

Sundgrein 1
14.3.2020 - 10:00

kvenna, 400m skriðsund

Opinn
Úrslitalistar

Mótsmet	4:24.04	Inga Elín Cryer	ISL		1.4.2012
Íslandsmet	4:20.42	Sigrún Brá Sverrisdóttir	Ægir	Columbus (USA)	10.3.2012
Aldursflokkamet Íslands 15 - 17	4:20.66	Sunneva Dögg Friðriksdóttir	ÍRB	Reykjavík	22.4.2016
Aldursflokkamet Íslands 13 - 14	4:34.68	Harpa Ingólfssdóttir	SH	Reykjavík	22.3.2014
Aldursflokkamet Íslands 11 - 12	4:53.81	Eygló Ósk Gústafsdóttir	Ægir	Reykjanesbæ	12.5.2007

ÓL-B : 4:15.34 / EM : 4:20.03 / EMU 14 - 17: 4:24.37 / NÆM 13 - 15: 4:45.32 / ÍM50 : 5:11.48

Stig: FINA 2019

Sæti			F.ár				Tími	Stig	
1.	Kristín Helga Hákonardóttir	04	BREIÐ	4:32.27	655	ÍM			
	50m: 30.25 30.25	150m: 1:37.82 34.17	250m: 2:46.99 34.82	350m: 3:58.01 35.71					
	100m: 1:03.65 33.40	200m: 2:12.17 34.35	300m: 3:22.30 35.31	400m: 4:32.27 34.26					
2.	Freyja Birkisdóttir	06	BREIÐ	4:37.06	621	NÆM			
	50m: 30.80 30.80	150m: 1:40.78 35.43	250m: 2:51.49 35.59	350m: 4:02.79 35.52					
	100m: 1:05.35 34.55	200m: 2:15.90 35.12	300m: 3:27.27 35.78	400m: 4:37.06 34.27					
3.	Ragna Sigríður Ragnarsdóttir	01	BREIÐ	4:40.80	597	ÍM			
	50m: 30.89 30.89	150m: 1:40.77 35.12	250m: 2:52.11 35.87	350m: 4:05.01 36.50					
	100m: 1:05.65 34.76	200m: 2:16.24 35.47	300m: 3:28.51 36.40	400m: 4:40.80 35.79					
4.	Stefanía Sigurþórsdóttir	01	BREIÐ	4:43.23	581	ÍM			
	50m: 31.44 31.44	150m: 1:42.11 35.74	250m: 2:54.44 36.28	350m: 4:07.69 36.97					
	100m: 1:06.37 34.93	200m: 2:18.16 36.05	300m: 3:30.72 36.28	400m: 4:43.23 35.54					
5.	Halla Margrét Baldursdóttir	02	KR	4:47.21	558	ÍM			
	50m: 31.87 31.87	150m: 1:44.43 37.11	250m: 2:58.36 37.19	350m: 4:11.86 36.57					
	100m: 1:07.32 35.45	200m: 2:21.17 36.74	300m: 3:35.29 36.93	400m: 4:47.21 35.35					
6.	Adele Alexandra Pálsson	03	SH	4:47.70	555	ÍM			
	50m: 31.97 31.97	150m: 1:44.08 36.49	250m: 2:58.19 37.46	350m: 4:13.00 37.32					
	100m: 1:07.59 35.62	200m: 2:20.73 36.65	300m: 3:35.68 37.49	400m: 4:47.70 34.70					
7.	Birgitta Ingólfssdóttir	05	SH	4:47.87	554	ÍM			
	50m: 31.85 31.85	150m: 1:44.31 36.59	250m: 2:58.35 37.11	350m: 4:12.20 36.59					
	100m: 1:07.72 35.87	200m: 2:21.24 36.93	300m: 3:35.61 37.26	400m: 4:47.87 35.67					
8.	Ingibjörg Svava Magnúsdóttir	05	ÍA	4:57.03	504	ÍM			
	50m: 32.77 32.77	150m: 1:48.13 38.37	250m: 3:04.44 38.30	350m: 4:20.88 38.10					
	100m: 1:09.76 36.99	200m: 2:26.14 38.01	300m: 3:42.78 38.34	400m: 4:57.03 36.15					
9.	Ylfa Finnbogadóttir	02	SH	5:00.02	489	ÍM			
	50m: 33.11 33.11	150m: 1:49.99 38.39	250m: 3:08.46 39.21	350m: 4:23.58 37.46					
	100m: 1:11.60 38.49	200m: 2:29.25 39.26	300m: 3:46.12 37.66	400m: 5:00.02 36.44					
10.	Helga Sigurlaug Helgadóttir	07	SH	5:00.05	489	ÍM			
	50m: 33.42 33.42	150m: 1:48.77 38.08	250m: 3:06.85 38.74	350m: 4:23.47 37.88					
	100m: 1:10.69 37.27	200m: 2:28.11 39.34	300m: 3:45.59 38.74	400m: 5:00.05 36.58					
11.	Sandra Dögg Kristjánsdóttir	03	SH	5:00.53	487	ÍM			
	50m: 33.11 33.11	150m: 1:47.90 37.72	250m: 3:04.66 38.05	350m: 4:22.38 38.63					
	100m: 1:10.18 37.07	200m: 2:26.61 38.71	300m: 3:43.75 39.09	400m: 5:00.53 38.15					
12.	Jóhanna Brynja Rúnarsdóttir	06	SH	5:01.97	480	ÍM			
	50m: 32.05 32.05	150m: 1:46.58 38.40	250m: 3:04.70 38.98	350m: 4:23.37 39.25					
	100m: 1:08.18 36.13	200m: 2:25.72 39.14	300m: 3:44.12 39.42	400m: 5:01.97 38.60					
13.	Katja Lilja Andriydsdóttir	06	SH	5:02.62	477	ÍM			
	50m: 33.49 33.49	150m: 1:50.15 38.67	250m: 3:07.92 38.65	350m: 4:24.97 38.27					
	100m: 1:11.48 37.99	200m: 2:29.27 39.12	300m: 3:46.70 38.78	400m: 5:02.62 37.65					
14.	Ragnheiður Karen Ólafsdóttir	04	ÍA	5:03.62	472	ÍM			
	50m: 33.74 33.74	150m: 1:49.94 38.78	250m: 3:08.37 39.47	350m: 4:25.83 38.31					
	100m: 1:11.16 37.42	200m: 2:28.90 38.96	300m: 3:47.52 39.15	400m: 5:03.62 37.79					



Sundgrein 1, kvenna, 400m skriðsund, Opinn

Sæti	F.ár			Tími			Stig					
15.	Thelma Lind Einarsdóttir			05	ÍRB			5:06.45	459	ÍM		
	50m:	32.60	32.60	150m:	1:49.48	39.23	250m:	3:08.56	39.70	350m:	4:27.91	39.71
	100m:	1:10.25	37.65	200m:	2:28.86	39.38	300m:	3:48.20	39.64	400m:	5:06.45	38.54
16.	Nadja Djurovic			07	BREIÐ			5:14.28	425			
	50m:	35.30	35.30	150m:	1:55.30	40.30	250m:	3:17.59	40.85	350m:	4:36.87	39.26
	100m:	1:15.00	39.70	200m:	2:36.74	41.44	300m:	3:57.61	40.02	400m:	5:14.28	37.41
17.	Emma Kolbrún Garðarsdóttir			04	ÆGIR			5:15.72	420			
	50m:	34.47	34.47	150m:	1:54.35	40.40	250m:	3:16.37	41.11	350m:	4:37.09	39.75
	100m:	1:13.95	39.48	200m:	2:35.26	40.91	300m:	3:57.34	40.97	400m:	5:15.72	38.63
18.	Birta Rún Smáradóttir			04	UMFA			5:15.98	419			
	50m:	35.23	35.23	150m:	1:55.18	40.39	250m:	3:16.32	40.62	350m:	4:36.98	40.40
	100m:	1:14.79	39.56	200m:	2:35.70	40.52	300m:	3:56.58	40.26	400m:	5:15.98	39.00
19.	Ragnheiður Milla Bergsveinsdóttir			06	BREIÐ			5:22.61	393	*		
	50m:	35.48	35.48	150m:	1:58.41	42.38	250m:	3:22.05	41.36	350m:	4:43.90	41.32
	100m:	1:16.03	40.55	200m:	2:40.69	42.28	300m:	4:02.58	40.53	400m:	5:22.61	38.71
20.	María Skorastein Sigurdardóttir			07	SH			5:23.05	392	*		
	50m:	35.55	35.55	150m:	1:56.92	41.86	250m:	3:21.73	42.78	350m:	4:43.55	39.70
	100m:	1:15.06	39.51	200m:	2:38.95	42.03	300m:	4:03.85	42.12	400m:	5:23.05	39.50
21.	Sif Grímsdóttir			03	KR			5:24.46	387	*		
	50m:	35.53	35.53	150m:	1:57.39	41.63	250m:	3:20.88	41.02	350m:	4:44.03	40.97
	100m:	1:15.76	40.23	200m:	2:39.86	42.47	300m:	4:03.06	42.18	400m:	5:24.46	40.43
22.	Hildur Valsdóttir			04	SH			5:25.13	384	*		
	50m:	35.85	35.85	150m:	1:56.54	40.99	250m:	3:20.09	42.09	350m:	4:44.58	42.19
	100m:	1:15.55	39.70	200m:	2:38.00	41.46	300m:	4:02.39	42.30	400m:	5:25.13	40.55

Sundgrein 2
14.3.2020 - 10:18

karla, 400m skriðsund

Opinn
Úrslitalistar

Mótsmet	4:04.42	Anton Sveinn McKee	ISL			1.4.2013
Íslandsmet	3:54.36	Anton Sveinn McKee	Ægir	Los Angeles (USA)		20.7.2014
Aldursflokkamet Íslands 15 - 17	4:02.82	Viktor Forofonov	BÆR	Drammen (NOR)		4.7.2019
Aldursflokkamet Íslands 13 - 14	4:19.11	Viktor Forafonov	NOR	Oslo (NOR)		14.10.2016
Aldursflokkamet Íslands 11 - 12	4:48.87	Patrik Viggó Vilbergsson	Breiðablik	Hódmezővásárhely (HUN)		22.11.2014

ÓL-B : 3:53.58 / EM : 3:58.27 / EMU 15 - 18: 4:01.04 / NÆM 14 - 16: 4:20.31 / ÍM50 : 4:53.41

Stig: FINA 2019

Sæti	F.ár			Tími			Stig					
1.	Patrik Viggó Vilbergsson			02	BREIÐ			4:05.79	717	ÍM		
	50m:	27.47	27.47	150m:	1:28.37	30.89	250m:	2:30.81	31.18	350m:	3:34.05	31.20
	100m:	57.48	30.01	200m:	1:59.63	31.26	300m:	3:02.85	32.04	400m:	4:05.79	31.74
2.	Kristófer Atli Andersen			02	BREIÐ			4:14.34	647	ÍM		
	50m:	27.97	27.97	150m:	1:30.74	45.45	250m:	2:35.61	32.53	350m:	3:41.79	32.94
	100m:	45.29	17.32	200m:	2:03.08	32.34	300m:	3:08.85	33.24	400m:	4:14.34	32.55
3.	Veigar Hrafn Sigþórsson			05	SH			4:28.82	548	ÍM		
	50m:	29.40	29.40	150m:	1:35.92	33.82	250m:	2:45.04	34.71	350m:	3:54.84	35.07
	100m:	1:02.10	32.70	200m:	2:10.33	34.41	300m:	3:19.77	34.73	400m:	4:28.82	33.98
4.	Gústav Ragnar Kristjánsson			02	BREIÐ			4:34.25	516	ÍM		
	50m:	30.90	30.90	150m:	1:41.13	35.45	250m:	2:51.85	35.95	350m:	4:01.51	34.87
	100m:	1:05.68	34.78	200m:	2:15.90	34.77	300m:	3:26.64	34.79	400m:	4:34.25	32.74



Sundgrein 2, karla, 400m skriðsund, Opinn

Sæti	F.ár			Tími			Stig
5. Guðmundur Karl Karlsson	05	BREIÐ		4:34.29	516 ÍM		
50m: 29.93 29.93	150m: 1:37.99	34.63	250m: 2:49.17	35.75	350m: 4:01.34	35.89	
100m: 1:03.36 33.43	200m: 2:13.42	35.43	300m: 3:25.45	36.28	400m: 4:34.29	32.95	
6. Bergur Fáfniir Bjarnason	06	SH		4:36.02	506 ÍM		
50m: 29.92 29.92	150m: 1:39.82	35.14	250m: 2:51.34	35.85	350m: 4:02.67	35.39	
100m: 1:04.68 34.76	200m: 2:15.49	35.67	300m: 3:27.28	35.94	400m: 4:36.02	33.35	
7. Óskar Gauti Lund	99	BREIÐ		4:37.71	497 ÍM		
50m: 30.76 30.76	150m: 1:41.14	35.50	250m: 2:53.12	35.95	350m: 4:04.09	35.23	
100m: 1:05.64 34.88	200m: 2:17.17	36.03	300m: 3:28.86	35.74	400m: 4:37.71	33.62	
8. Alexander Logi Jónsson	04	ÍRB		4:38.32	494 ÍM		
50m: 31.46 31.46	150m: 1:41.54	35.41	250m: 2:53.13	35.78	350m: 4:04.45	35.26	
100m: 1:06.13 34.67	200m: 2:17.35	35.81	300m: 3:29.19	36.06	400m: 4:38.32	33.87	
9. Daníel Lúkas Tómasson	04	SH		4:39.62	487 ÍM		
50m: 30.86 30.86	150m: 1:40.70	34.78	250m: 2:52.14	35.64	350m: 4:04.36	35.83	
100m: 1:05.92 35.06	200m: 2:16.50	35.80	300m: 3:28.53	36.39	400m: 4:39.62	35.26	
10. Stefán Ingi Ólafsson	06	ÆGIR		4:50.16	436 ÍM		
50m: 31.92 31.92	150m: 1:44.39	36.86	250m: 2:58.92	37.13	350m: 4:13.71	37.21	
100m: 1:07.53 35.61	200m: 2:21.79	37.40	300m: 3:36.50	37.58	400m: 4:50.16	36.45	
11. Bjarki B Isaksen	06	BREIÐ		4:50.83	433 ÍM		
50m: 31.86 31.86	150m: 1:45.41	37.53	250m: 2:59.98	36.92	350m: 4:15.01	37.58	
100m: 1:07.88 36.02	200m: 2:23.06	37.65	300m: 3:37.43	37.45	400m: 4:50.83	35.82	
12. Sigurður Þráinn Sigurðsson	02	UMFA		4:55.93	411		
50m: 33.99 33.99	150m: 1:48.20	37.30	250m: 3:03.09	37.40	350m: 4:19.15	37.22	
100m: 1:10.90 36.91	200m: 2:25.69	37.49	300m: 3:41.93	38.84	400m: 4:55.93	36.78	
13. Dagur Snær Hilmarsson	03	SH		4:57.98	402		
50m: 31.52 31.52	150m: 1:44.84	36.94	250m: 3:01.75	38.68	350m: 4:20.43	39.10	
100m: 1:07.90 36.38	200m: 2:23.07	38.23	300m: 3:41.33	39.58	400m: 4:57.98	37.55	
14. Andri Már Kristjánsson	06	SH		5:01.95	387		
50m: 34.05 34.05	150m: 1:51.20	37.96	250m: 3:09.63	38.09	350m: 4:25.94	37.78	
100m: 1:13.24 39.19	200m: 2:31.54	40.34	300m: 3:48.16	38.53	400m: 5:01.95	36.01	
15. Árni Kristinn Hilmarsson	05	BREIÐ		5:13.70	345 *		
50m: 34.20 34.20	150m: 1:55.28	39.94	250m: 3:16.73	40.41	350m: 4:36.54	39.93	
100m: 1:15.34 41.14	200m: 2:36.32	41.04	300m: 3:56.61	39.88	400m: 5:13.70	37.16	
16. Snævar Örn Kristmannsson	06	BREIÐ		5:36.76	279 *		
50m: 37.02 37.02	150m: 2:03.22	43.56	250m: 3:29.23	42.84	350m: 4:55.23	42.63	
100m: 1:19.66 42.64	200m: 2:46.39	43.17	300m: 4:12.60	43.37	400m: 5:36.76	41.53	
MÆekki Andri Bergmann Ísaksen	04	BREIÐ					
MÆekki Róbert Andri Pálmason	02	BREIÐ					
MÆekki Gabriel Ari Tryggvarson	03	ÍRB					



Sundgrein 3

kvenna, 50m baksund

Opinn
Úrslitalistar

14.3.2020 - 10:35

Mótsmet	28.96	Sanja Jovanovic	CRO		1.6.2008
Íslandsmet	28.53	Ingibjörg Kristín Jónsdóttir	Jónsdóttir SH	Budapest (HUN)	26.7.2017
Aldursflokkamet Íslands 15 - 17	29.74	Eygló Ósk Gústafsdóttir	Ægir	Reykjavík	15.4.2012
Aldursflokkamet Íslands 13 - 14	31.26	Íris Ósk Hilmarsdóttir	ÍRB	Reykjanesbæ	8.12.2012
Aldursflokkamet Íslands 11 - 12	33.49	Ella Ruth Jónsdóttir	MTAC	Cary	1.8.2019

EM : 29.22 / EMU 14 - 17: 30.01 / ÍM50 : 35.96

Stig: FINA 2019

Sæti	F.ár		Tími	Stig	
1.	96	SH	29.49	765	ÍM
2.	93	SH	30.10	720	ÍM
3.	03	SH	32.16	590	ÍM
4.	02	ÆGIR	33.83	507	ÍM
5.	05	SH	35.48	439	ÍM
6.	06	ÍRB	36.21	413	
7.	07	ÁRM	36.69	397	
8.	06	BREIÐ	37.52	371	
9.	03	ÍA	37.59	369	
10.	06	ÆGIR	37.96	359	
11.	02	ÍRB	37.98	358	
12.	07	ÁRM	38.06	356	
13.	06	ÆGIR	38.40	346	
14.	04	ÍRB	38.54	343	
15.	07	ÁRM	38.59	341	
16.	04	ÍRB	39.39	321	
17.	03	ÍRB	40.91	286	*
18.	05	BREIÐ	41.69	271	*
19.	06	SINDRI	42.24	260	*
20.	05	BREIÐ	46.70	192	*
MÆekki	06	ÁRM			
Ylfa Ásgerður Eyjólfsdóttir					

Sundgrein 4

karla, 100m flugsund

Opinn
Úrslitalistar

14.3.2020 - 10:40

Mótsmet	57.05	Nedim Nisic	ISL		1.6.2008
Íslandsmet	53.42	Örn Arnason	SH	Budapest (HUN)	4.8.2006
Aldursflokkamet Íslands 15 - 17	57.63	Hjörtur Már Reynisson	Ægir	Dunkerque (FRA)	27.7.2000
Aldursflokkamet Íslands 13 - 14	1:01.21	Viktor Forafonov	NOR	Kristiansand (NOR)	16.7.2016
Aldursflokkamet Íslands 11 - 12	1:11.95	Viktor Forafonov	Asker	Kristiansand (NOR)	7.6.2014

ÓL-B : 53.52 / EM : 54.41 / EMU 15 - 18: 55.56 / NÆM 14 - 16: 59.31 / ÍM50 : 1:07.19

Stig: FINA 2019

Sæti	F.ár		Tími	Stig	50m	100m
Framtíð 14 og yngri						
1.	06	BREIÐ	1:15.15	291	35.28	1:15.15
2.	07	SH	1:15.83	283	36.45	1:15.83
3.	08	SH	1:23.03	216	39.30	1:23.03
4.	07	SH	1:33.79	149	42.29	1:33.79
5.	08	SH	1:35.55	141	44.98	1:35.55



Sundgrein 4, karla, 100m flugsund

Æskunnar 15-16 ára

1.	Fannar Snævar Hauksson	04	ÍRB	59.26	594	NÆM	27.26	59.26
2.	Guðmundur Halldórsson	04	BREIÐ	1:09.53	367		32.50	1:09.53
3.	Daníel Lúkas Tómasson	04	SH	1:09.56	367		32.85	1:09.56
4.	Jón Ingi Halldórsson	04	BREIÐ	1:11.21	342		33.73	1:11.21
5.	Hrafn Sverrisson	05	ÁRM	1:19.47	246		37.01	1:19.47
ÓG.	Bartosz Henke	05	SH					
<i>4.4 - Keppandi startar áður en rásmerki er gefið (þjófstart)</i>								
ÓG.	Eggert Sigtryggsson	05	SH					
<i>8.3 - Hreyfing fóta ósamhæfð</i>								
MÆekki	Markús Már Hilmarsson	05	SH					
MÆekki	Kíriill Zolotuskiy	04	KR					

Unglinga 17-18 ára

1.	Símon Elías Statkevicius	03	SH	59.66	582	ÍM	27.62	59.66
2.	Snær Llorens Sigurðsson	02	ÍA	1:02.89	497	ÍM	28.96	1:02.89
3.	Kristófer Atli Andersen	02	BREIÐ	1:03.21	489	ÍM	28.76	1:03.21
4.	Aron Þór Jónsson	02	SH	1:04.15	468	ÍM	29.81	1:04.15
5.	Hilmir Snær Lunddal Rúnarsson	03	SH	1:05.52	439	ÍM	30.55	1:05.52
6.	Aron Valgeirsson	03	BREIÐ	1:07.95	394		31.03	1:07.95
7.	Halldór Óskar Eiríksson	02	FJÖL	1:17.41	266		35.89	1:17.41
MÆekki	Róbert Andri Pálmason	02	BREIÐ					
MÆekki	Gabriel Ari Tryggvarson	03	ÍRB					

Opinn

1.	Fannar Snævar Hauksson	04	ÍRB	59.26	594	NÆM	27.26	59.26
2.	Róbert Ísak Jónsson	01	SH	59.44	588	ÍM	27.74	59.44
3.	Símon Elías Statkevicius	03	SH	59.66	582	ÍM	27.62	59.66
4.	Snær Llorens Sigurðsson	02	ÍA	1:02.89	497	ÍM	28.96	1:02.89
5.	Kristófer Atli Andersen	02	BREIÐ	1:03.21	489	ÍM	28.76	1:03.21
6.	Aron Þór Jónsson	02	SH	1:04.15	468	ÍM	29.81	1:04.15
7.	Hafþór Jón Sigurðsson	97	SH	1:04.20	467	ÍM	29.28	1:04.20
8.	Hilmir Snær Lunddal Rúnarsson	03	SH	1:05.52	439	ÍM	30.55	1:05.52
9.	Bjartur Þórhallsson	00	FJÖL	1:06.35	423	ÍM	30.35	1:06.35
10.	Aron Valgeirsson	03	BREIÐ	1:07.95	394		31.03	1:07.95
11.	Guðmundur Halldórsson	04	BREIÐ	1:09.53	367		32.50	1:09.53
12.	Daníel Lúkas Tómasson	04	SH	1:09.56	367		32.85	1:09.56
13.	Jón Ingi Halldórsson	04	BREIÐ	1:11.21	342		33.73	1:11.21
14.	Kacper Kogut	06	BREIÐ	1:15.15	291		35.28	1:15.15
15.	Adam Leó Tómasson	07	SH	1:15.83	283		36.45	1:15.83
16.	Halldór Óskar Eiríksson	02	FJÖL	1:17.41	266		35.89	1:17.41
17.	Hrafn Sverrisson	05	ÁRM	1:19.47	246		37.01	1:19.47
18.	Hólmur Grétarsson	08	SH	1:23.03	216		39.30	1:23.03
19.	Daði Þór Friðriksson	07	SH	1:33.79	149		42.29	1:33.79
20.	Karl Björnsson	08	SH	1:35.55	141		44.98	1:35.55
ÓG.	Bartosz Henke	05	SH					
<i>4.4 - Keppandi startar áður en rásmerki er gefið (þjófstart)</i>								
ÓG.	Eggert Sigtryggsson	05	SH					
<i>8.3 - Hreyfing fóta ósamhæfð</i>								
MÆekki	Markús Már Hilmarsson	05	SH					
MÆekki	Róbert Andri Pálmason	02	BREIÐ					
MÆekki	Kíriill Zolotuskiy	04	KR					



Sundgrein 4, karla, 100m flugsund, Opinn

Sæti	F.ár	Tími	Stig	50m	100m
MÆekki Baldur Logi Gautason	00	FJÖL			
MÆekki Gabriel Ari Tryggvarson	03	ÍRB			

Sundgrein 5

kvenna, 200m flugsund

Opinn
Úrslitalistar

14.3.2020 - 10:48

Mótsmet	2:21.11	Simona Mucciola	AND		1.6.2010
Íslandsmet	2:18.79	Erla Dögg Haraldsdóttir	ÍRB	Reykjavík	6.4.2008
Aldursflokkamet Íslands 15 - 17	2:19.71	Sigrún Brá Sverrisdóttir	Fjölnir	Monaco (MON)	5.6.2007
Aldursflokkamet Íslands 13 - 14	2:24.80	Ólöf Edda Eðvarðsdóttir	ÍRB	Trabzon (FIN)	29.7.2011
Aldursflokkamet Íslands 11 - 12	2:49.75	Salóme Jónsdóttir	ÍA	Reykjavík	16.3.2007

