

## Jólabikarmót Alcan "Duel In The Pool" - 19.12.2009

## Úrslit

## Grein 1 Karlar 200 - Metra Fjósund

Nafn	Aldu	Félag	Tíminn	Tíminn
1 Birgir Viktor H	15	Sundfélag Akraness	2:14,50	2:15,88
r:+0.73 29,26	1:03,47 (34,21)	1:43,25 (39,78)	2:15,88 (32,63)	
2 Jón Þór H	17	Sundfélag Akraness	2:16,78	2:18,73
r:+0.79 29,09	1:04,23 (35,14)	1:46,44 (42,21)	2:18,73 (32,29)	
3 Konráð H	17	Sundfélag Hafnarfjarðar	2:17,88	2:20,86
r:+0.76 28,19	1:03,33 (35,14)	1:46,64 (43,31)	2:20,86 (34,22)	
4 Arnór S	12	Sundfélag Hafnarfjarðar	2:37,60	2:33,25
r:+0.75 35,64	1:16,67 (41,03)	1:58,84 (42,17)	2:33,25 (34,41)	
5 Jón Margeir S	17	Íþróttafélaginu Ösp	2:32,59	2:34,23
r:+0.84 31,35	1:11,93 (40,58)	1:58,96 (47,03)	2:34,23 (35,27)	
6 Arnar N. S	14	Sundfélag Hafnarfjarðar	3:06,00	x2:57,94
r:+0.71 40,61	1:29,21 (48,60)	2:20,07 (50,86)	2:57,94 (37,87)	

## Grein 2 Kvenna 200 - Metra Skriðsund

Nafn	Aldu	Félag	Tíminn	Tíminn
1 Snjólaug T. H	18	Sundfélag Hafnarfjarðar	2:16,45	2:14,41
r:+0.74 31,62	1:06,03 (34,41)	1:40,99 (34,96)	2:14,41 (33,42)	
2 Bára K. B	14	Sundfélag Hafnarfjarðar	2:15,94	2:14,57
r:+0.78 31,78	1:06,38 (34,60)	1:41,63 (35,25)	2:14,57 (32,94)	
3 Guðný D	13	Sundfélag Hafnarfjarðar	2:28,68	x2:29,63
r:+0.76 33,81	1:12,07 (38,26)	1:51,56 (39,49)	2:29,63 (38,07)	
4 Una Rakel H	14	Sundfélag Akraness	2:28,21	2:30,61
r:+0.90 33,77	1:12,42 (38,65)	1:52,10 (39,68)	2:30,61 (38,51)	
5 Karen Rós B	15	Sundfélag Akraness	2:38,90	2:32,73
r:+0.83 35,01	1:14,48 (39,47)	1:54,38 (39,90)	2:32,73 (38,35)	

## Grein 3 Karlar 100 - Metra Skriðsund

Nafn	Aldu	Félag	Tíminn	Tíminn
1 Njáll Þ	15	Sundfélag Hafnarfjarðar	54,04	54,88
r:+0.70 26,47	54,88 (28,41)			
2 Leifur Guðni G	19	Sundfélag Akraness	54,88	56,53
r:+0.74 27,14	56,53 (29,39)			
3 Aron Ö. S	14	Sundfélag Hafnarfjarðar	57,46	57,52
r:+0.63 28,06	57,52 (29,46)			
4 Friðberg J	15	Sunddeild Breiðabliks	58,87	58,09
r:+0.80 27,99	58,09 (30,10)			

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5	Jón Ingi S	14	Ungmennasamband Borgarfjarðar	1:01,51	1:00,14
	r:+0.75 29,06			1:00,14 (31,08)	
6	Sverrisson J	17	Sunddeild Fjölnis	59,10	1:00,41
	r:+0.74 28,40			1:00,41 (32,01)	
7	Björgvin G. B	17	Sundfélag Hafnarfjarðar	57,08	x1:00,87
	r:+0.68 29,24			1:00,87 (31,63)	
8	Gunnar Egill B	16	Sunddeild Breiðabliks	1:00,06	1:01,07
	r:+0.85 29,66			1:01,07 (31,41)	
9	Benedikt J	18	Sunddeild Breiðabliks	58,05	x1:01,36
	r:+0.64 29,68			1:01,36 (31,68)	
10	Ragnar Ingi M	17	Fjörður	1:01,00	1:02,74
	r:+0.76 29,14			1:02,74 (33,60)	
11	Ingimar Logi G	13	Sunddeild Breiðabliks	1:06,16	x1:04,97
	r:+0.77 31,89			1:04,97 (33,08)	
12	Magnús K. Ó	17	Sundfélag Hafnarfjarðar	59,21	x1:05,15
	r:+0.77 30,82			1:05,15 (34,33)	
13	Stefán Ingi Á	14	Sunddeild Breiðabliks	1:05,65	x1:06,13
	r:+0.83 31,86			1:06,13 (34,27)	
14	Guðmundur B. J	15	Sundfélag Akraness	1:04,81	1:06,73
	r:+0.73 31,67			1:06,73 (35,06)	

**(Grein 3 Karlar 100 - Metra Skriðsund)****Nafn****Aldu Félag****Tíminn****Tíminn**

15	Hafþór J. S	12	Sundfélag Hafnarfjarðar	1:10,84	x1:10,63
	r:+0.57 34,02			1:10,63 (36,61)	
16	Sævar Berg S	14	Sundfélag Akraness	1:13,43	x1:13,61
	r:+0.74 34,70			1:13,61 (38,91)	

**Grein 4 Kvenna 100 - Metra Bringusund****Nafn****Aldu Félag****Tíminn****Tíminn**

1	Hrafnhildur L	18	Sundfélag Hafnarfjarðar	1:08,19	1:11,70
	r:+0.75 33,55			1:11,70 (38,15)	
2	Inga Elín C	16	Sundfélag Akraness	1:18,58	1:17,27
	r:+0.77 36,25			1:17,27 (41,02)	
3	Salome J	14	Sundfélag Akraness	1:20,14	1:20,54
	r:+0.77 37,77			1:20,54 (42,77)	
4	Guðlaug Edda H	15	Sunddeild Breiðabliks	1:22,86	1:23,17
	r:+0.65 39,47			1:23,17 (43,70)	
5	Elísabeth R. A	14	Sundfélag Hafnarfjarðar	1:29,10	1:28,14

