

## Sissal Rógvadóttir

Vís útgreinaðar upplýsingar og persónlig met

Kapping: 100m Bringusvimjing (50) Persóligt met: 01:25.65 AQUA stig: 419 Dagfest: 2024-01-28 Stevna: Reykjavík International Games - Swim Meet 2024

| Tíð      | AQUA | Umfar  | Dagfest    | Stevna   |
|----------|------|--------|------------|--|
| 01:25.65 | 419  | Finala | 2024-01-28 | Reykjavík International Games - Swim Meet 2024 |
| 01:26.17 | 412  | Finala | 2023-06-17 | JM-FM á Langgeil 2023                          |
| 01:26.30 | 410  | Finala | 2022-06-05 | JM-FM á Langgeil 2022                          |
| 01:26.75 | 403  | Finala | 2023-06-17 | JM-FM á Langgeil 2023                          |
| 01:27.26 | 396  | Finala | 2024-01-13 | SuSvim Open jan 2024                           |
| 01:28.01 | 386  | Finala | 2023-01-29 | Reykjavik International Games - Swim Meet      |
| 01:29.66 | 365  | Finala | 2022-06-05 | JM-FM á Langgeil 2022                          |
| 01:30.29 | 358  | Finala | 2024-05-11 | FM & JM á langgeil 2024                        |
| 01:30.73 | 353  | Finala | 2024-05-11 | FM & JM á langgeil 2024                        |
| 01:31.25 | 347  | Finala | 2023-01-14 | SuSvim Open Jan 2023                           |
| 01:31.32 | 346  | Finala | 2022-07-02 | FM fyri lið 2022                               |
| 02:00.63 | 150  | Finala | 2021-02-06 | SuSvim Open Feb 2021                           |