

Róa Trygvadóttir

Vís útgreinaðar upplýsingar og persónlig met

Kapping: 50m Bringusvimjing (25) Persóligt met: 00:34.60 AQUA stig: 551 Dagfest: 2024-02-18 Stevna: Ægir Open

Tíð	AQUA	Umfar	Dagfest	Stevna
00:34.60	551	Finala	2024-02-18	Ægir Open
00:34.98	533	Finala	2023-10-22	Ægir Open októbur 2023
00:35.59	516	Finala	2022-11-11	JM-FM á Stuttgeil 2022
00:35.44	512	Finala	2023-11-10	JM-FM á Stuttgeil 2023
00:35.88	504	Finala	2023-03-18	HS Open 18.-19. mars 2023
00:35.98	490	Finala	2023-11-10	JM-FM á Stuttgeil 2023
00:36.37	484	Finala	2022-02-19	Ægir Open - Februar 2022
00:36.89	464	Finala	2022-11-11	JM-FM á Stuttgeil 2022
00:37.16	453	Finala	2021-11-12	JM-FM á Stuttgeil 2021
00:37.34	447	Finala	2022-02-20	Ægir Open - Februar 2022
00:37.48	442	Finala	2022-02-19	Ægir Open - Februar 2022
00:37.64	436	Finala	2021-11-12	JM-FM á Stuttgeil 2021
00:37.76	424	Finala	2023-12-16	SMS Jólasprint
00:38.20	417	Finala	2021-02-20	Ægir Open - Februar 2021
00:38.57	405	Finala	2021-09-11	HS Open 11 - 12 sept. 2021
00:38.61	404	Finala	2021-09-25	HS-stevna í Gundadali fyrri bólkarnar 1-4
00:38.84	397	Finala	2021-05-01	ABMS 2021
00:39.75	370	Finala	2020-10-31	Ægir Open 31-10-2020
00:40.17	359	Finala	2021-04-17	HS-stevna í Gundadali fyrri bólkarnar 1-4
00:40.41	353	Finala	2020-10-03	Ægir Open - Oktober 2020