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6	r:+0.74 41,19	1:28,14 (46,95)	13 Gestur	1:51,04	1:28,40
7	r:+0.70 41,04	1:28,40 (47,36)	13 Sunddeild Breiðabliks	1:25,73	1:29,21
8	r:+0.80 42,97	1:29,21 (46,24)	15 Sundfélag Hafnarfjarðar	1:23,09	x1:30,32
9	r:+0.83 41,36	1:30,32 (48,96)	13 Sundfélag Hafnarfjarðar	1:32,54	x1:32,36
10	r:+0.65 43,61	1:32,36 (48,75)	13 Sundfélag Hafnarfjarðar	1:36,88	x1:37,45
11	r:+0.73 45,69	1:37,45 (51,76)	15 Sunddeild Breiðabliks	1:37,00	x1:37,46
12	r:+0.75 45,71	1:37,46 (51,75)	16 Sundfélag Hafnarfjarðar	1:48,16	x1:39,21
---	r:+0.76 45,47	1:39,21 (53,74)	15 Sunddeild Breiðabliks	1:34,83	NS

## Grein 5 Karlar 50 - Metra Bringusund

Nafn	Aldu	Félag	Tíminn	Tíminn
1 Hrafn T	17	Sundfélag Akraness	30,42	30,08
2 Orri Freyr G	r:+0.78 17	Sundfélag Hafnarfjarðar	32,45	31,61
3 Leifur Guðni G	r:+0.64 19	Sundfélag Akraness	30,88	32,71
4 Sigurður F. K	r:+0.75 15	Sundfélag Hafnarfjarðar	36,17	34,63
5 Arnór S	r:+0.71 12	Sundfélag Hafnarfjarðar	41,95	x37,29
6 Benedikt J	r:+0.71 18	Sunddeild Breiðabliks	36,65	38,00
7 Ásmundur Þór Á	r:+0.65 22	Fjörður	42,12	41,61
8 Veturliði Ú	r:+0.79 13	Sunddeild Breiðabliks	53,31	43,54
---	r:+0.67 13	Sundfélag Hafnarfjarðar	46,88	NS
---	17	Sundfélag Hafnarfjarðar	32,66	NS

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## Grein 6 Kvenna 50 - Metra Baksund

Nafn	Aldu	Félag	Tíminn	Tíminn
1 Ingibjörg K. J	16	Sundfélag Hafnarfjarðar	31,03	29,87

r:+0.68

## (Grein 6 Kvenna 50 - Metra Baksund)

Nafn	Aldu	Félag	Tíminn	Tíminn
2 Snjólaug T. H	18	Sundfélag Hafnarfjarðar	31,02	31,98
3 Guðlaug Edda H	15	Sunddeild Breiðabliks	33,07	33,22
4 Unnur Inga K	14	Sundfélag Akraness	33,46	33,77
5 Steinunn T	15	Sundfélag Akraness	33,40	34,25
6 Þorgerður B. T	14	Sundfélag Hafnarfjarðar	38,61	x38,22
7 Kolbrún Alda S	12	Fjörður	44,48	45,33

r:+0.84

## Grein 7 Karlar 100 - Metra Baksund

Nafn	Aldu	Félag	Tíminn	Tíminn
1 Kolbeinn H	15	Sundfélag Hafnarfjarðar	59,32	1:03,03
2 Jón Þór H	17	Sundfélag Akraness	1:01,87	1:04,23
3 Birgir Viktor H	15	Sundfélag Akraness	1:04,70	1:04,29
4 Predrag M	14	Sundfélag Hafnarfjarðar	1:08,08	1:07,46
5 Ragnar Ingi M	17	Fjörður	1:14,98	1:15,32
6 Magnús K. Ó	17	Sundfélag Hafnarfjarðar	1:10,75	x1:15,33
7 Hafþór J. S	12	Sundfélag Hafnarfjarðar	1:19,91	x1:18,08
--- Björn J	13	Sundfélag Hafnarfjarðar	1:18,02	NS

## Grein 8 Kvenna 100 - Metra Flugsund

Nafn	Aldu	Félag	Tíminn	Tíminn
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1	Inga Elín C	16	Sundfélag Akraness	1:06,70	1:06,58
	r:+0.79 31,46				1:06,58 (35,12)
2	Salome J	14	Sundfélag Akraness	1:06,28	1:07,58
	r:+0.74 32,16				1:07,58 (35,42)
3	Guðný D	13	Sundfélag Hafnarfjarðar	1:22,00	1:21,86
	r:+0.83 37,75				1:21,86 (44,11)
4	Helga R. S	15	Sundfélag Hafnarfjarðar	1:53,98	1:22,53
	r:+0.79 38,20				1:22,53 (44,33)

## Grein 9 Karlar 50 - Metra Flugsund

	Nafn	Aldu	Félag	Tíminn	Tíminn
1	Hrafn T	17	Sundfélag Akraness	27,00	26,51
	r:+0.75				
2	Sigurður F. K	15	Sundfélag Hafnarfjarðar	26,07	26,71
	r:+0.70				
3	Orri Freyr G	17	Sundfélag Hafnarfjarðar	26,43	26,75
	r:+0.64				
4	Njáll Þ	15	Sundfélag Hafnarfjarðar	27,50	x28,37
	r:+0.75				
5	Sverrisson J	17	Sunddeild Fjölnis	30,66	30,43
	r:+0.75				
6	Predrag M	14	Sundfélag Hafnarfjarðar	30,77	x30,68
	r:+0.73				
7	Björgvin G. B	17	Sundfélag Hafnarfjarðar	29,53	x31,21

## (Grein 9 Karlar 50 - Metra Flugsund)

	Nafn	Aldu	Félag	Tíminn	Tíminn
8	Gunnar Egill B	16	Sunddeild Breiðabliks	32,03	32,91
	r:+0.81				
9	Ragnar Ingi M	17	Fjörður	33,91	33,55
	r:+0.73				
10	Guðmundur B. J	15	Sundfélag Akraness	34,54	34,34
	r:+0.70				
11	Benedikt J	18	Sunddeild Breiðabliks	32,42	34,44
	r:+0.68				
12	Stefán Ingi Á	14	Sunddeild Breiðabliks	34,07	x35,38
	r:+0.86				
13	Veturliði Ú	13	Sunddeild Breiðabliks	36,39	x35,71

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r:+0.67	14 Hafþór J. S	12 Sundfélag Hafnarfjarðar	41,53	x38,70
r:+0.56	15 Ásmundur Þór Á	22 Fjörður	39,90	39,68
r:+0.80	16 Arnar N. S	14 Sundfélag Hafnarfjarðar	45,76	x41,80
r:+0.73				

