

Sundgrein 1
19.10.2019 - 10:00

kvenna, 100m fjórsund

Opinn
Úrslitalistar

Íslandsmet Opinn	1:00.31	Hrafnhildur Lúthersdóttir	SH	Windsor (CAN)	8.12.2016
Íslandsmet 15 - 17	1:02.00				
Íslandsmet 13 - 14	1:06.64				
Íslandsmet 11 - 12	1:08.35				
Mótsmet	1:01.35	Hrafnhildur Lúthersdóttir	SH		29.10.2017

ÍM 25 : 1:14.19 / EM 16 +: 1:03.48

Stig: FINA 2019

Sæti	F.ár		Tími	Stig	50m	100m		
Opinn								
1.	Jóhanna Elín Guðmundsdóttir	01	SH	1:05.33	647	ÍM	30.24	35.09
2.	Katarína Róbertsdóttir	00	SH	1:06.47	614	ÍM	30.36	36.11
3.	Jóhanna Gerða Gústafsdóttir	90	FJÖL	1:07.10	597	ÍM	30.58	36.52
4.	Sunna Svanlaug Vilhjámsdóttir	00	SH	1:10.40	517	ÍM	33.35	37.05
5.	Karen Mist Arngæisdóttir	00	ÍRB	1:10.74	509	ÍM	34.54	36.20
6.	Aþena Jónsdóttir	04	SH	1:11.22	499	ÍM	33.12	38.10
7.	Dagbjörg Hlíf Ólafsdóttir	05	SH	1:11.54	492	ÍM	33.21	38.33
8.	Guðbjörg Bjartey Guðmundsdóttir	05	ÍA	1:11.71	489	ÍM	33.82	37.89
9.	Svava Björg Lárusdóttir	03	Árman	1:11.93	484	ÍM	32.88	39.05
10.	Birgitta Ingólfssdóttir	05	SH	1:14.03	444	ÍM	34.18	39.85
11.	Gunnhildur Björg Baldursdóttir	00	ÍRB	1:14.23	441		34.32	39.91
12.	Kristín Ylfa Guðmundsdóttir	02	SH	1:14.49	436		34.85	39.64
13.	Eva Sól Garðarsdóttir	03	Óðinn	1:14.54	435		33.22	41.32
14.	Rebekka Marín Arngæisdóttir	05	ÍRB	1:15.22	424		35.24	39.98
	Amalía Nanna Juliusdóttir	02	Óðinn	1:15.22	424		34.88	40.34
16.	Jóhanna Brynja Rúnarsdóttir	06	SH	1:15.77	414		34.42	41.35
17.	Thelma Lind Einarsdóttir	05	ÍRB	1:16.30	406		35.97	40.33
18.	Elísabet Jóhannesdóttir	06	ÍRB	1:16.57	401		34.47	42.10
19.	Diljá Rún Ívarsdóttir	02	ÍRB	1:17.41	389		35.58	41.83
20.	Helga Sigurlaug Helgadóttir	07	SH	1:17.46	388		35.35	42.11
21.	Sunna Arnfinnsdóttir	07	Árman	1:18.10	378		36.38	41.72
22.	Sunneva Bergmann Ásbjörnsdóttir	07	ÍRB	1:18.58	371		37.58	41.00
23.	Ylfa Ásgerður Eyjólfssdóttir	06	Árman	1:18.75	369		38.26	40.49
24.	Katla María Brynjarsdóttir	07	ÍRB	1:19.22	362		36.04	43.18
25.	Ragnheiður Milla Bergsveinsdóttir	06	Breiðablik	1:19.43	360		38.63	40.80
26.	Athena Líf Þrastardóttir	07	ÍRB	1:19.54	358		35.61	43.93
27.	Bríet Björk Pálsdóttir	04	Óðinn	1:19.59	357		37.39	42.20
28.	Ziza Alomerovic	07	Árman	1:19.77	355		38.08	41.69
29.	Sara Dís Ólafsdóttir	04	FJÖL	1:19.89	353		36.54	43.35
30.	Nadja Djurovic	07	Breiðablik	1:20.03	352		38.28	41.75
31.	Júlía Pálmadóttir	07	Árman	1:20.35	347		37.22	43.13
32.	Elísa Björnsdóttir	05	Ægir	1:20.71	343		38.00	42.71
33.	Pórey Una Arnlaugsdóttir	06	ÍRB	1:22.04	326		37.79	44.25
34.	Emma Kolbrún Garðarsdóttir	04	Ægir	1:22.25	324		39.19	43.06
35.	Matthildur Valdimarsdóttir	06	Óðinn	1:22.39	322		38.78	43.61
36.	Otylía Lis	06	Ægir	1:22.62	319		37.68	44.94
37.	Guðbjörg Eyvindardóttir	04	SH	1:22.80	317		39.11	43.69
38.	Jana Guðlaug Ómarsdóttir	07	ÍRB	1:22.88	316		38.55	44.33
39.	Hrafnhildur Lóa Kvaran	07	Árman	1:23.13	314		39.57	43.56
40.	Ragnheiður Ásta Magnúsdóttir	07	Breiðablik	1:23.24	312		40.07	43.17
41.	Aníta Hrafnisdóttir	94	FJÖR	1:23.29	312		38.08	45.21
42.	Katla Mist Bragadóttir	07	Árman	1:23.39	311		39.66	43.73
43.	Alexandra Hernandez	06	Sindri	1:23.75	307		38.09	45.66
44.	Naomí Arnarsdóttir	07	Óðinn	1:25.11	292		39.72	45.39
45.	Lilja Natalie Gunnarsdóttir	06	Ægir	1:25.16	292		40.69	44.47
46.	Fjóla Margrét Viðarsdóttir	07	ÍRB	1:25.20	291		38.67	46.53

Sundgrein 1, kvenna, 100m fjórsund, Opinn

Sæti	F.ár	Tími	Stig	50m	100m		
47.	Nicole Jóna Jóhannsdóttir	08	SH	1:25.37	290	40.68	44.69
48.	Natalía Dögg Brynjarsdóttir	07	ÍRB	1:25.79	285	40.19	45.60
49.	Ylfa Lind Kristmannsdóttir	08	Árman	1:25.95	284	37.94	48.01
50.	Ástrós Halla Jónsdóttir	06	FJÖL	1:26.03	283	39.65	46.38
51.	Hulda Þorkelsdóttir	06	Ægir	1:26.47	279	42.37	44.10
52.	Heiðís Elva Stefánsdóttir	06	Sindri	1:26.51	278	39.17	47.34
53.	Sara Lind Aðalsteinsdóttir	07	SH	1:26.95	274	41.51	45.44
54.	Gabija Marija Savickaitė	08	ÍRB	1:28.32	261	40.92	47.40
55.	Sólveig Ágústa Aradóttir	05	Árman	1:28.39	261	41.54	46.85
56.	Elísabet Arnoddsdóttir	09	ÍRB	1:28.41	261	40.79	47.62
57.	María Skorastein Sigurdardóttir	07	SH	1:28.56	259	42.06	46.50
58.	Sólveig Freyja Hákonardóttir	09	Breiðablik	1:28.66	258	42.84	45.82
59.	Embla Dögg Helgadóttir	08	Ægir	1:29.61	250	45.26	44.35
60.	Arna Rut Stefánsdóttir	07	SH	1:29.88	248	43.73	46.15
61.	Freydís Lilja Bergþórsdóttir	09	ÍRB	1:30.01	247	43.23	46.78
62.	Rebekka Rún Magnúsdóttir	08	SH	1:30.10	246	41.53	48.57
	Kara Sól Gunnlaugsdóttir	05	ÍRB	1:30.10	246	42.81	47.29
64.	Bríet Elfarsdóttir	06	Ægir	1:30.18	246	43.30	46.88
65.	Tinna Karen Sigurðardóttir	08	SH	1:30.26	245	40.71	49.55
66.	Írena Mjöll Elínardóttir	07	Ægir	1:32.04	231	44.10	47.94
67.	Juliane Liv Sörensen	07	Óðinn	1:32.14	230	44.22	47.92
68.	Ástrós Lovísa Hauksdóttir	08	ÍRB	1:32.93	224	41.50	51.43
69.	Áslaug Margrét Alfreðsdóttir	08	Breiðablik	1:32.97	224	44.89	48.08
70.	Herdís Rut Guðbjartsdóttir	04	FJÖR	1:33.56	220	43.30	50.26
71.	Eydís Arna Isaksen	08	Óðinn	1:33.81	218	45.42	48.39
72.	Aníta Nótt Kolbeinsdóttir	07	SH	1:33.89	218	45.00	48.89
73.	Ásdís Steindórsdóttir	09	Breiðablik	1:34.07	216	45.63	48.44
74.	Hrefna María Heiðarsdóttir	05	Breiðablik	1:34.65	212	44.94	49.71
75.	Íris Arna Ingvarsdóttir	07	ÍA	1:35.66	206	44.99	50.67
76.	Aglá María Agnarsdóttir	07	SH	1:37.51	194	44.76	52.75
77.	Victoria Takacs Önnuásgeirsdóttir	07	SH	1:37.98	191	48.59	49.39
78.	Halla Rún Fannarsdóttir	08	Óðinn	1:38.13	190	46.34	51.79
79.	Katrín Lóa Ingadóttir	08	Óðinn	1:40.18	179	45.61	54.57
80.	Karítas Svana Elfarsdóttir	06	Breiðablik	1:41.14	174	48.17	52.97
81.	Eva Steingrimsdóttir	08	SH	1:41.70	171	47.94	53.76
ÓG.	Helga Rós Ingimarsdóttir	06	ÍA	1:24.89		39.12	45.77
<i>4.4 - Keppandi startar áður en rásmerki er gefið (þjófstart)</i>							
ÓG.	María Sól Jósepsdóttir	08	FJÖL	1:31.25		40.69	50.56
<i>4.4 - Keppandi startar áður en rásmerki er gefið (þjófstart)</i>							
ÓG.	Anna Björg Elmarsdóttir	06	Óðinn	1:51.43	*	54.71	56.72
<i>6.5 - Keppandi lauk ekki sundinu á bakinu</i>							
ÓG.	Aníta Ingibjörg Antonsdóttir	08	Óðinn	1:57.57	*	58.25	59.32
<i>6.5 - Keppandi lauk ekki sundinu á bakinu</i>							

Framtíð 12 ára og yngri

1.	Helga Sigurlaug Helgadóttir	07	SH	1:17.46	388	35.35	42.11
2.	Sunna Arnfinnsdóttir	07	Árman	1:18.10	378	36.38	41.72
3.	Sunneva Bergmann Ásbjörnsdóttir	07	ÍRB	1:18.58	371	37.58	41.00
4.	Katla María Brynjarsdóttir	07	ÍRB	1:19.22	362	36.04	43.18
5.	Athena Líf Þrastardóttir	07	ÍRB	1:19.54	358	35.61	43.93
6.	Ziza Alomerovic	07	Árman	1:19.77	355	38.08	41.69
7.	Nadja Djurovic	07	Breiðablik	1:20.03	352	38.28	41.75
8.	Júlía Pálmadóttir	07	Árman	1:20.35	347	37.22	43.13

Sundgrein 1, Stúlkur, 100m fjórsund, Framtíð 12 ára og yngri

Sæti		F.ár		Tími	Stig	50m	100m
9.	Jana Guðlaug Ómarsdóttir	07	ÍRB	1:22.88	316	38.55	44.33
10.	Hrafnhildur Lóa Kvaran	07	Árman	1:23.13	314	39.57	43.56
11.	Ragnheiður Ásta Magnúsdóttir	07	Breiðablik	1:23.24	312	40.07	43.17
12.	Katla Mist Bragadóttir	07	Árman	1:23.39	311	39.66	43.73
13.	Naomí Arnarsdóttir	07	Óðinn	1:25.11	292	39.72	45.39
14.	Fjóla Margrét Viðarsdóttir	07	ÍRB	1:25.20	291	38.67	46.53
15.	Nicole Jóna Jóhannsdóttir	08	SH	1:25.37	290	40.68	44.69
16.	Natalía Dögg Brynjarsdóttir	07	ÍRB	1:25.79	285	40.19	45.60
17.	Ylfa Lind Kristmannsdóttir	08	Árman	1:25.95	284	37.94	48.01
18.	Sara Lind Aðalsteinsdóttir	07	SH	1:26.95	274	41.51	45.44
19.	Gabija Marija Savickaitė	08	ÍRB	1:28.32	261	40.92	47.40
20.	Elísabet Arnoddsdóttir	09	ÍRB	1:28.41	261	40.79	47.62
21.	María Skorastein Sigurdardóttir	07	SH	1:28.56	259	42.06	46.50
22.	Sólveig Freyja Hákonardóttir	09	Breiðablik	1:28.66	258	42.84	45.82
23.	Embla Dögg Helgadóttir	08	Ægir	1:29.61	250	45.26	44.35
24.	Arna Rut Stefánsdóttir	07	SH	1:29.88	248	43.73	46.15
25.	Freydís Lilja Bergþórsdóttir	09	ÍRB	1:30.01	247	43.23	46.78
26.	Rebekka Rún Magnúsdóttir	08	SH	1:30.10	246	41.53	48.57
27.	Tinna Karen Sigurðardóttir	08	SH	1:30.26	245	40.71	49.55
28.	Írena Mjöll Elínardóttir	07	Ægir	1:32.04	231	44.10	47.94
29.	Juliane Liv Sörensen	07	Óðinn	1:32.14	230	44.22	47.92
30.	Ástrós Lovísa Hauksdóttir	08	ÍRB	1:32.93	224	41.50	51.43
31.	Áslaug Margrét Alfreðsdóttir	08	Breiðablik	1:32.97	224	44.89	48.08
32.	Eydís Arna Isaksen	08	Óðinn	1:33.81	218	45.42	48.39
33.	Aníta Nótt Kolbeinsdóttir	07	SH	1:33.89	218	45.00	48.89
34.	Ásdís Steindórsdóttir	09	Breiðablik	1:34.07	216	45.63	48.44
35.	Íris Arna Ingvarsdóttir	07	ÍA	1:35.66	206	44.99	50.67
36.	Aglá María Agnarsdóttir	07	SH	1:37.51	194	44.76	52.75
37.	Victoria Takacs Önnuásgeirsdóttir	07	SH	1:37.98	191	48.59	49.39
38.	Halla Rún Fannarsdóttir	08	Óðinn	1:38.13	190	46.34	51.79
39.	Katrín Lóa Ingadóttir	08	Óðinn	1:40.18	179	45.61	54.57
40.	Eva Steingrimsdóttir	08	SH	1:41.70	171	47.94	53.76
ÓG.	María Sól Jósepsdóttir	08	FJÖL	1:31.25		40.69	50.56
<i>4.4 - Keppandi startar áður en rásmerki er gefið (þjófstart)</i>							
ÓG.	Aníta Ingibjörg Antonsdóttir	08	Óðinn	1:57.57	*	58.25	59.32
<i>6.5 - Keppendi lauk ekki sundinu á bakinu</i>							

Æskunnar 13/14 ára

1.	Dagbjörg Hlíf Ólafsdóttir	05	SH	1:11.54	492	ÍM	33.21	38.33
2.	Guðbjörg Bjartey Gudmundsdóttir	05	ÍA	1:11.71	489	ÍM	33.82	37.89
3.	Birgitta Ingólfssdóttir	05	SH	1:14.03	444	ÍM	34.18	39.85
4.	Rebekka Marín Arngeirsdóttir	05	ÍRB	1:15.22	424		35.24	39.98
5.	Jóhanna Brynja Rúnarsdóttir	06	SH	1:15.77	414		34.42	41.35
6.	Thelma Lind Einarsdóttir	05	ÍRB	1:16.30	406		35.97	40.33
7.	Elísabet Jóhannesdóttir	06	ÍRB	1:16.57	401		34.47	42.10
8.	Ylfa Ásgerður Eyjólfssdóttir	06	Árman	1:18.75	369		38.26	40.49
9.	Ragnheiður Milla Bergsveinsdóttir	06	Breiðablik	1:19.43	360		38.63	40.80
10.	Elísa Björnsdóttir	05	Ægir	1:20.71	343		38.00	42.71
11.	Þórey Una Arnlaugsdóttir	06	ÍRB	1:22.04	326		37.79	44.25
12.	Matthildur Valdimarsdóttir	06	Óðinn	1:22.39	322		38.78	43.61
13.	Otylia Lis	06	Ægir	1:22.62	319		37.68	44.94
14.	Alexandra Hernandez	06	Sindri	1:23.75	307		38.09	45.66
15.	Lilja Natalie Gunnarsdóttir	06	Ægir	1:25.16	292		40.69	44.47
16.	Ástrós Halla Jónsdóttir	06	FJÖL	1:26.03	283		39.65	46.38

Sundgrein 1, Stúlkur, 100m fjórsund, Æskunnar 13/14 ára

Sæti	F.ár		Tími	Stig	50m	100m
17.	Hulda Þorkelsdóttir	06 Ægir	1:26.47	279	42.37	44.10
18.	Heiðdís Elva Stefánsdóttir	06 Sindri	1:26.51	278	39.17	47.34
19.	Sólveig Ágústa Aradóttir	05 Ármann	1:28.39	261	41.54	46.85
20.	Kara Sól Gunnlaugsdóttir	05 ÍRB	1:30.10	246	42.81	47.29
21.	Bríet Elfarsdóttir	06 Ægir	1:30.18	246	43.30	46.88
22.	Hrefna María Heiðarsdóttir	05 Breiðablik	1:34.65	212	44.94	49.71
23.	Karítas Svana Elfarsdóttir	06 Breiðablik	1:41.14	174 *	48.17	52.97
ÓG.	Helga Rós Ingimarsdóttir	06 ÍA	1:24.89		39.12	45.77
<i>4.4 - Keppandi startar áður en rásmerki er gefið (þjófstart)</i>						
ÓG.	Anna Björg Elmarsdóttir	06 Óðinn	1:51.43	*	54.71	56.72
<i>6.5 - Keppendi lauk ekki sundinu á bakinu</i>						

Unglinga 15/16 ára

1.	Aþena Jónsdóttir	04 SH	1:11.22	499	ÍM	33.12	38.10
2.	Svava Björg Lárusdóttir	03 Ármann	1:11.93	484	ÍM	32.88	39.05
3.	Eva Sól Garðarsdóttir	03 Óðinn	1:14.54	435		33.22	41.32
4.	Bríet Björk Pálsdóttir	04 Óðinn	1:19.59	357		37.39	42.20
5.	Sara Dís Ólafsdóttir	04 FJÖL	1:19.89	353		36.54	43.35
6.	Emma Kolbrún Garðarsdóttir	04 Ægir	1:22.25	324		39.19	43.06
7.	Guðbjörg Eyvindardóttir	04 SH	1:22.80	317		39.11	43.69
8.	Herdís Rut Guðbjartsdóttir	04 FJÖR	1:33.56	220		43.30	50.26

Sundgrein 2

karla, 100m fjórsund

Opinn

19.10.2019 - 10:19

Úrslitalistar

Íslandsmet Opinn	54.30	Örn Arnarson	SH	Helsinki (FIN)	9.12.2006
Íslandsmet 15 - 17	56.09				
Íslandsmet 13 - 14	1:01.35				
Íslandsmet 11 - 12	1:04.83				
Mótsmet	56.16	Kristinn Þórarinsson	FJÖL		31.10.2018

ÍM 25 : 1:06.60 / EM 16 +: 55.49

Stig: FINA 2019

Sæti	F.ár		Tími	Stig	50m	100m	
Opinn							
1.	Kolbeinn Hrafnkelsson	94 SH	57.54	666	ÍM	26.24	31.30
2.	Daði Björnsson	04 SH	1:00.27	579	ÍM	28.47	31.80
3.	Patrik Viggó Vilbergsson	02 Breiðablik	1:00.90	562	ÍM	28.18	32.72
4.	Birnir Freyr Hálfðanarsson	06 SH	1:01.39	548	ÍM	28.97	32.42
5.	Símon Elías Statkevicius	03 SH	1:01.49	546	ÍM	28.93	32.56
6.	Snorri Dagur Einarsson	05 SH	1:03.73	490	ÍM	29.96	33.77
7.	Alexander Logi Jónsson	04 ÍRB	1:05.21	457	ÍM	30.75	34.46
8.	Skúli Thor Ásgeirsson	02 Ægir	1:05.87	444	ÍM	31.41	34.46
9.	Halldór Björn Kristinsson	02 FJÖL	1:06.02	441	ÍM	30.29	35.73
10.	Sigurður Ingi Sigurðarson	01 KR	1:06.91	423		31.60	35.31
11.	Júlíus Karl Maier	02 SH	1:07.14	419		30.45	36.69
12.	Ingvar Orri Jóhannesson	04 FJÖL	1:07.18	418		31.43	35.75
13.	Aron Valgeirsson	03 Breiðablik	1:07.25	417		30.24	37.01
14.	Þorbjörn Andrasen	01 KR	1:07.46	413		32.29	35.17
15.	Edward Jensson	04 SH	1:07.53	412		30.12	37.41
	Gabriel Ari Tryggvarson	03 ÍRB	1:07.53	412		30.36	37.17
17.	Kári Snær Halldórsson	04 ÍRB	1:09.47	378		33.29	36.18
18.	Kári Steinn Kjartansson	03 Ægir	1:10.01	369		31.58	38.43

Sundgrein 2, karla, 100m fjórsund, Opinn

Sæti	F.ár		Tími	Stig	50m	100m
19.	Hilmir Snær Lunddal Rúnarsson	03 SH	1:10.66	359	32.95	37.71
20.	Daniel Patrick Riley	03 ÍRB	1:10.69	359	33.19	37.50
21.	Kristófer Óli Birkisson	04 Óðinn	1:11.49	347	32.59	38.90
22.	Guðmundur Halldórsson	04 Breiðablik	1:13.55	319	34.95	38.60
23.	Már Gunnarsson S11	99 ÍRB	1:13.66	317	32.79	40.87
24.	Bjarki B Isaksen	06 Breiðablik	1:16.59	282	35.41	41.18
25.	Loftur Þór Arnarsson	05 KR	1:16.73	281	33.80	42.93
26.	Örn Kató Arnarsson	05 Óðinn	1:16.80	280	36.97	39.83
27.	Júlíus Arnarsson	06 KR	1:18.13	266	36.09	42.04
28.	Halldór Óskar Eiríksson	02 FJÖL	1:18.96	257	36.84	42.12
29.	Adam Leó Tómasson	07 SH	1:19.14	256	38.99	40.15
30.	Andri Már Kristjánsson	06 SH	1:19.61	251	37.89	41.72
31.	Kristófer Andri Jóhannsson	08 SH	1:20.19	246	37.57	42.62
	Ragnar Ingi Magnússon	92 FJÖR	1:20.19	246	35.38	44.81
33.	Daði Rafn Falsson	08 ÍRB	1:21.82	231	38.11	43.71
34.	Magnús Víðir Jónsson	08 SH	1:23.41	218	37.97	45.44
35.	Kristinn Viðar Tómasson	06 Óðinn	1:23.44	218	38.01	45.43
36.	Hólmar Grétarsson	08 SH	1:23.60	217	38.71	44.89
37.	Dominic Daði Wheeler	07 Ægir	1:23.83	215	38.77	45.06
38.	Stefán Gretar Katrínarson	08 Óðinn	1:26.11	198	42.45	43.66
39.	Nikolai Leo Jónsson	08 ÍRB	1:26.13	198	40.15	45.98
40.	Egill Jónasson	06 FJÖL	1:28.24	184	43.71	44.53
41.	Oliver Kaldal	07 Ægir	1:28.73	181	41.47	47.26
42.	Ómar Magni Egilsson	06 ÍRB	1:28.91	180	41.21	47.70
43.	Bjarni Snær Skarphéðinsson	06 ÍA	1:29.83	175	42.99	46.84
44.	Gabriel Ingi Derti	08 ÍRB	1:30.88	169	41.71	49.17
45.	Hrafn Sverrisson	05 Ármann	1:31.65	164	41.87	49.78
46.	Arnar Milos Arnbjörnsson	08 ÍRB	1:32.04	162	44.14	47.90
47.	Ásberg Halldór Hansson	07 FJÖL	1:33.51	155	45.03	48.48
48.	Víkingur Geirdal	07 ÍA	1:33.85	153	44.47	49.38
49.	Hákon Hafþórsson	08 Breiðablik	1:34.57	150	45.86	48.71
50.	Kári Freyr Helgason	06 SH	1:35.49	145	43.73	51.76
51.	Ari Eyvindarsson	07 SH	1:35.61	145	44.13	51.48
52.	Nikolas Hrafn Marksson	07 Ægir	1:41.44	121 *	49.03	52.41
ÖG.	Bjarni Ívar Ragnarsson	08 ÍRB	1:27.55		40.94	46.61

7.6 - Önnur hönd í bakka eða hendur snerta ekki bakkan samtímis í snúningi eða við lok

ÖG. Arnór Egill Einarsson 07 SH **1:30.53**
6.5 - Keppendi lauk ekki sundinu á bakinu

MÆekki Aron Bjarki Jónsson 01 SH
MÆekki Ísak Árni Guðmundsson 05 Ármann

Framtíð 13 ára og yngri

1.	Birnir Freyr Hálfðánarsson	06 SH	1:01.39	548 ÍM	28.97	32.42
2.	Bjarki B Isaksen	06 Breiðablik	1:16.59	282	35.41	41.18
3.	Júlíus Arnarsson	06 KR	1:18.13	266	36.09	42.04
4.	Adam Leó Tómasson	07 SH	1:19.14	256	38.99	40.15
5.	Andri Már Kristjánsson	06 SH	1:19.61	251	37.89	41.72
6.	Kristófer Andri Jóhannsson	08 SH	1:20.19	246	37.57	42.62
7.	Daði Rafn Falsson	08 ÍRB	1:21.82	231	38.11	43.71
8.	Magnús Víðir Jónsson	08 SH	1:23.41	218	37.97	45.44
9.	Kristinn Viðar Tómasson	06 Óðinn	1:23.44	218	38.01	45.43
10.	Hólmar Grétarsson	08 SH	1:23.60	217	38.71	44.89
11.	Dominic Daði Wheeler	07 Ægir	1:23.83	215	38.77	45.06
12.	Stefán Gretar Katrínarson	08 Óðinn	1:26.11	198	42.45	43.66

Sundgrein 2, Piltar, 100m fjórsund, Framtíð 13 ára og yngri

Sæti	F.ár		Tími	Stig	50m	100m
13.	Nikolai Leo Jónsson	08 ÍRB	1:26.13	198	40.15	45.98
14.	Egill Jónasson	06 FJÖL	1:28.24	184	43.71	44.53
15.	Óliver Kaldal	07 Ægir	1:28.73	181	41.47	47.26
16.	Ómar Magni Egilsson	06 ÍRB	1:28.91	180	41.21	47.70
17.	Bjarni Snær Skarphéðinsson	06 ÍA	1:29.83	175	42.99	46.84
18.	Gabriel Ingi Derti	08 ÍRB	1:30.88	169	41.71	49.17
19.	Arnar Milos Arnbjörnsson	08 ÍRB	1:32.04	162	44.14	47.90
20.	Ásberg Halldór Hansson	07 FJÖL	1:33.51	155	45.03	48.48
21.	Víkingur Geirdal	07 ÍA	1:33.85	153	44.47	49.38
22.	Hákon Hafþórsson	08 Breiðablik	1:34.57	150	45.86	48.71
23.	Kári Freyr Helgason	06 SH	1:35.49	145	43.73	51.76
24.	Ari Eyvindarsson	07 SH	1:35.61	145	44.13	51.48
25.	Nikolas Hrafn Marksson	07 Ægir	1:41.44	121 *	49.03	52.41
ÓG.	Bjarni Ívar Ragnarsson	08 ÍRB	1:27.55		40.94	46.61

7.6 - Önnur hönd í bakka eða hendur snerta ekki bakkan samtímis í snúningi eða við lok

ÓG. Arnór Egill Einarsson 07 SH **1:30.53**

6.5 - Keppendi lauk ekki sundinu á bakinu

Æskunnar 14/15 ára

1.	Daði Björnsson	04 SH	1:00.27	579	ÍM	28.47	31.80
2.	Snorri Dagur Einarsson	05 SH	1:03.73	490	ÍM	29.96	33.77
3.	Alexander Logi Jónsson	04 ÍRB	1:05.21	457	ÍM	30.75	34.46
4.	Ingvar Orri Jóhannesson	04 FJÖL	1:07.18	418		31.43	35.75
5.	Edward Jensson	04 SH	1:07.53	412		30.12	37.41
6.	Kári Snær Halldórsson	04 ÍRB	1:09.47	378		33.29	36.18
7.	Kristófer Óli Birkisson	04 Óðinn	1:11.49	347		32.59	38.90
8.	Guðmundur Halldórsson	04 Breiðablik	1:13.55	319		34.95	38.60
9.	Loftur Þór Arnarsson	05 KR	1:16.73	281		33.80	42.93
10.	Örn Kató Arnarsson	05 Óðinn	1:16.80	280		36.97	39.83
11.	Hrafn Sverrisson	05 Ármann	1:31.65	164		41.87	49.78
MÆekki	Ísak Árni Guðmundsson	05 Ármann					

Unglinga 16/17 ára

1.	Patrik Viggó Vilbergsson	02 Breiðablik	1:00.90	562	ÍM	28.18	32.72
2.	Símon Elías Statkevicius	03 SH	1:01.49	546	ÍM	28.93	32.56
3.	Skúli Thor Ásgeirsson	02 Ægir	1:05.87	444	ÍM	31.41	34.46
4.	Halldór Björn Kristinsson	02 FJÖL	1:06.02	441	ÍM	30.29	35.73
5.	Júlíus Karl Maier	02 SH	1:07.14	419		30.45	36.69
6.	Aron Valgeirsson	03 Breiðablik	1:07.25	417		30.24	37.01
7.	Gabriel Ari Tryggvarson	03 ÍRB	1:07.53	412		30.36	37.17
8.	Kári Steinn Kjartansson	03 Ægir	1:10.01	369		31.58	38.43
9.	Hilmir Snær Lunddal Rúnarsson	03 SH	1:10.66	359		32.95	37.71
10.	Daníel Patrick Riley	03 ÍRB	1:10.69	359		33.19	37.50
11.	Halldór Óskar Eiríksson	02 FJÖL	1:18.96	257		36.84	42.12

Sundgrein 3
19.10.2019 - 10:32

kvenna, 400m skriðsund

Opinn
Úrslitalistar

Íslandsmet Opinn	4:11.61	Inga Elín Cryer	Ægir	Doha (QAT)	5.12.2014
Íslandsmet 15 - 17	4:14.16				
Íslandsmet 13 - 14	4:21.52				
Íslandsmet 11 - 12	4:39.08				
Mótsmet	4:15.91	Inga Elín Cryer	ÍA		31.10.2012

ÍM 25 : 5:03.89 / EM 16 +: 4:17.74 / NM 13 +: 4:32.70

Stig: FINA 2019

Sæti					F.ár					Tími	Stig	
1.	Kristín Helga Hákonardóttir				04	Breiðablik				4:27.81	666 NM	
	50m:	30.30	30.30	150m:	1:37.36	33.63	250m:	2:45.44	33.93	350m:	3:54.44	34.37
	100m:	1:03.73	33.43	200m:	2:11.51	34.15	300m:	3:20.07	34.63	400m:	4:27.81	33.37
2.	Freyja Birkisdóttir				06	Breiðablik				4:33.04	628 ÍM	
	50m:	30.41	30.41	150m:	1:38.84	34.77	250m:	2:48.36	34.73	350m:	3:58.79	35.02
	100m:	1:04.07	33.66	200m:	2:13.63	34.79	300m:	3:23.77	35.41	400m:	4:33.04	34.25
3.	Ragna Sigríður Ragnarsdóttir				01	Breiðablik				4:35.81	610 ÍM	
	50m:	30.81	30.81	150m:	1:39.07	34.48	250m:	2:49.22	35.21	350m:	4:00.79	35.95
	100m:	1:04.59	33.78	200m:	2:14.01	34.94	300m:	3:24.84	35.62	400m:	4:35.81	35.02
4.	Adele Alexandra Pálsson				03	SH				4:40.47	580 ÍM	
	50m:	31.36	31.36	150m:	1:40.51	34.83	250m:	2:51.90	35.96	350m:	4:04.70	36.34
	100m:	1:05.68	34.32	200m:	2:15.94	35.43	300m:	3:28.36	36.46	400m:	4:40.47	35.77
5.	Ólöf Kristín Isaksen				05	Óðinn				4:41.53	573 ÍM	
	50m:	32.07	32.07	150m:	1:42.12	35.31	250m:	2:54.57	36.53	350m:	4:07.62	36.47
	100m:	1:06.81	34.74	200m:	2:18.04	35.92	300m:	3:31.15	36.58	400m:	4:41.53	33.91
6.	Rebekka Sif Ómarsdóttir				03	Óðinn				4:41.86	571 ÍM	
	50m:	31.98	31.98	150m:	1:41.63	35.52	250m:	2:54.28	36.56	350m:	4:06.97	36.30
	100m:	1:06.11	34.13	200m:	2:17.72	36.09	300m:	3:30.67	36.39	400m:	4:41.86	34.89
7.	Sandra Dögg Kristjánsdóttir				03	SH				4:43.48	561 ÍM	
	50m:	31.73	31.73	150m:	1:42.22	35.59	250m:	2:54.75	36.21	350m:	4:07.88	36.74
	100m:	1:06.63	34.90	200m:	2:18.54	36.32	300m:	3:31.14	36.39	400m:	4:43.48	35.60
8.	Ingibjörg Erla Garðarsdóttir				00	FJÖL				4:45.46	550 ÍM	
	50m:	32.50	32.50	150m:	1:43.92	36.02	250m:	2:56.99	36.62	350m:	4:10.54	36.65
	100m:	1:07.90	35.40	200m:	2:20.37	36.45	300m:	3:33.89	36.90	400m:	4:45.46	34.92
9.	Helena Rún Gylfadóttir				03	Árman				4:52.69	510 ÍM	
	50m:	32.41	32.41	150m:	1:45.63	37.10	250m:	3:00.70	37.83	350m:	4:15.85	37.81
	100m:	1:08.53	36.12	200m:	2:22.87	37.24	300m:	3:38.04	37.34	400m:	4:52.69	36.84
10.	Birna Hilmarsdóttir				02	ÍRB				4:53.26	507 ÍM	
	50m:	32.44	32.44	150m:	1:46.13	37.16	250m:	3:01.20	37.65	350m:	4:16.37	37.67
	100m:	1:08.97	36.53	200m:	2:23.55	37.42	300m:	3:38.70	37.50	400m:	4:53.26	36.89
11.	Ingibjörg Svava Magnúsdóttir				05	ÍA				4:54.20	502 ÍM	
	50m:	32.82	32.82	150m:	1:47.19	37.48	250m:	3:01.37	37.03	350m:	4:17.23	38.34
	100m:	1:09.71	36.89	200m:	2:24.34	37.15	300m:	3:38.89	37.52	400m:	4:54.20	36.97
12.	Bríet Dalla Gunnarsdóttir				04	SH				4:56.06	493 ÍM	
	50m:	32.00	32.00	150m:	1:46.38	37.95	250m:	3:02.51	38.25	350m:	4:18.52	37.84
	100m:	1:08.43	36.43	200m:	2:24.26	37.88	300m:	3:40.68	38.17	400m:	4:56.06	37.54
13.	Herdís Birna Viggósdóttir				04	KR				4:56.20	492 ÍM	
	50m:	31.89	31.89	150m:	1:45.74	37.34	250m:	3:02.02	38.45	350m:	4:19.00	38.42
	100m:	1:08.40	36.51	200m:	2:23.57	37.83	300m:	3:40.58	38.56	400m:	4:56.20	37.20
14.	Vigdís Tinna Hákonardóttir				06	Breiðablik				4:58.77	479 ÍM	
	50m:	32.81	32.81	150m:	1:47.02	37.50	250m:	3:03.87	38.72	350m:	4:21.85	39.10
	100m:	1:09.52	36.71	200m:	2:25.15	38.13	300m:	3:42.75	38.88	400m:	4:58.77	36.92

Sundgrein 3, kvenna, 400m skriðsund, Opinn

Sæti					F.ár					Tími	Stig	
15.	Masa Dedeic				05	SH				5:02.08	464 ÍM	
	50m:	34.21	34.21	150m:	1:51.30	39.06	250m:	3:08.41	38.40	350m:	4:25.29	38.37
	100m:	1:12.24	38.03	200m:	2:30.01	38.71	300m:	3:46.92	38.51	400m:	5:02.08	36.79
16.	Kátja Lilja Andriyasdóttir				06	SH				5:05.09	450	
	50m:	33.90	33.90	150m:	1:51.66	39.83	250m:	3:09.78	39.32	350m:	4:28.13	39.61
	100m:	1:11.83	37.93	200m:	2:30.46	38.80	300m:	3:48.52	38.74	400m:	5:05.09	36.96
17.	Arna Maren Jóhannesdóttir				05	FJÖL				5:05.60	448	
	50m:	34.74	34.74	150m:	1:50.72	38.79	250m:	3:09.40	39.12	350m:	4:27.42	39.01
	100m:	1:11.93	37.19	200m:	2:30.28	39.56	300m:	3:48.41	39.01	400m:	5:05.60	38.18
18.	Hildur Valsdóttir				04	SH				5:05.63	448	
	50m:	33.18	33.18	150m:	1:49.51	39.15	250m:	3:07.93	39.42	350m:	4:27.36	39.94
	100m:	1:10.36	37.18	200m:	2:28.51	39.00	300m:	3:47.42	39.49	400m:	5:05.63	38.27
19.	Diljá Dröfn Jóhannesdóttir				03	SH				5:06.10	446	
	50m:	32.16	32.16	150m:	1:47.06	38.33	250m:	3:05.61	39.54	350m:	4:26.27	39.97
	100m:	1:08.73	36.57	200m:	2:26.07	39.01	300m:	3:46.30	40.69	400m:	5:06.10	39.83
20.	Eyrún Anna Jóhannesdóttir				06	FJÖL				5:08.25	437	
	50m:	33.89	33.89	150m:	1:51.38	39.56	250m:	3:11.79	40.11	350m:	4:30.25	38.55
	100m:	1:11.82	37.93	200m:	2:31.68	40.30	300m:	3:51.70	39.91	400m:	5:08.25	38.00
21.	Ragnheiður Karen Ólafsdóttir				04	ÍA				5:09.02	433	
	50m:	34.17	34.17	150m:	1:51.78	39.25	250m:	3:11.33	39.69	350m:	4:31.08	39.62
	100m:	1:12.53	38.36	200m:	2:31.64	39.86	300m:	3:51.46	40.13	400m:	5:09.02	37.94
22.	Marta Magnúsdóttir				05	KR				5:11.99	421	
	50m:	34.59	34.59	150m:	1:54.22	40.25	250m:	3:15.29	40.56	350m:	4:34.71	39.60
	100m:	1:13.97	39.38	200m:	2:34.73	40.51	300m:	3:55.11	39.82	400m:	5:11.99	37.28
23.	Guðný Birna Falsdóttir				03	ÍRB				5:13.44	415	
	50m:	35.04	35.04	150m:	1:54.14	40.26	250m:	3:15.05	40.31	350m:	4:34.71	39.50
	100m:	1:13.88	38.84	200m:	2:34.74	40.60	300m:	3:55.21	40.16	400m:	5:13.44	38.73
24.	Dagbjört Lilja Danielsdóttir				04	VÖL				5:14.18	412	
	50m:	35.13	35.13	150m:	1:54.60	40.30	250m:	3:15.93	40.91	350m:	4:34.87	39.29
	100m:	1:14.30	39.17	200m:	2:35.02	40.42	300m:	3:55.58	39.65	400m:	5:14.18	39.31
25.	Eyðís Vala Júlíusdóttir				05	FJÖL				5:18.17	397 *	
	50m:	35.26	35.26	150m:	1:54.09	40.03	250m:	3:15.17	40.88	350m:	4:37.58	41.31
	100m:	1:14.06	38.80	200m:	2:34.29	40.20	300m:	3:56.27	41.10	400m:	5:18.17	40.59
26.	Þórunn María Hilmarsdóttir				05	Breiðablik				5:19.42	392 *	
	50m:	35.84	35.84	150m:	1:57.72	41.08	250m:	3:18.26	39.78	350m:	4:37.79	39.24
	100m:	1:16.64	40.80	200m:	2:38.48	40.76	300m:	3:58.55	40.29	400m:	5:19.42	41.63
27.	Agnes Fjóla Flosadóttir				02	Óðinn				5:20.46	388 *	
	50m:	36.23	36.23	150m:	1:55.79	40.26	250m:	3:17.49	41.16	350m:	4:40.17	41.25
	100m:	1:15.53	39.30	200m:	2:36.33	40.54	300m:	3:58.92	41.43	400m:	5:20.46	40.29
28.	Rebekka Rós Magnadóttir				07	ÍRB				5:22.12	382 *	
	50m:	35.56	35.56	150m:	1:54.96	40.41	250m:	3:17.58	41.05	350m:	4:42.38	42.35
	100m:	1:14.55	38.99	200m:	2:36.53	41.57	300m:	4:00.03	42.45	400m:	5:22.12	39.74
29.	Ester Eva Ingimarsdóttir				04	VÖL				5:26.73	366 *	
	50m:	35.09	35.09	150m:	1:57.20	41.82	250m:	3:20.84	41.82	350m:	4:45.87	43.00
	100m:	1:15.38	40.29	200m:	2:39.02	41.82	300m:	4:02.87	42.03	400m:	5:26.73	40.86
30.	Kolbrún Ósk Vilhjálmsdóttir				06	Óðinn				5:43.07	316 *	
	50m:	37.51	37.51	150m:	2:02.88	43.12	250m:	3:31.31	44.20	350m:	5:01.09	45.29
	100m:	1:19.76	42.25	200m:	2:47.11	44.23	300m:	4:15.80	44.49	400m:	5:43.07	41.98

