

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
00:30.63	461	Finala	2021-07-11	JM-FM á Langgeil 2021
00:30.62	461	Finala	2021-04-10	SuSvim Open Apríl 2021
00:30.27	478	Finala	2021-06-12	Atlantic Open 2021
00:29.81	500	Finala	2022-04-24	Atlantic Open 2022
00:29.80	497	Finala	2024-01-26	Reykjavík International Games - Swim Meet 2024
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
00:28.85	552	Finala	2023-01-27	Reykjavik International Games - Swim Meet
00:28.84	548	Finala	2024-05-12	FM & JM á langgeil 2024
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