

# Róa Trygvadóttir

Vís útgreinaðar upplýsingar og persónlig met

Kapping: 100m Firvald (25) Persóligt met: 01:05.59 AQUA stig: 559 Dagfest: 2023-10-22 Stevna: Ægir Open októbur 2023

| Tíð      | AQUA | Umfar  | Dagfest    | Stevna                            |
|----------|------|--------|------------|-----------------------------------|
| 01:05.59 | 559  | Finala | 2023-10-22 | Ægir Open októbur 2023            |
| 01:06.53 | 536  | Finala | 2023-11-12 | JM-FM á Stuttgeil 2023            |
| 01:07.48 | 513  | Finala | 2024-04-25 | HS Flaggdags-sprint               |
| 01:07.82 | 521  | Finala | 2023-03-18 | HS Open 18.-19. mars 2023         |
| 01:09.40 | 486  | Finala | 2022-09-10 | HS Open 10.-11. sept. 2022        |
| 01:09.89 | 476  | Finala | 2022-10-21 | Ægir Open 22. og 23. októbur 2022 |
| 01:10.80 | 444  | Finala | 2023-11-12 | JM-FM á Stuttgeil 2023            |
| 01:11.04 | 453  | Finala | 2022-11-13 | JM-FM á Stuttgeil 2022            |
| 01:12.42 | 428  | Finala | 2022-11-13 | JM-FM á Stuttgeil 2022            |
| 01:12.59 | 412  | Finala | 2023-12-16 | SMS Jólasprint                    |
| 01:12.96 | 419  | Finala | 2021-11-14 | JM-FM á Stuttgeil 2021            |
| 01:13.24 | 414  | Finala | 2021-05-01 | ABMS 2021                         |
| 01:13.72 | 406  | Finala | 2021-11-14 | JM-FM á Stuttgeil 2021            |
| 01:13.81 | 405  | Finala | 2021-05-22 | HS Open 22. og 23. mai 2021       |
| 01:13.81 | 405  | Finala | 2021-02-21 | Ægir Open - Februar 2021          |
| 01:13.97 | 402  | Finala | 2021-03-13 | HS Open 13 - 14 mars 2021         |
| 01:14.28 | 397  | Finala | 2020-11-01 | Ægir Open 31-10-2020              |
| 01:16.46 | 364  | Finala | 2020-10-03 | Ægir Open - Oktober 2020          |
| 01:19.40 | 325  | Finala | 2020-11-15 | JM-FM á Stuttgeil 2020            |
| 01:21.20 | 304  | Finala | 2020-09-12 | HS Open                           |