

Sundgrein 1
19.3.2022 - 10:00

kvenna, 400m skriðsund

Opinn
Úrslitalistar

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
Mótsmet	4:24.04	Inga Elin Cryer	ISL		1.4.2012

HM : 4:19.34 / EM Opinn: 4:21.52; 18 - 20: 4:23.95 / EMU 15 - 17: 4:30.73 / EYOF 14 - 15: 4:37.84 / NÆM 13 - 15: 4:43.51 / ÍM : 5:11.48

Stig: FINA 2021

Sæti	F.ár								Tími	Stig
1.	Freyja Birkisdóttir 06 BREIÐ								4:29.29	677 EMU
	50m:	30.48	150m:	34.62	250m:	34.31	350m:	34.71		
	100m:	33.52	200m:	34.05	300m:	34.70	400m:	32.90		
2.	Stefanía Sigurþórsdóttir 01 BREIÐ								4:38.85	609 ÍM
	50m:	31.87	150m:	35.26	250m:	35.71	350m:	36.32		
	100m:	34.27	200m:	35.23	300m:	35.46	400m:	34.73		
3.	Katría María Brynjarsdóttir 07 ÍRB								4:49.49	544 ÍM
	50m:	32.52	150m:	36.52	250m:	37.16	350m:	37.66		
	100m:	36.01	200m:	36.54	300m:	36.92	400m:	36.16		
4.	Katría Mist Bragadóttir 07 ÁRM								4:49.60	544 ÍM
	50m:	32.12	150m:	37.37	250m:	37.40	350m:	36.96		
	100m:	35.62	200m:	37.03	300m:	37.37	400m:	35.73		
5.	Diljá Dröfn Jóhannsdóttir 03 SH								4:52.76	526 ÍM
	50m:	33.63	150m:	37.61	250m:	38.28	350m:	38.19		
	100m:	35.65	200m:	37.08	300m:	37.29	400m:	35.03		
6.	Nadja Djurovic 07 BREIÐ								4:53.02	525 ÍM
	50m:	34.04	150m:	38.36	250m:	37.51	350m:	36.02		
	100m:	38.61	200m:	37.54	300m:	37.20	400m:	33.74		
7.	Naomí Arnarsdóttir 07 Óðinn								4:54.34	518 ÍM
	50m:	32.09	150m:	37.33	250m:	37.60	350m:	38.10		
	100m:	36.03	200m:	37.66	300m:	38.43	400m:	37.10		
8.	Katrín Lóa Ingadóttir 08 Óðinn								5:01.31	483 ÍM
	50m:	33.98	150m:	38.01	250m:	38.27	350m:	38.46		
	100m:	37.38	200m:	38.73	300m:	38.70	400m:	37.78		
9.	Ásdís Gunnarsdóttir 08 UMFA								5:10.57	441 ÍM
	50m:	33.96	150m:	39.67	250m:	40.40	350m:	41.13		
	100m:	37.19	200m:	40.32	300m:	40.46	400m:	37.44		
10.	Elísa Björnsdóttir 05 Ægir								5:12.36	433
	50m:	33.63	150m:	39.13	250m:	40.44	350m:	40.16		
	100m:	38.18	200m:	40.41	300m:	40.87	400m:	39.54		
11.	Tinna Karen Sigurðardóttir 08 SH								5:18.78	408
	50m:	35.19	150m:	40.97	250m:	41.06	350m:	41.92		
	100m:	38.32	200m:	40.82	300m:	41.16	400m:	39.34		
12.	Gabija Marija Savickaitė 08 ÍRB								5:22.86	392 *
	50m:	35.21	150m:	41.33	250m:	41.96	350m:	41.22		
	100m:	39.43	200m:	41.38	300m:	42.22	400m:	40.11		
13.	Ágústa Inga Arnarsdóttir 06 STJA								5:23.80	389 *
	50m:	34.74	150m:	41.29	250m:	42.83	350m:	42.26		
	100m:	39.47	200m:	40.83	300m:	41.79	400m:	40.59		
14.	Rebekka Rún Magnúsdóttir 08 SH								5:26.83	378 *
	50m:	35.46	150m:	41.60	250m:	41.91	350m:	42.13		
	100m:	40.35	200m:	42.27	300m:	42.23	400m:	40.88		



Sundgrein 1, kvenna, 400m skriðsund, Opinn

Sæti			F.ár				Tími	Stig
15.	Anna Rósa Þrastardóttir S14		04	FJÖRÐ		S14	5:45.46	320 *
	50m:	37.80	150m:	43.62	250m:	44.03	350m:	44.03
	100m:	42.81	200m:	44.99	300m:	44.54	400m:	43.64
16.	Freyja Sigríður Ásgeirsdóttir		07	KR			5:46.20	318 *
	50m:	36.07	150m:	44.22	250m:	45.66	350m:	43.81
	100m:	42.77	200m:	46.49	300m:	46.17	400m:	41.01
17.	Rakel Hjaltadóttir		08	Óðinn			6:00.19	282 *
	50m:	37.86	150m:	45.19	250m:	42.98	350m:	45.08
	100m:	44.83	200m:	47.97	300m:	47.59	400m:	48.69

Sundgrein 2

19.3.2022 - 10:13

karla, 400m skriðsund

Opinn
Úrslitalistar

Íslandsmet	3:54.36	Anton Sveinn McKee	Ægir	Los Angeles (USA)	20.7.2014
Aldursflokkamet Íslands 15 - 17	4:02.82	Viktor Forofonov	NOR	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
Mótsmet	4:04.42	Anton Sveinn McKee	ISL		1.4.2013

HM : 3:56.14 / EM Opinn: 3:58.12; 19 - 21: 3:59.93 / EMU 16 - 18: 4:05.34 / EYOF 15 - 16: 4:13.29 / NÆM 14 - 16: 4:18.46 /

ÍM : 4:53.41

Stig: FINA 2021

Sæti			F.ár				Tími	Stig
1.	Guðmundur Karl Karlsson		05	BREIÐ			4:22.44	589 ÍM
	50m:	28.04	150m:	33.10	250m:	33.98	350m:	34.94
	100m:	32.05	200m:	33.68	300m:	34.40	400m:	32.25
2.	Hólmur Grétarsson		08	SH			4:23.98	579 SSÍ
	50m:	30.49	150m:	33.65	250m:	33.56	350m:	33.31
	100m:	32.87	200m:	33.88	300m:	33.70	400m:	32.52
3.	Bartosz Henke		05	SH			4:27.19	558 ÍM
	50m:	29.28	150m:	34.29	250m:	34.33	350m:	34.72
	100m:	32.20	200m:	34.34	300m:	34.18	400m:	33.85
4.	Þorsteinn Karl Amarsson		04	STJA			4:28.80	548 ÍM
	50m:	28.91	150m:	33.30	250m:	34.66	350m:	35.67
	100m:	32.16	200m:	34.14	300m:	34.92	400m:	35.04
5.	Andri Már Kristjánsson		06	SH			4:32.85	524 ÍM
	50m:	30.03	150m:	35.13	250m:	34.62	350m:	34.59
	100m:	33.75	200m:	35.38	300m:	35.33	400m:	34.02
6.	Kristján Magnússon		05	ÍA			4:37.05	501 ÍM
	50m:	29.89	150m:	34.46	250m:	36.09	350m:	36.78
	100m:	33.61	200m:	35.28	300m:	36.64	400m:	34.30
7.	Karl Björnsson		08	SH			4:47.21	449 ÍM
	50m:	32.13	150m:	36.43	250m:	37.10	350m:	36.94
	100m:	35.99	200m:	37.26	300m:	37.11	400m:	34.25
8.	Benedikt Kári Theódorsson		07	SH			4:49.01	441 ÍM
	50m:	31.55	150m:	36.46	250m:	37.69	350m:	37.99
	100m:	34.86	200m:	36.79	300m:	37.67	400m:	36.00
9.	Árni Þór Pálmason		09	ÍRB			4:50.73	433 ÍM
	50m:	32.03	150m:	36.89	250m:	37.46	350m:	38.25
	100m:	34.85	200m:	36.66	300m:	38.06	400m:	36.53



