

Róland Toftum

Vís útgreinaðar upplýsingar og persónlig met

Kapping: 100m Firvald (50) Persóligt met: 00:59.19 AQUA stig: 584 Dagfest: 2020-07-03 Stevna: JM-FM á Langgeil 2020

Tíð	AQUA	Umfar	Dagfest	Stevna
01:08.24	380	Finala	2022-04-24	Atlantic Open 2022
01:07.86	386	Finala	2022-06-04	JM-FM á Langgeil 2022
01:06.81	406	Finala	2020-07-03	JM-FM á Langgeil 2020
01:04.61	448	Finala	2022-04-24	Atlantic Open 2022
01:00.85	536	Finala	2022-07-02	FM fyri lið 2022
01:00.48	546	Finala	2022-06-04	JM-FM á Langgeil 2022
00:59.19	584	Finala	2020-07-03	JM-FM á Langgeil 2020