

Róa Trygvadóttir

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
01:10.85	388	Finala	2020-07-05	JM-FM á Langgeil 2020
01:11.97	370	Finala	2024-05-12	FM & JM á langgeil 2024
01:02.88	556	Finala	2024-05-11	FM & JM á langgeil 2024
01:01.31	599	Finala	2024-04-12	Danish Open
01:01.65	590	Finala	2024-01-28	Reykjavík International Games - Swim Meet 2024
01:03.91	529	Finala	2023-06-17	JM-FM á Langgeil 2023
01:01.72	588	Finala	2023-01-29	Reykjavik International Games - Swim Meet
01:03.60	537	Finala	2022-06-05	JM-FM á Langgeil 2022
01:10.88	388	Finala	2020-07-04	JM-FM á Langgeil 2020
01:04.50	515	Finala	2021-06-11	Atlantic Open 2021
01:05.07	501	Finala	2021-07-10	JM-FM á Langgeil 2021
01:04.33	519	Finala	2022-04-23	Atlantic Open 2022
01:00.60	621	Finala	2023-07-08	Nordic Age Group Championships 2023
01:02.53	565	Finala	2024-05-11	FM & JM á langgeil 2024
01:04.26	521	Finala	2021-06-12	Atlantic Open 2021
01:02.32	571	Finala	2024-03-16	SuSvim Open mars 2024
01:00.86	613	Finala	2024-01-28	Reykjavík International Games - Swim Meet 2024
01:06.16	477	Finala	2024-01-13	SuSvim Open jan 2024
01:02.82	557	Finala	2024-01-13	SuSvim Open jan 2024
01:01.41	597	Finala	2023-06-17	JM-FM á Langgeil 2023