Sundgrein 2, karla, 400m skriðsund, Opinn

Sæti			F.ár						Tími	Stig	
10.	Stefán Ingi Ólafsson		06	Ægir					4:51.70	429	ÍM
	50m:	30.22	150m:	36.26	250m:	38.85	350m:	38.87			
	100m:	33.72	200m:	37.92	300m:	39.11	400m:	36.75			
11.	Adam Leó Tómasson		07	SH					4:56.75	407	
	50m:	33.94	150m:	38.52	250m:	38.22	350m:	38.11			
	100m:	37.28	200m:	38.28	300m:	37.84	400m:	34.56			
12.	Arnar Milos Arnbjörnsson		08	ÍRB					5:07.39	366	
	50m:	32.82	150m:	39.44	250m:	39.19	350m:	39.73			
	100m:	38.38	200m:	39.37	300m:	40.33	400m:	38.13			
13.	Ragnar Halldórsson		09	BREIÐ					5:09.94	357	
	50m:	34.96	150m:	38.99	250m:	39.91	350m:	40.41			
	100m:	38.11	200m:	39.33	300m:	39.84	400m:	38.39			
14.	Örn Ægisson		06	ÁRM					5:12.09	350	*
	50m:	32.28	150m:	39.17	250m:	41.49	350m:	40.98			
	100m:	36.59	200m:	40.13	300m:	41.27	400m:	40.18			
15.	Guðfinnur Karlsson S11		88	FJÖRÐ					S11 5:32.38	290	*
	50m:	38.90	150m:	42.89	250m:	41.78	350m:	42.40			
	100m:	41.42	200m:	42.81	300m:	42.26	400m:	39.92			
ÓG.	Daði Þór Friðriksson		07	SH							ÍM
	<i>4.4 - Keppandi startar áður en rásmerki er gefið (þjófstart)</i>										

Sundgrein 3
19.3.2022 - 10:26

kvenna, 50m baksund

Opinn
Úrslitalistar

Íslandsmet	28.53	Ingibjörg Kristín 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	34.48	Rannveig Rögn Leifsdóttir	KR	Reykjavík	21.4.2009
Mótsmet	28.96	Sanja Jovanovic	CRO		1.6.2008

HM : 29.21 / EM Opinn: 29.45; 18 - 20: 29.73 / EMU 15 - 17: 30.49 / ÍM : 35.96

Stig: FINA 2021

Sæti			F.ár			Tími	Stig	
1.	Steingerður Hauksdóttir		96	SH	29.93		732	SSÍ
2.	Birgitta Ingólfssdóttir		05	SH	32.21		587	ÍM
3.	Ástrós Lovísa Hauksdóttir		08	ÍRB	32.77		558	ÍM
4.	Sunna Arnfinnsdóttir		07	Ægir	32.88		552	ÍM
5.	Ragnheiður Ásta Magnúsdóttir		07	BREIÐ	33.39		527	ÍM
6.	Guðbjörg Bjartey Guðmundsdóttir		05	ÍA	33.45		524	ÍM
7.	Þorgerður Ósk Jónsdóttir		03	SH	33.56		519	ÍM
	Dagbjörg Hlíf Ólafsdóttir		05	SH	33.56		519	ÍM
9.	Ylfa Ásgerður Eyjólfssdóttir		06	BREIÐ	33.74		511	ÍM
10.	Coco Margaret Johansson		05	FJÖ	34.20		490	ÍM
11.	Rán Björnsdóttir		05	Ægir	34.52		477	ÍM
12.	Sólveig Freyja Hákonardóttir		09	BREIÐ	34.69		470	ÍM
13.	Adele Alexandra Pálsson		03	SH	34.74		468	ÍM
14.	Athena Líf Þrastardóttir		07	ÍRB	34.86		463	ÍM
15.	Sunneva Bergmann Ásbjörnsdóttir		07	ÍRB	35.62		434	ÍM
16.	Katrín Ósk Aðalsteinsdóttir		09	SH	35.99		421	
17.	Karen Káradóttir		06	ÍA	36.01		420	



Sundgrein 3, kvenna, 50m baksund, Opinn

Sæti		F.ár		Tími	Stig
18.	Eva Sól Garðarsdóttir	03	Óðinn	36.06	418
19.	Hekla Krístrún Mist Arnarsdóttir	06	KR	36.32	409
20.	Dagmar Arna Sigurðardóttir	09	SH	36.45	405
21.	Helga Rós Ingimarsdóttir	06	ÍA	37.12	383
22.	Adriana Agnes Derti	10	ÍRB	37.18	382
23.	Ingibjörg Svava Magnúsdóttir	05	ÍA	37.20	381
24.	Ingibjörg Anna Skúladóttir	06	UMFB	37.21	381
25.	Rebekka Sif Ómarsdóttir	03	Óðinn	37.47	373
26.	Arna Rut Stefánsdóttir	07	SH	37.85	362
27.	Halla Rún Fannarsdóttir	08	Óðinn	37.91	360
28.	Juliane Liv Sörensen	07	Óðinn	38.24	351
29.	Eydís Birta Ingólfssdóttir	05	UMFB	38.33	348
30.	Arna Karen Gísladóttir	07	ÍA	38.80	336
31.	Sara Lind Aðalsteinsdóttir	07	SH	39.03	330
32.	Guðrún Lára Arnarsdóttir	09	STJA	39.19	326
33.	Bergþóra Sól Hálfhánsdóttir	06	Selfoss	39.31	323
34.	Lína Rut S Halldórsdóttir	07	UMFA	39.41	320
35.	Bríet Björk Pálsdóttir	04	Óðinn	39.47	319
36.	Kolbrún Ósk Vilhjálmsdóttir	06	Óðinn	39.64	315
37.	Hrafnhildur Lóa Kvaran	07	ÁRM	39.66	314
38.	Kolbrún Hilda Gunnarsdóttir	06	KR	40.12	304 *
39.	Austėja Savickaitė	09	ÍRB	40.22	301 *
40.	Hallgerður Höskuldsdóttir	04	Selfoss	40.39	298 *
41.	Herdís Rut Guðbjartsdóttir S14	04	FJÖRÐ	S14 40.64	292 *
42.	Freydís Katla Sveinsdóttir	08	ÁRM	40.85	288 *
43.	Lára Jakobína Ringsted	03	ÍA	40.86	287 *
44.	Unnur Birna Unnsteinsdóttir	09	FJÖ	41.11	282 *
45.	Sigríður Aníta Rognvaldsdóttir S14	01	ÍFR	S14 41.32	278 *
46.	Matthildur Eir Valdimarsdóttir	06	Óðinn	41.80	268 *
47.	Nótt Helgadóttir	08	ÁRM	42.51	255 *
48.	Díana Hrafnkelsdóttir	08	Selfoss	43.55	237 *
49.	Aníta Ingibjörg Antonsdóttir	08	Óðinn	44.67	220 *
50.	Friðrika Sif Ágústssdóttir	10	Óðinn	45.82	204 *
51.	Tanya Jóhannsdóttir S7	03	FJÖRÐ	S7 49.63	160 *
52.	Sonja Sigurdardóttir S4SB	90	ÍFR	S4 1:05.55	69 *



