

## Róa Tryg vadóttir

Vís útgreinaðar upplýsingar og persónlig met

Kapping: 100m Frísvimjing (50) Persóligt met: 01:00.60 AQUA stig: 621 Dagfest: 2023-07-08 Stevna: Nordic Age Group Championships 2023

| Tíð      | AQUA | Umfar  | Dagfest    | Stevna                                         |
|----------|------|--------|------------|------------------------------------------------|
| 01:00.60 | 621  | Finala | 2023-07-08 | Nordic Age Group Championships 2023            |
| 01:00.86 | 613  | Finala | 2024-01-28 | Reykjavík International Games - Swim Meet 2024 |
| 01:01.31 | 599  | Finala | 2024-04-12 | Danish Open                                    |
| 01:01.41 | 597  | Finala | 2023-06-17 | JM-FM á Langgeil 2023                          |
| 01:01.65 | 590  | Finala | 2024-01-28 | Reykjavík International Games - Swim Meet 2024 |
| 01:01.72 | 588  | Finala | 2023-01-29 | Reykjavik International Games - Swim Meet      |
| 01:01.89 | 583  | Finala | 2023-01-29 | Reykjavik International Games - Swim Meet      |
| 01:02.32 | 571  | Finala | 2024-03-16 | SuSvim Open mars 2024                          |
| 01:02.79 | 558  | Finala | 2022-06-05 | JM-FM á Langgeil 2022                          |
| 01:02.79 | 558  | Finala | 2023-05-20 | SuSvim Open Mai 2023                           |
| 01:02.82 | 557  | Finala | 2024-01-13 | SuSvim Open jan 2024                           |
| 01:03.60 | 537  | Finala | 2022-06-05 | JM-FM á Langgeil 2022                          |
| 01:03.86 | 530  | Finala | 2021-07-10 | JM-FM á Langgeil 2021                          |
| 01:03.91 | 529  | Finala | 2023-06-17 | JM-FM á Langgeil 2023                          |
| 01:04.17 | 523  | Finala | 2022-04-24 | Atlantic Open 2022                             |
| 01:04.26 | 521  | Finala | 2021-06-12 | Atlantic Open 2021                             |
| 01:04.33 | 519  | Finala | 2022-04-23 | Atlantic Open 2022                             |
| 01:04.50 | 515  | Finala | 2021-06-11 | Atlantic Open 2021                             |
| 01:04.63 | 512  | Finala | 2023-01-14 | SuSvim Open Jan 2023                           |
| 01:04.66 | 511  | Finala | 2022-04-02 | SuSvim Open apríl 2022                         |