

Róland Toftum

Vís útgreinaðar upplýsingar og persónlig met

Kapping: 50m Firvald (25) Persóligt met: 00:25.39 AQUA stig: 628 Dagfest: 2022-12-12 Stevna: Nordic Championships

Tíð	AQUA	Umfar	Dagfest	Stevna
00:25.66	608	Finala	2020-09-13	HS Open
00:26.12	577	Finala	2020-10-04	Ægir Open - Oktober 2020
00:26.10	578	Finala	2020-11-01	Ægir Open 31-10-2020
00:25.54	617	Finala	2020-11-13	JM-FM á Stuttgeil 2020
00:27.73	482	Finala	2020-11-13	JM-FM á Stuttgeil 2020
00:25.75	602	Finala	2021-02-20	Ægir Open - Februar 2021
00:26.40	559	Finala	2022-02-19	Ægir Open - Februar 2022
00:26.03	583	Finala	2022-02-19	Ægir Open - Februar 2022
00:26.36	561	Finala	2022-02-20	Ægir Open - Februar 2022
00:26.17	574	Finala	2022-03-12	HS Open 12.-13 mars 2022
00:26.59	547	Finala	2022-09-10	HS Open 10.-11. sept. 2022
00:27.10	516	Finala	2022-11-11	JM-FM á Stuttgeil 2022
00:25.58	614	Finala	2022-11-11	JM-FM á Stuttgeil 2022
00:25.39	628	Finala	2022-12-12	Nordic Championships
00:26.38	557	Finala	2023-07-12	International Island Games Guernsey