

## Lea Osberg Højsted

Vís útgreinaðar upplýsingar og persónlig met

Kapping: 50m Frísvimjing (25) Persóligt met: 00:28.02 AQUA stig: 548 Dagfest: 2024-04-25 Stevna: HS Flaggdags-sprint

| Tíð      | AQUA | Umfar  | Dagfest    | Stevna                                   |
|----------|------|--------|------------|------------------------------------------|
| 00:28.75 | 507  | Finala | 2023-11-11 | JM-FM á Stuttgeil 2023                   |
| 00:29.78 | 456  | Finala | 2020-11-14 | JM-FM á Stuttgeil 2020                   |
| 00:29.42 | 473  | Finala | 2021-11-13 | JM-FM á Stuttgeil 2021                   |
| 00:29.38 | 475  | Finala | 2021-11-13 | JM-FM á Stuttgeil 2021                   |
| 00:28.94 | 497  | Finala | 2022-11-12 | JM-FM á Stuttgeil 2022                   |
| 00:28.74 | 507  | Finala | 2022-02-19 | Ægir Open - Februar 2022                 |
| 00:28.63 | 513  | Finala | 2022-02-20 | Ægir Open - Februar 2022                 |
| 00:31.01 | 404  | Finala | 2020-05-30 | ABMS 2020                                |
| 00:28.73 | 508  | Finala | 2023-10-21 | Ægir Open októbur 2023                   |
| 00:28.54 | 518  | Finala | 2022-03-12 | HS Open 12.-13 mars 2022                 |
| 00:28.02 | 548  | Finala | 2024-04-25 | HS Flaggdags-sprint                      |
| 00:28.77 | 506  | Finala | 2021-11-13 | JM-FM á Stuttgeil 2021                   |
| 00:28.81 | 504  | Finala | 2022-09-10 | HS Open 10.-11. sept. 2022               |
| 00:28.45 | 523  | Finala | 2023-12-16 | SMS Jólasprint                           |
| 00:29.19 | 484  | Finala | 2023-11-11 | JM-FM á Stuttgeil 2023                   |
| 00:29.25 | 481  | Finala | 2021-09-11 | HS Open 11 - 12 sept. 2021               |
| 00:28.42 | 525  | Finala | 2024-02-17 | Ægir Open                                |
| 00:28.13 | 541  | Finala | 2023-09-30 | HS Open 30. sept - 1. okt. 2023          |
| 00:29.53 | 468  | Finala | 2021-03-13 | HS Open 13 - 14 mars 2021                |
| 00:29.60 | 464  | Finala | 2021-09-25 | HS-stevna í Gundadali fyri bólkarnar 1-4 |