Sundgrein 3, kvenna, 400m skriðsund, Opinn

Sæti	F.ár								Tími	Stig
31.	Sandra Rut Fannarsdóttir								5:50.41	297 *
	50m:	38.07	38.07	150m:	2:05.96	44.84	250m:	350m:	5:50.41	
	100m:	1:21.12	43.05	200m:	2:50.73	44.77	300m:	400m:	5:50.41	
32.	Elín Rósa Ragnarsdóttir								5:56.73	281 *
	50m:	39.10	39.10	150m:	2:07.65	45.18	250m:	350m:	5:12.10	45.93
	100m:	1:22.47	43.37	200m:	2:53.52	45.87	300m:	400m:	5:56.73	44.63
33.	Anna Rósa Þrastardóttir								6:04.36	264 *
	50m:	39.90	39.90	150m:			250m:	350m:	6:04.36	
	100m:			200m:			300m:	400m:		
ÓG.	Brynhildur Traustadóttir								4:30.79	NM
	<i>4.4 - Keppandi startar áður en rásmerki er gefið (þjófstart)</i>									
	50m:	30.45	30.45	150m:	1:38.83	34.56	250m:	350m:	3:57.19	34.41
	100m:	1:04.27	33.82	200m:	2:13.31	34.48	300m:	400m:	4:30.79	33.60

MÆekki Birta Rún Smáradóttir 04 UMFA

Sundgrein 4 karla, 400m skriðsund Opinn
19.10.2019 - 10:56 Úrslitalistar

Íslandsmet Opinn	3:48.83	Anton Sveinn McKee	Ægir	Istanbul (TUR)	14.12.2012
Íslandsmet 15 - 17	3:53.50				
Íslandsmet 13 - 14	4:08.10				
Íslandsmet 11 - 12	4:36.46				
Mótsmet	3:56.80	Kristófer Sigurðsson	ÍRB		31.10.2014

ÍM 25 : 4:45.81 / EM 16 +: 3:51.93 / NM 14 +: 4:08.10

Stig: FINA 2019

Sæti	F.ár								Tími	Stig
1.	Kristófer Atli Andersen								4:05.49	646 NM
	50m:	27.60	27.60	150m:	1:29.69	31.39	250m:	350m:	3:35.02	31.38
	100m:	58.30	30.70	200m:	2:00.96	31.27	300m:	400m:	4:05.49	30.47
2.	Róbert Andri Pálmason								4:10.74	606 ÍM
	50m:	27.52	27.52	150m:	1:30.06	31.65	250m:	350m:	3:38.84	32.48
	100m:	58.41	30.89	200m:	2:01.88	31.82	300m:	400m:	4:10.74	31.90
3.	Huginn Hilmarsson								4:13.76	585 ÍM
	50m:	28.06	28.06	150m:	1:30.78	31.88	250m:	350m:	3:41.14	32.47
	100m:	58.90	30.84	200m:	2:03.18	32.40	300m:	400m:	4:13.76	32.62
4.	Veigar Hrafn Sigþórsson								4:19.36	548 ÍM
	50m:	28.40	28.40	150m:	1:32.57	32.56	250m:	350m:	3:46.39	33.67
	100m:	1:00.01	31.61	200m:	2:05.66	33.09	300m:	400m:	4:19.36	32.97
5.	Snær Llorens Sigurðsson								4:19.66	546 ÍM
	50m:	28.86	28.86	150m:	1:34.31	33.34	250m:	350m:	3:47.17	32.74
	100m:	1:00.97	32.11	200m:	2:08.19	33.88	300m:	400m:	4:19.66	32.49
6.	Aron Fannar Kristínarson								4:22.25	530 ÍM
	50m:	29.19	29.19	150m:	1:35.23	33.32	250m:	350m:	3:49.61	33.30
	100m:	1:01.91	32.72	200m:	2:09.23	34.00	300m:	400m:	4:22.25	32.64
7.	Baldur Logi Gautason								4:24.75	515 ÍM
	50m:	28.91	28.91	150m:	1:35.17	33.62	250m:	350m:	3:51.29	34.36
	100m:	1:01.55	32.64	200m:	2:09.17	34.00	300m:	400m:	4:24.75	33.46
8.	Óskar Gauti Lund								4:26.90	502 ÍM
	50m:	29.23	29.23	150m:	1:35.16	33.48	250m:	350m:	3:52.29	34.46
	100m:	1:01.68	32.45	200m:	2:09.11	33.95	300m:	400m:	4:26.90	34.61

Sundgrein 4, karla, 400m skriðsund, Opinn

Sæti	F.ár				Tími	Stig
9. Gústav Ragnar Kristjánsson	02	Breiðablik	4:31.68	476	ÍM	
50m: 29.79 29.79	150m: 1:38.26	34.96 250m: 2:47.86	34.75	350m: 3:57.66	34.72	
100m: 1:03.30 33.51	200m: 2:13.11	34.85 300m: 3:22.94	35.08	400m: 4:31.68	34.02	
10. Jónas Atli Pálsson	03	SH	4:31.85	475	ÍM	
50m: 29.64 29.64	150m: 1:36.44	33.77 250m: 2:46.29	35.09	350m: 3:57.43	35.50	
100m: 1:02.67 33.03	200m: 2:11.20	34.76 300m: 3:21.93	35.64	400m: 4:31.85	34.42	
11. Daníel Steinn Davíðsson	03	Breiðablik	4:35.70	456	ÍM	
50m: 31.64 31.64	150m: 1:41.67	35.14 250m: 2:52.30	35.06	350m: 4:01.74	34.12	
100m: 1:06.53 34.89	200m: 2:17.24	35.57 300m: 3:27.62	35.32	400m: 4:35.70	33.96	
12. Bergur Fálnir Bjarnason	06	SH	4:35.87	455	ÍM	
50m: 31.19 31.19	150m: 1:41.85	35.57 250m: 2:53.17	35.16	350m: 4:02.84	34.71	
100m: 1:06.28 35.09	200m: 2:18.01	36.16 300m: 3:28.13	34.96	400m: 4:35.87	33.03	
13. Daníel Lúkas Tómasson	04	SH	4:36.22	453	ÍM	
50m: 30.53 30.53	150m: 1:39.55	34.80 250m: 2:50.92	35.66	350m: 4:01.70	35.53	
100m: 1:04.75 34.22	200m: 2:15.26	35.71 300m: 3:26.17	35.25	400m: 4:36.22	34.52	
14. Stefán Elías Davíðsson	03	ÍRB	4:37.55	447	ÍM	
50m: 30.94 30.94	150m: 1:40.93	35.60 250m: 2:52.06	35.49	350m: 4:03.15	35.75	
100m: 1:05.33 34.39	200m: 2:16.57	35.64 300m: 3:27.40	35.34	400m: 4:37.55	34.40	
15. Sveinn Elí Helgason	04	Ægir	4:38.22	443	ÍM	
50m: 30.15 30.15	150m: 1:40.45	35.64 250m: 2:52.46	35.89	350m: 4:03.78	35.83	
100m: 1:04.81 34.66	200m: 2:16.57	36.12 300m: 3:27.95	35.49	400m: 4:38.22	34.44	
16. Andri Bergmann Ísaksen	04	Breiðablik	4:39.34	438	ÍM	
50m: 31.61 31.61	150m: 1:41.70	35.40 250m: 2:51.97	35.14	350m: 4:03.41	36.00	
100m: 1:06.30 34.69	200m: 2:16.83	35.13 300m: 3:27.41	35.44	400m: 4:39.34	35.93	
17. Jón Ingi Halldórsson	04	Breiðablik	4:42.12	425	ÍM	
50m: 32.02 32.02	150m: 1:43.10	35.94 250m: 2:55.49	36.29	350m: 4:07.43	35.75	
100m: 1:07.16 35.14	200m: 2:19.20	36.10 300m: 3:31.68	36.19	400m: 4:42.12	34.69	
18. Stefán Ingi Ólafsson	06	Ægir	4:47.25	403		
50m: 33.36 33.36	150m: 1:46.24	36.61 250m: 2:58.96	36.12	350m: 4:12.24	36.32	
100m: 1:09.63 36.27	200m: 2:22.84	36.60 300m: 3:35.92	36.96	400m: 4:47.25	35.01	
19. Einar Atli Guðnason	03	Ægir	4:47.40	402		
50m: 32.69 32.69	150m: 1:46.04	36.98 250m: 2:59.91	36.83	350m: 4:14.09	36.86	
100m: 1:09.06 36.37	200m: 2:23.08	37.04 300m: 3:37.23	37.32	400m: 4:47.40	33.31	
20. Dagur Snær Hilmarsson	03	SH	4:48.39	398		
50m: 31.05 31.05	150m: 1:42.15	36.21 250m: 2:55.48	36.77	350m: 4:11.36	37.66	
100m: 1:05.94 34.89	200m: 2:18.71	36.56 300m: 3:33.70	38.22	400m: 4:48.39	37.03	
21. Sigurður Þráinn Sigurðsson	02	UMFA	4:51.76	385		
50m: 33.08 33.08	150m: 1:47.74	37.73 250m: 3:03.14	36.79	350m: 4:16.22	36.55	
100m: 1:10.01 36.93	200m: 2:26.35	38.61 300m: 3:39.67	36.53	400m: 4:51.76	35.54	
22. Björn Yngvi Guðmundsson	07	SH	4:52.30	382		
50m: 32.20 32.20	150m: 1:46.69	37.47 250m: 3:02.40	37.92	350m: 4:17.62	37.92	
100m: 1:09.22 37.02	200m: 2:24.48	37.79 300m: 3:39.70	37.30	400m: 4:52.30	34.68	
23. Runólfur Þorláksson	02	Ármann	4:53.22	379		
50m: 30.56 30.56	150m: 1:42.74	36.73 250m: 2:57.42	38.01	350m: 4:14.73	38.61	
100m: 1:06.01 35.45	200m: 2:19.41	36.67 300m: 3:36.12	38.70	400m: 4:53.22	38.49	
24. Kacper Kogut	06	Breiðablik	4:59.43	356		
50m: 33.86 33.86	150m: 1:48.75	38.21 250m: 3:05.63	38.55	350m: 4:22.56	38.26	
100m: 1:10.54 36.68	200m: 2:27.08	38.33 300m: 3:44.30	38.67	400m: 4:59.43	36.87	

Sundgrein 4, karla, 400m skriðsund, Opinn

Sæti	F.ár								Tími	Stig		
25.	Sigmundur Þór Sigurmundarson								5:00.92	350 *		
	50m:	33.07	33.07	150m:	1:49.43	38.52	250m:	3:05.69	37.92	350m:	4:23.83	38.95
	100m:	1:10.91	37.84	200m:	2:27.77	38.34	300m:	3:44.88	39.19	400m:	5:00.92	37.09
26.	Jakob Ingi Reynisson								5:01.05	350 *		
	50m:	33.04	33.04	150m:	1:49.86	38.81	250m:	3:08.12	39.17	350m:	4:25.04	38.28
	100m:	1:11.05	38.01	200m:	2:28.95	39.09	300m:	3:46.76	38.64	400m:	5:01.05	36.01
27.	Eggert Sigtryggsson								5:01.21	349 *		
	50m:	32.78	32.78	150m:	1:49.74	39.34	250m:	3:07.15	38.84	350m:	4:23.87	38.33
	100m:	1:10.40	37.62	200m:	2:28.31	38.57	300m:	3:45.54	38.39	400m:	5:01.21	37.34
28.	Denas Kazulis								5:16.64	301 *		
	50m:	35.56	35.56	150m:	1:57.23	41.00	250m:	3:18.43	40.64	350m:	4:39.01	40.04
	100m:	1:16.23	40.67	200m:	2:37.79	40.56	300m:	3:58.97	40.54	400m:	5:16.64	37.63
29.	Guðfinnur Karlsson								5:44.59	233 *		
	50m:	39.41	39.41	150m:	2:05.51	43.84	250m:	3:32.92	43.05	350m:	5:00.80	44.47
	100m:	1:21.67	42.26	200m:	2:49.87	44.36	300m:	4:16.33	43.41	400m:	5:44.59	43.79
30.	Emil Örn Björgvinsson								6:23.05	170 *		
	50m:	45.59	45.59	150m:	2:19.96	48.49	250m:	3:56.92	47.29	350m:	5:36.87	50.32
	100m:	1:31.47	45.88	200m:	3:09.63	49.67	300m:	4:46.55	49.63	400m:	6:23.05	46.18

Sundgrein 5
19.10.2019 - 11:13

kvenna, 50m baksund

Opinn
Úrslitalistar

Íslandsmet Opinn	27.40	Eygló Ósk Gústafsdóttir	Ægir	Windsor (CAN)	7.12.2016
Íslandsmet 15 - 17	28.23				
Íslandsmet 13 - 14	30.04				
Íslandsmet 11 - 12	32.21				
Mótsmet	28.11	Ingibjörg Kristín Jónsdóttir	SH		31.10.2011
ÍM 25 : 35.08 / EM 16 +: 28.06 / NM 13 +: 29.79					

Stig: FINA 2019

Sæti	F.ár		Tími	Stig
1.	Steingerður Hauksdóttir	96 SH	28.75	711 NM
2.	Emilía Sól Guðmundsdóttir	02 Ægir	30.97	569 ÍM
3.	Katarína Róbertsdóttir	00 SH	31.29	552 ÍM
4.	Þorgerður Ósk Jónsdóttir	03 SH	31.32	550 ÍM
5.	Stefanía Sigurþórsdóttir	01 Breiðablik	31.57	537 ÍM
6.	Dagbjörg Hlíf Ólafsdóttir	05 SH	32.79	479 ÍM
7.	Arianna Steinarsdóttir	03 Ármann	33.88	434 ÍM
8.	Katla Líf Ólafsdóttir	04 FJÖL	34.90	397 ÍM
9.	Ylfa Ásgerður Eyjólfsdóttir	06 Ármann	35.04	393 ÍM
10.	Rán Björnsdóttir	05 Ægir	35.23	386
11.	Diljá Rún Ívarsdóttir	02 ÍRB	35.43	380
12.	Rebekka Marín Arngeirsdóttir	05 ÍRB	35.45	379
13.	Embla Karen Sævarsdóttir	04 Óðinn	35.47	379
14.	Karen Ósk Gísladóttir	06 Breiðablik	35.58	375
15.	Helga Sigurlaug Helgadóttir	07 SH	35.66	373
16.	Sara Dís Ólafsdóttir	04 FJÖL	35.71	371
17.	Ingibjörg Erla Garðarsdóttir	00 FJÖL	35.82	368
18.	Elísabet Jóhannesdóttir	06 ÍRB	36.16	357
19.	Ziza Alomerovic	07 Ármann	36.26	354
20.	Sunna Arnfinnsdóttir	07 Ármann	36.43	349

Sundgrein 5, kvenna, 50m baksund, Opinn

Sæti	F.ár	Tími	Stig
21. Arna Maren Jóhannesdóttir	05 FJÖL	36.86	337
22. Ester Eva Ingimarsdóttir	04 VÖL	36.92	336
23. Lára Jakobína Ringsted	03 ÍA	37.02	333
24. Eyrún Anna Jóhannesdóttir	06 FJÖL	37.55	319
25. Marta Magnúsdóttir	05 KR	37.66	316
26. Lilja Natalie Gunnarsdóttir	06 Ægir	37.89	310
27. Júlía Pálmadóttir	07 Ármann	38.10	305
28. Otylia Lis	06 Ægir	38.11	305
29. Fjóla Margrét Viðarsdóttir	07 ÍRB	38.48	296
Jóhanna Arna Gunnarsdóttir	06 ÍRB	38.48	296
31. Hrafnhildur Lóa Kvaran	07 Ármann	39.58	272
32. Katla Mist Bragadóttir	07 Ármann	39.65	271
33. María Sól Jósepsdóttir	08 FJÖL	42.25	224 *
34. Sólveig Ágústa Aradóttir	05 Ármann	42.61	218 *
35. Katrín Magnea Finnsdóttir	04 Óðinn	42.97	213 *
36. Katrín Lóa Ingadóttir	08 Óðinn	44.81	187 *
37. Móeiður Snorradóttir	06 Breiðablik	46.35	169 *
38. Tanya Jóhannsdóttir	S7 03 FJÖR	48.26	150 *
ÓG. Aníta Ingibjörg Antonsdóttir	08 Óðinn	54.93	*

6.4 - Keppendai ekki kominn í bakstöðu þegar spyrnt er frá bakka

MÆekki Sunna Björg Harðardóttir 06 Ægir

Sundgrein 6

karla, 100m flugsund

Opinn

19.10.2019 - 11:21

Úrslitalistar

Íslandsmet Opinn	52.53	Örn Arnarson	SH	Debrecen (HUN)	13.12.2007
Íslandsmet 15 - 17	55.77				
Íslandsmet 13 - 14	1:00.10				
Íslandsmet 11 - 12	1:03.91				
Mótsmet	56.22	Ágúst Júlíusson	ÍA		31.10.2016

ÍM 25 : 1:05.46 / EM 16 +: 53.36 / NM 14 +: 57.01

Stig: FINA 2019

Sæti	F.ár	Tími	Stig	50m	100m
Opinn					
1. Fannar Snævar Hauksson	04 ÍRB	58.36	559	ÍM	27.08 31.28
2. Símon Elías Statkevicius	03 SH	59.75	521	ÍM	27.98 31.77
3. Atli Vikar Ingimundarson	97 ÍA	1:00.36	505	ÍM	28.03 32.33
4. Ólafur Árdal Sigurðsson	99 SH	1:00.54	500	ÍM	27.90 32.64
5. Hafþór Jón Sigurðsson	97 SH	1:00.57	500	ÍM	27.79 32.78
6. Birnir Freyr Hálfðánarsson	06 SH	1:01.00	489	ÍM	27.83 33.17
7. Kristófer Atli Andersen	02 Breiðablik	1:01.11	487	ÍM	28.15 32.96
8. Róbert Andri Pálmason	02 Breiðablik	1:01.49	478	ÍM	28.56 32.93
9. Bjartur Þórhallsson	00 FJÖL	1:02.57	453	ÍM	28.91 33.66
10. Aron Þór Jónsson	02 SH	1:02.62	452	ÍM	29.07 33.55
11. Kári Sölvi Nielsen	00 SH	1:02.76	449	ÍM	27.46 35.30
12. Flosi Ómarsson	03 ÍRB	1:04.91	406	ÍM	30.02 34.89
13. Logi Freyr Arnarsson	03 KR	1:05.06	403	ÍM	29.85 35.21
14. Guðmundur Karl Karlsson	05 Breiðablik	1:05.15	401	ÍM	30.25 34.90
15. Jónas Atli Pálsson	03 SH	1:05.64	392		30.39 35.25
16. Halldór Björn Kristinsson	02 FJÖL	1:06.95	370		30.69 36.26
17. Gabriel Ari Tryggvarson	03 ÍRB	1:08.46	346		31.23 37.23

Sundgrein 6, karla, 100m flugsund, Opinn

Sæti	F.ár	Tími	Stig	50m	100m
18.	Hilmir Snær Lunddal Rúnarssc03	SH	1:08.85	340	32.43 36.42
19.	Guðmundur Halldórsson	04 Breiðablik	1:09.61	329	32.51 37.10
20.	Kristófer Óli Birkisson	04 Óðinn	1:09.78	327	32.46 37.32
21.	Skúli Thor Ásgeirsson	02 Ægir	1:09.89	325	32.12 37.77
22.	Sigurður Ingi Sigurðarson	01 KR	1:10.00	324	32.25 37.75
23.	Kári Steinn Kjartansson	03 Ægir	1:10.05	323	32.64 37.41
24.	Tristan Tómasson Manoury	04 KR	1:10.88	312	31.78 39.10
25.	Gabriel Þór Sigurmundsson	03 ÍRB	1:11.46	304	33.72 37.74
26.	Kári Snær Halldórsson	04 ÍRB	1:13.72	277	33.62 40.10
27.	Guðmundur Leo Rafnsson	06 ÍRB	1:16.17	251	34.75 41.42
28.	Kacper Kogut	06 Breiðablik	1:16.37	249	36.01 40.36
29.	Halldór Óskar Eiríksson	02 FJÖL	1:16.70	246	35.21 41.49
30.	Kirill Zolotuskiy	04 KR	1:17.39	239	36.06 41.33
31.	Adam Leó Tómasson	07 SH	1:17.96	234	36.49 41.47
32.	Hólmar Grétarsson	08 SH	1:23.59	190	38.92 44.67
33.	Nikolai Leo Jónsson	08 ÍRB	1:29.22	156	41.23 47.99
34.	Kolbeinn Kári Jónsson	06 Ægir	1:31.00	147	42.38 48.62
35.	Dominic Daði Wheeler	07 Ægir	1:31.31	145	40.19 51.12
36.	Egill Jónasson	06 FJÖL	1:32.67	139	42.69 49.98
37.	Arnar Milos Arnbjörnsson	08 ÍRB	1:43.44	100	47.13 56.31

Framtíð 13 ára og yngri

1.	Birnir Freyr Hálfðánarsson	06 SH	1:01.00	489	ÍM	27.83 33.17
2.	Guðmundur Leo Rafnsson	06 ÍRB	1:16.17	251		34.75 41.42
3.	Kacper Kogut	06 Breiðablik	1:16.37	249		36.01 40.36
4.	Adam Leó Tómasson	07 SH	1:17.96	234		36.49 41.47
5.	Hólmar Grétarsson	08 SH	1:23.59	190		38.92 44.67
6.	Nikolai Leo Jónsson	08 ÍRB	1:29.22	156		41.23 47.99
7.	Kolbeinn Kári Jónsson	06 Ægir	1:31.00	147		42.38 48.62
8.	Dominic Daði Wheeler	07 Ægir	1:31.31	145		40.19 51.12
9.	Egill Jónasson	06 FJÖL	1:32.67	139		42.69 49.98
10.	Arnar Milos Arnbjörnsson	08 ÍRB	1:43.44	100		47.13 56.31

Æskunnar 14/15 ára

1.	Fannar Snævar Hauksson	04 ÍRB	58.36	559	ÍM	27.08 31.28
2.	Guðmundur Karl Karlsson	05 Breiðablik	1:05.15	401	ÍM	30.25 34.90
3.	Guðmundur Halldórsson	04 Breiðablik	1:09.61	329		32.51 37.10
4.	Kristófer Óli Birkisson	04 Óðinn	1:09.78	327		32.46 37.32
5.	Tristan Tómasson Manoury	04 KR	1:10.88	312		31.78 39.10
6.	Kári Snær Halldórsson	04 ÍRB	1:13.72	277		33.62 40.10
7.	Kirill Zolotuskiy	04 KR	1:17.39	239		36.06 41.33

Unglinga 16/17 ára

1.	Símon Elías Statkevicius	03 SH	59.75	521	ÍM	27.98 31.77
2.	Kristófer Atli Andersen	02 Breiðablik	1:01.11	487	ÍM	28.15 32.96
3.	Róbert Andri Pálmason	02 Breiðablik	1:01.49	478	ÍM	28.56 32.93
4.	Aron Þór Jónsson	02 SH	1:02.62	452	ÍM	29.07 33.55
5.	Flosi Ómarsson	03 ÍRB	1:04.91	406	ÍM	30.02 34.89
6.	Logi Freyr Arnarsson	03 KR	1:05.06	403	ÍM	29.85 35.21
7.	Jónas Atli Pálsson	03 SH	1:05.64	392		30.39 35.25
8.	Halldór Björn Kristinsson	02 FJÖL	1:06.95	370		30.69 36.26
9.	Gabriel Ari Tryggvarson	03 ÍRB	1:08.46	346		31.23 37.23
10.	Hilmir Snær Lunddal Rúnarssc03	SH	1:08.85	340		32.43 36.42

Sundgrein 6, Piltar, 100m flugsund, Unglinga 16/17 ára

Sæti	F.ár		Tími	Stig	50m	100m
11.	Skúli Thor Ásgeirsson	02 Ægir	1:09.89	325	32.12	37.77
12.	Kári Steinn Kjartansson	03 Ægir	1:10.05	323	32.64	37.41
13.	Gabríel Þór Sigurmundsson	03 ÍRB	1:11.46	304	33.72	37.74
14.	Haldór Óskar Eiríksson	02 FJÖL	1:16.70	246	35.21	41.49

Sundgrein 7

kvenna, 200m flugsund

Opinn

19.10.2019 - 11:29

Úrslitalistar

Íslandsmet Opinn	2:12.95	Inga Elín Cryer	Ægir	Netanya (ISR)	4.12.2015
Íslandsmet 15 - 17	2:16.90				
Íslandsmet 13 - 14	2:18.77				
Íslandsmet 11 - 12	2:33.98				
Mótsmet	2:21.68	Sunneva Dögg Róbertsson	ÍRB		31.10.2016

ÍM 25 : 2:37.39 / EM 16 +: 2:14.36 / NM 13 +: 2:23.14

Stig: FINA 2019

Sæti	F.ár		Tími	Stig	50m	100m	150m	200m	
Opinn									
1.	Kristín Ylfa Guðmundsdóttir	02 SH	2:31.10	496	ÍM	33.52	37.59	39.41	40.58
2.	Eva Margrét Falsdóttir	05 ÍRB	2:35.23	457	ÍM	34.52	40.07	40.16	40.48
3.	Svava Björg Lárusdóttir	03 Ármann	2:36.00	450	ÍM	32.69	39.15	41.48	42.68
4.	Jóhanna Brynja Rúnarsdóttir	06 SH	2:39.18	424		35.16	40.24	42.18	41.60
5.	Sólveig María Baldursdóttir	04 ÍRB	2:50.47	345		38.31	43.05	44.41	44.70
6.	Athena Líf Þrastardóttir	07 ÍRB	2:58.35	301		38.55	46.75	47.87	45.18
7.	Þórey Una Arnlaugsdóttir	06 ÍRB	3:01.69	285		39.88	47.22	48.61	45.98
8.	Þórdís M Aðalsteinsdóttir	03 ÍRB	3:02.86	279		39.80	46.99	47.96	48.11
9.	Katla María Brynjarsdóttir	07 ÍRB	3:06.33	264		37.99	47.43	50.27	50.64
10.	Ylfa Lind Kristmannsdóttir	08 Ármann	3:10.73	246	*	40.11	49.82	51.69	49.11
11.	Ástrós Halla Jónsdóttir	06 FJÖL	3:11.80	242	*	43.21	48.85	50.66	49.08
12.	María Skorastein S.	07 SH	3:26.52	194	*	45.27	52.84	55.11	53.30
ÓG.	Sara Dís Ólafsdóttir	04 FJÖL	2:59.93			38.55	45.87	48.17	47.34

4.4 - Keppandi startar áður en rásmerki er gefið (þjófstart)

Framtíð 12 ára og yngri

1.	Athena Líf Þrastardóttir	07 ÍRB	2:58.35	301		38.55	46.75	47.87	45.18
2.	Katla María Brynjarsdóttir	07 ÍRB	3:06.33	264		37.99	47.43	50.27	50.64
3.	Ylfa Lind Kristmannsdóttir	08 Ármann	3:10.73	246	*	40.11	49.82	51.69	49.11
4.	María Skorastein S.	07 SH	3:26.52	194	*	45.27	52.84	55.11	53.30

Æskunnar 13/14 ára

1.	Eva Margrét Falsdóttir	05 ÍRB	2:35.23	457	ÍM	34.52	40.07	40.16	40.48
2.	Jóhanna Brynja Rúnarsdóttir	06 SH	2:39.18	424		35.16	40.24	42.18	41.60
3.	Þórey Una Arnlaugsdóttir	06 ÍRB	3:01.69	285		39.88	47.22	48.61	45.98
4.	Ástrós Halla Jónsdóttir	06 FJÖL	3:11.80	242	*	43.21	48.85	50.66	49.08

Unglinga 15/16 ára

1.	Svava Björg Lárusdóttir	03 Ármann	2:36.00	450	ÍM	32.69	39.15	41.48	42.68
2.	Sólveig María Baldursdóttir	04 ÍRB	2:50.47	345		38.31	43.05	44.41	44.70
3.	Þórdís M Aðalsteinsdóttir	03 ÍRB	3:02.86	279		39.80	46.99	47.96	48.11
ÓG.	Sara Dís Ólafsdóttir	04 FJÖL	2:59.93			38.55	45.87	48.17	47.34

4.4 - Keppandi startar áður en rásmerki er gefið (þjófstart)

Sundgrein 8
19.10.2019 - 11:37

karla, 200m baksund

Opinn
Úrslitalistar

Íslandsmet Opinn	1:52.90	Örn Arnarson	SH	Valencia (ESP)	14.12.2000
Íslandsmet 15 - 17	1:55.16				
Íslandsmet 13 - 14	2:06.72				
Íslandsmet 11 - 12	2:19.16				
Mótsmet	2:04.08	Kristinn Þórarinnsson	FJÖL		31.10.2013

ÍM 25 : 2:27.52 / EM 16 +: 1:58.29 / NM 14 +: 2:08.09

Stig: FINA 2019

Sæti	F.ár		Tími	Stig	50m	100m	150m	200m		
Opinn										
1.	Brynjólfur Óli Karlsson	01	Breiðablik	2:04.66	608	NM	28.48	31.24	32.44	32.50
2.	Patrik Viggó Vilbergsson	02	Breiðablik	2:09.27	545	ÍM	30.45	32.94	33.42	32.46
3.	Kristjan Gylfi Þórisson	00	FJÖL	2:09.37	544	ÍM	29.94	33.10	34.54	31.79
4.	Júlíus Karl Maier	02	SH	2:12.65	504	ÍM	30.85	33.30	34.81	33.69
5.	Tómas Magnússon	02	KR	2:13.30	497	ÍM	30.89	34.63	34.11	33.67
6.	Björgvin Árni Júlíusson	01	KR	2:16.44	464	ÍM	31.80	34.14	35.05	35.45
7.	Veigar Hrafn Sigþórsson	05	SH	2:17.48	453	ÍM	32.05	34.48	35.59	35.36
8.	Alexander Logi Jónsson	04	ÍRB	2:20.65	423	ÍM	33.86	35.58	35.74	35.47
9.	Sveinn Elí Helgason	04	Ægir	2:24.36	391	ÍM	33.20	36.86	37.43	36.87
10.	Edward Jensson	04	SH	2:24.64	389	ÍM	32.74	35.92	38.19	37.79
11.	Bergur Fáfniir Bjarnason	06	SH	2:25.62	381	ÍM	34.42	37.36	38.14	35.70
12.	Bjarki B Isaksen	06	Breiðablik	2:39.17	292		37.40	40.54	41.58	39.65
13.	Daníel Lúkas Tómasson	04	SH	2:43.73	268		36.95	41.85	42.96	41.97
14.	Andri Már Kristjánsson	06	SH	2:48.92	244		40.96	42.00	44.61	41.35
15.	Björn Yngvi Guðmundsson	07	SH	2:50.01	239		39.29	44.38	43.78	42.56
16.	Magnús Víðir Jónsson	08	SH	2:50.42	238		40.39	43.63	44.55	41.85
17.	Bjarni Ívar Ragnarsson	08	ÍRB	3:02.84	192		43.28	46.14	46.60	46.82
18.	Árni Þór Pálmason	09	ÍRB	3:06.82	180		42.22	47.42	47.68	49.50
19.	Oliver Kaldal	07	Ægir	3:09.94	171		43.89	49.09	49.10	47.86
20.	Hrafn Sverrisson	05	Ármann	3:10.60	170		43.93	48.26		
21.	Ari Eyvindarsson	07	SH	3:13.09	163		46.36	50.36	49.36	47.01
22.	Gabriel Ingi Derti	08	ÍRB	3:21.92	143		45.95	52.61	52.76	50.60
23.	Hermann Ingi Eiríksson	05	FJÖL	3:24.00	138		45.34	51.94	54.81	51.91

Framtíð 13 ára og yngri

1.	Bergur Fáfniir Bjarnason	06	SH	2:25.62	381	ÍM	34.42	37.36	38.14	35.70
2.	Bjarki B Isaksen	06	Breiðablik	2:39.17	292		37.40	40.54	41.58	39.65
3.	Andri Már Kristjánsson	06	SH	2:48.92	244		40.96	42.00	44.61	41.35
4.	Björn Yngvi Guðmundsson	07	SH	2:50.01	239		39.29	44.38	43.78	42.56
5.	Magnús Víðir Jónsson	08	SH	2:50.42	238		40.39	43.63	44.55	41.85
6.	Bjarni Ívar Ragnarsson	08	ÍRB	3:02.84	192		43.28	46.14	46.60	46.82
7.	Árni Þór Pálmason	09	ÍRB	3:06.82	180		42.22	47.42	47.68	49.50
8.	Oliver Kaldal	07	Ægir	3:09.94	171		43.89	49.09	49.10	47.86
9.	Ari Eyvindarsson	07	SH	3:13.09	163		46.36	50.36	49.36	47.01
10.	Gabriel Ingi Derti	08	ÍRB	3:21.92	143		45.95	52.61	52.76	50.60

Æskunnar 14/15 ára

1.	Veigar Hrafn Sigþórsson	05	SH	2:17.48	453	ÍM	32.05	34.48	35.59	35.36
2.	Alexander Logi Jónsson	04	ÍRB	2:20.65	423	ÍM	33.86	35.58	35.74	35.47
3.	Sveinn Elí Helgason	04	Ægir	2:24.36	391	ÍM	33.20	36.86	37.43	36.87
4.	Edward Jensson	04	SH	2:24.64	389	ÍM	32.74	35.92	38.19	37.79
5.	Daníel Lúkas Tómasson	04	SH	2:43.73	268		36.95	41.85	42.96	41.97
6.	Hrafn Sverrisson	05	Ármann	3:10.60	170		43.93	48.26		
7.	Hermann Ingi Eiríksson	05	FJÖL	3:24.00	138		45.34	51.94	54.81	51.91

Sundgrein 8, karla, 200m baksund

Unglinga 16/17 ára

1. Patrik Viggó Vilbergsson	02	Breiðablik	2:09.27	545	ÍM	30.45	32.94	33.42	32.46
2. Júlíus Karl Maier	02	SH	2:12.65	504	ÍM	30.85	33.30	34.81	33.69
3. Tómas Magnússon	02	KR	2:13.30	497	ÍM	30.89	34.63	34.11	33.67

Sundgrein 9

kvenna, 200m bringusund

Opinn
Úrslitalistar

19.10.2019 - 11:49

Íslandsmet Opinn	2:22.69	Hrafnhildur Lúthersdóttir	SH	Doha (QAT)	7.12.2014
Íslandsmet 15 - 17	2:31.51				
Íslandsmet 13 - 14	2:34.41				
Íslandsmet 11 - 12	2:42.79				
Mótsmet	2:28.07	Hrafnhildur Lúthersdóttir	SH		29.10.2017

ÍM 25 : 2:59.89 / EM 16 +: 2:29.66 / NM 13 +: 2:39.52

Stig: FINA 2019

Sæti	F.ár		Tími	Stig		50m	100m	150m	200m	
Opinn										
1.	Sunna Svanlaug V.	00	SH	2:39.54	600	ÍM	36.06	40.35	41.30	41.83
2.	Freyja Birkisdóttir	06	Breiðablik	2:45.45	538	ÍM	37.26	42.30	42.97	42.92
3.	Guðbjörg Bjartey G.	05	ÍA	2:48.85	506	ÍM	37.79	42.80	44.15	44.11
4.	Amalia Nanna Juliusdóttir	02	Óðinn	2:50.48	491	ÍM	37.58	42.91	44.98	45.01
5.	Rán Björnsdóttir	05	Ægir	2:56.86	440	ÍM	40.03	45.39	45.73	45.71
6.	Thelma Lind Einarsdóttir	05	ÍRB	2:58.17	430	ÍM	41.24	45.40	45.59	45.94
7.	Vigdís Tinna Hákonardóttir	06	Breiðablik	2:58.54	428	ÍM	40.02	45.49	47.32	45.71
8.	Embla Karen Sævarsdóttir	04	Óðinn	2:59.52	421	ÍM	40.71	45.71	47.38	45.72
9.	Birgitta Ingólfssdóttir	05	SH	3:01.13	410		41.43	46.33	47.44	45.93
10.	Rebekka Marín Arngeirsdóttir	05	ÍRB	3:01.33	408		40.72	46.36	47.69	46.56
11.	Sunneva Bergmann Á.	07	ÍRB	3:05.60	381		42.48	47.05	48.22	47.85
12.	Júlía Pálmadóttir	07	Ármann	3:05.98	378		42.10	47.40	48.46	48.02
13.	Ragnheiður Milla B.	06	Breiðablik	3:06.26	377		41.29	48.55	48.65	47.77
14.	Dagbjört Lilja Danielsdóttir	04	VÖL	3:07.09	372		42.72	47.44	49.03	47.90
15.	Hulda Þorkeldsdóttir	06	Ægir	3:07.85	367		42.44	48.12	48.84	48.45
16.	Nadja Djurovic	07	Breiðablik	3:07.88	367		40.92	48.94	49.47	48.55
17.	Kolbrá Sölva Leifsdóttir	05	KR	3:11.14	348		42.33	48.02	50.73	50.06
18.	Sunna Arnfinnsdóttir	07	Ármann	3:12.63	340		44.73	49.42	49.29	49.19
19.	Matthildur Valdimarsdóttir	06	Óðinn	3:15.17	327		43.27	50.48	51.83	49.59
20.	Auður María Lárusdóttir	06	ÍA	3:16.82	319		44.11	50.96	51.81	49.94
21.	Katla Líf Ólafsdóttir	04	FJÖL	3:17.24	317		44.56	50.65	52.18	49.85
22.	Katla Mist Bragadóttir	07	Ármann	3:18.07	313		45.77	50.59	51.20	50.51
23.	Sara Lind Aðalsteinsdóttir	07	SH	3:19.17	308		45.47	49.98	52.48	51.24
24.	Ziza Alomerovic	07	Ármann	3:21.04	299		43.35	50.30	53.86	53.53
25.	Embla Dögg Helgadóttir	08	Ægir	3:22.11	295		46.60	52.41	52.83	50.27
26.	Elín Rósa Ragnarsdóttir	06	Óðinn	3:22.66	292		45.98	51.74	52.43	52.51
27.	Gabija Marija Savickaitė	08	ÍRB	3:23.64	288		46.33	51.47	53.75	52.09
28.	Arna Rut Stefánsdóttir	07	SH	3:27.49	272		48.15	52.02	54.50	52.82
29.	Agnes Fjóra Flosadóttir	02	Óðinn	3:27.98	270		45.93	52.24	53.79	56.02
30.	Ragnheiður Ásta M.	07	Breiðablik	3:28.11	270		47.22	53.97	54.15	52.77
31.	Jana Guðlaug Ómarsdóttir	07	ÍRB	3:28.54	268		48.30	53.89	54.41	51.94
32.	Naomí Arnarsdóttir	07	Óðinn	3:29.20	266		48.88	53.68	53.46	53.18
33.	Nicole Jóna Jóhannsdóttir	08	SH	3:29.30	265		46.78	54.48	54.33	53.71
	Juliane Liv Sörensen	07	Óðinn	3:29.30	265		47.87	53.33	54.40	53.70
35.	Írena Mjöll Elínardóttir	07	Ægir	3:30.02	263	*	47.15	53.81	54.62	54.44
36.	Kara Sól Gunnlaugsdóttir	05	ÍRB	3:32.29	254	*	46.90	54.97	56.00	54.42
37.	Sólveig Freyja Hákonardóttir	09	Breiðablik	3:32.33	254	*	50.16	55.06	56.15	50.96