ÓL-B : 2:12.28 / EM : 2:16.21 / EMU 14 - 17: 2:20.37 / NÆM 13 - 15: 2:31.85 / ÍM50 : 2:41.32

Stig: FINA 2019

Sæti	F.ár	Tími	Stig	50m	100m	150m	200m
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Æskunnar 14-15 ára

1. Vigdís Tinna Hákonardótti06	BREIÐ	2:40.86	434	ÍM	33.07	1:12.54	1:56.31	2:40.86
2. Jóhanna Brynja Rúnarsdó06	SH	2:44.08	409		34.92	1:16.86	2:00.53	2:44.08

Unglinga 16-17 ára

1. Kristín Helga Hákonardótti04	BREIÐ	2:31.24	522	ÍM	33.50	1:12.52	1:52.50	2:31.24
2. Diljá Dröfn Jóhannesdóttir03	SH	2:53.62	345		35.74	1:17.81	2:04.13	2:53.62

Opinn

1. Kristín Helga Hákonardótti04	BREIÐ	2:31.24	522	ÍM	33.50	1:12.52	1:52.50	2:31.24
2. Gunnhildur Björg B. 00	ÍRB	2:31.78	516	ÍM	32.92	1:11.06	1:51.28	2:31.78
3. Kristín Ylfa Guðmundsdótti02	SH	2:35.22	483	ÍM	34.37	1:13.90	1:54.63	2:35.22
4. Vigdís Tinna Hákonardótti06	BREIÐ	2:40.86	434	ÍM	33.07	1:12.54	1:56.31	2:40.86
5. Jóhanna Brynja Rúnarsdó06	SH	2:44.08	409		34.92	1:16.86	2:00.53	2:44.08
6. Diljá Dröfn Jóhannesdóttir03	SH	2:53.62	345		35.74	1:17.81	2:04.13	2:53.62

Sundgrein 6

karla, 200m baksund

Opinn
Úrslitalistar

14.3.2020 - 10:52

Mótsmet	2:09.13	Kristinn Þórarinsson	ISL		1.4.2014
Íslandsmet	1:58.35	Örn Arnason	SH	Fukuoka (JPN)	27.7.2001
Aldursflokkamet Íslands 15 - 17	2:01.27	Örn Arnason	SH	Antwerpen (BEL)	31.7.1998
Aldursflokkamet Íslands 13 - 14	2:14.65	Brynjólfur Óli Karlsson	Breiðablik	Reykjavík	10.4.2015
Aldursflokkamet Íslands 11 - 12	2:25.77	Brynjólfur Óli Karlsson	Breiðablik	Reykjanesbæ	14.12.2013

ÓL-B : 2:01.03 / EM : 2:03.42 / EMU 15 - 18: 2:09.19 / NÆM 14 - 16: 2:16.46 / ÍM50 : 2:31.44

Stig: FINA 2019

Sæti	F.ár	Tími	Stig	50m	100m	150m	200m
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Framtíð 14 og yngri

1. Bergur Fáfniir Bjarnason 06	SH	2:23.87	470	ÍM	33.14	1:09.94	1:47.57	2:23.87
2. Bjarki B Isaksen 06	BREIÐ	2:42.29	327		38.80	1:20.10	2:02.05	2:42.29
3. Magnús Víðir Jónsson 08	SH	2:52.24	274		40.01	1:24.17	2:08.57	2:52.24
4. Halldór Ingi Hafþórsson 08	SH	3:20.20	174		46.12	1:36.40	2:30.39	3:20.20
5. Snævar Örn Kristmannss06	BREIÐ	3:20.37	174		46.88	1:38.96	2:31.76	3:20.37
6. Nökkvi Fenrir Bjarnason 10	SH	3:23.94	165		47.74	1:40.35	2:34.08	3:23.94
MÆekki Ásberg Halldór Hansson 07	FJÖL							



Sundgrein 6, karla, 200m baksund

Æskunnar 15-16 ára

1. Veigar Hrafn Sigþórsson	05	SH	2:22.69	482	ÍM	33.98	1:09.82	1:46.61	2:22.69
2. Edward Jensson	04	SH	2:27.05	440	ÍM	32.51	1:09.94	1:48.41	2:27.05
3. Rökkvi Helgason	04	UMFA	3:00.90	236		42.38	1:28.25	2:15.52	3:00.90
4. Hermann Ingi Eiríksson	05	FJÖL	3:24.07	164		46.31	1:39.14	2:32.78	3:24.07

Unglinga 17-18 ára

1. Patrik Viggó Vilbergsson	02	BREIÐ	2:15.19	567	ÍM	31.61	1:06.42	1:41.59	2:15.19
2. Júlíus Karl Maier	02	SH	2:20.82	502	ÍM	32.50	1:08.15	1:45.18	2:20.82

Opinn

1. Brynjólfur Óli Karlsson	01	BREIÐ	2:14.39	577	ÍM	30.69	1:05.08	1:40.10	2:14.39
2. Patrik Viggó Vilbergsson	02	BREIÐ	2:15.19	567	ÍM	31.61	1:06.42	1:41.59	2:15.19
3. Júlíus Karl Maier	02	SH	2:20.82	502	ÍM	32.50	1:08.15	1:45.18	2:20.82
4. Kristján Gylfi Þórisson	00	FJÖL	2:21.22	497	ÍM	32.66	1:08.34	1:45.40	2:21.22
5. Veigar Hrafn Sigþórsson	05	SH	2:22.69	482	ÍM	33.98	1:09.82	1:46.61	2:22.69
6. Bergur Fáfniir Bjarnason	06	SH	2:23.87	470	ÍM	33.14	1:09.94	1:47.57	2:23.87
7. Edward Jensson	04	SH	2:27.05	440	ÍM	32.51	1:09.94	1:48.41	2:27.05
8. Bjarki B Isaksen	06	BREIÐ	2:42.29	327		38.80	1:20.10	2:02.05	2:42.29
9. Magnús Víðir Jónsson	08	SH	2:52.24	274		40.01	1:24.17	2:08.57	2:52.24
10. Rökkvi Helgason	04	UMFA	3:00.90	236		42.38	1:28.25	2:15.52	3:00.90
11. Halldór Ingi Hafþórsson	08	SH	3:20.20	174		46.12	1:36.40	2:30.39	3:20.20
12. Snævar Örn Kristmannsson	06	BREIÐ	3:20.37	174		46.88	1:38.96	2:31.76	3:20.37
13. Nökkvi Fenrir Bjarnason	10	SH	3:23.94	165		47.74	1:40.35	2:34.08	3:23.94
14. Hermann Ingi Eiríksson	05	FJÖL	3:24.07	164		46.31	1:39.14	2:32.78	3:24.07
MÆekki Ásberg Halldór Hansson	07	FJÖL							

Sundgrein 7

14.3.2020 - 11:01

kvenna, 200m bringusund

Opinn

Úrslitalistar

Mótsmet	2:32.74	Hrafnhildur Lúthersdóttir	ISL			1.4.2017
Íslandsmet	2:22.96	Hrafnhildur Lúthersdóttir	SH	London (GBR)		20.5.2016
Aldursflokkamet Íslands 15 - 17	2:35.80	Íris Edda Heimisdóttir	Keflavík	Monaco (MON)		20.5.2000
Aldursflokkamet Íslands 13 - 14	2:36.69	Eva Margrét Falsdóttir	ÍRB	Reykjavík		7.4.2019
Aldursflokkamet Íslands 11 - 12	2:52.21	Ólöf Edda Eðvarðsdóttir	ÍRB	Reykjanesbæ		26.4.2009

ÓL-B : 2:29.89 / EM : 2:33.81 / EMU 14 - 17: 2:36.31 / NÆM 13 - 15: 2:45.74 / ÍM50 : 3:04.39

Stig: FINA 2019

Sæti	F.ár		Tími	Stig	50m	100m	150m	200m	
1.	Sunna Arnfinnsdóttir	07	ÁRM	3:08.69	400	44.42	1:32.68	2:21.01	3:08.69
2.	Júlía Pálmadóttir	07	ÁRM	3:08.80	400	44.00	1:31.49	2:20.50	3:08.80
3.	Embla Dögg Helgadóttir	08	ÆGIR	3:13.47	371	43.55	1:33.51	2:24.16	3:13.47
4.	Katla Mist Bragadóttir	07	ÁRM	3:20.29	335	45.01	1:36.25	2:28.39	3:20.29
5.	Arna Rut Stefánsdóttir	07	SH	3:27.80	300	47.49	1:40.79	2:34.65	3:27.80
6.	Sara Lind Aðalsteinsdóttir	07	SH	3:31.42	284	47.99	1:42.12	2:36.53	3:31.42
7.	Sólveig Freyja Hákonardóttir	09	BREIÐ	3:36.58	264	49.40	1:47.03	2:44.96	3:36.58
8.	Aglá María Agnarsdóttir	07	SH	3:38.57	257	49.99	1:46.32	2:43.35	3:38.57
9.	Nicole Jóna Jóhannsdóttir	08	SH	3:39.26	255	49.72	1:47.14	2:43.97	3:39.26
10.	Auguste Balciunaite	11	SH	3:39.63	254	51.21	1:48.32	2:44.59	3:39.63
ÓG.	Írena Mjöll D.	07	ÆGIR						

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



Sundgrein 7, kvenna, 200m bringusund

Æskunnar 14-15 ára

1. Eva Margrét Falsdóttir	05	ÍRB	2:41.78	635	NÆM	35.89	1:16.63	1:59.24	2:41.78
2. Guðbjörg Bjartey G.	05	ÍA	2:49.15	556	ÍM	38.66	1:21.74	2:05.78	2:49.15
3. Freyja Birkisdóttir	06	BREIÐ	2:57.43	481	ÍM	39.30	1:24.87	2:11.19	2:57.43
4. Katja Lilja Andriysdóttir	06	SH	3:03.96	432	ÍM	41.16	1:27.99	2:16.46	3:03.96
5. Rebekka Marín Arngeirsdóttir	05	ÍRB	3:04.97	425		41.27	1:30.12	2:18.55	3:04.97
6. Ragnheiður Milla B.	06	BREIÐ	3:05.95	418		40.97	1:29.29	2:19.35	3:05.95
MÆekki Jóhanna Júlíusdóttir	05	KR							
MÆekki Kolbrá Sölva Leifsdóttir	05	KR							

Unglinga 16-17 ára

1. Ragnheiður Karen Ólafsdóttir	04r	ÍA	2:58.87	470	ÍM	39.80	1:26.59	2:13.71	2:58.87
2. Sólveig María Baldursdóttir	04	ÍRB	3:12.76	375		45.06	1:34.13	2:23.93	3:12.76

Opinn

1. Eva Margrét Falsdóttir	05	ÍRB	2:41.78	635	NÆM	35.89	1:16.63	1:59.24	2:41.78
2. Guðbjörg Bjartey G.	05	ÍA	2:49.15	556	ÍM	38.66	1:21.74	2:05.78	2:49.15
3. Freyja Birkisdóttir	06	BREIÐ	2:57.43	481	ÍM	39.30	1:24.87	2:11.19	2:57.43
4. Ragnheiður Karen Ólafsdóttir	04r	ÍA	2:58.87	470	ÍM	39.80	1:26.59	2:13.71	2:58.87
5. Katja Lilja Andriysdóttir	06	SH	3:03.96	432	ÍM	41.16	1:27.99	2:16.46	3:03.96
6. Rebekka Marín Arngeirsdóttir	05	ÍRB	3:04.97	425		41.27	1:30.12	2:18.55	3:04.97
7. Ragnheiður Milla B.	06	BREIÐ	3:05.95	418		40.97	1:29.29	2:19.35	3:05.95
8. Sunna Arnfinnsdóttir	07	ÁRM	3:08.69	400		44.42	1:32.68	2:21.01	3:08.69
9. Júlía Pálmadóttir	07	ÁRM	3:08.80	400		44.00	1:31.49	2:20.50	3:08.80
10. Sólveig María Baldursdóttir	04	ÍRB	3:12.76	375		45.06	1:34.13	2:23.93	3:12.76
11. Embla Dögg Helgadóttir	08	ÆGIR	3:13.47	371		43.55	1:33.51	2:24.16	3:13.47
12. Katla Mist Bragadóttir	07	ÁRM	3:20.29	335		45.01	1:36.25	2:28.39	3:20.29
13. Arna Rut Stefánsdóttir	07	SH	3:27.80	300		47.49	1:40.79	2:34.65	3:27.80
14. Sara Lind Aðalsteinsdóttir	07	SH	3:31.42	284		47.99	1:42.12	2:36.53	3:31.42
15. Sólveig Freyja Hákonardóttir	09	BREIÐ	3:36.58	264		49.40	1:47.03	2:44.96	3:36.58
16. Agla María Agnarsdóttir	07	SH	3:38.57	257		49.99	1:46.32	2:43.35	3:38.57
17. Nicole Jóna Jóhannsdóttir	08	SH	3:39.26	255		49.72	1:47.14	2:43.97	3:39.26
18. Auguste Balciunaite	11	SH	3:39.63	254		51.21	1:48.32	2:44.59	3:39.63
ÓG. Írena Mjöll D.	07	ÆGIR							
<i>10.2 - Vegalendö sunds verður að ljúka til að sund sé gilt (hætti) - DNF</i>									
MÆekki Jóhanna Júlíusdóttir	05	KR							
MÆekki Kolbrá Sölva Leifsdóttir	05	KR							



Sundgrein 8

karla, 100m bringusund

Opinn
Úrslitalistar

14.3.2020 - 11:13

Mótsmet	1:03.72	Darren Mew	GBR			1.6.2008
Íslandsmet	1:00.32	Anton Sveinn McKee	SH	Gwangju (KOR)		21.7.2019
Aldursflokkamet Íslands 15 - 17	1:05.08	Jakob Jóhann Sveinsson	Ægir	Liechtensteinn (LIE)		29.5.1999
Aldursflokkamet Íslands 13 - 14	1:10.28	Birnir Freyr Hálfðánarsson	SH	Reykjavík		25.1.2020
Aldursflokkamet Íslands 11 - 12	1:22.51	Birnir Freyr Hálfðánarsson	SH	Reykjanesbær		28.4.2018

ÓL-B : 1:01.73 / EM : 1:02.45 / EMU 15 - 18: 1:05.14 / NÆM 14 - 16: 1:11.49 / ÍM50 : 1:17.79

Stig: FINA 2019

Sæti	F.ár		Tími	Stig	50m	100m
Framtíð 14 og yngri						
1.	Birnir Freyr Hálfðánarsson	06	SH	1:11.71	504	ÍM 33.72 1:11.71
2.	Adam Leó Tómasson	07	SH	1:28.10	272	43.02 1:28.10
3.	Bjarni Snær Skarphéðinsson	06	ÍA	1:30.39	252	41.30 1:30.39
4.	Karl Björnsson	08	SH	1:31.85	240	43.50 1:31.85
5.	Magni Snær Imsland Grétarsson	06	SINDRI	1:32.57	234	43.69 1:32.57
6.	Arnór Egill Einarsson	07	SH	1:32.72	233	44.64 1:32.72
7.	Arnar Logi Ægisson	07	SH	1:33.42	228	43.52 1:33.42
8.	Tómas Valfells	08	ÁRM	1:35.15	216	47.15 1:35.15
9.	Andri Már Kristjánsson	06	SH	1:35.45	214	45.49 1:35.45
10.	Kristófer Andri Jóhannsson	08	SH	1:35.57	213	44.80 1:35.57
11.	Hólmar Grétarsson	08	SH	1:38.38	195	47.12 1:38.38
12.	Daði Þór Friðriksson	07	SH	1:40.07	185	47.66 1:40.07
13.	Ernir Máni Oddgeirsson	07	SH	1:50.84	136	51.98 1:50.84
ÓG.	Mykolas Kairiunas	08	FJÖL			

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

MÆekki	Darri Freyr Andrason	09	SH
MÆekki	Ásberg Halldór Hansson	07	FJÖL
MÆekki	Sigurður Haukur Birgisson	06	ÁRM

Æskunnar 15-16 ára

1.	Daði Björnsson	04	SH	1:06.21	641	NÆM 31.14 1:06.21
2.	Snorri Dagur Einarsson	05	SH	1:11.10	517	NÆM 32.93 1:11.10
3.	Ingvar Orri Jóhannesson	04	FJÖL	1:14.03	458	ÍM 34.19 1:14.03
4.	Alexander Logi Jónsson	04	ÍRB	1:16.97	408	ÍM 35.81 1:16.97
MÆekki	Markús Már Hilmarsson	05	SH			

Unglinga 17-18 ára

1.	Aron Þór Jónsson	02	SH	1:09.16	562	ÍM 32.48 1:09.16
2.	Daníel Steinn Davíðsson	03	BREIÐ	1:11.17	516	ÍM 32.86 1:11.17
3.	Snær Llorens Sigurðsson	02	ÍA	1:13.01	478	ÍM 34.25 1:13.01

Opinn

1.	Daði Björnsson	04	SH	1:06.21	641	NÆM 31.14 1:06.21
2.	Aron Þór Jónsson	02	SH	1:09.16	562	ÍM 32.48 1:09.16
3.	Snorri Dagur Einarsson	05	SH	1:11.10	517	NÆM 32.93 1:11.10
4.	Daníel Steinn Davíðsson	03	BREIÐ	1:11.17	516	ÍM 32.86 1:11.17
5.	Birnir Freyr Hálfðánarsson	06	SH	1:11.71	504	ÍM 33.72 1:11.71
6.	Snær Llorens Sigurðsson	02	ÍA	1:13.01	478	ÍM 34.25 1:13.01
7.	Ingvar Orri Jóhannesson	04	FJÖL	1:14.03	458	ÍM 34.19 1:14.03
8.	Óskar Gauti Lund	99	BREIÐ	1:16.29	419	ÍM 35.38 1:16.29
9.	Alexander Logi Jónsson	04	ÍRB	1:16.97	408	ÍM 35.81 1:16.97
10.	Adam Leó Tómasson	07	SH	1:28.10	272	43.02 1:28.10



Sundgrein 8, karla, 100m bringusund, Opinn

Sæti	F.ár		Tími	Stig	50m	100m
11.	06	ÍA	1:30.39	252	41.30	1:30.39
12.	88	FJÖRD	1:31.15	245	43.65	1:31.15
13.	08	SH	1:31.85	240	43.50	1:31.85
14.	06	SINDRI	1:32.57	234	43.69	1:32.57
15.	07	SH	1:32.72	233	44.64	1:32.72
16.	07	SH	1:33.42	228	43.52	1:33.42
17.	08	ÁRM	1:35.15	216	47.15	1:35.15
18.	06	SH	1:35.45	214	45.49	1:35.45
19.	08	SH	1:35.57	213	44.80	1:35.57
20.	08	SH	1:38.38	195	47.12	1:38.38
21.	07	SH	1:40.07	185	47.66	1:40.07
22.	07	SH	1:50.84	136	51.98	1:50.84
ÓG.	08	FJÖL				

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

MÆekki	Darri Freyr Andrason	09	SH
MÆekki	Markús Már Hilmarsson	05	SH
MÆekki	Ásberg Halldór Hansson	07	FJÖL
MÆekki	Sigurður Haukur Birgisson	06	ÁRM

Sundgrein 9
14.3.2020 - 11:23

kvenna, 50m skriðsund

Opinn
Úrslitalistar

Mótsmet	26.19	Ragnheiður Ragnarsdóttir	ISL		1.4.2012
Íslandsmet	25.24	Sarah Blake Bateman	Ægir	Indianapolis (USA)	30.3.2012
Aldursflokkamet Íslands 15 - 17	26.60	Ingibjörg Kristín Jónsdóttir	SH	Reykjavík	21.3.2010
Aldursflokkamet Íslands 13 - 14	26.84	Kolbrún Ýr Kristjánsdóttir	ÍA	Örebro (DEN)	29.11.1997
Aldursflokkamet Íslands 11 - 12	29.56	Rannveig Rögn Leifsdóttir	KR	Reykjavík	21.3.2009

ÓL-B : 25.51 / EM : 26.23 / EMU 14 - 17: 26.76 / NÆM 13 - 15: 28.37 / ÍM50 : 30.84

Stig: FINA 2019

Sæti	F.ár		Tími	Stig	
1.	96	SH	26.78	690	ÍM
2.	93	SH	26.86	684	ÍM
3.	05	ÍA	28.31	584	NÆM
4.	05	SH	28.96	546	ÍM
5.	05	ÍRB	29.08	539	ÍM
6.	02	ÆGIR	29.42	520	ÍM
7.	05	SH	29.57	512	ÍM
8.	04	SH	29.81	500	ÍM
9.	04	SH	29.97	492	ÍM
10.	05	ÍRB	30.15	483	ÍM
11.	07	BREIÐ	30.59	463	ÍM
12.	03	SH	30.63	461	ÍM
13.	04	ÍRB	30.81	453	ÍM
14.	05	ÍA	30.82	452	ÍM
15.	03	SH	30.83	452	ÍM
16.	06	FJÖL	30.87	450	
17.	06	ÍRB	31.02	444	
18.	06	ÆGIR	31.03	443	
19.	05	ÆGIR	31.05	443	
20.	02	SH	31.35	430	
21.	03	ÍA	31.48	425	
22.	02	SH	31.62	419	



Sundgrein 9, kvenna, 50m skriðsund, Opinn

Sæti		F.ár		Tími	Stig
23.	Elín Eir Andersen	04	KR	31.67	417
24.	Helga Sigurlaug Helgadóttir	07	SH	31.73	415
25.	Þórunn María Hilmarsdóttir	05	BREIÐ	31.74	414
26.	María Skorastein Sigurdardóttir	07	SH	31.81	412
27.	Sunna Arnfinnsdóttir	07	ÁRM	31.96	406
28.	Heiða Dögg Guðmundsdóttir	07	BREIÐ	32.00	404
29.	Hildur Valsdóttir	04	SH	32.85	374
30.	Hulda Björg Magnúsdóttir Nilsen	08	ÆGIR	33.06	367
31.	Ragnheiður Milla Bergsveinsdóttir	06	BREIÐ	33.17	363
32.	Karen Ósk Gísladóttir	06	BREIÐ	33.54	351
33.	María Sól Jósepsdóttir	08	FJÖL	33.62	348
34.	Rebekka Rún Magnúsdóttir	08	SH	34.20	331
35.	Sólveig Freyja Hákonardóttir	09	BREIÐ	34.21	331
36.	Ásdís Gunnarsdóttir	08	UMFA	34.47	323
37.	Tinna Karen Sigurðardóttir	08	SH	35.07	307 *
38.	Heiðís Elva Stefánsdóttir	06	SINDRI	35.11	306 *
39.	Hrefna María Heiðarsdóttir	05	BREIÐ	39.66	212 *
40.	Sigrún S16 Kjartansdóttir	03	S1FJÖRÐ	42.66	170 *
MÆekki	Jóhanna Júlíusdóttir	05	KR		
MÆekki	Kolbrá Sölva Leifsdóttir	05	KR		
MÆekki	Ylfa Ásgerður Eyjólfsdóttir	06	ÁRM		
MÆekki	Hrafnhildur Lóa Kvaran	07	ÁRM		
MÆekki	Herdís Birna Viggósdóttir	04	KR		

Sundgrein 10

karla, 50m skriðsund

 Opinn
Úrslitalistar

14.3.2020 - 11:30

Mótsmet	23.15	Árni Már Arnason	ISL		1.6.2008
Íslandsmet	22.53	Árni Már Arnason	ÍRB	Canet (FRA)	6.6.2012
Aldursflokkamet Íslands 15 - 17	23.29	Örn Arnason	SH	Hafnarfjörður	30.12.1998
Aldursflokkamet Íslands 13 - 14	26.28	Kristinn Þórarinsson	Fjölnir	Reykjavík	23.12.2010
Aldursflokkamet Íslands 11 - 12	29.55	Birnir Freyr Hálfánarsson	SH	Reykjavík	28.4.2018

ÓL-B : 22.67 / EM : 23.14 / EMU 15 - 18: 23.69 / NÆM 14 - 16: 25.44 / ÍM50 : 28.12

Stig: FINA 2019

Sæti		F.ár		Tími	Stig
1.	Dadó Fenrir Jasminuson	95	SH	23.29	723 ÍM
2.	Kolbeinn Hrafnkelsson	94	SH	24.66	609 ÍM
3.	Símon Elías Statkevicius	03	SH	24.82	597 ÍM
	Aron Örn Stefánsson	95	SH	24.82	597 ÍM
5.	Stefán Elías Davíðsson	03	ÍRB	26.26	504 ÍM
6.	Aron Bjarki Jónsson	01	SH	26.38	498 ÍM
7.	Kristjan Gylfi Þórisson	00	FJÖL	26.44	494 ÍM
8.	Hafþór Jón Sigurðsson	97	SH	26.67	481 ÍM
9.	Róbert Ísak Jónsson	01	S1SH	26.96	466 ÍM
10.	Guðmundur Karl Karlsson	05	BREIÐ	26.97	466 ÍM
	Aron Fannar Kristínarson	03	ÍRB	26.97	466 ÍM
12.	Ingvar Orri Jóhannesson	04	FJÖL	27.05	461 ÍM
13.	Erlend Magnússon	01	ÍA	27.27	450 ÍM
14.	Aron Valgeirsson	03	BREIÐ	27.73	428 ÍM
15.	Júlíus Karl Maier	02	SH	28.07	413 ÍM



