

Silja Bech

Vís útgreinaðar upplýsingar og persónlig met

Kapping: 100m Frísvimjing (25) Persóligt met: 01:09.34 AQUA stig: 380 Dagfest: 2023-11-10 Stevna: JM-FM á Stuttgeil 2023

Tíð	AQUA	Umfar	Dagfest	Stevna
01:09.34	380	Finala	2023-11-10	JM-FM á Stuttgeil 2023
01:10.25	365	Finala	2023-12-16	SMS Jólasprint
01:10.53	361	Finala	2022-11-11	JM-FM á Stuttgeil 2022
01:10.81	357	Finala	2023-11-10	JM-FM á Stuttgeil 2023
01:10.88	356	Finala	2023-11-10	JM-FM á Stuttgeil 2023
01:10.91	355	Finala	2023-10-22	Ægir Open októbur 2023
01:11.17	351	Finala	2022-11-26	Køge Open 2022
01:11.41	348	Finala	2023-10-01	HS Open 30. sept - 1. okt. 2023
01:11.65	344	Finala	2023-04-14	Atlantic Open 2023
01:11.83	342	Finala	2024-02-17	Ægir Open
01:12.93	327	Finala	2023-09-30	HS Open 30. sept - 1. okt. 2023
01:16.84	279	Finala	2021-02-20	Ægir Open - Februar 2021
01:16.97	278	Finala	2021-03-20	Flot/FS/Reysti-stevna
01:20.27	245	Finala	2021-05-22	HS Open 22. og 23. mai 2021
01:20.28	245	Finala	2021-05-01	ABMS 2021
01:20.59	242	Finala	2021-05-01	ABMS 2021
01:24.47	210	Finala	2020-09-12	HS Open
01:27.29	190	Finala	2020-05-30	ABMS 2020
01:29.11	179	Finala	2020-10-03	Ægir Open - Oktober 2020