

Róa Trygvadóttir

Vís útgreinaðar upplýsingar og persónlig met

Kapping: 400m Frísvimjing (25) Persóligt met: 04:29.02 AQUA stig: 635 Dagfest: 2023-12-01 Stevna: Nordic Championships

Tíð	AQUA	Umfar	Dagfest	Stevna
04:29.02	635	Finala	2023-12-01	Nordic Championships
04:30.61	624	Finala	2023-09-30	HS Open 30. sept - 1. okt. 2023
04:33.02	608	Finala	2023-12-01	Nordic Championships
04:33.96	601	Finala	2023-11-11	JM-FM á Stuttgeil 2023
04:36.69	604	Finala	2022-03-12	HS Open 12.-13 mars 2022
04:36.89	602	Finala	2023-04-15	Atlantic Open 2023
04:37.11	601	Finala	2022-10-21	Ægir Open 22. og 23. októbur 2022
04:38.34	593	Finala	2023-03-18	HS Open 18.-19. mars 2023
04:38.47	592	Finala	2021-12-03	Nordic Swimming Championships 2021
04:39.64	585	Finala	2022-11-12	JM-FM á Stuttgeil 2022
04:42.55	567	Finala	2021-11-13	JM-FM á Stuttgeil 2021
04:42.90	565	Finala	2022-02-19	Ægir Open - Februar 2022
04:43.10	545	Finala	2023-11-11	JM-FM á Stuttgeil 2023
04:46.35	545	Finala	2021-11-13	JM-FM á Stuttgeil 2021
04:56.61	490	Finala	2022-11-12	JM-FM á Stuttgeil 2022
05:00.61	471	Finala	2022-09-10	HS Open 10.-11. sept. 2022