

Róa Tryg vadóttir

Vís útgreinaðar upplýsingar og persónlig met

Kapping: 100m Bringusvimjing (50) Persóligt met: 01:20.52 AQUA stig: 505 Dagfest: 2023-06-17 Stevna: JM-FM á Langgeil 2023

Tíð	AQUA	Umfar	Dagfest	Stevna
01:25.90	416	Finala	2021-06-11	Atlantic Open 2021
01:26.83	402	Finala	2021-07-10	JM-FM á Langgeil 2021
01:22.45	470	Finala	2022-04-23	Atlantic Open 2022
01:22.99	461	Finala	2022-06-05	JM-FM á Langgeil 2022
01:20.52	505	Finala	2023-06-17	JM-FM á Langgeil 2023
01:25.12	427	Finala	2024-05-11	FM & JM á langgeil 2024
01:24.15	442	Finala	2021-06-12	Atlantic Open 2021
01:25.35	424	Finala	2021-07-10	JM-FM á Langgeil 2021
01:22.23	474	Finala	2022-04-02	SuSvim Open apríl 2022
01:21.11	494	Finala	2022-04-24	Atlantic Open 2022
01:23.34	455	Finala	2022-06-05	JM-FM á Langgeil 2022
01:21.95	479	Finala	2023-01-14	SuSvim Open Jan 2023
01:22.31	472	Finala	2023-05-20	SuSvim Open Mai 2023
01:20.87	498	Finala	2023-06-17	JM-FM á Langgeil 2023
01:22.89	463	Finala	2024-03-16	SuSvim Open mars 2024