Sundgrein 10, karla, 50m skriðsund, Opinn

Sæti	F.ár	Tími	Stig
16. Alex Benjamín Bjarnason	04	ÍA	28.22 406
17. Dagur Snær Hilmarsson	03	SH	28.44 397
18. Edward Jensson	04	SH	28.70 386
19. Einar Atli Guðnason	03	ÆGIR	28.74 385
20. Hilmir Snær Lunddal Rúnarsson	03	SH	28.84 381
21. Björn Yngvi Guðmundsson	07	SH	28.85 380
22. Sigurður Þráinn Sigurðsson	02	UMFA	29.11 370
23. Eggert Sigtryggsson	05	SH	29.13 369
24. Dominc Dadi Wheeler	07	ÆGIR	29.92 341
25. Bartosz Henke	05	SH	29.97 339
26. Magni Snær Imsland Grétarsson	06	SINDRI	30.69 316
27. Rökkvi Helgason	04	UMFA	31.15 302
28. Kristófer Andri Jóhannsson	08	SH	31.46 293
29. Kacper Kogut	06	BREIÐ	32.01 278
30. Bjarni Snær Skarphéðinsson	06	ÍA	32.25 272
31. Hrafn Sverrisson	05	ÁRM	36.07 194 *
32. Arnór Egill Einarsson	07	SH	36.53 187 *
33. Breki Arnarsson	96	S7KR	39.83 144 *
34. Guðmundur Atli S8 Sigurðsson	05	SÆFJÖRÐ	43.09 114 *
35. Hjörtur Ingvarsson S5	95	SÆFJÖRÐ	46.30 92 *
MÆekki Andri Bergmann Ísaksen	04	BREIÐ	
MÆekki Kíriill Zolotuskiy	04	KR	
MÆekki Baldur Logi Gautason	00	FJÖL	
MÆekki Kristjan Helgi Jóhannsson	02	S1FJÖL	
MÆekki Sigurður Haukur Birgisson	06	ÁRM	
MÆekki Gabriel Ari Tryggvarson	03	ÍRB	
ÚRskr. Oliver Kaldal	07	ÆGIR	

Sundgrein 11

14.3.2020 - 11:38

blandað, 4 x 50m fjörsund

 Opinn
Úrslitalistar

Mótsmet	1:53.67	SH	ISL		1.4.2017
Íslandsmet	1:51.33	Sveit SH	SH	Reykjavík	10.4.2015

Stig: FINA 2019

Sæti	Tími	Stig
1. BREIÐ 1	1:57.52	597
Brynjólfur Óli Karlsson	01 +0,48 28.06	Kristín Helga Hákonardóttir 04 +0,45 29.89
Daníel Steinn Davíðsson	03 32.04	Stefanía Sigurþórsdóttir 01 27.53
2. SH 1	1:58.12	588
Kolbeinn Hrafnkelsson	94 +0,47 27.72	Kristín Ylfa Guðmundsdóttir 02 +0,03 30.50
Steingerður Hauksdóttir	96 36.13	Dadó Fenrir Jasminuson 95 +0,05 23.77
3. SH 2	1:59.41	569
Þorgerður Ósk Jónsdóttir	03 +0,67 32.42	Simon Elías Statkevicius 03 +0,16 27.06
Daði Björnsson	04 +0,53 30.86	Adele Alexandra Pálsson 03 +0,20 29.07
4. ÍA 1	2:06.48	479
Erlend Magnússon	01 +0,73 34.38	Snær Llorens Sigurðsson 02 +0,33 28.07
Ragnheiður Karen Ólafsdóttir	04 +0,08 35.77	Guðbjörg Bjarney Guðmundsdóttir 05 +0,57 28.26
5. ÍA 2	2:25.81	312
Alex Benjamín Bjarnason	04 +0,74 37.59	Ingibjörg Svava Magnúsardóttir 05 +0,49 33.58
Bjarni Snær Skarphéðinsson	06 +0,57 42.93	Lára Jakobína Ringsted 03 +0,22 31.71



Sundgrein 12
14.3.2020 - 16:00

kvenna, 400m fjórsund

Opinn
Úrslitalistar

Mótsmet	5:00.25	Hrafnhildur Lúthersdóttir	ISL			1.6.2010
Íslandsmet	4:46.70	Hrafnhildur Lúthersdóttir	SH	Reykjavík		5.6.2015
Aldursflokkamet Íslands 15 - 17	5:02.33	Ólöf Edda Eðvarðsdóttir	ÍRB	Hafnarfjörður		15.6.2013
Aldursflokkamet Íslands 13 - 14	5:04.19	Ólöf Edda Eðvarðsdóttir	ÍRB	Reykjavík		8.4.2011
Aldursflokkamet Íslands 11 - 12	5:32.92	Stefanía Sigurþórsdóttir	ÍRB	Reykjanesbæ		15.12.2013

ÓL-B : 4:46.89 / EM : 4:54.40 / EMU 14 - 17: 5:04.98 / NÆM 13 - 15: 5:21.84 / ÍM50 : 5:54.78

Stig: FINA 2019

Sæti	F.ár						Tími	Stig
1. Eva Margrét Falsdóttir	05	ÍRB	5:12.29 620 NÆM					
50m: 33.40 33.40	150m: 1:54.16 40.29	250m: 3:16.82 42.51	350m: 4:36.70 37.21	100m: 1:13.87 40.47	200m: 2:34.31 40.15	300m: 3:59.49 42.67	400m: 5:12.29 35.59	
2. María Fanney Kristjánsdóttir	00	SH	5:14.47 607 ÍM					
50m: 31.87 31.87	150m: 1:51.16 42.00	250m: 3:16.89 43.67	350m: 4:39.23 36.98	100m: 1:09.16 37.29	200m: 2:33.22 42.06	300m: 4:02.25 45.36	400m: 5:14.47 35.24	
3. Freyja Birkisdóttir	06	BREIÐ	5:16.46 596 NÆM					
50m: 33.50 33.50	150m: 1:57.27 45.29	250m: 3:21.73 43.39	350m: 4:41.90 35.16	100m: 1:11.98 38.48	200m: 2:38.34 41.07	300m: 4:06.74 45.01	400m: 5:16.46 34.56	
4. Stefanía Sigurþórsdóttir	01	BREIÐ	5:22.13 565 ÍM					
50m: 34.06 34.06	150m: 1:56.90 41.67	250m: 3:24.23 46.11	350m: 4:46.99 36.65	100m: 1:15.23 41.17	200m: 2:38.12 41.22	300m: 4:10.34 46.11	400m: 5:22.13 35.14	
5. Þorgerður Ósk Jónsdóttir	03	SH	5:35.16 501 ÍM					
50m: 34.21 34.21	150m: 1:59.67 41.76	250m: 3:28.93 48.39	350m: 4:56.63 39.07	100m: 1:17.91 43.70	200m: 2:40.54 40.87	300m: 4:17.56 48.63	400m: 5:35.16 38.53	
6. Ragnheiður Karen Ólafsdóttir	04	ÍA	5:37.49 491 ÍM					
50m: 35.22 35.22	150m: 2:03.28 45.14	250m: 3:35.27 46.77	350m: 5:01.62 38.30	100m: 1:18.14 42.92	200m: 2:48.50 45.22	300m: 4:23.32 48.05	400m: 5:37.49 35.87	
7. Guðbjörg Bjartey Guðmundsdóttir	05	ÍA	5:37.51 491 ÍM					
50m: 35.89 35.89	150m: 2:03.86 45.16	250m: 3:34.84 45.47	350m: 5:00.18 39.79	100m: 1:18.70 42.81	200m: 2:49.37 45.51	300m: 4:20.39 45.55	400m: 5:37.51 37.33	
8. Jóhanna Brynja Rúnarsdóttir	06	SH	5:37.76 490 ÍM					
50m: 34.58 34.58	150m: 2:00.15 43.57	250m: 3:33.04 49.31	350m: 5:00.67 37.37	100m: 1:16.58 42.00	200m: 2:43.73 43.58	300m: 4:23.30 50.26	400m: 5:37.76 37.09	
9. Sólveig María Baldursdóttir	04	ÍRB	5:45.55 458 ÍM					
50m: 34.92 34.92	150m: 2:04.23 47.70	250m: 3:38.70 48.01	350m: 5:07.62 40.09	100m: 1:16.53 41.61	200m: 2:50.69 46.46	300m: 4:27.53 48.83	400m: 5:45.55 37.93	
10. Diljá Dröfn Jóhannesdóttir	03	SH	5:53.61 427 ÍM					
50m: 35.99 35.99	150m: 2:07.61 48.99	250m: 3:46.23 51.28	350m: 5:16.82 39.12	100m: 1:18.62 42.63	200m: 2:54.95 47.34	300m: 4:37.70 51.47	400m: 5:53.61 36.79	
11. Sólveig Freyja Hákonardóttir	09	BREIÐ	6:27.78 324 *					
50m: 42.36 42.36	150m: 2:23.20 50.54	250m: 4:08.81 57.53	350m: 5:47.92 41.40	100m: 1:32.66 50.30	200m: 3:11.28 48.08	300m: 5:06.52 57.71	400m: 6:27.78 39.86	
ÓG. Ingibjörg Svava Magnúsdóttir	05	ÍA	10.2 - Vegalendð sunds verður að ljúka til að sund sé gilt (hætti) - DNF					
ÓG. Adele Alexandra Pálsson	03	SH	7.6 - Önnur hönd í bakka eða hendur snerta ekki bakkan samtímis í snúningi eða við lok					



Sundgrein 13
14.3.2020 - 16:14

karla, 1500m skriðsund

Opinn
Úrslitalistar

Mótsmet	16:21.37	Patrik Viggó Vilbergsson	ISL		1.4.2019
Íslandsmet	15:27.08	Anton Sveinn McKee	Ægir	Reykjavík	13.4.2012
Aldursflokkamet Íslands 15 - 17	15:48.00	Patrik Viggó Vilbergsson	BREIÐ	Reykjavík	7.4.2019
Aldursflokkamet Íslands 13 - 14	17:11.27	Ólafur Sigurðsson	SH	Reykjavík	12.4.2013
Aldursflokkamet Íslands 11 - 12	18:57.91	Patrik Viggó Vilbergsson	Breiðablik	Hódmezővásárhely (HUN)	19.12.2014

ÓL-B : 15:28.02 / EM : 15:48.56 / EMU 15 - 18: 16:08.76 / NÆM 14 - 16: 17:12.66 / ÍM50 : 19:28.75

Stig: FINA 2019

Sæti	F.ár			Tími	Stig
1. Patrik Viggó Vilbergsson	02	BREIÐ		16:08.55	727 EMU
100m: 1:00.56 1:00.56	500m: 5:21.07 1:04.99	900m: 9:42.31 1:05.52	1300m: 14:03.42 1:04.76		
200m: 2:05.41 1:04.85	600m: 6:26.24 1:05.17	1000m: 10:47.98 1:05.67	1400m: 15:07.85 1:04.43		
300m: 3:10.59 1:05.18	700m: 7:31.01 1:04.77	1100m: 11:53.30 1:05.32	1500m: 16:08.55 1:00.70		
400m: 4:16.08 1:05.49	800m: 8:36.79 1:05.78	1200m: 12:58.66 1:05.36			
2. Kristófer Atli Andersen	02	BREIÐ		16:58.40	625 ÍM
100m: 1:02.26 1:02.26	500m: 5:36.32 1:09.00	900m: 10:09.90 1:08.55	1300m: 14:43.94 1:08.61		
200m: 2:10.52 1:08.26	600m: 6:44.27 1:07.95	1000m: 11:18.37 1:08.47	1400m: 15:52.62 1:08.68		
300m: 3:18.96 1:08.44	700m: 7:52.74 1:08.47	1100m: 12:26.79 1:08.42	1500m: 16:58.40 1:05.78		
400m: 4:27.32 1:08.36	800m: 9:01.35 1:08.61	1200m: 13:35.33 1:08.54			
3. Snær Llorens Sigurðsson	02	ÍA		17:10.89	603 ÍM
100m: 1:02.19 1:02.19	500m: 5:37.11 1:09.01	900m: 10:15.19 1:09.83	1300m: 14:55.40 1:09.46		
200m: 2:10.81 1:08.62	600m: 6:46.71 1:09.60	1000m: 11:25.69 1:10.50	1400m: 16:04.55 1:09.15		
300m: 3:19.52 1:08.71	700m: 7:56.03 1:09.32	1100m: 12:35.53 1:09.84	1500m: 17:10.89 1:06.34		
400m: 4:28.10 1:08.58	800m: 9:05.36 1:09.33	1200m: 13:45.94 1:10.41			
4. Veigar Hrafn Sigþórsson	05	SH		17:33.88	564 ÍM
100m: 1:05.03 1:05.03	500m: 5:49.27 1:11.00	900m: 10:31.37 1:10.70	1300m: 15:13.95 1:10.79		
200m: 2:16.09 1:11.06	600m: 6:59.88 1:10.61	1000m: 11:42.07 1:10.70	1400m: 16:24.78 1:10.83		
300m: 3:27.35 1:11.26	700m: 8:10.31 1:10.43	1100m: 12:52.10 1:10.03	1500m: 17:33.88 1:09.10		
400m: 4:38.27 1:10.92	800m: 9:20.67 1:10.36	1200m: 14:03.16 1:11.06			
5. Kári Steinn Kjartansson	03	ÆGIR		18:00.74	523 ÍM
100m: 1:06.03 1:06.03	500m: 5:56.54 1:12.67	900m: 10:48.62 1:13.07	1300m: 15:40.12 1:12.90		
200m: 2:17.93 1:11.90	600m: 7:09.68 1:13.14	1000m: 12:01.50 1:12.88	1400m: 16:52.11 1:11.99		
300m: 3:30.73 1:12.80	700m: 8:22.48 1:12.80	1100m: 13:14.67 1:13.17	1500m: 18:00.74 1:08.63		
400m: 4:43.87 1:13.14	800m: 9:35.55 1:13.07	1200m: 14:27.22 1:12.55			
6. Gústav Ragnar Kristjánsson	02	BREIÐ		18:01.23	522 ÍM
100m: 1:06.10 1:06.10	500m: 5:56.15 1:12.80	900m: 10:48.44 1:12.82	1300m: 15:38.97 1:12.97		
200m: 2:18.37 1:12.27	600m: 7:09.59 1:13.44	1000m: 12:00.66 1:12.22	1400m: 16:51.19 1:12.22		
300m: 3:30.44 1:12.07	700m: 8:22.82 1:13.23	1100m: 13:13.52 1:12.86	1500m: 18:01.23 1:10.04		
400m: 4:43.35 1:12.91	800m: 9:35.62 1:12.80	1200m: 14:26.00 1:12.48			



Sundgrein 14
14.3.2020 - 16:33

karla, 50m baksund

Opinn
Úrslitalistar

Mótsmet	26.23	Örn Arnarson	ISL		1.6.2008
Íslandsmet	25.86	Örn Arnason	SH	Eindhoven (NED)	20.3.2008
Aldursflokkamet Íslands 15 - 17	27.25	Kristinn Þórarinnsson	Fjölur	Reykjavík	15.4.2012
Aldursflokkamet Íslands 13 - 14	29.28	Brinir Freyr Hálfðánarsson	SH	Reykjavík	25.1.2020
Aldursflokkamet Íslands 11 - 12	33.08	Brynjólfur Óli Karlsson	Breiðablik	Reykjavík	1.3.2013

EM : 26.16 / EMU 15 - 18: 27.15 / ÍM50 : 32.50

Stig: FINA 2019

Sæti	F.ár		Tími	Stig	
1.	94	SH	26.90	710	ÍM
2.	96	FJÖL	27.27	681	ÍM
3.	01	BREIÐ	28.04	627	ÍM
4.	06	SH	29.37	545	ÍM
5.	03	ÍRB	30.90	468	ÍM
6.	04	SH	31.15	457	ÍM
7.	01	SH	31.19	455	ÍM
8.	01	ÍA	32.62	398	
9.	05	SH	36.54	283	
10.	06	SH	37.18	268	
11.	04	ÍA	37.69	258	
12.	05	SH	38.06	250	
13.	05	ÁRM	39.94	216	
14.	08	SH	41.02	200	*
15.	95	SÆFJÖRÐ	51.95	98	*
16.	96	S7KR	58.91	67	*
MÆekki	02	SH			
MÆekki	06	ÁRM			

Sundgrein 15

14.3.2020 - 16:37

kvemma, 200m skriðsund

Opinn
Úrslitalistar

Mótsmet	2:04.98	Sigrún Brá Sverrisdóttir	ISL		1.6.2008
Íslandsmet	2:01.82	Snæfirður Sól Jörunnardóttir	DEN	Odense (DEN)	15.7.2018
Aldursflokkamet Íslands 15 - 17	2:03.08	Eygló Ósk Gústafsdóttir	Ægir	Reykjavík	13.4.2012
Aldursflokkamet Íslands 13 - 14	2:09.35	Eygló Ósk Gústafsdóttir	Ægir	Reykjavík	22.3.2009
Aldursflokkamet Íslands 11 - 12	2:19.48	Stefanía Sigurþórsdóttir	ÍRB	Reykjanesbæ	14.12.2013

ÓL-B : 2:00.80 / EM : 2:03.51 / EMU 14 - 17: 2:05.40 / NÆM 13 - 15: 2:15.86 / ÍM50 : 2:28.05

Stig: FINA 2019

Sæti	F.ár		Tími	Stig	50m	100m	150m	200m	
Framtíð 13 og yngri									
1.	07	SH	2:23.78	485	ÍM	33.25	1:10.53	1:47.97	2:23.78
2.	07	BREIÐ	2:25.49	468	ÍM	33.80	1:10.53	1:48.73	2:25.49
3.	08	ÆGIR	2:29.18	434		33.66	1:11.66	1:50.74	2:29.18
4.	07	SH	2:31.98	410		35.16	1:14.15	1:53.74	2:31.98
5.	07	ÁRM	2:33.53	398		35.15	1:14.65	1:54.60	2:33.53
6.	08	SH	2:41.70	341		38.14	1:20.23	2:02.06	2:41.70
7.	07	SH	2:42.03	339		36.95	1:18.55	2:00.46	2:42.03
8.	08	SH	2:43.76	328		38.08	1:20.67	2:03.92	2:43.76
9.	07	SH	2:50.47	291		38.49	1:21.76	2:05.88	2:50.47
10.	08	UMFA	2:53.83	274		38.69	1:22.35	2:08.14	2:53.83
MÆekki	07	ÁRM							



Sundgrein 15, kvenna, 200m skriðsund

Æskunnar 14-15 ára

1. Birgitta Ingólfssdóttir	05	SH	2:17.43	555	ÍM	32.20	1:07.52	1:42.88	2:17.43
2. Thelma Lind Einarsdóttir	05	ÍRB	2:23.26	490	ÍM	31.52	1:07.75	1:45.83	2:23.26
3. Karen Ósk Gísladóttir	06	BREIÐ	2:32.94	403		35.79	1:15.03	1:55.23	2:32.94
4. Eyrún Anna Jóhannesdóttir	06	FJÖL	2:33.10	401		33.50	1:11.41	1:52.02	2:33.10
5. Þórunn María Hilmarssdóttir	05	BREIÐ	2:35.15	386		35.84	1:15.90	1:56.67	2:35.15
6. Ragnheiður Milla B.	06	BREIÐ	2:35.86	380		35.44	1:16.63	1:57.36	2:35.86
7. Heiðdís Elva Stefánsdóttir	06	SINDRI	2:47.22	308		37.23	1:19.26	2:03.84	2:47.22
MÆekki Jóhanna Júlíusdóttir	05	KR							
MÆekki Ylfa Ásgerður Eyjólfssdóttir	06	ÁRM							

Unglinga 16-17 ára

1. Kristín Helga Hákonardóttir	04	BREIÐ	2:06.96	704	ÍM	29.17	1:01.38	1:34.46	2:06.96
2. Sandra Dögg Kristjánsdóttir	03	SH	2:18.91	538	ÍM	31.78	1:07.17	1:43.51	2:18.91
3. Emma Kolbrún Garðarsdóttir	04	ÆGIR	2:27.27	451	ÍM	33.58	1:11.15	1:48.94	2:27.27
4. Elín Eir Andersen	04	KR	2:31.37	415		33.40	1:12.12	1:52.11	2:31.37
5. Hildur Valsdóttir	04	SH	2:31.66	413		34.94	1:13.44	1:52.88	2:31.66
6. Sif Grímsdóttir	03	KR	2:36.38	377		35.23	1:15.53	1:56.48	2:36.38
7. Lára Jakobína Ringsted	03	ÍA	2:38.70	360		34.79	1:15.29	1:57.08	2:38.70
8. Þórdís M Aðalsteinsdóttir	03	ÍRB	2:41.73	340		36.49	1:17.63	2:00.19	2:41.73

Opinn

1. Kristín Helga Hákonardóttir	04	BREIÐ	2:06.96	704	ÍM	29.17	1:01.38	1:34.46	2:06.96
2. Birgitta Ingólfssdóttir	05	SH	2:17.43	555	ÍM	32.20	1:07.52	1:42.88	2:17.43
3. Ingibjörg Erla Garðarsdóttir	00	FJÖL	2:17.56	554	ÍM	32.44	1:07.21	1:43.13	2:17.56
4. Sandra Dögg Kristjánsdóttir	03	SH	2:18.91	538	ÍM	31.78	1:07.17	1:43.51	2:18.91
5. Thelma Lind Einarsdóttir	05	ÍRB	2:23.26	490	ÍM	31.52	1:07.75	1:45.83	2:23.26
6. Helga Sigurlaug Helgadóttir	07	SH	2:23.78	485	ÍM	33.25	1:10.53	1:47.97	2:23.78
7. Nadja Djurovic	07	BREIÐ	2:25.49	468	ÍM	33.80	1:10.53	1:48.73	2:25.49
8. Emma Kolbrún Garðarsdóttir	04	ÆGIR	2:27.27	451	ÍM	33.58	1:11.15	1:48.94	2:27.27
9. Ylfa Finnbogadóttir	02	SH	2:27.53	449	ÍM	33.34	1:11.33	1:49.57	2:27.53
10. Hulda Björg M.	08	ÆGIR	2:29.18	434		33.66	1:11.66	1:50.74	2:29.18
11. Elín Eir Andersen	04	KR	2:31.37	415		33.40	1:12.12	1:52.11	2:31.37
12. Hildur Valsdóttir	04	SH	2:31.66	413		34.94	1:13.44	1:52.88	2:31.66
13. María Skorastein S.	07	SH	2:31.98	410		35.16	1:14.15	1:53.74	2:31.98
14. Karen Ósk Gísladóttir	06	BREIÐ	2:32.94	403		35.79	1:15.03	1:55.23	2:32.94
15. Eyrún Anna Jóhannesdóttir	06	FJÖL	2:33.10	401		33.50	1:11.41	1:52.02	2:33.10
16. Júlía Pálmadóttir	07	ÁRM	2:33.53	398		35.15	1:14.65	1:54.60	2:33.53
17. Þórunn María Hilmarssdóttir	05	BREIÐ	2:35.15	386		35.84	1:15.90	1:56.67	2:35.15
18. Ragnheiður Milla B.	06	BREIÐ	2:35.86	380		35.44	1:16.63	1:57.36	2:35.86
19. Sif Grímsdóttir	03	KR	2:36.38	377		35.23	1:15.53	1:56.48	2:36.38
20. Lára Jakobína Ringsted	03	ÍA	2:38.70	360		34.79	1:15.29	1:57.08	2:38.70
21. Tinna Karen Sigurðardóttir	08	SH	2:41.70	341		38.14	1:20.23	2:02.06	2:41.70
22. Þórdís M Aðalsteinsdóttir	03	ÍRB	2:41.73	340		36.49	1:17.63	2:00.19	2:41.73
23. Arna Rut Stefánsdóttir	07	SH	2:42.03	339		36.95	1:18.55	2:00.46	2:42.03
24. Rebekka Rún Magnúsdóttir	08	SH	2:43.76	328		38.08	1:20.67	2:03.92	2:43.76
25. Heiðdís Elva Stefánsdóttir	06	SINDRI	2:47.22	308		37.23	1:19.26	2:03.84	2:47.22
26. Vitoría Takacs Ö.	07	SH	2:50.47	291		38.49	1:21.76	2:05.88	2:50.47
27. Ásdís Gunnarsdóttir	08	UMFA	2:53.83	274		38.69	1:22.35	2:08.14	2:53.83
MÆekki Jóhanna Júlíusdóttir	05	KR							
MÆekki Ylfa Ásgerður Eyjólfssdóttir	06	ÁRM							
MÆekki Hrafnhildur Lóa Kvaran	07	ÁRM							



