

## Róa Tryg vadóttir

Vís útgreinaðar upplýsingar og persónlig met

Kapping: 200m Frísvimjing (25) Persóligt met: 02:08.16 AQUA stig: 637 Dagfest: 2023-12-02 Stevna: Nordic Championships

| Tíð      | AQUA | Umfar  | Dagfest    | Stevna                   |
|----------|------|--------|------------|--------------------------|
| 02:22.09 | 469  | Finala | 2020-11-15 | JM-FM á Stuttgeil 2020   |
| 02:22.67 | 463  | Finala | 2020-10-04 | Ægir Open - Oktober 2020 |
| 02:23.13 | 459  | Finala | 2020-11-01 | Ægir Open 31-10-2020     |
| 02:23.84 | 452  | Finala | 2020-11-15 | JM-FM á Stuttgeil 2020   |
| 02:24.44 | 446  | Finala | 2021-04-30 | ABMS 2021                |
| 02:27.32 | 421  | Finala | 2020-09-12 | HS Open                  |