

Sissal Rógvadóttir

Vís útgreinaðar upplýsingar og persónlig met

Kapping: 100m Blandað (25) Persóligt met: 01:14.38 AQUA stig: 438 Dagfest: 2024-11-10 Stevna: FM & JM á stuttgeil 2024

Tíð	AQUA	Umfar	Dagfest	Stevna
01:14.38	438	Finala	2024-11-10	FM & JM á stuttgeil 2024
01:15.89	412	Finala	2024-10-26	Ægir Open
01:16.03	410	Finala	2024-11-10	FM & JM á stuttgeil 2024
01:16.32	405	Finala	2024-09-29	HS Open 2024
01:18.77	369	Finala	2024-02-17	Ægir Open
01:19.66	356	Finala	2023-10-21	Ægir Open októbur 2023
01:20.36	347	Finala	2023-11-24	Køge Open 2023 - Køge
01:20.37	347	Finala	2023-05-07	ABMS 2023
01:20.62	344	Finala	2023-04-22	HS Stevna í Gundadali fyri bólk 1-4
01:21.16	337	Finala	2023-02-18	Ægir Open
01:22.24	324	Finala	2023-03-19	HS Open 18.-19. mars 2023
01:22.47	321	Finala	2022-09-10	HS Open 10.-11. sept. 2022
01:22.87	317	Finala	2023-10-01	HS Open 30. sept - 1. okt. 2023
01:22.89	316	Finala	2022-11-13	JM-FM á Stuttgeil 2022
01:25.31	290	Finala	2022-11-05	ABMS-Sprint 2022
01:26.40	279	Finala	2023-05-07	ABMS 2023
01:28.07	264	Finala	2023-11-18	ABMS-Sprint 2023
01:29.19	254	Finala	2022-03-12	HS Open 12.-13 mars 2022
01:34.83	211	Finala	2021-09-25	HS-stevna í Gundadali fyri bólkarnar 1-4
01:36.46	201	Finala	2021-05-02	ABMS 2021