Sundgrein 16
14.3.2020 - 16:51

karla, 200m fjórsund

Opinn
Úrslitalistar

Mótsmet	2:10.07	Hocine Haciane	AND			1.6.2010
Íslandsmet	2:04.53	Anton Sveinn McKee	Ægir	Reykjavík		2.6.2015
Aldursflokkamet Íslands 15 - 17	2:07.03	Örn Arnason	SH	Antwerpen (BEL)		30.7.1998
Aldursflokkamet Íslands 13 - 14	2:14.69	Viktor Forafonov	NOR	Kristiansand (NOR)		17.7.2016
Aldursflokkamet Íslands 11 - 12	2:32.94	Birnir Freyr Hálfðánarsson	SH	Reykjanesbær		13.5.2018

ÓL-B : 2:03.26 / EM : 2:05.06 / EMU 15 - 18: 2:07.60 / NÆM 14 - 16: 2:15.72 / ÍM50 : 2:33.37

Stig: FINA 2019

Sæti	F.ár		Tími	Stig	50m	100m	150m	200m		
Framtíð 14 og yngri										
1.	Bergur Fáfniir Bjarnason	06	SH	2:25.27	483	ÍM	30.40	1:08.37	1:52.70	2:25.27
2.	Bjarki B Isaksen	06	BREIÐ	2:38.75	370		33.63	1:15.52	2:03.53	2:38.75
3.	Kacper Kogut	06	BREIÐ	2:47.67	314		35.86	1:19.98	2:12.75	2:47.67
4.	Adam Leó Tómasson	07	SH	2:49.11	306		37.44	1:23.23	2:11.12	2:49.11
5.	Magnús Víðir Jónsson	08	SH	2:55.50	274		39.39	1:23.52	2:18.17	2:55.50
6.	Hólmar Grétarsson	08	SH	2:56.25	270		39.98	1:27.19	2:18.37	2:56.25
7.	Karl Björnsson	08	SH	3:08.76	220		46.39	1:35.87	2:27.17	3:08.76
8.	Hákon Freyr Sigurðarson	06	BREIÐ	3:32.00	155	*	52.98	1:45.80	2:46.00	3:32.00

Æskunnar 15-16 ára

1.	Snorri Dagur Einarsson	05	SH	2:25.58	480	ÍM	30.11	1:10.38	1:51.75	2:25.58
2.	Daníel Lúkas Tómasson	04	SH	2:36.94	383		32.17	1:16.00	2:01.95	2:36.94

Unglinga 17-18 ára

1.	Aron Þór Jónsson	02	SH	2:16.10	587	ÍM	29.28	1:06.94	1:43.51	2:16.10
2.	Hilmir Snær L.	03	SH	2:34.53	401		31.35	1:12.05	1:59.22	2:34.53
3.	Halldór Óskar Eiríksson	02	FJÖL	3:00.51	251		35.43	1:26.12	2:21.81	3:00.51

Opinn

1.	Kristinn Þórarinnsson	96	FJÖL	2:11.63	649	ÍM	28.37	1:03.52	1:41.36	2:11.63
2.	Aron Þór Jónsson	02	SH	2:16.10	587	ÍM	29.28	1:06.94	1:43.51	2:16.10
3.	Bergur Fáfniir Bjarnason	06	SH	2:25.27	483	ÍM	30.40	1:08.37	1:52.70	2:25.27
4.	Snorri Dagur Einarsson	05	SH	2:25.58	480	ÍM	30.11	1:10.38	1:51.75	2:25.58
5.	Hilmir Snær L.	03	SH	2:34.53	401		31.35	1:12.05	1:59.22	2:34.53
6.	Daníel Lúkas Tómasson	04	SH	2:36.94	383		32.17	1:16.00	2:01.95	2:36.94
7.	Bjarki B Isaksen	06	BREIÐ	2:38.75	370		33.63	1:15.52	2:03.53	2:38.75
8.	Kacper Kogut	06	BREIÐ	2:47.67	314		35.86	1:19.98	2:12.75	2:47.67
9.	Adam Leó Tómasson	07	SH	2:49.11	306		37.44	1:23.23	2:11.12	2:49.11
10.	Magnús Víðir Jónsson	08	SH	2:55.50	274		39.39	1:23.52	2:18.17	2:55.50
11.	Hólmar Grétarsson	08	SH	2:56.25	270		39.98	1:27.19	2:18.37	2:56.25
12.	Halldór Óskar Eiríksson	02	FJÖL	3:00.51	251		35.43	1:26.12	2:21.81	3:00.51
13.	Karl Björnsson	08	SH	3:08.76	220		46.39	1:35.87	2:27.17	3:08.76
14.	Guðfinnur Karlsson S11	88	FJÖRD	3:08.87	219		48.08	1:34.95	2:24.77	3:08.87
15.	Hákon Freyr Sigurðarson	06	BREIÐ	3:32.00	155	*	52.98	1:45.80	2:46.00	3:32.00
MÆekki	Baldur Logi Gautason	00	FJÖL							



Sundgrein 17
14.3.2020 - 16:59

kvenna, 100m bringusund

Opinn
Úrslitalistar

Mótsmet	1:09.80	Hrafnhildur Lúthersdóttir	ISL			1.4.2017
Íslandsmet	1:06.45	Hrafnhildur Lúthersdóttir	SH	Rio de Janeiro (BRA)		18.5.2016
Aldursflokkamet Íslands 15 - 17	1:11.32	Hrafnhildur Lúthersdóttir	SH	Reykjavík		30.5.2008
Aldursflokkamet Íslands 13 - 14	1:14.93	Eva Margrét Falsdóttir	ÍRB	Reykjavík		5.4.2019
Aldursflokkamet Íslands 11 - 12	1:22.93	Eva Margrét Falsdóttir	ÍRB	Reykjanesbæ		29.1.2017

ÓL-B : 1:09.08 / EM : 1:10.59 / EMU 14 - 17: 1:12.50 / NÆM 13 - 15: 1:16.88 / ÍM50 : 1:25.57

Stig: FINA 2019

Sæti	F.ár		Tími	Stig	50m	100m
Framtíð 13 og yngri						
1.	Embla Dögg Helgadóttir	08	ÆGIR	1:33.62	321	43.69 1:33.62
2.	Katla Mist Bragadóttir	07	ÁRM	1:35.64	301	45.39 1:35.64
3.	Írena Mjöll Dossing Elínardóttir	07	ÆGIR	1:40.45	260	46.41 1:40.45
4.	Sara Lind Aðalsteinsdóttir	07	SH	1:41.08	255	47.89 1:41.08
5.	Íris Arna Ingvarsdóttir	07	ÍA	1:41.43	252	48.66 1:41.43
6.	Nicole Jóna Jóhannsdóttir	08	SH	1:42.77	242	48.56 1:42.77
7.	Agla María Agnarsdóttir	07	SH	1:46.53	218	50.90 1:46.53
8.	Auguste Balciunaite	11	SH	1:46.86	216	50.32 1:46.86
9.	Victoria Takacs Önnuásgeirsdóttir	07	SH	1:47.63	211	49.50 1:47.63
10.	Nott Helgadóttir	08	UMFA	1:48.64	205	50.69 1:48.64
11.	Margrét Játvarðsardóttir	09	FJÖL	1:48.79	204	51.38 1:48.79
12.	Eva Steingrimsdóttir	08	SH	1:50.16	197	52.66 1:50.16

Æskunnar 14-15 ára

1.	Vigdís Tinna Hákonardóttir	06	BREIÐ	1:23.13	459	ÍM 39.16 1:23.13
2.	Katja Lilja Andriysdóttir	06	SH	1:24.55	436	ÍM 39.27 1:24.55
3.	Rebekka Marín Arngeirsdóttir	05	ÍRB	1:25.97	415	39.99 1:25.97
4.	Ragnheiður Milla Bergsveinsdóttir	06	BREIÐ	1:28.35	382	41.40 1:28.35
5.	Bríet Elfarsdóttir	06	ÆGIR	1:40.09	263	47.65 1:40.09
MÆekki	Jóhanna Júlíusdóttir	05	KR			
MÆekki	Kolbrá Sölva Leifsdóttir	05	KR			

Unglinga 16-17 ára

1.	Adele Alexandra Pálsson	03	SH	1:24.39	438	ÍM 39.82 1:24.39
2.	Guðný Birna Falsdóttir	03	ÍRB	1:30.67	353	42.99 1:30.67
3.	Sólveig María Baldursdóttir	04	ÍRB	1:32.45	333	44.11 1:32.45
4.	Sara Björt Símonardóttir	04	SH	1:48.64	205	50.60 1:48.64

Opinn

1.	Karen Mist Arngeirsdóttir	00	ÍRB	1:14.27	643	ÍM 34.89 1:14.27
2.	Sunna Svanlaug Vilhjálmssdóttir	00	SH	1:15.85	604	ÍM 35.20 1:15.85
3.	Vigdís Tinna Hákonardóttir	06	BREIÐ	1:23.13	459	ÍM 39.16 1:23.13
4.	Adele Alexandra Pálsson	03	SH	1:24.39	438	ÍM 39.82 1:24.39
5.	Katja Lilja Andriysdóttir	06	SH	1:24.55	436	ÍM 39.27 1:24.55
6.	Kristín Ylfa Guðmundsdóttir	02	SH	1:25.03	429	ÍM 40.09 1:25.03
7.	Rebekka Marín Arngeirsdóttir	05	ÍRB	1:25.97	415	39.99 1:25.97
8.	Ragnheiður Milla Bergsveinsdóttir	06	BREIÐ	1:28.35	382	41.40 1:28.35
9.	Guðný Birna Falsdóttir	03	ÍRB	1:30.67	353	42.99 1:30.67
10.	Sólveig María Baldursdóttir	04	ÍRB	1:32.45	333	44.11 1:32.45
11.	Embla Dögg Helgadóttir	08	ÆGIR	1:33.62	321	43.69 1:33.62
12.	Katla Mist Bragadóttir	07	ÁRM	1:35.64	301	45.39 1:35.64
13.	Bríet Elfarsdóttir	06	ÆGIR	1:40.09	263	47.65 1:40.09



Sundgrein 17, kvenna, 100m bringusund, Opinn

Sæti	F.ár	Tími	Stig	50m	100m
14.	Írena Mjöll Dossing Elínardóttir 07 ÆGIR	1:40.45	260	46.41	1:40.45
15.	Sara Lind Aðalsteinsdóttir 07 SH	1:41.08	255	47.89	1:41.08
16.	Íris Arna Ingvarsdóttir 07 ÍA	1:41.43	252	48.66	1:41.43
17.	Nicole Jóna Jóhannsdóttir 08 SH	1:42.77	242	48.56	1:42.77
18.	Aglá María Agnarsdóttir 07 SH	1:46.53	218	50.90	1:46.53
19.	Auguste Balciunaite 11 SH	1:46.86	216	50.32	1:46.86
20.	Victoria Takacs Önnuásgeirsdóttir 07 SH	1:47.63	211	49.50	1:47.63
21.	Sara Björt Símonardóttir 04 SH	1:48.64	205	50.60	1:48.64
	Nott Helgadóttir 08 UMFA	1:48.64	205	50.69	1:48.64
23.	Margrét Játvarðsardóttir 09 FJÖL	1:48.79	204	51.38	1:48.79
24.	Eva Steingrimsdóttir 08 SH	1:50.16	197	52.66	1:50.16
MÆekki	Jóhanna Júlíusdóttir 05 KR				
MÆekki	Kolbrá Sölva Leifsdóttir 05 KR				

Sundgrein 18

karla, 50m bringusund

Opinn

14.3.2020 - 17:08

Úrslitalistar

Mótsmet	28.72	Mladen Tepavcevic	ISL		1.6.2008
Íslandsmet	27.46	Anton Sveinn McKee	SH	Gwangju (KOR)	23.7.2019
Aldursflokkamet Íslands 15 - 17	29.44	Jón Oddur Sigurðsson	ÍRB	Malta (MLT)	7.7.2001
Aldursflokkamet Íslands 13 - 14	33.12	Birnir Freyr Hálfðánarsson	SH	Reykjavík	25.1.2020
Aldursflokkamet Íslands 11 - 12	38.28	Hrafn Traustason	ÍA	Reykjavík	2.7.2004

EM : 28.54 / EMU 15 - 18: 29.91 / ÍM50 : 35.79

Stig: FINA 2019

Sæti	F.ár	Tími	Stig
1.	Daði Björnsson 04 SH	30.54	613 ÍM
2.	Aron Örn Stefánsson 95 SH	31.23	573 ÍM
3.	Aron Bjarki Jónsson 01 SH	32.52	508 ÍM
4.	Snorri Dagur Einarsson 05 SH	32.64	502 ÍM
5.	Daníel Steinn Davíðsson 03 BREIÐ	33.32	472 ÍM
	Ingvar Orri Jóhannesson 04 FJÖL	33.32	472 ÍM
7.	Aron Fannar Kristínarson 03 ÍRB	33.48	465 ÍM
8.	Óskar Gauti Lund 99 BREIÐ	34.15	438 ÍM
9.	Snær Llorens Sigurðsson 02 ÍA	36.47	360
10.	Edward Jensson 04 SH	38.49	306
11.	Bjarni Snær Skarphéðinsson 06 ÍA	39.82	276
12.	Arnar Logi Ægisson 07 SH	42.55	226
13.	Kristófer Andri Jóhannsson 08 SH	42.75	223
14.	Arnór Egill Einarsson 07 SH	43.80	207
15.	Snævar Örn Kristmannsson 06 BREIÐ	48.80	150 *



Sundgrein 19
14.3.2020 - 17:11

kvenna, 50m flugsund

Opinn
Úrslitalistar

Mótsmet	28.09	Bryndís Rún Hansen	ISL		1.6.2010
Íslandsmet	26.68	Bryndís Rún Hansen	Óðinn	London (GBR)	16.5.2016
Aldursflokkamet Íslands 15 - 17	27.84	Bryndís Rún Hansen	Óðinn	Prag (CZE)	12.7.2009
Aldursflokkamet Íslands 13 - 14	29.39	Bryndís Bolladóttir	Óðinn	Reykjavík	8.2.2013
Aldursflokkamet Íslands 11 - 12	32.77	Rannveig Rögn Leifsdóttir	KR	Reykjavík	13.2.2009

EM : 27.57 / EMU 14 - 17: 28.28 / ÍM50 : 33.45

Stig: FINA 2019

Sæti	F.ár		Tími	Stig	
1.	Jóhanna Elín Guðmundsdóttir	01 SH	27.94	668	ÍM
2.	Katarína Róbertsdóttir	00 SH	29.59	562	ÍM
3.	María Fanney Kristjánsdóttir	00 SH	30.14	532	ÍM
4.	Herdís Birna Viggósdóttir	04 KR	30.97	490	ÍM
5.	Guðbjörg Bjartey Guðmundsdóttir	05 ÍA	31.36	472	ÍM
6.	Kristín Ylfa Guðmundsdóttir	02 SH	31.64	460	ÍM
7.	Gunnhildur Björg Baldursdóttir	00 ÍRB	31.93	447	ÍM
8.	Dagbjörg Hlíf Ólafsdóttir	05 SH	33.13	400	ÍM
9.	Apena Jónsdóttir	04 SH	33.39	391	ÍM
10.	Sunna Arnfinnsdóttir	07 ÁRM	33.67	381	
11.	Athena Líf Þrastardóttir	07 ÍRB	33.96	372	
12.	Birta Rún Smáradóttir	04 UMFA	34.04	369	
13.	Elísa Björnsdóttir	05 ÆGIR	34.26	362	
14.	Sólveig María Baldursdóttir	04 ÍRB	34.62	351	
15.	Katja Lilja Andriysdóttir	06 SH	36.81	292	
16.	Thelma Lind Einarsdóttir	05 ÍRB	36.82	292	
17.	Guðný Birna Falsdóttir	03 ÍRB	36.84	291	
18.	Nicole Jóna Jóhannsdóttir	08 SH	36.89	290	
19.	María Sól Jósepsdóttir	08 FJÖL	38.18	261	
20.	Þórdís M Aðalsteinsdóttir	03 ÍRB	39.44	237	
21.	Heiðdís Elva Stefánsdóttir	06 SINDRI	40.75	215	*
22.	Þórunn María Hilmarsdóttir	05 BREIÐ	41.00	211	*
23.	María Skorastein Sigurdardóttir	07 SH	41.39	205	*

Sundgrein 20
14.3.2020 - 17:16

karla, 100m skriðsund

Opinn
Úrslitalistar

Mótsmet	51.66	Igor Cerensek	CRO		1.6.2008
Aldursflokkamet Íslands 15 - 17	53.35	Patrik Viggó Vilbergsson	BREIÐ	Reykjavík	6.4.2019
Aldursflokkamet Íslands 13 - 14	56.66	Fannar Snævar Hauksson	ÍRB	Reykjanesbær	14.10.2018
Aldursflokkamet Íslands 11 - 12	1:02.85	Brynjólfur Óli Karlsson	Breiðablik	Reykjanesbæ	14.12.2013

ÓL-B : 50.03 / EM : 50.73 / EMU 15 - 18: 51.64 / NÆM 14 - 16: 55.48 / ÍM50 : 1:02.54

Stig: FINA 2019

Sæti	F.ár		Tími	Stig	50m	100m
Framtíð 14 og yngri						
1.	Birnir Freyr Hálfðánarsson	06 SH	57.44	544	ÍM	27.18 57.44
2.	Bergur Fáfur Bjarnason	06 SH	1:00.09	475	ÍM	29.12 1:00.09
3.	Dominc Dadi Wheeler	07 ÆGIR	1:06.17	356		31.69 1:06.17
4.	Andri Már Kristjánsson	06 SH	1:07.73	332		32.62 1:07.73
5.	Magni Snær Imsland Grétarsson	06 SINDRI	1:09.23	311		32.85 1:09.23
6.	Kristófer Andri Jóhannsson	08 SH	1:09.44	308		33.62 1:09.44
7.	Magnús Víðir Jónsson	08 SH	1:10.62	293		34.73 1:10.62



Sundgrein 20, Piltar, 100m skriðsund, Framtíð 14 og yngri

Sæti	F.ár		Tími	Stig	50m	100m
8.	Adam Leó Tómasson	07 SH	1:12.03	276	35.05	1:12.03
9.	Hólmar Grétarsson	08 SH	1:12.84	267	35.63	1:12.84
10.	Karl Björnsson	08 SH	1:16.68	228	36.95	1:16.68
11.	Tómas Valfells	08 ÁRM	1:17.90	218		1:17.90
12.	Daði Þór Friðriksson	07 SH	1:18.53	213	37.15	1:18.53
13.	Arnór Egill Einarsson	07 SH	1:18.86	210	38.20	1:18.86
14.	Arnar Logi Ægisson	07 SH	1:23.25	178	39.01	1:23.25
15.	Halldór Ingi Hafþórsson	08 SH	1:29.95	141	41.53	1:29.95
16.	Nökkvi Fenrir Bjarnason	10 SH	1:30.58	138 *	42.38	1:30.58
ÓG.	Bjarni Snær Skarphéðinsson	06 ÍA				
<i>4.4 - Keppandi startar áður en rásmerki er gefið (þjófstart)</i>						
ÓG.	Hákon Freyr Sigurðarson	06 BREIÐ				
<i>4.4 - Keppandi startar áður en rásmerki er gefið (þjófstart)</i>						
MÆekki	Björn Yngvi Guðmundsson	07 SH				
MÆekki	Kári Freyr Helgason	06 SH				
MÆekki	Ásberg Halldór Hansson	07 FJÖL				
MÆekki	Sigurður Haukur Birgisson	06 ÁRM				
ÚRskr.	Oliver Kaldal	07 ÆGIR				

Æskunnar 15-16 ára

1.	Daði Björnsson	04 SH	55.95	589	ÍM	26.59	55.95
2.	Guðmundur Karl Karlsson	05 BREIÐ	58.84	506	ÍM	28.22	58.84
3.	Alexander Logi Jónsson	04 ÍRB	1:01.36	446	ÍM	29.81	1:01.36
4.	Daníel Lúkas Tómasson	04 SH	1:02.37	425	ÍM	30.32	1:02.37
5.	Guðmundur Halldórsson	04 BREIÐ	1:02.54	422	ÍM	30.20	1:02.54
6.	Alex Benjamín Bjarnason	04 ÍA	1:03.31	406		30.17	1:03.31
7.	Eggert Sigtryggsson	05 SH	1:03.50	403		29.98	1:03.50
8.	Jón Ingi Halldórsson	04 BREIÐ	1:05.16	373		31.37	1:05.16
9.	Rökkvi Helgason	04 UMFA	1:09.50	307		33.38	1:09.50
10.	Hrafn Sverrisson	05 ÁRM	1:20.77	195		37.80	1:20.77
11.	Hermann Ingi Eiríksson	05 FJÖL	1:26.18	161		40.61	1:26.18
ÓG.	Bartosz Henke	05 SH					
<i>4.4 - Keppandi startar áður en rásmerki er gefið (þjófstart)</i>							
MÆekki	Kíriil Zolotuskiy	04 KR				36.45	

Unglinga 17-18 ára

1.	Kristófer Atli Andersen	02 BREIÐ	55.03	619	ÍM	26.45	55.03
2.	Símon Elías Statkevicius	03 SH	55.22	613	ÍM	26.48	55.22
3.	Stefán Elías Davíðsson	03 ÍRB	57.13	553	ÍM	27.43	57.13
4.	Aron Valgeirsson	03 BREIÐ	1:00.32	470	ÍM	29.06	1:00.32
5.	Flosi Ómarsson	03 ÍRB	1:01.90	435	ÍM	29.67	1:01.90
6.	Dagur Snær Hilmarsson	03 SH	1:01.91	435	ÍM	29.55	1:01.91
7.	Daníel Steinn Davíðsson	03 BREIÐ	1:02.89	415		29.71	1:02.89
8.	Sigurður Þráinn Sigurðsson	02 UMFA	1:03.01	412		30.13	1:03.01
9.	Halldór Óskar Eiríksson	02 FJÖL	1:08.88	315		32.97	1:08.88
MÆekki	Júlíus Karl Maier	02 SH					



Sundgrein 20, karla, 100m skriðsund

Opinn

1.	Kristófer Atli Andersen	02	BREIÐ	55.03	619	ÍM	26.45	55.03
2.	Símon Elías Statkevicius	03	SH	55.22	613	ÍM	26.48	55.22
3.	Kristjan Gylfi Þórisson	00	FJÖL	55.41	606	ÍM	26.85	55.41
4.	Daði Björnsson	04	SH	55.95	589	ÍM	26.59	55.95
5.	Brynjólfur Óli Karlsson	01	BREIÐ	56.86	561	ÍM	27.08	56.86
6.	Stefán Elías Davíðsson	03	ÍRB	57.13	553	ÍM	27.43	57.13
7.	Birnir Freyr Hálfðánarsson	06	SH	57.44	544	ÍM	27.18	57.44
8.	Róbert Ísak Jónsson	01	SH	58.43	517	ÍM	27.90	58.43
9.	Guðmundur Karl Karlsson	05	BREIÐ	58.84	506	ÍM	28.22	58.84
10.	Bergur Fálnir Bjarnason	06	SH	1:00.09	475	ÍM	29.12	1:00.09
11.	Aron Valgeirsson	03	BREIÐ	1:00.32	470	ÍM	29.06	1:00.32
12.	Alexander Logi Jónsson	04	ÍRB	1:01.36	446	ÍM	29.81	1:01.36
13.	Flosi Ómarsson	03	ÍRB	1:01.90	435	ÍM	29.67	1:01.90
14.	Dagur Snær Hilmarsson	03	SH	1:01.91	435	ÍM	29.55	1:01.91
15.	Daníel Lúkas Tómasson	04	SH	1:02.37	425	ÍM	30.32	1:02.37
16.	Guðmundur Halldórsson	04	BREIÐ	1:02.54	422	ÍM	30.20	1:02.54
17.	Daníel Steinn Davíðsson	03	BREIÐ	1:02.89	415		29.71	1:02.89
18.	Sigurður Þráinn Sigurðsson	02	UMFA	1:03.01	412		30.13	1:03.01
19.	Alex Benjamín Bjarnason	04	ÍA	1:03.31	406		30.17	1:03.31
20.	Eggert Sigtryggsson	05	SH	1:03.50	403		29.98	1:03.50
21.	Jón Ingi Halldórsson	04	BREIÐ	1:05.16	373		31.37	1:05.16
22.	Dominc Dadi Wheeler	07	ÆGIR	1:06.17	356		31.69	1:06.17
23.	Andri Már Kristjánsson	06	SH	1:07.73	332		32.62	1:07.73
24.	Halldór Óskar Eiríksson	02	FJÖL	1:08.88	315		32.97	1:08.88
25.	Magni Snær Imsland Grétarsson	06	SINDRI	1:09.23	311		32.85	1:09.23
26.	Kristófer Andri Jóhannsson	08	SH	1:09.44	308		33.62	1:09.44
27.	Rökkvi Helgason	04	UMFA	1:09.50	307		33.38	1:09.50
28.	Magnús Víðir Jónsson	08	SH	1:10.62	293		34.73	1:10.62
29.	Adam Leó Tómasson	07	SH	1:12.03	276		35.05	1:12.03
30.	Hólmar Grétarsson	08	SH	1:12.84	267		35.63	1:12.84
31.	Karl Björnsson	08	SH	1:16.68	228		36.95	1:16.68
32.	Tómas Valfells	08	ÁRM	1:17.90	218			1:17.90
33.	Daði Þór Friðriksson	07	SH	1:18.53	213		37.15	1:18.53
34.	Arnór Egill Einarsson	07	SH	1:18.86	210		38.20	1:18.86
35.	Hrafn Sverrisson	05	ÁRM	1:20.77	195		37.80	1:20.77
36.	Arnar Logi Ægisson	07	SH	1:23.25	178		39.01	1:23.25
37.	Hermann Ingi Eiríksson	05	FJÖL	1:26.18	161		40.61	1:26.18
38.	Halldór Ingi Hafþórsson	08	SH	1:29.95	141		41.53	1:29.95
39.	Nökkvi Fenrir Bjarnason	10	SH	1:30.58	138	*	42.38	1:30.58
40.	Breki Arnarsson	96	KR	1:40.71	101	*	44.20	1:40.71
ÓG.	Bartosz Henke	05	SH					
<i>4.4 - Keppandi startar áður en rásmerki er gefið (þjófstart)</i>								
ÓG.	Bjarni Snær Skarphéðinsson	06	ÍA					
<i>4.4 - Keppandi startar áður en rásmerki er gefið (þjófstart)</i>								
ÓG.	Hákon Freyr Sigurðarson	06	BREIÐ					
<i>4.4 - Keppandi startar áður en rásmerki er gefið (þjófstart)</i>								
MÆekki	Björn Yngvi Guðmundsson	07	SH					
MÆekki	Kári Freyr Helgason	06	SH					
MÆekki	Júlíus Karl Maier	02	SH					
MÆekki	Kíriill Zolotuskiy	04	KR				36.45	
MÆekki	Baldur Logi Gautason	00	FJÖL					
MÆekki	Ásberg Halldór Hansson	07	FJÖL					
MÆekki	Sigurður Haukur Birgisson	06	ÁRM					



