

Róa Tryg vadóttir

Vís útgreinaðar upplýsingar og persónlig met

Kapping: 200m Blandað (50) Persóligt met: 02:31.04 AQUA stig: 582 Dagfest: 2023-07-09 Stevna: Nordic Age Group Championships 2023

Tíð	AQUA	Umfar	Dagfest	Stevna
02:54.97	374	Finala	2020-07-03	JM-FM á Langgeil 2020
02:49.08	415	Finala	2020-07-03	JM-FM á Langgeil 2020
02:36.92	519	Finala	2023-06-16	JM-FM á Langgeil 2023
02:34.82	540	Finala	2023-06-16	JM-FM á Langgeil 2023
02:34.27	546	Finala	2023-05-20	SuSvim Open Mai 2023
02:31.04	582	Finala	2023-07-09	Nordic Age Group Championships 2023