

Róa Trygvadóttir

Vís útgreinaðar upplýsingar og persónlig met

Kapping: 100m Bringusvimjing (25) Persóligt met: 01:15.41 AQUA stig: 565 Dagfest: 2023-11-11 Stevna: JM-FM á Stuttgeil 2023

Tíð	AQUA	Umfar	Dagfest	Stevna
01:29.12	342	Finala	2020-05-30	ABMS 2020
01:28.77	346	Finala	2020-10-03	Ægir Open - Oktober 2020
01:26.21	378	Finala	2020-10-31	Ægir Open 31-10-2020
01:23.86	411	Finala	2021-03-13	HS Open 13 - 14 mars 2021
01:25.79	384	Finala	2021-04-30	ABMS 2021
01:26.26	377	Finala	2021-05-22	HS Open 22. og 23. mai 2021
01:23.38	418	Finala	2021-09-11	HS Open 11 - 12 sept. 2021
01:20.70	461	Finala	2021-11-13	JM-FM á Stuttgeil 2021
01:22.03	439	Finala	2021-11-13	JM-FM á Stuttgeil 2021
01:17.97	511	Finala	2022-10-21	Ægir Open 22. og 23. októbur 2022
01:17.66	517	Finala	2022-11-12	JM-FM á Stuttgeil 2022
01:19.52	482	Finala	2022-11-12	JM-FM á Stuttgeil 2022
01:17.65	517	Finala	2023-10-21	Ægir Open októbur 2023
01:15.41	565	Finala	2023-11-11	JM-FM á Stuttgeil 2023
01:18.35	504	Finala	2023-11-11	JM-FM á Stuttgeil 2023