

Bárður Ólavsson

Vís útgreinaðar upplýsingar og persónlig met

Kapping: 400m Blandað (25) Persóligt met: 04:45.56 AQUA stig: 555 Dagfest: 2023-12-03 Stevna: Nordic Championships

Tíð	AQUA	Umfar	Dagfest	Stevna
04:45.56	555	Finala	2023-12-03	Nordic Championships
04:49.43	533	Finala	2023-11-12	JM-FM á Stuttgeil 2023
04:51.79	521	Finala	2023-02-19	Ægir Open
04:52.44	517	Finala	2022-11-13	JM-FM á Stuttgeil 2022
04:54.19	508	Finala	2022-12-12	Nordic Championships
05:00.05	479	Finala	2023-11-12	JM-FM á Stuttgeil 2023
05:01.59	471	Finala	2022-12-12	Nordic Championships
05:01.95	470	Finala	2022-11-13	JM-FM á Stuttgeil 2022
05:06.15	451	Finala	2022-10-21	Ægir Open 22. og 23. októbur 2022