

Lilja Strøm Winther

Vís útgreinaðar upplýsingar og persónlig met

Kapping: 50m Frísvimjing (25) Persóligt met: 00:34.24 AQUA stig: 300 Dagfest: 2023-05-06 Stevna: ABMS 2023

Tíð	AQUA	Umfar	Dagfest	Stevna
00:34.24	300	Finala	2023-05-06	ABMS 2023
00:34.41	295	Finala	2023-10-21	Ægir Open októbur 2023
00:34.63	290	Finala	2023-05-06	ABMS 2023
00:34.73	287	Finala	2023-04-15	Atlantic Open 2023
00:35.46	270	Finala	2023-11-26	Køge Open 2023 - Køge
00:35.58	267	Finala	2023-04-22	HS Stevna í Gundadali fyri bólík 1-4
00:35.85	261	Finala	2023-02-18	Ægir Open
00:35.91	260	Finala	2023-12-16	SMS Jólasprint
00:36.67	244	Finala	2022-10-21	Ægir Open 22. og 23. októbur 2022
00:36.86	240	Finala	2023-11-18	ABMS-Sprint 2023
00:38.65	208	Finala	2022-02-19	Ægir Open - Februar 2022
00:40.43	182	Finala	2022-05-14	ABMS 2022
00:46.84	117	Finala	2021-05-02	ABMS 2021
00:47.10	115	Finala	2021-09-25	HS-stevna í Gundadali fyri bólíkarnar 1-4
00:49.52	99	Finala	2021-04-17	HS-stevna í Gundadali fyri bólíkarnar 1-4
00:50.15	95	Finala	2020-10-03	Ægir Open - Oktober 2020