

Sissal Rógvadóttir

Vís útgreinaðar upplýsingar og persónlig met

Kapping: 100m Frísvimjing (25) Persóligt met: 01:08.79 AQUA stig: 389 Dagfest: 2024-09-29 Stevna: HS Open 2024

Tíð	AQUA	Umfar	Dagfest	Stevna
01:08.79	389	Finala	2024-09-29	HS Open 2024
01:09.97	370	Finala	2024-11-08	FM & JM á stuttgeil 2024
01:11.69	344	Finala	2023-10-22	Ægir Open októbur 2023
01:12.22	336	Finala	2023-04-14	Atlantic Open 2023
01:13.77	316	Finala	2022-11-05	ABMS-Sprint 2022
01:13.78	315	Finala	2022-11-11	JM-FM á Stuttgeil 2022
01:14.68	304	Finala	2022-10-21	Ægir Open 22. og 23. októbur 2022
01:14.86	302	Finala	2022-05-15	ABMS 2022
01:16.05	288	Finala	2023-11-18	ABMS-Sprint 2023
01:16.06	288	Finala	2023-03-18	HS Open 18.-19. mars 2023
01:16.40	284	Finala	2023-02-18	Ægir Open
01:16.90	279	Finala	2022-09-10	HS Open 10.-11. sept. 2022
01:17.95	267	Finala	2023-05-07	ABMS 2023
01:18.76	259	Finala	2022-03-12	HS Open 12.-13 mars 2022
01:18.85	258	Finala	2022-05-15	ABMS 2022
01:26.46	196	Finala	2021-09-25	HS-stevna í Gundadali fyri bólkarnar 1-4
01:29.10	179	Finala	2021-05-01	ABMS 2021