

Róland Toftum

Vís útgreinaðar upplýsingar og persónlig met

Kapping: 200m Bringusvimjing (50) Persóligt met: 02:28.22 AQUA stig: 613 Dagfest: 2023-01-29 Stevna: Reykjavik International Games - Swim Meet

Tíð	AQUA	Umfar	Dagfest	Stevna
02:28.22	613	Finala	2023-01-29	Reykjavik International Games - Swim Meet
02:30.12	590	Finala	2023-01-29	Reykjavik International Games - Swim Meet
02:33.70	559	Finala	2022-06-04	JM-FM á Langgeil 2022
02:35.08	544	Finala	2022-04-24	Atlantic Open 2022
02:35.55	540	Finala	2022-06-04	JM-FM á Langgeil 2022
02:37.50	520	Finala	2023-01-14	SuSvim Open Jan 2023