

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
04:52.86	380	Finala	2020-05-30	ABMS 2020
04:42.50	424	Finala	2020-09-12	HS Open
04:40.68	432	Finala	2020-10-03	Ægir Open - Oktober 2020
04:34.37	462	Finala	2020-11-14	JM-FM á Stuttgeil 2020
04:29.51	488	Finala	2021-05-22	HS Open 22. og 23. mai 2021
04:28.53	493	Finala	2020-11-14	JM-FM á Stuttgeil 2020
04:24.82	514	Finala	2021-11-13	JM-FM á Stuttgeil 2021
04:24.24	518	Finala	2022-11-12	JM-FM á Stuttgeil 2022
04:22.47	528	Finala	2021-03-13	HS Open 13 - 14 mars 2021
04:21.67	533	Finala	2021-12-03	Nordic Swimming Championships 2021
04:20.85	538	Finala	2021-11-13	JM-FM á Stuttgeil 2021
04:16.50	566	Finala	2023-04-15	Atlantic Open 2023
04:16.48	566	Finala	2022-11-12	JM-FM á Stuttgeil 2022
04:14.77	578	Finala	2022-02-19	Ægir Open - Februar 2022
04:13.34	588	Finala	2023-11-11	JM-FM á Stuttgeil 2023
04:13.34	588	Finala	2023-10-22	Ægir Open októbur 2023
04:12.74	592	Finala	2022-03-12	HS Open 12.-13 mars 2022
04:10.41	608	Finala	2023-07-13	International Island Games Guernsey
04:09.94	612	Finala	2022-10-21	Ægir Open 22. og 23. októbur 2022
04:06.55	638	Finala	2023-12-01	Nordic Championships