

Róland Toftum

Vís útgreinaðar upplýsingar og persónlig met

Kapping: 100m Bringusvimjing (25) Persóligt met: 01:02.46 AQUA stig: 693 Dagfest: 2023-04-14 Stevna: Atlantic Open 2023

Tíð	AQUA	Umfar	Dagfest	Stevna
01:02.46	693	Finala	2023-04-14	Atlantic Open 2023
01:02.97	676	Finala	2022-12-10	Nordic Championships
01:03.23	680	Finala	2021-02-21	Ægir Open - Februar 2021
01:03.29	666	Finala	2023-04-15	Atlantic Open 2023
01:03.50	659	Finala	2022-11-12	JM-FM á Stuttgeil 2022
01:03.83	649	Finala	2023-03-18	HS Open 18.-19. mars 2023
01:03.98	645	Finala	2023-07-10	International Island Games Guernsey
01:04.03	655	Finala	2020-11-14	JM-FM á Stuttgeil 2020
01:04.32	634	Finala	2022-09-10	HS Open 10.-11. sept. 2022
01:05.04	613	Finala	2022-11-12	JM-FM á Stuttgeil 2022
01:05.46	602	Finala	2023-07-10	International Island Games Guernsey
01:05.67	607	Finala	2020-11-14	JM-FM á Stuttgeil 2020
01:06.17	583	Finala	2022-10-21	Ægir Open 22. og 23. októbur 2022
01:06.26	591	Finala	2020-09-13	HS Open