94 | 465  | Finala | 2022-10-21 | Ægir Open 22. og 23. októbur 2022 |
| 04:35.92 | 455  | Finala | 2023-04-15 | Atlantic Open 2023                |
| 04:42.39 | 424  | Finala | 2022-03-12 | HS Open 12.-13 mars 2022          |
| 04:44.00 | 417  | Finala | 2022-05-15 | ABMS 2022                         |
| 04:45.66 | 410  | Finala | 2021-11-13 | JM-FM á Stuttgeil 2021            |
| 04:46.01 | 408  | Finala | 2021-05-22 | HS Open 22. og 23. mai 2021       |
| 04:52.78 | 380  | Finala | 2021-05-02 | ABMS 2021                         |
| 04:59.14 | 357  | Finala | 2020-11-14 | JM-FM á Stuttgeil 2020            |