

# Heini Mohr Askham

Vís útgreinaðar upplýsingar og persónlig met

Kapping: 100m Firvald (25) Persóligt met: 00:59.85 AQUA stig: 508 Dagfest: 2023-02-18 Stevna: Ægir Open

| Tíð      | AQUA | Umfar  | Dagfest    | Stevna                            |
|----------|------|--------|------------|-----------------------------------|
| 00:59.85 | 508  | Finala | 2023-02-18 | Ægir Open                         |
| 01:02.36 | 449  | Finala | 2023-12-16 | SMS Jólasprint                    |
| 01:03.50 | 426  | Finala | 2022-10-21 | Ægir Open 22. og 23. októbur 2022 |
| 01:06.35 | 380  | Finala | 2021-09-11 | HS Open 11 - 12 sept. 2021        |
| 01:09.79 | 326  | Finala | 2021-03-13 | HS Open 13 - 14 mars 2021         |
| 01:13.02 | 285  | Finala | 2020-10-03 | Ægir Open - Október 2020          |
| 01:17.11 | 242  | Finala | 2020-05-30 | ABMS 2020                         |