

Jonna Joensen

Vís útgreinaðar upplýsingar og persónlig met

Kapping: 400m Frísvimjing (50) Persóligt met: 04:57.53 AQUA stig: 501 Dagfest: 2023-06-17 Stevna: JM-FM á Langgeil 2023

Tíð	AQUA	Umfar	Dagfest	Stevna
04:57.53	501	Finala	2023-06-17	JM-FM á Langgeil 2023
04:59.80	490	Finala	2024-01-13	SuSvim Open jan 2024
05:00.71	486	Finala	2022-06-05	JM-FM á Langgeil 2022
05:03.49	472	Finala	2023-06-17	JM-FM á Langgeil 2023
05:11.07	439	Finala	2021-02-06	SuSvim Open Feb 2021