**Grein 10 Kvenna 50 - Metra Skriðsund**

Nafn	Aldu	Félag	Tíminn	Tíminn
1 Ingibjörg K. J	16	Sundfélag Hafnarfjarðar	25,71	26,25
r:+0.69				
2 Hrafnhildur L	18	Sundfélag Hafnarfjarðar	26,64	27,50
r:+0.71				
3 Salome J	14	Sundfélag Akraness	28,47	28,49
r:+0.75				
4 Unnur Inga K	14	Sundfélag Akraness	29,45	29,11
r:+0.89				
5 Elísabeth R. A	14	Sundfélag Hafnarfjarðar	31,90	x31,18
r:+0.78				
6 Ásdís B. G	13	Sundfélag Hafnarfjarðar	38,87	x32,18
r:+0.76				
7 Þorgerður B. T	14	Sundfélag Hafnarfjarðar	34,72	x32,21
r:+0.86				
8 Guðný Erna B	15	Sunddeild Breiðabliks	30,34	32,24
r:+0.86				
9 Helga R. S	15	Sundfélag Hafnarfjarðar	34,09	x33,17
r:+0.80				
10 Kolbrún Alda S	12	Fjörður	37,47	36,24
r:+0.92				
11 Birta K. P	13	Sundfélag Hafnarfjarðar	36,97	x36,44
r:+0.69				
--- Viktoría Ósk J	15	Sunddeild Breiðabliks	33,55	NS

**Grein 11 Karlar 800 - Metra Skriðsund**

Nafn	Aldu	Félag	Tíminn	Tíminn
1 Aron Ö. S	14	Sundfélag Hafnarfjarðar	10:10,64	9:05,60
r:+0.69	31,19	1:04,97 (33,78)	1:39,62 (34,65)	2:14,01 (34,39)

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2:48,69 (34,68)	3:23,52 (34,83)	3:58,40 (34,88)	4:33,10 (34,70)
5:07,40 (34,30)	5:41,42 (34,02)	6:15,88 (34,46)	6:50,44 (34,56)
7:24,83 (34,39)	7:58,66 (33,83)	8:32,33 (33,67)	9:05,60 (33,27)

2 Birgir Viktor H 15 Sundfélag Akraness 10:25,31 9:11,57

r:+0.75 30,53	1:04,79 (34,26)	1:39,15 (34,36)	2:13,66 (34,51)
2:48,67 (35,01)	3:23,60 (34,93)	3:58,89 (35,29)	4:34,50 (35,61)
5:08,23 (33,73)	5:42,01 (33,78)	6:16,48 (34,47)	6:50,97 (34,49)
7:25,55 (34,58)	8:00,16 (34,61)	8:36,30 (36,14)	9:11,57 (35,27)

**(Grein 11 Karlar 800 - Metra Skriðsund)**

Nafn	Aldu	Félag	Tíminn	Tíminn
3 Friðberg J	15	Sunddeild Breiðabliks	9:34,62	9:22,72
r:+0.83 31,75	1:06,58 (34,83)	1:42,71 (36,13)	2:19,34 (36,63)	
2:55,01 (35,67)	3:29,80 (34,79)	4:05,64 (35,84)	4:41,56 (35,92)	
5:17,11 (35,55)	5:52,98 (35,87)	6:28,79 (35,81)	7:04,61 (35,82)	
7:40,80 (36,19)	8:15,66 (34,86)	8:50,14 (34,48)	9:22,72 (32,58)	
4 Arnór S	12	Sundfélag Hafnarfjarðar	NT	9:35,32
r:+0.73 33,65	1:09,27 (35,62)	1:45,90 (36,63)	2:23,17 (37,27)	
2:59,34 (36,17)	3:35,60 (36,26)	4:11,51 (35,91)	4:48,06 (36,55)	
5:24,70 (36,64)	6:00,72 (36,02)	6:36,94 (36,22)	7:13,19 (36,25)	
7:49,57 (36,38)	8:25,02 (35,45)	9:00,81 (35,79)	9:35,32 (34,51)	
5 Predrag M	14	Sundfélag Hafnarfjarðar	9:52,19	x9:54,93
r:+0.72 31,67	1:07,65 (35,98)	1:44,90 (37,25)	2:20,88 (35,98)	
2:57,60 (36,72)	3:35,23 (37,63)	4:13,11 (37,88)	4:51,28 (38,17)	
5:28,81 (37,53)	6:07,56 (38,75)	6:46,04 (38,48)	7:23,75 (37,71)	
8:01,74 (37,99)	8:41,06 (39,32)	9:19,20 (38,14)	9:54,93 (35,73)	
6 Sævar Berg S	14	Sundfélag Akraness	11:22,95	11:33,51
r:+0.72 37,40	1:19,60 (42,20)	2:03,27 (43,67)	2:47,30 (44,03)	
3:31,64 (44,34)	4:16,23 (44,59)	5:00,28 (44,05)	5:44,06 (43,78)	
6:28,31 (44,25)	7:12,65 (44,34)	7:56,93 (44,28)	8:40,98 (44,05)	
9:24,18 (43,20)	10:07,57 (43,39)	10:51,01 (43,44)	11:33,51 (42,50)	

**Grein 12 Karlar 100 - Metra Fjósund**

Nafn	Aldu	Félag	Tíminn	Tíminn
1 Hrafn T	17	Sundfélag Akraness	59,90	1:00,22
r:+0.75 28,26	1:00,22 (31,96)			
2 Kolbeinn H	15	Sundfélag Hafnarfjarðar	1:02,95	1:03,52
r:+0.77 28,61	1:03,52 (34,91)			
3 Leifur Guðni G	19	Sundfélag Akraness	1:02,99	1:05,16
r:+0.77 31,67	1:05,16 (33,49)			
4 Konráð H	17	Sundfélag Hafnarfjarðar	1:06,20	1:05,37
r:+0.77 30,44	1:05,37 (34,93)			
5 Benedikt J	18	Sunddeild Breiðabliks	1:08,16	1:09,37
r:+0.68 32,68	1:09,37 (36,69)			
6 Jón Margeir S	17	Íþróttafélaginu Ösp	1:10,86	1:10,04
r:+0.73 32,19	1:10,04 (37,85)			

