

Liggjas Joensen

Vís útgreinaðar upplýsingar og persónlig met

Kapping: 400m Frísvimjing (50) Persóligt met: 04:03.57 AQUA stig: 737 Dagfest: 2024-04-14 Stevna: Danish Open

Tíð	AQUA	Umfar	Dagfest	Stevna
04:03.57	737	Finala	2024-04-14	Danish Open
04:05.50	720	Finala	2024-04-14	Danish Open
04:08.06	698	Finala	2023-04-04	Danish Open 2023
04:09.00	690	Finala	2023-06-17	JM-FM á Langgeil 2023
04:09.05	689	Finala	2023-08-12	European Under 23 Championships
04:09.17	688	Finala	2023-07-23	20th World Championships
04:10.88	674	Finala	2024-01-27	Reykjavík International Games - Swim Meet 2024
04:13.52	654	Finala	2023-04-04	Danish Open 2023
04:15.79	636	Finala	2023-01-28	Reykjavik International Games - Swim Meet
04:16.55	631	Finala	2024-01-13	SuSvim Open jan 2024
04:16.78	629	Finala	2024-01-27	Reykjavík International Games - Swim Meet 2024
04:17.79	622	Finala	2023-01-28	Reykjavik International Games - Swim Meet
04:24.30	577	Finala	2022-06-05	JM-FM á Langgeil 2022
04:26.34	564	Finala	2022-07-10	Nordic Age Group Championships 2022
04:27.61	556	Finala	2022-04-24	Atlantic Open 2022
04:28.28	551	Finala	2022-06-05	JM-FM á Langgeil 2022
04:32.53	526	Finala	2022-04-02	SuSvim Open apríl 2022
04:37.59	498	Finala	2023-06-17	JM-FM á Langgeil 2023
04:39.15	489	Finala	2021-07-10	JM-FM á Langgeil 2021
04:43.12	469	Finala	2021-06-12	Atlantic Open 2021