Sundgrein 20, karla, 100m skriðsund, Opinn

Sæti	F.ár	Tími	Stig	50m	100m
ÚRskr. Oliver Kaldal	07	ÆGIR			

Sundgrein 21

14.3.2020 - 17:29

kvenna, 100m baksund

Opinn

Úrslitalistar

Mótsmet	1:02.52	Eygló Ósk Gústafsdóttir	ISL		1.4.2017
Íslandsmet	1:00.25	Eygló Ósk Gústafsdóttir	Ægir	Kazan (RUS)	3.8.2015
Aldursflokkamet Íslands 15 - 17	1:01.74	Eygló Ósk Gústafsdóttir	Ægir	London (GBR)	3.8.2012
Aldursflokkamet Íslands 13 - 14	1:06.46	Kolbrún Ýr Kristjánsdóttir	ÍA	Lissabon (POR)	22.7.1997
Aldursflokkamet Íslands 11 - 12	1:13.03	Eygló Ósk Gústafsdóttir	Ægir	Reykjavík	15.6.2007

ÓL-B : 1:02.06 / EM : 1:02.75 / EMU 14 - 17: 1:04.40 / NÆM 13 - 15: 1:08.99 / ÍM50 : 1:16.55

Stig: FINA 2019

Sæti	F.ár	Tími	Stig	50m	100m
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Framtíð 13 og yngri

1. Sunna Arnfinnsdóttir	07	ÁRM	1:18.38	405	38.44	1:18.38
2. Katla Mist Bragadóttir	07	ÁRM	1:22.70	344	40.59	1:22.70
3. Júlía Pálmadóttir	07	ÁRM	1:23.81	331	41.28	1:23.81
4. Sólveig Freyja Hákonardóttir	09	BREIÐ	1:26.48	301	42.97	1:26.48
5. María Sól Jósepsdóttir	08	FJÖL	1:27.41	292	42.32	1:27.41
6. Sara Lind Aðalsteinsdóttir	07	SH	1:28.11	285	42.61	1:28.11
7. Tinna Karen Sigurðardóttir	08	SH	1:29.71	270	43.68	1:29.71
8. Arna Rut Stefánsdóttir	07	SH	1:30.87	260	44.24	1:30.87
9. Ásdís Gunnarsdóttir	08	UMFA	1:31.04	258	44.49	1:31.04
10. Íris Arna Ingvarsdóttir	07	ÍA	1:32.36	247	44.91	1:32.36
11. Agla María Agnarsdóttir	07	SH	1:33.29	240	45.93	1:33.29
12. Rebekka Rún Magnúsdóttir	08	SH	1:33.44	239	45.83	1:33.44
13. Eva Steingrimsdóttir	08	SH	1:33.46	239	47.18	1:33.46
14. Dagmar Arna Sigurðardóttir	09	SH	1:37.71	209	48.25	1:37.71
15. Nott Helgadóttir	08	UMFA	1:41.06	189	46.53	1:41.06
16. Katrín Ósk Aðalsteinsdóttir	09	SH	1:42.20	182		1:42.20
ÓG. Sofie Gregersen	07	SH				

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

MÆekki Hrafnhildur Lóa Kvaran 07 ÁRM

Æskunnar 14-15 ára

1. Birgitta Ingólfssdóttir	05	SH	1:14.29	475	ÍM	35.82	1:14.29
2. Jóhanna Arna Gunnarsdóttir	06	ÍRB	1:15.50	453	ÍM	36.35	1:15.50
3. Rán Björnsdóttir	05	ÆGIR	1:16.40	437	ÍM	36.68	1:16.40
4. Dagbjörg Hlíf Ólafsdóttir	05	SH	1:17.63	417		36.68	1:17.63
5. Karen Ósk Gísladóttir	06	BREIÐ	1:19.69	385		38.65	1:19.69
6. Ingibjörg Svava Magnúsardóttir	05	ÍA	1:20.46	374		38.76	1:20.46
7. Lilja Natalie Gunnarsdóttir	06	ÆGIR	1:22.63	345		39.86	1:22.63
8. Otylia Lis	06	ÆGIR	1:22.89	342		40.51	1:22.89
9. Bríet Elfarsdóttir	06	ÆGIR	1:31.66	253		45.20	1:31.66
10. Hrefna María Heiðarsdóttir	05	BREIÐ	1:44.86	169		49.69	1:44.86
MÆekki Ylfa Ásgerður Eyjólfssdóttir	06	ÁRM					

Sundgrein 21, kvenna, 100m baksund

Unglinga 16-17 ára

1.	Þorgerður Ósk Jónsdóttir	03	SH	1:09.48	581	ÍM	33.68	1:09.48
2.	Bríet Dalla Gunnarsdóttir	04	SH	1:14.43	473	ÍM	35.78	1:14.43
3.	Ásta Kamilla Sigurðardóttir	04	ÍRB	1:21.51	360		39.91	1:21.51
4.	Lára Jakobína Ringsted	03	ÍA	1:24.51	323		40.54	1:24.51
5.	Elín Eir Andersen	04	KR	1:24.95	318		40.90	1:24.95
6.	Sara Björt Símonardóttir	04	SH	1:36.64	216		46.60	1:36.64
MÆekki	Arianna Steinarsdóttir	03	ÁRM					

Opinn

1.	Steingerður Hauksdóttir	96	SH	1:06.47	664	ÍM	31.56	1:06.47
2.	Þorgerður Ósk Jónsdóttir	03	SH	1:09.48	581	ÍM	33.68	1:09.48
3.	Stefanía Sigurþórsdóttir	01	BREIÐ	1:09.98	569	ÍM	33.83	1:09.98
4.	Emilía Sól Guðmundsdóttir	02	ÆGIR	1:11.67	529	ÍM	34.39	1:11.67
5.	Birgitta Ingólfssdóttir	05	SH	1:14.29	475	ÍM	35.82	1:14.29
6.	Bríet Dalla Gunnarsdóttir	04	SH	1:14.43	473	ÍM	35.78	1:14.43
7.	Jóhanna Arna Gunnarsdóttir	06	ÍRB	1:15.50	453	ÍM	36.35	1:15.50
8.	Rán Björnsdóttir	05	ÆGIR	1:16.40	437	ÍM	36.68	1:16.40
9.	Karen Mist Arngæirsdóttir	00	ÍRB	1:17.57	418		37.60	1:17.57
10.	Dagbjörg Hlíf Ólafsdóttir	05	SH	1:17.63	417		36.68	1:17.63
11.	Sunna Arnfinnsdóttir	07	ÁRM	1:18.38	405		38.44	1:18.38
12.	Diljá Rún Ívarsdóttir	02	ÍRB	1:19.02	395		38.26	1:19.02
13.	Karen Ósk Gísladóttir	06	BREIÐ	1:19.69	385		38.65	1:19.69
14.	Ingibjörg Svava Magnúsdóttir	05	ÍA	1:20.46	374		38.76	1:20.46
15.	Gunnhildur Björg Baldursdóttir	00	ÍRB	1:21.03	366		38.76	1:21.03
16.	Ásta Kamilla Sigurðardóttir	04	ÍRB	1:21.51	360		39.91	1:21.51
17.	Lilja Natalie Gunnarsdóttir	06	ÆGIR	1:22.63	345		39.86	1:22.63
18.	Katla Mist Bragadóttir	07	ÁRM	1:22.70	344		40.59	1:22.70
19.	Otylia Lis	06	ÆGIR	1:22.89	342		40.51	1:22.89
20.	Júlía Pálmadóttir	07	ÁRM	1:23.81	331		41.28	1:23.81
21.	Lára Jakobína Ringsted	03	ÍA	1:24.51	323		40.54	1:24.51
22.	Elín Eir Andersen	04	KR	1:24.95	318		40.90	1:24.95
23.	Sólveig Freyja Hákonardóttir	09	BREIÐ	1:26.48	301		42.97	1:26.48
24.	María Sól Jósepsdóttir	08	FJÖL	1:27.41	292		42.32	1:27.41
25.	Sara Lind Aðalsteinsdóttir	07	SH	1:28.11	285		42.61	1:28.11
26.	Tinna Karen Sigurðardóttir	08	SH	1:29.71	270		43.68	1:29.71
27.	Arna Rut Stefánsdóttir	07	SH	1:30.87	260		44.24	1:30.87
28.	Ásdís Gunnarsdóttir	08	UMFA	1:31.04	258		44.49	1:31.04
29.	Bríet Elfarsdóttir	06	ÆGIR	1:31.66	253		45.20	1:31.66
30.	Íris Arna Ingvarsdóttir	07	ÍA	1:32.36	247		44.91	1:32.36
31.	Agla María Agnarsdóttir	07	SH	1:33.29	240		45.93	1:33.29
32.	Rebekka Rún Magnúsdóttir	08	SH	1:33.44	239		45.83	1:33.44
33.	Eva Steingrimsdóttir	08	SH	1:33.46	239		47.18	1:33.46
34.	Sara Björt Símonardóttir	04	SH	1:36.64	216		46.60	1:36.64
35.	Dagmar Arna Sigurðardóttir	09	SH	1:37.71	209		48.25	1:37.71
36.	Nott Helgadóttir	08	UMFA	1:41.06	189		46.53	1:41.06
37.	Katrín Ósk Aðalsteinsdóttir	09	SH	1:42.20	182			1:42.20
38.	Hrefna María Heiðarsdóttir	05	BREIÐ	1:44.86	169		49.69	1:44.86
ÓG.	Sofie Gregersen	07	SH					

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

MÆekki	Ylfa Ásgerður Eyjólfssdóttir	06	ÁRM
MÆekki	Hrafnhildur Lóa Kvaran	07	ÁRM
MÆekki	Arianna Steinarsdóttir	03	ÁRM



Sundgrein 22
14.3.2020 - 17:44

karla, 200m flugsund

Opinn
Úrslitalistar

Mótsmet	2:12.13	Jón Þór Hallgrímsson	ISL		1.6.2010
Íslandsmet	2:02.97	Sindri Þór Jakobsson	Bergen	Prag (CZE)	9.7.2009
Aldursflokkamet Íslands 15 - 17	2:07.75	Sindri Þór Jakobsson	ÍRB	Belgrad (SRB)	31.7.2008
Aldursflokkamet Íslands 13 - 14	2:20.62	Baldvin Sigmarsson	ÍRB	Reykjanesbær	26.11.2011
Aldursflokkamet Íslands 11 - 12	2:38.77	Viktor Forafonov	Asker	Kristiansand (NOR)	6.6.2014

ÓL-B : 1:59.97 / EM : 2:02.53 / EMU 15 - 18: 2:05.01 / NÆM 14 - 16: 2:16.92 / ÍM50 : 2:29.59

Stig: FINA 2019

Sæti	F.ár		Tími	Stig	50m	100m	150m	200m	
Framtíð 14 og yngri									
1.	Kacper Kogut	06	BREIÐ	2:43.32	318	37.11	1:18.57	2:01.16	2:43.32
2.	Bjarki B Isaksen	06	BREIÐ	2:59.73	238	35.07	1:18.10	2:07.25	2:59.73
3.	Snævar Örn Kristmannss	06	BREIÐ	3:08.70	206	41.19	1:30.29	2:20.12	3:08.70
4.	Magni Snær I.	06	SINDRI	3:26.16	158 *	40.40	1:32.07	2:28.50	3:26.16

Æskunnar 15-16 ára

1.	Fannar Snævar Hauksson	04	ÍRB	2:23.43	469	ÍM	30.58	1:06.19	1:43.70	2:23.43
2.	Guðmundur Halldórsson	04	BREIÐ	2:28.88	420	ÍM	33.75	1:12.58	1:51.10	2:28.88
3.	Jón Ingi Halldórsson	04	BREIÐ	2:32.29	392		34.74	1:13.63	1:52.99	2:32.29
4.	Hrafn Sverrisson	05	ÁRM	3:09.39	204		40.75	1:29.77	2:20.17	3:09.39
5.	Árni Kristinn Hilmarsson	05	BREIÐ	3:14.12	189 *		41.53	1:31.90	2:25.48	3:14.12
MÆekki	Kíriill Zolotuskiy	04	KR							

Unglinga 17-18 ára

1.	Patrik Viggó Vilbergsson	02	BREIÐ	2:14.06	575	ÍM	29.78	1:04.52	1:39.75	2:14.06
2.	Aron Þór Jónsson	02	SH	2:18.52	521	ÍM	30.54	1:05.61	1:41.52	2:18.52
3.	Aron Fannar Kristínarson	03	ÍRB	2:28.56	422	ÍM	31.63	1:09.05	1:47.71	2:28.56
4.	Hilmir Snær L.	03	SH	2:30.49	406		33.21	1:11.06	1:50.40	2:30.49
MÆekki	Logi Freyr Arnarsson	03	KR							

Opinn

1.	Patrik Viggó Vilbergsson	02	BREIÐ	2:14.06	575	ÍM	29.78	1:04.52	1:39.75	2:14.06
2.	Aron Þór Jónsson	02	SH	2:18.52	521	ÍM	30.54	1:05.61	1:41.52	2:18.52
3.	Fannar Snævar Hauksson	04	ÍRB	2:23.43	469	ÍM	30.58	1:06.19	1:43.70	2:23.43
4.	Aron Fannar Kristínarson	03	ÍRB	2:28.56	422	ÍM	31.63	1:09.05	1:47.71	2:28.56
5.	Guðmundur Halldórsson	04	BREIÐ	2:28.88	420	ÍM	33.75	1:12.58	1:51.10	2:28.88
6.	Hilmir Snær L.	03	SH	2:30.49	406		33.21	1:11.06	1:50.40	2:30.49
7.	Bjartur Þórhallsson	00	FJÖL	2:31.35	399		31.09	1:09.30	1:50.20	2:31.35
8.	Jón Ingi Halldórsson	04	BREIÐ	2:32.29	392		34.74	1:13.63	1:52.99	2:32.29
9.	Kacper Kogut	06	BREIÐ	2:43.32	318		37.11	1:18.57	2:01.16	2:43.32
10.	Bjarki B Isaksen	06	BREIÐ	2:59.73	238		35.07	1:18.10	2:07.25	2:59.73
11.	Snævar Örn Kristmannss	06	BREIÐ	3:08.70	206		41.19	1:30.29	2:20.12	3:08.70
12.	Hrafn Sverrisson	05	ÁRM	3:09.39	204		40.75	1:29.77	2:20.17	3:09.39
13.	Árni Kristinn Hilmarsson	05	BREIÐ	3:14.12	189 *		41.53	1:31.90	2:25.48	3:14.12
14.	Magni Snær I.	06	SINDRI	3:26.16	158 *		40.40	1:32.07	2:28.50	3:26.16
MÆekki	Logi Freyr Arnarsson	03	KR							
MÆekki	Kíriill Zolotuskiy	04	KR							



Sundgrein 23
14.3.2020 - 17:51

kvenna, 800m skriðsund

Opinn
Úrslitalistar

Mótsmet	9:04.93	Inga Elín Cryer	ISL			1.4.2012
Íslandsmet	8:53.76	Sigrún Brá Sverrisdóttir	Ægir	Columbus (USA)		11.3.2012
Aldursflokkamet Íslands 15 - 17	9:09.94	Harpa Ingbórsdóttir	SH	Reykjavík		16.1.2015
Aldursflokkamet Íslands 13 - 14	9:20.94	Harpa Ingbórsdóttir	SH	Reykjavík		12.4.2014
Aldursflokkamet Íslands 11 - 12	9:58.56	Eygló Ósk Gústafsdóttir	Ægir	Reykjanesbæ		22.10.2007

ÓL-B : 8:48.76 / EM : 8:58.22 / EMU 14 - 17: 9:14.49 / NÆM 13 - 15: 9:51.88 / ÍM50 : 10:41.31

Stig: FINA 2019

Sæti	F.ár						Tími	Stig			
1. Kristín Helga Hákonardóttir	04	BREIÐ				9:12.19	676	EMU			
100m:	1:04.80	1:04.80	300m:	3:24.94	1:10.31	500m:	5:45.32	1:10.40	700m:	8:05.48	1:08.83
200m:	2:14.63	1:09.83	400m:	4:34.92	1:09.98	600m:	6:56.65	1:11.33	800m:	9:12.19	1:06.71
2. Freyja Birkisdóttir	06	BREIÐ				9:20.66	646	NÆM			
100m:	1:05.26	1:05.26	300m:	3:26.13	1:10.87	500m:	5:49.33	1:12.06	700m:	8:11.67	1:10.95
200m:	2:15.26	1:10.00	400m:	4:37.27	1:11.14	600m:	7:00.72	1:11.39	800m:	9:20.66	1:08.99
3. Ragna Sigríður Ragnarsdóttir	01	BREIÐ				9:34.87	599	ÍM			
100m:	1:08.68	1:08.68	300m:	3:32.83	1:11.74	500m:	5:57.65	1:12.46	700m:	8:22.83	1:12.93
200m:	2:21.09	1:12.41	400m:	4:45.19	1:12.36	600m:	7:09.90	1:12.25	800m:	9:34.87	1:12.04
4. Vigdís Tinna Hákonardóttir	06	BREIÐ				10:05.84	512	ÍM			
100m:	1:10.91	1:10.91	300m:	3:44.90	1:17.07	500m:	6:18.80	1:17.10	700m:	8:52.62	1:16.87
200m:	2:27.83	1:16.92	400m:	5:01.70	1:16.80	600m:	7:35.75	1:16.95	800m:	10:05.84	1:13.22
5. Helga Sigurlaug Helgadóttir	07	SH				10:05.96	512	ÍM			
100m:	1:11.40	1:11.40	300m:	3:44.92	1:16.41	500m:	6:19.32	1:17.11	700m:	8:53.40	1:17.06
200m:	2:28.51	1:17.11	400m:	5:02.21	1:17.29	600m:	7:36.34	1:17.02	800m:	10:05.96	1:12.56
6. Jóhanna Brynja Rúnarsdóttir	06	SH				10:06.21	511	ÍM			
100m:	1:10.54	1:10.54	300m:	3:44.81	1:17.17	500m:	6:18.12	1:16.50	700m:	8:52.31	1:17.07
200m:	2:27.64	1:17.10	400m:	5:01.62	1:16.81	600m:	7:35.24	1:17.12	800m:	10:06.21	1:13.90
7. Ylfa Finnbogadóttir	02	SH				10:15.81	487	ÍM			
100m:	1:11.81	1:11.81	300m:	3:46.18	1:17.60	500m:	6:23.65	1:18.86	700m:	8:59.35	1:17.41
200m:	2:28.58	1:16.77	400m:	5:04.79	1:18.61	600m:	7:41.94	1:18.29	800m:	10:15.81	1:16.46
8. Ragnheiður Karen Ólafsdóttir	04	ÍA				10:21.97	473	ÍM			
100m:	1:12.14	1:12.14	300m:	3:50.11	1:19.28	500m:	6:28.57	1:19.33	700m:	9:06.91	1:19.46
200m:	2:30.83	1:18.69	400m:	5:09.24	1:19.13	600m:	7:47.45	1:18.88	800m:	10:21.97	1:15.06
9. Diljá Dröfn Jóhannesdóttir	03	SH				10:23.21	470	ÍM			
100m:	1:12.59	1:12.59	300m:	3:51.42	1:19.55	500m:	6:30.24	1:19.27	700m:	9:08.75	1:18.77
200m:	2:31.87	1:19.28	400m:	5:10.97	1:19.55	600m:	7:49.98	1:19.74	800m:	10:23.21	1:14.46
10. Karen Ósk Gísladóttir	06	BREIÐ				10:52.20	410				
100m:	1:16.74	1:16.74	300m:	4:02.31	1:23.12	500m:	6:48.88	1:23.31	700m:	9:33.62	1:22.31
200m:	2:39.19	1:22.45	400m:	5:25.57	1:23.26	600m:	8:11.31	1:22.43	800m:	10:52.20	1:18.58
11. Hildur Valsdóttir	04	SH				10:57.65	400				
100m:	1:15.91	1:15.91	300m:	4:01.57	1:23.12	500m:	6:48.93	1:23.89	700m:	9:36.30	1:23.84
200m:	2:38.45	1:22.54	400m:	5:25.04	1:23.47	600m:	8:12.46	1:23.53	800m:	10:57.65	1:21.35



Sundgrein 24
15.3.2020 - 10:00

karla, 400m fjórsund

Opinn
Úrslitalistar

Mótsmet	4:36.21	Hocine Haciane	AND		1.6.2010
Íslandsmet	4:23.64	Anton Sveinn McKee	Ægir	Reykjavík	15.4.2012
Aldursflokkamet Íslands 15 - 17	4:39.37	Patrik Viggó Vilbergsson	BREIÐ	Reykjavík	7.4.2019
Aldursflokkamet Íslands 13 - 14	4:56.48	Ólafur Sigurðsson	SH	Reykjavík	14.6.2013
Aldursflokkamet Íslands 11 - 12	5:31.90	Birnir Freyr Hálfánarsson	SH	Hafnarfjörður	7.4.2018

ÓL-B : 4:21.46 / EM : 4:28.24 / EMU 15 - 18: 4:34.49 / NÆM 14 - 16: 5:02.86 / ÍM50 : 5:31.04

Stig: FINA 2019

Sæti	F.ár						Tími	Stig
1. Patrik Viggó Vilbergsson	02 BREIÐ						4:44.81	627 ÍM
50m: 29.47 29.47	150m: 1:40.35	37.25	250m: 2:59.85	43.60	350m: 4:15.17	31.56		
100m: 1:03.10 33.63	200m: 2:16.25	35.90	300m: 3:43.61	43.76	400m: 4:44.81	29.64		
2. Veigar Hrafn Sigþórsson	05 SH						5:00.53	534 NÆM
50m: 29.85 29.85	150m: 1:43.93	38.58	250m: 3:06.34	44.81	350m: 4:26.78	34.62		
100m: 1:05.35 35.50	200m: 2:21.53	37.60	300m: 3:52.16	45.82	400m: 5:00.53	33.75		
3. Bergur Fánir Bjarnason	06 SH						5:08.85	492 ÍM
50m: 30.21 30.21	150m: 1:46.64	39.98	250m: 3:11.40	46.03	350m: 4:34.94	37.13		
100m: 1:06.66 36.45	200m: 2:25.37	38.73	300m: 3:57.81	46.41	400m: 5:08.85	33.91		
4. Hilmir Snær Lunddal Rúnarsson	03 SH						5:24.00	426 ÍM
50m: 31.80 31.80	150m: 1:50.79	42.11	250m: 3:21.02	48.02	350m: 4:48.76	38.63		
100m: 1:08.68 36.88	200m: 2:33.00	42.21	300m: 4:10.13	49.11	400m: 5:24.00	35.24		
5. Guðmundur Halldórsson	04 BREIÐ						5:29.51	405 ÍM
50m: 33.44 33.44	150m: 1:56.97	44.51	250m: 3:29.82	49.76	350m: 4:55.41	35.12		
100m: 1:12.46 39.02	200m: 2:40.06	43.09	300m: 4:20.29	50.47	400m: 5:29.51	34.10		
6. Hólmar Grétarsson	08 SH						5:57.64	316
50m: 39.28 39.28	150m: 2:10.25	45.45	250m: 3:46.81	51.30	350m: 5:19.40	40.06		
100m: 1:24.80 45.52	200m: 2:55.51	45.26	300m: 4:39.34	52.53	400m: 5:57.64	38.24		
7. Árni Kristinn Hilmarsson	05 BREIÐ						6:04.99	298
50m: 38.30 38.30	150m: 2:14.58	49.05	250m: 3:55.27	50.20	350m: 5:27.15	40.62		
100m: 1:25.53 47.23	200m: 3:05.07	50.49	300m: 4:46.53	51.26	400m: 6:04.99	37.84		

