

Heini Mohr Askham

Vís útgreinaðar upplýsingar og persónlig met

Kapping: 400m Frísvimjing (50) Persóligt met: 04:03.67 AQUA stig: 736 Dagfest: 2024-04-14 Stevna: Danish Open

Tíð	AQUA	Umfar	Dagfest	Stevna
04:51.61	429	Finala	2020-07-04	JM-FM á Langgeil 2020
04:47.88	446	Finala	2022-06-05	JM-FM á Langgeil 2022
04:45.66	457	Finala	2020-07-04	JM-FM á Langgeil 2020
04:42.49	472	Finala	2021-02-06	SuSvim Open Feb 2021
04:38.55	493	Finala	2023-06-17	JM-FM á Langgeil 2023
04:35.34	510	Finala	2021-07-10	JM-FM á Langgeil 2021
04:33.86	518	Finala	2021-06-12	Atlantic Open 2021
04:31.20	534	Finala	2021-07-10	JM-FM á Langgeil 2021
04:30.33	539	Finala	2021-04-10	SuSvim Open Apríl 2021
04:28.55	550	Finala	2022-04-02	SuSvim Open apríl 2022
04:28.05	553	Finala	2022-07-10	Nordic Age Group Championships 2022
04:24.23	577	Finala	2022-06-05	JM-FM á Langgeil 2022
04:21.41	596	Finala	2023-04-04	Danish Open 2023
04:21.32	597	Finala	2022-04-24	Atlantic Open 2022
04:21.01	599	Finala	2023-05-20	SuSvim Open Mai 2023
04:19.65	608	Finala	2024-05-11	FM & JM á langgeil 2024
04:16.97	628	Finala	2024-01-27	Reykjavík International Games - Swim Meet 2024
04:13.15	656	Finala	2024-01-27	Reykjavík International Games - Swim Meet 2024
04:12.66	660	Finala	2024-03-16	SuSvim Open mars 2024
04:09.40	687	Finala	2023-06-17	JM-FM á Langgeil 2023