

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
02:08.16	637	Finala	2023-12-02	Nordic Championships
02:23.84	452	Finala	2020-11-15	JM-FM á Stuttgeil 2020
02:16.20	531	Finala	2023-11-12	JM-FM á Stuttgeil 2023
02:19.24	498	Finala	2021-11-14	JM-FM á Stuttgeil 2021
02:13.67	563	Finala	2021-12-04	Nordic Swimming Championships 2021
02:15.82	535	Finala	2022-12-11	Nordic Championships
02:20.52	483	Finala	2022-11-13	JM-FM á Stuttgeil 2022
02:14.01	557	Finala	2022-09-10	HS Open 10.-11. sept. 2022
02:15.09	544	Finala	2024-04-25	HS Flaggdags-sprint
02:20.36	485	Finala	2023-12-16	SMS Jólasprint
02:13.42	565	Finala	2023-11-12	JM-FM á Stuttgeil 2023
02:08.46	633	Finala	2023-10-21	Ægir Open októbur 2023
02:12.21	580	Finala	2023-09-30	HS Open 30. sept - 1. okt. 2023
02:15.41	540	Finala	2023-09-30	HS Open 30. sept - 1. okt. 2023
02:12.44	577	Finala	2023-04-15	Atlantic Open 2023
02:10.49	604	Finala	2022-11-13	JM-FM á Stuttgeil 2022
02:27.32	421	Finala	2020-09-12	HS Open
02:13.52	565	Finala	2022-03-12	HS Open 12.-13 mars 2022
02:13.57	565	Finala	2022-02-20	Ægir Open - Februar 2022
02:13.26	569	Finala	2021-11-14	JM-FM á Stuttgeil 2021