Sundgrein 4
19.3.2022 - 10:38

karla, 100m flugsund

Opinn
Úrslitalistar

Íslandsmet	53.42	Örn Arnason	SH	Budapest (HUN)	4.8.2006
Aldursflokkamet Íslands 15 - 17	56.20	Birnir Freyr Hálfðánarsson	SH	Hafnarfjörður	19.3.2022
Aldursflokkamet Íslands 13 - 14	59.10	Birnir Freyr Hálfðánarsson	SH	Reykjavík (KAZ)	17.7.2020
Aldursflokkamet Íslands 11 - 12	1:11.95	Viktor Forafonov	Asker	Kristiansand (NOR)	7.6.2014
Mótsmet	55.90	Simon Elías Statkevicius	ISL		19.3.2022

HM : 53.78 / EM Opinn: 54.23; 19 - 21: 54.64 / EMU 16 - 18: 55.87 / EYOF 15 - 16: 57.69 / NÆM 14 - 16: 58.86 / ÍM : 1:07.19

Stig: FINA 2021

Sæti	F.ár		Tími	Stig
Opinn				
1.	Símon Elías Statkevicius	03 SH	55.90	694 SSÍ
	<i>Mótsmet</i>			
	50m: 25.93 100m: 29.97			
2.	Birnir Freyr Hálfðánarsson	06 SH	56.20	683 EYOF
	<i>Piltarmet</i>			
	50m: 26.31 100m: 29.89			
3.	Kári Snær Halldórsson	04 ÍRB	1:02.63	493 ÍM
	50m: 27.69 100m: 34.94			
4.	Guðmundur Leo Rafnsson	06 ÍRB	1:03.34	477 ÍM
	50m: 28.74 100m: 34.60			
5.	Jón Margeir Sverrisson	92 Óðinn	1:03.58	471 ÍM
	50m: 28.86 100m: 34.72			
6.	Daníel Lúkas Tómasson	04 SH	1:04.39	454 ÍM
	50m: 29.31 100m: 35.08			
7.	Kacper Kogut	06 BREIÐ	1:04.78	446 ÍM
	50m: 30.28 100m: 34.50			
8.	Hilmir Snær Lunddal Rúnarsson	03 SH	1:05.72	427 ÍM
	50m: 30.26 100m: 35.46			
9.	Dagur Snær Hilmarsson	03 SH	1:06.34	415 ÍM
	50m: 30.56 100m: 35.78			
10.	Magnús Víðir Jónsson	08 SH	1:06.64	409 ÍM
	50m: 31.60 100m: 35.04			
11.	Guðbjarni Sigbórsson	06 ÍA	1:06.80	406 ÍM
	50m: 29.82 100m: 36.98			
12.	Benedikt Kári Theódórsson	07 SH	1:07.07	402 ÍM
	50m: 33.05 100m: 34.02			
13.	Dominic Dadi Wheeler	07 Ægir	1:07.09	401 ÍM
	50m: 29.93 100m: 37.16			
14.	Kristófer Óli Birkisson	04 Óðinn	1:07.85	388
	50m: 29.79 100m: 38.06			
15.	Alex Benjamín Bjarnason	04 ÍA	1:08.96	369
	50m: 31.00 100m: 37.96			
16.	Nikolai Leo Jónsson	08 ÍRB	1:09.03	368
	50m: 31.79 100m: 37.24			
17.	Hrafn Sverrisson	05 ÁRM	1:09.31	364
	50m: 31.06 100m: 38.25			



Sundgrein 4, karla, 100m flugsund, Opinn

Sæti		F.ár	Tími	Stig
18.	Jónas Atli Pálsson 50m: 30.36 100m: 39.64	03 SH	1:10.00	353
19.	Daði Rafn Falsson 50m: 33.18 100m: 38.03	08 ÍRB	1:11.21	335
20.	Hálf dán Artúr Róbertsson 50m: 31.72 100m: 40.38	05 UMFB	1:12.10	323
21.	Bjarki B Isaksen 50m: 32.71 100m: 39.41	06 BREIÐ	1:12.12	323
22.	Sigurður Haukur Birgisson 50m: 32.79 100m: 39.42	06 ÁRM	1:12.21	322
23.	Júlíus Arnarsson 50m: 32.43 100m: 40.58	06 KR	1:13.01	311
24.	Adam Leó Tómasson 50m: 34.37 100m: 39.69	07 SH	1:14.06	298
25.	Gísli Kristján Traustason 50m: 35.52 100m: 40.17	09 ÍRB	1:15.69	279
26.	Jakob Ingi Reynisson 50m: 33.76 100m: 42.45	06 Selfoss	1:16.21	274
27.	Víkingur Geirdal 50m: 35.40 100m: 45.45	07 ÍA	1:20.85	229
28.	Stefán Borgar Brynjólfsson 50m: 35.57 100m: 47.25	06 KR	1:22.82	213
29.	Ísak Árni Guðmundsson 50m: 36.59 100m: 46.89	05 ÁRM	1:23.48	208
30.	Adam Agnarsson 50m: 43.57 100m: 47.78	08 ÍA	1:31.35	159
31.	Gunnlaugur Freyr Baldursson 50m: 41.68 100m: 51.22	09 BREIÐ	1:32.90	151
32.	Baltasar Óðinn Sigurmundarson 50m: 41.26 100m: 55.41	07 ÍRB	1:36.67	134
33.	Benedikt Már Þorvaldsson 50m: 47.58 100m: 1:00.75	10 Óðinn	1:48.33	95 *
ÓG.	Guðbjörn Sölvi Sigurjónsson 4.4 - Keppandi startar áður en rásmerki er gefið (þjófstart)	07 UMFB		
ÓG.	Julian Jarnutowski 8.4 - Önnur hönd í bakka eða hendur snerta ekki bakkan samtímis í snúningi eða við lok	10 ÍRB		

17 - 18 ára

1.	Kári Snær Halldórsson 50m: 27.69 100m: 34.94	04 ÍRB	1:02.63	493 ÍM
2.	Daníel Lúkas Tómasson 50m: 29.31 100m: 35.08	04 SH	1:04.39	454 ÍM
3.	Kristófer Óli Birkisson 50m: 29.79 100m: 38.06	04 Óðinn	1:07.85	388



Sundgrein 4, Piltar, 100m flugsund, 17 - 18 ára

Sæti		F.ár	Tími	Stig
4.	Alex Benjamín Bjarnason 50m: 31.00 100m: 37.96	04 ÍA	1:08.96	369
5.	Hrafn Sverrisson 50m: 31.06 100m: 38.25	05 ÁRM	1:09.31	364
6.	Hálf dán Artúr Róbertsson 50m: 31.72 100m: 40.38	05 UMFB	1:12.10	323
7.	Ísak Árni Guðmundsson 50m: 36.59 100m: 46.89	05 ÁRM	1:23.48	208

15 - 16 ára

1.	Birnir Freyr Hálf dánarsson <i>Piltarmet</i> 50m: 26.31 100m: 29.89	06 SH	56.20	683 EYOF
2.	Guðmundur Leo Rafnsson 50m: 28.74 100m: 34.60	06 ÍRB	1:03.34	477 ÍM
3.	Kacper Kogut 50m: 30.28 100m: 34.50	06 BREIÐ	1:04.78	446 ÍM
4.	Guðbjarni Sigþórsson 50m: 29.82 100m: 36.98	06 ÍA	1:06.80	406 ÍM
5.	Benedikt Kári Theódorsson 50m: 33.05 100m: 34.02	07 SH	1:07.07	402 ÍM
6.	Dominic Dadi Wheeler 50m: 29.93 100m: 37.16	07 Ægir	1:07.09	401 ÍM
7.	Bjarki B Isaksen 50m: 32.71 100m: 39.41	06 BREIÐ	1:12.12	323
8.	Sigurður Haukur Birgisson 50m: 32.79 100m: 39.42	06 ÁRM	1:12.21	322
9.	Júlíus Amarsson 50m: 32.43 100m: 40.58	06 KR	1:13.01	311
10.	Adam Leó Tómasson 50m: 34.37 100m: 39.69	07 SH	1:14.06	298
11.	Jakob Ingi Reynisson 50m: 33.76 100m: 42.45	06 Selfoss	1:16.21	274
12.	Víkingur Geirdal 50m: 35.40 100m: 45.45	07 ÍA	1:20.85	229
13.	Stefán Borgar Brynjólfsson 50m: 35.57 100m: 47.25	06 KR	1:22.82	213
14.	Baltasar Óðinn Sigurmundarson 50m: 41.26 100m: 55.41	07 ÍRB	1:36.67	134
ÓG.	Guðbjörn Sölvi Sigurjónsson <i>4.4 - Keppandi startar áður en rásmerki er gefið (þjófstart)</i>	07 UMFB		



