

Alisa Vestergård

Vís útgreinaðar upplýsingar og persónlig met

Kapping: 50m Firvald (50) Persóligt met: 00:29.98 AQUA stig: 541 Dagfest: 2022-04-25 Stevna: Atlantic Open 2022

Tíð	AQUA	Umfar	Dagfest	Stevna
00:30.79	499	Finala	2020-07-04	JM-FM á Langgeil 2020
00:31.69	458	Finala	2021-07-10	JM-FM á Langgeil 2021
00:31.37	472	Finala	2022-04-25	Atlantic Open 2022
00:31.46	468	Finala	2022-04-02	Bergen Swim Festival
00:31.53	465	Finala	2022-06-05	JM-FM á Langgeil 2022
00:30.38	520	Finala	2022-08-12	European Championships
00:30.57	510	Finala	2023-04-01	Danish Open 2023
00:31.22	479	Finala	2023-06-17	JM-FM á Langgeil 2023
00:30.72	502	Finala	2020-07-04	JM-FM á Langgeil 2020
00:31.43	469	Finala	2021-02-07	SuSvim Open Feb 2021
00:31.39	471	Finala	2021-07-10	JM-FM á Langgeil 2021
00:29.98	541	Finala	2022-04-25	Atlantic Open 2022
00:30.15	531	Finala	2022-06-05	JM-FM á Langgeil 2022
00:30.79	499	Finala	2023-01-14	SuSvim Open Jan 2023
00:31.05	487	Finala	2023-05-21	SuSvim Open Mai 2023
00:30.24	527	Finala	2023-06-17	JM-FM á Langgeil 2023