

Róland Toftum

Vís útgreinaðar upplýsingar og persónlig met

Kapping: 50m Bringusvimjing (25) Persóligt met: 00:28.30 AQUA stig: 685 Dagfest: 2022-12-11 Stevna: Nordic Championships

Tíð	AQUA	Umfar	Dagfest	Stevna
00:29.50	627	Finala	2020-09-12	HS Open
00:29.43	631	Finala	2020-10-03	Ægir Open - Oktober 2020
00:29.61	620	Finala	2020-11-15	JM-FM á Stuttgeil 2020
00:29.50	627	Finala	2020-11-15	JM-FM á Stuttgeil 2020
00:28.78	675	Finala	2021-02-20	Ægir Open - Februar 2021
00:29.19	647	Finala	2021-03-13	HS Open 13 - 14 mars 2021
00:31.73	503	Finala	2022-02-19	Ægir Open - Februar 2022
00:31.93	494	Finala	2022-02-19	Ægir Open - Februar 2022
00:30.30	578	Finala	2022-02-20	Ægir Open - Februar 2022
00:29.66	616	Finala	2022-03-12	HS Open 12.-13 mars 2022
00:29.26	619	Finala	2022-09-10	HS Open 10.-11. sept. 2022
00:29.95	578	Finala	2022-10-21	Ægir Open 22. og 23. októbur 2022
00:28.67	659	Finala	2022-11-13	JM-FM á Stuttgeil 2022
00:28.71	656	Finala	2022-11-13	JM-FM á Stuttgeil 2022
00:28.30	685	Finala	2022-12-11	Nordic Championships
00:28.68	658	Finala	2023-03-18	HS Open 18.-19. mars 2023
00:29.25	620	Finala	2023-04-16	Atlantic Open 2023
00:29.06	632	Finala	2023-04-16	Atlantic Open 2023
00:29.05	633	Finala	2023-07-11	International Island Games Guernsey
00:28.95	640	Finala	2023-07-11	International Island Games Guernsey