Sundgrein 4, karla, 100m flugsund

14 ára og yngri

1.	Magnús Víðir Jónsson	08	SH	1:06.64	409	ÍM
	50m: 31.60 100m: 35.04					
2.	Nikolai Leo Jónsson	08	ÍRB	1:09.03	368	
	50m: 31.79 100m: 37.24					
3.	Daði Rafn Falsson	08	ÍRB	1:11.21	335	
	50m: 33.18 100m: 38.03					
4.	Gísli Kristján Traustason	09	ÍRB	1:15.69	279	
	50m: 35.52 100m: 40.17					
5.	Adam Agnarsson	08	ÍA	1:31.35	159	
	50m: 43.57 100m: 47.78					
6.	Gunnlaugur Freyr Baldursson	09	BREIÐ	1:32.90	151	
	50m: 41.68 100m: 51.22					
7.	Benedikt Már Þorvaldsson	10	Óðinn	1:48.33	95	*
	50m: 47.58 100m: 1:00.75					
ÓG.	Julian Jarnutowski	10	ÍRB			
	8.4 - Önnur hönd í bakka eða hendur snerta ekki bakkan samtímis í snúningi eða við lok					

Sundgrein 5

19.3.2022 - 10:47

kvenna, 200m flugsund

Opinn
Úrslitalistar

Íslandsmet	2:18.79	Erla Dögg Haraldsdóttir	ÍRB	Reykjavík	6.4.2008
Aldursflokkamet Íslands 15 - 17	2:19.71	Sigrún Brá Sverrisdóttir	Fjölur	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	2:42.22	Elísabet Arnoddsdóttir	ÍRB	Reykjanesbær	16.12.2021
Mótsmet	2:21.11	Simona Mucciola	AND		1.6.2010

HM : 2:13.73 / EM Opinn: 2:14.86; 18 - 20: 2:16.11 / EMU 15 - 17: 2:19.20 / EYOF 14 - 15: 2:23.27 / NÆM 13 - 15: 2:26.20 / ÍM : 2:41.32

Stig: FINA 2021

Sæti	F.ár	Tími	Stig			
Opinn						
1.	Freyja Birkisdóttir	06	BREIÐ	2:36.17	474	ÍM
	50m: 32.74 100m: 39.82 150m: 41.75 200m: 41.86					
2.	Kristín Ylfa Guðmundsdóttir	02	SH	2:39.07	449	ÍM
	50m: 35.37 100m: 38.77 150m: 43.10 200m: 41.83					
3.	Elísabet Arnoddsdóttir	09	ÍRB	2:40.18	439	ÍM
	50m: 33.29 100m: 40.73 150m: 42.73 200m: 43.43					
4.	Freydís Lilja Bergþórsdóttir	09	ÍRB	2:40.51	437	ÍM
	50m: 36.79 100m: 41.95 150m: 41.90 200m: 39.87					
5.	Hulda Þorkelsdóttir	06	Ægir	3:07.40	274	
	50m: 38.21 100m: 48.42 150m: 49.88 200m: 50.89					

16 - 17 ára

1.	Freyja Birkisdóttir	06	BREIÐ	2:36.17	474	ÍM
	50m: 32.74 100m: 39.82 150m: 41.75 200m: 41.86					
2.	Hulda Þorkelsdóttir	06	Ægir	3:07.40	274	
	50m: 38.21 100m: 48.42 150m: 49.88 200m: 50.89					



Sundgrein 5, kvenna, 200m flugsund

13 ára og yngri

1.	Elísabet Arnoddsdóttir	09	ÍRB					2:40.18	439	ÍM
	50m: 33.29	100m: 40.73	150m: 42.73	200m: 43.43						
2.	Freydís Lilja Bergþórsdóttir	09	ÍRB					2:40.51	437	ÍM
	50m: 36.79	100m: 41.95	150m: 41.90	200m: 39.87						

Sundgrein 6

karla, 200m baksund

Opinn
Úrslitalistar

19.3.2022 - 10:52

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
Mótsmet	2:09.13	Kristinn Þórarinsson	ISL		1.4.2014

HM : 2:02.20 / EM Opinn: 2:03.23; 19 - 21: 2:04.17 / EMU 16 - 18: 2:06.96 / EYOF 15 - 16: 2:11.08 / NÆM 14 - 16: 2:13.75 /

ÍM : 2:31.44

Stig: FINA 2021

Sæti	F.ár	Tími	Stig
Opinn			
1.	05	SH	2:13.63 587 ÍM
		200m: 34.17	
2.	06	Óðinn	2:33.36 388
		200m: 39.95	
3.	02	UMFA	2:40.95 336
		200m: 41.08	
4.	08	SH	2:43.12 322
		200m: 41.54	
5.	07	UMFB	2:54.80 262
		200m: 46.38	
6.	09	BREIÐ	2:57.84 249
		200m: 44.16	
7.	09	SH	2:58.79 245
		200m: 44.81	
8.	07	SH	2:59.24 243
		200m: 42.29	
9.	08	ÍRB	3:00.13 239
		200m: 44.35	
10.	10	Óðinn	3:09.55 205
		200m: 47.68	
11.	11	SH	3:15.40 187
		200m: 49.93	
12.	09	Ægir	3:18.93 178
		200m: 50.15	

Sundgrein 6, karla, 200m baksund

17 - 18 ára

1. Veigar Hrafn Sigþórsson	05	SH	2:13.63	587	ÍM
50m: 31.20 100m: 33.55 150m: 34.71 200m: 34.17					

15 - 16 ára

1. Kristinn Viðar Tómasson	06	Óðinn	2:33.36	388	
50m: 35.04 100m: 38.25 150m: 40.12 200m: 39.95					
2. Sigurgeir Guðmundur Elvarsson	07	UMFB	2:54.80	262	
50m: 39.19 100m: 44.05 150m: 45.18 200m: 46.38					
3. Boban Malívuk	07	SH	2:59.24	243	
50m: 42.19 100m: 46.42 150m: 48.34 200m: 42.29					

14 ára og yngri

1. Halldór Ingi Hafþórsson	08	SH	2:43.12	322	
50m: 37.54 100m: 41.52 150m: 42.52 200m: 41.54					
2. Ragnar Halldórsson	09	BREIÐ	2:57.84	249	
50m: 42.12 100m: 45.33 150m: 46.23 200m: 44.16					
3. Andri Ólafsson	09	SH	2:58.79	245	
50m: 40.98 100m: 45.98 150m: 47.02 200m: 44.81					
4. Kacper Romanowski	08	ÍRB	3:00.13	239	
50m: 42.20 100m: 46.63 150m: 46.95 200m: 44.35					
5. Ívan Elí Ólafsson	10	Óðinn	3:09.55	205	
50m: 43.07 100m: 2:26.48 150m: 200m: 47.68					
6. Kristjón Hrafn Kjartansson	11	SH	3:15.40	187	
50m: 45.04 100m: 49.39 150m: 51.04 200m: 49.93					
7. Ingibjörn Natan Guðmundsson	09	Ægir	3:18.93	178	
50m: 46.15 100m: 50.64 150m: 51.99 200m: 50.15					