Sundgrein 9, kvenna, 200m bringusund, Opinn

Sæti	F.ár	Tími	Stig	50m	100m	150m	200m		
38.	Natalía Dögg Brynjarsdóttir	07	ÍRB	3:33.28	251 *	49.06	55.23	54.40	54.59
39.	Eydís Arna Isaksen	08	Óðinn	3:35.44	243 *	47.73	56.28	56.73	54.70
40.	Ásdís Steindórsdóttir	09	Breiðablik	3:35.68	242 *	50.94	54.87	55.31	54.56
41.	Bergþóra Sól Hálfðánsdóttir	06	UMFA	3:42.23	222 *	50.03	57.11	59.13	55.96
42.	Anna Björg Elmarsdóttir	06	Óðinn	3:49.23	202 *	52.71	59.14	59.64	57.74
43.	Halla Rún Fannarsdóttir	08	Óðinn	3:53.32	191 *	52.10	1:00.38	1:00.87	59.97
MÆekki	Sunna Björg Harðardóttir	06	Ægir						
MÆekki	Amelía Björk Davíðsdóttir	03	ÍRB						
MÆekki	Áslaug Margrét Alfreðsdóttir	08	Breiðablik						

Framtíð 12 ára og yngri

1.	Sunneva Bergmann Á.	07	ÍRB	3:05.60	381	42.48	47.05	48.22	47.85
2.	Júlía Pálmadóttir	07	Ármann	3:05.98	378	42.10	47.40	48.46	48.02
3.	Nadja Djurovic	07	Breiðablik	3:07.88	367	40.92	48.94	49.47	48.55
4.	Sunna Arnfinnsdóttir	07	Ármann	3:12.63	340	44.73	49.42	49.29	49.19
5.	Katla Mist Bragadóttir	07	Ármann	3:18.07	313	45.77	50.59	51.20	50.51
6.	Sara Lind Aðalsteinsdóttir	07	SH	3:19.17	308	45.47	49.98	52.48	51.24
7.	Ziza Alomerovic	07	Ármann	3:21.04	299	43.35	50.30	53.86	53.53
8.	Embla Dögg Helgadóttir	08	Ægir	3:22.11	295	46.60	52.41	52.83	50.27
9.	Gabija Marija Savickaitė	08	ÍRB	3:23.64	288	46.33	51.47	53.75	52.09
10.	Arna Rut Stefánsdóttir	07	SH	3:27.49	272	48.15	52.02	54.50	52.82
11.	Ragnheiður Ásta M.	07	Breiðablik	3:28.11	270	47.22	53.97	54.15	52.77
12.	Jana Guðlaug Ómarsdóttir	07	ÍRB	3:28.54	268	48.30	53.89	54.41	51.94
13.	Naomí Arnarsdóttir	07	Óðinn	3:29.20	266	48.88	53.68	53.46	53.18
14.	Nicole Jóna Jóhannsdóttir	08	SH	3:29.30	265	46.78	54.48	54.33	53.71
	Juliane Liv Sørensen	07	Óðinn	3:29.30	265	47.87	53.33	54.40	53.70
16.	Írena Mjöll Elínardóttir	07	Ægir	3:30.02	263 *	47.15	53.81	54.62	54.44
17.	Sólveig Freyja Hákonardóttir	09	Breiðablik	3:32.33	254 *	50.16	55.06	56.15	50.96
18.	Natalía Dögg Brynjarsdóttir	07	ÍRB	3:33.28	251 *	49.06	55.23	54.40	54.59
19.	Eydís Arna Isaksen	08	Óðinn	3:35.44	243 *	47.73	56.28	56.73	54.70
20.	Ásdís Steindórsdóttir	09	Breiðablik	3:35.68	242 *	50.94	54.87	55.31	54.56
21.	Halla Rún Fannarsdóttir	08	Óðinn	3:53.32	191 *	52.10	1:00.38	1:00.87	59.97
MÆekki	Áslaug Margrét Alfreðsdóttir	08	Breiðablik						

Æskunnar 13/14 ára

1.	Freyja Birkisdóttir	06	Breiðablik	2:45.45	538	ÍM	37.26	42.30	42.97	42.92
2.	Guðbjörg Bjartey G.	05	ÍA	2:48.85	506	ÍM	37.79	42.80	44.15	44.11
3.	Rán Björnsdóttir	05	Ægir	2:56.86	440	ÍM	40.03	45.39	45.73	45.71
4.	Thelma Lind Einarsdóttir	05	ÍRB	2:58.17	430	ÍM	41.24	45.40	45.59	45.94
5.	Vigdís Tinna Hákonardóttir	06	Breiðablik	2:58.54	428	ÍM	40.02	45.49	47.32	45.71
6.	Birgitta Ingólfssdóttir	05	SH	3:01.13	410		41.43	46.33	47.44	45.93
7.	Rebekka Marín Arngeirsdóttir	05	ÍRB	3:01.33	408		40.72	46.36	47.69	46.56
8.	Ragnheiður Milla B.	06	Breiðablik	3:06.26	377		41.29	48.55	48.65	47.77
9.	Hulda Þorkelsdóttir	06	Ægir	3:07.85	367		42.44	48.12	48.84	48.45
10.	Kolbrá Sölva Leifsdóttir	05	KR	3:11.14	348		42.33	48.02	50.73	50.06
11.	Matthildur Valdimarsdóttir	06	Óðinn	3:15.17	327		43.27	50.48	51.83	49.59
12.	Auður María Lárusdóttir	06	ÍA	3:16.82	319		44.11	50.96	51.81	49.94
13.	Elín Rósa Ragnarsdóttir	06	Óðinn	3:22.66	292		45.98	51.74	52.43	52.51
14.	Kara Sól Gunnlaugsdóttir	05	ÍRB	3:32.29	254 *		46.90	54.97	56.00	54.42
15.	Bergþóra Sól Hálfðánsdóttir	06	UMFA	3:42.23	222 *		50.03	57.11	59.13	55.96
16.	Anna Björg Elmarsdóttir	06	Óðinn	3:49.23	202 *		52.71	59.14	59.64	57.74
MÆekki	Sunna Björg Harðardóttir	06	Ægir							

Sundgrein 9, kvenna, 200m bringusund

Unglinga 15/16 ára

1. Embla Karen Sævarsdóttir	04	Óðinn	2:59.52	421	ÍM	40.71	45.71	47.38	45.72
2. Dagbjört Lilja Danielsdóttir	04	VÖL	3:07.09	372		42.72	47.44	49.03	47.90
3. Katla Líf Ólafsdóttir	04	FJÖL	3:17.24	317		44.56	50.65	52.18	49.85
MÆekki Amelía Björk Davíðsdóttir	03	ÍRB							

Sundgrein 10

19.10.2019 - 12:10

karla, 100m bringusund

Opinn
Úrslitalistar

Íslandsmet Opinn	57.57	Anton Sveinn McKee	SH	Hagnzhou (CHN)	11.12.2018
Íslandsmet 15 - 17	1:02.99				
Íslandsmet 13 - 14	1:06.70				
Íslandsmet 11 - 12	1:10.65				
Mótsmet	1:01.95	Jóhann Jakob Sveinsson	Ægir		31.10.2010

ÍM 25 : 1:15.78 / EM 16 +: 1:00.34 / NM 14 +: 1:04.96

Stig: FINA 2019

Sæti	F.ár		Tími	Stig		50m	100m
Opinn							
1.	Daði Björnsson	04 SH	1:05.66	607	ÍM	30.95	34.71
2.	Aron Þór Jónsson	02 SH	1:06.03	597	ÍM	31.33	34.70
3.	Snorri Dagur Einarsson	05 SH	1:10.37	493	ÍM	33.15	37.22
4.	Huginn Hilmarsson	95 Breiðablik	1:10.65	487	ÍM	32.68	37.97
5.	Óskar Gauti Lund	99 Breiðablik	1:10.82	484	ÍM	33.40	37.42
6.	Birnir Freyr Hálfðánarsson	06 SH	1:11.31	474	ÍM	33.72	37.59
7.	Ingvar Orri Jóhannesson	04 FJÖL	1:11.42	472	ÍM	32.76	38.66
8.	Daniel Steinn Davíðsson	03 Breiðablik	1:12.37	453	ÍM	33.94	38.43
9.	Þorbjörn Andrason	01 KR	1:12.52	450	ÍM	34.04	38.48
10.	Snær Llorens Sigurðsson	02 ÍA	1:12.87	444	ÍM	34.00	38.87
11.	Sigurður Ingi Sigurðarson	01 KR	1:13.53	432	ÍM	34.20	39.33
12.	Gústav Ragnar Kristjánsson	02 Breiðablik	1:15.49	399	ÍM	35.42	40.07
13.	Runólfur Þorláksson	02 Ármann	1:15.93	392		34.90	41.03
14.	Ólafur Breki Guðnason	03 Ægir	1:19.50	342		36.98	42.52
15.	Örn Kató Arnarsson	05 Óðinn	1:21.61	316		38.45	43.16
16.	Andri Bergmann Ísaksen	04 Breiðablik	1:23.00	300		39.18	43.82
17.	Einar Atli Guðnason	03 Ægir	1:25.18	278		39.83	45.35
18.	Óliver Marteinsson	04 KR	1:26.53	265		40.00	46.53
19.	Stefán Ingi Ólafsson	06 Ægir	1:27.72	254		41.91	45.81
20.	Guðfinnur Karlsson	88 FJÖR	1:28.04	252		42.47	45.57
21.	Adam Leó Tómasson	07 SH	1:29.05	243		43.14	45.91
22.	Magni Snær Imsland Grétarsson	06 Sindri	1:29.51	239		42.47	47.04
23.	Guðmundur Leo Rafnsson	06 ÍRB	1:30.32	233		42.95	47.37
24.	Jakob Ingi Reynisson	06 ÍRB	1:30.64	230		42.71	47.93
25.	Sigmundur Þór Sigurmundarsson	05 ÍRB	1:30.85	229		42.58	48.27
26.	Denas Kazulis	08 ÍRB	1:31.90	221		44.11	47.79
27.	Daði Rafn Falsson	08 ÍRB	1:32.90	214		44.38	48.52
28.	Stefán Gretar Katrínarson	08 Óðinn	1:35.50	197		45.66	49.84
29.	Kristófer Andri Jóhannsson	08 SH	1:35.56	197		45.75	49.81
30.	Egill Jónasson	06 FJÖL	1:36.54	191		45.36	51.18
31.	Arnór Egill Einarsson	07 SH	1:37.12	187		47.28	49.84
32.	Kristinn Viðar Tómasson	06 Óðinn	1:38.39	180		45.46	52.93
33.	Bjarni Snær Skarphéðinsson	06 ÍA	1:39.20	176		46.78	52.42
34.	Víkingur Geirdal	07 ÍA	1:39.60	174		47.78	51.82
35.	Árni Þór Pálmason	09 ÍRB	1:41.55	164		47.99	53.56
36.	Hólmar Grétarsson	08 SH	1:41.82	162		48.81	53.01

Sundgrein 10, karla, 100m bringusund, Opinn

Sæti	F.ár		Tími	Stig	50m	100m
37.	Hákon Hafþórsson	08 Breiðablik	1:43.44	155	49.22	54.22
38.	Hákon Freyr Sigurðarson	06 Breiðablik	1:48.61	134	50.69	57.92
39.	Ásberg Halldór Hansson	07 FJÖL	1:48.91	133		
40.	Ómar Magni Egilsson	06 ÍRB	1:49.29	131	50.79	58.50
41.	Emil Örn Björgvinsson	07 Breiðablik	1:57.29	106 *	55.59	1:01.70
MÆekki	Markús Már Hilmarsson	05 SH				
MÆekki	Nikolas Hrafn Marksson	07 Ægir				
MÆekki	Már Gunnarsson S11	99 ÍRB				

Framtíð 13 ára og yngri

1.	Birnir Freyr Hálfðánarsson	06 SH	1:11.31	474	ÍM	33.72	37.59
2.	Stefán Ingi Ólafsson	06 Ægir	1:27.72	254		41.91	45.81
3.	Adam Leó Tómasson	07 SH	1:29.05	243		43.14	45.91
4.	Magni Snær Imsland Grétarsson	06 Sindri	1:29.51	239		42.47	47.04
5.	Guðmundur Leo Rafnsson	06 ÍRB	1:30.32	233		42.95	47.37
6.	Jakob Ingi Reynisson	06 ÍRB	1:30.64	230		42.71	47.93
7.	Denas Kazulis	08 ÍRB	1:31.90	221		44.11	47.79
8.	Daði Rafn Falsson	08 ÍRB	1:32.90	214		44.38	48.52
9.	Stefán Gretar Katrínarson	08 Óðinn	1:35.50	197		45.66	49.84
10.	Kristófer Andri Jóhannsson	08 SH	1:35.56	197		45.75	49.81
11.	Egill Jónasson	06 FJÖL	1:36.54	191		45.36	51.18
12.	Arnór Egill Einarsson	07 SH	1:37.12	187		47.28	49.84
13.	Kristinn Viðar Tómasson	06 Óðinn	1:38.39	180		45.46	52.93
14.	Bjarni Snær Skarphéðinsson	06 ÍA	1:39.20	176		46.78	52.42
15.	Víkingur Geirdal	07 ÍA	1:39.60	174		47.78	51.82
16.	Árni Þór Pálmason	09 ÍRB	1:41.55	164		47.99	53.56
17.	Hólmar Grétarsson	08 SH	1:41.82	162		48.81	53.01
18.	Hákon Hafþórsson	08 Breiðablik	1:43.44	155		49.22	54.22
19.	Hákon Freyr Sigurðarson	06 Breiðablik	1:48.61	134		50.69	57.92
20.	Ásberg Halldór Hansson	07 FJÖL	1:48.91	133			
21.	Ómar Magni Egilsson	06 ÍRB	1:49.29	131		50.79	58.50
22.	Emil Örn Björgvinsson	07 Breiðablik	1:57.29	106 *		55.59	1:01.70
MÆekki	Nikolas Hrafn Marksson	07 Ægir					

Æskunnar 14/15 ára

1.	Daði Björnsson	04 SH	1:05.66	607	ÍM	30.95	34.71
2.	Snorri Dagur Einarsson	05 SH	1:10.37	493	ÍM	33.15	37.22
3.	Ingvar Orri Jóhannesson	04 FJÖL	1:11.42	472	ÍM	32.76	38.66
4.	Örn Kató Arnarsson	05 Óðinn	1:21.61	316		38.45	43.16
5.	Andri Bergmann Ísaksen	04 Breiðablik	1:23.00	300		39.18	43.82
6.	Óliver Marteinsson	04 KR	1:26.53	265		40.00	46.53
7.	Sigmundur Þór Sigurmundars	05 ÍRB	1:30.85	229		42.58	48.27
MÆekki	Markús Már Hilmarsson	05 SH					

Unglinga 16/17 ára

1.	Aron Þór Jónsson	02 SH	1:06.03	597	ÍM	31.33	34.70
2.	Daníel Steinn Davíðsson	03 Breiðablik	1:12.37	453	ÍM	33.94	38.43
3.	Snær Llorens Sigurðsson	02 ÍA	1:12.87	444	ÍM	34.00	38.87
4.	Gústav Ragnar Kristjánsson	02 Breiðablik	1:15.49	399	ÍM	35.42	40.07
5.	Runólfur Þorláksson	02 Ármann	1:15.93	392		34.90	41.03
6.	Ólafur Breki Guðnason	03 Ægir	1:19.50	342		36.98	42.52
7.	Einar Atli Guðnason	03 Ægir	1:25.18	278		39.83	45.35

Sundgrein 11
19.10.2019 - 12:21

kvenna, 50m skriðsund

Opinn
Úrslitalistar

Íslandsmet Opinn	24.94	Ragnheiður Ragnarsdóttir	KR	Reykjavík	16.12.2010
Íslandsmet 15 - 17	25.71				
Íslandsmet 13 - 14	26.57				
Íslandsmet 11 - 12	28.50				
Mótsmet	25.50	Ragnheiður Ragnarsdóttir	KR		31.10.2011

ÍM 25 : 30.09 / EM 16 +: 25.53 / NM 13 +: 25.80

Stig: FINA 2019

Sæti	F.ár		Tími	Stig	
1.	Jóhanna Elín Guðmundsdóttir	01 SH	25.72	708	NM
2.	Steingerður Hauksdóttir	96 SH	26.18	671	ÍM
3.	Kristín Helga Hákonardóttir	04 Breiðablik	26.90	619	ÍM
4.	Stefanía Sigurþórsdóttir	01 Breiðablik	27.80	561	ÍM
5.	Dagbjörg Hlíf Ólafsdóttir	05 SH	28.10	543	ÍM
6.	Fanney Lind Jóhannsdóttir	02 Breiðablik	28.32	530	ÍM
7.	Katarína Róbertsdóttir	00 SH	28.35	529	ÍM
8.	Ragnheiður Karen Ólafsdóttir	04 ÍA	28.56	517	ÍM
9.	Brynildur Traustadóttir	01 ÍA	28.88	500	ÍM
10.	Emilía Sól Guðmundsdóttir	02 Ægir	29.00	494	ÍM
11.	Ólöf Kristín Isaksen	05 Óðinn	29.15	486	ÍM
12.	Aþena Jónsdóttir	04 SH	29.16	486	ÍM
13.	Karen Mist Arneirsdóttir	00 ÍRB	29.17	485	ÍM
14.	Þorgerður Ósk Jónsdóttir	03 SH	29.41	473	ÍM
15.	Aþena Arnarsdóttir	03 Óðinn	29.48	470	ÍM
16.	Bríet Dalla Gunnarsdóttir	04 SH	29.50	469	ÍM
17.	Helena Rún Gylfadóttir	03 Ármann	29.54	467	ÍM
18.	Arianna Steinarsdóttir	03 Ármann	29.62	463	ÍM
19.	Herdís Birna Viggósdóttir	04 KR	29.70	460	ÍM
20.	Ásta Kamilla Sigurðardóttir	04 ÍRB	29.78	456	ÍM
21.	Ingibjörg Svava Magnúsdóttir	05 ÍA	29.87	452	ÍM
22.	Ingibjörg Erla Garðarsdóttir	00 FJÖL	29.93	449	ÍM
	Eyrún Anna Jóhannesdóttir	06 FJÖL	29.93	449	ÍM
24.	Nadja Djurovic	07 Breiðablik	29.97	447	ÍM
25.	Sandra Dögg Kristjánsdóttir	03 SH	30.05	444	ÍM
26.	Birna Hilmarsdóttir	02 ÍRB	30.19	438	
27.	Eydís Vala Júlíusdóttir	05 FJÖL	30.37	430	
28.	Lára Jakobína Ringsted	03 ÍA	30.55	422	
	Ylfa Ásgerður Eyjólfsdóttir	06 Ármann	30.55	422	
30.	Elísa Björnsdóttir	05 Ægir	30.72	415	
31.	Rebekka Sif Ómarsdóttir	03 Óðinn	30.75	414	
32.	Hildur Valsdóttir	04 SH	31.00	404	
33.	Marta Magnúsdóttir	05 KR	31.02	403	
34.	Kolbrún Jónsdóttir	03 UMFA	31.12	400	
35.	Eva Sól Garðarsdóttir	03 Óðinn	31.17	398	
36.	Helga Sigurlaug Helgadóttir	07 SH	31.20	396	
37.	Bríet Björk Pálsdóttir	04 Óðinn	31.33	392	
38.	Katja Lilja Andriysdóttir	06 SH	31.43	388	
39.	Þórunn María Hilmarsdóttir	05 Breiðablik	31.44	387	
40.	Dagbjört Lilja Danielsdóttir	04 VÖL	31.56	383	
41.	Emma Kolbrún Garðarsdóttir	04 Ægir	31.58	382	
42.	Sara Dís Ólafsdóttir	04 FJÖL	31.59	382	
43.	Guðbjörg Eyvindardóttir	04 SH	31.89	371	

Sundgrein 11, kvenna, 50m skriðsund, Opinn

Sæti		F.ár		Tími	Stig
44.	Katla Líf Ólafsdóttir	04	FJÖL	32.38	355
45.	Masa Dedeic	05	SH	32.42	353
46.	Ester Eva Ingimarsdóttir	04	VÖL	32.51	350
47.	Otylia Lis	06	Ægir	32.56	349
48.	Lilja Natalie Gunnarsdóttir	06	Ægir	32.70	344
49.	Aníta Hrafnisdóttir	S14 94	FJÖR	33.00	335
50.	María Skorastein Sigurdardóttir	07	SH	33.01	335
51.	Heiðís Elva Stefánsdóttir	06	Sindri	33.02	334
52.	Alexandra Hernandez	06	Sindri	33.11	332
53.	Karen Ósk Gísladóttir	06	Breiðablik	33.15	330
54.	Ylfa Lind Kristmannsdóttir	08	Árman	33.26	327
55.	Hulda Þorkeldsdóttir	06	Ægir	33.46	321
56.	Hrafnhildur Lóa Kvaran	07	Árman	33.53	319
57.	Auður María Lárusdóttir	06	ÍA	33.78	312
58.	Kolbrún Ósk Vilhjálmsdóttir	06	Óðinn	34.14	302
59.	Katrín Magnea Finnsdóttir	04	Óðinn	34.56	292
60.	Sandra Rut Fannarsdóttir	06	Óðinn	34.68	289
61.	María Sól Jósepsdóttir	08	FJÖL	34.88	284
62.	Bergþóra Sól Hálfhánsdóttir	06	UMFA	35.60	267 *
63.	Herdís Rut Guðbjartsdóttir	S14 04	FJÖR	35.63	266 *
64.	Sólveig Ágústa Aradóttir	05	Árman	36.07	256 *
65.	Anna Rósa Þrastardóttir	S14 04	FJÖR	36.73	243 *
66.	Jóhanna Alba Martel	00	Árman	37.14	235 *
67.	Hrefna María Heiðarsdóttir	05	Breiðablik	37.42	230 *
68.	Ásdís Steindórsdóttir	09	Breiðablik	37.76	223 *
69.	Karítas Svana Elfarsdóttir	06	Breiðablik	38.62	209 *
70.	Tanya Jóhannsdóttir	S7 03	FJÖR	40.18	185 *
MÆekki	Rebekka Rós Magnadóttir	07	ÍRB		
MÆekki	Amelía Björk Davíðsdóttir	03	ÍRB		
MÆekki	Móeiður Snorradóttir	06	Breiðablik		
MÆekki	Birta Rún Smáradóttir	04	UMFA		
MÆekki	Ásta Kristín Jónsdóttir	00	Árman		

Sundgrein 12
19.10.2019 - 12:31

karla, 50m skriðsund

Opinn
Úrslitalistar

Íslandsmet Opinn	22.29	Dadó Fenrir Jasminuson / Árni Már SH/IRBon	Hafnarfjörður	9.11.2018
Íslandsmet 15 - 17	23.29			
Íslandsmet 13 - 14	24.94			
Íslandsmet 11 - 12	27.42			
Mótsmet	22.62	Dadó Fenrir Jasminuson	SH	31.10.2018
ÍM 25 : 27.57 / EM 16 +: 22.47 / NM 14 +: 23.30				

Stig: FINA 2019

Sæti	F.ár	Tími	Stig
1. Dadó Fenrir Jasminuson	95 SH	22.72	709 NM
2. Kolbeinn Hrafnkelsson	94 SH	23.56	635 ÍM
3. Hólmsteinn Skorri Hallgrímsson	00 FJÖL	24.61	557 ÍM
4. Símon Elías Statkevicius	03 SH	24.67	553 ÍM
5. Brynjólfur Óli Karlsson	01 Breiðablik	24.84	542 ÍM
6. Fannar Snævar Hauksson	04 ÍRB	25.14	523 ÍM
7. Ólafur Árdal Sigurðsson	99 SH	25.26	515 ÍM
8. Hafþór Jón Sigurðsson	97 SH	25.31	512 ÍM
9. Atli Vikar Ingimundarson	97 ÍA	25.48	502 ÍM
10. Kári Sölvi Nielsen	00 SH	25.53	499 ÍM
11. Kristjan Gylfi Þórisson	00 FJÖL	25.64	493 ÍM
12. Bjartur Þórhallsson	00 FJÖL	25.87	480 ÍM
13. Halldór Björn Kristinsson	02 FJÖL	25.88	479 ÍM
14. Úlfur Páll Andrason	04 KR	26.28	458 ÍM
15. Sigurður Ingi Sigurðarson	01 KR	26.35	454 ÍM
16. Guðmundur Karl Karlsson	05 Breiðablik	26.41	451 ÍM
17. Logi Freyr Arnarsson	03 KR	26.57	443 ÍM
18. Tómas Magnússon	02 KR	26.97	423 ÍM
19. Viktor Emil Sigtryggsson	00 Óðinn	27.04	420 ÍM
20. Ólafur Breki Guðnason	03 Ægir	27.15	415 ÍM
21. Stefán Elías Davíðsson	03 ÍRB	27.34	406 ÍM
22. Hákon A. Magnússon	00 Óðinn	27.65	393
23. Sigurður Þráinn Sigurðsson	02 UMFA	28.45	361
24. Tristan Tómasson Manoury	04 KR	28.68	352
25. Kristófer Óli Birkisson	04 Óðinn	28.80	348
26. Dagur Snær Hilmarsson	03 SH	28.88	345
27. Gabríel Þór Sigurmundsson	03 ÍRB	28.96	342
28. Loftur Þór Arnarsson	05 KR	29.36	328
29. Jón Ingi Halldórsson	04 Breiðablik	29.61	320
30. Ragnar Ingi Magnússon	S14 92 FJÖR	29.82	313
31. Eggert Sigtryggsson	05 SH	29.90	311
32. Júlíus Arnarsson	06 KR	30.05	306
33. Óliver Marteinnsson	04 KR	30.12	304
34. Magni Snær Imsland Grétarsson	06 Sindri	31.45	267
35. Kirill Zolotuskiy	04 KR	32.43	243
36. Dominic Daði Wheeler	07 Ægir	33.45	222
37. Kolbeinn Kári Jónsson	06 Ægir	34.84	196
38. Víkingur Geirdal	07 ÍA	34.89	195
39. Ásberg Halldór Hansson	07 FJÖL	36.06	177 *
40. Hákon Freyr Sigurðarson	06 Breiðablik	38.46	146 *
41. Breki Arnarsson	S7 96 KR	40.42	125 *
MÆekki Daníel Patrick Riley	03 ÍRB		
MÆekki Aron Bjarki Jónsson	01 SH		

Sundgrein 12, karla, 50m skriðsund, Opinn

Sæti	F.ár	Tími	Stig
MÆekki Aron Valgeirsson	03 Breiðablik		
MÆekki Ísak Árni Guðmundsson	05 Ármann		

Sundgrein 13

kvenna, 400m fjórsund

Opinn

19.10.2019 - 16:00

Úrslitalistar

Íslandsmet Opinn	4:43.56	Hrafnhildur Lúthersdóttir	SH	Hafnarfjörður	13.11.2015
Íslandsmet 15 - 17	4:50.96				
Íslandsmet 13 - 14	4:53.67				
Íslandsmet 11 - 12	5:13.93				
Mótsmet	4:53.22	Inga Elín Cryer	ÍA		31.10.2009

ÍM 25 : 5:39.50 / EM 16 +: 4:53.35 / NM 13 +: 5:05.73

Stig: FINA 2019

Sæti	F.ár	Tími	Stig
1. Stefanía Sigurþórsdóttir	01 Breiðablik	5:05.43	609 NM
50m: 32.88 32.88	150m: 1:51.77	39.86 250m: 3:13.81	42.77 350m: 4:32.18
100m: 1:11.91 39.03	200m: 2:31.04	39.27 300m: 3:57.23	43.42 400m: 5:05.43
2. Ingunn Jónsdóttir	02 FJÖL	5:08.78	589 ÍM
50m: 32.93 32.93	150m: 1:50.61	40.49 250m: 3:13.11	43.57 350m: 4:33.69
100m: 1:10.12 37.19	200m: 2:29.54	38.93 300m: 3:57.11	44.00 400m: 5:08.78
3. Adele Alexandra Pálsson	03 SH	5:18.30	538 ÍM
50m: 34.09 34.09	150m: 1:53.88	39.58 250m: 3:18.59	45.83 350m: 4:42.47
100m: 1:14.30 40.21	200m: 2:32.76	38.88 300m: 4:05.54	46.95 400m: 5:18.30
4. Sandra Dögg Kristjánsdóttir	03 SH	5:21.31	523 ÍM
50m: 34.53 34.53	150m: 1:56.61	41.57 250m: 3:22.68	45.60 350m: 4:46.12
100m: 1:15.04 40.51	200m: 2:37.08	40.47 300m: 4:08.99	46.31 400m: 5:21.31
5. Sólveig María Baldursdóttir	04 ÍRB	5:31.05	478 ÍM
50m: 34.23 34.23	150m: 1:58.18	43.68 250m: 3:28.04	46.82 350m: 4:54.72
100m: 1:14.50 40.27	200m: 2:41.22	43.04 300m: 4:15.25	47.21 400m: 5:31.05
6. Vigdís Tinna Hákonardóttir	06 Breiðablik	5:38.31	448 ÍM
50m: 36.04 36.04	150m: 2:06.41	47.00 250m: 3:36.18	44.28 350m: 5:02.44
100m: 1:19.41 43.37	200m: 2:51.90	45.49 300m: 4:23.37	47.19 400m: 5:38.31
7. Diljá Dröfn Jóhannesdóttir	03 SH	5:45.29	421
50m: 37.20 37.20	150m: 2:08.20	47.68 250m: 3:43.49	49.67 350m: 5:09.37
100m: 1:20.52 43.32	200m: 2:53.82	45.62 300m: 4:32.86	49.37 400m: 5:45.29
8. Sunna Arnfinnsdóttir	07 Ármann	5:47.32	414
50m: 40.71 40.71	150m: 2:10.16	42.97 250m: 3:41.71	49.22 350m: 5:10.31
100m: 1:27.19 46.48	200m: 2:52.49	42.33 300m: 4:30.65	48.94 400m: 5:47.32
9. Katla María Brynjarsdóttir	07 ÍRB	5:51.92	398
50m: 38.77 38.77	150m: 2:09.24	43.00 250m: 3:43.39	52.55 350m: 5:14.82
100m: 1:26.24 47.47	200m: 2:50.84	41.60 300m: 4:36.94	53.55 400m: 5:51.92
10. Guðný Birna Falsdóttir	03 ÍRB	5:53.22	393
50m: 38.43 38.43	150m: 2:12.72	46.98 250m: 3:43.74	45.86 350m: 5:12.66
100m: 1:25.74 47.31	200m: 2:57.88	45.16 300m: 4:32.77	49.03 400m: 5:53.22
11. Athena Líf Prastardóttir	07 ÍRB	5:58.54	376
50m: 38.99 38.99	150m: 2:09.32	43.98 250m: 3:45.61	52.75 350m: 5:19.16
100m: 1:25.34 46.35	200m: 2:52.86	43.54 300m: 4:38.00	52.39 400m: 5:58.54
12. Elísa Björnsdóttir	05 Ægir	6:12.68	335
50m: 37.36 37.36	150m: 2:10.94	48.70 250m: 3:53.41	53.97 350m: 5:31.22
100m: 1:22.24 44.88	200m: 2:59.44	48.50 300m: 4:48.25	54.84 400m: 6:12.68

Sundgrein 14
19.10.2019 - 16:14

karla, 1500m skriðsund

Opinn
Úrslitalistar

Íslandsmet Opinn	15:00.51	Anton Sveinn McKee	Ægir	Istanbul (TUR)	16.12.2012
Íslandsmet 15 - 17	15:37.02				
Íslandsmet 13 - 14	16:15.94				
Íslandsmet 11 - 12	17:46.07				
Mótsmet	16:03.64	Patrik Viggó Vilbergsson	BREI		31.10.2018

ÍM 25 : 18:57.47 / EM 16 +: 15:25.43 / NM 14 +: 16:22.19

Stig: FINA 2019

Sæti	F.ár						Tími	Stig			
1. Róbert Andri Pálmason	02 Breiðablik						16:40.16	609 ÍM			
100m:	1:01.73	1:01.73	500m:	5:29.37	1:06.46	900m:	9:57.00	1:07.32	1300m:	14:28.13	1:07.98
200m:	2:08.49	1:06.76	600m:	6:35.36	1:05.99	1000m:	11:06.05	1:09.05	1400m:	15:34.84	1:06.71
300m:	3:15.22	1:06.73	700m:	7:42.25	1:06.89	1100m:	12:13.31	1:07.26	1500m:	16:40.16	1:05.32
400m:	4:22.91	1:07.69	800m:	8:49.68	1:07.43	1200m:	13:20.15	1:06.84			
2. Huginn Hilmarsson	95 Breiðablik						16:44.76	601 ÍM			
100m:	1:01.46	1:01.46	500m:	5:30.47	1:06.77	900m:	10:03.65	1:08.25	1300m:	14:32.83	1:07.26
200m:	2:08.91	1:07.45	600m:	6:37.56	1:07.09	1000m:	11:10.39	1:06.74	1400m:	15:40.54	1:07.71
300m:	3:15.99	1:07.08	700m:	7:46.27	1:08.71	1100m:	12:18.09	1:07.70	1500m:	16:44.76	1:04.22
400m:	4:23.70	1:07.71	800m:	8:55.40	1:09.13	1200m:	13:25.57	1:07.48			
3. Gústav Ragnar Kristjánsson	02 Breiðablik						17:23.77	536 ÍM			
100m:	1:04.60	1:04.60	500m:	5:43.52	1:09.62	900m:	10:24.51	1:11.18	1300m:	15:04.04	1:10.00
200m:	2:14.48	1:09.88	600m:	6:53.41	1:09.89	1000m:	11:34.71	1:10.20	1400m:	16:14.81	1:10.77
300m:	3:24.29	1:09.81	700m:	8:03.56	1:10.15	1100m:	12:44.73	1:10.02	1500m:	17:23.77	1:08.96
400m:	4:33.90	1:09.61	800m:	9:13.33	1:09.77	1200m:	13:54.04	1:09.31			
4. Baldur Logi Gautason	00 FJÖL						17:36.71	516 ÍM			
100m:	1:05.25	1:05.25	500m:	5:49.20	1:11.43	900m:	10:33.97	1:11.17	1300m:	15:18.02	1:10.96
200m:	2:15.66	1:10.41	600m:	7:00.58	1:11.38	1000m:	11:45.09	1:11.12	1400m:	16:29.05	1:11.03
300m:	3:26.78	1:11.12	700m:	8:11.68	1:11.10	1100m:	12:55.96	1:10.87	1500m:	17:36.71	1:07.66
400m:	4:37.77	1:10.99	800m:	9:22.80	1:11.12	1200m:	14:07.06	1:11.10			
5. Jónas Atli Pálsson	03 SH						17:46.77	502 ÍM			
100m:	1:05.27	1:05.27	500m:	5:50.13	1:11.69	900m:	10:36.41	1:11.57	1300m:	15:24.14	1:11.98
200m:	2:15.41	1:10.14	600m:	7:01.95	1:11.82	1000m:	11:48.03	1:11.62	1400m:	16:36.15	1:12.01
300m:	3:26.52	1:11.11	700m:	8:13.27	1:11.32	1100m:	13:00.28	1:12.25	1500m:	17:46.77	1:10.62
400m:	4:38.44	1:11.92	800m:	9:24.84	1:11.57	1200m:	14:12.16	1:11.88			
6. Þorsteinn Karl Arnarsson	04 STJAR						17:52.61	494 ÍM			
100m:			500m:	5:52.01		900m:			1300m:	15:29.04	
200m:	2:17.35		600m:	7:04.46	1:12.45	1000m:	11:53.91		1400m:	16:41.08	1:12.04
300m:			700m:	8:16.78	1:12.32	1100m:	13:05.80	1:11.89	1500m:	17:52.61	1:11.53
400m:			800m:	9:29.57	1:12.79	1200m:					
7. Örn Kató Arnarsson	05 Óðinn						18:42.63	431 ÍM			
100m:	1:09.05	1:09.05	500m:	6:11.00	1:16.39	900m:	11:14.36	1:16.80	1300m:	16:13.30	1:15.42
200m:	2:23.35	1:14.30	600m:	7:26.38	1:15.38	1000m:	12:28.98	1:14.62	1400m:	17:29.43	1:16.13
300m:	3:38.32	1:14.97	700m:	8:41.90	1:15.52	1100m:	13:42.20	1:13.22	1500m:	18:42.63	1:13.20
400m:	4:54.61	1:16.29	800m:	9:57.56	1:15.66	1200m:	14:57.88	1:15.68			
8. Bjarki B Isaksen	06 Breiðablik						18:45.32	428 ÍM			
100m:	1:10.20	1:10.20	500m:	6:13.60	1:15.32	900m:	11:16.83	1:16.76	1300m:	16:19.93	1:15.21
200m:	2:26.48	1:16.28	600m:	7:28.60	1:15.00	1000m:	12:32.92	1:16.09	1400m:	17:34.72	1:14.79
300m:	3:42.05	1:15.57	700m:	8:44.57	1:15.97	1100m:	13:48.61	1:15.69	1500m:	18:45.32	1:10.60
400m:	4:58.28	1:16.23	800m:	10:00.07	1:15.50	1200m:	15:04.72	1:16.11			
9. Stefán Ingi Ólafsson	06 Ægir						18:53.17	419 ÍM			
100m:	1:10.39	1:10.39	500m:	6:13.14	1:15.48	900m:	11:16.76	1:16.16	1300m:	16:21.10	1:16.72
200m:	2:26.05	1:15.66	600m:	7:29.00	1:15.86	1000m:	12:32.71	1:15.95	1400m:	17:37.21	1:16.11
300m:	3:42.39	1:16.34	700m:	8:44.62	1:15.62	1100m:	13:48.47	1:15.76	1500m:	18:53.17	1:15.96
400m:	4:57.66	1:15.27	800m:	10:00.60	1:15.98	1200m:	15:04.38	1:15.91			

Sundgrein 14, karla, 1500m skriðsund, Opinn

Sæti	F.ár		Tími		Stig
10. Kacper Kogut	06 Breiðablik		19:29.82		380
100m:	1:12.38	1:12.38	500m:	6:24.52	1:18.18
200m:	2:29.87	1:17.49	600m:	7:42.33	1:17.81
300m:	3:47.71	1:17.84	700m:	9:00.64	1:18.31
400m:	5:06.34	1:18.63	800m:	10:19.48	1:18.84
			900m:	11:38.49	1:19.01
			1000m:	12:57.94	1:19.45
			1100m:	14:16.38	1:18.44
			1200m:	15:35.48	1:19.10
			1300m:	16:55.00	1:19.52
			1400m:	18:13.76	1:18.76
			1500m:	19:29.82	1:16.06

