

Relay Results

ÍM-50 2011 07-apr-11 to 10-apr-11 [Ageup: 31.12.2011] LC Meters - FINA Points
Sundfélag Hafnarfjarðar [SH] Coach: Klaus Ohk

Time	F/P/S	Relay	Place	Points
Event # 13 Female 800 Free				
8:58,31L	F 632	Sundfélag Hafnarfjarðar	SH	2 ---
		Snjólaug T. Hansdóttir (20)		Lilja Ingimarsdóttir (17)
		Bára K. Björgvinsdóttir (16)		
		Ingibjörg K. Jónsdóttir (18)		
		31,28 (31,28)		2:15,37 (2:15,37)
		1:05,91 (1:05,91)		1:40,78 (1:40,78)
		2:46,11 (30,74)		3:55,89 (1:40,52)
		3:20,57 (1:05,20)		4:30,16 (2:14,79)
		4:58,18 (28,02)		6:03,72 (1:33,56)
		5:30,18 (1:00,02)		6:36,55 (2:06,39)
		7:07,88 (31,33)		8:21,13 (1:44,58)
		7:43,43 (1:06,88)		8:58,31 (2:21,76)
9:23,60L	P 551	Sundfélag Hafnarfjarðar	SH	4 ---
		Lilja Ingimarsdóttir (17)		Bára K. Björgvinsdóttir (16)
		Ingibjörg K. Jónsdóttir (18)		
		Ásdís B. Guðnadóttir (15)		
		32,85 (32,85)		2:24,09 (2:24,09)
		1:09,33 (1:09,33)		4:36,02 (2:11,93)
		2:53,50 (29,41)		4:01,85 (1:37,76)
		3:26,74 (1:02,65)		7:08,67 (2:32,65)
		5:09,64 (33,62)		5:48,92 (1:12,90)
		5:48,92 (1:12,90)		6:30,33 (1:54,31)
		7:39,62 (30,95)		8:14,64 (1:05,97)
		8:14,64 (1:05,97)		8:49,82 (1:41,15)
		8:49,82 (1:41,15)		9:23,60 (2:14,93)
Event # 14 Male 800 Free				
8:06,73L	F 635	Sundfélag Hafnarfjarðar	SH	2 ---
		Aron Ö. Stefánsson (16)		Orri Freyr Guðmundsson (19)
		Kolbeinn Hrafnkelsson (17)		
		Njáll Prastarson (17)		
		29,06 (29,06)		2:04,22 (2:04,22)
		1:00,38 (1:00,38)		3:34,80 (1:30,58)
		2:31,97 (27,75)		4:06,27 (2:02,05)
		3:03,04 (58,82)		6:07,83 (2:01,56)
		4:33,46 (27,19)		5:04,26 (57,99)
		5:04,26 (57,99)		5:36,13 (1:29,86)
		6:34,10 (26,27)		7:03,99 (56,16)
		7:03,99 (56,16)		7:34,54 (1:26,71)
		7:34,54 (1:26,71)		8:06,73 (1:58,90)
8:40,73L	P 519	Sundfélag Hafnarfjarðar	SH	2 ---
		Aron Ö. Stefánsson (16)		Arnór Stefánsson (14)
		Halþór J. Sigurðsson (14)		
		Njáll Prastarson (17)		
		28,36 (28,36)		2:03,41 (2:03,41)
		59,22 (59,22)		3:45,24 (1:41,83)
		2:35,17 (31,76)		4:20,13 (2:16,72)
		3:09,98 (1:06,57)		6:28,97 (2:08,84)
		4:48,48 (28,35)		5:54,82 (1:34,69)
		5:20,72 (1:00,59)		8:07,57 (1:38,60)
		6:58,51 (29,54)		8:40,73 (2:11,76)
		7:32,20 (1:03,23)		
Event # 27 Female 400 Free				
4:04,88L	F 646	Sundfélag Hafnarfjarðar	SH	2 ---
		Snjólaug T. Hansdóttir (20)		Lilja Ingimarsdóttir (17)
		Ingibjörg K. Jónsdóttir (18)		
		Bára K. Björgvinsdóttir (16)		
		29,10 (29,10)		1:57,52 (57,85)
		59,67 (59,67)		3:30,24 (30,35)
		2:27,62 (30,10)		4:04,88 (1:04,99)
4:14,45L	P 576	Sundfélag Hafnarfjarðar	SH	2 ---
		Bára K. Björgvinsdóttir (16)		Lilja Ingimarsdóttir (17)
		Ingibjörg K. Jónsdóttir (18)		
		Snjólaug T. Hansdóttir (20)		
		31,39 (31,39)		2:05,72 (1:01,50)
		1:04,22 (1:04,22)		3:40,32 (30,98)
		2:36,19 (30,47)		4:14,45 (1:05,11)
		3:09,34 (1:03,62)		
Event # 28 Male 400 Free				
3:36,42L	F 658	Sundfélag Hafnarfjarðar	SH	1 ---
		Njáll Prastarson (17)		Orri Freyr Guðmundsson (19)
		Árni Guðnason (20)		
		Sigurður F. Kristjánsson (17)		
		25,99 (25,99)		1:49,25 (54,96)
		54,29 (54,29)		3:36,42 (52,56)
		2:14,66 (25,41)		3:08,91 (25,05)
3:45,58L	F 581	Sundfélag Hafnarfjarðar	SH	3 ---
		Kolbeinn Hrafnkelsson (17)		Hrafn Traustason (19)
		Aron Ö. Stefánsson (16)		
		Predrag Milos (16)		
		27,03 (27,03)		1:52,87 (57,07)
		55,80 (55,80)		3:45,58 (56,14)
		2:19,55 (26,68)		
		2:49,44 (56,57)		
3:49,09L	P 554	Sundfélag Hafnarfjarðar	SH	2 ---
		Kolbeinn Hrafnkelsson (17)		Hrafn Traustason (19)
		Aron Ö. Stefánsson (16)		
		Konráð Hrafnkelsson (19)		
		26,96 (26,96)		1:53,74 (57,01)
		56,73 (56,73)		3:49,09 (56,64)
		2:21,48 (27,74)		
		2:52,45 (58,71)		
3:49,84L	P 549	Sundfélag Hafnarfjarðar	SH	3 ---
		Njáll Prastarson (17)		Sigurður F. Kristjánsson (17)
		Orri Freyr Guðmundsson (19)		
		Árni Guðnason (20)		
		27,18 (27,18)		1:55,76 (59,18)
		56,58 (56,58)		3:49,84 (57,24)
		2:23,05 (27,29)		
		2:52,60 (56,84)		
4:03,92L	P 459	Sundfélag Hafnarfjarðar	SH	9 ---
		Arnór Stefánsson (14)		Hafþór J. Sigurðsson (14)
		Dagur Páll Friðriksson (20)		
		27,78 (27,78)		1:59,95 (1:01,48)
		58,47 (58,47)		4:03,92 (1:02,69)
		2:28,25 (28,30)		3:01,23 (1:01,28)
		3:01,23 (1:01,28)		3:31,85 (30,62)
		3:31,85 (30,62)		