Sundgrein 7
19.3.2022 - 11:01

kvenna, 200m bringusund

Opinn
Úrslitalistar

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
Mótsmet	2:32.74	Hrafnhildur Lúthersdóttir	ISL		1.4.2017

HM : 2:31.02 / EM Opinn: 2:32.29; 18 - 20: 2:33.70 / EMU 15 - 17: 2:37.65 / EYOF 14 - 15: 2:41.79 / NÆM 13 - 15: 2:45.09 / ÍM : 3:04.39

Stig: FINA 2021

Sæti	F.ár		Tími	Stig
Opinn				
1.	Eva Margrét Falsdóttir	05 ÍRB	2:41.76	636 ÍM
	50m: 37.71 100m: 39.70 150m: 42.36 200m: 41.99			
2.	Katla Mist Bragadóttir	07 ÁRM	2:51.38	534 ÍM
	50m: 39.23 100m: 43.83 150m: 44.65 200m: 43.67			
3.	Birta Rún Smáradóttir	04 UMFA	2:54.63	505 ÍM
	50m: 38.69 100m: 44.62 150m: 45.24 200m: 46.08			
4.	Ingunn Jónsdóttir	02 FJÖ	2:55.09	501 ÍM
	50m: 38.74 100m: 43.85 150m: 45.95 200m: 46.55			
5.	Auguste Balciunaite	11 SH	2:56.80	487 ÍM
	50m: 39.25 100m: 44.92 150m: 46.79 200m: 45.84			
6.	Margrét Anna Lapas	09 BREIÐ	3:04.51	428
	50m: 42.03 100m: 46.86 150m: 47.85 200m: 47.77			
7.	Eydís Arna Isaksen	08 Óðinn	3:08.48	402
	50m: 40.14 100m: 47.84 150m: 50.98 200m: 49.52			
8.	Ásdís Steindórsdóttir	09 BREIÐ	3:10.14	391
	50m: 42.93 100m: 48.73 150m: 49.22 200m: 49.26			
9.	Gabija Marija Savickaitė	08 ÍRB	3:10.35	390
	50m: 42.84 100m: 47.30 150m: 51.29 200m: 48.92			
10.	Svava Bjoerg Larusdottir	03 FJÖ	3:11.92	380
	50m: 43.88 100m: 49.54 150m: 49.40 200m: 49.10			
11.	Embla Dögg Helgadóttir	08 Ægir	3:12.22	379
	50m: 41.80 100m: 48.63 150m: 50.91 200m: 50.88			
12.	Ástrós Lovísa Hauksdóttir	08 ÍRB	3:15.11	362
	50m: 42.74 100m: 49.60 150m: 51.71 200m: 51.06			
13.	Ásdís Gunnarsdóttir	08 UMFA	3:16.87	352
	50m: 45.15 100m: 50.17 150m: 51.55 200m: 50.00			
14.	Vigdís Tinna Hákonardóttir	06 BREIÐ	3:18.05	346
	50m: 42.55 100m: 49.95 150m: 52.92 200m: 52.63			
15.	Sara Lind Aðalsteinsdóttir	07 SH	3:18.23	345
	50m: 44.42 100m: 50.04 150m: 51.58 200m: 52.19			
16.	Natalía Fanney Sigurðardóttir	10 ÍRB	3:20.09	336
	50m: 43.83 100m: 50.98 150m: 53.25 200m: 52.03			
17.	Elija Apanskaite	09 ÍRB	3:21.08	331
	50m: 45.50 100m: 51.14 150m: 52.74 200m: 51.70			
18.	Margrét Gunnarsdóttir	06 UMFB	3:22.53	324
	50m: 45.63 100m: 52.50 150m: 54.44 200m: 49.96			



Sundgrein 7, kvenna, 200m bringusund, Opinn

Sæti		F.ár		Tími	Stig
19.	Austėja Savickaitė	09	ÍRB	3:22.88	322
	50m: 46.64 100m: 50.84 150m: 52.97 200m: 52.43				
20.	Katrín Tinna Andrésdóttir	06	STJA	3:23.02	321
	50m: 45.64 100m: 52.30 150m: 53.09 200m: 51.99				
21.	Eydís Jóhannesdóttir	11	ÍRB	3:25.59	309
	50m: 48.36 100m: 52.78 150m: 54.45 200m: 50.00				
22.	Kornelia Nadia Maniak	10	ÍRB	3:27.00	303
	50m: 47.95 100m: 53.30 150m: 54.04 200m: 51.71				
23.	Dóróthea Margrét Jakobsdóttir	08	ÁRM	3:31.34	285
	50m: 48.56 100m: 54.73 150m: 54.68 200m: 53.37				
24.	Victoría Takacs Önnuásgeirsdóttir	07	SH	3:31.58	284
	50m: 46.32 100m: 52.64 150m: 55.77 200m: 56.85				
25.	Íris Arna Ingvarsdóttir	07	ÍA	3:36.87	263
	50m: 47.14 100m: 55.42 150m: 56.82 200m: 57.49				
26.	Freydís Katla Sveinsdóttir	08	ÁRM	3:43.16	242
	50m: 50.95 100m: 57.65 150m: 57.85 200m: 56.71				
27.	Aldís Lilja Viðarsdóttir	08	ÍA	3:49.37	223 *
	50m: 48.88 100m: 56.44 150m: 1:02.15 200m: 1:01.90				
ÓG.	Rakel Hjaltadóttir	08	Óðinn		
	<i>7.2 - Handartök ekki samhæfð eða í lárétu plani</i>				

16 - 17 ára

1.	Eva Margrét Falsdóttir	05	ÍRB	2:41.76	636 ÍM
	50m: 37.71 100m: 39.70 150m: 42.36 200m: 41.99				
2.	Vigdís Tinna Hákonardóttir	06	BREIÐ	3:18.05	346
	50m: 42.55 100m: 49.95 150m: 52.92 200m: 52.63				
3.	Margrét Gunnarsdóttir	06	UMFB	3:22.53	324
	50m: 45.63 100m: 52.50 150m: 54.44 200m: 49.96				
4.	Katrín Tinna Andrésdóttir	06	STJA	3:23.02	321
	50m: 45.64 100m: 52.30 150m: 53.09 200m: 51.99				

14 - 15 ára

1.	Katla Mist Bragadóttir	07	ÁRM	2:51.38	534 ÍM
	50m: 39.23 100m: 43.83 150m: 44.65 200m: 43.67				
2.	Eydís Arna Isaksen	08	Óðinn	3:08.48	402
	50m: 40.14 100m: 47.84 150m: 50.98 200m: 49.52				
3.	Gabija Marija Savickaitė	08	ÍRB	3:10.35	390
	50m: 42.84 100m: 47.30 150m: 51.29 200m: 48.92				
4.	Embla Dögg Helgadóttir	08	Ægir	3:12.22	379
	50m: 41.80 100m: 48.63 150m: 50.91 200m: 50.88				
5.	Ástrós Lovísa Hauksdóttir	08	ÍRB	3:15.11	362
	50m: 42.74 100m: 49.60 150m: 51.71 200m: 51.06				
6.	Ásdís Gunnarsdóttir	08	UMFA	3:16.87	352
	50m: 45.15 100m: 50.17 150m: 51.55 200m: 50.00				