Sundgrein 15
19.10.2019 - 16:34

karla, 50m baksund

Opinn
Úrslitalistar

Íslandsmet Opinn	24.05	Örn Arnarson	SH	Debrecen (HUN)	14.12.2007
Íslandsmet 15 - 17	25.42				
Íslandsmet 13 - 14	27.21				
Íslandsmet 11 - 12	29.73				
Mótsmet	25.18	Kristinn Þórarinsson	FJÖL		31.10.2018

ÍM 25 : 31.66 / EM 16 +: 24.82 / NM 14 +: 25.50

Stig: FINA 2019

Sæti	F.ár		Tími		Stig
1. Kolbeinn Hrafnkelsson	94	SH	24.99	702	NM
2. Kristinn Þórarinsson	96	FJÖL	25.09	694	NM
3. Brynjólfur Óli Karlsson	01	Breiðablik	26.71	575	ÍM
4. Kristjan Gylfi Þórisson	00	FJÖL	27.91	504	ÍM
5. Fannar Snævar Hauksson	04	ÍRB	28.56	470	ÍM
6. Atli Vikar Ingimundarson	97	ÍA	29.27	437	ÍM
7. Aron Bjarki Jónsson	01	SH	29.40	431	ÍM
8. Júlíus Karl Maier	02	SH	29.48	428	ÍM
9. Símon Elías Statkevicius	03	SH	29.73	417	ÍM
10. Snær Llorens Sigurðsson	02	ÍA	29.79	414	ÍM
11. Sveinn Elí Helgason	04	Ægir	30.15	400	ÍM
12. Kári Sölvi Nielsen	00	SH	30.64	381	ÍM
13. Snorri Dagur Einarsson	05	SH	32.52	318	
14. Viktor Emil Sigtryggsson	00	Óðinn	32.96	306	
15. Loftur Þór Arnarsson	05	KR	33.47	292	
16. Jakob Ingi Reynisson	06	ÍRB	34.18	274	
17. Hákon A. Magnússon	00	Óðinn	34.23	273	
18. Sigurður Þráinn Sigurðsson	02	UMFA	34.39	269	
19. Kári Snær Halldórsson	04	ÍRB	35.10	253	
20. Ólafur Breki Guðnason	03	Ægir	35.92	236	
21. Júlíus Arnarsson	06	KR	35.99	235	
22. Eggert Sigtryggsson	05	SH	36.00	235	
23. Ragnar Ingi Magnússon	S14	92 FJÖR	37.40	209	
24. Denas Kazulis		08 ÍRB	37.82	202	
25. Sigmundur Þór Sigurmundarson		05 ÍRB	38.32	194	
26. Hrafn Sverrisson		05 Ármann	39.91	172	
27. Guðfinnur Karlsson	S11	88 FJÖR	42.76	140	*
28. Hákon Freyr Sigurðarson		06 Breiðablik	46.65	108	*
29. Breki Arnarsson	S7	96 KR	52.24	76	*
MÆekki Aron Valgeirsson		03 Breiðablik			

Sundgrein 16
19.10.2019 - 16:40

kvenna, 200m skriðsund

Opinn
Úrslitalistar

Íslandsmet Opinn	1:59.45	Sigrún Brá Sverrisdóttir	Fjölpir	Rijeka (CRO)	14.12.2008
Íslandsmet 15 - 17	1:59.57				
Íslandsmet 13 - 14	2:03.78				
Íslandsmet 11 - 12	2:14.57				
Mótsmet	2:03.48	Inga Elín Cryer	ÍA		31.10.2011

ÍM 25 : 2:24.44 / EM 16 +: 2:02.18 / NM 13 +: 2:08.80

Stig: FINA 2019

Sæti	F.ár		Tími	Stig	50m	100m	150m	200m		
Opinn										
1.	Kristín Helga Hákonardóttir	04	Breiðablik	2:03.31	718	NM	28.74	31.58	31.99	31.00
2.	Brynhildur Traustadóttir	01	ÍA	2:08.84	629	ÍM	30.12	32.39	33.16	33.17
3.	Fanney Lind Jóhannsdóttir	02	Breiðablik	2:13.73	563	ÍM	31.27	34.04	34.71	33.71
4.	Aþena Jónsdóttir	04	SH	2:14.30	555	ÍM	30.60	33.56	35.16	34.98
5.	Eva Margrét Falsdóttir	05	ÍRB	2:15.71	538	ÍM	31.30	34.53	35.36	34.52
6.	Ingibjörg Erla Garðarsdóttir	00	FJÖL	2:15.79	537	ÍM	31.57	34.31	35.37	34.54
7.	Rebekka Sif Ómarsdóttir	03	Óðinn	2:16.76	526	ÍM	32.41	34.42	35.21	34.72
8.	Ólöf Kristín Isaksen	05	Óðinn	2:16.83	525	ÍM	31.77	34.90	35.40	34.76
9.	Svava Björg Lárusdóttir	03	Ármann	2:16.99	523	ÍM	30.87	34.89	36.15	35.08
10.	Þorgerður Ósk Jónsdóttir	03	SH	2:17.79	514	ÍM	31.08	35.25	35.96	35.50
11.	Embla Karen Sævarsdóttir	04	Óðinn	2:20.38	486	ÍM	31.61	36.59	37.30	34.88
12.	Helga Sigurlaug Helgadóttir	07	SH	2:20.76	482	ÍM	32.43	36.16	36.62	35.55
13.	Jóhanna Brynja Rúnarsdóttir	06	SH	2:21.05	479	ÍM	32.23	35.67	36.90	36.25
14.	Ylfa Ásgerður Eyjólfsdóttir	06	Ármann	2:23.14	459	ÍM	33.51	37.24	36.81	35.58
15.	Arna Maren Jóhannsdóttir	05	FJÖL	2:23.59	454	ÍM	33.17	36.46	37.81	36.15
16.	Masa Dedeic	05	SH	2:23.82	452	ÍM	33.53	36.90	37.05	36.34
17.	Hildur Valsdóttir	04	SH	2:24.22	448	ÍM	33.01	36.59	37.97	36.65
18.	Arianna Steinarsdóttir	03	Ármann	2:24.32	448	ÍM	33.16	36.91	38.05	36.20
19.	Eva Sól Garðarsdóttir	03	Óðinn	2:25.32	438		33.59	36.80	37.85	37.08
20.	Eydís Vala Júlíusdóttir	05	FJÖL	2:26.49	428		33.68	37.44	38.66	36.71
21.	Ragnheiður Karen Ólafsdóttir	04	ÍA	2:26.85	425		33.01	37.90	39.26	36.68
22.	Nadja Djurovic	07	Breiðablik	2:27.15	422		33.61			36.81
23.	Katja Lilja Andriysdóttir	06	SH	2:27.25	421		33.63	37.89	38.41	37.32
24.	Ziza Alomerovic	07	Ármann	2:27.28	421		33.37	37.26	38.55	38.10
25.	Ágústa Inga Arnarsdóttir	06	STJAR	2:27.31	421		33.67	37.19	38.87	37.58
26.	Emma Kolbrún Garðarsdóttir	04	Ægir	2:28.50	411		33.38	37.51	39.18	38.43
27.	Guðbjörg Eyvindardóttir	04	SH	2:28.84	408		33.98	37.91	38.96	37.99
28.	Eyrún Anna Jóhannsdóttir	06	FJÖL	2:29.40	403		33.56	38.13	40.07	37.64
29.	Matthildur Valdimarsdóttir	06	Óðinn	2:29.65	401		35.06	38.25	38.57	37.77
30.	Þórey Una Arnlaugsdóttir	06	ÍRB	2:30.31	396		35.59	39.69	39.30	35.73
31.	Lára Jakobína Ringsted	03	ÍA	2:30.82	392		34.78	39.47	39.55	37.02
32.	Þórunn María Hilmarsdóttir	05	Breiðablik	2:33.02	375		35.14	39.46	40.75	37.67
33.	Katrín Tinna Andrésdóttir	06	STJAR	2:36.01	354		35.08	39.14	40.89	40.90
34.	Ragnheiður Gunnsteinsdóttir	07	STJAR	2:36.57	350		34.94	39.72	41.26	40.65
35.	Auður María Lárusdóttir	06	ÍA	2:39.76	330		34.90	40.90	42.73	41.23
36.	Kolbrún Ósk Vilhjálmsdóttir	06	Óðinn	2:39.84	329		36.90	40.85	41.04	41.05
37.	María Skorastein S.	07	SH	2:40.53	325		36.80	40.59	42.48	40.66
38.	Hrafnhildur Lóa Kvaran	07	Ármann	2:41.31	320		36.85	41.59	42.82	40.05
39.	Naomí Arnarsdóttir	07	Óðinn	2:41.86	317		35.83	41.15	42.49	42.39
40.	Þórdís M Aðalsteinsdóttir	03	ÍRB	2:42.38	314		35.91	40.66	42.73	43.08
41.	Heiðís Elva Stefánsdóttir	06	Sindri	2:42.42	314		36.62	41.96	44.35	39.49
42.	Ylfa Lind Kristmannsdóttir	08	Ármann	2:43.07	310		35.51	41.64	44.09	41.83
43.	Embla Dögg Helgadóttir	08	Ægir	2:44.30	303		36.88	42.40	42.75	42.27
44.	Rebekka Rún Magnúsdóttir	08	SH	2:44.99	299		39.85	42.95	43.04	39.15
45.	Sandra Rut Fannarsdóttir	06	Óðinn	2:45.13	299		37.47			
46.	Tinna Karen Sigurðardóttir	08	SH	2:46.26	293		38.18	42.47	43.67	41.94

Sundgrein 16, kvenna, 200m skriðsund, Opinn

Sæti	F.ár		Tími	Stig	50m	100m	150m	200m	
47.	Jana Guðlaug Ómarsdóttir	07	ÍRB	2:47.67	285	40.43	43.87	44.07	39.30
48.	Sólveig Ágústa Aradóttir	05	Árman	2:48.28	282	39.24	43.17	43.66	42.21
49.	Bríet Elfarsdóttir	06	Ægir	2:48.46	281	38.45	43.14	43.97	42.90
50.	Elísabet Arnoddsdóttir	09	ÍRB	2:50.62	271	40.18	44.19		
51.	Hrefna María Heiðarsdóttir	05	Breiðablik	2:51.00	269	40.10	43.14	44.20	43.56
52.	Freydís Lilja Bergþórsdóttir	09	ÍRB	2:52.28	263	40.88	45.09	45.19	41.12
53.	Herdís Rut Guðbjartsdóttir	04	FJÖR	2:52.41	262	38.75	44.76	45.32	43.58
54.	Bergþóra Sól Hálfðánsdóttir	06	UMFA	2:53.12	259	38.59	45.77	46.84	41.92
55.	Juliane Liv Sörensen	07	Óðinn	2:53.68	257	38.83	43.33	46.37	45.15
56.	Ástrós Lovísa Hauksdóttir	08	ÍRB	2:54.50	253			44.75	44.24
57.	Írena Mjöll Elínardóttir	07	Ægir	3:00.02	230	38.76	46.63	48.58	46.05
58.	Karítas Svana Elfarsdóttir	06	Breiðablik	3:02.12	222	42.25	46.36	47.89	45.62
ÓG.	Katla Mist Bragadóttir	07	Árman	2:44.42		41.60	41.15	41.83	39.84
<i>4.4 - Keppandi startar áður en rásmerki er gefið (þjófstart)</i>									
ÓG.	Hulda Björg M.	08	Ægir	2:50.97		39.31	43.25	45.22	43.19
<i>4.4 - Keppandi startar áður en rásmerki er gefið (þjófstart)</i>									
MÆekki	Helena Rún Gylfadóttir	03	Árman						

Framtíð 12 ára og yngri

1.	Helga Sigurlaug Helgadóttir	07	SH	2:20.76	482	ÍM	32.43	36.16	36.62	35.55
2.	Nadja Djurovic	07	Breiðablik	2:27.15	422		33.61			36.81
3.	Ziza Alomerovic	07	Árman	2:27.28	421		33.37	37.26	38.55	38.10
4.	Ragnheiður Gunnsteinsdóttir	07	STJAR	2:36.57	350		34.94	39.72	41.26	40.65
5.	María Skorastein S.	07	SH	2:40.53	325		36.80	40.59	42.48	40.66
6.	Hrafnhildur Lóa Kvaran	07	Árman	2:41.31	320		36.85	41.59	42.82	40.05
7.	Naomí Arnarsdóttir	07	Óðinn	2:41.86	317		35.83	41.15	42.49	42.39
8.	Ylfa Lind Kristmannsdóttir	08	Árman	2:43.07	310		35.51	41.64	44.09	41.83
9.	Embla Dögg Helgadóttir	08	Ægir	2:44.30	303		36.88	42.40	42.75	42.27
10.	Rebekka Rún Magnúsdóttir	08	SH	2:44.99	299		39.85	42.95	43.04	39.15
11.	Tinna Karen Sigurðardóttir	08	SH	2:46.26	293		38.18	42.47	43.67	41.94
12.	Jana Guðlaug Ómarsdóttir	07	ÍRB	2:47.67	285		40.43	43.87	44.07	39.30
13.	Elísabet Arnoddsdóttir	09	ÍRB	2:50.62	271		40.18	44.19		
14.	Freydís Lilja Bergþórsdóttir	09	ÍRB	2:52.28	263		40.88	45.09	45.19	41.12
15.	Juliane Liv Sörensen	07	Óðinn	2:53.68	257		38.83	43.33	46.37	45.15
16.	Ástrós Lovísa Hauksdóttir	08	ÍRB	2:54.50	253				44.75	44.24
17.	Írena Mjöll Elínardóttir	07	Ægir	3:00.02	230		38.76	46.63	48.58	46.05
ÓG.	Katla Mist Bragadóttir	07	Árman	2:44.42			41.60	41.15	41.83	39.84
<i>4.4 - Keppandi startar áður en rásmerki er gefið (þjófstart)</i>										
ÓG.	Hulda Björg M.	08	Ægir	2:50.97			39.31	43.25	45.22	43.19
<i>4.4 - Keppandi startar áður en rásmerki er gefið (þjófstart)</i>										

Æskunnar 13/14 ára

1.	Eva Margrét Falsdóttir	05	ÍRB	2:15.71	538	ÍM	31.30	34.53	35.36	34.52
2.	Ólöf Kristín Isaksen	05	Óðinn	2:16.83	525	ÍM	31.77	34.90	35.40	34.76
3.	Jóhanna Brynja Rúnarsdóttir	06	SH	2:21.05	479	ÍM	32.23	35.67	36.90	36.25
4.	Ylfa Ásgerður Eyjólfsson	06	Árman	2:23.14	459	ÍM	33.51	37.24	36.81	35.58
5.	Arna Maren Jóhannesdóttir	05	FJÖL	2:23.59	454	ÍM	33.17	36.46	37.81	36.15
6.	Masa Dedeic	05	SH	2:23.82	452	ÍM	33.53	36.90	37.05	36.34
7.	Eydís Vala Júlíusdóttir	05	FJÖL	2:26.49	428		33.68	37.44	38.66	36.71
8.	Katja Lilja Andriysson	06	SH	2:27.25	421		33.63	37.89	38.41	37.32
9.	Ágústa Inga Arnarsdóttir	06	STJAR	2:27.31	421		33.67	37.19	38.87	37.58
10.	Eyrún Anna Jóhannesdóttir	06	FJÖL	2:29.40	403		33.56	38.13	40.07	37.64

Sundgrein 16, Stúlkur, 200m skriðsund, Æskunnar 13/14 ára

Sæti	F.ár	Tími	Stig	50m	100m	150m	200m	
11.	Matthildur Valdimarsdóttir 06	Óðinn	2:29.65	401	35.06	38.25	38.57	37.77
12.	Þórey Una Arnlaugsdóttir 06	ÍRB	2:30.31	396	35.59	39.69	39.30	35.73
13.	Þórunn María Hilmarisdóttir 05	Breiðablik	2:33.02	375	35.14	39.46	40.75	37.67
14.	Katrín Tinna Andrésdóttir 06	STJAR	2:36.01	354	35.08	39.14	40.89	40.90
15.	Auður María Lárusdóttir 06	ÍA	2:39.76	330	34.90	40.90	42.73	41.23
16.	Kolbrún Ósk Vilhjálmsdóttir 06	Óðinn	2:39.84	329	36.90	40.85	41.04	41.05
17.	Heiðís Elva Stefánsdóttir 06	Sindri	2:42.42	314	36.62	41.96	44.35	39.49
18.	Sandra Rut Fannarsdóttir 06	Óðinn	2:45.13	299	37.47			
19.	Sólveig Ágústa Aradóttir 05	Árman	2:48.28	282	39.24	43.17	43.66	42.21
20.	Bríet Elfarsdóttir 06	Ægir	2:48.46	281	38.45	43.14	43.97	42.90
21.	Hrefna María Heiðarsdóttir 05	Breiðablik	2:51.00	269	40.10	43.14	44.20	43.56
22.	Bergþóra Sól Hálfðánsdóttir 06	UMFA	2:53.12	259	38.59	45.77	46.84	41.92
23.	Karítas Svana Elfarsdóttir 06	Breiðablik	3:02.12	222	42.25	46.36	47.89	45.62

Unglinga 15/16 ára

1.	Kristín Helga Hákonardóttir 04	Breiðablik	2:03.31	718	NM	28.74	31.58	31.99	31.00
2.	Aþena Jónsdóttir 04	SH	2:14.30	555	ÍM	30.60	33.56	35.16	34.98
3.	Rebekka Sif Ómarsdóttir 03	Óðinn	2:16.76	526	ÍM	32.41	34.42	35.21	34.72
4.	Svava Björg Lárusdóttir 03	Árman	2:16.99	523	ÍM	30.87	34.89	36.15	35.08
5.	Þorgerður Ósk Jónsdóttir 03	SH	2:17.79	514	ÍM	31.08	35.25	35.96	35.50
6.	Embla Karen Sævarsdóttir 04	Óðinn	2:20.38	486	ÍM	31.61	36.59	37.30	34.88
7.	Hildur Valsdóttir 04	SH	2:24.22	448	ÍM	33.01	36.59	37.97	36.65
8.	Arianna Steinarsdóttir 03	Árman	2:24.32	448	ÍM	33.16	36.91	38.05	36.20
9.	Eva Sól Garðarsdóttir 03	Óðinn	2:25.32	438		33.59	36.80	37.85	37.08
10.	Ragnheiður Karen Ólafsdóttir 04	ÍA	2:26.85	425		33.01	37.90	39.26	36.68
11.	Emma Kolbrún Garðarsdóttir 04	Ægir	2:28.50	411		33.38	37.51	39.18	38.43
12.	Guðbjörg Eyvindardóttir 04	SH	2:28.84	408		33.98	37.91	38.96	37.99
13.	Lára Jakobína Ringsted 03	ÍA	2:30.82	392		34.78	39.47	39.55	37.02
14.	Þórdís M Aðalsteinsdóttir 03	ÍRB	2:42.38	314		35.91	40.66	42.73	43.08
15.	Herdís Rut Guðbjartsdóttir 04	FJÖR	2:52.41	262		38.75	44.76	45.32	43.58

MÆekki Helena Rún Gylfadóttir 03 Árman

Sundgrein 17

karla, 200m fjórsund

Opinn
Úrslitalistar

19.10.2019 - 17:04

Íslandsmet Opinn	1:57.91	Örn Arnarson	ÍRB	Vestmannaeyjar	21.3.2003
Íslandsmet 15 - 17	2:00.70				
Íslandsmet 13 - 14	2:11.40				
Íslandsmet 11 - 12	2:18.53				
Mótsmet	2:04.30	Kristinn Þórarinnsson	FJÖL		31.10.2014

ÍM 25 : 2:29.40 / EM 16 +: 2:00.77 / NM 14 +: 2:10.50

Stig: FINA 2019

Sæti	F.ár	Tími	Stig	50m	100m	150m	200m		
Opinn									
1.	Kristinn Þórarinnsson 96	FJÖL	2:03.42	700	NM	26.53	31.43	35.63	29.83
2.	Patrik Viggó Vilbergsson 02	Breiðablik	2:08.83	616	NM	27.54	33.39	38.74	29.16
3.	Aron Þór Jónsson 02	SH	2:12.12	571	ÍM	29.07	36.55	35.24	31.26
4.	Hólmsteinn Skorri H. 00	FJÖL	2:13.59	552	ÍM	28.97	35.02	39.14	30.46
5.	Birnir Freyr Hálfðánarsson 06	SH	2:14.74	538	ÍM	28.69	35.62	39.26	31.17
6.	Aron Fannar Kristínarson 03	ÍRB	2:18.33	497	ÍM	30.76	36.03	40.14	31.40
7.	Floki Ómarsson 03	ÍRB	2:19.03	490	ÍM	29.99	36.08	40.41	32.55
8.	Hafþór Jón Sigurðsson 97	SH	2:19.17	488	ÍM	28.95	36.30	43.39	30.53
9.	Veigar Hrafn Sigþórsson 05	SH	2:19.76	482	ÍM	30.25	34.89	43.06	31.56

Sundgrein 17, karla, 200m fjórsund, Opinn

Sæti	F.ár	Tími	Stig	50m	100m	150m	200m	
10.	Björgvin Árni Júlíusson 01	KR	2:20.78 472	ÍM	30.65	35.28	42.53	32.32
11.	Guðmundur Karl Karlsson05	Breiðablik	2:21.64 463	ÍM	30.53	36.74	41.61	32.76
12.	Bergur Fáfniir Bjarnason 06	SH	2:27.30 412	ÍM	30.92	38.45	44.77	33.16
13.	Hilmir Snær L. 03	SH	2:28.43 402	ÍM	31.75	37.29	45.33	34.06
14.	Gabriel Þór Sigurmundsson03	ÍRB	2:28.95 398	ÍM	33.76	38.56	44.67	31.96
15.	Daníel Lúkas Tómasson 04	SH	2:30.69 385		32.50	39.50	45.39	33.30
16.	Kristófer Óli Birkisson 04	Óðinn	2:34.53 357		31.52	41.48	45.76	35.77
17.	Pétur Alfreðsson 06	Breiðablik	2:35.61 349		34.71	39.36	47.84	33.70
18.	Einar Atli Guðnason 03	Ægir	2:37.13 339		36.04	41.83	45.53	33.73
19.	Dagur Snær Hilmarsson 03	SH	2:38.76 329		35.14	41.44	47.77	34.41
20.	Jón Ingi Halldórsson 04	Breiðablik	2:38.79 329		34.89	43.83	47.17	32.90
21.	Guðmundur Leo Rafnsson06	ÍRB	2:41.67 311		35.61	40.44	49.71	35.91
22.	Björn Yngvi Guðmundsson07	SH	2:44.41 296		35.07	45.26	51.05	33.03
23.	Andri Már Kristjánsson 06	SH	2:44.52 295		38.20	42.91	48.47	34.94
24.	Sölvi Bjartur Ingólfsson 03	STJAR	2:47.12 282		34.27	42.69	53.90	36.26
25.	Bjarki B Isaksen 06	Breiðablik	2:47.82 278		36.92	43.17	51.14	36.59
26.	Adam Leó Tómasson 07	SH	2:49.47 270		37.98	45.66	47.15	38.68
27.	Daði Rafn Falsson 08	ÍRB	2:54.74 246		39.08	46.56	50.82	38.28
28.	Magnús Viðir Jónsson 08	SH	2:55.27 244		39.71	44.08	53.41	38.07
29.	Hólmar Grétarsson 08	SH	2:56.24 240		38.73	45.94	52.43	39.14
30.	Kristinn Viðar Tómasson 06	Óðinn	3:00.24 225		39.28	44.54	56.71	39.71
31.	Dominic Daði Wheeler 07	Ægir	3:03.61 212		43.12	47.89	52.21	40.39
32.	Nikolai Leo Jónsson 08	ÍRB	3:04.52 209		43.19	47.19	53.11	41.03
33.	Kolbeinn Kári Jónsson 06	Ægir	3:07.40 200		43.45	46.19	58.17	39.59
34.	Arnór Egill Einarsson 07	SH	3:07.70 199		45.38	50.19	50.86	41.27
35.	Guðfinnur Karlsson 88	FJÖR	3:10.29 191		48.84	48.84	48.64	43.97
36.	Ómar Magni Egilsson 06	ÍRB	3:12.95 183		44.23	47.55	57.08	44.09
37.	Gabriel Ingi Derti 08	ÍRB	3:13.54 181		44.60	48.69	57.88	42.37
38.	Amar Milos Arnbjörnsson 08	ÍRB	3:16.18 174		45.62	50.25	59.31	41.00
39.	Ari Eyvindarsson 07	SH	3:23.65 156		46.16	50.41	1:04.11	42.97
40.	Hákon Hafþórsson 08	Breiðablik	3:28.64 145		47.37	55.70	59.50	46.07
ÓG.	Edward Jensson 04	SH	2:29.22	ÍM	32.33	36.66	46.35	33.88
<i>7.2 - Líkam ekki á bringunni þegar spyrnt er frá bakka eftir snúning</i>								
ÓG.	Davíð Smári Andrússon 03	STJAR	2:46.02		35.49	43.25	50.33	36.95
<i>9.1 - Ekki rétt röðum sunda (flug-bak-bringa-skið)</i>								
ÓG.	Kristófer Andri Jóhannsson08	SH	2:53.72		38.67	44.40	51.95	38.70
<i>6.2 - Keppandi fer af bakinu (nema við framkv. á samfelldum snúningi)</i>								
ÓG.	Árni Þór Pálmason 09	ÍRB	3:03.22		41.70	49.18	52.22	40.12
<i>8.3 - Hreyfing fóta ósamhæfð</i>								
ÓG.	Bjarni Ívar Ragnarsson 08	ÍRB	3:05.20		43.13	45.57	54.70	41.80
<i>7.6 - Önnur hönd í bakka eða hendur snerta ekki bakkan samtímis í snúningi eða við lok</i>								
ÓG.	Emil Örn Björgvinsson 07	Breiðablik	3:30.63	*	49.50			45.34
<i>8.3 - Hreyfing fóta ósamhæfð</i>								
MÆekki	Halldór Óskar Eiríksson 02	FJÖL						

Framtíð 13 ára og yngri

1.	Birnir Freyr Hálfánarsson06	SH	2:14.74 538	ÍM	28.69	35.62	39.26	31.17
2.	Bergur Fáfniir Bjarnason 06	SH	2:27.30 412	ÍM	30.92	38.45	44.77	33.16
3.	Pétur Alfreðsson 06	Breiðablik	2:35.61 349		34.71	39.36	47.84	33.70
4.	Guðmundur Leo Rafnsson06	ÍRB	2:41.67 311		35.61	40.44	49.71	35.91
5.	Björn Yngvi Guðmundsson07	SH	2:44.41 296		35.07	45.26	51.05	33.03
6.	Andri Már Kristjánsson 06	SH	2:44.52 295		38.20	42.91	48.47	34.94

Sundgrein 17, Piltar, 200m fjórsund, Framtíð 13 ára og yngri

Sæti	F.ár		Tími	Stig	50m	100m	150m	200m	
7.	Bjarki B Isaksen	06	Breiðablik	2:47.82	278	36.92	43.17	51.14	36.59
8.	Adam Leó Tómasson	07	SH	2:49.47	270	37.98	45.66	47.15	38.68
9.	Daði Rafn Falsson	08	ÍRB	2:54.74	246	39.08	46.56	50.82	38.28
10.	Magnús Víðir Jónsson	08	SH	2:55.27	244	39.71	44.08	53.41	38.07
11.	Hólmar Grétarsson	08	SH	2:56.24	240	38.73	45.94	52.43	39.14
12.	Kristinn Viðar Tómasson	06	Óðinn	3:00.24	225	39.28	44.54	56.71	39.71
13.	Dominic Daði Wheeler	07	Ægir	3:03.61	212	43.12	47.89	52.21	40.39
14.	Nikolai Leo Jónsson	08	ÍRB	3:04.52	209	43.19	47.19	53.11	41.03
15.	Kolbeinn Kári Jónsson	06	Ægir	3:07.40	200	43.45	46.19	58.17	39.59
16.	Arnór Egill Einarsson	07	SH	3:07.70	199	45.38	50.19	50.86	41.27
17.	Ómar Magni Egilsson	06	ÍRB	3:12.95	183	44.23	47.55	57.08	44.09
18.	Gabriel Ingi Derti	08	ÍRB	3:13.54	181	44.60	48.69	57.88	42.37
19.	Arnar Milos Arnbjörnsson	08	ÍRB	3:16.18	174	45.62	50.25	59.31	41.00
20.	Ari Eyvindarsson	07	SH	3:23.65	156	46.16	50.41	1:04.11	42.97
21.	Hákon Hafþórsson	08	Breiðablik	3:28.64	145	47.37	55.70	59.50	46.07
ÓG.	Kristófer Andri Jóhannsson	08	SH	2:53.72		38.67	44.40	51.95	38.70
<i>6.2 - Keppandi fer af bakinu (nema við framkv. á samfelldum snúningi)</i>									
ÓG.	Árni Þór Pálmason	09	ÍRB	3:03.22		41.70	49.18	52.22	40.12
<i>8.3 - Hreyfing fóta ósamhæfð</i>									
ÓG.	Bjarni Ívar Ragnarsson	08	ÍRB	3:05.20		43.13	45.57	54.70	41.80
<i>7.6 - Önnur hönd í bakka eða hendur snerta ekki bakkan samtímis í snúningi eða við lok</i>									
ÓG.	Emil Örn Björgvinsson	07	Breiðablik	3:30.63	*	49.50			45.34
<i>8.3 - Hreyfing fóta ósamhæfð</i>									

Æskunnar 14/15 ára

1.	Veigar Hrafn Sigþórsson	05	SH	2:19.76	482	ÍM	30.25	34.89	43.06	31.56
2.	Guðmundur Karl Karlsson	05	Breiðablik	2:21.64	463	ÍM	30.53	36.74	41.61	32.76
3.	Daníel Lúkas Tómasson	04	SH	2:30.69	385		32.50	39.50	45.39	33.30
4.	Kristófer Óli Birkisson	04	Óðinn	2:34.53	357		31.52	41.48	45.76	35.77
5.	Jón Ingi Halldórsson	04	Breiðablik	2:38.79	329		34.89	43.83	47.17	32.90
ÓG.	Edward Jensson	04	SH	2:29.22		ÍM	32.33	36.66	46.35	33.88
<i>7.2 - Líkam ekki á bringunni þegar spyrt er frá bakka eftir snúning</i>										

Unglinga 16/17 ára

1.	Patrik Viggó Vilbergsson	02	Breiðablik	2:08.83	616	NM	27.54	33.39	38.74	29.16
2.	Aron Þór Jónsson	02	SH	2:12.12	571	ÍM	29.07	36.55	35.24	31.26
3.	Aron Fannar Kristínarson	03	ÍRB	2:18.33	497	ÍM	30.76	36.03	40.14	31.40
4.	Flosi Ómarsson	03	ÍRB	2:19.03	490	ÍM	29.99	36.08	40.41	32.55
5.	Hilmir Snær L.	03	SH	2:28.43	402	ÍM	31.75	37.29	45.33	34.06
6.	Gabriel Þór Sigurmundsson	03	ÍRB	2:28.95	398	ÍM	33.76	38.56	44.67	31.96
7.	Einar Atli Guðnason	03	Ægir	2:37.13	339		36.04	41.83	45.53	33.73
8.	Dagur Snær Hilmarsson	03	SH	2:38.76	329		35.14	41.44	47.77	34.41
9.	Sölvi Bjartur Ingólfsson	03	STJAR	2:47.12	282		34.27	42.69	53.90	36.26
ÓG.	Davíð Smári Andrésson	03	STJAR	2:46.02			35.49	43.25	50.33	36.95
<i>9.1 - Ekki rétt röðum sunda (flug-bak-bringa-skið)</i>										

MÆekki Halldór Óskar Eiríksson 02 FJÖL

Sundgrein 18
19.10.2019 - 17:22

kvenna, 100m bringusund

 Opinn
Úrslitalistar

Íslandsmet Opinn	1:05.67	Hrafnhildur Lúthersdóttir	SH	Windsor (CAN)	9.12.2016
Íslandsmet 15 - 17	1:09.07				
Íslandsmet 13 - 14	1:11.91				
Íslandsmet 11 - 12	1:16.82				
Mótsmet	1:08.07	Hrafnhildur Lúthersdóttir	SH		28.10.2017

ÍM 25 : 1:23.49 / EM 16 +: 1:08.50 / NM 13 +: 1:12.88

Stig: FINA 2019

Sæti	F.ár		Tími	Stig		50m	100m
Opinn							
1.		Karen Mist Arngeirsdóttir	00	ÍRB	1:13.47	611	ÍM 34.81 38.66
2.		Sunna Svanlaug Vilhjálmisdóttir	00	SH	1:14.53	585	ÍM 35.34 39.19
3.		Guðbjörg Bjartey Gudmundsdóttir	05	ÍA	1:17.50	520	ÍM 36.56 40.94
4.		Amalia Nanna Juliusdóttir	02	Óðinn	1:18.06	509	ÍM 36.53 41.53
5.		Adele Alexandra Pálsson	03	SH	1:21.41	449	ÍM 38.19 43.22
6.		Rán Björnsdóttir	05	Ægir	1:21.58	446	ÍM 38.97 42.61
7.		Kolbrún Jónsdóttir	95	KR	1:22.00	439	ÍM 37.98 44.02
8.		Ingibjörg Erla Garðarsdóttir	00	FJÖL	1:23.15	421	ÍM 39.83 43.32
9.		Emilía Sól Guðmundsdóttir	02	Ægir	1:23.58	415	39.97 43.61
10.		Ragnheiður Milla Bergsveinsdóttir	06	Breiðablik	1:23.75	412	39.75 44.00
11.		Vigdís Tinna Hákonardóttir	06	Breiðablik	1:23.94	410	39.34 44.60
12.		Dagbjörg Hlíf Ólafsdóttir	05	SH	1:24.30	404	39.66 44.64
13.		Rebekka Sif Ómarsdóttir	03	Óðinn	1:24.46	402	39.99 44.47
14.		Thelma Lind Einarsdóttir	05	ÍRB	1:24.54	401	40.46 44.08
15.		Birgitta Ingólfssdóttir	05	SH	1:24.56	401	40.19 44.37
16.		Dagbjört Lilja Daníelsdóttir	04	VÖL	1:24.98	395	40.40 44.58
17.		Sunneva Bergmann Ásbjörnsdóttir	07	ÍRB	1:25.93	382	40.30 45.63
18.		Gunnhildur Björg Baldursdóttir	00	ÍRB	1:26.08	380	40.44 45.64
19.		Kolbrá Sölva Leifsdóttir	05	KR	1:26.83	370	40.27 46.56
20.		Nadja Djurovic	07	Breiðablik	1:26.87	369	40.78 46.09
21.		Diljá Rún Ívarsdóttir	02	ÍRB	1:27.11	366	40.84 46.27
22.		Júlía Pálmadóttir	07	Árman	1:27.73	359	41.11 46.62
23.		Otylia Lis	06	Ægir	1:31.17	320	44.35 46.82
24.		Ziza Alomerovic	07	Árman	1:31.42	317	42.77 48.65
25.		Katla Líf Ólafsdóttir	04	FJÖL	1:32.33	308	43.52 48.81
26.		Ester Eva Ingimarsdóttir	04	VÖL	1:32.54	306	44.37 48.17
27.		Sara Lind Aðalsteinsdóttir	07	SH	1:33.23	299	44.77 48.46
28.		Emma Kolbrún Garðarsdóttir	04	Ægir	1:33.40	297	44.11 49.29
29.		Kara Sól Gunnlaugsdóttir	05	ÍRB	1:33.62	295	44.81 48.81
30.		Ragnheiður Ásta Magnúsdóttir	07	Breiðablik	1:33.70	294	44.49 49.21
31.		Katla Mist Bragadóttir	07	Árman	1:34.04	291	45.18 48.86
32.		Lilja Natalie Gunnarsdóttir	06	Ægir	1:34.49	287	44.68 49.81
33.		Elín Rósa Ragnarsdóttir	06	Óðinn	1:34.73	285	44.42 50.31
34.		Embla Dögg Helgadóttir	08	Ægir	1:34.98	283	45.11 49.87
35.		Sólveig Freyja Hákonardóttir	09	Breiðablik	1:36.04	273	45.57 50.47
36.		Agnes Fjóra Flosadóttir	02	Óðinn	1:36.19	272	45.40 50.79
37.		Gabija Marija Savickaité	08	ÍRB	1:36.28	271	46.65 49.63
38.		Katrín Tinna Andrésdóttir	06	STJAR	1:36.84	267	46.66 50.18
39.		Rebekka Rós Magnadóttir	07	ÍRB	1:37.66	260	46.27 51.39
40.		Júlía Líf Gunnsteinsdóttir	04	STJAR	1:38.01	257	46.08 51.93
41.		Natalía Dögg Brynjarsdóttir	07	ÍRB	1:38.98	250	47.39 51.59
42.		Arna Rut Stefánsdóttir	07	SH	1:39.34	247	47.34 52.00
43.		Helga Rós Ingimarsdóttir	06	ÍA	1:39.43	246	47.81 51.62
44.		Nicole Jóna Jóhannsdóttir	08	SH	1:39.66	244	46.79 52.87
45.		Briet Elfarsdóttir	06	Ægir	1:40.42	239	47.88 52.54
46.		Eydís Arna Isaksen	08	Óðinn	1:40.90	236	46.99 53.91

Sundgrein 18, kvenna, 100m bringusund, Opinn

Sæti	F.ár		Tími	Stig	50m	100m
47.	Írena Mjöll Elínardóttir	07 Ægir	1:41.90	229	47.57	54.33
48.	Áslaug Margrét Alfreðsdóttir	08 Breiðablik	1:42.49	225	49.20	53.29
49.	Ástrós Halla Jónsdóttir	06 FJÖL	1:42.74	223	49.46	53.28
50.	Aгла María Agnarsdóttir	07 SH	1:43.86	216	49.01	54.85
51.	Ásdís Steindórsdóttir	09 Breiðablik	1:44.81	210	52.05	52.76
52.	Heiðís Elva Stefánsdóttir	06 Sindri	1:46.52	200	49.45	57.07
53.	Anna Björg Elmarsdóttir	06 Óðinn	1:49.95	182	51.61	58.34
54.	Halla Rún Fannarsdóttir	08 Óðinn	1:51.22	176	51.23	59.99
55.	Victoria Takacs Önnuásgeirsdóttir	07 SH	1:51.82	173	52.69	59.13
56.	Katrín Lóa Ingadóttir	08 Óðinn	1:52.43	170	53.36	59.07
57.	Aníta Ingibjörg Antonsdóttir	08 Óðinn	2:17.64	93 *	1:06.40	1:11.24
MÆekki	Sunna Björg Harðardóttir	06 Ægir				
MÆekki	Amelía Björk Davíðsdóttir	03 ÍRB				
MÆekki	Íris Arna Ingvarsdóttir	07 ÍA				