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7	Sigurður F. K	15	Sundfélag Hafnarfjarðar	1:05,17	x1:10,62
	r:+0.71 32,15			1:10,62 (38,47)	
8	Björgvin G. B	17	Sundfélag Hafnarfjarðar	1:08,00	x1:15,00
	r:+0.76 34,49			1:15,00 (40,51)	
9	Gunnar Egill B	16	Sunddeild Breiðabliks	1:17,00	1:16,58
	r:+0.87 36,14			1:16,58 (40,44)	
10	Ingimar Logi G	13	Sunddeild Breiðabliks	1:17,12	x1:17,73
	r:+0.78 35,63			1:17,73 (42,10)	
11	Veturlíði Ú	13	Sunddeild Breiðabliks	1:29,68	x1:22,76
	r:+0.72 37,65			1:22,76 (45,11)	
12	Arnar N. S	14	Sundfélag Hafnarfjarðar	1:27,34	x1:25,55
	r:+0.72 40,49			1:25,55 (45,06)	
13	Ásmundur Þór Á	22	Fjörður	1:27,56	1:26,10
	r:+0.80 42,00			1:26,10 (44,10)	
---	Björn J	13	Sundfélag Hafnarfjarðar	1:26,93	NS

**Grein 13 Kvenna 400 - Metra Fjósund**

Nafn	Aldu	Félag	Tíminn	Tíminn	
1	Guðlaug Edda H	15	Sunddeild Breiðabliks	5:32,59	5:30,98
	r:+0.58 35,81			1:18,68 (42,87)	2:02,06 (43,38)
	3:31,20 (46,65)			4:17,63 (46,43)	5:30,98 (36,86)
2	Bára K. B	14	Sundfélag Hafnarfjarðar	5:30,03	5:31,27
	r:+0.80 34,62			1:14,57 (39,95)	1:58,74 (44,17)
	3:30,48 (50,37)			4:20,99 (50,51)	5:31,27 (33,72)

**(Grein 13 Kvenna 400 - Metra Fjósund)**

Nafn	Aldu	Félag	Tíminn	Tíminn	
3	Steinunn T	15	Sundfélag Akraness	5:34,48	5:31,51
	r:+0.76 36,80			1:21,94 (45,14)	2:03,53 (41,59)
	3:32,23 (47,53)			4:19,53 (47,30)	5:31,51 (35,43)
4	Arta H	13	Gestur	5:37,88	5:37,53
	r:+0.75 35,68			1:16,64 (40,96)	1:59,44 (42,80)
	3:31,11 (49,25)			4:22,31 (51,20)	5:37,53 (37,68)
5	Una Rakeil H	14	Sundfélag Akraness	6:34,68	6:19,68
	r:+0.91 43,69			1:37,45 (53,76)	2:24,75 (47,30)
	4:05,47 (54,95)			5:01,08 (55,61)	6:19,68 (37,16)

**Grein 14 Karlar 200 - Metra Fjósund Boðsund**

Félag	Boðsund	Tíminn	Tíminn	
1	Sundfélag Hafnarfjarðar	A	1:50,44	1:52,19

1) Kolbeinn H 15

2) r:+0.21 Konráð H 17

3) r:+0.40 Sigurður F. K 15

4) r:+0.38 Orri Freyr G 17

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	r:+0.65 29,16	1:02,14 (32,98)	1:28,52 (26,38)	1:52,19 (23,67)	
2	Sundfélag Akraness		A	1:49,96	1:53,96
	1) Birgir Viktor H 15	2) r:-0.83 Hrafn T 17	3) r:+0.52 Jón Þór H 17	4) r:+0.20 Leifur Guðni G 19	
	r:+0.51 31,11	1:00,33 (29,22)	1:28,35 (28,02)	1:53,96 (25,61)	
3	Sundfélag Hafnarfjarðar		B	2:02,27	x2:07,12
	1) Njáll Þ 15	2) r:+0.37 Aron Ö. S 14	3) r:+0.11 Magnús K. Ó 17	4) r:+0.69 Predrag M 14	
	r:+0.77 30,48	1:05,10 (34,62)	1:39,63 (34,53)	2:07,12 (27,49)	
4	Sunddeild Breiðabliks		A	2:11,72	2:12,88
	1) Stefán Ingi Á 14	2) r:+0.28 Benedikt J 18	3) r:+0.03 Gunnar Egill B 16	4) r:+0.61 Friðberg J 15	
	r:+0.74 34,91	1:13,36 (38,45)	1:45,44 (32,08)	2:12,88 (27,44)	
5	Sundfélag Hafnarfjarðar		C	2:33,32	x2:23,99
	1) Arnar N. S 14	2) r:+0.04 Arnór S 12	3) r:+0.45 Hafþór J. S 12	4) r:+0.33 Björgvin G. B 17	
	r:+0.66 43,99	1:20,50 (36,51)	1:57,30 (36,80)	2:23,99 (26,69)	

**Grein 15 Kvenna 200 - Metra Skriðsund Boðsund**

Félag	Boðsund	Tíminn	Tíminn	
1	Sundfélag Hafnarfjarðar	A	1:50,91	1:51,43
	1) Hrafnhildur L 18	2) r:+0.31 Ingibjörg K. J 16	3) r:+0.35 Snjólaug T. H 18	4) r:+0.38 Bára K. B 14
	r:+0.68 27,78	54,41 (26,63)	1:21,57 (27,16)	1:51,43 (29,86)
2	Sundfélag Akraness	A	1:56,48	1:57,95
	1) Steinunn T 15	2) r:+0.57 Inga Elín C 16	3) r:+0.33 Salome J 14	4) r:+0.66 Unnur Inga K 14
	r:+0.72 30,61	59,04 (28,43)	1:27,44 (28,40)	1:57,95 (30,51)
3	Sundfélag Hafnarfjarðar	B	2:14,36	x2:08,29
	1) Elísabeth R. A 14	2) r:+0.62 Guðný D 13	3) r:+0.71 Þorgerður B. T 14	4) r:+0.47 Ásdís B. G 13
	r:+0.76 31,35	1:03,61 (32,26)	1:35,81 (32,20)	2:08,29 (32,48)
---	Sunddeild Breiðabliks	A	2:01,53	NS
	1) Guðný Erna B 15	2) r:+0.00 Harpa Þöll E 13	3) r:+0.00 Viktoría Ósk J 15	4) r:+0.00 Guðlaug Edda H 15

