

## Jens Martin Dam

Vís útgreinaðar upplýsingar og persónlig met

Kapping: 50m Frísvimjing (25) Persóligt met: 00:30.41 AQUA stig: 291 Dagfest: 2024-04-25 Stevna: HS Flaggdags-sprint

| Tíð      | AQUA | Umfar  | Dagfest    | Stevna                               |
|----------|------|--------|------------|--------------------------------------|
| 00:30.41 | 291  | Finala | 2024-04-25 | HS Flaggdags-sprint                  |
| 00:32.53 | 238  | Finala | 2023-12-16 | SMS Jólasprint                       |
| 00:33.77 | 212  | Finala | 2023-10-22 | Ægir Open októbur 2023               |
| 00:34.15 | 205  | Finala | 2023-11-18 | ABMS-Sprint 2023                     |
| 00:34.57 | 198  | Finala | 2024-02-17 | Ægir Open                            |
| 00:35.47 | 183  | Finala | 2023-04-22 | HS Stevna í Gundadali fyri bólkl 1-4 |
| 00:36.70 | 165  | Finala | 2023-03-18 | HS Open 18.-19. mars 2023            |
| 00:37.54 | 154  | Finala | 2023-05-06 | ABMS 2023                            |
| 00:38.10 | 148  | Finala | 2023-05-06 | ABMS 2023                            |
| 00:39.94 | 128  | Finala | 2023-02-18 | Ægir Open                            |
| 00:41.38 | 115  | Finala | 2022-11-05 | ABMS-Sprint 2022                     |
| 00:41.62 | 113  | Finala | 2022-09-10 | HS Open 10.-11. sept. 2022           |
| 00:42.31 | 108  | Finala | 2022-05-14 | ABMS 2022                            |
| 00:42.77 | 104  | Finala | 2022-03-12 | HS Open 12.-13 mars 2022             |