

Heini Mohr Askham

Vís útgreinaðar upplýsingar og persónlig met

Kapping: 400m Blandað (50) Persóligt met: 04:57.22 AQUA stig: 552 Dagfest: 2023-01-27 Stevna: Reykjavik International Games - Swim Meet

Tíð	AQUA	Umfar	Dagfest	Stevna
04:57.22	552	Finala	2023-01-27	Reykjavik International Games - Swim Meet
04:59.50	539	Finala	2023-08-12	European Under 23 Championships
05:00.09	527	Finala	2024-03-16	SuSvim Open mars 2024
05:26.04	418	Finala	2022-06-05	JM-FM á Langgeil 2022