**Grein 16 Kvenna 200 - Metra Fjósund**

Nafn	Aldu	Félag	Tíminn	Tíminn	
1	Hrafnhildur L	18	Sundfélag Hafnarfjarðar	2:15,77	2:21,17
	r:+0.73 30,66	1:07,03 (36,37)	1:46,99 (39,96)	2:21,17 (34,18)	
2	Snjólaug T. H	18	Sundfélag Hafnarfjarðar	2:33,12	2:32,10
	r:+0.77 31,19	1:10,41 (39,22)	1:57,49 (47,08)	2:32,10 (34,61)	
3	Unnur Inga K	14	Sundfélag Akraness	2:42,24	2:40,84
	r:+0.91 36,78	1:17,04 (40,26)	2:06,09 (49,05)	2:40,84 (34,75)	
4	Arta H	13	Gestur	2:43,58	2:43,89
	r:+0.76 35,87	1:18,18 (42,31)	2:09,06 (50,88)	2:43,89 (34,83)	
5	Karen Rós B	15	Sundfélag Akraness	3:01,34	2:53,41
	r:+0.88 38,72	1:23,59 (44,87)	2:14,08 (50,49)	2:53,41 (39,33)	

**Grein 17 Karlar 200 - Metra Skriðsund**

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<b>Nafn</b>	<b>Aldu</b>	<b>Félag</b>	<b>Tíminn</b>	<b>Tíminn</b>
1 Hrafn T	17	Sundfélag Akraness	2:01,77	1:56,70
r:+0.79 27,10	56,79 (29,69)	1:26,81 (30,02)	1:56,70 (29,89)	
<b>(Grein 17 Karlar 200 - Metra Skriðsund)</b>				
<b>Nafn</b>	<b>Aldu</b>	<b>Félag</b>	<b>Tíminn</b>	<b>Tíminn</b>
2 Konráð H	17	Sundfélag Hafnarfjarðar	1:58,51	2:03,74
r:+0.74 27,54	58,65 (31,11)	1:31,44 (32,79)	2:03,74 (32,30)	
3 Birgir Viktor H	15	Sundfélag Akraness	2:03,75	2:06,46
r:+0.69 28,52	1:00,14 (31,62)	1:32,97 (32,83)	2:06,46 (33,49)	
4 Friðberg J	15	Sunddeild Breiðabliks	2:07,40	2:09,35
r:+0.87 29,32	1:01,64 (32,32)	1:35,63 (33,99)	2:09,35 (33,72)	
5 Jón Margeir S	17	Íþróttafélaginu Ösp	2:17,45	2:15,34
r:+0.72 30,35	1:04,88 (34,53)	1:40,64 (35,76)	2:15,34 (34,70)	
6 Ingimar Logi G	13	Sunddeild Breiðabliks	2:21,25	2:19,13
r:+0.78 32,71	1:08,30 (35,59)	1:43,94 (35,64)	2:19,13 (35,19)	
7 Hafþór J. S	12	Sundfélag Hafnarfjarðar	2:32,46	2:30,94
r:+0.60 34,83	1:13,99 (39,16)	1:52,87 (38,88)	2:30,94 (38,07)	
8 Sævar Berg S	14	Sundfélag Akraness	2:34,30	x2:41,30
r:+0.77 36,89	1:18,63 (41,74)	2:00,62 (41,99)	2:41,30 (40,68)	

**Grein 18 Kvenna 100 - Metra Skriðsund**

<b>Nafn</b>	<b>Aldu</b>	<b>Félag</b>	<b>Tíminn</b>	<b>Tíminn</b>
1 Ingibjörg K. J	16	Sundfélag Hafnarfjarðar	55,93	58,20
r:+0.76 28,16	58,20 (30,04)			
2 Inga Elín C	16	Sundfélag Akraness	1:00,31	1:00,00
r:+0.83 29,07	1:00,00 (30,93)			
3 Salome J	14	Sundfélag Akraness	1:02,57	1:00,85
r:+0.78 29,54	1:00,85 (31,31)			
4 Bára K. B	14	Sundfélag Hafnarfjarðar	1:05,47	1:05,38
r:+0.81 31,65	1:05,38 (33,73)			
5 Steinunn T	15	Sundfélag Akraness	1:07,05	x1:06,48
r:+0.82 32,18	1:06,48 (34,30)			
6 Guðný D	13	Sundfélag Hafnarfjarðar	1:09,70	x1:09,36
r:+0.80 33,59	1:09,36 (35,77)			
7 Guðný Erna B	15	Sunddeild Breiðabliks	1:05,56	1:09,53
r:+0.74 33,40	1:09,53 (36,13)			
8 Þorgerður B. T	14	Sundfélag Hafnarfjarðar	1:16,44	x1:09,99
r:+0.82 33,77	1:09,99 (36,22)			

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9	Ásdís B. G	13	Sundfélag Hafnarfjarðar	1:10,28	x1:10,77
	r:+0.68 33,23			1:10,77 (37,54)	
10	Berglind E	16	Sundfélag Hafnarfjarðar	1:25,65	x1:21,91
	r:+0.86 38,57			1:21,91 (43,34)	
11	Kristín Ágústa J	20	Fjörður	1:32,63	1:33,23
	r:+1.18 43,81			1:33,23 (49,42)	

**Grein 19 Karlar 100 - Metra Bringusund**

	Nafn	Aldu	Félag	Tíminn	Tíminn
1	Hrafn T	17	Sundfélag Akraness	1:04,61	1:06,08
	r:+0.76 30,28			1:06,08 (35,80)	
2	Kolbeinn H	15	Sundfélag Hafnarfjarðar	1:12,85	1:12,51
	r:+0.80 33,89			1:12,51 (38,62)	
3	Konráð H	17	Sundfélag Hafnarfjarðar	1:13,55	1:14,21
	r:+0.74 34,94			1:14,21 (39,27)	
4	Aron Ö. S	14	Sundfélag Hafnarfjarðar	1:14,98	x1:14,85
	r:+0.66 35,20			1:14,85 (39,65)	
5	Jón Þór H	17	Sundfélag Akraness	1:18,51	1:15,01
	r:+0.78 35,70			1:15,01 (39,31)	
6	Arnór S	12	Sundfélag Hafnarfjarðar	1:20,78	x1:19,43
	r:+0.72 37,97			1:19,43 (41,46)	
7	Magnús K. Ó	17	Sundfélag Hafnarfjarðar	1:24,53	x1:23,89
	r:+0.77 39,38			1:23,89 (44,51)	
8	Ásmundur Þór Á	22	Fjörður	1:37,65	1:39,22
	r:+0.81 45,34			1:39,22 (53,88)	

**(Grein 19 Karlar 100 - Metra Bringusund)**

	Nafn	Aldu	Félag	Tíminn	Tíminn
---	Arnar N. S	14	Sundfélag Hafnarfjarðar	1:38,25	NS

