

Tempus Open - Fróði Hansen

## Fróði Hansen

Vís útgreinaðar upplýsingar og persónlig met

Kapping: 400m Blandað (25) Persóligt met: 04:40.72 AQUA stig: 585 Dagfest: 2025-03-15 Stevna: Lions Open

Tíð	AQUA	Umfar	Dagfest	Stevna
04:40.72	585	Finala	2025-03-15	Lions Open
04:42.17	576	Finala	2024-11-09	FM & JM á stuttgeil 2024
04:48.99	536	Finala	2023-12-03	Nordic Championships
04:50.44	528	Finala	2023-10-21	Ægir Open októbur 2023
04:55.93	499	Finala	2022-11-13	JM-FM á Stuttgeil 2022
04:58.00	489	Finala	2023-04-14	Atlantic Open 2023
05:01.05	474	Finala	2023-02-19	Ægir Open
05:15.90	410	Finala	2022-05-15	ABMS 2022
05:27.34	369	Finala	2021-11-14	JM-FM á Stuttgeil 2021
05:28.13	366	Finala	2021-05-01	ABMS 2021
05:34.70	345	Finala	2023-11-12	JM-FM á Stuttgeil 2023
05:39.66	330	Finala	2021-02-20	Ægir Open - Februar 2021
05:45.90	312	Finala	2022-11-13	JM-FM á Stuttgeil 2022
05:52.13	296	Finala	2020-10-31	Ægir Open 31-10-2020
05:54.40	290	Finala	2021-11-14	JM-FM á Stuttgeil 2021
05:58.70	280	Finala	2020-05-30	ABMS 2020