

## Johan Nónskarð Dam

Vís útgreinaðar upplýsingar og persónlig met

Kapping: 200m Frísvimjing (50) Persóligt met: 01:59.38 AQUA stig: 623 Dagfest: 2020-07-03 Stevna: JM-FM á Langgeil 2020

| Tíð      | AQUA | Umfar  | Dagfest    | Stevna                 |
|----------|------|--------|------------|------------------------|
| 01:59.38 | 623  | Finala | 2020-07-03 | JM-FM á Langgeil 2020  |
| 02:00.03 | 613  | Finala | 2020-07-03 | JM-FM á Langgeil 2020  |
| 02:00.42 | 607  | Finala | 2021-04-10 | SuSvim Open Apríl 2021 |
| 02:03.63 | 561  | Finala | 2021-02-07 | SuSvim Open Feb 2021   |
| 02:06.35 | 526  | Finala | 2021-07-09 | JM-FM á Langgeil 2021  |
| 02:06.67 | 522  | Finala | 2021-07-09 | JM-FM á Langgeil 2021  |