Sundgrein 25
15.3.2020 - 10:07

kvenna, 1500m skriðsund

Opinn
Úrslitalistar

Mótsmet	17:53.62	Bára Kristín Björgvinsdóttir	ISL		1.4.2013
Íslandsmet	17:17.61	Sigrún Brá Sverrisdóttir	Ægir	Columbia (USA)	23.7.2011
Aldursflokkamet Íslands 15 - 17	17:34.44	Eydís Ósk Kolbeinsdóttir	ÍRB	Reykjavík	11.4.2015
Aldursflokkamet Íslands 13 - 14	17:48.38	Eydís Ósk Kolbeinsdóttir	ÍRB	Reykjavík	13.4.2014
Aldursflokkamet Íslands 11 - 12	19:24.89	Freyja Birkisdóttir	BREI	Reykjanesbæ	13.5.2018

ÓL-B : 17:01.80 / EM : 17:06.76 / EMU 14 - 17: 17:25.77 / ÍM50 : 20:29.88

Stig: FINA 2019

Sæti	F.ár						Tími	Stig
1. Brynhildur Traustadóttir	01 ÍA						17:55.93	626 ÍM
100m: 1:07.36 1:07.36	500m: 5:54.33	1:11.90	900m: 10:45.54	1:13.10	1300m: 15:35.06	1:12.53		
200m: 2:19.27 1:11.91	600m: 7:06.97	1:12.64	1000m: 11:58.35	1:12.81	1400m: 16:47.11	1:12.05		
300m: 3:30.39 1:11.12	700m: 8:19.56	1:12.59	1100m: 13:10.77	1:12.42	1500m: 17:55.93	1:08.82		
400m: 4:42.43 1:12.04	800m: 9:32.44	1:12.88	1200m: 14:22.53	1:11.76				
2. Freyja Birkisdóttir	06 BREIÐ						18:08.40	604 ÍM
100m: 1:06.27 1:06.27	500m: 5:56.94	1:13.45	900m: 10:49.78	1:13.68	1300m: 15:43.71	1:13.28		
200m: 2:18.45 1:12.18	600m: 7:10.03	1:13.09	1000m: 12:03.69	1:13.91	1400m: 16:56.86	1:13.15		
300m: 3:30.59 1:12.14	700m: 8:22.74	1:12.71	1100m: 13:17.00	1:13.31	1500m: 18:08.40	1:11.54		
400m: 4:43.49 1:12.90	800m: 9:36.10	1:13.36	1200m: 14:30.43	1:13.43				



Sundgrein 25, kvenna, 1500m skriðsund, Opinn

Sæti	F.ár		Tími		Stig	
3. Ragna Sigríður Ragnarsdóttir	01	BREIÐ	18:12.02	598	ÍM	
100m:	1:07.35	1:07.35	500m:	5:55.90	1:13.03	900m: 10:51.86 1:14.09
200m:	2:19.02	1:11.67	600m:	7:09.48	1:13.58	1000m: 12:03.93 1:12.07
300m:	3:30.52	1:11.50	700m:	8:23.54	1:14.06	1100m: 13:16.33 1:12.40
400m:	4:42.87	1:12.35	800m:	9:37.77	1:14.23	1200m: 14:29.81 1:13.48
1300m:	15:43.72	1:13.91				
1400m:	16:57.93	1:14.21				
1500m:	18:12.02	1:14.09				
4. Jóhanna Brynja Rúnarsdóttir	06	SH	19:28.26	489	ÍM	
100m:	1:10.02	1:10.02	500m:	6:23.55	1:18.91	900m: 11:38.60 1:19.15
200m:	2:27.98	1:17.96	600m:	7:42.39	1:18.84	1000m: 12:58.35 1:19.75
300m:	3:46.07	1:18.09	700m:	9:00.92	1:18.53	1100m: 14:16.92 1:18.57
400m:	5:04.64	1:18.57	800m:	10:19.45	1:18.53	1200m: 15:35.73 1:18.81
1300m:	16:55.18	1:19.45				
1400m:	18:13.44	1:18.26				
1500m:	19:28.26	1:14.82				
5. Ylfa Finnbogadóttir	02	SH	19:52.20	460	ÍM	
100m:	1:12.64	1:12.64	500m:	6:29.30	1:19.72	900m: 11:48.53 1:19.55
200m:	2:30.27	1:17.63	600m:	7:48.98	1:19.68	1000m: 13:09.53 1:21.00
300m:	3:49.16	1:18.89	700m:	9:08.91	1:19.93	1100m: 14:29.34 1:19.81
400m:	5:09.58	1:20.42	800m:	10:28.98	1:20.07	1200m: 15:49.90 1:20.56
1300m:	17:10.87	1:20.97				
1400m:	18:32.20	1:21.33				
1500m:	19:52.20	1:20.00				
6. Ingibjörg Svava Magnúsdóttir	05	ÍA	20:20.94	428	ÍM	
100m:	1:12.64	1:12.64	500m:	6:34.81	1:21.89	900m: 12:06.05 1:23.53
200m:	2:31.10	1:18.46	600m:	7:57.02	1:22.21	1000m: 13:29.03 1:22.98
300m:	3:51.48	1:20.38	700m:	9:19.81	1:22.79	1100m: 14:52.62 1:23.59
400m:	5:12.92	1:21.44	800m:	10:42.52	1:22.71	1200m: 16:15.82 1:23.20
1300m:	17:38.48	1:22.66				
1400m:	19:01.17	1:22.69				
1500m:	20:20.94	1:19.77				
MÆekki Eva Margrét Falsdóttir	05	ÍRB				

Sundgrein 26
15.3.2020 - 10:29

kvenna, 200m baksund

Opinn
Úrslitalistar

Mótsmet	2:13.15	Eygló Ósk Gústafsdóttir	ISL		1.4.2017
Íslandsmet	2:08.84	Eygló Ósk Gústafsdóttir	Ægir	Rio de Janeiro (BRA)	12.8.2016
Aldursflokkamet Íslands 15 - 17	2:10.38	Eygló Ósk Gústafsdóttir	Ægir	Reykjavík	13.4.2012
Aldursflokkamet Íslands 13 - 14	2:21.57	Eygló Ósk Gústafsdóttir	Ægir	Reykjanesbæ	25.4.2009
Aldursflokkamet Íslands 11 - 12	2:37.26	Eygló Ósk Gústafsdóttir	Ægir	Reykjavík	12.5.2007

ÓL-B : 2:14.30 / EM : 2:16.31 / EMU 14 - 17: 2:18.21 / NÆM 13 - 15: 2:28.55 / ÍM50 : 2:43.45

Stig: FINA 2019

Sæti	F.ár	Tími	Stig	50m	100m	150m	200m
Framtíð 13 og yngri							
1. Ziza Alomerovic	07	ÁRM	2:41.76	451	ÍM	37.76	1:19.20 2:00.71 2:41.76
2. Helga Sigurlaug Helgadóttir	07	SH	2:43.10	440	ÍM	37.89	1:20.19 2:02.51 2:43.10
3. Katla Mist Bragadóttir	07	ÁRM	2:51.81	376		40.33	1:24.65 2:09.03 2:51.81
4. Júlía Pálmadóttir	07	ÁRM	2:53.20	367		41.47	1:25.47 2:10.09 2:53.20
5. Sara Lind Aðalsteinsdóttir	07	SH	3:02.67	313		42.35	1:28.76 2:16.11 3:02.67
6. Arna Rut Stefánsdóttir	07	SH	3:06.68	293		44.33	1:32.06 2:20.07 3:06.68
7. Tinna Karen Sigurðardóttir	08	SH	3:06.71	293		43.70	1:31.54 2:19.80 3:06.71
8. Ásdís Gunnarsdóttir	08	UMFA	3:11.97	269		44.50	1:33.51 2:24.63 3:11.97
ÓG. María Sól Jósepsdóttir	08	FJÖL					

6.4 - Keppenda notar fleiri en eina eða tvær samfeldar armsveiflur í snúningi

ÚRskr. Hrafnhildur Lóa Kvaran 07 ÁRM

Æskunnar 14-15 ára

1. Rán Björnsdóttir	05	ÆGIR	2:42.20	447	ÍM	38.07	1:18.96 2:00.85 2:42.20
2. Jóhanna Arna Gunnarsdóttir	06	ÍRB	2:44.06	432		39.04	1:20.66 2:03.03 2:44.06
3. Karen Ósk Gísladóttir	06	BREIÐ	2:48.82	396		39.47	1:21.98 2:05.90 2:48.82
ÚRskr. Ylfa Ásgerður Eyjólfadóttir	06	ÁRM					



Sundgrein 26, kvenna, 200m baksund

Unglinga 16-17 ára

1. Þorgerður Ósk Jónsdóttir	03	SH	2:27.80	591	ÍM	34.01	1:11.36	1:49.69	2:27.80
2. Birta Rún Smáradóttir	04	UMFA	2:44.88	425		38.69	1:20.24	2:02.85	2:44.88

Opinn

1. Þorgerður Ósk Jónsdóttir	03	SH	2:27.80	591	ÍM	34.01	1:11.36	1:49.69	2:27.80
2. Stefanía Sigurþórsdóttir	01	BREIÐ	2:30.75	557	ÍM	34.99	1:13.14	1:52.20	2:30.75
3. Ziza Alomerovic	07	ÁRM	2:41.76	451	ÍM	37.76	1:19.20	2:00.71	2:41.76
4. Rán Björnsdóttir	05	ÆGIR	2:42.20	447	ÍM	38.07	1:18.96	2:00.85	2:42.20
5. Helga Sigurlaug Helgadóttir	07	SH	2:43.10	440	ÍM	37.89	1:20.19	2:02.51	2:43.10
6. Jóhanna Arna Gunnarsdóttir	06	ÍRB	2:44.06	432		39.04	1:20.66	2:03.03	2:44.06
7. Birta Rún Smáradóttir	04	UMFA	2:44.88	425		38.69	1:20.24	2:02.85	2:44.88
8. Karen Ósk Gísladóttir	06	BREIÐ	2:48.82	396		39.47	1:21.98	2:05.90	2:48.82
9. Katla Mist Bragadóttir	07	ÁRM	2:51.81	376		40.33	1:24.65	2:09.03	2:51.81
10. Júlía Pálmadóttir	07	ÁRM	2:53.20	367		41.47	1:25.47	2:10.09	2:53.20
11. Sara Lind Aðalsteinsdóttir	07	SH	3:02.67	313		42.35	1:28.76	2:16.11	3:02.67
12. Arna Rut Stefánsdóttir	07	SH	3:06.68	293		44.33	1:32.06	2:20.07	3:06.68
13. Tinna Karen Sigurðardóttir	08	SH	3:06.71	293		43.70	1:31.54	2:19.80	3:06.71
14. Ásdís Gunnarsdóttir	08	UMFA	3:11.97	269		44.50	1:33.51	2:24.63	3:11.97
ÓG. María Sól Jósepsdóttir	08	FJÖL							

6.4 - Keppenda notar fleiri en eina eða tvær samfeldar armsveiflur í snúningi

ÚRskr. Ylfa Ásgerður Eyjólfsdóttir	06	ÁRM
ÚRskr. Hrafnhildur Lóa Kvaran	07	ÁRM

Sundgrein 27

15.3.2020 - 10:37

karla, 200m skriðsund

Opinn

Úrslitalistar

Mótsmet	1:54.58	Igor Cerensek	CRO		1.6.2008
Íslandsmet	1:49.78	Örn Arnason	SH	Sydney (AUS)	19.9.2000
Aldursflokkamet Íslands 15 - 17	1:50.63	Örn Arnason	SH	Antwerpen (BEL)	2.8.1998
Aldursflokkamet Íslands 13 - 14	2:02.82	Viktor Forafonov	NOR	Oslo (NOR)	14.10.2016
Aldursflokkamet Íslands 11 - 12	2:19.40	Birnir Freyr Hálfðánarsson	sh	Reykjavík	20.4.2018

ÓL-B : 1:50.23 / EM : 1:52.49 / EMU 15 - 18 : 1:53.01 / NÆM 14 - 16 : 2:03.54 / ÍM50 : 2:16.95

Stig: FINA 2019

Sæti	F.ár	Tími	Stig	50m	100m	150m	200m
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Framtíð 14 og yngri

1. Bjarki B Isaksen	06	BREIÐ	2:16.54	416	ÍM	31.22	1:06.47	1:42.35	2:16.54
2. Dominc Dadi Wheeler	07	ÆGIR	2:22.51	366		32.46	1:08.87	1:45.90	2:22.51
3. Kacper Kogut	06	BREIÐ	2:26.49	337		33.38	1:10.75	1:49.29	2:26.49
4. Magnús Víðir Jónsson	08	SH	2:33.51	293		34.96	1:14.66	1:54.81	2:33.51
5. Daði Þór Friðriksson	07	SH	2:51.62	209		37.62	1:21.77	2:08.19	2:51.62
MÆekki Magni Snær I.	06	SINDRI							
MÆekki Ásberg Halldór Hansson	07	FJÖL							
ÚRskr. Sigurður Haukur Birgisson	06	ÁRM							

Æskunnar 15-16 ára

1. Guðmundur Karl Karlsson	05	BREIÐ	2:03.10	568	NÆM	28.42	59.64	1:32.01	2:03.10
2. Alexander Logi Jónsson	04	ÍRB	2:11.25	469	ÍM	30.35	1:03.50	1:37.80	2:11.25
3. Jón Ingi Halldórsson	04	BREIÐ	2:16.65	415	ÍM	31.53	1:06.28	1:41.95	2:16.65
4. Eggert Sigtryggsson	05	SH	2:19.02	394		30.90	1:06.62	1:43.64	2:19.02
5. Alex Benjamín Bjarnason	04	ÍA	2:33.10	295		31.79	1:09.27	1:50.55	2:33.10
6. Bartosz Henke	05	SH	2:34.48	287		32.45	1:10.75	1:52.76	2:34.48



Sundgrein 27, Piltar, 200m skriðsund, Æskunnar 15-16 ára

Sæti	F.ár	Stig	Tími	50m	100m	150m	200m
MÆekki Rökkvi Helgason	04	UMFA					

Unglinga 17-18 ára

1. Kristófer Atli Andersen	02	BREIÐ	1:59.93	615	ÍM	27.40	58.29	1:29.82	1:59.93
2. Snær Llorens Sigurðsson	02	ÍA	2:02.65	575	ÍM	27.60	58.52	1:30.57	2:02.65
3. Símon Elías Statkevicius	03	SH	2:03.67	561	ÍM	27.70	59.67	1:32.28	2:03.67
4. Gústav Ragnar Kristjánss	02	BREIÐ	2:10.63	476	ÍM	29.41	1:02.96	1:37.37	2:10.63
5. Stefán Elías Davíðsson	03	ÍRB	2:13.14	449	ÍM	29.48	1:03.34	1:38.72	2:13.14
6. Dagur Snær Hilmarsson	03	SH	2:17.43	408		30.43	1:05.70	1:41.78	2:17.43
7. Sigurður Þráinn Sigurðss	02	UMFA	2:18.76	397		30.72	1:05.38	1:42.17	2:18.76

Opinn

1. Kristófer Atli Andersen	02	BREIÐ	1:59.93	615	ÍM	27.40	58.29	1:29.82	1:59.93
2. Snær Llorens Sigurðsson	02	ÍA	2:02.65	575	ÍM	27.60	58.52	1:30.57	2:02.65
3. Guðmundur Karl Karlsson	05	BREIÐ	2:03.10	568	NÆM	28.42	59.64	1:32.01	2:03.10
4. Símon Elías Statkevicius	03	SH	2:03.67	561	ÍM	27.70	59.67	1:32.28	2:03.67
5. Brynjólfur Óli Karlsson	01	BREIÐ	2:04.95	543	ÍM	27.87	59.41	1:32.12	2:04.95
6. Gústav Ragnar Kristjánss	02	BREIÐ	2:10.63	476	ÍM	29.41	1:02.96	1:37.37	2:10.63
7. Alexander Logi Jónsson	04	ÍRB	2:11.25	469	ÍM	30.35	1:03.50	1:37.80	2:11.25
8. Hólmsteinn Skorri H.	00	FJÖL	2:11.86	462	ÍM	28.93	1:01.33	1:36.29	2:11.86
9. Stefán Elías Davíðsson	03	ÍRB	2:13.14	449	ÍM	29.48	1:03.34	1:38.72	2:13.14
10. Bjarki B Isaksen	06	BREIÐ	2:16.54	416	ÍM	31.22	1:06.47	1:42.35	2:16.54
11. Jón Ingi Halldórsson	04	BREIÐ	2:16.65	415	ÍM	31.53	1:06.28	1:41.95	2:16.65
12. Dagur Snær Hilmarsson	03	SH	2:17.43	408		30.43	1:05.70	1:41.78	2:17.43
13. Sigurður Þráinn Sigurðss	02	UMFA	2:18.76	397		30.72	1:05.38	1:42.17	2:18.76
14. Eggert Sigtryggsson	05	SH	2:19.02	394		30.90	1:06.62	1:43.64	2:19.02
15. Dominc Dadi Wheeler	07	ÆGIR	2:22.51	366		32.46	1:08.87	1:45.90	2:22.51
16. Kacper Kogut	06	BREIÐ	2:26.49	337		33.38	1:10.75	1:49.29	2:26.49
17. Alex Benjamín Bjarnason	04	ÍA	2:33.10	295		31.79	1:09.27	1:50.55	2:33.10
18. Magnús Víðir Jónsson	08	SH	2:33.51	293		34.96	1:14.66	1:54.81	2:33.51
19. Bartosz Henke	05	SH	2:34.48	287		32.45	1:10.75	1:52.76	2:34.48
20. Daði Þór Friðriksson	07	SH	2:51.62	209		37.62	1:21.77	2:08.19	2:51.62
MÆekki Magni Snær I.	06	SINDRI							
MÆekki Rökkvi Helgason	04	UMFA							
MÆekki Baldur Logi Gautason	00	FJÖL							
MÆekki Ásberg Halldór Hansson	07	FJÖL							
ÚRskr. Sigurður Haukur Birgissor	06	ÁRM							



Sundgrein 28
15.3.2020 - 10:47

kvenna, 100m flugsund

Opinn
Úrslitalistar

Mótsmet	1:03.87	Inga Elín Cryer	ISL			1.4.2017
Íslandsmet	59.87	Sarah Blake Bateman	Ægir	London (GBR)		28.7.2012
Aldursflokkamet Íslands 15 - 17	1:03.46	Eygló Ósk Gústafsdóttir	Ægir	Reykjavík		6.9.2012
Aldursflokkamet Íslands 13 - 14	1:07.64	Ólöf Edda Eðvarðsdóttir	ÍRB	Luxembourg (LUX)		30.4.2011
Aldursflokkamet Íslands 11 - 12	1:13.91	Erna Jónsdóttir	UMFB	Reykjavík		8.7.1988

ÓL-B : 59.66 / EM : 1:01.44 / EMU 14 - 17: 1:02.55 / NÆM 13 - 15: 1:09.33 / ÍM50 : 1:13.43

Stig: FINA 2019

Sæti	F.ár		Tími	Stig	50m	100m
Framtíð 13 og yngri						
1.	Sunna Arnfinnsdóttir	07	ÁRM	1:16.26	385	35.10 1:16.26
2.	Nicole Jóna Jóhannsdóttir	08	SH	1:25.41	274	39.87 1:25.41
3.	Sólveig Freyja Hákonardóttir	09	BREIÐ	1:28.84	243	41.54 1:28.84
4.	María Sól Jósepsdóttir	08	FJÖL	1:31.08	226	41.71 1:31.08
5.	Eva Steingrimsdóttir	08	SH	1:36.47	190	46.73 1:36.47

Æskunnar 14-15 ára

1.	Vigdís Tinna Hákonardóttir	06	BREIÐ	1:10.16	494	ÍM 32.31 1:10.16
2.	Birgitta Ingólfssdóttir	05	SH	1:10.23	492	ÍM 32.60 1:10.23
3.	Thelma Lind Einarsdóttir	05	ÍRB	1:14.44	413	34.48 1:14.44
4.	Heiðdís Elva Stefánsdóttir	06	SINDRI	1:36.70	188	41.77 1:36.70
ÓG.	Þórunn María Hilmarsdóttir	05	BREIÐ			

8.3 - Hreyfing fóta ósamhæfð

Unglinga 16-17 ára

1.	Herdís Birna Viggósdóttir	04	KR	1:10.10	495	ÍM 32.04 1:10.10
2.	Ásta Kamilla Sigurðardóttir	04	ÍRB	1:12.44	449	ÍM 32.75 1:12.44
3.	Adele Alexandra Pálsson	03	SH	1:14.61	411	34.31 1:14.61
4.	Sólveig María Baldursdóttir	04	ÍRB	1:17.48	367	34.32 1:17.48
5.	Diljá Dröfn Jóhannesdóttir	03	SH	1:18.68	350	36.44 1:18.68
6.	Bríet Dalla Gunnarsdóttir	04	SH	1:18.73	349	35.30 1:18.73
7.	Þórdís M Aðalsteinsdóttir	03	ÍRB	1:24.21	285	38.65 1:24.21

Opinn

1.	Jóhanna Elín Guðmundsdóttir	01	SH	1:03.69	660	ÍM 29.33 1:03.69
2.	María Fanney Kristjánsdóttir	00	SH	1:05.69	602	ÍM 30.44 1:05.69
3.	Katarína Róbertsdóttir	00	SH	1:08.82	523	ÍM 30.42 1:08.82
4.	Kristín Ylfa Guðmundsdóttir	02	SH	1:09.32	512	ÍM 32.19 1:09.32
5.	Herdís Birna Viggósdóttir	04	KR	1:10.10	495	ÍM 32.04 1:10.10
6.	Vigdís Tinna Hákonardóttir	06	BREIÐ	1:10.16	494	ÍM 32.31 1:10.16
7.	Birgitta Ingólfssdóttir	05	SH	1:10.23	492	ÍM 32.60 1:10.23
8.	Gunnhildur Björg Baldursdóttir	00	ÍRB	1:10.37	490	ÍM 32.62 1:10.37
9.	Ásta Kamilla Sigurðardóttir	04	ÍRB	1:12.44	449	ÍM 32.75 1:12.44
10.	Thelma Lind Einarsdóttir	05	ÍRB	1:14.44	413	34.48 1:14.44
11.	Adele Alexandra Pálsson	03	SH	1:14.61	411	34.31 1:14.61
12.	Sunna Arnfinnsdóttir	07	ÁRM	1:16.26	385	35.10 1:16.26
13.	Sólveig María Baldursdóttir	04	ÍRB	1:17.48	367	34.32 1:17.48
14.	Diljá Dröfn Jóhannesdóttir	03	SH	1:18.68	350	36.44 1:18.68
15.	Bríet Dalla Gunnarsdóttir	04	SH	1:18.73	349	35.30 1:18.73
16.	Þórdís M Aðalsteinsdóttir	03	ÍRB	1:24.21	285	38.65 1:24.21
17.	Nicole Jóna Jóhannsdóttir	08	SH	1:25.41	274	39.87 1:25.41
18.	Sólveig Freyja Hákonardóttir	09	BREIÐ	1:28.84	243	41.54 1:28.84



Sundgrein 28, kvenna, 100m flugsund, Opinn

Sæti	F.ár	Tími	Stig	50m	100m
19. María Sól Jósepsdóttir	08 FJÖL	1:31.08	226	41.71	1:31.08
20. Eva Steingrimsdóttir	08 SH	1:36.47	190	46.73	1:36.47
21. Heiðdís Elva Stefánsdóttir	06 SINDRI	1:36.70	188	41.77	1:36.70
ÓG. Þórunn María Hilmarsdóttir	05 BREIÐ				

8.3 - Hreyfing fóta ósamhæfð

Sundgrein 29

15.3.2020 - 10:54

karla, 50m flugsund

 Opinn
Úrslitalistar

Mótsmet	25.32	Davíð Hildiberg Aðalsteinsson	ISL		1.4.2017
Íslandsmet	24.02	Örn Arnason	SH	Melbourne (AUS)	26.3.2007
Aldursflokkamet Íslands 15 - 17	25.24	Hjörtur Már Reynisson	Ægir	Valetta (MLT)	8.7.2001
Aldursflokkamet Íslands 13 - 14	27.86	Birnir Freyr Hálfðánarsson	SH	Reykjavík	13.2.2020
Aldursflokkamet Íslands 11 - 12	32.64	Þröstur Ingi Gunnsteinsson	ÍRB	Hamar	10.6.2018

