

Jónas Rói Fossádal

Vís útgreinaðar upplýsingar og persónlig met

Kapping: 50m Frísvimjing (25) Persóligt met: 00:33.10 AQUA stig: 225 Dagfest: 2022-03-12 Stevna: HS Open 12.-13 mars 2022

Tíð	AQUA	Umfar	Dagfest	Stevna
00:33.10	225	Finala	2022-03-12	HS Open 12.-13 mars 2022
00:33.36	220	Finala	2022-05-14	ABMS 2022
00:34.25	203	Finala	2022-05-14	ABMS 2022
00:36.72	165	Finala	2021-09-25	HS-stevna í Gundadali fyri bólkarnar 1-4
00:37.60	155	Finala	2021-05-02	ABMS 2021
00:38.08	150	Finala	2021-09-11	HS Open 11 - 12 sept. 2021
00:38.41	146	Finala	2021-04-17	HS-stevna í Gundadali fyri bólkarnar 1-4
00:40.12	128	Finala	2021-03-13	HS Open 13 - 14 mars 2021
00:40.16	128	Finala	2021-03-20	Flot/FS/Reysti-stevna
00:40.37	126	Finala	2021-02-21	Ægir Open - Februar 2021
00:42.56	107	Finala	2020-10-31	Ægir Open 31-10-2020
00:47.14	79	Finala	2020-05-30	ABMS 2020