Sundgrein 7, Stúlkur, 200m bringusund, 14 - 15 ára

Sæti	F.ár							Tími	Stig
7.	Sara Lind Aðalsteinsdóttir 07 SH							3:18.23	345
	50m:	44.42	100m:	50.04	150m:	51.58	200m:	52.19	
8.	Dóróthea Margrét Jakobsdóttir 08 ÁRM							3:31.34	285
	50m:	48.56	100m:	54.73	150m:	54.68	200m:	53.37	
9.	Victoría Takacs Önnuásgeirsdóttir 07 SH							3:31.58	284
	50m:	46.32	100m:	52.64	150m:	55.77	200m:	56.85	
10.	Íris Arna Ingvarsdóttir 07 ÍA							3:36.87	263
	50m:	47.14	100m:	55.42	150m:	56.82	200m:	57.49	
11.	Freydís Katla Sveinsdóttir 08 ÁRM							3:43.16	242
	50m:	50.95	100m:	57.65	150m:	57.85	200m:	56.71	
12.	Aldís Lilja Viðarsdóttir 08 ÍA							3:49.37	223 *
	50m:	48.88	100m:	56.44	150m:	1:02.15	200m:	1:01.90	
ÓG.	Rakel Hjaltadóttir 08 Óðinn								
	<i>7.2 - Handartök ekki samhæfð eða í láréttu plani</i>								

13 ára og yngri

1.	Auguste Balciunaite 11 SH							2:56.80	487 ÍM
	50m:	39.25	100m:	44.92	150m:	46.79	200m:	45.84	
2.	Margrét Anna Lapas 09 BREIÐ							3:04.51	428
	50m:	42.03	100m:	46.86	150m:	47.85	200m:	47.77	
3.	Ásdís Steindórsdóttir 09 BREIÐ							3:10.14	391
	50m:	42.93	100m:	48.73	150m:	49.22	200m:	49.26	
4.	Natalía Fanney Sigurðardóttir 10 ÍRB							3:20.09	336
	50m:	43.83	100m:	50.98	150m:	53.25	200m:	52.03	
5.	Elija Apanskaite 09 ÍRB							3:21.08	331
	50m:	45.50	100m:	51.14	150m:	52.74	200m:	51.70	
6.	Austėja Savickaitė 09 ÍRB							3:22.88	322
	50m:	46.64	100m:	50.84	150m:	52.97	200m:	52.43	
7.	Eydís Jóhannesdóttir 11 ÍRB							3:25.59	309
	50m:	48.36	100m:	52.78	150m:	54.45	200m:	50.00	
8.	Kornelia Nadia Maniak 10 ÍRB							3:27.00	303
	50m:	47.95	100m:	53.30	150m:	54.04	200m:	51.71	



Sundgrein 8
19.3.2022 - 11:18

karla, 100m bringusund

Opinn
Úrslitalistar

Íslandsmet	1:00.32	Anton Sveinn McKee	SH	Gwangju (KOR)	23.7.2019
Aldursflokkamet Íslands 15 - 17	1:04.24	Daði Björnsson	SH	Hafnarfjörður	5.6.2021
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
Mótsmet	1:03.72	Darren Mew	GBR		1.6.2008

HM : 1:01.84 / EM Opinn: 1:02.36; 19 - 21: 1:02.84 / EMU 16 - 18: 1:04.25 / EYOF 15 - 16: 1:06.33 / NÆM 14 - 16: 1:07.69 /
ÍM : 1:17.79

Stig: FINA 2021

Sæti	F.ár	Tími	Stig
Opinn			
1. Snorri Dagur Einarsson	05 SH	1:06.13	636 SSÍ
50m: 30.85 100m: 35.28			
2. Einar Margeir Ágústsson	05 ÍA	1:06.91	614 ÍM
50m: 31.62 100m: 35.29			
3. Kári Snær Halldórsson	04 ÍRB	1:10.61	522 ÍM
50m: 30.76 100m: 39.85			
4. Ingvar Orri Jóhannesson	04 KR	1:12.63	480 ÍM
50m: 32.48 100m: 40.15			
5. Aron Fannar Kristínarson	03 ÍRB	1:14.69	441 ÍM
50m: 33.01 100m: 41.68			
6. Karl Björnsson	08 SH	1:15.77	423 ÍM
50m: 35.18 100m: 40.59			
7. Nikolai Leo Jónsson	08 ÍRB	1:16.06	418 ÍM
50m: 35.45 100m: 40.61			
8. Örn Kató Arnarsson	05 Óðinn	1:16.13	417 ÍM
50m: 35.22 100m: 40.91			
9. Arnar Logi Ægisson	07 SH	1:17.00	403 ÍM
50m: 36.10 100m: 40.90			
10. Jónas Atli Pálsson	03 SH	1:18.38	382
50m: 36.59 100m: 41.79			
11. Sigurður Haukur Birgisson	06 ÁRM	1:18.52	380
50m: 37.98 100m: 40.54			
12. Dominic Dadi Wheeler	07 Ægir	1:20.33	355
50m: 37.23 100m: 43.10			
13. Daði Rafn Falsson	08 ÍRB	1:20.59	351
50m: 38.15 100m: 42.44			
14. Jón Ingi Halldórsson	04 BREIÐ	1:20.87	347
50m: 38.36 100m: 42.51			
15. Þröstur Ingi Gunnsteinsson	06 ÁRM	1:21.03	345
50m: 37.38 100m: 43.65			
16. Denas Kazulis	08 ÍRB	1:21.18	343
50m: 37.50 100m: 43.68			
17. Guðmundur Halldórsson	04 BREIÐ	1:21.54	339
50m: 37.52 100m: 44.02			
18. Magnús Víðir Jónsson	08 SH	1:22.70	325
50m: 38.80 100m: 43.90			



Sundgrein 8, karla, 100m bringusund, Opinn

Sæti		F.ár	Tími	Stig
19.	Andri Már Kristjánsson 50m: 38.99 100m: 44.55	06 SH	1:23.54	315
20.	Árni Þór Pálmason 50m: 39.84 100m: 44.07	09 ÍRB	1:23.91	311
21.	Bjarki B Isaksen 50m: 39.41 100m: 44.60	06 BREIÐ	1:24.01	310
22.	Halldór Björn Kristinsson 50m: 38.37 100m: 46.61	02 FJÖ	1:24.98	299
23.	Gísli Kristján Traustason 50m: 40.69 100m: 45.70	09 ÍRB	1:26.39	285
24.	Gabriel Ingi Derti 50m: 41.45 100m: 47.59	08 ÍRB	1:29.04	260
25.	Magni Rafn Ragnarsson 50m: 41.51 100m: 47.63	10 Óðinn	1:29.14	259
26.	Ernir Máni Oddgeirsson 50m: 43.48 100m: 48.37	07 SH	1:31.85	237
27.	Guðfinnur Karlsson S11 50m: 47.06 100m: 50.37	88 FJÖRÐ	SB11 1:37.43	198
28.	Julian Jarnutowski 50m: 51.40 100m: 54.97	10 ÍRB	1:46.37	152
29.	Almar Sindri Daníelsson Glad 50m: 50.79 100m: 56.94	08 ÍA	1:47.73	147
30.	Þór Eli Gunnarsson 50m: 50.99 100m: 57.30	11 SH	1:48.29	144
31.	Emil Arthur Dreki Þorsteisson 50m: 52.63 100m: 58.98	11 ÁRM	1:51.61	132
32.	Búi Heinrich Mímir Þorsteinsson 50m: 53.89 100m: 59.77	10 ÁRM	1:53.66	125
33.	Styrmir Snær Árnason 50m: 52.16 100m: 1:02.90	10 SH	1:55.06	120 *