**Grein 20 Kvenna 50 - Metra Bringusund**

	Nafn	Aldu	Félag	Tíminn	Tíminn
1	Hrafnhildur L	18	Sundfélag Hafnarfjarðar	31,56	32,66
	r:+0.73				
2	Inga Elín C	16	Sundfélag Akraness	36,34	37,05
	r:+0.82				
3	Helga R. S	15	Sundfélag Hafnarfjarðar	39,03	39,97
	r:+0.84				
4	Harpa Þöll E	13	Sunddeild Breiðabliks	40,02	41,23

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5	r:+0.82 Elísabeth R. A	14	Sundfélag Hafnarfjarðar	48,06	x41,35
6	r:+0.74 Steinunn T	15	Sundfélag Akraness	39,58	41,47
7	r:+0.76 Arta H	13	Gestur	NT	41,48
8	r:+0.72 Birta K. P	13	Sundfélag Hafnarfjarðar	45,38	x44,43
9	r:+0.66 Kolbrún Alda S	12	Fjörður	46,13	45,45
10	r:+1.03 Kristín Ágústa J	20	Fjörður	50,26	54,87
---	r:+1.14 Viktoría Ósk J	15	Sunddeild Breiðabliks	43,49	NS

**Grein 21 Karlar 50 - Metra Baksund**

	Nafn	Aldu	Félag	Tíminn	Tíminn
1	Orri Freyr G	17	Sundfélag Hafnarfjarðar	28,75	27,96
2	r:+0.59 Birgir Viktor H	15	Sundfélag Akraness	28,94	29,06
3	r:+0.51 Njáll Þ	15	Sundfélag Hafnarfjarðar	28,50	29,14
4	r:+0.69 Predrag M	14	Sundfélag Hafnarfjarðar	31,53	x31,18
5	r:+0.76 Ragnar Ingi M	17	Fjörður	36,71	33,90
6	r:+0.75 Björgvin G. B	17	Sundfélag Hafnarfjarðar	37,89	x33,93
7	r:+0.68 Benedikt J	18	Sunddeild Breiðabliks	32,47	34,64
8	r:+0.68 Gunnar Egill B	16	Sunddeild Breiðabliks	34,85	35,95
9	r:+0.71 Guðmundur B. J	15	Sundfélag Akraness	36,68	36,13
10	r:+0.68 Veturlíði Ú	13	Sunddeild Breiðabliks	37,49	x37,52
11	r:+0.60 Hafþór J. S	12	Sundfélag Hafnarfjarðar	40,60	x37,68

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---	r:+0.57 Stefán Ingi Á	14	Sunddeild Breiðabliks	34,75	NS
---	Björn J	13	Sundfélag Hafnarfjarðar	38,23	NS

**Grein 22 Kvenna 100 - Metra Baksund**

	Nafn	Aldu	Félag	Tíminn	Tíminn
1	Salome J	14	Sundfélag Akraness	1:14,07	1:09,76
	r:+0.83 33,65				1:09,76 (36,11)

**(Grein 22 Kvenna 100 - Metra Baksund)**

	Nafn	Aldu	Félag	Tíminn	Tíminn
2	Steinunn T	15	Sundfélag Akraness	1:10,78	1:12,81
3	r:+0.74 35,63 Unnur Inga K	14	Sundfélag Akraness	1:11,27	x1:14,13
4	r:+0.76 36,44 Þorgerður B. T	14	Sundfélag Hafnarfjarðar	1:22,89	1:21,73
5	r:+0.74 40,79 Þórdís Eva S	9	Sundfélag Hafnarfjarðar	1:41,21	1:37,96
---	r:+0.66 46,84 Kristín Ágústa J	20	Fjörður	1:44,59	DQ
---	r:+1.01 51,39 Viktoría Ósk J	15	Sunddeild Breiðabliks	1:21,26	NS

**Grein 23 Karlar 100 - Metra Flugsund**

	Nafn	Aldu	Félag	Tíminn	Tíminn
1	Sigurður F. K	15	Sundfélag Hafnarfjarðar	58,98	58,63
2	r:+0.76 27,36 Jón Þór H	17	Sundfélag Akraness	1:03,16	1:00,67
3	r:+0.75 28,75 Kolbeinn H	15	Sundfélag Hafnarfjarðar	1:05,60	1:00,75
4	r:+0.80 28,25 Björgvin G. B	17	Sundfélag Hafnarfjarðar	1:04,36	x1:08,34
5	r:+0.71 31,55 Ingimar Logi G	13	Sunddeild Breiðabliks	1:21,30	1:14,70
6	r:+0.77 35,51 Arnór S	12	Sundfélag Hafnarfjarðar	1:20,12	x1:14,96
7	r:+0.71 36,04 Sævar Berg S	14	Sundfélag Akraness	1:29,16	1:27,46
	r:+0.77 40,30				1:27,46 (47,16)

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## Grein 24 Kvenna 50 - Metra Flugsund

Nafn	Aldu	Félag	Tíminn	Tíminn
1 Ingibjörg K. J	16	Sundfélag Hafnarfjarðar	28,14	28,60
r:+0.72				
2 Hrafnhildur L	18	Sundfélag Hafnarfjarðar	28,13	28,61
r:+0.71				
3 Snjólaug T. H	18	Sundfélag Hafnarfjarðar	28,67	x29,91
r:+0.75				
4 Salome J	14	Sundfélag Akraness	30,95	31,96
r:+0.79				
5 Arta H	13	Gestur	33,30	33,30
r:+0.71				
6 Elísabeth R. A	14	Sundfélag Hafnarfjarðar	40,35	x35,23
r:+0.78				
7 Helga R. S	15	Sundfélag Hafnarfjarðar	40,16	x36,85
r:+0.80				
8 Una Raket H	14	Sundfélag Akraness	39,85	39,60
r:+1.00				
9 Ásdís B. G	13	Sundfélag Hafnarfjarðar	NT	x40,04
r:+0.73				
10 Kolbrún Alda S	12	Fjörður	NT	49,38
r:+1.04				
11 Birta K. P	13	Sundfélag Hafnarfjarðar	46,53	x50,74
r:+0.70				

## Grein 25 Karlar 50 - Metra Skriðsund

Nafn	Aldu	Félag	Tíminn	Tíminn
1 Orri Freyr G	17	Sundfélag Hafnarfjarðar	23,87	23,65
r:+0.63				

## (Grein 25 Karlar 50 - Metra Skriðsund)

Nafn	Aldu	Félag	Tíminn	Tíminn
2 Njáll Þ	15	Sundfélag Hafnarfjarðar	24,96	25,28
r:+0.77				
3 Sigurður F. K	15	Sundfélag Hafnarfjarðar	25,37	x25,48
r:+0.73				
4 Hrafn T	17	Sundfélag Akraness	25,48	25,53
r:+0.75				
5 Birgir Viktor H	15	Sundfélag Akraness	26,04	26,28

