

Róa Trygvadóttir

Vís útgreinaðar upplýsingar og persónlig met

Kapping: 200m Frísvimjing (25) Persóligt met: 02:08.16 AQUA stig: 637 Dagfest: 2023-12-02 Stevna: Nordic Championships

Tíð	AQUA	Umfar	Dagfest	Stevna
02:08.16	637	Finala	2023-12-02	Nordic Championships
02:08.46	633	Finala	2023-10-21	Ægir Open októbur 2023
02:08.52	632	Finala	2024-11-10	FM & JM á stuttgeil 2024
02:10.49	604	Finala	2022-11-13	JM-FM á Stuttgeil 2022
02:12.21	580	Finala	2023-09-30	HS Open 30. sept - 1. okt. 2023
02:12.44	577	Finala	2023-04-15	Atlantic Open 2023
02:13.06	569	Finala	2024-09-28	HS Open 2024
02:13.26	569	Finala	2021-11-14	JM-FM á Stuttgeil 2021
02:13.42	565	Finala	2023-11-12	JM-FM á Stuttgeil 2023
02:13.52	565	Finala	2022-03-12	HS Open 12.-13 mars 2022
02:13.57	565	Finala	2022-02-20	Ægir Open - Februar 2022
02:13.67	563	Finala	2021-12-04	Nordic Swimming Championships 2021
02:14.01	557	Finala	2022-09-10	HS Open 10.-11. sept. 2022
02:15.05	544	Finala	2024-10-26	Ægir Open
02:15.09	544	Finala	2024-04-25	HS Flaggdags-sprint
02:15.16	545	Finala	2021-09-12	HS Open 11 - 12 sept. 2021
02:15.41	540	Finala	2023-09-30	HS Open 30. sept - 1. okt. 2023
02:15.82	535	Finala	2022-12-11	Nordic Championships
02:16.20	531	Finala	2023-11-12	JM-FM á Stuttgeil 2023
02:16.72	526	Finala	2021-05-23	HS Open 22. og 23. mai 2021