

## Heini Mohr Askham

Vís útgreinaðar upplýsingar og persónlig met

Kapping: 50m Firvald (50) Persóligt met: 00:28.65 AQUA stig: 469 Dagfest: 2023-01-14 Stevna: SuSvim Open Jan 2023

| Tíð      | AQUA | Umfar  | Dagfest    | Stevna                |
|----------|------|--------|------------|-----------------------|
| 00:28.65 | 469  | Finala | 2023-01-14 | SuSvim Open Jan 2023  |
| 00:28.97 | 454  | Finala | 2023-05-21 | SuSvim Open Mai 2023  |
| 00:30.31 | 396  | Finala | 2021-07-10 | JM-FM á Langgeil 2021 |
| 00:30.78 | 378  | Finala | 2021-02-07 | SuSvim Open Feb 2021  |
| 00:31.85 | 341  | Finala | 2020-07-04 | JM-FM á Langgeil 2020 |