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6	Predrag M	14	Sundfélag Hafnarfjarðar	27,49	x26,78
	r:+0.72				
7	Aron Ö. S	14	Sundfélag Hafnarfjarðar	28,49	x26,80
	r:+0.71				
8	Björgvin G. B	17	Sundfélag Hafnarfjarðar	25,95	x26,95
	r:+0.64				
9	Benedikt J	18	Sunddeild Breiðabliks	26,50	27,11
	r:+0.69				
10	Jón Margeir S	17	Íþróttafélaginu Ösp	26,77	27,12
	r:+0.64				
11	Ragnar Ingi M	17	Fjörður	27,61	28,02
	r:+0.75				
12	Gunnar Egill B	16	Sunddeild Breiðabliks	27,81	28,70
	r:+0.76				
13	Arnór S	12	Sundfélag Hafnarfjarðar	31,75	x29,42
	r:+0.87				
14	Guðmundur B. J	15	Sundfélag Akraness	NT	x30,43
	r:+0.64				
15	Hafþór J. S	12	Sundfélag Hafnarfjarðar	40,23	x32,82
	r:+0.79				
16	Ásmundur Þór Á	22	Fjörður	33,36	33,79
	r:+0.55				
---	Magnús K. Ó	17	Sundfélag Hafnarfjarðar	28,54	NS
	r:+0.80				
---	Sverrisson J	17	Sunddeild Fjölnis	26,77	NS
---	Björn J	13	Sundfélag Hafnarfjarðar	35,15	NS
---	Arnar N. S	14	Sundfélag Hafnarfjarðar	34,39	NS

## Grein 26 Kvenna 800 - Metra Skriðsund

Nafn	Aldu	Félag	Tíminn	Tíminn	
1	Bára K. B	14	Sundfélag Hafnarfjarðar	9:46,17	9:38,86
	r:+0.81 33,61	1:09,28 (35,67)	1:45,94 (36,66)	2:22,37 (36,43)	
	2:59,38 (37,01)	3:35,75 (36,37)	4:12,27 (36,52)	4:48,85 (36,58)	
	5:25,35 (36,50)	6:01,93 (36,58)	6:38,85 (36,92)	7:16,10 (37,25)	
	7:53,05 (36,95)	8:29,74 (36,69)	9:05,56 (35,82)	9:38,86 (33,30)	
2	Unnur Inga K	14	Sundfélag Akraness	9:56,32	9:39,82
	r:+0.93 33,54	1:09,71 (36,17)	1:46,66 (36,95)	2:23,06 (36,40)	
	2:59,94 (36,88)	3:36,54 (36,60)	4:12,86 (36,32)	4:49,80 (36,94)	

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	5:27,11 (37,31)	6:03,81 (36,70)	6:40,93 (37,12)	7:18,62 (37,69)	
	7:54,82 (36,20)	8:30,55 (35,73)	9:06,18 (35,63)	9:39,82 (33,64)	
3 Guðný D		13 Sundfélag Hafnarfjarðar		10:27,85	10:46,61
	r:+0.81 36,84	1:17,11 (40,27)	1:58,71 (41,60)	2:39,98 (41,27)	
	3:20,53 (40,55)	4:02,69 (42,16)	4:44,92 (42,23)	5:26,51 (41,59)	
	6:07,80 (41,29)	6:48,93 (41,13)	7:30,04 (41,11)	8:10,54 (40,50)	
	8:50,15 (39,61)	9:29,60 (39,45)	10:09,17 (39,57)	10:46,61 (37,44)	
4 Karen Rós B		15 Sundfélag Akraness		10:51,75	11:07,50
	r:+0.83 37,52	1:18,70 (41,18)	1:59,91 (41,21)	2:41,76 (41,85)	
	3:23,72 (41,96)	4:06,41 (42,69)	4:48,89 (42,48)	5:29,78 (40,89)	
	6:12,46 (42,68)	6:54,39 (41,93)	7:37,69 (43,30)	8:21,00 (43,31)	
	9:03,10 (42,10)	9:45,84 (42,74)	10:27,09 (41,25)	11:07,50 (40,41)	

**(Grein 26 Kvenna 800 - Metra Skriðsund)**

Nafn	Aldu	Félag	Tíminn	Tíminn
5 Guðný Erna B	15	Sunddeild Breiðabliks	11:05,77	11:30,89
	r:+0.82 38,14	1:21,22 (43,08)	2:04,74 (43,52)	2:48,45 (43,71)
	3:32,75 (44,30)	4:16,79 (44,04)	5:01,38 (44,59)	5:46,09 (44,71)
	6:30,96 (44,87)	7:15,41 (44,45)	7:58,94 (43,53)	8:42,78 (43,84)
	9:25,91 (43,13)	10:08,82 (42,91)	10:50,78 (41,96)	11:30,89 (40,11)

**Grein 27 Kvenna 100 - Metra Fjór Sund**

Nafn	Aldu	Félag	Tíminn	Tíminn
1 Hrafnhildur L	18	Sundfélag Hafnarfjarðar	1:02,95	1:04,30
	r:+0.69 29,98	1:04,30 (34,32)		
2 Inga Elín C	16	Sundfélag Akraness	1:10,09	1:08,90
	r:+0.79 32,26	1:08,90 (36,64)		
3 Ingibjörg K. J	16	Sundfélag Hafnarfjarðar	1:08,69	1:10,29
	r:+0.76 31,49	1:10,29 (38,80)		
4 Arta H	13	Gestur	1:14,93	1:17,26
	r:+0.74 36,49	1:17,26 (40,77)		
5 Elísabeth R. A	14	Sundfélag Hafnarfjarðar	1:24,85	x1:17,96
	r:+0.78 36,41	1:17,96 (41,55)		
6 Karen Rós B	15	Sundfélag Akraness	1:25,52	1:21,81
	r:+0.82 38,33	1:21,81 (43,48)		
7 Þorgerður B. T	14	Sundfélag Hafnarfjarðar	1:31,35	x1:22,29
	r:+1.01 38,51	1:22,29 (43,78)		
8 Ásdís B. G	13	Sundfélag Hafnarfjarðar	1:29,92	x1:27,40
	r:+0.73 40,95	1:27,40 (46,45)		
9 Helga R. S	15	Sundfélag Hafnarfjarðar	1:24,46	x1:27,70
	r:+0.79 41,82	1:27,70 (45,88)		
10 Birta K. P	13	Sundfélag Hafnarfjarðar	1:33,23	x1:33,37
	r:+0.72 46,65	1:33,37 (46,72)		