17 - 18 ára

1.	Snorri Dagur Einarsson 50m: 30.85 100m: 35.28	05 SH	1:06.13	636 SSÍ
2.	Einar Margeir Ágústsson 50m: 31.62 100m: 35.29	05 ÍA	1:06.91	614 ÍM
3.	Kári Snær Halldórsson 50m: 30.76 100m: 39.85	04 ÍRB	1:10.61	522 ÍM
4.	Ingvar Orri Jóhannesson 50m: 32.48 100m: 40.15	04 KR	1:12.63	480 ÍM
5.	Örn Kató Arnarsson 50m: 35.22 100m: 40.91	05 Óðinn	1:16.13	417 ÍM
6.	Jón Ingi Halldórsson 50m: 38.36 100m: 42.51	04 BREIÐ	1:20.87	347



Sundgrein 8, Piltar, 100m bringusund, 17 - 18 ára

Sæti		F.ár		Tími	Stig
7.	Guðmundur Halldórsson	04	BREIÐ	1:21.54	339
	50m: 37.52 100m: 44.02				

15 - 16 ára

1.	Arnar Logi Ægisson	07	SH	1:17.00	403 ÍM
	50m: 36.10 100m: 40.90				
2.	Sigurður Haukur Birgisson	06	ÁRM	1:18.52	380
	50m: 37.98 100m: 40.54				
3.	Dominic Dadi Wheeler	07	Ægir	1:20.33	355
	50m: 37.23 100m: 43.10				
4.	Pröstur Ingi Gunnsteinsson	06	ÁRM	1:21.03	345
	50m: 37.38 100m: 43.65				
5.	Andri Már Kristjánsson	06	SH	1:23.54	315
	50m: 38.99 100m: 44.55				
6.	Bjarki B Isaksen	06	BREIÐ	1:24.01	310
	50m: 39.41 100m: 44.60				
7.	Ernir Máni Oddgeirsson	07	SH	1:31.85	237
	50m: 43.48 100m: 48.37				

14 ára og yngri

1.	Karl Björnsson	08	SH	1:15.77	423 ÍM
	50m: 35.18 100m: 40.59				
2.	Nikolai Leo Jónsson	08	ÍRB	1:16.06	418 ÍM
	50m: 35.45 100m: 40.61				
3.	Daði Rafn Falsson	08	ÍRB	1:20.59	351
	50m: 38.15 100m: 42.44				
4.	Denas Kazulis	08	ÍRB	1:21.18	343
	50m: 37.50 100m: 43.68				
5.	Magnús Víðir Jónsson	08	SH	1:22.70	325
	50m: 38.80 100m: 43.90				
6.	Árni Þór Pálmason	09	ÍRB	1:23.91	311
	50m: 39.84 100m: 44.07				
7.	Gísli Kristján Traustason	09	ÍRB	1:26.39	285
	50m: 40.69 100m: 45.70				
8.	Gabriel Ingi Derti	08	ÍRB	1:29.04	260
	50m: 41.45 100m: 47.59				
9.	Magni Rafn Ragnarsson	10	Óðinn	1:29.14	259
	50m: 41.51 100m: 47.63				
10.	Julian Jarnutowski	10	ÍRB	1:46.37	152
	50m: 51.40 100m: 54.97				
11.	Almar Sindri Daníelsson Glad	08	ÍA	1:47.73	147
	50m: 50.79 100m: 56.94				
12.	Þór Eli Gunnarsson	11	SH	1:48.29	144
	50m: 50.99 100m: 57.30				



Sundgrein 8, Piltar, 100m bringusund, 14 ára og yngri

Sæti	F.ár	Tími	Stig
13. Emil Arthur Dreki Þorsteisson 50m: 52.63 100m: 58.98	11 ÁRM	1:51.61	132
14. Búi Heinrich Mímir Þorsteinsson 50m: 53.89 100m: 59.77	10 ÁRM	1:53.66	125
15. Styrmir Snær Árnason 50m: 52.16 100m: 1:02.90	10 SH	1:55.06	120 *

Sundgrein 9

19.3.2022 - 11:28

kvenna, 50m skriðsund

Opinn
Úrslitalistar

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
Mótsmet	26.19	Ragnheiður Ragnarsdóttir	ISL		1.4.2012

HM : 25.92 / EM Opinn: 26.13; 18 - 20: 26.38 / EMU 15 - 17: 27.05 / ÍM : 30.84

Stig: FINA 2021

Sæti	F.ár	Tími	Stig
1. Kristín Helga Hákonardóttir	04 SH	26.95	677 SSÍ
Steingerður Hauksdóttir	96 SH	26.95	677 ÍM
3. Ylfa Lind Kristmannsdóttir	08 ÁRM	27.76	619 ÍM
4. Guðbjörg Bjartey Guðmundsdóttir	05 ÍA	27.96	606 ÍM
5. Nadja Djurovic	07 BREIÐ	28.09	598 SSÍ
6. Birgitta Ingólfssdóttir	05 SH	28.63	565 ÍM
7. Sunna Arnfinnsdóttir	07 Ægir	28.75	558 ÍM
8. Dagbjörg Hlíf Ólafsdóttir	05 SH	28.80	555 ÍM
Coco Margaret Johansson	05 FJÖ	28.80	555 ÍM
10. Birta Rún Smáradóttir	04 UMFA	28.89	549 ÍM
11. María Skorastein Sigurdardóttir	07 SH	28.91	548 ÍM
12. Herdís Birna Viggósdóttir	04 KR	29.61	510 ÍM
13. Katja Lilja Andriysdóttir	06 SH	29.63	509 ÍM
14. Ylfa Ásgerður Eyjólfssdóttir	06 BREIÐ	29.96	493 ÍM
15. Rán Björnsdóttir	05 Ægir	30.39	472 ÍM
16. Þórey Margrét Magnúsdóttir	09 BREIÐ	30.57	464 ÍM
17. Embla Karen Sævarsdóttir	04 Óðinn	30.67	459 ÍM
18. Elísabet Arnoddsdóttir	09 ÍRB	30.79	454 ÍM
19. Halldóra Björt Ingimundardóttir	08 BREIÐ	30.82	452 ÍM
20. Ágústa Inga Amarsdóttir	06 STJA	30.96	446
21. Ingibjörg Svava Magnúsdóttir	05 ÍA	30.97	446
22. Rebekka Sif Ómarsdóttir	03 Óðinn	30.98	446
23. Hekla Kristrún Mist Arnarsdóttir	06 KR	30.99	445
24. Katrín Ósk Aðalsteinsdóttir	09 SH	31.15	438
25. Aníta Nótt Kolbeinsdóttir	07 SH	31.24	434
Juliane Liv Sörensen	07 Óðinn	31.24	434
27. Ragnheiður Gunnsteinsdóttir	07 BREIÐ	31.30	432
28. Bríet Björk Pálsdóttir	04 Óðinn	31.48	425
29. Valdís Rós Þorsteinsdóttir	07 UMFB	31.52	423
30. Helga Rós Ingimarsdóttir	06 ÍA	31.68	417
31. Hallgerður Höskuldsdóttir	04 Selfoss	31.74	414



