

Heini Mohr Askham

Vís útgreinaðar upplýsingar og persónlig met

Kapping: 400m Blandað (25) Persóligt met: 04:43.96 AQUA stig: 565 Dagfest: 2023-07-11 Stevna: International Island Games Guernsey

Tíð	AQUA	Umfar	Dagfest	Stevna
04:43.96	565	Finala	2023-07-11	International Island Games Guernsey
04:45.44	556	Finala	2023-07-11	International Island Games Guernsey
05:13.40	420	Finala	2021-02-20	Ægir Open - Februar 2021
05:17.75	403	Finala	2021-05-22	HS Open 22. og 23. mai 2021
05:21.86	388	Finala	2020-10-31	Ægir Open 31-10-2020
05:24.41	379	Finala	2020-11-15	JM-FM á Stuttgeil 2020
05:44.11	317	Finala	2020-11-15	JM-FM á Stuttgeil 2020