Framtíð 12 ára og yngri

1.	Sunneva Bergmann Ásbjörnsdóttir	07r ÍRB	1:25.93	382	40.30	45.63
2.	Nadja Djurovic	07 Breiðablik	1:26.87	369	40.78	46.09
3.	Júlía Pálmadóttir	07 Ármann	1:27.73	359	41.11	46.62
4.	Ziza Alomerovic	07 Ármann	1:31.42	317	42.77	48.65
5.	Sara Lind Aðalsteinsdóttir	07 SH	1:33.23	299	44.77	48.46
6.	Ragnheiður Ásta Magnúsdóttir	07 Breiðablik	1:33.70	294	44.49	49.21
7.	Katla Mist Bragadóttir	07 Ármann	1:34.04	291	45.18	48.86
8.	Embla Dögg Helgadóttir	08 Ægir	1:34.98	283	45.11	49.87
9.	Sólveig Freyja Hákonardóttir	09 Breiðablik	1:36.04	273	45.57	50.47
10.	Gabija Marija Savickaitė	08 ÍRB	1:36.28	271	46.65	49.63
11.	Rebekka Rós Magnadóttir	07 ÍRB	1:37.66	260	46.27	51.39
12.	Natalía Dögg Brynjarsdóttir	07 ÍRB	1:38.98	250	47.39	51.59
13.	Arna Rut Stefánsdóttir	07 SH	1:39.34	247	47.34	52.00
14.	Nicole Jóna Jóhannsdóttir	08 SH	1:39.66	244	46.79	52.87
15.	Eydís Arna Isaksen	08 Óðinn	1:40.90	236	46.99	53.91
16.	Írena Mjöll Elínardóttir	07 Ægir	1:41.90	229	47.57	54.33
17.	Áslaug Margrét Alfreðsdóttir	08 Breiðablik	1:42.49	225	49.20	53.29
18.	Aгла María Agnarsdóttir	07 SH	1:43.86	216	49.01	54.85
19.	Ásdís Steindórsdóttir	09 Breiðablik	1:44.81	210	52.05	52.76
20.	Halla Rún Fannarsdóttir	08 Óðinn	1:51.22	176	51.23	59.99
21.	Victoria Takacs Önnuásgeirsdóttir	07 SH	1:51.82	173	52.69	59.13
22.	Katrín Lóa Ingadóttir	08 Óðinn	1:52.43	170	53.36	59.07
23.	Aníta Ingibjörg Antonsdóttir	08 Óðinn	2:17.64	93 *	1:06.40	1:11.24
MÆekki	Íris Arna Ingvarsdóttir	07 ÍA				

Æskunnar 13/14 ára

1.	Guðbjörg Bjarney Gudmundsdóttir	05 ÍA	1:17.50	520	ÍM	36.56	40.94
2.	Rán Björnsdóttir	05 Ægir	1:21.58	446	ÍM	38.97	42.61
3.	Ragnheiður Milla Bergsveinsdóttir	06 Breiðablik	1:23.75	412		39.75	44.00
4.	Vigdís Tinna Hákonardóttir	06 Breiðablik	1:23.94	410		39.34	44.60
5.	Dagbjörg Hlíf Ólafsdóttir	05 SH	1:24.30	404		39.66	44.64
6.	Thelma Lind Einarsdóttir	05 ÍRB	1:24.54	401		40.46	44.08
7.	Birgitta Ingólfssdóttir	05 SH	1:24.56	401		40.19	44.37
8.	Kolbrá Sölva Leifsdóttir	05 KR	1:26.83	370		40.27	46.56
9.	Otylia Lis	06 Ægir	1:31.17	320		44.35	46.82
10.	Kara Sól Gunnlaugsdóttir	05 ÍRB	1:33.62	295		44.81	48.81
11.	Lilja Natalie Gunnarsdóttir	06 Ægir	1:34.49	287		44.68	49.81
12.	Elín Rósa Ragnarsdóttir	06 Óðinn	1:34.73	285		44.42	50.31

Sundgrein 18, Stúlkur, 100m bringusund, Æskunnar 13/14 ára

Sæti	F.ár		Tími	Stig	50m	100m
13.	06	STJAR	1:36.84	267	46.66	50.18
14.	06	ÍA	1:39.43	246	47.81	51.62
15.	06	Ægir	1:40.42	239	47.88	52.54
16.	06	FJÖL	1:42.74	223	49.46	53.28
17.	06	Sindri	1:46.52	200	49.45	57.07
18.	06	Óðinn	1:49.95	182	51.61	58.34
MÆekki		Sunna Björg Harðardóttir				
	06	Ægir				

Unglinga 15/16 ára

1.	03	SH	1:21.41	449	ÍM	38.19	43.22
2.	03	Óðinn	1:24.46	402		39.99	44.47
3.	04	VÖL	1:24.98	395		40.40	44.58
4.	04	FJÖL	1:32.33	308		43.52	48.81
5.	04	VÖL	1:32.54	306		44.37	48.17
6.	04	Ægir	1:33.40	297		44.11	49.29
7.	04	STJAR	1:38.01	257		46.08	51.93
MÆekki		Amelía Björk Davíðsdóttir					
	03	ÍRB					

Sundgrein 19

karla, 50m bringusund

Opinn
Úrslitalistar

19.10.2019 - 17:36

Íslandsmet Opinn	26.74	Anton Sveinn McKee	SH	Hangzhou (CHN)	15.12.2018
Íslandsmet 15 - 17	28.47				
Íslandsmet 13 - 14	31.35				
Íslandsmet 11 - 12	33.43				
Mótsmet	28.58	Jóhann Jakob Sveinsson	Ægir		31.10.2013

ÍM 25 : 34.86 / EM 16 +: 27.71 / NM 14 +: 28.77

Stig: FINA 2019

Sæti	F.ár		Tími	Stig	
1.	04	SH	30.63	560	ÍM
2.	99	SH	30.88	546	ÍM
3.	01	SH	31.19	530	ÍM
4.	04	FJÖL	31.32	523	ÍM
5.	05	SH	32.81	455	ÍM
6.	99	Breiðablik	32.90	452	ÍM
7.	02	ÍA	32.95	450	ÍM
8.	03	Breiðablik	32.97	449	ÍM
9.	04	ÍRB	33.14	442	ÍM
10.	02	Ægir	33.27	437	ÍM
11.	02	Árman	33.65	422	ÍM
12.	01	KR	34.40	395	ÍM
13.	02	Breiðablik	36.06	343	
14.	04	Breiðablik	39.31	265	
15.	05	STJAR	40.40	244	
16.	06	Sindri	40.74	238	
17.	06	Ægir	41.77	220	
18.	08	Óðinn	44.48	182	
MÆekki		Már Gunnarsson S11			
	SB11	99	ÍRB		

Sundgrein 20
19.10.2019 - 17:39

kvenna, 50m flugsund

Opinn
Úrslitalistar

Íslandsmet Opinn	26.22	Bryndís Rún Hansen	Óðinn	Windsor (CAN)	8.12.2016
Íslandsmet 15 - 17	27.24				
Íslandsmet 13 - 14	29.17				
Íslandsmet 11 - 12	31.81				
Mótsmet	27.63	Ingibjörg Kristín Jónsdóttir	SH		28.10.2017

ÍM 25 : 32.64 / EM 16 +: 27.18 / NM 13 +: 28.24

Stig: FINA 2019

Sæti	F.ár	Tími	Stig
1. Jóhanna Elín Guðmundsdóttir	01 SH	27.85	670 NM
2. Katarína Róbertsdóttir	00 SH	28.80	606 ÍM
3. Emilía Sól Guðmundsdóttir	02 Ægir	30.67	502 ÍM
4. Brynhildur Traustadóttir	01 ÍA	30.80	495 ÍM
5. Svava Björg Lárusdóttir	03 Ármann	30.87	492 ÍM
6. Herdís Birna Viggósdóttir	04 KR	31.26	474 ÍM
7. Fanney Lind Jóhannsdóttir	02 Breiðablik	31.59	459 ÍM
8. Kristín Ylfa Guðmundsdóttir	02 SH	31.69	455 ÍM
9. Kolbrún Jónsdóttir	95 KR	31.70	454 ÍM
10. Sara Dís Ólafsdóttir	04 FJÖL	31.87	447 ÍM
11. Gunnhildur Björg Baldursdóttir	00 ÍRB	31.98	443 ÍM
12. Karen Mist Arneirsdóttir	00 ÍRB	32.00	442 ÍM
13. Ásta Kamilla Sigurðardóttir	04 ÍRB	32.42	425 ÍM
14. Ingibjörg Svava Magnúsdóttir	05 ÍA	32.80	410
15. Aþena Arnarsdóttir	03 Óðinn	32.83	409
16. Elísabet Jóhannsdóttir	06 ÍRB	33.17	397
17. Ingibjörg Erla Garðarsdóttir	00 FJÖL	33.69	378
18. Eyrún Anna Jóhannsdóttir	06 FJÖL	33.92	371
19. Kolbrún Jónsdóttir	03 UMFA	34.07	366
20. Arianna Steinarsdóttir	03 Ármann	34.50	352
21. Birna Hilmarsdóttir	02 ÍRB	35.19	332
22. Elísa Björnsdóttir	05 Ægir	35.24	331
23. Bríet Björk Pálsdóttir	04 Óðinn	35.32	328
24. Ylfa Lind Kristmannsdóttir	08 Ármann	35.79	316
25. Þórey Una Arnlaugsdóttir	06 ÍRB	36.51	297
Katla Líf Ólafsdóttir	04 FJÖL	36.51	297
27. Alexandra Hernandez	06 Sindri	36.82	290
28. Lára Jakobína Ringsted	03 ÍA	36.83	290
29. Sunneva Bergmann Ásbjörnsdóttir	07 ÍRB	37.01	285
30. Þórdís M Aðalsteinsdóttir	03 ÍRB	37.43	276
31. Helga Rós Ingimarsdóttir	06 ÍA	37.50	274
32. Hrafnhildur Lóa Kvaran	07 Ármann	37.78	268
33. Katrín Magnea Finnsdóttir	04 Óðinn	38.12	261
34. Aníta Hrafnisdóttir	S14 94 FJÖR	38.65	250
35. María Skorastein Sigurdardóttir	07 SH	41.18	207 *
36. Hrefna María Heiðarsdóttir	05 Breiðablik	46.78	141 *
MÆekki Amelía Björk Davíðsdóttir	03 ÍRB		
MÆekki Aþena Jónsdóttir	04 SH		
MÆekki Dagbjört Lilja Danielsdóttir	04 VÖL		
MÆekki Jóhanna Gerða Gústafsdóttir	90 FJÖL		

Sundgrein 21
19.10.2019 - 17:44

karla, 100m skriðsund

Opinn
Úrslitalistar

Íslandsmet Opinn	48.42	Örn Arnarson	SH	Reykjavík	16.11.2007
Íslandsmet 15 - 17	49.71				
Íslandsmet 13 - 14	54.57				
Íslandsmet 11 - 12	58.16				
Mótsmet	49.90	Dadó Fenrir Jasminuson	SH		31.10.2018

ÍM 25 : 1:00.99 / EM 16 +: 49.45 / NM 14 +: 52.15

Stig: FINA 2019

Sæti	F.ár		Tími	Stig	50m	100m
Opinn						
1.	Dadó Fenrir Jasminuson	95 SH	50.51	704 NM	24.09	26.42
2.	Kolbeinn Hrafnkelsson	94 SH	51.98	646 NM	25.21	26.77
3.	Kristófer Sigurðsson	95 ÍRB	52.04	644 NM	24.62	27.42
4.	Símon Elías Statkevicius	03 SH	53.97	577 ÍM	25.87	28.10
5.	Hólmsteinn Skorri Hallgrímsson	00 FJÖL	54.28	567 ÍM	26.11	28.17
6.	Kristjan Gylfi Þórisson	00 FJÖL	54.48	561 ÍM	26.71	27.77
7.	Daði Björnsson	04 SH	55.09	542 ÍM	25.93	29.16
8.	Ólafur Árdal Sigurðsson	99 SH	55.57	528 ÍM	26.85	28.72
9.	Sigurður Ingi Sigurðarson	01 KR	55.81	522 ÍM	26.90	28.91
10.	Bjartur Þórhallsson	00 FJÖL	55.98	517 ÍM	26.83	29.15
11.	Atli Vikar Ingimundarson	97 ÍA	56.36	506 ÍM	26.72	29.64
12.	Birnir Freyr Hálfðánarsson	06 SH	57.34	481 ÍM	27.15	30.19
13.	Guðmundur Karl Karlsson	05 Breiðablik	57.86	468 ÍM	27.79	30.07
14.	Skúli Thor Ásgeirsson	02 Ægir	58.13	462 ÍM	28.06	30.07
15.	Fannar Snævar Hauksson	04 ÍRB	58.27	458 ÍM	27.45	30.82
16.	Stefán Elías Davíðsson	03 ÍRB	58.62	450 ÍM	27.93	30.69
17.	Tómas Hlynur Schopka	03 STJAR	58.79	446 ÍM	27.46	31.33
18.	Júlíus Karl Maier	02 SH	58.82	445 ÍM	28.08	30.74
19.	Flosi Ómarsson	03 ÍRB	58.89	444 ÍM	28.17	30.72
20.	Alexander Logi Jónsson	04 ÍRB	58.91	443 ÍM	28.78	30.13
21.	Sveinn Elí Helgason	04 Ægir	59.61	428 ÍM	28.41	31.20
22.	Viktor Emil Sigtryggsson	00 Óðinn	59.99	420 ÍM	28.13	31.86
23.	Bergur Fáfniir Bjarnason	06 SH	1:00.27	414 ÍM	29.33	30.94
24.	Gabriel Þór Sigurmundsson	03 ÍRB	1:00.80	403 ÍM	29.59	31.21
25.	Daníel Steinn Davíðsson	03 Breiðablik	1:00.89	402 ÍM	29.08	31.81
26.	Runólfur Þorláksson	02 Ármann	1:00.91	401 ÍM	29.30	31.61
27.	Hákon A. Magnússon	00 Óðinn	1:01.05	398	29.85	31.20
28.	Gabriel Ari Tryggvarson	03 ÍRB	1:01.17	396	29.25	31.92
29.	Tristan Tómasson Manoury	04 KR	1:01.35	393	29.27	32.08
30.	Guðmundur Halldórsson	04 Breiðablik	1:01.42	391	29.90	31.52
31.	Daníel Lúkas Tómasson	04 SH	1:01.63	387	29.72	31.91
32.	Dagur Snær Hilmarsson	03 SH	1:01.80	384	29.63	32.17
33.	Sigurður Þráinn Sigurðsson	02 UMFA	1:02.49	371	29.73	32.76
34.	Pétur Alfreðsson	06 Breiðablik	1:02.50	371	30.23	32.27
35.	Einar Atli Guðnason	03 Ægir	1:02.59	370	30.51	32.08
36.	Sölvi Bjartur Ingólfsson	03 STJAR	1:02.80	366	29.65	33.15
37.	Hringur Birgir Kristinsson	04 FJÖL	1:02.99	363	29.87	33.12
38.	Kristófer Óli Birkisson	04 Óðinn	1:03.46	355	30.91	32.55
39.	Björn Yngvi Guðmundsson	07 SH	1:03.74	350	30.83	32.91
40.	Kári Snær Halldórsson	04 ÍRB	1:04.24	342	30.34	33.90
41.	Júlíus Arnarsson	06 KR	1:04.32	341	31.13	33.19
42.	Loftur Þór Arnarsson	05 KR	1:04.34	340	30.61	33.73
43.	Davíð Smári Andrésen	03 STJAR	1:04.63	336	30.75	33.88
44.	Jakob Ingi Reynisson	06 ÍRB	1:05.74	319	31.31	34.43
45.	Magni Snær Imsland Grétarsson	06 Sindri	1:06.29	311	31.75	34.54
46.	Örn Kató Arnarsson	05 Óðinn	1:06.59	307	32.35	34.24

Sundgrein 21, karla, 100m skriðsund, Opinn

Sæti	F.ár		Tími	Stig	50m	100m
47.	Eggert Sigtryggsson	05 SH	1:06.67	306	31.57	35.10
48.	Denas Kazulis	08 ÍRB	1:07.31	297	32.01	35.30
49.	Óliver Marteinnsson	04 KR	1:08.37	283	32.50	35.87
50.	Sigmundur Þór Sigurmundars	05 ÍRB	1:08.79	278	32.75	36.04
51.	Ragnar Ingi Magnússon	92 FJÖR	1:08.88	277	31.56	37.32
52.	Kristófer Andri Jóhannsson	08 SH	1:09.97	264	32.99	36.98
53.	Kári Kjartansson	05 STJAR	1:10.54	258	34.21	36.33
54.	Magnús Víðir Jónsson	08 SH	1:11.58	247	33.95	37.63
55.	Stefán Gretar Katrínarson	08 Óðinn	1:12.21	241	34.46	37.75
56.	Kristinn Viðar Tómasson	06 Óðinn	1:12.23	240	34.59	37.64
57.	Daði Rafn Falsson	08 ÍRB	1:12.72	236	35.09	37.63
58.	Kolbeinn Kári Jónsson	06 Ægir	1:14.59	218	35.84	38.75
59.	Bjarni Snær Skarphéðinsson	06 ÍA	1:16.21	205	36.50	39.71
60.	Dominic Daði Wheeler	07 Ægir	1:16.68	201	36.90	39.78
61.	Árni Þór Pálmason	09 ÍRB	1:17.78	192	37.33	40.45
62.	Víkingur Geirdal	07 ÍA	1:18.29	189	37.00	41.29
63.	Arnar Milos Arnbjörnsson	08 ÍRB	1:18.54	187	37.58	40.96
64.	Nikolai Leo Jónsson	08 ÍRB	1:18.76	185	37.72	41.04
65.	Oliver Kaldal	07 Ægir	1:18.99	184	37.61	41.38
66.	Gabriel Ingi Derti	08 ÍRB	1:19.60	179	38.33	41.27
67.	Kári Freyr Helgason	06 SH	1:20.12	176	38.53	41.59
68.	Bjarni Ívar Ragnarsson	08 ÍRB	1:20.53	173	38.15	42.38
69.	Arnór Egill Einarsson	07 SH	1:20.71	172	39.04	41.67
70.	Ari Eyvindarsson	07 SH	1:21.01	170	38.92	42.09
71.	Hákon Hafþórsson	08 Breiðablik	1:21.41	168	38.32	43.09
72.	Ómar Magni Egilsson	06 ÍRB	1:21.67	166	38.83	42.84
73.	Hrafn Sverrisson	05 Ármann	1:22.82	159	38.30	44.52
74.	Hermann Ingi Eiríksson	05 FJÖL	1:24.28	151	39.42	44.86
75.	Hákon Freyr Sigurðarson	06 Breiðablik	1:25.78	143	39.57	46.21
76.	Emil Örn Björgvinsson	07 Breiðablik	1:27.12	137	40.92	46.20
77.	Ísak Nói Ómarsson	06 SH	1:28.63	130	41.04	47.59
78.	Breki Arnarsson	96 KR	1:37.15	98 *	45.79	51.36
MÆekki	Nikolas Hrafn Marksson	07 Ægir				
MÆekki	Halldór Óskar Eiríksson	02 FJÖL				
MÆekki	Ásberg Halldór Hansson	07 FJÖL				
MÆekki	Ísak Árni Guðmundsson	05 Ármann				

Framtíð 13 ára og yngri

1.	Birnir Freyr Hálfðáarsson	06 SH	57.34	481	ÍM	27.15	30.19
2.	Bergur Fálnir Bjarnason	06 SH	1:00.27	414	ÍM	29.33	30.94
3.	Pétur Alfreðsson	06 Breiðablik	1:02.50	371		30.23	32.27
4.	Björn Yngvi Guðmundsson	07 SH	1:03.74	350		30.83	32.91
5.	Júlíus Arnarsson	06 KR	1:04.32	341		31.13	33.19
6.	Jakob Ingi Reynisson	06 ÍRB	1:05.74	319		31.31	34.43
7.	Magni Snær Imsland Grétarsson	06 Sindri	1:06.29	311		31.75	34.54
8.	Denas Kazulis	08 ÍRB	1:07.31	297		32.01	35.30
9.	Kristófer Andri Jóhannsson	08 SH	1:09.97	264		32.99	36.98
10.	Magnús Víðir Jónsson	08 SH	1:11.58	247		33.95	37.63
11.	Stefán Gretar Katrínarson	08 Óðinn	1:12.21	241		34.46	37.75
12.	Kristinn Viðar Tómasson	06 Óðinn	1:12.23	240		34.59	37.64
13.	Daði Rafn Falsson	08 ÍRB	1:12.72	236		35.09	37.63
14.	Kolbeinn Kári Jónsson	06 Ægir	1:14.59	218		35.84	38.75
15.	Bjarni Snær Skarphéðinsson	06 ÍA	1:16.21	205		36.50	39.71
16.	Dominic Daði Wheeler	07 Ægir	1:16.68	201		36.90	39.78
17.	Árni Þór Pálmason	09 ÍRB	1:17.78	192		37.33	40.45

Sundgrein 21, Piltar, 100m skriðsund, Framtíð 13 ára og yngri

Sæti	F.ár		Tími	Stig	50m	100m	
18.	Víkingur Geirdal	07	ÍA	1:18.29	189	37.00	41.29
19.	Arnar Milos Arnbjörnsson	08	ÍRB	1:18.54	187	37.58	40.96
20.	Nikolai Leo Jónsson	08	ÍRB	1:18.76	185	37.72	41.04
21.	Oliver Kaldal	07	Ægir	1:18.99	184	37.61	41.38
22.	Gabriel Ingi Derti	08	ÍRB	1:19.60	179	38.33	41.27
23.	Kári Freyr Helgason	06	SH	1:20.12	176	38.53	41.59
24.	Bjarni Ívar Ragnarsson	08	ÍRB	1:20.53	173	38.15	42.38
25.	Arnór Egill Einarsson	07	SH	1:20.71	172	39.04	41.67
26.	Ari Eyvindarsson	07	SH	1:21.01	170	38.92	42.09
27.	Hákon Hafþórsson	08	Breiðablik	1:21.41	168	38.32	43.09
28.	Ómar Magni Egilsson	06	ÍRB	1:21.67	166	38.83	42.84
29.	Hákon Freyr Sigurðarson	06	Breiðablik	1:25.78	143	39.57	46.21
30.	Emil Örn Björgvinsson	07	Breiðablik	1:27.12	137	40.92	46.20
31.	Ísak Nói Ómarsson	06	SH	1:28.63	130	41.04	47.59
MÆekki	Nikolas Hrafn Marksson	07	Ægir				
MÆekki	Ásberg Halldór Hansson	07	FJÖL				

Æskunnar 14/15 ára

1.	Daði Björnsson	04	SH	55.09	542	ÍM	25.93	29.16
2.	Guðmundur Karl Karlsson	05	Breiðablik	57.86	468	ÍM	27.79	30.07
3.	Fannar Snævar Hauksson	04	ÍRB	58.27	458	ÍM	27.45	30.82
4.	Alexander Logi Jónsson	04	ÍRB	58.91	443	ÍM	28.78	30.13
5.	Sveinn Elí Helgason	04	Ægir	59.61	428	ÍM	28.41	31.20
6.	Tristan Tómasson Manoury	04	KR	1:01.35	393		29.27	32.08
7.	Guðmundur Halldórsson	04	Breiðablik	1:01.42	391		29.90	31.52
8.	Daníel Lúkas Tómasson	04	SH	1:01.63	387		29.72	31.91
9.	Hringur Birgir Kristinsson	04	FJÖL	1:02.99	363		29.87	33.12
10.	Kristófer Óli Birkisson	04	Óðinn	1:03.46	355		30.91	32.55
11.	Kári Snær Halldórsson	04	ÍRB	1:04.24	342		30.34	33.90
12.	Loftur Þór Arnarsson	05	KR	1:04.34	340		30.61	33.73
13.	Örn Kató Arnarsson	05	Óðinn	1:06.59	307		32.35	34.24
14.	Eggert Sigtryggsson	05	SH	1:06.67	306		31.57	35.10
15.	Óliver Marteinsson	04	KR	1:08.37	283		32.50	35.87
16.	Sigmundur Þór Sigurmundars	05	ÍRB	1:08.79	278		32.75	36.04
17.	Kári Kjartansson	05	STJAR	1:10.54	258		34.21	36.33
18.	Hrafn Sverrisson	05	Ármann	1:22.82	159		38.30	44.52
19.	Hermann Ingi Eiríksson	05	FJÖL	1:24.28	151		39.42	44.86
MÆekki	Ísak Árni Guðmundsson	05	Ármann					

Unglinga 16/17 ára

1.	Símon Elías Statkevicius	03	SH	53.97	577	ÍM	25.87	28.10
2.	Skúli Thor Ásgeirsson	02	Ægir	58.13	462	ÍM	28.06	30.07
3.	Stefán Elías Davíðsson	03	ÍRB	58.62	450	ÍM	27.93	30.69
4.	Tómas Hlynur Schopka	03	STJAR	58.79	446	ÍM	27.46	31.33
5.	Júlíus Karl Maier	02	SH	58.82	445	ÍM	28.08	30.74
6.	Flosi Ómarsson	03	ÍRB	58.89	444	ÍM	28.17	30.72
7.	Gabriel Þór Sigurmundsson	03	ÍRB	1:00.80	403	ÍM	29.59	31.21
8.	Daníel Steinn Davíðsson	03	Breiðablik	1:00.89	402	ÍM	29.08	31.81
9.	Runólfur Þorláksson	02	Ármann	1:00.91	401	ÍM	29.30	31.61
10.	Gabriel Ari Tryggvarson	03	ÍRB	1:01.17	396		29.25	31.92
11.	Dagur Snær Hilmarsson	03	SH	1:01.80	384		29.63	32.17
12.	Sigurður Þráinn Sigurðsson	02	UMFA	1:02.49	371		29.73	32.76
13.	Einar Atli Guðnason	03	Ægir	1:02.59	370		30.51	32.08
14.	Sölvi Bjartur Ingólfsson	03	STJAR	1:02.80	366		29.65	33.15

Sundgrein 21, Piltar, 100m skriðsund, Unglinga 16/17 ára

Sæti	F.ár		Tími	Stig	50m	100m
15.	Davíð Smári Andrésson	03 STJAR	1:04.63	336	30.75	33.88
MÆekki	Halldór Óskar Eiríksson	02 FJÖL				

Sundgrein 22
19.10.2019 - 18:01

kvenna, 100m baksund

Opinn
Úrslitalistar

Íslandsmet Opinn	57.42	Eygló Ósk Gústafsdóttir	Ægir	Netanya (ISR)	3.12.2015
Íslandsmet 15 - 17	59.75				
Íslandsmet 13 - 14	1:03.10				
Íslandsmet 11 - 12	1:08.69				
Mótsmet	58.86	Eygló Ósk Gústafsdóttir	Ægir		31.10.2015

ÍM 25 : 1:14.68 / EM 16 +: 1:00.78 / NM 13 +: 1:05.76

Stig: FINA 2019

Sæti	F.ár		Tími	Stig	50m	100m
Opinn						
1.	Steingerður Hauksdóttir	96 SH	1:03.68	645 NM	29.68	34.00
2.	Þorgerður Ósk Jónsdóttir	03 SH	1:06.74	560 ÍM	32.46	34.28
3.	Stefanía Sigurþórsdóttir	01 Breiðablik	1:07.16	550 ÍM	32.34	34.82
4.	Adele Alexandra Pálsson	03 SH	1:09.71	491 ÍM	33.84	35.87
5.	Eva Margrét Falsdóttir	05 ÍRB	1:11.07	464 ÍM	34.18	36.89
6.	Guðbjörg Bjartey Guðmundsdóttir	05 ÍA	1:11.39	458 ÍM	34.48	36.91
7.	Bríet Dalla Gunnarsdóttir	04 SH	1:11.88	448 ÍM	35.23	36.65
8.	Eva Sól Garðarsdóttir	03 Óðinn	1:12.20	442 ÍM	34.75	37.45
9.	Ylfa Ásgerður Eyjólfsdóttir	06 Ármann	1:13.73	415 ÍM	36.03	37.70
10.	Dagbjörg Hlíf Ólafsdóttir	05 SH	1:13.98	411 ÍM	35.73	38.25
11.	Ólög Kristín Isaksen	05 Óðinn	1:14.25	407 ÍM	35.84	38.41
12.	Thelma Lind Einarsdóttir	05 ÍRB	1:14.30	406 ÍM	36.28	38.02
13.	Rebekka Marín Arngeirsdóttir	05 ÍRB	1:14.31	406 ÍM	36.13	38.18
14.	Helga Sigurlaug Helgadóttir	07 SH	1:14.78	398	36.89	37.89
15.	Birgitta Ingólfssdóttir	05 SH	1:15.19	392	36.71	38.48
16.	Elísabet Jóhannesdóttir	06 ÍRB	1:15.48	387	36.80	38.68
17.	Karen Ósk Gísladóttir	06 Breiðablik	1:15.93	380	37.17	38.76
18.	Rán Björnsdóttir	05 Ægir	1:15.99	379	36.99	39.00
19.	Jóhanna Brynja Rúnarsdóttir	06 SH	1:16.04	379	36.89	39.15
20.	Katla María Brynjarsdóttir	07 ÍRB	1:16.07	378	36.79	39.28
21.	Sunna Arnfinnsdóttir	07 Ármann	1:16.11	377	37.96	38.15
22.	Katla Líf Ólafsdóttir	04 FJÖL	1:16.72	369	37.31	39.41
23.	Ingibjörg Svava Magnúsdóttir	05 ÍA	1:16.78	368	37.63	39.15
24.	Arna Maren Jóhannesdóttir	05 FJÖL	1:17.03	364	37.26	39.77
25.	Helena Rún Gylfadóttir	03 Ármann	1:17.31	360	37.27	40.04
26.	Embla Karen Sævarsdóttir	04 Óðinn	1:17.53	357	37.36	40.17
27.	Birna Hilmarsdóttir	02 ÍRB	1:17.73	354	36.98	40.75
	Ziza Alomerovic	07 Ármann	1:17.73	354	37.55	40.18
29.	Gunnhildur Björg Baldursdóttir	00 ÍRB	1:18.10	349	37.15	40.95
30.	Athena Líf Þrastardóttir	07 ÍRB	1:18.25	347	37.97	40.28
31.	Ester Eva Ingimarsdóttir	04 VÖL	1:20.21	322	38.38	41.83
32.	Jóhanna Arna Gunnarsdóttir	06 ÍRB	1:20.74	316	40.03	40.71
33.	Otylia Lis	06 Ægir	1:21.33	309	39.59	41.74
34.	Ragnheiður Ásta Magnúsdóttir	07 Breiðablik	1:21.47	308	39.83	41.64
35.	Amalia Nanna Juliusdóttir	02 Óðinn	1:21.53	307	39.75	41.78
36.	Rebekka Rós Magnadóttir	07 ÍRB	1:21.84	304	39.39	42.45
37.	Eyrún Anna Jóhannesdóttir	06 FJÖL	1:22.25	299	40.48	41.77
38.	Lilja Natalie Gunnarsdóttir	06 Ægir	1:22.69	294	40.91	41.78
39.	Katla Mist Bragadóttir	07 Ármann	1:23.26	288	41.29	41.97

Sundgrein 22, kvenna, 100m baksund, Opinn

Sæti	F.ár	Tími	Stig	50m	100m		
40.	Masa Dedeic	05	SH	1:23.36	287	41.87	41.49
41.	Guðbjörg Eyvindardóttir	04	SH	1:23.40	287	40.94	42.46
42.	Þórunn María Hilmarsdóttir	05	Breiðablik	1:24.41	277	41.53	42.88
43.	Hildur Valsdóttir	04	SH	1:24.65	274	41.18	43.47
44.	Alexandra Hernandez	06	Sindri	1:24.92	272	41.42	43.50
45.	Ylfa Lind Kristmannsdóttir	08	Ármann	1:25.07	270	42.25	42.82
46.	Júlía Pálmadóttir	07	Ármann	1:25.23	269	41.10	44.13
47.	Naomí Arnarsdóttir	07	Óðinn	1:25.26	268	40.96	44.30
48.	Matthildur Valdimarsdóttir	06	Óðinn	1:25.58	265	41.33	44.25
49.	Ástrós Halla Jónsdóttir	06	FJÖL	1:25.74	264	41.81	43.93
50.	Jana Guðlaug Ómarsdóttir	07	ÍRB	1:25.92	262	42.96	42.96
51.	Hrafnhildur Lóa Kvaran	07	Ármann	1:26.17	260	41.55	44.62
52.	Sólveig Freyja Hákonardóttir	09	Breiðablik	1:26.37	258	42.14	44.23
53.	Natalía Dögg Brynjarsdóttir	07	ÍRB	1:26.48	257	42.39	44.09
54.	Auður María Lárusdóttir	06	ÍA	1:27.21	251	41.85	45.36
55.	Elísabet Arnoddsdóttir	09	ÍRB	1:27.51	248	42.85	44.66
56.	Ástrós Lovísa Hauksdóttir	08	ÍRB	1:28.17	243		
57.	Helga Rós Ingimarsdóttir	06	ÍA	1:28.23	242	42.73	45.50
58.	Sara Lind Aðalsteinsdóttir	07	SH	1:28.37	241	43.87	44.50
59.	Gabija Marija Savickaitė	08	ÍRB	1:28.54	240	43.51	45.03
60.	Hulda Björg Magnusdóttir Nilsen	08	Ægir	1:28.61	239	42.69	45.92
61.	Sólveig Ágústa Aradóttir	05	Ármann	1:28.62	239	43.62	45.00
62.	Agnes Fjóra Flosadóttir	02	Óðinn	1:29.18	234	43.62	45.56
63.	Elín Rósa Ragnarsdóttir	06	Óðinn	1:29.99	228	43.58	46.41
64.	Tinna Karen Sigurðardóttir	08	SH	1:30.41	225	43.71	46.70
65.	Arna Rut Stefánsdóttir	07	SH	1:30.42	225	44.51	45.91
66.	Bríet Elfarsdóttir	06	Ægir	1:31.51	217	44.69	46.82
67.	Rebekka Rún Magnúsdóttir	08	SH	1:32.72	209	45.05	47.67
68.	Nicole Jóna Jóhannsdóttir	08	SH	1:32.76	208	45.18	47.58
69.	Aglá María Agnarsdóttir	07	SH	1:33.07	206	45.10	47.97
70.	Bergþóra Sól Hálfðánsdóttir	06	UMFA	1:33.65	202		
71.	Juliane Liv Sørensen	07	Óðinn	1:33.88	201		
72.	Katrín Lóa Ingadóttir	08	Óðinn	1:35.05	194	45.99	49.06
73.	Júlía Líf Gunnsteinsdóttir	04	STJAR	1:35.51	191	46.33	49.18
74.	Eva Steingrimsdóttir	08	SH	1:35.68	190	47.74	47.94
75.	Áslaug Margrét Alfreðsdóttir	08	Breiðablik	1:37.20	181	48.16	49.04
76.	Anna Rósa Þrastardóttir	04	FJÖR	1:37.45	180	47.87	49.58
77.	Ásdís Steindórsdóttir	09	Breiðablik	1:39.82	167	49.60	50.22
78.	Eydís Arna Isaksen	08	Óðinn	1:41.30	160	48.96	52.34
79.	Victoria Takacs Önnuásgeirsdóttir	07	SH	1:44.24	147	51.36	52.88
80.	Halla Rún Fannarsdóttir	08	Óðinn	1:44.95	144	51.68	53.27
81.	Aníta Ingibjörg Antonsdóttir	08	Óðinn	1:53.09	115 *	55.83	57.26
ÓG.	Ragnheiður Gunnsteinsdóttir	07	STJAR	1:29.61		43.73	45.88
	6.4 - Snúningur er ekki samfelldur						
ÓG.	Freydís Lilja Bergþórsdóttir	09	ÍRB	1:34.97			
	6.4 - Snúningur er ekki samfelldur						
ÓG.	Anna Björg Elmarsdóttir	06	Óðinn	1:57.42	*		
	6.4 - Snúningur er ekki samfelldur						
MÆekki	Sunna Björg Harðardóttir	06	Ægir				
MÆekki	Karítas Svana Elfarsdóttir	06	Breiðablik				
MÆekki	Íris Arna Ingvarsdóttir	07	ÍA				

Sundgrein 22, kvenna, 100m baksund

Framtíð 12 ára og yngri

1.	Helga Sigurlaug Helgadóttir	07	SH	1:14.78	398		36.89	37.89
2.	Katla María Brynjarsdóttir	07	ÍRB	1:16.07	378		36.79	39.28
3.	Sunna Arnfinnsdóttir	07	Árman	1:16.11	377		37.96	38.15
4.	Ziza Alomerovic	07	Árman	1:17.73	354		37.55	40.18
5.	Athena Líf Þrastardóttir	07	ÍRB	1:18.25	347		37.97	40.28
6.	Ragnheiður Ásta Magnúsdóttir	07	Breiðablik	1:21.47	308		39.83	41.64
7.	Rebekka Rós Magnadóttir	07	ÍRB	1:21.84	304		39.39	42.45
8.	Katla Mist Bragadóttir	07	Árman	1:23.26	288		41.29	41.97
9.	Ylfa Lind Kristmannsdóttir	08	Árman	1:25.07	270		42.25	42.82
10.	Júlía Pálmadóttir	07	Árman	1:25.23	269		41.10	44.13
11.	Naomí Arnarsdóttir	07	Óðinn	1:25.26	268		40.96	44.30
12.	Jana Guðlaug Ómarsdóttir	07	ÍRB	1:25.92	262		42.96	42.96
13.	Hrafnhildur Lóa Kvaran	07	Árman	1:26.17	260		41.55	44.62
14.	Sólveig Freyja Hákonardóttir	09	Breiðablik	1:26.37	258		42.14	44.23
15.	Natalía Dögg Brynjarsdóttir	07	ÍRB	1:26.48	257		42.39	44.09
16.	Elísabet Arnoddsdóttir	09	ÍRB	1:27.51	248		42.85	44.66
17.	Ástrós Lovísa Hauksdóttir	08	ÍRB	1:28.17	243			
18.	Sara Lind Aðalsteinsdóttir	07	SH	1:28.37	241		43.87	44.50
19.	Gabija Marija Savickaitė	08	ÍRB	1:28.54	240		43.51	45.03
20.	Hulda Björg Magnúsdóttir Nilse	08	Ægir	1:28.61	239		42.69	45.92
21.	Tinna Karen Sigurðardóttir	08	SH	1:30.41	225		43.71	46.70
22.	Arna Rut Stefánsdóttir	07	SH	1:30.42	225		44.51	45.91
23.	Rebekka Rún Magnúsdóttir	08	SH	1:32.72	209		45.05	47.67
24.	Nicole Jóna Jóhannsdóttir	08	SH	1:32.76	208		45.18	47.58
25.	Agla María Agnarsdóttir	07	SH	1:33.07	206		45.10	47.97
26.	Juliane Liv Sørensen	07	Óðinn	1:33.88	201			
27.	Katrín Lóa Ingadóttir	08	Óðinn	1:35.05	194		45.99	49.06
28.	Eva Steingrimsdóttir	08	SH	1:35.68	190		47.74	47.94
29.	Áslaug Margrét Alfreðsdóttir	08	Breiðablik	1:37.20	181		48.16	49.04
30.	Ásdís Steindórsdóttir	09	Breiðablik	1:39.82	167		49.60	50.22
31.	Eydís Arna Isaksen	08	Óðinn	1:41.30	160		48.96	52.34
32.	Victoria Takacs Önnuásgeirsdóttir	07	SH	1:44.24	147		51.36	52.88
33.	Halla Rún Fannarsdóttir	08	Óðinn	1:44.95	144		51.68	53.27
34.	Aníta Ingibjörg Antonsdóttir	08	Óðinn	1:53.09	115	*	55.83	57.26
ÓG.	Ragnheiður Gunnsteinsdóttir	07	STJAR	1:29.61			43.73	45.88
	<i>6.4 - Snúningur er ekki samfelldur</i>							
ÓG.	Freydís Lilja Bergþórsdóttir	09	ÍRB	1:34.97				
	<i>6.4 - Snúningur er ekki samfelldur</i>							
MÆekki	Íris Arna Ingvarsdóttir	07	ÍA					

Æskunnar 13/14 ára

1.	Eva Margrét Falsdóttir	05	ÍRB	1:11.07	464	ÍM	34.18	36.89
2.	Guðbjörg Bjartey Gudmundsdóttir	05	ÍA	1:11.39	458	ÍM	34.48	36.91
3.	Ylfa Ásgerður Eyjólfsdóttir	06	Árman	1:13.73	415	ÍM	36.03	37.70
4.	Dagbjörg Hlíf Ólafsdóttir	05	SH	1:13.98	411	ÍM	35.73	38.25
5.	Ólöf Kristín Isaksen	05	Óðinn	1:14.25	407	ÍM	35.84	38.41
6.	Thelma Lind Einarsdóttir	05	ÍRB	1:14.30	406	ÍM	36.28	38.02
7.	Rebekka Marín Arngeirsdóttir	05	ÍRB	1:14.31	406	ÍM	36.13	38.18
8.	Birgitta Ingólfssdóttir	05	SH	1:15.19	392		36.71	38.48
9.	Elísabet Jóhannesdóttir	06	ÍRB	1:15.48	387		36.80	38.68
10.	Karen Ósk Gísladóttir	06	Breiðablik	1:15.93	380		37.17	38.76
11.	Rán Björnsdóttir	05	Ægir	1:15.99	379		36.99	39.00
12.	Jóhanna Brynja Rúnarsdóttir	06	SH	1:16.04	379		36.89	39.15
13.	Ingibjörg Svava Magnúsardóttir	05	ÍA	1:16.78	368		37.63	39.15

