

## Rúni Dahl

Vís útgreinaðar upplýsingar og persónlig met

Kapping: 400m Blandað (50) Persóligt met: 05:26.04 AQUA stig: 418 Dagfest: 2021-07-10 Stevna: JM-FM á Langgeil 2021

| Tíð      | AQUA | Umfar  | Dagfest    | Stevna                |
|----------|------|--------|------------|-----------------------|
| 05:26.04 | 418  | Finala | 2021-07-10 | JM-FM á Langgeil 2021 |
| 05:37.58 | 376  | Finala | 2020-07-04 | JM-FM á Langgeil 2020 |
| 05:51.79 | 333  | Finala | 2022-06-05 | JM-FM á Langgeil 2022 |
| 05:52.90 | 329  | Finala | 2021-07-10 | JM-FM á Langgeil 2021 |
| 05:53.67 | 327  | Finala | 2022-04-23 | Atlantic Open 2022    |
| 05:58.60 | 314  | Finala | 2020-07-04 | JM-FM á Langgeil 2020 |