

Róa Trygvadóttir

Vís útgreinaðar upplýsingar og persónlig met

Kapping: 100m Bringusvimjing (50) Persóligt met: 01:20.52 AQUA stig: 505 Dagfest: 2023-06-17 Stevna: JM-FM á Langgeil 2023

| Tíð | AQUA | Umfar | Dagfest | Stevna |
|----------|------|--------|------------|-------------------------|
| 01:20.52 | 505 | Finala | 2023-06-17 | JM-FM á Langgeil 2023 |
| 01:20.87 | 498 | Finala | 2023-06-17 | JM-FM á Langgeil 2023 |
| 01:21.11 | 494 | Finala | 2022-04-24 | Atlantic Open 2022 |
| 01:21.95 | 479 | Finala | 2023-01-14 | SuSvim Open Jan 2023 |
| 01:22.23 | 474 | Finala | 2022-04-02 | SuSvim Open apríl 2022 |
| 01:22.31 | 472 | Finala | 2023-05-20 | SuSvim Open Mai 2023 |
| 01:22.45 | 470 | Finala | 2022-04-23 | Atlantic Open 2022 |
| 01:22.89 | 463 | Finala | 2024-03-16 | SuSvim Open mars 2024 |
| 01:22.99 | 461 | Finala | 2022-06-05 | JM-FM á Langgeil 2022 |
| 01:23.34 | 455 | Finala | 2022-06-05 | JM-FM á Langgeil 2022 |
| 01:24.15 | 442 | Finala | 2021-06-12 | Atlantic Open 2021 |
| 01:25.12 | 427 | Finala | 2024-05-11 | FM & JM á langgeil 2024 |
| 01:25.35 | 424 | Finala | 2021-07-10 | JM-FM á Langgeil 2021 |
| 01:25.90 | 416 | Finala | 2021-06-11 | Atlantic Open 2021 |
| 01:26.83 | 402 | Finala | 2021-07-10 | JM-FM á Langgeil 2021 |