

Róland Toftum

Vís útgreinaðar upplýsingar og persónlig met

Kapping: 100m Bringusvimjing (50) Persóligt met: 01:06.03 AQUA stig: 639 Dagfest: 2023-04-04 Stevna: Danish Open 2023

Tíð	AQUA	Umfar	Dagfest	Stevna
01:15.43	428	Finala	2020-07-04	JM-FM á Langgeil 2020
01:11.24	508	Finala	2022-06-05	JM-FM á Langgeil 2022
01:10.98	514	Finala	2022-04-23	Atlantic Open 2022
01:08.73	566	Finala	2022-04-24	Atlantic Open 2022
01:08.58	570	Finala	2021-04-10	SuSvim Open Apríl 2021
01:08.20	580	Finala	2023-01-14	SuSvim Open Jan 2023
01:07.89	588	Finala	2020-07-04	JM-FM á Langgeil 2020
01:07.48	598	Finala	2022-06-05	JM-FM á Langgeil 2022
01:06.78	617	Finala	2023-01-28	Reykjavik International Games - Swim Meet
01:06.09	637	Finala	2023-05-20	SuSvim Open Mai 2023
01:06.05	638	Finala	2023-01-28	Reykjavik International Games - Swim Meet
01:06.03	639	Finala	2023-04-04	Danish Open 2023