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11	Kolbrún Alda S	12	Fjörður	NT	1:33,39
	r:+0.96 46,69		1:33,39 (46,70)		

## Grein 28 Karlar 400 - Metra Fjósund

	Nafn	Aldu	Félag	Tíminn	Tíminn
1	Jón Þór H	17	Sundfélag Akraness	5:03,77	4:54,88
	r:+0.77 30,85		1:07,79 (36,94)	1:46,61 (38,82)	2:24,34 (37,73)
	3:07,53 (43,19)		3:50,89 (43,36)	4:24,60 (33,71)	4:54,88 (30,28)
2	Konráð H	17	Sundfélag Hafnarfjarðar	4:59,66	4:56,43
	r:+0.74 30,77		1:09,50 (38,73)	1:48,50 (39,00)	2:25,65 (37,15)
	3:07,59 (41,94)		3:50,55 (42,96)	4:24,68 (34,13)	4:56,43 (31,75)
3	Magnús K. Ó	17	Sundfélag Hafnarfjarðar	NT	5:17,85
	r:+0.82 32,69		1:13,50 (40,81)	1:54,80 (41,30)	2:33,67 (38,87)
	3:19,57 (45,90)		4:06,99 (47,42)	4:43,29 (36,30)	5:17,85 (34,56)
4	Friðberg J	15	Sunddeild Breiðabliks	5:28,49	5:25,14
	r:+0.81 34,51		1:15,39 (40,88)	1:58,30 (42,91)	2:39,38 (41,08)
	3:29,49 (50,11)		4:18,71 (49,22)	4:52,32 (33,61)	5:25,14 (32,82)
5	Sævar Berg S	14	Sundfélag Akraness	6:58,56	6:32,44
	r:+0.73 42,49		1:34,95 (52,46)	2:27,13 (52,18)	3:19,13 (52,00)
	4:13,33 (54,20)		5:07,97 (54,64)	5:51,40 (43,43)	6:32,44 (41,04)

## Grein 29 Kvenna 200 - Metra Fjósund Boðsund

	Félag	Boðsund	Tíminn	Tíminn
1	Sundfélag Hafnarfjarðar	A	2:01,35	2:04,77
	1) Ingibjörg K. J 16	2) r:+0.52 Hrafnhildur L 18	3) r:+0.37 Snjólaug T. H 18	4) r:+0.31 Bára K. B 14
	r:+0.70 30,36	1:03,83 (33,47)	1:36,95 (33,12)	2:04,77 (27,82)
2	Sundfélag Akraness	A	2:10,14	2:14,55
	1) Steinunn T 15	2) r:+0.46 Inga Elín C 16	3) r:+0.25 Salome J 14	4) r:+0.55 Unnur Inga K 14
	r:+0.69 35,82	1:12,70 (36,88)	1:44,20 (31,50)	2:14,55 (30,35)

## (Grein 29 Kvenna 200 - Metra Fjósund Boðsund)

	Félag	Boðsund	Tíminn	Tíminn
3	Sundfélag Hafnarfjarðar	B	2:28,69	x2:32,64
	1) Þorgerður B. T 14	2) r:+0.73 Helga R. S 15	3) r:+0.49 Guðný D 13	4) r:+0.53 Elísabeth R. A 14
	r:+0.80 38,71	1:20,67 (41,96)	1:59,92 (39,25)	2:32,64 (32,72)
4	Sundfélag Hafnarfjarðar	C	NT	x2:47,59
	1) Þórdís Eva S 9	2) r:+0.43 Birta K. P 13	3) r:+0.64 Ásdís B. G 13	4) r:+0.96 Berglind E 16
	r:+0.80 45,09	1:29,40 (44,31)	2:11,70 (42,30)	2:47,59 (35,89)

## Grein 30 Karlar 200 - Metra Skriðsund Boðsund

	Félag	Boðsund	Tíminn	Tíminn
1	Sundfélag Hafnarfjarðar	A	1:39,69	1:40,49
	1) Njáll Þ 15	2) r:+0.28 Orri Freyr G 17	3) r:+0.13 Sigurður F. K 15	4) r:+0.33 Konráð H 17

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r:+0.78 25,72	49,28 (23,56)	1:13,81 (24,53)	1:40,49 (26,68)	
2 Sundfélag Akraness		A	1:42,36	1:45,63
1) Jón Þór H 17	2) r:+0.40 Birgir Viktor H 15	3) r:+0.40 Hrafn T 17	4) r:+0.43 Guðmundur B. J 15	
r:+0.75 25,64	51,17 (25,53)	1:16,91 (25,74)	1:45,63 (28,72)	
3 Sundfélag Hafnarfjarðar		B	1:50,60	x1:45,85
1) Predrag M 14	2) r:+0.41 Kolbeinn H 15	3) r:+0.24 Aron Ö. S 14	4) r:+0.24 Magnús K. Ó 17	
r:+0.75 27,01	52,27 (25,26)	1:18,93 (26,66)	1:45,85 (26,92)	
4 Sundfélag Hafnarfjarðar		C	2:12,90	x1:58,03
1) Arnór S 12	2) r:+0.30 Hafþór J. S 12	3) r:+0.32 Mladen T 33	4) r:+0.39 Björgvin G. B 17	
r:+0.96 30,43	58,25 (27,82)	1:31,36 (33,11)	1:58,03 (26,67)	
5 Sunddeild Breiðabliks		A	1:44,10	2:00,00
1) Veturliði Ú 13	2) r:+0.22 Stefán Ingi Á 14	3) r:+0.23 Ingimar Logi G 13	4) r:+0.45 Gunnar Egill B 16	
r:+0.66 34,15	1:02,06 (27,91)	1:32,09 (30,03)	2:00,00 (27,91)	

**Kvenna - Team Rankings - Through Event 30**

1. Sundfélag Hafnarfjarðar	237	2. Sundfélag Akraness	194
3. Sunddeild Breiðabliks	40	4. Gestur	26
5. Fjörður	18		

**Karlar - Team Rankings - Through Event 30**

1. Sundfélag Hafnarfjarðar	225	2. Sundfélag Akraness	207
3. Sunddeild Breiðabliks	84	4. Fjörður	25
5. Íþróttafélaginu Ösp	14	6. Sunddeild Fjölnis	8
7. Ungmennasamband Borgarfjarðar	4		