

Liggjas Joensen

Vís útgreinaðar upplýsingar og persónlig met

Kapping: 400m Frísvimjing (25) Persóligt met: 03:55.22 AQUA stig: 734 Dagfest: 2023-12-01 Stevna: Nordic Championships

Tíð	AQUA	Umfar	Dagfest	Stevna
04:59.21	356	Finala	2020-11-14	JM-FM á Stuttgeil 2020
04:24.83	514	Finala	2021-11-13	JM-FM á Stuttgeil 2021
03:58.98	700	Finala	2023-12-01	Nordic Championships
04:11.38	601	Finala	2023-11-11	JM-FM á Stuttgeil 2023
04:04.86	651	Finala	2023-07-13	International Island Games Guernsey
04:17.50	560	Finala	2022-11-12	JM-FM á Stuttgeil 2022
04:03.72	660	Finala	2022-12-10	Nordic Championships
03:58.84	701	Finala	2024-02-17	Ægir Open
05:06.24	332	Finala	2020-10-31	Ægir Open 31-10-2020
03:55.22	734	Finala	2023-12-01	Nordic Championships
03:56.64	721	Finala	2023-11-11	JM-FM á Stuttgeil 2023
04:00.24	689	Finala	2023-07-13	International Island Games Guernsey
04:03.48	662	Finala	2023-10-22	Ægir Open októbur 2023
04:05.59	645	Finala	2023-09-30	HS Open 30. sept - 1. okt. 2023
04:02.05	674	Finala	2023-04-15	Atlantic Open 2023
04:05.82	643	Finala	2023-03-18	HS Open 18.-19. mars 2023
04:05.56	645	Finala	2023-02-18	Ægir Open
04:03.69	660	Finala	2022-11-27	Køge Open 2022
04:04.95	650	Finala	2022-11-12	JM-FM á Stuttgeil 2022
04:07.22	632	Finala	2022-10-21	Ægir Open 22. og 23. októbur 2022