

Lilja Lenvig Harrysdóttir

Vís útgreinaðar upplýsingar og persónlig met

Kapping: 100m Frísvimjing (25) Persóligt met: 01:07.36 AQUA stig: 415 Dagfest: 2024-04-25 Stevna: HS Flaggdags-sprint

Tíð	AQUA	Umfar	Dagfest	Stevna
01:12.85	328	Finala	2023-04-14	Atlantic Open 2023
01:17.14	276	Finala	2023-05-07	ABMS 2023
01:10.72	358	Finala	2023-11-10	JM-FM á Stuttgeil 2023
01:10.58	360	Finala	2023-11-10	JM-FM á Stuttgeil 2023
01:10.81	357	Finala	2023-11-25	Køge Open 2023 - Køge
01:31.60	165	Finala	2021-09-11	HS Open 11 - 12 sept. 2021
01:31.22	167	Finala	2021-09-25	HS-stevna í Gundadali fyri bólkarnar 1-4
01:22.67	224	Finala	2022-02-19	Ægir Open - Februar 2022
01:25.32	204	Finala	2022-03-12	HS Open 12.-13 mars 2022
01:17.95	267	Finala	2023-03-18	HS Open 18.-19. mars 2023
01:17.82	269	Finala	2023-05-07	ABMS 2023
01:12.46	333	Finala	2023-09-30	HS Open 30. sept - 1. okt. 2023
01:11.01	354	Finala	2023-10-22	Ægir Open októbur 2023
01:10.67	359	Finala	2023-11-18	ABMS-Sprint 2023
01:09.05	385	Finala	2024-02-18	Ægir Open
01:07.36	415	Finala	2024-04-25	HS Flaggdags-sprint