

Róa Trygvadóttir

Vís útgreinaðar upplýsingar og persónlig met

Kapping: 50m Firvald (25) Persóligt met: 00:30.52 AQUA stig: 509 Dagfest: 2023-09-30 Stevna: HS Open 30. sept - 1. okt. 2023

Tíð	AQUA	Umfar	Dagfest	Stevna
00:32.67	415	Finala	2022-02-19	Ægir Open - Februar 2022
00:30.61	505	Finala	2023-11-10	JM-FM á Stuttgeil 2023
00:30.80	495	Finala	2023-04-16	Atlantic Open 2023
00:31.14	479	Finala	2022-11-11	JM-FM á Stuttgeil 2022
00:32.71	414	Finala	2021-11-12	JM-FM á Stuttgeil 2021
00:33.99	369	Finala	2020-11-13	JM-FM á Stuttgeil 2020
00:31.82	449	Finala	2022-09-10	HS Open 10.-11. sept. 2022
00:34.23	361	Finala	2020-09-13	HS Open
00:30.55	508	Finala	2023-10-21	Ægir Open októbur 2023
00:30.52	509	Finala	2023-09-30	HS Open 30. sept - 1. okt. 2023
00:31.05	484	Finala	2023-04-16	Atlantic Open 2023
00:33.95	370	Finala	2020-10-04	Ægir Open - Október 2020
00:31.52	462	Finala	2023-03-19	HS Open 18.-19. mars 2023
00:31.26	474	Finala	2023-02-18	Ægir Open
00:33.69	378	Finala	2020-11-01	Ægir Open 31-10-2020
00:31.24	475	Finala	2022-10-21	Ægir Open 22. og 23. októbur 2022
00:33.06	401	Finala	2021-02-20	Ægir Open - Februar 2021
00:31.99	442	Finala	2022-02-20	Ægir Open - Februar 2022
00:35.50	323	Finala	2020-05-30	ABMS 2020
00:32.56	419	Finala	2021-11-12	JM-FM á Stuttgeil 2021