

Róa Tryg vadóttir

Vís útgreinaðar upplýsingar og persónlig met

Kapping: 50m Frísvimjing (25) Persóligt met: 00:27.70 AQUA stig: 567 Dagfest: 2023-10-21 Stevna: Ægir Open októbur 2023

Tíð	AQUA	Umfar	Dagfest	Stevna
00:27.70	567	Finala	2023-10-21	Ægir Open októbur 2023
00:27.86	557	Finala	2023-09-30	HS Open 30. sept - 1. okt. 2023
00:27.89	555	Finala	2023-04-15	Atlantic Open 2023
00:27.93	553	Finala	2023-12-16	SMS Jólasprint
00:27.99	549	Finala	2023-11-11	JM-FM á Stuttgeil 2023
00:28.03	547	Finala	2023-11-11	JM-FM á Stuttgeil 2023
00:28.04	546	Finala	2023-03-18	HS Open 18.-19. mars 2023
00:28.06	545	Finala	2023-04-15	Atlantic Open 2023
00:28.20	537	Finala	2023-11-11	JM-FM á Stuttgeil 2023
00:28.21	537	Finala	2022-11-12	JM-FM á Stuttgeil 2022
00:28.22	536	Finala	2023-02-18	Ægir Open
00:28.30	531	Finala	2024-04-25	HS Flaggdags-sprint
00:28.31	531	Finala	2022-09-10	HS Open 10.-11. sept. 2022
00:28.33	530	Finala	2023-03-18	HS Open 18.-19. mars 2023
00:28.36	528	Finala	2022-11-12	JM-FM á Stuttgeil 2022
00:28.52	519	Finala	2023-11-11	JM-FM á Stuttgeil 2023
00:28.59	515	Finala	2022-02-20	Ægir Open - Februar 2022
00:28.59	515	Finala	2022-03-12	HS Open 12.-13 mars 2022
00:28.61	514	Finala	2022-02-19	Ægir Open - Februar 2022
00:28.71	509	Finala	2022-02-19	Ægir Open - Februar 2022