

Silas Dam Lindberg

Vís útgreinaðar upplýsingar og persónlig met

Kapping: 400m Blandað (25) Persóligt met: 04:42.07 AQUA stig: 576 Dagfest: 2024-02-18 Stevna: Ægir Open

Tíð	AQUA	Umfar	Dagfest	Stevna
04:42.07	576	Finala	2024-02-18	Ægir Open
04:45.30	557	Finala	2023-12-03	Nordic Championships
04:49.31	534	Finala	2023-11-12	JM-FM á Stuttgeil 2023
05:09.00	438	Finala	2023-02-19	Ægir Open
05:20.87	391	Finala	2023-11-12	JM-FM á Stuttgeil 2023
05:43.02	320	Finala	2022-03-12	HS Open 12.-13 mars 2022
05:48.31	306	Finala	2022-05-15	ABMS 2022
06:03.57	269	Finala	2021-05-01	ABMS 2021
06:35.83	208	Finala	2020-05-30	ABMS 2020