

## Isak Brisenfeldt

Vís útgreinaðar upplýsingar og persónlig met

Kapping: 400m Blandað (50) Persóligt met: 04:50.75 AQUA stig: 580 Dagfest: 2024-03-16 Stevna: SuSvim Open mars 2024

| Tíð      | AQUA | Umfar  | Dagfest    | Stevna                |
|----------|------|--------|------------|-----------------------|
| 04:50.75 | 580  | Finala | 2024-03-16 | SuSvim Open mars 2024 |
| 04:54.88 | 565  | Finala | 2023-06-17 | JM-FM á Langgeil 2023 |
| 05:10.57 | 483  | Finala | 2023-06-17 | JM-FM á Langgeil 2023 |
| 05:14.29 | 467  | Finala | 2022-06-05 | JM-FM á Langgeil 2022 |