Sundgrein 22, Stúlkur, 100m baksund, Æskunnar 13/14 ára

Sæti	F.ár	Tími	Stig	50m	100m		
14.	Arna Maren Jóhannesdóttir	05	FJÖL	1:17.03	364	37.26	39.77
15.	Jóhanna Arna Gunnarsdóttir	06	ÍRB	1:20.74	316	40.03	40.71
16.	Otylia Lis	06	Ægir	1:21.33	309	39.59	41.74
17.	Eyrún Anna Jóhannesdóttir	06	FJÖL	1:22.25	299	40.48	41.77
18.	Lilja Natalie Gunnarsdóttir	06	Ægir	1:22.69	294	40.91	41.78
19.	Masa Dedeic	05	SH	1:23.36	287	41.87	41.49
20.	Þórunn María Hilmarsdóttir	05	Breiðablik	1:24.41	277	41.53	42.88
21.	Alexandra Hernandez	06	Sindri	1:24.92	272	41.42	43.50
22.	Matthildur Valdimarsdóttir	06	Óðinn	1:25.58	265	41.33	44.25
23.	Ástrós Halla Jónsdóttir	06	FJÖL	1:25.74	264	41.81	43.93
24.	Auður María Lárusdóttir	06	ÍA	1:27.21	251	41.85	45.36
25.	Helga Rós Ingimarsdóttir	06	ÍA	1:28.23	242	42.73	45.50
26.	Sólveig Ágústa Aradóttir	05	Árman	1:28.62	239	43.62	45.00
27.	Elín Rósa Ragnarsdóttir	06	Óðinn	1:29.99	228	43.58	46.41
28.	Bríet Elfarsdóttir	06	Ægir	1:31.51	217	44.69	46.82
29.	Bergþóra Sól Hálfðánsdóttir	06	UMFA	1:33.65	202		
ÓG.	Anna Björg Elmarsdóttir	06	Óðinn	1:57.42	*		
<i>6.4 - Snúningur er ekki samfelldur</i>							
MÆekki	Sunna Björg Harðardóttir	06	Ægir				
MÆekki	Karítas Svana Elfarsdóttir	06	Breiðablik				

Unglinga 15/16 ára

1.	Þorgerður Ósk Jónsdóttir	03	SH	1:06.74	560	ÍM	32.46	34.28
2.	Adele Alexandra Pálsson	03	SH	1:09.71	491	ÍM	33.84	35.87
3.	Bríet Dalla Gunnarsdóttir	04	SH	1:11.88	448	ÍM	35.23	36.65
4.	Eva Sól Garðarsdóttir	03	Óðinn	1:12.20	442	ÍM	34.75	37.45
5.	Katla Líf Ólafsdóttir	04	FJÖL	1:16.72	369		37.31	39.41
6.	Helena Rún Gylfadóttir	03	Árman	1:17.31	360		37.27	40.04
7.	Embla Karen Sævarsdóttir	04	Óðinn	1:17.53	357		37.36	40.17
8.	Ester Eva Ingimarsdóttir	04	VÖL	1:20.21	322		38.38	41.83
9.	Guðbjörg Eyvindardóttir	04	SH	1:23.40	287		40.94	42.46
10.	Hildur Valsdóttir	04	SH	1:24.65	274		41.18	43.47
11.	Júlía Líf Gunnsteinsdóttir	04	STJAR	1:35.51	191		46.33	49.18
12.	Anna Rósa Þrastardóttir	04	FJÖR	1:37.45	180		47.87	49.58

Sundgrein 23
19.10.2019 - 18:22

karla, 200m flugsund

Opinn
Úrslitalistar

Íslandsmet Opinn	1:57.21	Sindri Þór Jakobsson	ÍRB	Istanbul (TUR)	12.12.2009
Íslandsmet 15 - 17	2:01.95				
Íslandsmet 13 - 14	2:11.58				
Íslandsmet 11 - 12	2:25.08				
Mótsmet	2:06.71	Daníel Hannes Pálsson	FJÖL		31.10.2013

ÍM 25 : 2:25.72 / EM 16 +: 1:59.28 / NM 14 +: 2:06.54

Stig: FINA 2019

Sæti	F.ár		Tími	Stig	50m	100m	150m	200m		
Opinn										
1.	Brynjólfur Óli Karlsson	01	Breiðablik	2:09.16	588	ÍM	28.62	33.15	33.60	33.79
2.	Patrik Viggó Vilbergsson	02	Breiðablik	2:11.96	551	ÍM	29.52	33.77	34.15	34.52
3.	Bjartur Þórhallsson	00	FJÖL	2:15.83	506	ÍM	30.26	35.29	35.43	34.85
4.	Aron Þór Jónsson	02	SH	2:15.93	504	ÍM	29.78	34.08	35.83	36.24
5.	Kristófer Atli Andersen	02	Breiðablik	2:16.49	498	ÍM	29.36	35.30	36.47	35.36
6.	Hafþór Jón Sigurðsson	97	SH	2:17.05	492	ÍM	30.25	34.81	36.13	35.86
7.	Daníel Patrick Riley	03	ÍRB	2:21.38	448	ÍM	30.32	35.01	36.70	39.35
8.	Aron Fannar Kristínarson	03	ÍRB	2:21.44	448	ÍM	31.90	36.33	36.66	36.55
9.	Kári Sólvi Nielsen	00	SH	2:22.56	437	ÍM	29.61	34.52	37.98	40.45
10.	Veigar Hrafn Sigþórsson	05	SH	2:23.02	433	ÍM	30.70	35.97	37.92	38.43
11.	Björgvin Árni Júlíusson	01	KR	2:23.62	428	ÍM	31.52	36.84	37.41	37.85
12.	Snær Llorens Sigurðsson	02	ÍA	2:24.16	423	ÍM	30.13	36.24	38.57	39.22
13.	Logi Freyr Arnarsson	03	KR	2:26.53	403		32.24	36.81	38.27	39.21
14.	Hilmir Snær L.	03	SH	2:28.31	388		32.28	36.54	39.25	40.24
15.	Guðmundur Halldórsson	04	Breiðablik	2:30.56	371		33.83	38.83	39.82	38.08
16.	Jónas Atli Pálsson	03	SH	2:31.94	361		31.28	37.93	40.99	41.74
17.	Jón Ingi Halldórsson	04	Breiðablik	2:35.19	339		35.82	39.71	39.27	40.39
18.	Ólafur Breki Guðnason	03	Ægir	2:36.43	331		33.94	39.90	40.92	41.67
19.	Kacper Kogut	06	Breiðablik	2:46.66	273		37.10	42.56	43.42	43.58
20.	Adam Leó Tómasson	07	SH	2:55.94	232		38.71	45.68	47.56	43.99
21.	Edward Jensson	04	SH	2:57.34	227		35.61	44.07	48.96	48.70
22.	Guðmundur Leo Rafnsson	06	ÍRB	2:59.12	220		37.89	47.53	48.77	44.93
23.	Andri Már Kristjánsson	06	SH	3:05.45	198		41.99	48.73	49.47	45.26
24.	Hólmar Grétarsson	08	SH	3:06.81	194		41.41	49.02	49.31	47.07
LAUK	Kekki Róbert Andri Pálmason	02	Breiðablik				30.00	35.88	39.44	

10.2 - Vegalendö sunds verður að ljúka til að sund sé gilt (hætti) - DNF

Framtíð 13 ára og yngri

1.	Kacper Kogut	06	Breiðablik	2:46.66	273		37.10	42.56	43.42	43.58
2.	Adam Leó Tómasson	07	SH	2:55.94	232		38.71	45.68	47.56	43.99
3.	Guðmundur Leo Rafnsson	06	ÍRB	2:59.12	220		37.89	47.53	48.77	44.93
4.	Andri Már Kristjánsson	06	SH	3:05.45	198		41.99	48.73	49.47	45.26
5.	Hólmar Grétarsson	08	SH	3:06.81	194		41.41	49.02	49.31	47.07

Æskunnar 14/15 ára

1.	Veigar Hrafn Sigþórsson	05	SH	2:23.02	433	ÍM	30.70	35.97	37.92	38.43
2.	Guðmundur Halldórsson	04	Breiðablik	2:30.56	371		33.83	38.83	39.82	38.08
3.	Jón Ingi Halldórsson	04	Breiðablik	2:35.19	339		35.82	39.71	39.27	40.39
4.	Edward Jensson	04	SH	2:57.34	227		35.61	44.07	48.96	48.70

Sundgrein 23, karla, 200m flugsund

Unglinga 16/17 ára

1. Patrik Viggó Vilbergsson	02	Breiðablik	2:11.96	551	ÍM	29.52	33.77	34.15	34.52
2. Aron Þór Jónsson	02	SH	2:15.93	504	ÍM	29.78	34.08	35.83	36.24
3. Kristófer Atli Andersen	02	Breiðablik	2:16.49	498	ÍM	29.36	35.30	36.47	35.36
4. Daníel Patrick Riley	03	ÍRB	2:21.38	448	ÍM	30.32	35.01	36.70	39.35
5. Aron Fannar Kristínarson	03	ÍRB	2:21.44	448	ÍM	31.90	36.33	36.66	36.55
6. Snær Llorens Sigurðsson	02	ÍA	2:24.16	423	ÍM	30.13	36.24	38.57	39.22
7. Logi Freyr Arnarsson	03	KR	2:26.53	403		32.24	36.81	38.27	39.21
8. Hilmir Snær L.	03	SH	2:28.31	388		32.28	36.54	39.25	40.24
9. Jónas Atli Pálsson	03	SH	2:31.94	361		31.28	37.93	40.99	41.74
10. Ólafur Breki Guðnason	03	Ægir	2:36.43	331		33.94	39.90	40.92	41.67
LAUKKEKKI Róbert Andri Pálmason	02	Breiðablik				30.00	35.88	39.44	

10.2 - Vegalendö sunds verður að ljúka til að sund sé gilt (hætti) - DNF

Sundgrein 24
19.10.2019 - 18:32

kvenna, 800m skriðsund

Opinn
Úrslitalistar

Íslandsmet Opinn	8:38.79	Inga Elín Cryer	Ægir	Doha (QAT)	4.12.2014
Íslandsmet 15 - 17	8:46.57				
Íslandsmet 13 - 14	8:52.21				
Íslandsmet 11 - 12	9:33.04				
Mótsmet	8:54.86	Inga Elín Cryer	ÍA		31.10.2009
ÍM 25 : 10:25.67 / EM 16 +: 8:53.74 / NM 13 +: 9:14.50					

Stig: FINA 2019

Sæti	F.ár						Tími	Stig			
1. Kristín Helga Hákonardóttir	04 Breiðablik						9:04.78	681 NM			
100m:	1:05.68	1:05.68	300m:	3:25.30	1:10.03	500m:	5:43.94	1:08.78	700m:	8:00.17	1:07.88
200m:	2:15.27	1:09.59	400m:	4:35.16	1:09.86	600m:	6:52.29	1:08.35	800m:	9:04.78	1:04.61
2. Freyja Birkisdóttir	06 Breiðablik						9:05.24	679 NM			
100m:	1:05.10	1:05.10	300m:	3:23.19	1:08.99	500m:	5:41.71	1:09.18	700m:	7:59.08	1:08.65
200m:	2:14.20	1:09.10	400m:	4:32.53	1:09.34	600m:	6:50.43	1:08.72	800m:	9:05.24	1:06.16
3. Ragna Sigríður Ragnarsdóttir	01 Breiðablik						9:16.88	637 ÍM			
100m:	1:05.16	1:05.16	300m:	3:24.13	1:09.71	500m:	5:44.36	1:10.29	700m:	8:06.46	1:11.09
200m:	2:14.42	1:09.26	400m:	4:34.07	1:09.94	600m:	6:55.37	1:11.01	800m:	9:16.88	1:10.42
4. Sandra Dögg Kristjánsdóttir	03 SH						9:40.89	561 ÍM			
100m:	1:07.51	1:07.51	300m:	3:33.49	1:12.90	500m:	6:01.23	1:13.89	700m:	8:29.25	1:14.01
200m:	2:20.59	1:13.08	400m:	4:47.34	1:13.85	600m:	7:15.24	1:14.01	800m:	9:40.89	1:11.64
5. Diljá Dröfn Jóhannesdóttir	03 SH						10:07.21	491 ÍM			
100m:	1:10.21	1:10.21	300m:	3:46.22	1:18.91	500m:	6:19.10	1:15.96	700m:	8:53.41	1:16.92
200m:	2:27.31	1:17.10	400m:	5:03.14	1:16.92	600m:	7:36.49	1:17.39	800m:	10:07.21	1:13.80
6. Ragnheiður Karen Ólafsdóttir	04 ÍA						10:10.01	485 ÍM			
100m:	1:11.13	1:11.13	300m:	3:46.58	1:17.95	500m:	6:21.97	1:17.52	700m:	8:57.04	1:17.01
200m:	2:28.63	1:17.50	400m:	5:04.45	1:17.87	600m:	7:40.03	1:18.06	800m:	10:10.01	1:12.97
7. Katja Lilja Andriysdóttir	06 SH						10:10.77	483 ÍM			
100m:	1:12.68	1:12.68	300m:	3:47.58	1:16.88	500m:	6:23.32	1:17.05	700m:	8:57.49	1:17.29
200m:	2:30.70	1:18.02	400m:	5:06.27	1:18.69	600m:	7:40.20	1:16.88	800m:	10:10.77	1:13.28
8. Hildur Valsdóttir	04 SH						10:22.86	455 ÍM			
100m:	1:12.77	1:12.77	300m:	3:50.02	1:19.03	500m:	6:27.38	1:17.98	700m:	9:05.47	1:18.63
200m:	2:30.99	1:18.22	400m:	5:09.40	1:19.38	600m:	7:46.84	1:19.46	800m:	10:22.86	1:17.39
9. Ágústa Inga Arnarsdóttir	06 STJAR						10:37.27	425			
100m:	1:14.62	1:14.62	300m:	3:56.87	1:21.39	500m:	6:39.58	1:20.62	700m:	9:20.16	1:19.86
200m:	2:35.48	1:20.86	400m:	5:18.96	1:22.09	600m:	8:00.30	1:20.72	800m:	10:37.27	1:17.11

Registered to Sundfélag Hafnarfjarðar

20.10.2019 14:16 - Síða 43

Sundgrein 24, kvenna, 800m skriðsund, Opinn

Sæti	F.ár	Tími	Stig
10. Kolbrún Ósk Vilhjálmsdóttir	06 Óðinn	11:37.45	324
100m: 1:18.39 1:18.39	300m: 4:13.90 1:28.73	500m: 7:12.95 1:30.32	700m: 10:11.75 1:28.42
200m: 2:45.17 1:26.78	400m: 5:42.63 1:28.73	600m: 8:43.33 1:30.38	800m: 11:37.45 1:25.70
11. Sandra Rut Fannarsdóttir	06 Óðinn	11:57.67	297
100m: 1:21.37 1:21.37	300m: 4:00.00	500m: 6:50.00	700m: 10:32.78
200m: 2:51.98 1:30.61	400m: 7:40.00	600m: 10:30.00	800m: 11:57.67 1:24.89
MÆekki Eydís Vala Júlíusdóttir	05 FJÖL		

Sundgrein 25

karla, 400m fjórsund

Opinn

20.10.2019 - 10:00

Úrslitalistar

Íslandsmet Opinn	4:11.78	Örn Arnarson	SH	Vestmannaeyjar	17.3.2001
Íslandsmet 15 - 17	4:25.53				
Íslandsmet 13 - 14	4:41.69				
Íslandsmet 11 - 12	5:08.87				
Mótsmet	4:32.99	Kristinn Þórarinnsson	FJÖL		31.10.2014
ÍM 25 : 5:22.46 / EM 16 +: 4:19.77 / NM 14 +: 4:35.10					

Stig: FINA 2019

Sæti	F.ár	Tími	Stig
1. Aron Þór Jónsson	02 SH	4:39.41	598 ÍM
50m: 29.39 29.39	150m: 1:41.43 37.84	250m: 2:55.47 36.80	350m: 4:07.26 33.21
100m: 1:03.59 34.20	200m: 2:18.67 37.24	300m: 3:34.05 38.58	400m: 4:39.41 32.15
2. Aron Fannar Kristínarson	03 ÍRB	4:49.67	537 ÍM
50m: 30.20 30.20	150m: 1:42.37 36.98	250m: 3:00.49 41.28	350m: 4:16.78 34.06
100m: 1:05.39 35.19	200m: 2:19.21 36.84	300m: 3:42.72 42.23	400m: 4:49.67 32.89
3. Skúli Thor Ásgeirsson	02 Ægír	4:55.65	505 ÍM
50m: 32.41 32.41	150m: 1:49.75 38.64	250m: 3:06.95 40.47	350m: 4:22.71 34.81
100m: 1:11.11 38.70	200m: 2:26.48 36.73	300m: 3:47.90 40.95	400m: 4:55.65 32.94
4. Snorri Dagur Einarsson	05 SH	5:02.01	474 ÍM
50m: 30.37 30.37	150m: 1:48.47 41.01	250m: 3:10.45 42.11	350m: 4:28.43 34.91
100m: 1:07.46 37.09	200m: 2:28.34 39.87	300m: 3:53.52 43.07	400m: 5:02.01 33.58
5. Bergur Fálnir Bjarnason	06 SH	5:10.38	436 ÍM
50m: 32.60 32.60	150m: 1:51.11 40.18	250m: 3:16.45 46.47	350m: 4:36.91 34.95
100m: 1:10.93 38.33	200m: 2:29.98 38.87	300m: 4:01.96 45.51	400m: 5:10.38 33.47
6. Sveinn Elí Helgason	04 Ægír	5:14.46	420 ÍM
50m: 33.66 33.66	150m: 1:52.66 39.13	250m: 3:17.50 47.31	350m: 4:40.55 36.46
100m: 1:13.53 39.87	200m: 2:30.19 37.53	300m: 4:04.09 46.59	400m: 5:14.46 33.91
7. Daníel Lúkas Tómasson	04 SH	5:17.66	407 ÍM
50m: 34.67 34.67	150m: 1:54.83 40.87	250m: 3:20.76 44.57	350m: 4:43.37 35.32
100m: 1:13.96 39.29	200m: 2:36.19 41.36	300m: 4:08.05 47.29	400m: 5:17.66 34.29
8. Edward Jensson	04 SH	5:21.96	391 ÍM
50m: 33.06 33.06	150m: 1:52.39 38.77	250m: 3:21.06 49.90	350m: 4:47.16 35.68
100m: 1:13.62 40.56	200m: 2:31.16 38.77	300m: 4:11.48 50.42	400m: 5:21.96 34.80
9. Jón Ingi Halldórsson	04 Breiðablik	5:25.60	378
50m: 34.64 34.64	150m: 1:58.54 44.15	250m: 3:27.97 46.62	350m: 4:51.04 35.73
100m: 1:14.39 39.75	200m: 2:41.35 42.81	300m: 4:15.31 47.34	400m: 5:25.60 34.56
10. Guðmundur Leo Rafnsson	06 ÍRB	5:52.32	298
50m: 38.10 38.10	150m: 2:10.96 44.91	250m: 3:44.57 51.09	350m: 5:15.07 37.77
100m: 1:26.05 47.95	200m: 2:53.48 42.52	300m: 4:37.30 52.73	400m: 5:52.32 37.25

Sundgrein 25, karla, 400m fjórsund, Opinn

Sæti	F.ár								Tími	Stig
11. Kacper Kogut	06 Breiðablik								5:53.61	295
50m: 36.48	36.48	150m: 2:05.79	47.28	250m: 3:45.57	53.58	350m: 5:16.19	38.27			
100m: 1:18.51	42.03	200m: 2:51.99	46.20	300m: 4:37.92	52.35	400m: 5:53.61	37.42			
12. Denas Kazulis	08 ÍRB								6:06.03	266
50m: 41.74	41.74	150m: 2:17.37	45.58	250m: 3:55.10	53.11	350m: 5:27.83	40.05			
100m: 1:31.79	50.05	200m: 3:01.99	44.62	300m: 4:47.78	52.68	400m: 6:06.03	38.20			
ÓG. Kári Kjartansson	05 STJAR								5:52.98	
<i>6.5 - Keppendi lauk ekki sundinu á bakinu</i>										
50m: 39.53	39.53	150m: 2:09.93	45.34	250m: 3:42.43	46.80	350m: 5:12.54	41.53			
100m: 1:24.59	45.06	200m: 2:55.63	45.70	300m: 4:31.01	48.58	400m: 5:52.98	40.44			

MÆekki Guðmundur Halldórsson

04 Breiðablik

Sundgrein 26
20.10.2019 - 10:13

kvenna, 1500m skriðsund

Opinn
Úrslitalistar

Íslandsmet Opinn	16:46.95	Eygló Ósk Gústafsdóttir	Ægir	Hafnarfjörður	27.10.2012
Íslandsmet 15 - 17	16:46.95				
Íslandsmet 13 - 14	17:16.94				
Íslandsmet 11 - 12	18:23.52				
Mótsmet	16:46.95	Eygló Ósk Gústafsdóttir	Ægir		31.10.2012

ÍM 25 : 19:59.88

Stig: FINA 2019

Sæti	F.ár								Tími	Stig
1. Brynhildur Traustadóttir	01 ÍA								17:31.08	669 ÍM
100m: 1:05.99	1:05.99	500m: 5:47.28	1:10.26	900m: 10:30.63	1:10.64	1300m: 15:12.83	1:10.18			
200m: 2:16.31	1:10.32	600m: 6:57.79	1:10.51	1000m: 11:41.52	1:10.89	1400m: 16:23.04	1:10.21			
300m: 3:26.63	1:10.32	700m: 8:09.15	1:11.36	1100m: 12:51.54	1:10.02	1500m: 17:31.08	1:08.04			
400m: 4:37.02	1:10.39	800m: 9:19.99	1:10.84	1200m: 14:02.65	1:11.11					
2. Ragna Sigríður Ragnarsdóttir	01 Breiðablik								17:38.75	655 ÍM
100m: 1:05.97	1:05.97	500m: 5:46.89	1:10.84	900m: 10:32.41	1:11.41	1300m: 15:17.72	1:11.00			
200m: 2:16.28	1:10.31	600m: 6:58.70	1:11.81	1000m: 11:43.94	1:11.53	1400m: 16:28.59	1:10.87			
300m: 3:26.17	1:09.89	700m: 8:10.27	1:11.57	1100m: 12:55.63	1:11.69	1500m: 17:38.75	1:10.16			
400m: 4:36.05	1:09.88	800m: 9:21.00	1:10.73	1200m: 14:06.72	1:11.09					
3. Freyja Birkisdóttir	06 Breiðablik								17:43.51	646 ÍM
100m: 1:05.63	1:05.63	500m: 5:48.94	1:11.19	900m: 10:34.03	1:11.60	1300m: 15:21.22	1:12.37			
200m: 2:16.30	1:10.67	600m: 7:00.44	1:11.50	1000m: 11:45.64	1:11.61	1400m: 16:33.19	1:11.97			
300m: 3:26.63	1:10.33	700m: 8:11.72	1:11.28	1100m: 12:57.16	1:11.52	1500m: 17:43.51	1:10.32			
400m: 4:37.75	1:11.12	800m: 9:22.43	1:10.71	1200m: 14:08.85	1:11.69					
4. Sandra Dögg Kristjánsdóttir	03 SH								18:58.72	526 ÍM
100m: 1:07.85	1:07.85	500m: 6:08.46	1:15.96	900m: 11:16.00	1:16.82	1300m: 16:27.86	1:18.15			
200m: 2:21.19	1:13.34	600m: 7:25.00	1:16.54	1000m: 12:33.66	1:17.66	1400m: 17:45.36	1:17.50			
300m: 3:36.16	1:14.97	700m: 8:42.38	1:17.38	1100m: 13:51.41	1:17.75	1500m: 18:58.72	1:13.36			
400m: 4:52.50	1:16.34	800m: 9:59.18	1:16.80	1200m: 15:09.71	1:18.30					
5. Ingibjörg Svava Magnúsdóttir	05 ÍA								19:04.36	519 ÍM
100m: 1:09.87	1:09.87	500m: 6:15.97	1:16.42	900m: 11:26.28	1:17.93	1300m: 16:35.42	1:15.63			
200m: 2:25.65	1:15.78	600m: 7:33.37	1:17.40	1000m: 12:44.21	1:17.93	1400m: 17:51.29	1:15.87			
300m: 3:41.94	1:16.29	700m: 8:50.45	1:17.08	1100m: 14:02.31	1:18.10	1500m: 19:04.36	1:13.07			
400m: 4:59.55	1:17.61	800m: 10:08.35	1:17.90	1200m: 15:19.79	1:17.48					
6. Diljá Dröfn Jóhannesdóttir	03 SH								19:07.70	514 ÍM
100m: 1:09.59	1:09.59	500m: 6:16.70	1:17.07	900m: 11:26.18	1:17.93	1300m: 16:36.08	1:16.87			
200m: 2:25.54	1:15.95	600m: 7:34.08	1:17.38	1000m: 12:44.71	1:18.53	1400m: 17:52.07	1:15.99			
300m: 3:41.71	1:16.17	700m: 8:50.55	1:16.47	1100m: 14:01.71	1:17.00	1500m: 19:07.70	1:15.63			
400m: 4:59.63	1:17.92	800m: 10:08.25	1:17.70	1200m: 15:19.21	1:17.50					

Sundgrein 26, kvenna, 1500m skriðsund, Opinn

Sæti	F.ár		Tími						Stig		
7. Helga Sigurlaug Helgadóttir	07 SH		19:29.17						486 ÍM		
100m:	1:11.67	1:11.67	500m:	6:23.74	1:18.74	900m:	11:40.32	1:19.42	1300m:	16:56.54	1:19.16
200m:	2:29.09	1:17.42	600m:	7:41.86	1:18.12	1000m:	12:59.86	1:19.54	1400m:	18:13.92	1:17.38
300m:	3:46.68	1:17.59	700m:	9:01.89	1:20.03	1100m:	14:18.95	1:19.09	1500m:	19:29.17	1:15.25
400m:	5:05.00	1:18.32	800m:	10:20.90	1:19.01	1200m:	15:37.38	1:18.43			

Sundgrein 27

kvenna, 200m baksund

Opinn
Úrslitalistar

20.10.2019 - 10:35

Íslandsmet Opinn	2:03.53	Eygló Ósk Gústafsdóttir	Ægir	Netanya (ISR)	4.12.2015
Íslandsmet 15 - 17	2:07.10				
Íslandsmet 13 - 14	2:14.18				
Íslandsmet 11 - 12	2:27.28				
Mótsmet	2:11.29	Eygló Ósk Gústafsdóttir	Ægir		31.10.2011
ÍM 25 : 2:39.47 / EM 16 +: 2:13.57 / NM 13 +: 2:20.48					

Stig: FINA 2019

Sæti	F.ár	Tími	Stig	50m	100m	150m	200m
Opinn							
1. Þorgerður Ósk Jónsdóttir	03 SH	2:21.84	593 ÍM	33.23	36.45	36.42	35.74
2. Stefanía Sigurþórsdóttir	01 Breiðablik	2:24.62	560 ÍM	33.43	36.15	37.31	37.73
3. Eva Margrét Falsdóttir	05 ÍRB	2:30.61	496 ÍM	34.73	38.73	38.84	38.31
4. Thelma Lind Einarisdóttir	05 ÍRB	2:34.47	459 ÍM	35.55	39.58	40.02	39.32
5. Jóhanna Brynja Rúnarsdóttir	06 SH	2:35.62	449 ÍM	36.49	39.52	40.61	39.00
6. Elísabet Jóhannesdóttir	06 ÍRB	2:37.63	432 ÍM	36.76	39.94	41.18	39.75
7. Guðbjörg Bjartey G.	05 ÍA	2:38.36	426 ÍM	36.22	39.90	41.77	40.47
8. Rebekka Marín Arngeirsdóttir	05 ÍRB	2:38.62	424 ÍM	36.55	39.78	41.15	41.14
9. Ylfa Ásgerður Eyjólfsdóttir	06 Ármann	2:40.50	409	37.83	41.20	41.48	39.99
10. Rán Björnsdóttir	05 Ægir	2:42.22	397	38.03	40.98	41.83	41.38
11. Athena Líf Þrastardóttir	07 ÍRB	2:42.32	396	38.12	41.36	42.37	40.47
12. Ziza Alomerovic	07 Ármann	2:42.64	393	37.68	41.30	42.19	41.47
13. Karen Ósk Gísladóttir	06 Breiðablik	2:42.75	393	37.27	41.14	42.34	42.00
14. Embla Karen Sævarsdóttir	04 Óðinn	2:45.59	373	37.53	41.83	43.13	43.10
15. Ester Eva Ingimarsdóttir	04 VÖL	2:52.09	332	40.87	44.27	44.74	42.21
16. Rebekka Rós Magnadóttir	07 ÍRB	2:52.25	331	39.84	44.02	44.28	44.11
17. Fjóla Margrét Viðarsdóttir	07 ÍRB	2:53.28	325	41.36	44.43	45.32	42.17
18. Lilja Natalie Gunnarsdóttir	06 Ægir	2:53.55	324	41.18	44.78	44.70	42.89
19. Jóhanna Arna Gunnarsdóttir	06 ÍRB	2:54.87	316	42.60	44.27	44.89	43.11
20. Lára Jakobína Ringsted	03 ÍA	2:54.88	316	40.69	45.39	44.95	43.85
21. Þórunn María Hilmarsdóttir	05 Breiðablik	2:55.76	312	42.08	44.86	44.94	43.88
22. Naomí Arnarsdóttir	07 Óðinn	2:57.22	304	40.50	45.26	46.11	45.35
23. Sólveig Freyja Hákonardóttir	09 Breiðablik	2:57.38	303	42.32	45.41	45.82	43.83
24. Ragnheiður Ásta M.	07 Breiðablik	2:58.14	299				
25. Gabija Marija Savickaitė	08 ÍRB	3:01.44	283	43.36	46.34	47.06	44.68
26. Sara Lind Aðalsteinsdóttir	07 SH	3:03.28	275	44.19	47.00	47.23	44.86
27. Sólveig Ágústa Aradóttir	05 Ármann	3:03.92	272	45.12	47.20	47.19	44.41
28. Tinna Karen Sigurðardóttir	08 SH	3:05.22	266	42.09	47.01	47.90	48.22
29. Elín Rósa Ragnarsdóttir	06 Óðinn	3:05.70	264	42.60	47.11	48.11	47.88
30. Hulda Björg M.	08 Ægir	3:07.06	258	44.26	47.99	49.08	45.73
31. Nicole Jóna Jóhannsdóttir	08 SH	3:07.80	255	45.23	48.80	47.56	46.21
32. Juliane Liv Sørensen	07 Óðinn	3:09.06	250	1:33.36			
33. Ástrós Lovísa Hauksdóttir	08 ÍRB	3:09.25	250	42.86	49.33	48.94	48.12
34. Sandra Rut Fannarsdóttir	06 Óðinn	3:10.19	246	44.64	49.44		
35. Rebekka Rún Magnúsdóttir	08 SH	3:12.98	235	45.20	50.93	50.71	46.14

Sundgrein 27, kvenna, 200m baksund, Opinn

Sæti	F.ár	Tími	Stig	50m	100m	150m	200m		
36.	Katrín Lóa Ingadóttir	08	Óðinn	3:22.54	203	46.15	52.05	53.72	50.62
37.	Eydís Arna Isaksen	08	Óðinn	3:30.13	182 *	48.56	53.72		
38.	Halla Rún Fannarsdóttir	08	Óðinn	3:30.15	182 *	47.31			53.65
ÓG.	Natalía Dögg Brynjarsdótti07	07	ÍRB	2:54.48		40.31	43.86	45.54	44.77
	<i>6.4 - Snúningur er ekki samfelldur</i>								
ÓG.	Freydís Lilja Bergþórsdótti09	09	ÍRB	3:20.27		47.79	51.40	53.18	47.90
	<i>6.4 - Snúningur er ekki samfelldur</i>								
MÆekki	Sunna Björg Harðardóttir	06	Ægir						

Framtíð 12 ára og yngri

1.	Athena Líf Þrastardóttir	07	ÍRB	2:42.32	396	38.12	41.36	42.37	40.47
2.	Ziza Alomerovic	07	Ármann	2:42.64	393	37.68	41.30	42.19	41.47
3.	Rebekka Rós Magnadóttir	07	ÍRB	2:52.25	331	39.84	44.02	44.28	44.11
4.	Fjóla Margrét Viðarsdóttir	07	ÍRB	2:53.28	325	41.36	44.43	45.32	42.17
5.	Naomí Arnarsdóttir	07	Óðinn	2:57.22	304	40.50	45.26	46.11	45.35
6.	Sólveig Freyja Hákonardóttir	09	Breiðablik	2:57.38	303	42.32	45.41	45.82	43.83
7.	Ragnheiður Ásta M.	07	Breiðablik	2:58.14	299				
8.	Gabija Marija Savickaitė	08	ÍRB	3:01.44	283	43.36	46.34	47.06	44.68
9.	Sara Lind Aðalsteinsdóttir	07	SH	3:03.28	275	44.19	47.00	47.23	44.86
10.	Tinna Karen Sigurðardóttir	08	SH	3:05.22	266	42.09	47.01	47.90	48.22
11.	Hulda Björg M.	08	Ægir	3:07.06	258	44.26	47.99	49.08	45.73
12.	Nicole Jóna Jóhannsdóttir	08	SH	3:07.80	255	45.23	48.80	47.56	46.21
13.	Juliane Liv Sørensen	07	Óðinn	3:09.06	250	1:33.36			
14.	Ástrós Lovísa Hauksdóttir	08	ÍRB	3:09.25	250	42.86	49.33	48.94	48.12
15.	Rebekka Rún Magnúsdóttir	08	SH	3:12.98	235	45.20	50.93	50.71	46.14
16.	Katrín Lóa Ingadóttir	08	Óðinn	3:22.54	203	46.15	52.05	53.72	50.62
17.	Eydís Arna Isaksen	08	Óðinn	3:30.13	182 *	48.56	53.72		
18.	Halla Rún Fannarsdóttir	08	Óðinn	3:30.15	182 *	47.31			53.65
ÓG.	Natalía Dögg Brynjarsdótti07	07	ÍRB	2:54.48		40.31	43.86	45.54	44.77
	<i>6.4 - Snúningur er ekki samfelldur</i>								
ÓG.	Freydís Lilja Bergþórsdótti09	09	ÍRB	3:20.27		47.79	51.40	53.18	47.90
	<i>6.4 - Snúningur er ekki samfelldur</i>								

Æskunnar 13/14 ára

1.	Eva Margrét Falsdóttir	05	ÍRB	2:30.61	496	ÍM	34.73	38.73	38.84	38.31
2.	Thelma Lind Einarsdóttir	05	ÍRB	2:34.47	459	ÍM	35.55	39.58	40.02	39.32
3.	Jóhanna Brynja Rúnarsdóttir	06	SH	2:35.62	449	ÍM	36.49	39.52	40.61	39.00
4.	Elísabet Jóhannesdóttir	06	ÍRB	2:37.63	432	ÍM	36.76	39.94	41.18	39.75
5.	Guðbjörg Bjartey G.	05	ÍA	2:38.36	426	ÍM	36.22	39.90	41.77	40.47
6.	Rebekka Marín Arngeirsdóttir	05	ÍRB	2:38.62	424	ÍM	36.55	39.78	41.15	41.14
7.	Ylfa Ásgerður Eyjólfsdóttir	06	Ármann	2:40.50	409		37.83	41.20	41.48	39.99
8.	Rán Björnsdóttir	05	Ægir	2:42.22	397		38.03	40.98	41.83	41.38
9.	Karen Ósk Gísladóttir	06	Breiðablik	2:42.75	393		37.27	41.14	42.34	42.00
10.	Lilja Natalie Gunnarsdóttir	06	Ægir	2:53.55	324		41.18	44.78	44.70	42.89
11.	Jóhanna Arna Gunnarsdóttir	06	ÍRB	2:54.87	316		42.60	44.27	44.89	43.11
12.	Þórunn María Hilmarsdóttir	05	Breiðablik	2:55.76	312		42.08	44.86	44.94	43.88
13.	Sólveig Ágústa Aradóttir	05	Ármann	3:03.92	272		45.12	47.20	47.19	44.41
14.	Elín Rósa Ragnarsdóttir	06	Óðinn	3:05.70	264		42.60	47.11	48.11	47.88
15.	Sandra Rut Fannarsdóttir	06	Óðinn	3:10.19	246		44.64	49.44		
MÆekki	Sunna Björg Harðardóttir	06	Ægir							

Sundgrein 27, kvenna, 200m baksund

Unglinga 15/16 ára

1. Þorgerður Ósk Jónsdóttir	03	SH	2:21.84	593	ÍM	33.23	36.45	36.42	35.74
2. Embla Karen Sævarsdóttir	04	Óðinn	2:45.59	373		37.53	41.83	43.13	43.10
3. Ester Eva Ingimarsdóttir	04	VÖL	2:52.09	332		40.87	44.27	44.74	42.21
4. Lára Jakobína Ringsted	03	ÍA	2:54.88	316		40.69	45.39	44.95	43.85

Sundgrein 28

20.10.2019 - 10:55

karla, 200m skriðsund

Opinn
Úrslitalistar

Íslandsmet Opinn	1:46.72	Örn Arnarson	SH	Lissabon (POR)	16.3.2013
Íslandsmet 15 - 17	1:48.65				
Íslandsmet 13 - 14	1:56.94				
Íslandsmet 11 - 12	2:03.87				
Mótsmet	1:52.86	Aron Örn Stefánsson	SH		28.10.2017

