

Sissal Rógvadóttir

Vís útgreinaðar upplýsingar og persónlig met

Kapping: 50m Frísvimjing (25) Persónligt met: 00:29.47 AQUA stig: 471 Dagfest: 2025-03-15 Stevna: Lions Open

Tíð	AQUA	Umfar	Dagfest	Stevna
00:29.47	471	Finala	2025-03-15	Lions Open
00:29.57	466	Finala	2025-03-15	Lions Open
00:29.74	458	Finala	2024-12-14	SMS Jólasprint
00:30.00	446	Finala	2024-11-09	FM & JM á stuttgeil 2024
00:30.15	439	Finala	2024-11-30	Køge Open 2024
00:30.16	439	Finala	2024-11-09	FM & JM á stuttgeil 2024
00:30.33	432	Finala	2024-09-28	HS Open 2024
00:31.24	395	Finala	2024-10-26	Ægir Open
00:32.07	365	Finala	2022-10-21	Ægir Open 22. og 23. októbur 2022
00:32.33	356	Finala	2023-04-15	Atlantic Open 2023
00:32.82	341	Finala	2023-03-18	HS Open 18.-19. mars 2023
00:32.93	337	Finala	2023-11-26	Køge Open 2023 - Køge
00:32.94	337	Finala	2022-11-12	JM-FM á Stuttgeil 2022
00:33.01	335	Finala	2022-09-10	HS Open 10.-11. sept. 2022
00:33.15	330	Finala	2022-11-05	ABMS-Sprint 2022
00:33.27	327	Finala	2023-11-18	ABMS-Sprint 2023
00:33.76	313	Finala	2023-11-18	ABMS-Sprint 2023
00:33.89	309	Finala	2023-05-06	ABMS 2023
00:34.21	301	Finala	2023-05-06	ABMS 2023
00:34.32	298	Finala	2022-05-14	ABMS 2022