

## Róa Tryg vadóttir

Vís útgreinaðar upplýsingar og persónlig met

Kapping: 50m Frísvimjing (50) Persóligt met: 00:28.35 AQUA stig: 577 Dagfest: 2024-05-12 Stevna: FM & JM á langgeil 2024

| Tíð      | AQUA | Umfar  | Dagfest    | Stevna                                         |
|----------|------|--------|------------|------------------------------------------------|
| 00:32.01 | 404  | Finala | 2020-07-05 | JM-FM á Langgeil 2020                          |
| 00:30.65 | 460  | Finala | 2021-06-13 | Atlantic Open 2021                             |
| 00:30.62 | 461  | Finala | 2021-04-10 | SuSvim Open Apríl 2021                         |
| 00:30.63 | 461  | Finala | 2021-07-11 | JM-FM á Langgeil 2021                          |
| 00:30.27 | 478  | Finala | 2021-06-12 | Atlantic Open 2021                             |
| 00:29.80 | 497  | Finala | 2024-01-26 | Reykjavík International Games - Swim Meet 2024 |
| 00:29.81 | 500  | Finala | 2022-04-24 | Atlantic Open 2022                             |
| 00:29.58 | 512  | Finala | 2022-04-25 | Atlantic Open 2022                             |
| 00:29.33 | 525  | Finala | 2022-04-02 | SuSvim Open apríl 2022                         |
| 00:29.33 | 525  | Finala | 2022-07-09 | Nordic Age Group Championships 2022            |
| 00:29.10 | 538  | Finala | 2023-01-14 | SuSvim Open Jan 2023                           |
| 00:29.09 | 538  | Finala | 2022-06-06 | JM-FM á Langgeil 2022                          |
| 00:28.97 | 545  | Finala | 2023-06-18 | JM-FM á Langgeil 2023                          |
| 00:28.94 | 547  | Finala | 2022-06-06 | JM-FM á Langgeil 2022                          |
| 00:28.84 | 548  | Finala | 2024-05-12 | FM & JM á langgeil 2024                        |
| 00:28.85 | 552  | Finala | 2023-01-27 | Reykjavik International Games - Swim Meet      |
| 00:28.78 | 556  | Finala | 2023-01-28 | Reykjavik International Games - Swim Meet      |
| 00:28.78 | 556  | Finala | 2023-06-18 | JM-FM á Langgeil 2023                          |
| 00:28.78 | 556  | Finala | 2023-07-08 | Nordic Age Group Championships 2023            |
| 00:28.68 | 557  | Finala | 2024-03-16 | SuSvim Open mars 2024                          |