

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
00:40.34	183	Finala	2021-04-17	HS-stevna í Gundadali fyri bólkarnar 1-4
00:40.23	185	Finala	2021-03-20	Flot/FS/Reysti-stevna
00:37.84	222	Finala	2021-05-02	ABMS 2021
00:37.27	232	Finala	2021-09-25	HS-stevna í Gundadali fyri bólkarnar 1-4
00:34.64	290	Finala	2022-03-12	HS Open 12.-13 mars 2022
00:34.60	291	Finala	2022-03-12	HS Open 12.-13 mars 2022
00:34.44	295	Finala	2022-05-14	ABMS 2022
00:34.33	297	Finala	2023-02-18	Ægir Open
00:34.32	298	Finala	2022-05-14	ABMS 2022
00:34.21	301	Finala	2023-05-06	ABMS 2023
00:33.89	309	Finala	2023-05-06	ABMS 2023
00:33.76	313	Finala	2023-11-18	ABMS-Sprint 2023
00:33.27	327	Finala	2023-11-18	ABMS-Sprint 2023
00:33.15	330	Finala	2022-11-05	ABMS-Sprint 2022
00:33.01	335	Finala	2022-09-10	HS Open 10.-11. sept. 2022
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
00:32.82	341	Finala	2023-03-18	HS Open 18.-19. mars 2023
00:32.33	356	Finala	2023-04-15	Atlantic Open 2023
00:32.07	365	Finala	2022-10-21	Ægir Open 22. og 23. oktobur 2022