ÍM 25 : 2:14.99 / EM 16 +: 1:48.70 / NM 14 +: 1:56.46

Stig: FINA 2019

Sæti	F.ár		Tími	Stig		50m	100m	150m	200m	
Opinn										
1.	Patrik Viggó Vilbergsson	02	Breiðablik	1:53.63	668	NM	26.64	28.82	29.15	29.02
2.	Kristófer Atli Andersen	02	Breiðablik	1:55.32	639	NM	27.04	29.51	29.74	29.03
3.	Hafþór Jón Sigurðsson	97	SH	1:58.15	594	ÍM	26.82	29.63	30.81	30.89
4.	Brynjólfr Óli Karlsson	01	Breiðablik	1:58.84	584	ÍM	26.66	29.44	30.60	32.14
5.	Birnir Freyr Hálfðánarsson	06	SH	2:00.22	564	ÍM	27.35	30.26	31.12	31.49
6.	Huginn Hilmarsson	95	Breiðablik	2:00.39	562	ÍM	27.05	30.81	32.21	30.32
7.	Kristján Gylfi Þórisson	00	FJÖL	2:00.64	558	ÍM	27.24	30.65	33.03	29.72
8.	Símon Elías Statkevicius	03	SH	2:00.75	557	ÍM	27.66	30.20	31.64	31.25
9.	Róbert Andri Pálmason	02	Breiðablik	2:01.43	548	ÍM	27.12	30.54	32.02	31.75
10.	Björgvin Árni Júlíusson	01	KR	2:01.44	547	ÍM	27.68	31.01	31.45	31.30
11.	Veigar Hrafn Sigþórsson	05	SH	2:02.37	535	ÍM	27.75	31.12	32.06	31.44
12.	Ólafur Árdal Sigurðsson	99	SH	2:02.58	532	ÍM	26.93	30.03	31.77	33.85
13.	Kári Sólvi Nielsen	00	SH	2:03.12	525	ÍM	27.59	30.82	32.03	32.68
14.	Baldur Logi Gautason	00	FJÖL	2:04.33	510	ÍM	28.42	31.20	32.60	32.11
15.	Guðmundur Karl Karlsson	05	Breiðablik	2:04.47	508	ÍM	28.38	31.79	32.35	31.95
16.	Snær Llorens Sigurðsson	02	ÍA	2:04.94	503	ÍM	27.88	32.01	32.84	32.21
17.	Sindri Andreas Bjarnason	01	ÍA	2:06.23	487	ÍM	28.63	31.37	32.81	33.42
18.	Alexander Logi Jónsson	04	ÍRB	2:07.05	478	ÍM	29.76	32.24	32.54	32.51
19.	Stefán Elías Davíðsson	03	ÍRB	2:08.41	463	ÍM	28.19	31.76	33.65	34.81
20.	Aron Valgeirsson	03	Breiðablik	2:09.89	447	ÍM	29.91	32.59	33.88	33.51
21.	Jónas Atli Pálsson	03	SH	2:10.14	445	ÍM	29.22	32.74	34.16	34.02
22.	Ólafur Breki Guðnason	03	Ægir	2:10.54	441	ÍM	28.94	32.66	34.19	34.75
23.	Tristan Tómasson Manou	04	KR	2:11.55	431	ÍM	30.34	33.59	34.15	33.47
24.	Hilmir Snær L.	03	SH	2:11.76	428	ÍM	30.38	33.50	34.22	33.66
25.	Pétur Alfreðsson	06	Breiðablik	2:11.87	427	ÍM	30.65	33.85	33.93	33.44
26.	Daníel Steinn Davíðsson	03	Breiðablik	2:12.66	420	ÍM	29.42	33.50	35.21	34.53
27.	Dagur Snær Hilmarsson	03	SH	2:13.15	415	ÍM	30.17	33.84	34.82	34.32
28.	Andri Bergmann Ísaksen	04	Breiðablik	2:13.57	411	ÍM	31.01	33.88	34.24	34.44
29.	Sigurður Þráinn Sigurðsson	02	UMFA	2:16.66	384		31.22	33.79	35.44	36.21
30.	Tómas Hlynur Schopka	03	STJAR	2:17.50	377		29.12	35.00	37.69	35.69
31.	Stefán Ingi Ólafsson	06	Ægir	2:17.65	376		31.86	35.37	35.44	34.98
32.	Björn Yngvi Guðmundsson	07	SH	2:18.49	369		31.60	36.24	36.82	33.83
33.	Sólvi Bjartur Ingólfsson	03	STJAR	2:19.01	365		30.69	34.88	36.41	37.03
34.	Bjarki B Ísaksen	06	Breiðablik	2:19.81	359		32.02	36.23	36.81	34.75
35.	Jakob Ingi Reynisson	06	ÍRB	2:20.74	351		31.96	36.00	36.76	36.02
36.	Eggert Sigtryggsson	05	SH	2:21.52	346		31.87	36.30	37.66	35.69

Sundgrein 28, karla, 200m skriðsund, Opinn

Sæti	F.ár		Tími	Stig	50m	100m	150m	200m	
37.	Sigmundur Þór S.	05	ÍRB	2:22.62	338	32.07	36.39	37.32	36.84
38.	Adam Leó Tómasson	07	SH	2:30.57	287	35.01	38.52	39.08	37.96
39.	Kristófer Andri Jóhannsson	08	SH	2:31.80	280	34.55	38.73	40.08	38.44
40.	Kristinn Viðar Tómasson	06	Óðinn	2:33.77	269	34.70	39.54	40.72	38.81
41.	Daði Rafn Falsson	08	ÍRB	2:34.70	265	34.81	40.21	41.32	38.36
42.	Hólmar Grétarsson	08	SH	2:36.00	258	36.27	39.90	40.79	39.04
43.	Kirill Zolotuskiy	04	KR	2:36.51	255	35.80	40.66	41.81	38.24
44.	Magnús Víðir Jónsson	08	SH	2:37.60	250	35.17	40.84	41.70	39.89
45.	Kolbeinn Kári Jónsson	06	Ægir	2:38.06	248	36.71	41.54	40.28	39.53
46.	Egill Jónasson	06	FJÖL	2:40.49	237	37.31	39.97	41.48	41.73
47.	Dominic Daði Wheeler	07	Ægir	2:43.55	224	36.16	41.18	43.73	42.48
	Snævar Örn Kristmannsson	06	Breiðablik	2:43.55	224	37.60	41.97	43.21	40.77
49.	Nikolai Leo Jónsson	08	ÍRB	2:43.95	222	36.22	42.05	43.30	42.38
50.	Arnar Milos Arnbjörnsson	08	ÍRB	2:44.51	220	37.39	42.00	43.23	41.89
51.	Bjarni Ívar Ragnarsson	08	ÍRB	2:46.18	213	36.98	42.20	44.78	42.22
52.	Ari Eyvindarsson	07	SH	2:46.65	212	38.33	43.69	43.66	40.97
53.	Arnór Egill Einarsson	07	SH	2:46.83	211	38.66	43.73	43.88	40.56
54.	Oliver Kaldal	07	Ægir	2:51.50	194	37.97	44.35	45.92	43.26
55.	Ómar Magni Egilsson	06	ÍRB	2:52.59	190	39.07	43.74	44.97	44.81
56.	Gabriel Ingi Derti	08	ÍRB	2:53.77	186	38.53	44.07	45.89	45.28
57.	Bjarni Snær Skarphéðins	06	ÍA	2:53.98	186	36.60	42.55	46.81	48.02
58.	Víkingur Geirdal	07	ÍA	2:57.99	174	38.21	45.62	48.26	45.90
59.	Hermann Ingi Eiríksson	05	FJÖL	3:00.78	166	40.40	45.49	47.52	47.37
60.	Emil Örn Björgvinsson	07	Breiðablik	3:03.65	158	40.03	46.87	49.20	47.55
61.	Hákon Freyr Sigurðarson	06	Breiðablik	3:06.94	150	38.38	48.55	51.49	48.52

Framtíð 13 ára og yngri

1.	Birnir Freyr Hálfánarsson	06	SH	2:00.22	564	ÍM	27.35	30.26	31.12	31.49
2.	Pétur Alfreðsson	06	Breiðablik	2:11.87	427	ÍM	30.65	33.85	33.93	33.44
3.	Stefán Ingi Ólafsson	06	Ægir	2:17.65	376		31.86	35.37	35.44	34.98
4.	Björn Yngvi Guðmundsson	07	SH	2:18.49	369		31.60	36.24	36.82	33.83
5.	Bjarki B Isaksen	06	Breiðablik	2:19.81	359		32.02	36.23	36.81	34.75
6.	Jakob Ingi Reynisson	06	ÍRB	2:20.74	351		31.96	36.00	36.76	36.02
7.	Adam Leó Tómasson	07	SH	2:30.57	287		35.01	38.52	39.08	37.96
8.	Kristófer Andri Jóhannsson	08	SH	2:31.80	280		34.55	38.73	40.08	38.44
9.	Kristinn Viðar Tómasson	06	Óðinn	2:33.77	269		34.70	39.54	40.72	38.81
10.	Daði Rafn Falsson	08	ÍRB	2:34.70	265		34.81	40.21	41.32	38.36
11.	Hólmar Grétarsson	08	SH	2:36.00	258		36.27	39.90	40.79	39.04
12.	Magnús Víðir Jónsson	08	SH	2:37.60	250		35.17	40.84	41.70	39.89
13.	Kolbeinn Kári Jónsson	06	Ægir	2:38.06	248		36.71	41.54	40.28	39.53
14.	Egill Jónasson	06	FJÖL	2:40.49	237		37.31	39.97	41.48	41.73
15.	Dominic Daði Wheeler	07	Ægir	2:43.55	224		36.16	41.18	43.73	42.48
	Snævar Örn Kristmannsson	06	Breiðablik	2:43.55	224		37.60	41.97	43.21	40.77
17.	Nikolai Leo Jónsson	08	ÍRB	2:43.95	222		36.22	42.05	43.30	42.38
18.	Arnar Milos Arnbjörnsson	08	ÍRB	2:44.51	220		37.39	42.00	43.23	41.89
19.	Bjarni Ívar Ragnarsson	08	ÍRB	2:46.18	213		36.98	42.20	44.78	42.22
20.	Ari Eyvindarsson	07	SH	2:46.65	212		38.33	43.69	43.66	40.97
21.	Arnór Egill Einarsson	07	SH	2:46.83	211		38.66	43.73	43.88	40.56
22.	Oliver Kaldal	07	Ægir	2:51.50	194		37.97	44.35	45.92	43.26
23.	Ómar Magni Egilsson	06	ÍRB	2:52.59	190		39.07	43.74	44.97	44.81
24.	Gabriel Ingi Derti	08	ÍRB	2:53.77	186		38.53	44.07	45.89	45.28
25.	Bjarni Snær Skarphéðins	06	ÍA	2:53.98	186		36.60	42.55	46.81	48.02
26.	Víkingur Geirdal	07	ÍA	2:57.99	174		38.21	45.62	48.26	45.90
27.	Emil Örn Björgvinsson	07	Breiðablik	3:03.65	158		40.03	46.87	49.20	47.55
28.	Hákon Freyr Sigurðarson	06	Breiðablik	3:06.94	150		38.38	48.55	51.49	48.52

Sundgrein 28, karla, 200m skriðsund

Æskunnar 14/15 ára

1. Veigar Hrafn Sigþórsson	05	SH	2:02.37	535	ÍM	27.75	31.12	32.06	31.44
2. Guðmundur Karl Karlsson	05	Breiðablik	2:04.47	508	ÍM	28.38	31.79	32.35	31.95
3. Alexander Logi Jónsson	04	ÍRB	2:07.05	478	ÍM	29.76	32.24	32.54	32.51
4. Tristan Tómasson Manouf	04	KR	2:11.55	431	ÍM	30.34	33.59	34.15	33.47
5. Andri Bergmann Ísaksen	04	Breiðablik	2:13.57	411	ÍM	31.01	33.88	34.24	34.44
6. Eggert Sigtryggsson	05	SH	2:21.52	346		31.87	36.30	37.66	35.69
7. Sigmundur Þór S.	05	ÍRB	2:22.62	338		32.07	36.39	37.32	36.84
8. Kirill Zolotuskiy	04	KR	2:36.51	255		35.80	40.66	41.81	38.24
9. Hermann Ingi Eiríksson	05	FJÖL	3:00.78	166		40.40	45.49	47.52	47.37

Unglinga 16/17 ára

1. Patrik Viggó Vilbergsson	02	Breiðablik	1:53.63	668	NM	26.64	28.82	29.15	29.02
2. Kristófer Atli Andersen	02	Breiðablik	1:55.32	639	NM	27.04	29.51	29.74	29.03
3. Símon Elías Statkevicius	03	SH	2:00.75	557	ÍM	27.66	30.20	31.64	31.25
4. Róbert Andri Pálmason	02	Breiðablik	2:01.43	548	ÍM	27.12	30.54	32.02	31.75
5. Snær Llorens Sigurðsson	02	ÍA	2:04.94	503	ÍM	27.88	32.01	32.84	32.21
6. Stefán Elías Davíðsson	03	ÍRB	2:08.41	463	ÍM	28.19	31.76	33.65	34.81
7. Aron Valgeirsson	03	Breiðablik	2:09.89	447	ÍM	29.91	32.59	33.88	33.51
8. Jónas Atli Pálsson	03	SH	2:10.14	445	ÍM	29.22	32.74	34.16	34.02
9. Ólafur Breki Guðnason	03	Ægir	2:10.54	441	ÍM	28.94	32.66	34.19	34.75
10. Hilmir Snær L.	03	SH	2:11.76	428	ÍM	30.38	33.50	34.22	33.66
11. Daníel Steinn Davíðsson	03	Breiðablik	2:12.66	420	ÍM	29.42	33.50	35.21	34.53
12. Dagur Snær Hilmarsson	03	SH	2:13.15	415	ÍM	30.17	33.84	34.82	34.32
13. Sigurður Þráinn Sigurðsson	02	UMFA	2:16.66	384		31.22	33.79	35.44	36.21
14. Tómas Hlynur Schopka	03	STJAR	2:17.50	377		29.12	35.00	37.69	35.69
15. Sölvi Bjartur Ingólfsson	03	STJAR	2:19.01	365		30.69	34.88	36.41	37.03

Sundgrein 29

kvenna, 100m flugsund

Opinn
Úrslitalistar

20.10.2019 - 11:17

Íslandsmet Opinn	59.95	Bryndís Rún Hansen	Óðinn	Windsor (CAN)	10.12.2016
Íslandsmet 15 - 17	1:01.81				
Íslandsmet 13 - 14	1:05.71				
Íslandsmet 11 - 12	1:10.91				
Mótsmet	1:02.60	Eygló Ósk Gústafsdóttir	Ægir		31.10.2014

ÍM 25 : 1:11.64 / EM 16 +: 1:00.31 / NM 13 +: 1:04.88

Stig: FINA 2019

Sæti	F.ár		Tími	Stig		50m	100m	
Opinn								
1.	Katarína Róbertsdóttir	00	SH	1:03.83	626	NM	28.85	34.98
2.	Gunnhildur Björg Baldursdóttir	00	ÍRB	1:06.44	555	ÍM	31.03	35.41
3.	Jóhanna Gerða Gústafsdóttir	90	FJÖL	1:07.63	526	ÍM	31.53	36.10
4.	Svava Björg Lárusdóttir	03	Árman	1:08.07	516	ÍM	31.21	36.86
5.	Kristín Ylfa Guðmundsdóttir	02	SH	1:08.09	515	ÍM	32.04	36.05
6.	Eva Sól Garðarsdóttir	03	Óðinn	1:09.77	479	ÍM	32.67	37.10
7.	Dagbjörg Hlíf Ólafsdóttir	05	SH	1:11.93	437		33.85	38.08
8.	Birgitta Ingólfssdóttir	05	SH	1:12.54	426		33.83	38.71
9.	Sólveig María Baldursdóttir	04	ÍRB	1:12.73	423		33.32	39.41
10.	Ingibjörg Erla Garðarsdóttir	00	FJÖL	1:13.09	417		33.85	39.24
11.	Emilía Sól Guðmundsdóttir	02	Ægir	1:14.55	393		33.27	41.28
12.	Rebekka Sif Ómarsdóttir	03	Óðinn	1:14.80	389		34.38	40.42
13.	Ólöf Kristín Isaksen	05	Óðinn	1:18.45	337		35.68	42.77
14.	Elísa Björnsdóttir	05	Ægir	1:19.38	325		37.01	42.37

Sundgrein 29, kvenna, 100m flugsund, Opinn

Sæti		F.ár		Tími	Stig	50m	100m
15.	Katla María Brynjarsdóttir	07	ÍRB	1:20.32	314	36.32	44.00
16.	Þórdís M Aðalsteinsdóttir	03	ÍRB	1:20.45	312	37.29	43.16
17.	Nadja Djurovic	07	Breiðablik	1:20.76	309	37.84	42.92
18.	Masa Dedeic	05	SH	1:21.08	305	37.33	43.75
19.	Þórey Una Arnlaugsdóttir	06	ÍRB	1:21.81	297	37.80	44.01
20.	Bríet Björk Pálsdóttir	04	Óðinn	1:21.90	296	36.88	45.02
21.	Ástrós Halla Jónsdóttir	06	FJÖL	1:24.05	274	39.46	44.59
22.	Guðbjörg Eyvindardóttir	04	SH	1:24.41	270	38.50	45.91
23.	Hulda Þorkelsdóttir	06	Ægir	1:27.09	246	40.46	46.63
24.	Jana Guðlaug Ómarsdóttir	07	ÍRB	1:29.28	228	42.34	46.94
25.	Ágústa Inga Arnarsdóttir	06	STJAR	1:29.67	225	40.77	48.90
26.	Alexandra Hernandez	06	Sindri	1:29.96	223	39.67	50.29
27.	Katrín Tinna Andrésdóttir	06	STJAR	1:30.38	220	42.16	48.22
28.	Elísabet Arnoddsdóttir	09	ÍRB	1:30.95	216	42.16	48.79
29.	Helga Rós Ingimarsdóttir	06	ÍA	1:31.06	215	40.18	50.88
30.	Heiðdís Elva Stefánsdóttir	06	Sindri	1:31.57	212	41.13	50.44
31.	Kolbrún Ósk Vilhjálmsdóttir	06	Óðinn	1:31.68	211	41.99	49.69
32.	María Skorastein Sigurdardóttir	07	SH	1:33.68	198	42.46	51.22
33.	Arna Rut Stefánsdóttir	07	SH	1:37.45	175	44.22	53.23
34.	Áslaug Margrét Alfreðsdóttir	08	Breiðablik	1:37.99	173	46.33	51.66
35.	Þórunn María Hilmarsdóttir	05	Breiðablik	1:38.11	172	44.03	54.08
36.	Karítas Svana Elfarsdóttir	06	Breiðablik	1:44.89	141	47.88	57.01

Framtíð 12 ára og yngri

1.	Katla María Brynjarsdóttir	07	ÍRB	1:20.32	314	36.32	44.00
2.	Nadja Djurovic	07	Breiðablik	1:20.76	309	37.84	42.92
3.	Jana Guðlaug Ómarsdóttir	07	ÍRB	1:29.28	228	42.34	46.94
4.	Elísabet Arnoddsdóttir	09	ÍRB	1:30.95	216	42.16	48.79
5.	María Skorastein Sigurdardóttir	07	SH	1:33.68	198	42.46	51.22
6.	Arna Rut Stefánsdóttir	07	SH	1:37.45	175	44.22	53.23
7.	Áslaug Margrét Alfreðsdóttir	08	Breiðablik	1:37.99	173	46.33	51.66

Æskunnar 13/14 ára

1.	Dagbjörg Hlíf Ólafsdóttir	05	SH	1:11.93	437	33.85	38.08
2.	Birgitta Ingólfssdóttir	05	SH	1:12.54	426	33.83	38.71
3.	Ólöf Kristín Isaksen	05	Óðinn	1:18.45	337	35.68	42.77
4.	Elísa Björnsdóttir	05	Ægir	1:19.38	325	37.01	42.37
5.	Masa Dedeic	05	SH	1:21.08	305	37.33	43.75
6.	Þórey Una Arnlaugsdóttir	06	ÍRB	1:21.81	297	37.80	44.01
7.	Ástrós Halla Jónsdóttir	06	FJÖL	1:24.05	274	39.46	44.59
8.	Hulda Þorkelsdóttir	06	Ægir	1:27.09	246	40.46	46.63
9.	Ágústa Inga Arnarsdóttir	06	STJAR	1:29.67	225	40.77	48.90
10.	Alexandra Hernandez	06	Sindri	1:29.96	223	39.67	50.29
11.	Katrín Tinna Andrésdóttir	06	STJAR	1:30.38	220	42.16	48.22
12.	Helga Rós Ingimarsdóttir	06	ÍA	1:31.06	215	40.18	50.88
13.	Heiðdís Elva Stefánsdóttir	06	Sindri	1:31.57	212	41.13	50.44
14.	Kolbrún Ósk Vilhjálmsdóttir	06	Óðinn	1:31.68	211	41.99	49.69
15.	Þórunn María Hilmarsdóttir	05	Breiðablik	1:38.11	172	44.03	54.08
16.	Karítas Svana Elfarsdóttir	06	Breiðablik	1:44.89	141	47.88	57.01

Sundgrein 29, kvenna, 100m flugsund

Unglinga 15/16 ára

1.	Svava Björg Lárusdóttir	03	Árman	1:08.07	516	ÍM	31.21	36.86
2.	Eva Sól Garðarsdóttir	03	Óðinn	1:09.77	479	ÍM	32.67	37.10
3.	Sólveig María Baldursdóttir	04	ÍRB	1:12.73	423		33.32	39.41
4.	Rebekka Sif Ómarsdóttir	03	Óðinn	1:14.80	389		34.38	40.42
5.	Þórdís M Aðalsteinsdóttir	03	ÍRB	1:20.45	312		37.29	43.16
6.	Bríet Björk Pálsdóttir	04	Óðinn	1:21.90	296		36.88	45.02
7.	Guðbjörg Eyvindardóttir	04	SH	1:24.41	270		38.50	45.91

Sundgrein 30

karla, 50m flugsund

Opinn
Úrslitalistar

20.10.2019 - 11:26

Íslandsmet Opinn	23.55	Örn Arnarson	SH	Helsinki (FIN)	10.12.2006
Íslandsmet 15 - 17	25.71				
Íslandsmet 13 - 14	26.88				
Íslandsmet 11 - 12	29.12				
Mótsmet	24.38	Hjörtur Már Reynisson	KR		31.10.2009

ÍM 25 : 29.83 / EM 16 +: 24.03 / NM 14 +: 25.00

Stig: FINA 2019

Sæti	F.ár	Tími	Stig
1.	Kolbeinn Hrafnkelsson	94 SH	25.55 616 ÍM
2.	Fannar Snævar Hauksson	04 ÍRB	26.97 524 ÍM
3.	Kári Sölvi Nielsen	00 SH	27.13 515 ÍM
4.	Aron Bjarki Jónsson	01 SH	27.69 484 ÍM
5.	Ólafur Árdal Sigurðsson	99 SH	27.89 474 ÍM
6.	Tómas Magnússon	02 KR	28.23 457 ÍM
7.	Guðmundur Karl Karlsson	05 Breiðablik	28.97 423 ÍM
8.	Aron Valgeirsson	03 Breiðablik	29.08 418 ÍM
9.	Flosi Ómarsson	03 ÍRB	29.09 417 ÍM
10.	Daníel Patrick Riley	03 ÍRB	29.18 414 ÍM
11.	Halldór Björn Kristinsson	02 FJÖL	29.36 406 ÍM
12.	Júlíus Karl Maier	02 SH	29.48 401 ÍM
13.	Sveinn Elí Helgason	04 Ægir	29.62 395 ÍM
14.	Sigurður Ingi Sigurðarson	01 KR	30.05 379
15.	Kristófer Óli Birkisson	04 Óðinn	30.15 375
16.	Gabriel Ari Tryggvarson	03 ÍRB	30.47 363
17.	Gabriel Þór Sigurmundsson	03 ÍRB	31.79 320
18.	Kári Snær Halldórsson	04 ÍRB	32.15 309
19.	Tristan Tómasson Manoury	04 KR	32.34 304
20.	Viktor Emil Sigtryggsson	00 Óðinn	33.51 273
21.	Ragnar Ingi Magnússon	S14 92 FJÖR	33.56 272
22.	Davíð Smári Andrésson	03 STJAR	33.61 271
23.	Magni Snær Imsland Grétarsson	06 Sindri	34.62 247
24.	Einar Atli Guðnason	03 Ægir	34.86 242
25.	Kirill Zolotuskiy	04 KR	35.18 236
26.	Snævar Örn Kristmannsson	06 Breiðablik	40.05 160 *

Sundgrein 31
20.10.2019 - 11:30

kvenna, 50m bringusund

Opinn
Úrslitalistar

Íslandsmet Opinn	30.03	Hrafnhildur Lúthersdóttir	SH	Kaupmannahöfn (DEN)	13.12.2007
Íslandsmet 15 - 17	32.24				
Íslandsmet 13 - 14	33.54				
Íslandsmet 11 - 12	36.13				
Mótsmet	30.53	Hrafnhildur Lúthersdóttir	SH		28.10.2017
ÍM 25 : 38.93 / EM 16 +: 31.77 / NM 13 +: 32.92					

Stig: FINA 2019

Sæti	F.ár	Tími	Stig
1. Karen Mist Arngeirsdóttir	00 ÍRB	34.24	580 ÍM
2. Sunna Svanlaug Vilhjálmisdóttir	00 SH	34.40	572 ÍM
3. Amalia Nanna Juliusdóttir	02 Óðinn	35.20	534 ÍM
4. Ragnheiður Karen Ólafsdóttir	04 ÍA	35.47	522 ÍM
5. Jóhanna Gerða Gústafsdóttir	90 FJÖL	35.75	509 ÍM
6. Freyja Birkisdóttir	06 Breiðablik	36.43	481 ÍM
7. Kolbrún Jónsdóttir	95 KR	37.15	454 ÍM
8. Vigdís Tinna Hákonardóttir	06 Breiðablik	37.30	448 ÍM
9. Brynhildur Traustadóttir	01 ÍA	37.36	446 ÍM
10. Ragnheiður Milla Bergsveinsdóttir	06 Breiðablik	37.82	430 ÍM
11. Katja Lilja Andriyasdóttir	06 SH	38.33	413 ÍM
Rebekka Marín Arngeirsdóttir	05 ÍRB	38.33	413 ÍM
13. Rán Björnsdóttir	05 Ægir	38.41	411 ÍM
Dagbjört Lilja Daníelsdóttir	04 VÖL	38.41	411 ÍM
15. Ingibjörg Erla Garðarsdóttir	00 FJÖL	38.74	400 ÍM
16. Sunneva Bergmann Ásbjörnsdóttir	07 ÍRB	39.43	380
17. Diljá Rún Ívarsdóttir	02 ÍRB	40.29	356
18. Matthildur Valdimarsdóttir	06 Óðinn	40.75	344
19. Emma Kolbrún Garðarsdóttir	04 Ægir	41.27	331
ÓG. Anna Björg Elmarsdóttir	06 Óðinn	49.27	*
<i>7.1 - Fleiri en eitt flugsundsfótatak var notað í upphafi sunds</i>			
ÓG. Aníta Ingibjörg Antonsdóttir	08 Óðinn	1:03.33	*
<i>7.1 - Fleiri en eitt flugsundsfótatak var notað í upphafi sunds</i>			
MÆekki Sunna Björg Harðardóttir	06 Ægir		
MÆekki Amelía Björk Davíðsdóttir	03 ÍRB		
MÆekki Bergþóra Sól Hálfhánsdóttir	06 UMFA		

Sundgrein 32
20.10.2019 - 11:34

karla, 200m bringusund

Opinn
Úrslitalistar

Íslandsmet Opinn	2:04.37	Anton Sveinn McKee	SH	Hangzhou (CHN)	13.12.2018
Íslandsmet 15 - 17	2:14.52				
Íslandsmet 13 - 14	2:24.73				
Íslandsmet 11 - 12	2:30.88				
Mótsmet	2:17.75	Hrafn Traustason	ÍA		31.10.2009

ÍM 25 : 2:45.33 / EM 16 +: 2:11.89 / NM 14 +: 2:21.40

Stig: FINA 2019

Sæti	F.ár		Tími	Stig	50m	100m	150m	200m		
Opinn										
1.	Aron Þór Jónsson	02	SH	2:20.40	626	NM	32.15	35.32	36.27	36.66
2.	Daði Björnsson	04	SH	2:21.15	616	NM	31.34	35.55	36.87	37.39
3.	Birnir Freyr Hálfðánarsson	06	SH	2:34.67	468	ÍM	34.28	39.49	41.06	39.84
4.	Alexander Logi Jónsson	04	ÍRB	2:35.24	463	ÍM	34.72	39.53	40.41	40.58
5.	Skúli Thor Ásgeirsson	02	Ægir	2:35.55	460	ÍM	35.15	39.75	40.26	40.39
6.	Daníel Steinn Davíðsson	03	Breiðablik	2:39.98	423	ÍM	35.29	40.53	41.47	42.69
7.	Gústav Ragnar Kristjánsson	02	Breiðablik	2:40.76	417	ÍM	36.09	41.16	41.78	41.73
8.	Veigar Hrafn Sigþórsson	05	SH	2:43.17	399	ÍM	36.58	41.45	42.74	42.40
9.	Björgvin Árni Júlíusson	01	KR	2:48.50	362		37.51	42.68	44.29	44.02
10.	Stefán Ingi Ólafsson	06	Ægir	3:03.12	282		42.00	46.79	47.36	46.97
11.	Adam Leó Tómasson	07	SH	3:04.97	274		43.48	47.99	47.51	45.99
12.	Kári Kjartansson	05	STJAR	3:06.70	266		44.09	47.40	47.74	47.47
13.	Sigmundur Þór S.	05	ÍRB	3:07.18	264		42.85	48.07	48.45	47.81
14.	Guðfinnur Karlsson	88	FJÖR	3:10.74	250		45.67	48.64	48.89	47.54
15.	Daði Rafn Falsson	08	ÍRB	3:16.58	228		44.66	50.58	51.93	49.41
16.	Arnór Egill Einarsson	07	SH	3:22.37	209		47.08	52.11	52.19	50.99
17.	Egill Jónasson	06	FJÖL	3:24.04	204		46.07	50.83	52.14	55.00
18.	Stefán Gretar Katrínarson	08	Óðinn	3:29.04	189		44.79	50.36	52.34	1:01.55
19.	Árni Þór Pálmason	09	ÍRB	3:30.83	185		47.63	53.62	53.75	55.83
20.	Hólmar Grétarsson	08	SH	3:32.54	180		48.25	55.24	55.57	53.48
21.	Víkingur Geirdal	07	ÍA	3:32.92	179		50.65	52.38	56.48	53.41
22.	Bjarni Snær Skarphéðins	06	ÍA	3:37.47	168		48.88	55.84	56.42	56.33
ÓG.	Örn Kató Arnarsson	05	Óðinn	2:58.17			40.07	45.00	47.18	45.92
<i>7.1 - Fleiri en eitt flugsundsfótatak var notaði eftir snúning</i>										
ÓG.	Magni Snær I.	06	Sindri	3:09.69			41.75	48.25	50.75	48.94
<i>4.4 - Keppandi startar áður en rásmerki er gefið (þjófstart)</i>										
MÆekki	Óskar Gauti Lund	99	Breiðablik							

Framtíð 13 ára og yngri

1.	Birnir Freyr Hálfðánarsson	06	SH	2:34.67	468	ÍM	34.28	39.49	41.06	39.84
2.	Stefán Ingi Ólafsson	06	Ægir	3:03.12	282		42.00	46.79	47.36	46.97
3.	Adam Leó Tómasson	07	SH	3:04.97	274		43.48	47.99	47.51	45.99
4.	Daði Rafn Falsson	08	ÍRB	3:16.58	228		44.66	50.58	51.93	49.41
5.	Arnór Egill Einarsson	07	SH	3:22.37	209		47.08	52.11	52.19	50.99
6.	Egill Jónasson	06	FJÖL	3:24.04	204		46.07	50.83	52.14	55.00
7.	Stefán Gretar Katrínarson	08	Óðinn	3:29.04	189		44.79	50.36	52.34	1:01.55
8.	Árni Þór Pálmason	09	ÍRB	3:30.83	185		47.63	53.62	53.75	55.83
9.	Hólmar Grétarsson	08	SH	3:32.54	180		48.25	55.24	55.57	53.48
10.	Víkingur Geirdal	07	ÍA	3:32.92	179		50.65	52.38	56.48	53.41
11.	Bjarni Snær Skarphéðins	06	ÍA	3:37.47	168		48.88	55.84	56.42	56.33
ÓG.	Magni Snær I.	06	Sindri	3:09.69			41.75	48.25	50.75	48.94
<i>4.4 - Keppandi startar áður en rásmerki er gefið (þjófstart)</i>										

Sundgrein 32, karla, 200m bringusund

Æskunnar 14/15 ára

1. Daði Björnsson	04	SH	2:21.15	616	NM	31.34	35.55	36.87	37.39
2. Alexander Logi Jónsson	04	ÍRB	2:35.24	463	ÍM	34.72	39.53	40.41	40.58
3. Veigar Hrafn Sigþórsson	05	SH	2:43.17	399	ÍM	36.58	41.45	42.74	42.40
4. Kári Kjartansson	05	STJAR	3:06.70	266		44.09	47.40	47.74	47.47
5. Sigmundur Þór S.	05	ÍRB	3:07.18	264		42.85	48.07	48.45	47.81
ÓG. Örn Kató Arnarsson	05	Óðinn	2:58.17			40.07	45.00	47.18	45.92

7.1 - Fleiri en eitt flugsundsfótatak var notaði eftir snúning

Unglinga 16/17 ára

1. Aron Þór Jónsson	02	SH	2:20.40	626	NM	32.15	35.32	36.27	36.66
2. Skúli Thor Ásgeirsson	02	Ægir	2:35.55	460	ÍM	35.15	39.75	40.26	40.39
3. Daníel Steinn Davíðsson	03	Breiðablik	2:39.98	423	ÍM	35.29	40.53	41.47	42.69
4. Gústav Ragnar Kristjánsson	02	Breiðablik	2:40.76	417	ÍM	36.09	41.16	41.78	41.73

Sundgrein 33

kvenna, 100m skriðsund

Opinn

20.10.2019 - 11:46

Úrslitalistar

Íslandsmet Opinn	54.44	Ragnheiður Ragnarsdóttir	KR	Dubai (UAE)	11.11.2010
Íslandsmet 15 - 17	55.02				
Íslandsmet 13 - 14	57.31				
Íslandsmet 11 - 12	1:01.38				
Mótsmet	57.27	Ingibjörg Kristín Jónsdóttir	SH		31.10.2009

ÍM 25 : 1:06.18 / EM 16 +: 55.74 / NM 13 +: 58.50

Stig: FINA 2019

Sæti	F.ár		Tími	Stig		50m	100m	
Opinn								
1.	Jóhanna Elín Guðmundsdóttir	01	SH	56.66	697	NM	26.63	30.03
2.	Steingerður Hauksdóttir	96	SH	58.19	643	NM	27.19	31.00
3.	Faney Lind Jóhannsdóttir	02	Breiðablik	1:01.32	550	ÍM	29.82	31.50
4.	Bríet Dalla Gunnarsdóttir	04	SH	1:02.26	525	ÍM	29.83	32.43
5.	Aþena Jónsdóttir	04	SH	1:02.67	515	ÍM	30.07	32.60
6.	Kolbrún Jónsdóttir	95	KR	1:02.96	508	ÍM	29.82	33.14
7.	Karen Mist Arngersdóttir	00	ÍRB	1:03.08	505	ÍM	30.09	32.99
8.	Aþena Arnarsdóttir	03	Óðinn	1:03.91	486	ÍM	30.35	33.56
9.	Birgitta Ingólfssdóttir	05	SH	1:04.36	475	ÍM	30.91	33.45
10.	Embla Karen Sævarsdóttir	04	Óðinn	1:05.27	456	ÍM	31.43	33.84
11.	Hildur Valsdóttir	04	SH	1:05.83	444	ÍM	31.70	34.13
12.	Ásta Kamilla Sigurðardóttir	04	ÍRB	1:05.91	443	ÍM	31.13	34.78
13.	Diljá Dröfn Jóhannsdóttir	03	SH	1:06.30	435		32.31	33.99
14.	Jóhanna Brynja Rúnarsdóttir	06	SH	1:06.47	432		31.91	34.56
15.	Sara Ægisdóttir	03	Selfoss	1:06.57	430		32.51	34.06
16.	Nadja Djurovic	07	Breiðablik	1:06.63	428			
17.	Dagbjört Lilja Daníelsdóttir	04	VÖL	1:06.85	424		32.44	34.41
18.	Ólöf Kristín Isaksen	05	Óðinn	1:06.90	423		31.40	35.50
19.	Ylfa Ásgerður Eyjólfssdóttir	06	Árman	1:06.94	423		32.64	34.30
20.	Arna Maren Jóhannsdóttir	05	FJÖL	1:07.09	420		32.42	34.67
21.	Lára Jakobína Ringsted	03	ÍA	1:07.12	419		32.03	35.09
22.	Elísabet Jóhannsdóttir	06	ÍRB	1:07.17	418		32.18	34.99
23.	Eydís Vala Júlíusdóttir	05	FJÖL	1:08.26	398		31.30	36.96
24.	Guðbjörg Eyvindardóttir	04	SH	1:08.27	398		32.93	35.34
25.	Rán Björnsdóttir	05	Ægir	1:08.35	397		32.91	35.44
26.	Emma Kolbrún Garðarsdóttir	04	Ægir	1:08.41	396		33.06	35.35

Sundgrein 33, kvenna, 100m skriðsund, Opinn

Sæti	F.ár		Tími	Stig	50m	100m
27.	Elísa Björnsdóttir	05 Ægir	1:08.66	392	32.39	36.27
28.	Ágústa Inga Arnarsdóttir	06 STJAR	1:08.68	391	33.26	35.42
29.	Masa Dedeic	05 SH	1:08.83	389	33.75	35.08
30.	Ragnheiður Milla Bergsveinsdóttir	06 Breiðablik	1:08.89	388	33.63	35.26
31.	Helga Sigurlaug Helgadóttir	07 SH	1:08.90	387	33.70	35.20
32.	Ziza Alomerovic	07 Ármann	1:09.59	376	33.38	36.21
33.	Karen Ósk Gísladóttir	06 Breiðablik	1:10.80	357	34.50	36.30
34.	Þórunn María Hilmarsdóttir	05 Breiðablik	1:10.93	355	34.37	36.56
35.	Ester Eva Ingimarsdóttir	04 VÖL	1:11.08	353	34.24	36.84
36.	Bríet Björk Pálsdóttir	04 Óðinn	1:11.14	352	33.52	37.62
37.	Fjóla Margrét Viðarsdóttir	07 ÍRB	1:11.74	343	34.57	37.17
38.	Heiðís Elva Stefánsdóttir	06 Sindri	1:12.01	339	34.29	37.72
39.	Lilja Natalie Gunnarsdóttir	06 Ægir	1:12.25	336	34.37	37.88
40.	Katrín Tinna Andrésdóttir	06 STJAR	1:12.52	332	34.99	37.53
41.	Hallgerður Höskuldsdóttir	04 Selfoss	1:12.76	329	35.11	37.65
42.	Ragnheiður Gunnsteinsdóttir	07 STJAR	1:12.81	328	34.87	37.94
43.	Hulda Þorkeldsdóttir	06 Ægir	1:13.12	324	35.29	37.83
44.	Natalía Dögg Brynjarsdóttir	07 ÍRB	1:13.47	319	36.45	37.02
45.	Jóhanna Arna Gunnarsdóttir	06 ÍRB	1:13.91	314	35.39	38.52
46.	María Skorastein Sigurdardóttir	07 SH	1:13.95	313	35.51	38.44
47.	Agnes Fjóla Flosadóttir	02 Óðinn	1:13.97	313	35.97	38.00
48.	Auður María Lárusdóttir	06 ÍA	1:14.21	310	34.75	39.46
49.	Alexandra Hernandez	06 Sindri	1:14.70	304	36.12	38.58
50.	Hulda Björg Magnúsdóttir Nilse	08 Ægir	1:14.71	304	36.09	38.62
51.	Katrín Magnea Finnsdóttir	04 Óðinn	1:15.23	298	36.32	38.91
52.	Naomí Arnarsdóttir	07 Óðinn	1:15.66	292	36.32	39.34
53.	Ástrós Halla Jónsdóttir	06 FJÖL	1:16.05	288	37.07	38.98
54.	Embla Dögg Helgadóttir	08 Ægir	1:16.24	286	36.84	39.40
55.	Tinna Karen Sigurðardóttir	08 SH	1:16.26	286	36.22	40.04
56.	Nicole Jóna Jóhannsdóttir	08 SH	1:16.43	284	36.70	39.73
57.	Helga Rós Ingimarsdóttir	06 ÍA	1:16.75	280	36.11	40.64
58.	Arna Rut Stefánsdóttir	07 SH	1:17.15	276	37.38	39.77
59.	Elín Rósa Ragnarsdóttir	06 Óðinn	1:18.27	264	36.91	41.36
60.	Rebekka Rún Magnúsdóttir	08 SH	1:18.38	263	38.37	40.01
61.	Júlía Líf Gunnsteinsdóttir	04 STJAR	1:18.43	263	36.29	42.14
62.	Ásdís Steindórsdóttir	09 Breiðablik	1:18.63	261	38.23	40.40
63.	Herdís Rut Guðbjartsdóttir	04 FJÖR	1:18.73	260	36.46	42.27
64.	Juliane Liv Sörensen	07 Óðinn	1:19.03	257	38.29	40.74
65.	Bríet Elfarsdóttir	06 Ægir	1:19.37	253	37.00	42.37
66.	Sólveig Ágústa Aradóttir	05 Ármann	1:19.83	249	38.48	41.35
67.	Kara Sól Gunnlaugsdóttir	05 ÍRB	1:19.84	249	38.01	41.83
68.	Hrefna María Heiðarsdóttir	05 Breiðablik	1:20.92	239	38.67	42.25
69.	Írena Mjöll Elínardóttir	07 Ægir	1:21.65	233	37.90	43.75
70.	Victoria Takacs Önnuásgeirsdóttir	07 SH	1:22.39	226	39.06	43.33
71.	Eydís Arna Isaksen	08 Óðinn	1:25.58	202	39.87	45.71
72.	Karítas Svana Elfarsdóttir	06 Breiðablik	1:26.92	193	43.49	43.43
73.	Katrín Lóa Ingadóttir	08 Óðinn	1:27.14	191	41.31	45.83
74.	Eva Steingrimsdóttir	08 SH	1:28.03	186	42.99	45.04
75.	Halla Rún Fannarsdóttir	08 Óðinn	1:29.43	177	42.98	46.45
76.	Agla María Agnarsdóttir	07 SH	1:29.68	175	40.53	49.15
77.	Aníta Ingibjörg Antonisdóttir	08 Óðinn	1:39.89	127 *	47.89	52.00
78.	Anna Björg Elmarsdóttir	06 Óðinn	1:45.60	107 *	47.92	57.68
MÆekki	Amelía Björk Davíðsdóttir	03 ÍRB				
MÆekki	Bergþóra Sól Hálfðánsdóttir	06 UMFA				
MÆekki	María Clausen Pétursdóttir	04 Hamar				

