

Róa Tryg vadóttir

Vís útgreinaðar upplýsingar og persónlig met

Kapping: 50m Firvald (50) Persóligt met: 00:31.10 AQUA stig: 484 Dagfest: 2024-01-28 Stevna: Reykjavík International Games - Swim Meet 2024

Tíð	AQUA	Umfar	Dagfest	Stevna
00:36.01	312	Finala	2020-07-04	JM-FM á Langgeil 2020
00:34.21	364	Finala	2021-04-10	SuSvim Open Apríl 2021
00:33.67	381	Finala	2021-06-13	Atlantic Open 2021
00:33.09	402	Finala	2021-06-13	Atlantic Open 2021
00:32.84	411	Finala	2022-04-25	Atlantic Open 2022
00:32.44	427	Finala	2022-06-05	JM-FM á Langgeil 2022
00:32.39	429	Finala	2022-06-05	JM-FM á Langgeil 2022
00:32.19	437	Finala	2022-04-03	SuSvim Open apríl 2022
00:32.16	438	Finala	2022-04-25	Atlantic Open 2022
00:32.16	438	Finala	2024-01-14	SuSvim Open jan 2024
00:31.97	446	Finala	2023-06-17	JM-FM á Langgeil 2023
00:31.94	447	Finala	2023-05-21	SuSvim Open Mai 2023
00:31.78	454	Finala	2024-03-17	SuSvim Open mars 2024
00:31.46	468	Finala	2024-01-26	Reykjavík International Games - Swim Meet 2024
00:31.42	470	Finala	2023-01-27	Reykjavik International Games - Swim Meet
00:31.10	484	Finala	2024-01-28	Reykjavík International Games - Swim Meet 2024