

## Johan Nónskarð Dam

Vís útgreinaðar upplýsingar og persónlig met

Kapping: 100m Firvald (25) Persóligt met: 00:59.27 AQUA stig: 533 Dagfest: 2020-11-14 Stevna: JM-FM á Stuttgeil 2020

| Tíð      | AQUA | Umfar  | Dagfest    | Stevna                     |
|----------|------|--------|------------|----------------------------|
| 00:59.27 | 533  | Finala | 2020-11-14 | JM-FM á Stuttgeil 2020     |
| 01:03.48 | 426  | Finala | 2021-11-13 | JM-FM á Stuttgeil 2021     |
| 01:00.46 | 502  | Finala | 2020-09-12 | HS Open                    |
| 01:02.01 | 466  | Finala | 2020-10-03 | Ægir Open - Oktober 2020   |
| 00:59.30 | 533  | Finala | 2020-11-14 | JM-FM á Stuttgeil 2020     |
| 01:00.20 | 509  | Finala | 2021-02-21 | Ægir Open - Februar 2021   |
| 00:59.68 | 522  | Finala | 2021-03-13 | HS Open 13 - 14 mars 2021  |
| 01:00.24 | 498  | Finala | 2021-11-13 | JM-FM á Stuttgeil 2021     |
| 01:03.02 | 435  | Finala | 2022-09-10 | HS Open 10.-11. sept. 2022 |