Relay Results

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Sundfélag Hafnarfjarðar [SH] Coach: Klaus Ohk

Event # 37 Female 400 Medley

4:31,66L F 624	Sundfélag Hafnarfjarðar	SH	2	---
Ingibjörg K. Jónsdóttir (18)	Lilja Ingimarsdóttir (17)	Snjólaug T. Hansdóttir (20)	Bára K. Björgvinsdóttir (16)	
31,36 (31,36)	1:06,08 (1:06,08)	1:42,51 (36,43)	2:24,49 (1:18,41)	
2:54,26 (29,77)	3:28,99 (1:04,50)	3:58,91 (29,92)	4:31,66 (1:02,67)	
4:46,45L P 532	Sundfélag Hafnarfjarðar	SH	3	---
Snjólaug T. Hansdóttir (20)	Lilja Ingimarsdóttir (17)	Ingibjörg K. Jónsdóttir (18)	Bára K. Björgvinsdóttir (16)	
34,52 (34,52)	1:10,83 (1:10,83)	1:48,89 (38,06)	2:32,06 (1:21,23)	
3:02,97 (30,91)	3:40,64 (1:08,58)	4:12,29 (31,65)	4:46,45 (1:05,81)	

Event # 38 Male 400 Medley

3:56,95L F 669	Sundfélag Hafnarfjarðar	SH	1	---
Kolbeinn Hrafnkelsson (17)	Hrafn Traustason (19)	Orrí Freyr Guðmundsson (19)	Njáll Þrastarson (17)	
28,96 (28,96)	59,97 (59,97)	1:30,86 (30,89)	2:05,98 (1:06,01)	
2:32,11 (26,13)	3:02,93 (56,95)	3:28,64 (25,71)	3:56,95 (54,02)	
4:05,62L F 601	Sundfélag Hafnarfjarðar	SH	2	---
Predrag Milos (16)	Mladen Tepavcevic (35)	Sigurður F. Kristjánsson (17)	Árni Guðnason (20)	
31,04 (31,04)	1:04,83 (1:04,83)	1:35,52 (30,69)	2:11,74 (1:06,91)	
2:38,74 (27,00)	3:10,95 (59,21)	3:36,67 (25,72)	4:05,62 (54,67)	
4:13,06L P 549	Sundfélag Hafnarfjarðar	SH	1	---
Kolbeinn Hrafnkelsson (17)	Hrafn Traustason (19)			
30,25 (30,25)	1:02,72 (1:02,72)	1:36,29 (33,57)	2:15,97 (1:13,25)	
2:43,12 (27,15)	3:16,01 (1:00,04)	3:42,98 (26,97)	4:13,06 (57,05)	
4:15,87L P 531	Sundfélag Hafnarfjarðar	SH	2	---
Predrag Milos (16)				
31,54 (31,54)	1:05,54 (1:05,54)	1:38,59 (33,05)	2:16,33 (1:10,79)	
2:44,54 (28,21)	3:18,67 (1:02,34)	3:46,02 (27,35)	4:15,87 (57,20)	
4:24,86L F 479	Sundfélag Hafnarfjarðar	SH	5	---
Dagur Páll Friðriksson (20)	Aron Ö. Stefánsson (16)	Konráð Hrafnkelsson (19)	Arnór Stefánsson (14)	
31,66 (31,66)	1:07,85 (1:07,85)	1:42,37 (34,52)	2:22,49 (1:14,64)	
2:51,33 (28,84)	3:25,61 (1:03,12)	3:54,01 (28,40)	4:24,86 (59,25)	
4:26,20L P 472	Sundfélag Hafnarfjarðar	SH	4	---
31,25 (31,25)	1:04,74 (1:04,74)	1:42,09 (37,35)	2:23,85 (1:19,11)	
2:52,95 (29,10)	3:27,45 (1:03,60)	3:55,16 (27,71)	4:26,20 (58,75)	