EM : 24.49 / EMU 15 - 18: 25.15 / ÍM50 : 30.63

Stig: FINA 2019

Sæti	F.ár	Tími	Stig
1. Dadó Fenrir Jasminuson	95 SH	26.01	627 ÍM
2. Róbert Ísak Jónsson	01 S1SH	26.76	576 ÍM
3. Birnir Freyr Hálfðánarsson	06 SH	26.87	569 ÍM
4. Símon Elías Statkevicius	03 SH	27.35	539 ÍM
5. Aron Bjarki Jónsson	01 SH	27.73	517 ÍM
6. Daði Björnsson	04 SH	27.83	512 ÍM
7. Hafþór Jón Sigurðsson	97 SH	28.41	481 ÍM
8. Aron Fannar Kristínarson	03 ÍRB	28.58	473 ÍM
9. Flosi Ómarsson	03 ÍRB	28.65	469 ÍM
10. Aron Valgeirsson	03 BREIÐ	28.75	464 ÍM
11. Edward Jensson	04 SH	29.16	445 ÍM
12. Hilmir Snær Lunddal Rúnarsson	03 SH	30.27	398 ÍM
13. Daníel Lúkas Tómasson	04 SH	31.05	368
14. Ingvar Orri Jóhannesson	04 FJÖL	31.69	347
15. Kacper Kogut	06 BREIÐ	34.72	263
16. Snævar Örn Kristmannsson	06 BREIÐ	35.39	249
ÓG. Hákon Freyr Sigurðarson	06 BREIÐ		*

8.2 - Handleggir ekki samtímis framávið yfir vatnsyfirborði

MÆekki	Július Karl Maier	02 SH
ÚRskr.	Hrafn Sverrisson	05 ÁRM



Sundgrein 30
15.3.2020 - 10:58

kvenna, 50m bringusund

Opinn
Úrslitalistar

Mótsmet	31.55	Hrafnhildur Lúthersdóttir	ISL		1.4.2017
Íslandsmet	30.71	Hrafnhildur Lúthersdóttir	SH	Budapest (HUN)	29.7.2017
Aldursflokkamet Íslands 15 - 17	33.36	Hrafnhildur Lúthersdóttir	SH	Luxembourg (LUX)	27.4.2008
Aldursflokkamet Íslands 13 - 14	34.66	Karen Mist Arngæirsdóttir	ÍRB	Copenhagen (DEN)	12.7.2014
Aldursflokkamet Íslands 11 - 12	37.58	Eva Margrét Falsdóttir	ÍRB	Reykjanesbæ	20.12.2017

EM : 32.37 / EMU 14 - 17: 33.25 / ÍM50 : 39.99

Stig: FINA 2019

Sæti	F.ár	Tími	Stig
1. Karen Mist Arngæirsdóttir	00 ÍRB	34.86	599 ÍM
2. Sunna Svanlaug Vilhjálmsdóttir	00 SH	35.16	584 ÍM
3. Ragnheiður Karen Ólafsdóttir	04 ÍA	36.36	528 ÍM
4. Katja Lilja Andriysdóttir	06 SH	38.58	442 ÍM
5. Nadja Djurovic	07 BREIÐ	39.00	428 ÍM
6. Ragnheiður Milla Bergsveinsdóttir	06 BREIÐ	39.15	423 ÍM
7. Birta Rún Smáradóttir	04 UMFA	39.95	398 ÍM
8. Sunneva Bergmann Ásbjörnsdóttir	07 ÍRB	40.04	395
9. Gunnhildur Björg Baldursdóttir	00 ÍRB	40.69	377
10. Thelma Lind Einarsdóttir	05 ÍRB	40.84	373
11. Sólveig María Baldursdóttir	04 ÍRB	43.23	314
12. Katla Mist Bragadóttir	07 ÁRM	44.46	289
13. Írena Mjöll Dossing Elínardóttir	07 ÆGIR	45.52	269 *
MÆekki Kolbrá Sölva Leifsdóttir	05 KR		
ÚRskr. Hrafnhildur Lóa Kvaran	07 ÁRM		

Sundgrein 31
15.3.2020 - 11:01

karla, 200m bringusund

Opinn
Úrslitalistar

Mótsmet	2:21.26	Anton Sveinn McKee	ISL		1.6.2010
Íslandsmet	2:10.21	Anton Sveinn McKee	Ægir	Kazan (RUS)	6.8.2015
Aldursflokkamet Íslands 15 - 17	2:19.27	Jakob Jóhann Sveinsson	Ægir	Moskva (RUS)	17.7.1999
Aldursflokkamet Íslands 13 - 14	2:34.58	Daði Björnsson	SH	Reykjavík	22.4.2018
Aldursflokkamet Íslands 11 - 12	2:57.83	Birnir Freyr Hálfðánarsson	sh	Reykjanesbær	13.5.2018

ÓL-B : 2:14.26 / EM : 2:16.55 / EMU 15 - 18: 2:22.48 / NÆM 14 - 16: 2:31.07 / ÍM50 : 2:49.72

Stig: FINA 2019

Sæti	F.ár	Tími	Stig	50m	100m	150m	200m
Framtíð 14 og yngri							
1. Adam Leó Tómasson	07 SH	3:06.83	311	42.84	1:30.21	2:19.85	3:06.83
2. Arnór Egill Einarsson	07 SH	3:15.86	270	45.21	1:35.40	2:25.33	3:15.86
3. Magni Snær I.	06 SINDRI	3:17.98	261	43.92	1:33.60	2:26.18	3:17.98
4. Karl Björnsson	08 SH	3:18.47	259	44.56	1:36.05	2:27.64	3:18.47
5. Bjarni Snær Skarphéðinsdóttir	06 ÍA	3:21.07	250	44.10	1:36.29	2:28.71	3:21.07
6. Tómas Valfells	08 ÁRM	3:23.49	241	47.24	1:40.78	2:33.02	3:23.49
ÚRskr. Sigurður Haukur Birgissón	06 ÁRM						

Æskunnar 15-16 ára

1. Snorri Dagur Einarsson	05 SH	2:45.79	446 ÍM	36.12	1:18.29	2:02.13	2:45.79
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Sundgrein 31, karla, 200m bringusund

Unglinga 17-18 ára

1. Aron Þór Jónsson	02	SH	2:23.53	687	ÍM	32.55	1:09.15	1:46.45	2:23.53
2. Daníel Steinn Davíðsson	03	BREIÐ	2:39.00	505	ÍM	34.57	1:15.27	1:57.69	2:39.00
3. Aron Fannar Kristínarson	03	ÍRB	2:44.03	460	ÍM	36.92	1:19.44	2:02.00	2:44.03

Opinn

1. Aron Þór Jónsson	02	SH	2:23.53	687	ÍM	32.55	1:09.15	1:46.45	2:23.53
2. Daníel Steinn Davíðsson	03	BREIÐ	2:39.00	505	ÍM	34.57	1:15.27	1:57.69	2:39.00
3. Óskar Gauti Lund	99	BREIÐ	2:41.63	481	ÍM	35.55	1:16.94	1:59.19	2:41.63
4. Aron Fannar Kristínarson	03	ÍRB	2:44.03	460	ÍM	36.92	1:19.44	2:02.00	2:44.03
5. Snorri Dagur Einarsson	05	SH	2:45.79	446	ÍM	36.12	1:18.29	2:02.13	2:45.79
6. Adam Leó Tómasson	07	SH	3:06.83	311		42.84	1:30.21	2:19.85	3:06.83
7. Arnór Egill Einarsson	07	SH	3:15.86	270		45.21	1:35.40	2:25.33	3:15.86
8. Magni Snær I.	06	SINDRI	3:17.98	261		43.92	1:33.60	2:26.18	3:17.98
9. Karl Björnsson	08	SH	3:18.47	259		44.56	1:36.05	2:27.64	3:18.47
10. Guðfinnur Karlsson S11	88	FJÖRÐ	3:19.43	256		46.29	1:37.92	2:28.88	3:19.43
11. Bjarni Snær Skarphéðins	06	ÍA	3:21.07	250		44.10	1:36.29	2:28.71	3:21.07
12. Tómas Valfells	08	ÁRM	3:23.49	241		47.24	1:40.78	2:33.02	3:23.49
ÚRskr. Sigurður Haukur Birgisson	06	ÁRM							

Sundgrein 32

kvenna, 100m skriðsund

Opinn

15.3.2020 - 11:09

Úrslitalistar

Mótsmet	58.28	Sigrún Brá Sverrisdóttir	ISL		1.6.2008
Íslandsmet	55.66	Ragnheiður Ragnarsdóttir	KR	Reykjanesbæ	25.4.2009
Aldursflokkamet Íslands 15 - 17	56.97	Eygló Ósk Gústafsdóttir	Ægir	Reykjavík	14.4.2012
Aldursflokkamet Íslands 13 - 14	59.26	Sigrún Brá Sverrisdóttir	Fjölnir	Luxembourg (LUX)	16.4.2004
Aldursflokkamet Íslands 11 - 12	1:05.08	Stefanía Sigurþórsdóttir	ÍRB	Reykjanesbæ	14.12.2013

ÓL-B : 56.01 / EM : 56.83 / EMU 14 - 17: 57.81 / NÆM 13 - 15: 1:01.30 / ÍM50 : 1:07.83

Stig: FINA 2019

Sæti	F.ár		Tími	Stig	50m	100m		
1.	Nadja Djurovic	07	BREIÐ	1:06.25	475	ÍM	31.42	1:06.25
2.	Ziza Alomerovic	07	ÁRM	1:08.40	432		32.34	1:08.40
3.	Sunna Arnfinnsdóttir	07	ÁRM	1:08.72	426		33.48	1:08.72
4.	María Skorastein Sigurdardóttir	07	SH	1:08.91	422		32.94	1:08.91
5.	Hulda Björg Magnusdóttir Nilse	08	ÆGIR	1:10.28	398		33.35	1:10.28
6.	Embla Dögg Helgadóttir	08	ÆGIR	1:13.16	353		34.33	1:13.16
7.	Júlía Pálmadóttir	07	ÁRM	1:13.21	352		35.23	1:13.21
8.	Sólveig Freyja Hákonardóttir	09	BREIÐ	1:13.59	346		36.05	1:13.59
9.	María Sól Jósepsdóttir	08	FJÖL	1:15.53	320		35.13	1:15.53
10.	Arna Rut Stefánsdóttir	07	SH	1:15.70	318		36.21	1:15.70
11.	Tinna Karen Sigurðardóttir	08	SH	1:15.98	315		36.36	1:15.98
12.	Rebekka Rún Magnúsdóttir	08	SH	1:16.70	306		36.63	1:16.70
13.	Sara Lind Aðalsteinsdóttir	07	SH	1:17.97	291		36.82	1:17.97
14.	Victoria Takacs Önnuásgeirsdóttir	07	SH	1:20.78	262		37.63	1:20.78
15.	Íris Arna Ingvarsdóttir	07	ÍA	1:22.55	245		38.40	1:22.55
16.	Agla María Agnarsdóttir	07	SH	1:23.57	236		38.72	1:23.57
17.	Eva Steingrimsdóttir	08	SH	1:24.13	232		42.17	1:24.13
18.	Margrét Játvarðardóttir	09	FJÖL	1:24.48	229		39.96	1:24.48
19.	Dagmar Arna Sigurðardóttir	09	SH	1:30.98	183	*	43.43	1:30.98
ÓG.	Katrín Ósk Aðalsteinsdóttir	09	SH					

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



Sundgrein 32, Stúlkur, 100m skriðsund, Framtíð 13 og yngri

Sæti	F.ár	Tími	Stig	50m	100m
ÚRskr. Hrafnhildur Lóa Kvaran	07	ÁRM			
Æskunnar 14-15 ára					
1. Dagbjörg Hlíf Ólafsdóttir	05	SH	1:02.26	572	ÍM 29.84 1:02.26
2. Guðbjörg Bjartey Gudmundsdóttir	05	ÍA	1:02.94	554	ÍM 30.05 1:02.94
3. Birgitta Ingólfssdóttir	05	SH	1:04.71	510	ÍM 31.05 1:04.71
4. Vigdís Tinna Hákonardóttir	06	BREIÐ	1:05.74	486	ÍM 31.82 1:05.74
5. Rán Björnsdóttir	05	ÆGIR	1:07.35	452	ÍM 31.81 1:07.35
6. Hulda Þorkelsdóttir	06	ÆGIR	1:08.32	433	31.73 1:08.32
7. Eyrún Anna Jóhannesdóttir	06	FJÖL	1:08.59	428	31.70 1:08.59
8. Elísa Björnsdóttir	05	ÆGIR	1:08.74	425	32.19 1:08.74
9. Katja Lilja Andriydsdóttir	06	SH	1:09.70	408	33.33 1:09.70
10. Rebekka Marín Arngeirsdóttir	05	ÍRB	1:09.81	406	32.82 1:09.81
11. Ragnheiður Milla Bergsveinsdóttir	06	BREIÐ	1:10.97	386	34.55 1:10.97
12. Karen Ósk Gísladóttir	06	BREIÐ	1:11.42	379	34.41 1:11.42
13. Þórunn María Hilmarsdóttir	05	BREIÐ	1:14.55	333	35.45 1:14.55
14. Heiðís Elva Stefánsdóttir	06	SINDRI	1:16.61	307	36.18 1:16.61
15. Hrefna María Heiðarsdóttir	05	BREIÐ	1:24.35	230	39.44 1:24.35
16. Karítas Svana Elfarsdóttir	06	BREIÐ	1:28.27	201	41.84 1:28.27
MÆekki Kolbrá Sölva Leifsdóttir	05	KR			
ÚRskr. Ylfa Ásgerður Eyjólfssdóttir	06	ÁRM			

Unglinga 16-17 ára

1. Aþena Jónsdóttir	04	SH	1:03.88	530	ÍM 30.61 1:03.88
2. Ragnheiður Karen Ólafsdóttir	04	ÍA	1:04.73	509	ÍM 30.52 1:04.73
3. Sandra Dögg Kristjánsdóttir	03	SH	1:04.80	508	ÍM 31.22 1:04.80
4. Diljá Dröfn Jóhannesdóttir	03	SH	1:08.60	428	33.22 1:08.60
5. Ásta Kamilla Sigurðardóttir	04	ÍRB	1:08.90	422	32.91 1:08.90
6. Hildur Valsdóttir	04	SH	1:10.60	392	33.92 1:10.60
7. Elín Eir Andersen	04	KR	1:10.91	387	33.38 1:10.91
8. Sara Björt Símonardóttir	04	SH	1:25.12	224	39.78 1:25.12
9. Sigrún S16 Kjartansdóttir	03	FJÖRÐ	1:32.26	176	* 43.43 1:32.26

Opinn

1. Jóhanna Elín Guðmundsdóttir	01	SH	57.61	723	ÍM 27.53 57.61
2. Dagbjörg Hlíf Ólafsdóttir	05	SH	1:02.26	572	ÍM 29.84 1:02.26
3. Guðbjörg Bjartey Gudmundsdóttir	05	ÍA	1:02.94	554	ÍM 30.05 1:02.94
4. Aþena Jónsdóttir	04	SH	1:03.88	530	ÍM 30.61 1:03.88
5. Birgitta Ingólfssdóttir	05	SH	1:04.71	510	ÍM 31.05 1:04.71
6. Ragnheiður Karen Ólafsdóttir	04	ÍA	1:04.73	509	ÍM 30.52 1:04.73
7. Sandra Dögg Kristjánsdóttir	03	SH	1:04.80	508	ÍM 31.22 1:04.80
8. Ingibjörg Erla Garðarsdóttir	00	FJÖL	1:05.42	493	ÍM 31.89 1:05.42
9. Vigdís Tinna Hákonardóttir	06	BREIÐ	1:05.74	486	ÍM 31.82 1:05.74
10. Nadja Djurovic	07	BREIÐ	1:06.25	475	ÍM 31.42 1:06.25
11. Kristín Ylfa Guðmundsdóttir	02	SH	1:07.06	458	ÍM 32.06 1:07.06
12. Rán Björnsdóttir	05	ÆGIR	1:07.35	452	ÍM 31.81 1:07.35
13. Hulda Þorkelsdóttir	06	ÆGIR	1:08.32	433	31.73 1:08.32
14. Ziza Alomerovic	07	ÁRM	1:08.40	432	32.34 1:08.40
15. Eyrún Anna Jóhannesdóttir	06	FJÖL	1:08.59	428	31.70 1:08.59
16. Diljá Dröfn Jóhannesdóttir	03	SH	1:08.60	428	33.22 1:08.60
17. Sunna Arnfinnsdóttir	07	ÁRM	1:08.72	426	33.48 1:08.72
18. Elísa Björnsdóttir	05	ÆGIR	1:08.74	425	32.19 1:08.74



Sundgrein 32, kvenna, 100m skriðsund, Opinn

Sæti	F.ár		Tími	Stig	50m	100m
19.	Ásta Kamilla Sigurðardóttir	04 ÍRB	1:08.90	422	32.91	1:08.90
20.	María Skorastein Sigurdardóttir	07 SH	1:08.91	422	32.94	1:08.91
21.	Katja Lilja Andriysdóttir	06 SH	1:09.70	408	33.33	1:09.70
22.	Rebekka Marín Arngeirsdóttir	05 ÍRB	1:09.81	406	32.82	1:09.81
23.	Hulda Björg Magnúsdóttir Nilse	08 ÆGIR	1:10.28	398	33.35	1:10.28
24.	Hildur Valsdóttir	04 SH	1:10.60	392	33.92	1:10.60
25.	Elín Eir Andersen	04 KR	1:10.91	387	33.38	1:10.91
26.	Ragnheiður Milla Bergsveinsdóttir	06 BREIÐ	1:10.97	386	34.55	1:10.97
27.	Karen Ósk Gísladóttir	06 BREIÐ	1:11.42	379	34.41	1:11.42
28.	Ylfa Finnbogadóttir	02 SH	1:11.52	377	33.61	1:11.52
29.	Embla Dögg Helgadóttir	08 ÆGIR	1:13.16	353	34.33	1:13.16
30.	Júlía Pálmadóttir	07 ÁRM	1:13.21	352	35.23	1:13.21
31.	Sólveig Freyja Hákonardóttir	09 BREIÐ	1:13.59	346	36.05	1:13.59
32.	Þórunn María Hilmarsdóttir	05 BREIÐ	1:14.55	333	35.45	1:14.55
33.	María Sól Jósepsdóttir	08 FJÖL	1:15.53	320	35.13	1:15.53
34.	Arna Rut Stefánsdóttir	07 SH	1:15.70	318	36.21	1:15.70
35.	Tinna Karen Sigurðardóttir	08 SH	1:15.98	315	36.36	1:15.98
36.	Heiðdís Elva Stefánsdóttir	06 SINDRI	1:16.61	307	36.18	1:16.61
37.	Rebekka Rún Magnúsdóttir	08 SH	1:16.70	306	36.63	1:16.70
38.	Sara Lind Aðalsteinsdóttir	07 SH	1:17.97	291	36.82	1:17.97
39.	Victoría Takacs Önnuásgeirsdóttir	07 SH	1:20.78	262	37.63	1:20.78
40.	Íris Arna Ingvarsdóttir	07 ÍA	1:22.55	245	38.40	1:22.55
41.	Agla María Agnarsdóttir	07 SH	1:23.57	236	38.72	1:23.57
42.	Eva Steingrimsdóttir	08 SH	1:24.13	232	42.17	1:24.13
43.	Hrefna María Heiðarsdóttir	05 BREIÐ	1:24.35	230	39.44	1:24.35
44.	Margrét Játvarðsardóttir	09 FJÖL	1:24.48	229	39.96	1:24.48
45.	Sara Björt Símonardóttir	04 SH	1:25.12	224	39.78	1:25.12
46.	Karítas Svana Elfarsdóttir	06 BREIÐ	1:28.27	201	41.84	1:28.27
47.	Dagmar Arna Sigurðardóttir	09 SH	1:30.98	183 *	43.43	1:30.98
48.	Sigrún S16 Kjartansdóttir	03 FJÖRÐ	1:32.26	176 *	43.43	1:32.26
ÓG.	Katrín Ósk Aðalsteinsdóttir	09 SH				

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

MÆekki	Kolbrá Sölva Leifsdóttir	05 KR
ÚRskr.	Ylfa Ásgerður Eyjólfsdóttir	06 ÁRM
ÚRskr.	Hrafnhildur Lóa Kvaran	07 ÁRM



Sundgrein 33
15.3.2020 - 11:24

karla, 100m baksund

Opinn
Úrslitalistar

Mótsmet	56.59	Örn Arnarson	ISL			1.6.2008
Íslandsmet	54.75	Örn Arnason	SH	Fukuoka (JPN)		23.7.2001
Aldursflokkamet Íslands 15 - 17	56.94	Örn Arnason	SH	Antwerpen (BEL)		1.8.1997
Aldursflokkamet Íslands 13 - 14	1:02.75	Brynjólfur Óli Karlsson	Breiðablik	Reykjavík		11.4.2015
Aldursflokkamet Íslands 11 - 12	1:10.89	Brynjólfur Óli Karlsson	Breiðablik	Reykjavík		13.4.2013

ÓL-B : 55.47 / EM : 56.54 / EMU 15 - 18: 57.99 / NÆM 14 - 16: 1:03.40 / ÍM50 : 1:09.57

Stig: FINA 2019

Sæti	F.ár	Tími	Stig	50m	100m		
Framtíð 14 og yngri							
1.	Birnir Freyr Hálfðánarsson	06	SH	1:02.98	558 NÆM	30.73	1:02.98
2.	Bergur Fáfñir Bjarnason	06	SH	1:05.90	487 ÍM	31.93	1:05.90
3.	Adam Leó Tómasson	07	SH	1:19.49	277	39.61	1:19.49
4.	Magnús Víðir Jónsson	08	SH	1:19.93	272	39.02	1:19.93
5.	Hólmar Grétarsson	08	SH	1:25.84	220	42.24	1:25.84
6.	Bjarni Snær Skarphéðinsson	06	ÍA	1:30.09	190	44.09	1:30.09
7.	Daði Þór Friðriksson	07	SH	1:31.81	180	44.96	1:31.81
8.	Snævar Örn Kristmannsson	06	BREIÐ	1:33.76	169	45.37	1:33.76
9.	Halldór Ingi Hafþórsson	08	SH	1:34.21	166	45.87	1:34.21
10.	Arnar Logi Ægisson	07	SH	1:34.99	162	46.28	1:34.99
11.	Nökkvi Fenrir Bjarnason	10	SH	1:36.44	155	46.84	1:36.44
12.	Hákon Freyr Sigurðarson	06	BREIÐ	1:39.49	141	47.86	1:39.49
13.	Þór Eli Gunnarsson	11	SH	1:41.49	133	49.11	1:41.49
MÆekki	Ásberg Halldór Hansson	07	FJÖL				

Æskunnar 15-16 ára

1.	Fannar Snævar Hauksson	04	ÍRB	1:04.02	531 ÍM	29.92	1:04.02
2.	Veigar Hrafn Sigþórsson	05	SH	1:05.22	502 ÍM	31.82	1:05.22
3.	Edward Jensson	04	SH	1:07.98	443 ÍM	32.38	1:07.98
4.	Eggert Sigtryggsson	05	SH	1:17.62	298	37.22	1:17.62
5.	Alex Benjamín Bjarnason	04	ÍA	1:23.37	240	39.85	1:23.37
6.	Bartosz Henke	05	SH	1:26.56	214	40.63	1:26.56
7.	Hermann Ingi Eiríksson	05	FJÖL	1:32.68	175	44.91	1:32.68
MÆekki	Daði Björnsson	04	SH				
MÆekki	Rökkvi Helgason	04	UMFA				
ÚRskr.	Hrafn Sverrisson	05	ÁRM				

Unglinga 17-18 ára

1.	Snær Llorens Sigurðsson	02	ÍA	1:06.20	480 ÍM	31.20	1:06.20
2.	Flosi Ómarsson	03	ÍRB	1:07.97	443 ÍM	32.49	1:07.97
3.	Dagur Snær Hilmarsson	03	SH	1:15.71	321	36.24	1:15.71
4.	Sigurður Þráinn Sigurðsson	02	UMFA	1:16.32	313	36.42	1:16.32
MÆekki	Júlíus Karl Maier	02	SH				

Opinn

1.	Kristinn Þórarinsson	96	FJÖL	58.94	680 ÍM	29.25	58.94
2.	Brynjólfur Óli Karlsson	01	BREIÐ	59.61	658 ÍM	29.06	59.61
3.	Kristjan Gylfi Þórisson	00	FJÖL	1:02.00	584 ÍM	29.74	1:02.00
4.	Birnir Freyr Hálfðánarsson	06	SH	1:02.98	558 NÆM	30.73	1:02.98
5.	Fannar Snævar Hauksson	04	ÍRB	1:04.02	531 ÍM	29.92	1:04.02
6.	Veigar Hrafn Sigþórsson	05	SH	1:05.22	502 ÍM	31.82	1:05.22
7.	Bergur Fáfñir Bjarnason	06	SH	1:05.90	487 ÍM	31.93	1:05.90



