

Róland Toftum

Vís útgreinaðar upplýsingar og persónlig met

Kapping: 50m Bringusvimjing (50) Persóligt met: 00:29.36 AQUA stig: 690 Dagfest: 2023-01-29 Stevna: Reykjavik International Games - Swim Meet

Tíð	AQUA	Umfar	Dagfest	Stevna
00:31.16	577	Finala	2022-04-25	Atlantic Open 2022
00:31.05	583	Finala	2022-04-25	Atlantic Open 2022
00:30.67	605	Finala	2021-07-11	JM-FM á Langgeil 2021
00:30.54	613	Finala	2021-07-11	JM-FM á Langgeil 2021
00:30.48	617	Finala	2021-02-06	SuSvim Open Feb 2021
00:30.40	622	Finala	2022-06-06	JM-FM á Langgeil 2022
00:30.36	624	Finala	2021-04-10	SuSvim Open Apríl 2021
00:30.25	631	Finala	2022-06-06	JM-FM á Langgeil 2022
00:29.94	651	Finala	2023-04-02	Danish Open 2023
00:29.93	651	Finala	2023-04-02	Danish Open 2023
00:29.91	653	Finala	2020-07-05	JM-FM á Langgeil 2020
00:29.74	664	Finala	2023-01-27	Reykjavik International Games - Swim Meet
00:29.72	665	Finala	2020-07-05	JM-FM á Langgeil 2020
00:29.57	675	Finala	2023-01-15	SuSvim Open Jan 2023
00:29.36	690	Finala	2023-01-29	Reykjavik International Games - Swim Meet