

## Róa Trygvadóttir

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                           |
| 01:17.12 | 393  | Finala | 2020-11-15 | JM-FM á Stuttgeil 2020            |
| 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              |
| 01:15.52 | 418  | Finala | 2021-05-02 | ABMS 2021                         |
| 01:15.44 | 420  | Finala | 2021-05-23 | HS Open 22. og 23. mai 2021       |
| 01:11.17 | 500  | Finala | 2023-04-16 | Atlantic Open 2023                |
| 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            |
| 01:09.31 | 541  | Finala | 2023-11-12 | JM-FM á Stuttgeil 2023            |
| 01:08.84 | 553  | Finala | 2023-02-18 | Ægir Open                         |
| 01:07.65 | 582  | Finala | 2023-04-16 | Atlantic Open 2023                |
| 01:07.62 | 583  | Finala | 2023-10-01 | HS Open 30. sept - 1. okt. 2023   |
| 01:07.11 | 597  | Finala | 2024-02-17 | Ægir Open                         |