

Róa Tryg vadóttir

Vís útgreinaðar upplýsingar og persónlig met

Kapping: 100m Blandað (25) Persóligt met: 01:07.11 AQUA stig: 597 Dagfest: 2024-02-17 Stevna: Ægir Open

Tíð	AQUA	Umfar	Dagfest	Stevna
01:19.67	356	Finala	2020-05-30	ABMS 2020
01:18.14	378	Finala	2020-09-13	HS Open
01:16.55	402	Finala	2020-10-03	Ægir Open - Oktober 2020
01:16.13	408	Finala	2020-10-31	Ægir Open 31-10-2020
01:17.12	393	Finala	2020-11-15	JM-FM á Stuttgeil 2020
01:15.52	418	Finala	2021-05-02	ABMS 2021
01:15.44	420	Finala	2021-05-23	HS Open 22. og 23. mai 2021
01:10.65	511	Finala	2022-10-21	Ægir Open 22. og 23. októbur 2022
01:10.55	513	Finala	2022-11-13	JM-FM á Stuttgeil 2022
01:08.84	553	Finala	2023-02-18	Ægir Open
01:07.65	582	Finala	2023-04-16	Atlantic Open 2023
01:11.17	500	Finala	2023-04-16	Atlantic Open 2023
01:07.62	583	Finala	2023-10-01	HS Open 30. sept - 1. okt. 2023
01:09.31	541	Finala	2023-11-12	JM-FM á Stuttgeil 2023
01:07.11	597	Finala	2024-02-17	Ægir Open