

Róa Trygvadóttir

Vís útgreinaðar upplýsingar og persónlig met

Kapping: 200m Frísvimjing (50) Persóligt met: 02:10.79 AQUA stig: 644 Dagfest: 2023-07-08 Stevna: Nordic Age Group Championships 2023

Tíð	AQUA	Umfar	Dagfest	Stevna
02:22.29	500	Finala	2021-07-09	JM-FM á Langgeil 2021
02:21.79	505	Finala	2021-04-10	SuSvim Open Apríl 2021
02:20.67	518	Finala	2022-06-04	JM-FM á Langgeil 2022
02:20.65	518	Finala	2024-01-14	SuSvim Open jan 2024
02:20.26	522	Finala	2023-06-16	JM-FM á Langgeil 2023
02:20.21	523	Finala	2022-04-25	Atlantic Open 2022
02:19.96	526	Finala	2021-06-13	Atlantic Open 2021
02:19.94	526	Finala	2023-01-15	SuSvim Open Jan 2023
02:19.91	526	Finala	2022-07-02	FM fyri lið 2022
02:18.92	537	Finala	2022-06-05	JM-FM á Langgeil 2022
02:18.92	537	Finala	2023-06-17	JM-FM á Langgeil 2023
02:17.95	549	Finala	2022-04-03	SuSvim Open apríl 2022
02:17.17	558	Finala	2022-07-09	Nordic Age Group Championships 2022
02:17.00	558	Finala	2024-03-17	SuSvim Open mars 2024
02:16.94	561	Finala	2023-06-16	JM-FM á Langgeil 2023
02:16.10	572	Finala	2021-07-09	JM-FM á Langgeil 2021
02:15.79	575	Finala	2022-06-04	JM-FM á Langgeil 2022
02:15.63	578	Finala	2023-01-28	Reykjavík International Games - Swim Meet
02:15.45	578	Finala	2024-01-27	Reykjavík International Games - Swim Meet 2024
02:15.35	579	Finala	2024-01-27	Reykjavík International Games - Swim Meet 2024