Sundgrein 33, kvenna, 100m skriðsund

Framtíð 12 ára og yngri

1.	Nadja Djurovic	07	Breiðablik	1:06.63	428		
2.	Helga Sigurlaug Helgadóttir	07	SH	1:08.90	387	33.70	35.20
3.	Ziza Alomerovic	07	Árman	1:09.59	376	33.38	36.21
4.	Fjóla Margrét Viðarsdóttir	07	ÍRB	1:11.74	343	34.57	37.17
5.	Ragnheiður Gunnsteinsdóttir	07	STJAR	1:12.81	328	34.87	37.94
6.	Natalía Dögg Brynjarsdóttir	07	ÍRB	1:13.47	319	36.45	37.02
7.	María Skorastein Sigurdardóttir	07	SH	1:13.95	313	35.51	38.44
8.	Hulda Björg Magnúsdóttir Nilse	08	Ægir	1:14.71	304	36.09	38.62
9.	Naomí Arnarsdóttir	07	Óðinn	1:15.66	292	36.32	39.34
10.	Embla Dögg Helgadóttir	08	Ægir	1:16.24	286	36.84	39.40
11.	Tinna Karen Sigurðardóttir	08	SH	1:16.26	286	36.22	40.04
12.	Nicole Jóna Jóhannsdóttir	08	SH	1:16.43	284	36.70	39.73
13.	Arna Rut Stefánsdóttir	07	SH	1:17.15	276	37.38	39.77
14.	Rebekka Rún Magnúsdóttir	08	SH	1:18.38	263	38.37	40.01
15.	Ásdís Steindórsdóttir	09	Breiðablik	1:18.63	261	38.23	40.40
16.	Juliane Liv Sørensen	07	Óðinn	1:19.03	257	38.29	40.74
17.	Írena Mjöll Elínardóttir	07	Ægir	1:21.65	233	37.90	43.75
18.	Victoría Takacs Önnuásgeirsdóttir	07	SH	1:22.39	226	39.06	43.33
19.	Eydís Arna Isaksen	08	Óðinn	1:25.58	202	39.87	45.71
20.	Katrín Lóa Ingadóttir	08	Óðinn	1:27.14	191	41.31	45.83
21.	Eva Steingrimsdóttir	08	SH	1:28.03	186	42.99	45.04
22.	Halla Rún Fannarsdóttir	08	Óðinn	1:29.43	177	42.98	46.45
23.	Agla María Agnarsdóttir	07	SH	1:29.68	175	40.53	49.15
24.	Aníta Ingibjörg Antonsdóttir	08	Óðinn	1:39.89	127 *	47.89	52.00

Æskunnar 13/14 ára

1.	Birgitta Ingólfssdóttir	05	SH	1:04.36	475	ÍM	30.91	33.45
2.	Jóhanna Brynja Rúnarsdóttir	06	SH	1:06.47	432		31.91	34.56
3.	Ólöf Kristín Isaksen	05	Óðinn	1:06.90	423		31.40	35.50
4.	Ylfa Ásgerður Eyjólfssdóttir	06	Árman	1:06.94	423		32.64	34.30
5.	Arna Maren Jóhannesdóttir	05	FJÖL	1:07.09	420		32.42	34.67
6.	Elísabet Jóhannesdóttir	06	ÍRB	1:07.17	418		32.18	34.99
7.	Eydís Vala Júlíusdóttir	05	FJÖL	1:08.26	398		31.30	36.96
8.	Rán Björnsdóttir	05	Ægir	1:08.35	397		32.91	35.44
9.	Elísa Björnsdóttir	05	Ægir	1:08.66	392		32.39	36.27
10.	Ágústa Inga Arnarsdóttir	06	STJAR	1:08.68	391		33.26	35.42
11.	Masa Dedeic	05	SH	1:08.83	389		33.75	35.08
12.	Ragnheiður Milla Bergsveinsdóttir	06	Breiðablik	1:08.89	388		33.63	35.26
13.	Karen Ósk Gísladóttir	06	Breiðablik	1:10.80	357		34.50	36.30
14.	Þórunn María Hilmarsdóttir	05	Breiðablik	1:10.93	355		34.37	36.56
15.	Heiðdís Elva Stefánsdóttir	06	Sindri	1:12.01	339		34.29	37.72
16.	Lilja Natalie Gunnarsdóttir	06	Ægir	1:12.25	336		34.37	37.88
17.	Katrín Tinna Andrésdóttir	06	STJAR	1:12.52	332		34.99	37.53
18.	Hulda Þorkelsdóttir	06	Ægir	1:13.12	324		35.29	37.83
19.	Jóhanna Arna Gunnarsdóttir	06	ÍRB	1:13.91	314		35.39	38.52
20.	Auður María Lárusdóttir	06	ÍA	1:14.21	310		34.75	39.46
21.	Alexandra Hernandez	06	Sindri	1:14.70	304		36.12	38.58
22.	Ástrós Halla Jónsdóttir	06	FJÖL	1:16.05	288		37.07	38.98
23.	Helga Rós Ingimarsdóttir	06	ÍA	1:16.75	280		36.11	40.64
24.	Elín Rósa Ragnarsdóttir	06	Óðinn	1:18.27	264		36.91	41.36
25.	Bríet Elfarsdóttir	06	Ægir	1:19.37	253		37.00	42.37
26.	Sólveig Ágústa Aradóttir	05	Árman	1:19.83	249		38.48	41.35
27.	Kara Sól Gunnlaugsdóttir	05	ÍRB	1:19.84	249		38.01	41.83
28.	Hrefna María Heiðarsdóttir	05	Breiðablik	1:20.92	239		38.67	42.25

Sundgrein 33, Stúlkur, 100m skriðsund, Æskunnar 13/14 ára

Sæti	F.ár		Tími	Stig	50m	100m
29.	Karítas Svana Elfarsdóttir	06 Breiðablik	1:26.92	193	43.49	43.43
30.	Anna Björg Elmarsdóttir	06 Óðinn	1:45.60	107 *	47.92	57.68
MÆekki	Bergþóra Sól Hálfðánsdóttir	06 UMFA				

Unglinga 15/16 ára

1.	Bríet Dalla Gunnarsdóttir	04 SH	1:02.26	525	ÍM	29.83	32.43
2.	Aþena Jónsdóttir	04 SH	1:02.67	515	ÍM	30.07	32.60
3.	Aþena Arnarsdóttir	03 Óðinn	1:03.91	486	ÍM	30.35	33.56
4.	Embla Karen Sævarsdóttir	04 Óðinn	1:05.27	456	ÍM	31.43	33.84
5.	Hildur Valsdóttir	04 SH	1:05.83	444	ÍM	31.70	34.13
6.	Ásta Kamilla Sigurðardóttir	04 ÍRB	1:05.91	443	ÍM	31.13	34.78
7.	Diljá Dröfn Jóhannesdóttir	03 SH	1:06.30	435		32.31	33.99
8.	Sara Ægisdóttir	03 Selfoss	1:06.57	430		32.51	34.06
9.	Dagbjört Lilja Daníelsdóttir	04 VÖL	1:06.85	424		32.44	34.41
10.	Lára Jakobína Ringsted	03 ÍA	1:07.12	419		32.03	35.09
11.	Guðbjörg Eyvindardóttir	04 SH	1:08.27	398		32.93	35.34
12.	Emma Kolbrún Garðarsdóttir	04 Ægir	1:08.41	396		33.06	35.35
13.	Ester Eva Ingimarsdóttir	04 VÖL	1:11.08	353		34.24	36.84
14.	Bríet Björk Pálsdóttir	04 Óðinn	1:11.14	352		33.52	37.62
15.	Hallgerður Höskuldsdóttir	04 Selfoss	1:12.76	329		35.11	37.65
16.	Katrín Magnea Finnsdóttir	04 Óðinn	1:15.23	298		36.32	38.91
17.	Júlía Líf Gunnsteinsdóttir	04 STJAR	1:18.43	263		36.29	42.14
18.	Herdís Rut Guðbjartsdóttir	04 FJÖR	1:18.73	260		36.46	42.27
MÆekki	Amelía Björk Davíðsdóttir	03 ÍRB					
MÆekki	María Clausen Pétursdóttir	04 Hamar					

Sundgrein 34

karla, 100m baksund

Opinn

20.10.2019 - 12:02

Úrslitalistar

Íslandsmet Opinn	51.74	Örn Arnarson	SH	Dublin (IRL)	14.12.2003
Íslandsmet 15 - 17	53.71				
Íslandsmet 13 - 14	58.45				
Íslandsmet 11 - 12	1:03.92				
Mótsmet	55.16	Kristinn Þórarinsson	FJÖL		31.10.2015

ÍM 25 : 1:07.78 / EM 16 +: 53.42 / NM 14 +: 56.82

Stig: FINA 2019

Sæti	F.ár		Tími	Stig	50m	100m
Opinn						
1.	Kristinn Þórarinsson	96 FJÖL	54.02	740 NM	26.21	27.81
2.	Kolbeinn Hrafnkelsson	94 SH	55.08	698 NM	26.58	28.50
3.	Brynjólfur Óli Karlsson	01 Breiðablik	56.51	647 NM	27.05	29.46
4.	Fannar Snævar Hauksson	04 ÍRB	1:00.87	517 ÍM	28.87	32.00
5.	Tómas Magnússon	02 KR	1:00.89	517 ÍM	29.09	31.80
6.	Kristjan Gylfi Þórisson	00 FJÖL	1:00.93	516 ÍM	28.64	32.29
7.	Júlíus Karl Maier	02 SH	1:02.88	469 ÍM	30.71	32.17
8.	Símon Elías Statkevicius	03 SH	1:03.79	449 ÍM	30.85	32.94
9.	Sindri Andreas Bjarnason	01 ÍA	1:04.74	430 ÍM	31.79	32.95
10.	Edward Jensson	04 SH	1:05.74	411 ÍM	31.53	34.21
11.	Jónas Atli Pálsson	03 SH	1:05.78	410 ÍM	31.31	34.47
12.	Bergur Fálnir Bjarnason	06 SH	1:06.58	395 ÍM	32.61	33.97
13.	Snorri Dagur Einarsson	05 SH	1:10.06	339		
14.	Viktor Emil Sigtryggsson	00 Óðinn	1:10.88	327	34.78	36.10
15.	Daníel Lúkas Tómasson	04 SH	1:11.61	318	33.54	38.07

Sundgrein 34, karla, 100m baksund, Opinn

Sæti	F.ár		Tími	Stig	50m	100m	
16.	Hákon A. Magnússon	00 Óðinn	1:11.75	316	35.29	36.46	
17.	Gabriel Þór Sigurmundsson	03 ÍRB	1:12.12	311	35.40	36.72	
18.	Sigurður Þráinn Sigurðsson	02 UMFA	1:12.49	306	35.24	37.25	
19.	Pétur Alfreðsson	06 Breiðablik	1:13.29	296	35.91	37.38	
20.	Jakob Ingi Reynisson	06 ÍRB	1:13.71	291	35.73	37.98	
21.	Kári Snær Halldórsson	04 ÍRB	1:13.85	289	35.44	38.41	
22.	Dagur Snær Hilmarsson	03 SH	1:14.33	284	35.93	38.40	
23.	Ólafur Breki Guðnason	03 Ægir	1:14.83	278	36.71	38.12	
24.	Daniel Patrick Riley	03 ÍRB	1:14.97	277	36.54	38.43	
25.	Guðmundur Leo Rafnsson	06 ÍRB	1:15.49	271	36.61	38.88	
26.	Eggert Sigtryggsson	05 SH	1:17.53	250	36.83	40.70	
27.	Kristófer Óli Birkisson	04 Óðinn	1:17.75	248	37.06	40.69	
28.	Denas Kazulis	08 ÍRB	1:18.26	243	38.15	40.11	
29.	Kristinn Viðar Tómasson	06 Óðinn	1:19.96	228	39.27	40.69	
30.	Sölvi Bjartur Ingólfsson	03 STJAR	1:20.51	223	38.76	41.75	
31.	Kristófer Andri Jóhannsson	08 SH	1:21.13	218	39.70	41.43	
32.	Ragnar Ingi Magnússon	92 FJÖR	1:21.74	213	38.13	43.61	
33.	Magnús Víðir Jónsson	08 SH	1:21.82	213	39.43	42.39	
34.	Davið Smári Andrésen	03 STJAR	1:23.13	203	39.68	43.45	
35.	Bjarni Ívar Ragnarsson	08 ÍRB	1:26.18	182	42.03	44.15	
36.	Árni Þór Pálmason	09 ÍRB	1:26.80	178	42.64	44.16	
37.	Ómar Magni Egilsson	06 ÍRB	1:27.49	174	43.28	44.21	
38.	Nikolai Leo Jónsson	08 ÍRB	1:27.59	173	42.43	45.16	
39.	Dominic Daði Wheeler	07 Ægir	1:27.74	172	42.36	45.38	
40.	Oliver Kaldal	07 Ægir	1:28.38	169	42.87	45.51	
	Hermann Ingi Eiríksson	05 FJÖL	1:28.38	169	42.35	46.03	
42.	Kolbeinn Kári Jónsson	06 Ægir	1:29.02	165	43.68	45.34	
43.	Stefán Gretar Katrínarson	08 Óðinn	1:29.54	162	44.03	45.51	
44.	Bjarni Snær Skarphéðinsson	06 ÍA	1:31.37	153	44.19	47.18	
45.	Guðfinnur Karlsson	88 FJÖR	1:31.68	151	46.20	45.48	
46.	Gabriel Ingi Derti	08 ÍRB	1:33.22	144	44.71	48.51	
47.	Ari Eyvindarsson	07 SH	1:33.87	141	45.45	48.42	
48.	Ísak Nói Ómarsson	06 SH	1:34.13	140	45.65	48.48	
49.	Snævar Örn Kristmannsson	06 Breiðablik	1:39.89	117	47.51	52.38	
50.	Emil Örn Björgvinsson	07 Breiðablik	1:40.88	113	48.47	52.41	
51.	Hákon Freyr Sigurðarson	06 Breiðablik	1:44.64	101	49.36	55.28	
ÓG.	Arnar Milos Arnbjörnsson	08 ÍRB	1:34.41		45.64	48.77	
	6.4 - Snúningur er ekki samfelldur						
ÓG.	Nikolas Hrafn Marksson	07 Ægir	1:41.85		48.76	53.09	
	4.4 - Keppandi startar áður en rásmerki er gefið (þjófstart)						

Framtíð 13 ára og yngri

1.	Bergur Fáfniir Bjarnason	06 SH	1:06.58	395	ÍM	32.61	33.97
2.	Pétur Alfreðsson	06 Breiðablik	1:13.29	296		35.91	37.38
3.	Jakob Ingi Reynisson	06 ÍRB	1:13.71	291		35.73	37.98
4.	Guðmundur Leo Rafnsson	06 ÍRB	1:15.49	271		36.61	38.88
5.	Denas Kazulis	08 ÍRB	1:18.26	243		38.15	40.11
6.	Kristinn Viðar Tómasson	06 Óðinn	1:19.96	228		39.27	40.69
7.	Kristófer Andri Jóhannsson	08 SH	1:21.13	218		39.70	41.43
8.	Magnús Víðir Jónsson	08 SH	1:21.82	213		39.43	42.39
9.	Bjarni Ívar Ragnarsson	08 ÍRB	1:26.18	182		42.03	44.15
10.	Árni Þór Pálmason	09 ÍRB	1:26.80	178		42.64	44.16
11.	Ómar Magni Egilsson	06 ÍRB	1:27.49	174		43.28	44.21
12.	Nikolai Leo Jónsson	08 ÍRB	1:27.59	173		42.43	45.16

Sundgrein 34, Piltar, 100m baksund, Framtíð 13 ára og yngri

Sæti	F.ár		Tími	Stig	50m	100m
13.	Dominic Daði Wheeler	07 Ægir	1:27.74	172	42.36	45.38
14.	Oliver Kaldal	07 Ægir	1:28.38	169	42.87	45.51
15.	Kolbeinn Kári Jónsson	06 Ægir	1:29.02	165	43.68	45.34
16.	Stefán Gretar Katrínarson	08 Óðinn	1:29.54	162	44.03	45.51
17.	Bjarni Snær Skarphéðinsson	06 ÍA	1:31.37	153	44.19	47.18
18.	Gabriel Ingi Derti	08 ÍRB	1:33.22	144	44.71	48.51
19.	Ari Eyvindarsson	07 SH	1:33.87	141	45.45	48.42
20.	Ísak Nói Ómarsson	06 SH	1:34.13	140	45.65	48.48
21.	Snævar Örn Kristmannsson	06 Breiðablik	1:39.89	117	47.51	52.38
22.	Emil Örn Björgvinsson	07 Breiðablik	1:40.88	113	48.47	52.41
23.	Hákon Freyr Sigurðarson	06 Breiðablik	1:44.64	101	49.36	55.28
ÓG.	Arnar Milos Arnbjörnsson	08 ÍRB	1:34.41		45.64	48.77
<i>6.4 - Snúningur er ekki samfelldur</i>						
ÓG.	Nikolas Hrafn Marksson	07 Ægir	1:41.85		48.76	53.09
<i>4.4 - Keppandi startar áður en rásmerki er gefið (þjófstart)</i>						

Æskunnar 14/15 ára

1.	Fannar Snævar Hauksson	04 ÍRB	1:00.87	517	ÍM	28.87	32.00
2.	Edward Jensson	04 SH	1:05.74	411	ÍM	31.53	34.21
3.	Snorri Dagur Einarsson	05 SH	1:10.06	339			
4.	Daníel Lúkas Tómasson	04 SH	1:11.61	318		33.54	38.07
5.	Kári Snær Halldórsson	04 ÍRB	1:13.85	289		35.44	38.41
6.	Eggert Sigtryggsson	05 SH	1:17.53	250		36.83	40.70
7.	Kristófer Óli Birkisson	04 Óðinn	1:17.75	248		37.06	40.69
8.	Hermann Ingi Eiríksson	05 FJÖL	1:28.38	169		42.35	46.03

Unglinga 16/17 ára

1.	Tómas Magnússon	02 KR	1:00.89	517	ÍM	29.09	31.80
2.	Júlíus Karl Maier	02 SH	1:02.88	469	ÍM	30.71	32.17
3.	Símon Elías Statkevicius	03 SH	1:03.79	449	ÍM	30.85	32.94
4.	Jónas Atli Pálsson	03 SH	1:05.78	410	ÍM	31.31	34.47
5.	Gabriel Þór Sigurmundsson	03 ÍRB	1:12.12	311		35.40	36.72
6.	Sigurður Þráinn Sigurðsson	02 UMFA	1:12.49	306		35.24	37.25
7.	Dagur Snær Hilmarsson	03 SH	1:14.33	284		35.93	38.40
8.	Ólafur Breki Guðnason	03 Ægir	1:14.83	278		36.71	38.12
9.	Daníel Patrick Riley	03 ÍRB	1:14.97	277		36.54	38.43
10.	Sölvi Bjartur Ingólfsson	03 STJAR	1:20.51	223		38.76	41.75
11.	Davíð Smári Andrésón	03 STJAR	1:23.13	203		39.68	43.45

Sundgrein 35
20.10.2019 - 12:15

kvenna, 200m fjórsund

Opinn
Úrslitalistar

Íslandsmet Opinn	2:11.57	Hrafnhildur Lúthersdóttir	SH	Hafnarfjörður	13.11.2015
Íslandsmet 15 - 17	2:15.10				
Íslandsmet 13 - 14	2:20.10				
Íslandsmet 11 - 12	2:29.75				
Mótsmet	2:15.10	Eygló Ósk Gústafsdóttir	Ægir		31.10.2012

ÍM 25 : 2:44.19 / EM 16 +: 2:17.56 / NM 13 +: 2:26.43

Stig: FINA 2019

Sæti	F.ár		Tími	Stig	50m	100m	150m	200m		
Opinn										
1.	Katarína Róbertsdóttir	00	SH	2:25.94	582	NM	29.44	38.69	43.37	34.44
2.	Kristín Helga Hákonardóttir	04	Breiðablik	2:27.03	569	ÍM	30.57	37.66	45.98	32.82
3.	Adele Alexandra Pálsson	03	SH	2:31.98	515	ÍM	33.71	37.90	45.54	34.83
4.	Gunnhildur Björg B.	00	ÍRB	2:32.53	509	ÍM	31.46	40.75	45.17	35.15
5.	Sunna Svanlaug V.	00	SH	2:34.41	491	ÍM	31.86	41.14	44.69	36.72
6.	Guðbjörg Bjartey G.	05	ÍA	2:34.63	489	ÍM	33.39	41.82	43.35	36.07
7.	Sandra Dögg Kristjánsdóttir	03	SH	2:35.35	482	ÍM	34.36	39.72	45.15	36.12
8.	Svava Björg Lárusdóttir	03	Árman	2:36.07	476	ÍM	31.61	41.61	47.75	35.10
9.	Dagbjörg Hlíf Ólafsdóttir	05	SH	2:36.13	475	ÍM	34.01	42.30	46.86	32.96
10.	Thelma Lind Einarsdóttir	05	ÍRB	2:36.59	471	ÍM	35.82	40.10	45.36	35.31
11.	Þorgerður Ósk Jónsdóttir	03	SH	2:36.89	468	ÍM	33.42	39.03	49.83	34.61
12.	Rebekka Sif Ómarsdóttir	03	Óðinn	2:37.44	463	ÍM	34.45	41.30	45.99	35.70
13.	Emilía Sól Guðmundsdóttir	02	Ægir	2:38.03	458	ÍM	34.15	37.71	47.36	38.81
14.	Diljá Rún Ívarsdóttir	02	ÍRB	2:39.35	447	ÍM	33.17	42.04	46.50	37.64
15.	Sólveig María Baldursdóttir	04	ÍRB	2:40.09	441	ÍM	33.91	42.19	46.46	37.53
16.	Eva Sól Garðarsdóttir	03	Óðinn	2:40.16	440	ÍM	33.04	40.80	48.25	38.07
17.	Birna Hilmarsdóttir	02	ÍRB	2:40.87	434	ÍM	35.35	41.15	48.90	35.47
18.	Amalia Nanna Juliusdóttir	02	Óðinn	2:41.05	433	ÍM	35.23	42.81	45.33	37.68
19.	Kristín Ylfa Guðmundsdóttir	02	SH	2:43.38	414	ÍM	34.20	43.50	46.98	38.70
20.	Vigdís Tinna Hákonardóttir	06	Breiðablik	2:44.17	408	ÍM	34.58	47.05	45.80	36.74
21.	Sunneva Bergmann Á.	07	ÍRB	2:45.71	397		37.77	43.92	46.69	37.33
22.	Katja Lilja Andriysdóttir	06	SH	2:46.28	393		37.23	43.65	46.14	39.26
23.	Ylfa Ásgerður Eyjólfsdóttir	06	Árman	2:46.48	392		40.09	41.63	50.03	34.73
24.	Athena Líf Þrastardóttir	07	ÍRB	2:47.38	385		36.21	41.55	51.43	38.19
25.	Katla María Brynjarsdóttir	07	ÍRB	2:48.79	376		37.59	40.31	53.03	37.86
26.	Guðný Birna Falsdóttir	03	ÍRB	2:49.80	369		38.00	43.69	47.36	40.75
27.	Ingibjörg Svava M.	05	ÍA	2:50.13	367		34.74	44.90	53.69	36.80
28.	Þórey Una Arnlaugsdóttir	06	ÍRB	2:52.08	355		38.30	44.14	51.61	38.03
29.	Agnes Fjóra Flosadóttir	02	Óðinn	2:56.98	326		41.18	46.57	49.86	39.37
30.	Matthildur Valdimarsdóttir	06	Óðinn	2:57.93	321		42.08	46.11	51.10	38.64
31.	Auður María Lárusdóttir	06	ÍA	2:58.72	317		41.15	47.74	49.45	40.38
32.	Rebekka Rós Magnadóttir	07	ÍRB	2:59.18	314		39.28	45.26	54.60	40.04
33.	Ragnheiður Ásta M.	07	Breiðablik	2:59.94	310				53.45	39.90
34.	Ágústa Inga Arnarsdóttir	06	STJAR	3:00.20	309		41.91	50.76	51.29	36.24
35.	Sara Lind Aðalsteinsdóttir	07	SH	3:00.27	308		41.56	46.70	50.86	41.15
36.	Jana Guðlaug Ómarsdóttir	07	ÍRB	3:00.90	305		42.27	46.76	51.69	40.18
37.	Ragnheiður Gunnsteinsdóttir	07	STJAR	3:03.40	293		42.62	45.70	54.15	40.93
38.	Kolbrún Ósk Vilhjálmisdóttir	06	Óðinn	3:05.11	285		41.88	47.41	53.96	41.86
39.	Elísabet Arnoddsdóttir	09	ÍRB	3:07.44	274		42.62	48.72	54.14	41.96
40.	Katrín Tinna Andrésdóttir	06	STJAR	3:07.57	274		44.44	49.48	52.52	41.13
41.	Sólveig Freyja Hákonardóttir	09	Breiðablik	3:08.30	271		44.70	48.26	54.89	40.45
42.	Gabija Marija Savickaitė	08	ÍRB	3:09.23	267		46.65	46.40	52.07	44.11
43.	Embla Dögg Helgadóttir	08	Ægir	3:09.46	266		45.84	50.65	49.37	43.60
44.	Freydís Lilja Bergþórsdóttir	09	ÍRB	3:12.99	251				54.82	42.51
45.	Ásdís Steindórsdóttir	09	Breiðablik	3:16.22	239		47.11	51.27	55.93	41.91
46.	Hrefna María Heiðarsdóttir	05	Breiðablik	3:22.14	219		47.65	51.91	58.91	43.67

Sundgrein 35, kvenna, 200m fjörsund, Opinn

Sæti	F.ár	Tími	Stig	50m	100m	150m	200m	
47.	Áslaug Margrét Alfreðsdóttir 08	Breiðablik	3:23.74	213	49.68	54.35	56.16	43.55
ÓG.	Sandra Rut Fannarsdóttir 06	Óðinn	3:09.37		39.93	48.84	57.29	43.31
<i>6.4 - Snúningur er ekki samfelldur</i>								
ÓG.	Júlía Líf Gunnsteinsdóttir 04	STJAR	3:19.85		48.95	50.82	57.39	42.69
<i>6.4 - Snúningur er ekki samfelldur</i>								
ÓG.	Ástrós Lovísa Hauksdóttir 08	ÍRB	3:20.66		45.58	48.15	1:01.39	45.54
<i>7.6 - Önnur hönd í bakka eða hendur snerta ekki bakkan samtímis í snúningi eða við lok</i>								

Framtíð 12 ára og yngri

1.	Sunneva Bergmann Á.	07	ÍRB	2:45.71	397	37.77	43.92	46.69	37.33
2.	Athena Líf Þrastardóttir	07	ÍRB	2:47.38	385	36.21	41.55	51.43	38.19
3.	Katla María Brynjarsdóttir	07	ÍRB	2:48.79	376	37.59	40.31	53.03	37.86
4.	Rebekka Rós Magnadóttir	07	ÍRB	2:59.18	314	39.28	45.26	54.60	40.04
5.	Ragnheiður Ásta M.	07	Breiðablik	2:59.94	310			53.45	39.90
6.	Sara Lind Aðalsteinsdóttir	07	SH	3:00.27	308	41.56	46.70	50.86	41.15
7.	Jana Guðlaug Ómarsdóttir	07	ÍRB	3:00.90	305	42.27	46.76	51.69	40.18
8.	Ragnheiður Gunnsteinsdóttir	07	STJAR	3:03.40	293	42.62	45.70	54.15	40.93
9.	Elísabet Arnósdóttir	09	ÍRB	3:07.44	274	42.62	48.72	54.14	41.96
10.	Sólveig Freyja Hákonardóttir	09	Breiðablik	3:08.30	271	44.70	48.26	54.89	40.45
11.	Gabija Marija Savickaitė	08	ÍRB	3:09.23	267	46.65	46.40	52.07	44.11
12.	Embla Dögg Helgadóttir	08	Ægir	3:09.46	266	45.84	50.65	49.37	43.60
13.	Freydís Lilja Bergþórsdóttir	09	ÍRB	3:12.99	251			54.82	42.51
14.	Ásdís Steindórsdóttir	09	Breiðablik	3:16.22	239	47.11	51.27	55.93	41.91
15.	Áslaug Margrét Alfreðsdóttir	08	Breiðablik	3:23.74	213	49.68	54.35	56.16	43.55
ÓG.	Ástrós Lovísa Hauksdóttir	08	ÍRB	3:20.66		45.58	48.15	1:01.39	45.54
<i>7.6 - Önnur hönd í bakka eða hendur snerta ekki bakkan samtímis í snúningi eða við lok</i>									

Æskunnar 13/14 ára

1.	Guðbjörg Bjartey G.	05	ÍA	2:34.63	489	ÍM	33.39	41.82	43.35	36.07
2.	Dagbjörg Hlíf Ólafsdóttir	05	SH	2:36.13	475	ÍM	34.01	42.30	46.86	32.96
3.	Thelma Lind Einarsdóttir	05	ÍRB	2:36.59	471	ÍM	35.82	40.10	45.36	35.31
4.	Vigdís Tinna Hákonardóttir	06	Breiðablik	2:44.17	408	ÍM	34.58	47.05	45.80	36.74
5.	Katja Lilja Andriysdóttir	06	SH	2:46.28	393		37.23	43.65	46.14	39.26
6.	Ylfa Ásgerður Eyjólfsdóttir	06	Árman	2:46.48	392		40.09	41.63	50.03	34.73
7.	Ingibjörg Svava M.	05	ÍA	2:50.13	367		34.74	44.90	53.69	36.80
8.	Þórey Una Arnlaugsdóttir	06	ÍRB	2:52.08	355		38.30	44.14	51.61	38.03
9.	Matthildur Valdimarsdóttir	06	Óðinn	2:57.93	321		42.08	46.11	51.10	38.64
10.	Auður María Lárusdóttir	06	ÍA	2:58.72	317		41.15	47.74	49.45	40.38
11.	Ágústa Inga Arnarsdóttir	06	STJAR	3:00.20	309		41.91	50.76	51.29	36.24
12.	Kolbrún Ósk Vilhjálmisdóttir	06	Óðinn	3:05.11	285		41.88	47.41	53.96	41.86
13.	Katrín Tinna Andrésdóttir	06	STJAR	3:07.57	274		44.44	49.48	52.52	41.13
14.	Hrefna María Heiðarsdóttir	05	Breiðablik	3:22.14	219		47.65	51.91	58.91	43.67
ÓG.	Sandra Rut Fannarsdóttir	06	Óðinn	3:09.37			39.93	48.84	57.29	43.31
<i>6.4 - Snúningur er ekki samfelldur</i>										

Sundgrein 35, kvenna, 200m fjórsund

Unglinga 15/16 ára

1. Kristín Helga Hákonardóttir	04	Breiðablik	2:27.03	569	ÍM	30.57	37.66	45.98	32.82
2. Adele Alexandra Pálsson	03	SH	2:31.98	515	ÍM	33.71	37.90	45.54	34.83
3. Sandra Dögg Kristjánsdóttir	03	SH	2:35.35	482	ÍM	34.36	39.72	45.15	36.12
4. Svava Björg Lárusdóttir	03	Árman	2:36.07	476	ÍM	31.61	41.61	47.75	35.10
5. Þorgerður Ósk Jónsdóttir	03	SH	2:36.89	468	ÍM	33.42	39.03	49.83	34.61
6. Rebekka Sif Ómarsdóttir	03	Óðinn	2:37.44	463	ÍM	34.45	41.30	45.99	35.70
7. Sólveig María Baldursdóttir	04	ÍRB	2:40.09	441	ÍM	33.91	42.19	46.46	37.53
8. Eva Sól Garðarsdóttir	03	Óðinn	2:40.16	440	ÍM	33.04	40.80	48.25	38.07
9. Guðný Birna Falsdóttir	03	ÍRB	2:49.80	369		38.00	43.69	47.36	40.75
ÓG. Júlía Líf Gunnsteinsdóttir	04	STJAR	3:19.85			48.95	50.82	57.39	42.69

6.4 - Snúningur er ekki samfelldur

Sundgrein 36

karla, 800m skriðsund

Opinn
Úrslitalistar

20.10.2019 - 12:34

Íslandsmet Opinn	7:52.84	Anton Sveinn McKee	Ægir	Istanbul (TUR)	16.12.2012
Íslandsmet 15 - 17	8:16.04				
Íslandsmet 13 - 14	8:31.56				
Íslandsmet 11 - 12	9:24.91				
Mótsmet	8:17.74	Aron Örn Stefánsson	SH		31.10.2012

ÍM 25 : 9:56.48

Stig: FINA 2019

Sæti	F.ár	Tími	Stig
1. Patrik Viggó Vilbergsson	02 Breiðablik	8:18.55	703 ÍM
100m: 58.73 58.73	300m: 3:04.88 1:03.17	500m: 5:12.17 1:03.53	700m: 7:18.68 1:03.33
200m: 2:01.71 1:02.98	400m: 4:08.64 1:03.76	600m: 6:15.35 1:03.18	800m: 8:18.55 59.87
2. Snær Llorens Sigurðsson	02 ÍA	8:52.96	575 ÍM
100m: 1:00.46 1:00.46	300m: 3:16.30 1:08.74	500m: 5:33.02 1:08.20	700m: 7:49.88 1:08.45
200m: 2:07.56 1:07.10	400m: 4:24.82 1:08.52	600m: 6:41.43 1:08.41	800m: 8:52.96 1:03.08
3. Gústav Ragnar Kristjánsson	02 Breiðablik	9:14.07	512 ÍM
100m: 1:03.97 1:03.97	300m: 3:24.21 1:10.08	500m: 5:44.64 1:09.73	700m: 8:04.90 1:10.14
200m: 2:14.13 1:10.16	400m: 4:34.91 1:10.70	600m: 6:54.76 1:10.12	800m: 9:14.07 1:09.17
4. Þorsteinn Karl Arnarsson	04 STJAR	9:24.09	485 ÍM
100m: 1:06.10 1:06.10	300m: 3:27.75 1:11.10	500m: 5:50.90 1:10.71	700m: 8:13.88 1:11.67
200m: 2:16.65 1:10.55	400m: 4:40.19 1:12.44	600m: 7:02.21 1:11.31	800m: 9:24.09 1:10.21
5. Andri Bergmann Ísaksen	04 Breiðablik	9:36.92	454 ÍM
100m: 1:06.74 1:06.74	300m: 3:30.74 1:12.54	500m: 5:56.11 1:12.76	700m: 8:23.91 1:14.23
200m: 2:18.20 1:11.46	400m: 4:43.35 1:12.61	600m: 7:09.68 1:13.57	800m: 9:36.92 1:13.01
6. Jón Ingi Halldórsson	04 Breiðablik	9:37.72	452 ÍM
100m: 1:07.83 1:07.83	300m: 3:33.32 1:13.13	500m: 6:00.09 1:13.28	700m: 8:26.40 1:12.88
200m: 2:20.19 1:12.36	400m: 4:46.81 1:13.49	600m: 7:13.52 1:13.43	800m: 9:37.72 1:11.32
7. Örn Kató Arnarsson	05 Óðinn	9:47.98	428 ÍM
100m: 1:08.25 1:08.25	300m: 3:37.02 1:14.52	500m: 6:06.50 1:14.96	700m: 8:36.24 1:14.92
200m: 2:22.50 1:14.25	400m: 4:51.54 1:14.52	600m: 7:21.32 1:14.82	800m: 9:47.98 1:11.74
8. Björn Yngvi Guðmundsson	07 SH	9:48.60	427 ÍM
100m: 1:08.84 1:08.84	300m: 3:37.61 1:14.55	500m: 6:07.24 1:14.87	700m: 8:36.93 1:14.78
200m: 2:23.06 1:14.22	400m: 4:52.37 1:14.76	600m: 7:22.15 1:14.91	800m: 9:48.60 1:11.67
9. Einar Atli Guðnason	03 Ægir	9:50.44	423 ÍM
100m: 1:08.69 1:08.69	300m: 3:37.84 1:14.77	500m: 6:07.72 1:15.31	700m: 8:38.71 1:15.31
200m: 2:23.07 1:14.38	400m: 4:52.41 1:14.57	600m: 7:23.40 1:15.68	800m: 9:50.44 1:11.73

Sundgrein 36, karla, 800m skriðsund, Opinn

Sæti	F.ár								Tími	Stig		
10.	Hilmir Snær Lunddal Rúnarsson								9:54.87	414 ÍM		
	100m:	1:05.46	1:05.46	300m:	3:34.24	1:15.25	500m:	6:08.80	1:17.04	700m:	8:41.72	1:16.62
	200m:	2:18.99	1:13.53	400m:	4:51.76	1:17.52	600m:	7:25.10	1:16.30	800m:	9:54.87	1:13.15
11.	Bjarki B Isaksen								10:02.48	398		
	100m:	1:09.48	1:09.48	300m:	3:43.12	1:16.88	500m:	6:17.51	1:17.10	700m:	8:50.27	1:16.02
	200m:	2:26.24	1:16.76	400m:	5:00.41	1:17.29	600m:	7:34.25	1:16.74	800m:	10:02.48	1:12.21
12.	Lofur Þór Arnarsson								10:03.76	396		
	100m:	1:07.61	1:07.61	300m:	3:36.68	1:15.36	500m:	6:12.57	1:18.89	700m:	8:47.62	1:18.06
	200m:	2:21.32	1:13.71	400m:	4:53.68	1:17.00	600m:	7:29.56	1:16.99	800m:	10:03.76	1:16.14
13.	Kacper Kogut								10:04.31	395		
	100m:	1:09.91	1:09.91	300m:	3:41.57	1:16.33	500m:	6:15.84	1:16.91	700m:	8:50.61	1:17.58
	200m:	2:25.24	1:15.33	400m:	4:58.93	1:17.36	600m:	7:33.03	1:17.19	800m:	10:04.31	1:13.70
14.	Andri Már Kristjánsson								10:12.16	380		
	100m:	1:13.56	1:13.56	300m:	3:48.47	1:16.65	500m:	6:24.18	1:17.18	700m:	8:59.14	1:16.27
	200m:	2:31.82	1:18.26	400m:	5:07.00	1:18.53	600m:	7:42.87	1:18.69	800m:	10:12.16	1:13.02
MÆekki	Guðmundur Halldórsson									04 Breiðablik		