Sundgrein 33, karla, 100m baksund, Opinn

Sæti	F.ár	Tími	Stig	50m	100m		
8.	Snær Llorens Sigurðsson	02	ÍA	1:06.20	480 ÍM	31.20	1:06.20
9.	Róbert Ísak Jónsson	01	SH	1:07.28	457 ÍM	32.59	1:07.28
10.	Hafþór Jón Sigurðsson	97	SH	1:07.52	452 ÍM	32.33	1:07.52
11.	Flosi Ómarsson	03	ÍRB	1:07.97	443 ÍM	32.49	1:07.97
12.	Edward Jensson	04	SH	1:07.98	443 ÍM	32.38	1:07.98
13.	Már Gunnarsson	99	ÍRB	1:13.04	357	34.71	1:13.04
14.	Dagur Snær Hilmarsson	03	SH	1:15.71	321	36.24	1:15.71
15.	Sigurður Þráinn Sigurðsson	02	UMFA	1:16.32	313	36.42	1:16.32
16.	Eggert Sigtryggsson	05	SH	1:17.62	298	37.22	1:17.62
17.	Adam Leó Tómasson	07	SH	1:19.49	277	39.61	1:19.49
18.	Magnús Víðir Jónsson	08	SH	1:19.93	272	39.02	1:19.93
19.	Alex Benjamín Bjarnason	04	ÍA	1:23.37	240	39.85	1:23.37
20.	Hólmar Grétarsson	08	SH	1:25.84	220	42.24	1:25.84
21.	Bartosz Henke	05	SH	1:26.56	214	40.63	1:26.56
22.	Bjarni Snær Skarphéðinsson	06	ÍA	1:30.09	190	44.09	1:30.09
23.	Daði Þór Friðriksson	07	SH	1:31.81	180	44.96	1:31.81
24.	Hermann Ingi Eiríksson	05	FJÖL	1:32.68	175	44.91	1:32.68
25.	Snævar Örn Kristmannsson	06	BREIÐ	1:33.76	169	45.37	1:33.76
26.	Halldór Ingi Hafþórsson	08	SH	1:34.21	166	45.87	1:34.21
27.	Arnar Logi Ægisson	07	SH	1:34.99	162	46.28	1:34.99
28.	Nökkvi Fenrir Bjarnason	10	SH	1:36.44	155	46.84	1:36.44
29.	Hákon Freyr Sigurðarson	06	BREIÐ	1:39.49	141	47.86	1:39.49
30.	Þór Eli Gunnarsson	11	SH	1:41.49	133	49.11	1:41.49
MÆekki	Daði Björnsson	04	SH				
MÆekki	Júlíus Karl Maier	02	SH				
MÆekki	Rökkvi Helgason	04	UMFA				
MÆekki	Ásberg Halldór Hansson	07	FJÖL				
ÚRskr.	Hrafn Sverrisson	05	ÁRM				

Sundgrein 34

15.3.2020 - 11:36

kvenna, 200m fjórsund

Opinn

Úrslitalistar

Mótsmet	2:18.31	Hrafnhildur Lúthersdóttir	ISL				1.4.2017
Íslandsmet	2:13.82	Hrafnhildur Lúthersdóttir	SH	Reykjavík			2.6.2015
Aldursflokkamet Íslands 15 - 17	2:14.87	Eygló Ósk Gústafsdóttir	Ægir	Reykjavík			12.4.2012
Aldursflokkamet Íslands 13 - 14	2:26.61	Eva Margrét Falsdóttir	ÍRB	Reykjavík			6.4.2019
Aldursflokkamet Íslands 11 - 12	2:37.43	Stefanía Sigurbórsdóttir	ÍRB	Reykjanesbæ			15.12.2013

ÓL-B : 2:16.54 / EM : 2:19.55 / EMU 14 - 17: 2:22.09 / NÆM 13 - 15: 2:30.66 / ÍM50 : 2:48.29

Stig: FINA 2019

Sæti	F.ár	Tími	Stig	50m	100m	150m	200m		
Framtíð 13 og yngri									
1.	Helga Sigurlaug Helgadóttir	07	SH	2:44.49	450 ÍM	35.14	1:17.98	2:09.47	2:44.49
2.	Nicole Jóna Jóhannsdóttir	08	SH	3:02.56	329	38.83	1:28.22	2:23.44	3:02.56
3.	Rebekka Rún Magnúsdóttir	08	SH	3:08.48	299	43.23	1:33.02	2:30.38	3:08.48
4.	Sara Lind Aðalsteinsdóttir	07	SH	3:11.57	285	46.28	1:35.34	2:29.86	3:11.57
5.	María Sól Jósepsdóttir	08	FJÖL	3:14.18	273	42.29	1:31.59	2:30.90	3:14.18
6.	María Skorastein S.	07	SH	3:14.54	272	43.71	1:33.82	2:37.28	3:14.54
7.	Ásdís Gunnarsdóttir	08	UMFA	3:17.78	259	44.49	1:34.97	2:34.48	3:17.78



Sundgrein 34, kvenna, 200m fjórsund

Æskunnar 14-15 ára

1. Freyja Birkisdóttir	06	BREIÐ	2:35.55	533	ÍM	33.17	1:16.08	2:00.16	2:35.55
2. Jóhanna Brynja Rúnarsdó06	06	SH	2:42.07	471	ÍM	34.10	1:16.61	2:06.36	2:42.07
3. Jóhanna Arna Gunnarsdó106	06	ÍRB	2:44.13	453	ÍM	34.44	1:16.10	2:06.71	2:44.13
4. Ragnheiður Milla B.	06	BREIÐ	2:54.65	376		40.25	1:29.60	2:15.68	2:54.65
5. Ingibjörg Svava M.	05	ÍA	2:59.01	349		35.36	1:22.74	2:18.59	2:59.01
6. Eyrún Anna Jóhannesdótti06	06	FJÖL	3:05.61	313		40.24	1:31.60	2:22.86	3:05.61
ÚRskr. Ylfa Ásgerður Eyjólfsdóttir	06	ÁRM							

Unglinga 16-17 ára

1. Adele Alexandra Pálsson	03	SH	2:34.85	540	ÍM	33.38	1:12.53	1:59.66	2:34.85
2. Þorgerður Ósk Jónsdóttir	03	SH	2:40.31	486	ÍM	34.51	1:15.34	2:04.20	2:40.31
3. Birta Rún Smáradóttir	04	UMFA	2:49.82	409		36.63	1:20.40	2:11.40	2:49.82
4. Guðný Birna Falsdóttir	03	ÍRB	2:52.93	387		37.47	1:23.29	2:12.25	2:52.93
5. Anna Rósa Þrastardóttir	S04	FJÖRD	3:24.25	235		49.43	1:39.72	2:41.18	3:24.25
6. Herdís Rut G.	04	FJÖRD	3:26.25	228		45.53	1:38.40	2:37.36	3:26.25

Opinn

1. María Fanney Kristjánsdótt00	00	SH	2:25.99	644	ÍM	30.33	1:09.47	1:51.19	2:25.99
2. Stefanía Sigurþórsdóttir	01	BREIÐ	2:30.69	586	ÍM	32.51	1:11.23	1:55.62	2:30.69
3. Adele Alexandra Pálsson	03	SH	2:34.85	540	ÍM	33.38	1:12.53	1:59.66	2:34.85
4. Freyja Birkisdóttir	06	BREIÐ	2:35.55	533	ÍM	33.17	1:16.08	2:00.16	2:35.55
5. Ingibjörg Erla Garðarsdótti00	00	FJÖL	2:39.75	492	ÍM	34.19	1:18.44	2:04.24	2:39.75
6. Þorgerður Ósk Jónsdóttir	03	SH	2:40.31	486	ÍM	34.51	1:15.34	2:04.20	2:40.31
7. Brynhildur Traustadóttir	01	ÍA	2:40.46	485	ÍM	32.81	1:17.63	2:06.46	2:40.46
8. Jóhanna Brynja Rúnarsdó06	06	SH	2:42.07	471	ÍM	34.10	1:16.61	2:06.36	2:42.07
9. Gunnhildur Björg B.	00	ÍRB	2:42.38	468	ÍM	33.37	1:16.26	2:05.77	2:42.38
10. Jóhanna Arna Gunnarsdó106	06	ÍRB	2:44.13	453	ÍM	34.44	1:16.10	2:06.71	2:44.13
11. Helga Sigurlaug Helgadótt07	07	SH	2:44.49	450	ÍM	35.14	1:17.98	2:09.47	2:44.49
12. Birta Rún Smáradóttir	04	UMFA	2:49.82	409		36.63	1:20.40	2:11.40	2:49.82
13. Guðný Birna Falsdóttir	03	ÍRB	2:52.93	387		37.47	1:23.29	2:12.25	2:52.93
14. Ragnheiður Milla B.	06	BREIÐ	2:54.65	376		40.25	1:29.60	2:15.68	2:54.65
15. Ingibjörg Svava M.	05	ÍA	2:59.01	349		35.36	1:22.74	2:18.59	2:59.01
16. Nicole Jóna Jóhannsdóttir08	08	SH	3:02.56	329		38.83	1:28.22	2:23.44	3:02.56
17. Eyrún Anna Jóhannesdótti06	06	FJÖL	3:05.61	313		40.24	1:31.60	2:22.86	3:05.61
18. Rebekka Rún Magnúsdótt08	08	SH	3:08.48	299		43.23	1:33.02	2:30.38	3:08.48
19. Sara Lind Aðalsteinsdóttir07	07	SH	3:11.57	285		46.28	1:35.34	2:29.86	3:11.57
20. María Sól Jósepsdóttir	08	FJÖL	3:14.18	273		42.29	1:31.59	2:30.90	3:14.18
21. María Skorastein S.	07	SH	3:14.54	272		43.71	1:33.82	2:37.28	3:14.54
22. Ásdís Gunnarsdóttir	08	UMFA	3:17.78	259		44.49	1:34.97	2:34.48	3:17.78
23. Anna Rósa Þrastardóttir	S04	FJÖRD	3:24.25	235		49.43	1:39.72	2:41.18	3:24.25
24. Herdís Rut G.	04	FJÖRD	3:26.25	228		45.53	1:38.40	2:37.36	3:26.25
ÚRskr. Ylfa Ásgerður Eyjólfsdóttir	06	ÁRM							



Sundgrein 35
15.3.2020 - 11:47

karla, 800m skriðsund

Opinn
Úrslitalistar

Mótsmet	8:33.62	Hafþór Jón Sigurðsson	ISL		1.4.2017
Íslandsmet	8:08.09	Anton Sveinn McKee	Ægir	Reykjavík	20.7.2014
Aldursflokkamet Íslands 15 - 17	8:16.04	Patrik Viggó Vilbergsson	BREIÐ	Reykjavík	7.4.2019
Aldursflokkamet Íslands 13 - 14	8:59.21	Ólafur Sigurðsson	SH	Reykjavík	11.4.2013
Aldursflokkamet Íslands 11 - 12	10:01.60	Patrik Viggó Vilbergsson	Breiðablik	Hódmezővásárhely (HUN)	19.12.2014

ÓL-B : 8:08.54 / EM : 8:12.61 / EMU 15 - 18: 8:32.09 / ÍM50 : 10:12.33

Stig: FINA 2019

Sæti	F.ár			Tími	Stig
1. Patrik Viggó Vilbergsson	02	BREIÐ		8:27.35	707 EMU
100m: 59.59 59.59	300m: 3:08.19 1:04.53	500m: 5:18.46 1:05.09	700m: 7:27.35 1:04.12		
200m: 2:03.66 1:04.07	400m: 4:13.37 1:05.18	600m: 6:23.23 1:04.77	800m: 8:27.35 1:00.00		
2. Gústav Ragnar Kristjánsson	02	BREIÐ		9:32.06	493 ÍM
100m: 1:04.21 1:04.21	300m: 3:29.09 1:12.85	500m: 5:54.47 1:12.76	700m: 8:19.84 1:12.47		
200m: 2:16.24 1:12.03	400m: 4:41.71 1:12.62	600m: 7:07.37 1:12.90	800m: 9:32.06 1:12.22		
3. Daníel Lúkas Tómasson	04	SH		9:38.81	476 ÍM
100m: 1:06.23 1:06.23	300m: 3:32.89 1:14.40	500m: 5:59.12 1:13.25	700m: 8:26.68 1:13.14		
200m: 2:18.49 1:12.26	400m: 4:45.87 1:12.98	600m: 7:13.54 1:14.42	800m: 9:38.81 1:12.13		
4. Guðmundur Halldórsson	04	BREIÐ		9:43.46	465 ÍM
100m: 1:07.30 1:07.30	300m: 3:34.30 1:13.90	500m: 6:02.78 1:14.09	700m: 8:30.97 1:13.45		
200m: 2:20.40 1:13.10	400m: 4:48.69 1:14.39	600m: 7:17.52 1:14.74	800m: 9:43.46 1:12.49		
5. Jón Ingi Halldórsson	04	BREIÐ		9:51.79	445 ÍM
100m: 1:09.28 1:09.28	300m: 3:38.42 1:14.96	500m: 6:08.48 1:15.08	700m: 8:38.58 1:14.72		
200m: 2:23.46 1:14.18	400m: 4:53.40 1:14.98	600m: 7:23.86 1:15.38	800m: 9:51.79 1:13.21		
6. Bjarki B Isaksen	06	BREIÐ		10:00.24	427 ÍM
100m: 1:09.26 1:09.26	300m: 3:42.05 1:16.93	500m: 6:14.88 1:15.98	700m: 8:47.22 1:15.55		
200m: 2:25.12 1:15.86	400m: 4:58.90 1:16.85	600m: 7:31.67 1:16.79	800m: 10:00.24 1:13.02		
7. Andri Már Kristjánsson	06	SH		10:12.87	401
100m: 1:11.77 1:11.77	300m: 3:47.25 1:17.99	500m: 6:23.58 1:18.12	700m: 8:59.01 1:18.15		
200m: 2:29.26 1:17.49	400m: 5:05.46 1:18.21	600m: 7:40.86 1:17.28	800m: 10:12.87 1:13.86		

MÆekki Loftur Þór Arnarsson 05 KR

Sundgrein 36
15.3.2020 - 12:04

blandað, 4 x 50m skriðsund

Opinn
Úrslitalistar

Mótsmet	1:39.95	SH	ISL		1.4.2019
Íslandsmet	1:39.85	Sveit SH	SH	Hafnarfjörður	17.3.2019

Stig: FINA 2019

Sæti	Tími			Stig
1. BREIÐ 1	1:44.94			632
Patrik Viggó Vilbergsson	02	+0,66	25.52	Kristín Helga Hákonardóttir 04 +0,35 27.09
Brynjólfur Óli Karlsson	01	+0,06	24.60	Stefanía Sigurþórsdóttir 01 +0,37 27.73
2. BREIÐ 2	1:48.90			566
Guðmundur Karl Karlsson	05	+0,68	26.70	Ragna Sigríður Ragnarsdóttir 01 +0,35 28.23
Kristófer Atli Andersen	02	+0,25	25.35	Freyja Birkisdóttir 06 28.62
3. SH 1	1:50.47			542
Katarína Róbertsdóttir	00	+0,70	28.58	Aron Bjarki Jónsson 01 +0,65 25.96
Róbert Ísak Jónsson	01		26.45	Adele Alexandra Pálsson 03 29.48



Sundgrein 36, blandað, 4 x 50m skriðsund, Opinn

Sæti					Tími	Stig		
4.	ÍA 1	ÍA				1:51.97	520	
	Alex Benjamín Bjarnason	04	+0,63	28.32	Ragnheiður Karen Ólafsdóttir	04	+0,38	28.76
	Guðbjörg Bjartey Guðmundsdóttir	05	+0,38	28.42	Snær Llorens Sigurðsson	02	+0,36	26.47
5.	SH 3	SH				1:53.34	502	
	Snorri Dagur Einarsson	05	+0,61	26.92	Birgitta Ingólfssdóttir	05	+0,47	29.11
	Bergur Fálnir Bjarnason	06		27.27	Jóhanna Brynja Rúnarsdóttir	06		30.04
6.	SH 2	SH				1:53.79	496	
	Dagur Snær Hilmarsson	03	+0,68	28.35	Aþena Jónsdóttir	04	+0,03	29.02
	Hilmir Snær Lunddal Rúnarsson	03		27.42	Bríet Dalla Gunnarsdóttir	04	+0,22	29.00

Sundgrein 37

15.3.2020 - 12:12

kvenna, 50m baksund

Opinn
Úrslitalistar

Mótsmet	28.96	Sanja Jovanovic	CRO		1.6.2008
Íslandsmet	28.53	Ingibjörg Kristín Jónsdóttir Jónsdótti	SH	Budapest (HUN)	26.7.2017
Aldursflokkamet Íslands 15 - 17	29.74	Eygló Ósk Gústafsdóttir	Ægir	Reykjavík	15.4.2012
Aldursflokkamet Íslands 13 - 14	31.26	Íris Ósk Hilmarisdóttir	ÍRB	Reykjanesbæ	8.12.2012
Aldursflokkamet Íslands 11 - 12	33.49	Ella Ruth Jónsdóttir	MTAC	Cary	1.8.2019

EM : 29.22 / EMU 14 - 17: 30.01 / ÍM50 : 35.96

Stig: FINA 2019

Sæti	F.ár		Tími	Stig
1.	Steingerður Hauksdóttir	96	SH	29.48 766 ÍM

Sundgrein 38

15.3.2020 - 12:13

kvenna, 200m skriðsund

Opinn
Úrslitalistar

Mótsmet	2:04.98	Sigrún Brá Sverrisdóttir	ISL		1.6.2008
Íslandsmet	2:01.82	Snæfríður Sól Jónunnardóttir	DEN	Odense (DEN)	15.7.2018
Aldursflokkamet Íslands 15 - 17	2:03.08	Eygló Ósk Gústafsdóttir	Ægir	Reykjavík	13.4.2012
Aldursflokkamet Íslands 13 - 14	2:09.35	Eygló Ósk Gústafsdóttir	Ægir	Reykjavík	22.3.2009
Aldursflokkamet Íslands 11 - 12	2:19.48	Stefanía Sigurþórsdóttir	ÍRB	Reykjanesbæ	14.12.2013

ÓL-B : 2:00.80 / EM : 2:03.51 / EMU 14 - 17: 2:05.40 / NÆM 13 - 15: 2:15.86 / ÍM50 : 2:28.05

Stig: FINA 2019

Sæti	F.ár	ÍA	Tími	Stig	50m	100m	150m	200m		
1.	Brynhildur Traustadóttir	01	ÍA	2:10.07	655	ÍM	29.83	1:02.54	1:36.50	2:10.07



Sundgrein 39
15.3.2020 - 12:17

karla, 100m bringusund

Opinn
Úrslitalistar

Mótsmet	1:03.72	Darren Mew	GBR			1.6.2008
Íslandsmet	1:00.32	Anton Sveinn McKee	SH	Gwangju (KOR)		21.7.2019
Aldursflokkamet Íslands 15 - 17	1:05.08	Jakob Jóhann Sveinsson	Ægir	Liechtensteinn (LIE)		29.5.1999
Aldursflokkamet Íslands 13 - 14	1:10.28	Birnir Freyr Hálfðánarsson	SH	Reykjavík		25.1.2020
Aldursflokkamet Íslands 11 - 12	1:22.51	Birnir Freyr Hálfðánarsson	SH	Reykjanesbær		28.4.2018

ÓL-B : 1:01.73 / EM : 1:02.45 / EMU 15 - 18: 1:05.14 / NÆM 14 - 16: 1:11.49 / ÍM50 : 1:17.79

Stig: FINA 2019

Sæti	F.ár		Tími	Stig	50m	100m
1.	Daði Björnsson	04 SH	1:05.88	651 NÆM	30.75	1:05.88
2.	Aron Þór Jónsson	02 SH	1:07.46	606 ÍM	31.35	1:07.46

Sundgrein 40
15.3.2020 - 12:19

kvenna, 200m bringusund

Opinn
Úrslitalistar

Mótsmet	2:32.74	Hrafnhildur Lúthersdóttir	ISL			1.4.2017
Íslandsmet	2:22.96	Hrafnhildur Lúthersdóttir	SH	London (GBR)		20.5.2016
Aldursflokkamet Íslands 15 - 17	2:35.80	Íris Edda Heimisdóttir	Keflavík	Monaco (MON)		20.5.2000
Aldursflokkamet Íslands 13 - 14	2:36.69	Eva Margrét Falsdóttir	ÍRB	Reykjavík		7.4.2019
Aldursflokkamet Íslands 11 - 12	2:52.21	Ólöf Edda Eðvarðsdóttir	ÍRB	Reykjanesbæ		26.4.2009

ÓL-B : 2:29.89 / EM : 2:33.81 / EMU 14 - 17: 2:36.31 / NÆM 13 - 15: 2:45.74 / ÍM50 : 3:04.39

Stig: FINA 2019

Sæti	F.ár		Tími	Stig	50m	100m	150m	200m
1.	Eva Margrét Falsdóttir	05 ÍRB	2:38.16	680 NÆM	35.36	1:15.51	1:56.62	2:38.16
2.	Karen Mist Arngeirsdóttir	00 ÍRB	2:39.12	668 ÍM	36.58	1:17.30	1:58.39	2:39.12
3.	Sunna Svanlaug V.	00 SH	2:43.98	610 ÍM	36.36	1:17.59	2:00.05	2:43.98

Sundgrein 41
15.3.2020 - 12:22

kvenna, 200m flugsund

Opinn
Úrslitalistar

Mótsmet	2:21.11	Simona Mucciola	AND			1.6.2010
Íslandsmet	2:18.79	Erla Dögg Haraldsdóttir	ÍRB	Reykjavík		6.4.2008
Aldursflokkamet Íslands 15 - 17	2:19.71	Sigrún Brá Sverrisdóttir	Fjöltnir	Monaco (MON)		5.6.2007
Aldursflokkamet Íslands 13 - 14	2:24.80	Ólöf Edda Eðvarðsdóttir	ÍRB	Trabzon (FIN)		29.7.2011
Aldursflokkamet Íslands 11 - 12	2:49.75	Salóme Jónsdóttir	ÍA	Reykjavík		16.3.2007

ÓL-B : 2:12.28 / EM : 2:16.21 / EMU 14 - 17: 2:20.37 / NÆM 13 - 15: 2:31.85 / ÍM50 : 2:41.32

Stig: FINA 2019

Sæti	F.ár		Tími	Stig	50m	100m	150m	200m
1.	María Fanney Kristjánsdóttir	00 SH	2:29.02	546 ÍM	31.45	1:08.92	1:48.10	2:29.02
2.	Vigdís Tinna Hákonardóttir	06 BREIÐ	2:57.44	323	32.09	1:09.29	2:05.94	2:57.44

Sundgrein 42

karla, 50m skriðsund

Opinn
Úrslitalistar

15.3.2020 - 12:26

Mótsmet	23.15	Árni Már Arnason	ISL		1.6.2008
Íslandsmet	22.53	Árni Már Arnason	ÍRB	Canet (FRA)	6.6.2012
Aldursflokkamet Íslands 15 - 17	23.29	Örn Arnason	SH	Hafnarfjörður	30.12.1998
Aldursflokkamet Íslands 13 - 14	26.28	Kristinn Þórarinsson	Fjölpir	Reykjavík	23.12.2010
Aldursflokkamet Íslands 11 - 12	29.55	Birnir Freyr Hálfðánarsson	SH	Reykjavík	28.4.2018

ÓL-B : 22.67 / EM : 23.14 / EMU 15 - 18: 23.69 / NÆM 14 - 16: 25.44 / ÍM50 : 28.12

Stig: FINA 2019

Sæti	F.ár		Tími	Stig
1.	Dadó Fenrir Jasminuson	95 SH	23.28	724 ÍM
2.	Símon Elías Statkevicius	03 SH	24.72	605 ÍM

Sundgrein 43

kvenna, 50m skriðsund

Opinn
Úrslitalistar

15.3.2020 - 12:27

Mótsmet	26.19	Ragnheiður Ragnarsdóttir	ISL		1.4.2012
Íslandsmet	25.24	Sarah Blake Bateman	Ægir	Indianapolis (USA)	30.3.2012
Aldursflokkamet Íslands 15 - 17	26.60	Ingibjörg Kristín Jónsdóttir	SH	Reykjavík	21.3.2010
Aldursflokkamet Íslands 13 - 14	26.84	Kolbrún Ýr Kristjánsdóttir	ÍA	Örebro (DEN)	29.11.1997
Aldursflokkamet Íslands 11 - 12	29.56	Rannveig Rögn Leifsdóttir	KR	Reykjavík	21.3.2009

ÓL-B : 25.51 / EM : 26.23 / EMU 14 - 17: 26.76 / NÆM 13 - 15: 28.37 / ÍM50 : 30.84

Stig: FINA 2019

Sæti	F.ár		Tími	Stig
1.	Jóhanna Elín Guðmundsdóttir	01 SH	26.18	739 EM
2.	Steingerður Hauksdóttir	96 SH	27.09	667 ÍM
3.	Dagbjörg Hlíf Ólafsdóttir	05 SH	28.31	584 NÆM
4.	Hulda Þorkelsdóttir	06 ÆGIR	30.35	474 ÍM
5.	Elísa Björnsdóttir	05 ÆGIR	30.47	468 ÍM
6.	Þórunn María Hilmarsdóttir	05 BREIÐ	31.04	443

