

Liggjas Joensen

Vís útgreinaðar upplýsingar og persónlig met

Kapping: 100m Frísvimjing (25) Persóligt met: 00:52.22 AQUA stig: 633 Dagfest: 2024-02-17 Stevna: Ægir Open

Tíð	AQUA	Umfar	Dagfest	Stevna
00:59.70	426	Finala	2022-05-15	ABMS 2022
01:00.49	407	Finala	2023-11-10	JM-FM á Stuttgeil 2023
00:52.62	618	Finala	2023-12-02	Nordic Championships
00:58.29	458	Finala	2021-11-12	JM-FM á Stuttgeil 2021
00:53.46	590	Finala	2023-04-14	Atlantic Open 2023
00:54.54	555	Finala	2022-11-11	JM-FM á Stuttgeil 2022
01:03.40	356	Finala	2020-11-13	JM-FM á Stuttgeil 2020
00:55.39	530	Finala	2022-11-26	Køge Open 2022
00:55.51	527	Finala	2023-11-10	JM-FM á Stuttgeil 2023
00:54.93	543	Finala	2022-11-05	ABMS-Sprint 2022
00:58.28	458	Finala	2021-09-25	HS-stevna í Gundadali fyri bólkarnar 1-4
00:57.10	487	Finala	2022-05-15	ABMS 2022
00:56.96	491	Finala	2022-02-19	Ægir Open - Februar 2022
00:55.44	529	Finala	2022-10-21	Ægir Open 22. og 23. oktobur 2022
00:52.22	633	Finala	2024-02-17	Ægir Open
01:12.98	233	Finala	2020-05-30	ABMS 2020
00:54.22	565	Finala	2022-11-11	JM-FM á Stuttgeil 2022
00:53.83	577	Finala	2023-02-18	Ægir Open
00:53.04	604	Finala	2023-04-16	Atlantic Open 2023
00:52.60	619	Finala	2023-11-10	JM-FM á Stuttgeil 2023