

## Sissal Rógvadóttir

Vís útgreinaðar upplýsingar og persónlig met

Kapping: 200m Bringusvimjing (25) Persóligt met: 02:58.30 AQUA stig: 429 Dagfest: 2023-04-15 Stevna: Atlantic Open 2023

Tíð	AQUA	Umfar	Dagfest	Stevna
02:58.30	429	Finala	2023-04-15	Atlantic Open 2023
03:01.44	407	Finala	2023-03-18	HS Open 18.-19. mars 2023
03:02.58	400	Finala	2023-10-21	Ægir Open októbur 2023
03:03.06	397	Finala	2023-10-01	HS Open 30. sept - 1. okt. 2023
03:04.10	390	Finala	2022-11-13	JM-FM á Stuttgeil 2022
03:05.30	383	Finala	2022-11-13	JM-FM á Stuttgeil 2022
03:07.64	368	Finala	2023-05-07	ABMS 2023
03:07.87	367	Finala	2024-04-21	ABMS 2024
03:08.15	365	Finala	2022-09-10	HS Open 10.-11. sept. 2022
03:08.70	362	Finala	2022-10-21	Ægir Open 22. og 23. októbur 2022
03:09.57	357	Finala	2023-11-25	Køge Open 2023 - Køge
03:12.58	341	Finala	2023-05-07	ABMS 2023
03:17.78	314	Finala	2022-05-15	ABMS 2022
03:40.76	226	Finala	2021-05-02	ABMS 2021