

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
04:57.01	406	Finala	2021-02-06	SuSvim Open Feb 2021
04:47.31	449	Finala	2021-04-10	SuSvim Open Apríl 2021
04:46.61	452	Finala	2021-07-10	JM-FM á Langgeil 2021
04:43.12	469	Finala	2021-06-12	Atlantic Open 2021
04:39.15	489	Finala	2021-07-10	JM-FM á Langgeil 2021
04:37.59	498	Finala	2023-06-17	JM-FM á Langgeil 2023
04:32.53	526	Finala	2022-04-02	SuSvim Open apríl 2022
04:28.28	551	Finala	2022-06-05	JM-FM á Langgeil 2022
04:27.61	556	Finala	2022-04-24	Atlantic Open 2022
04:26.34	564	Finala	2022-07-10	Nordic Age Group Championships 2022
04:24.30	577	Finala	2022-06-05	JM-FM á Langgeil 2022
04:17.79	622	Finala	2023-01-28	Reykjavik International Games - Swim Meet
04:16.78	629	Finala	2024-01-27	Reykjavík International Games - Swim Meet 2024
04:16.55	631	Finala	2024-01-13	SuSvim Open jan 2024
04:16.09	634	Finala	2024-05-11	FM & JM á langgeil 2024
04:15.79	636	Finala	2023-01-28	Reykjavik International Games - Swim Meet
04:13.52	654	Finala	2023-04-04	Danish Open 2023
04:10.88	674	Finala	2024-01-27	Reykjavík International Games - Swim Meet 2024
04:10.27	679	Finala	2024-05-11	FM & JM á langgeil 2024
04:09.17	688	Finala	2023-07-23	20th World Championships