

## Róa Tryg vadóttir

Vís útgreinaðar upplýsingar og persónlig met

Kapping: 200m Firvald (25) Persóligt met: 02:32.69 AQUA stig: 480 Dagfest: 2023-11-11 Stevna: JM-FM á Stuttgeil 2023

| Tíð      | AQUA | Umfar  | Dagfest    | Stevna                   |
|----------|------|--------|------------|--------------------------|
| 02:32.69 | 480  | Finala | 2023-11-11 | JM-FM á Stuttgeil 2023   |
| 02:38.25 | 431  | Finala | 2021-11-13 | JM-FM á Stuttgeil 2021   |
| 02:40.77 | 411  | Finala | 2022-11-12 | JM-FM á Stuttgeil 2022   |
| 02:41.81 | 403  | Finala | 2021-11-13 | JM-FM á Stuttgeil 2021   |
| 02:48.89 | 355  | Finala | 2021-05-02 | ABMS 2021                |
| 02:50.89 | 342  | Finala | 2021-02-20 | Ægir Open - Februar 2021 |