

## Heini Mohr Askham

Vís útgreinaðar upplýsingar og persónlig met

Kapping: 400m Frísvimjing (25) Persóligt met: 04:03.91 AQUA stig: 658 Dagfest: 2023-07-13 Stevna: International Island Games Guernsey

| Tíð      | AQUA | Umfar  | Dagfest    | Stevna                              |
|----------|------|--------|------------|-------------------------------------|
| 04:03.91 | 658  | Finala | 2023-07-13 | International Island Games Guernsey |
| 04:05.75 | 644  | Finala | 2023-02-18 | Ægir Open                           |
| 04:06.55 | 638  | Finala | 2023-12-01 | Nordic Championships                |
| 04:09.94 | 612  | Finala | 2022-10-21 | Ægir Open 22. og 23. októbur 2022   |
| 04:10.41 | 608  | Finala | 2023-07-13 | International Island Games Guernsey |
| 04:12.74 | 592  | Finala | 2022-03-12 | HS Open 12.-13 mars 2022            |
| 04:13.34 | 588  | Finala | 2023-10-22 | Ægir Open októbur 2023              |
| 04:13.34 | 588  | Finala | 2023-11-11 | JM-FM á Stuttgeil 2023              |
| 04:14.77 | 578  | Finala | 2022-02-19 | Ægir Open - Februar 2022            |
| 04:16.48 | 566  | Finala | 2022-11-12 | JM-FM á Stuttgeil 2022              |
| 04:16.50 | 566  | Finala | 2023-04-15 | Atlantic Open 2023                  |
| 04:20.85 | 538  | Finala | 2021-11-13 | JM-FM á Stuttgeil 2021              |
| 04:21.67 | 533  | Finala | 2021-12-03 | Nordic Swimming Championships 2021  |
| 04:22.47 | 528  | Finala | 2021-03-13 | HS Open 13 - 14 mars 2021           |
| 04:24.24 | 518  | Finala | 2022-11-12 | JM-FM á Stuttgeil 2022              |
| 04:24.82 | 514  | Finala | 2021-11-13 | JM-FM á Stuttgeil 2021              |
| 04:28.53 | 493  | Finala | 2020-11-14 | JM-FM á Stuttgeil 2020              |
| 04:29.51 | 488  | Finala | 2021-05-22 | HS Open 22. og 23. mai 2021         |
| 04:34.37 | 462  | Finala | 2020-11-14 | JM-FM á Stuttgeil 2020              |
| 04:40.68 | 432  | Finala | 2020-10-03 | Ægir Open - Oktober 2020            |