Sundgrein 9, kvenna, 50m skriðsund, Opinn

Sæti		F.ár		Tími	Stig
32.	Arna Rut Stefánsdóttir	07	SH	31.78	413
33.	Karen Káradóttir	06	ÍA	31.83	411
34.	Tinna Karen Sigurðardóttir	08	SH	32.02	403
35.	Hugrún Guðmundsdóttir	08	FJÖ	32.10	400
36.	Naomí Arnarsdóttir	07	Óðinn	32.17	398
	Eydís Arna Isaksen	08	Óðinn	32.17	398
38.	Dagbjört Lilja Danielsdóttir	04	Óðinn	32.22	396
39.	Katrín Lóa Ingadóttir	08	Óðinn	32.36	391
40.	Halla Rún Fannarsdóttir	08	Óðinn	32.45	388
41.	Ingibjörg Anna Skúladóttir	06	UMFB	32.50	386
42.	Freyja Sigríður Ásgeirsdóttir	07	KR	32.51	385
43.	Rebekka Marín Arngeirsdóttir	05	ÍRB	32.56	384
44.	Matthildur Eir Valdimarsdóttir	06	Óðinn	32.66	380
45.	Adríana Agnes Derti	10	ÍRB	32.84	374
46.	Freydís Lilja Bergþórsdóttir	09	ÍRB	32.85	374
47.	Dagmar Arna Sigurðardóttir	09	SH	32.95	370
48.	Hrafnhildur Lóa Kvaran	07	ÁRM	33.02	368
49.	Eydís Birta Ingólfssdóttir	05	UMFB	33.10	365
50.	Alexandra Björk Kærnested	08	STJA	33.11	365
51.	Sara Björt Símonardóttir	04	SH	33.24	361
52.	Arna Karen Gísladóttir	07	ÍA	33.28	359
53.	Sandra Rut Fannarsdóttir	06	Óðinn	33.49	353
54.	Kolbrún Hilda Gunnarsdóttir	06	KR	33.53	351
55.	Lára Jakobína Ringsted	03	ÍA	33.69	346
56.	Eva Sól Garðarsdóttir	03	Óðinn	33.76	344
57.	Margrét Gunnarsdóttir	06	UMFB	33.91	340
58.	Bergþóra Sól Hálfðánsdóttir	06	Selfoss	33.98	338
59.	Júlía Líf Gunnsteinsdóttir	04	STJA	34.05	335
60.	Emelía Ýr S14 Gunnarsdóttir	05	FJÖRÐ	S14 34.10	334
61.	Kolbrún Ósk Vilhjálmsdóttir	06	Óðinn	34.31	328
62.	Lína Rut S Halldórsdóttir	07	UMFA	34.36	326
63.	Sigríður Aníta Rognvaldsdóttir S14	01	ÍFR	S14 34.58	320
64.	Guðrún Lára Arnarsdóttir	09	STJA	34.67	318
65.	Anna Rósa Þrastardóttir S14	04	FJÖRÐ	S14 35.01	309 *
66.	Unnur Birna Unnsteinsdóttir	09	FJÖ	35.19	304 *
67.	Vilte Milleryte	09	ÍRB	35.35	300 *
68.	Nótt Helgadóttir	08	ÁRM	35.45	297 *
69.	Díana Hrafnkelsdóttir	08	Selfoss	35.51	296 *
70.	Friðrika Sif Ágústsdóttir	10	Óðinn	37.61	249 *
71.	Aníta Ingibjörg Antonsdóttir	08	Óðinn	38.13	239 *
72.	Yrsa Gunnlaugsdóttir	08	ÁRM	38.34	235 *
73.	Sigrún S16 Kjartansdóttir	03	FJÖRÐ	S16 40.20	204 *
74.	Tanya Jóhannsdóttir S7	03	FJÖRÐ	S7 40.58	198 *
75.	Thelma Björnsdóttir S6 Sb5	96	ÍFR	S6 41.69	183 *
76.	Sonja Sigurdardóttir S4SB	90	ÍFR	S4 1:05.70	46 *



Sundgrein 10
19.3.2022 - 11:40

karla, 50m skriðsund

Opinn
Úrslitalistar

Íslandsmet	22.53	Árni Már Árnason	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 Þórarinnsson	Fjölpir	Reykjavík	23.12.2010
Aldursflokkamet Íslands 11 - 12	29.55	Birnir Freyr Hálfðánarsson	SH	Reykjavík	28.4.2018
Mótsmet	23.15	Árni Már Arnason	ISL		1.6.2008

HM : 22.96 / EM Opinn: 23.15; 19 - 21: 23.33 / EMU 16 - 18: 23.85 / ÍM : 28.12

Stig: FINA 2021

Sæti	F.ár	Tími	Stig
1. Dadó Fenrir Jasminuson	95 SH	23.85	673 ÍM
2. Símon Elías Statkevicius	03 SH	23.88	671 SSÍ
3. Daði Björnsson	04 SH	24.62	612 ÍM
4. Fannar Snævar Hauksson	04 ÍRB	24.86	595 ÍM
5. Kristjan Gylfi Þórisson	00 FJÖ	25.26	567 ÍM
6. Stefán Elías Berman	03 ÍRB	25.72	537 ÍM
7. Einar Margeir Ágústsson	05 ÍA	25.84	529 ÍM
8. Guðmundur Leo Rafnsson	06 ÍRB	25.86	528 ÍM
9. Kristján Magnússon	05 ÍA	26.00	520 ÍM
10. Ingvar Orri Jóhannesson	04 KR	26.44	494 ÍM
11. Alex Benjamín Bjarnason	04 ÍA	26.57	487 ÍM
12. Þorsteinn Karl Arnarsson	04 STJA	26.69	480 ÍM
13. Guðbjarni Sigþórsson	06 ÍA	26.84	472 ÍM
14. Jón Margeir Sverrisson	92 Óðinn	26.88	470 ÍM
15. Dagur Snær Hilmarsson	03 SH	27.11	458 ÍM
16. Róbert Ísak Jónsson	01 SH	27.12	458 ÍM
17. Björn Yngvi Guðmundsson	07 SH	27.18	455 ÍM
18. Denas Kazulis	08 ÍRB	27.44	442 ÍM
19. Daði Þór Friðriksson	07 SH	27.46	441 ÍM
20. Júlíus Arnarsson	06 KR	27.53	438 ÍM
21. Guðmundur Halldórsson	04 BREIÐ	27.64	432 ÍM
22. Kristófer Óli Birkisson	04 Óðinn	27.81	425 ÍM
23. Úlfur Páll Andrason	04 KR	27.96	418 ÍM
24. Gabríel Þór Sigurmundarson	03 ÍRB	27.99	416 ÍM
25. Andri Bergmann Ísaksen	04 BREIÐ	28.00	416 ÍM
26. Þröstur Ingi Gunnsteinsson	06 ÁRM	28.06	413 ÍM
27. Jón Ingi Halldórsson	04 BREIÐ	28.16	409
28. Hrafn Sverrisson	05 ÁRM	28.26	405
29. Örn Kató Arnarsson	05 Óðinn	28.31	402
30. Gunnar Egill Gunnarsson	07 UMFB	28.40	399
31. Örn Ægisson	06 ÁRM	28.42	398
Jakob Ingi Reynisson	06 Selfoss	28.42	398
33. Birgir Hrafn Kjartansson	08 Ægir	28.52	394
34. Kristinn Viðar Tómasson	06 Óðinn	28.70	386
35. Eggert Sigtryggsson	05 SH	28.87	379
Mateusz Kuptel	06 ÍA	28.87	379
37. James Eiríkur Hafliðason	06 KR	29.08	371
38. Sigurður Þráinn Sigurðsson	02 UMFA	29.17	368
39. Hálfðán Artúr Róbertsson	05 UMFB	29.24	365
40. Oliver Kaldal	07 Ægir	29.30	363
41. Arnar Milos Arnbjörnsson	08 ÍRB	29.67	350
42. Benedikt Kári Theódórsson	07 SH	29.91	341
43. Guðbjörn Sölvi Sigurjónsson	07 UMFB	30.52	321



Sundgrein 10, karla, 50m skriðsund, Opinn

Sæti	F.ár	Tími	Stig
44. Ásberg Halldór Hansson	07 FJÖ	30.54	320
45. Hringur Birgir Kristinsson	04 FJÖ	31.06	305
46. Boban Malivuk	07 SH	31.25	299
47. Stefán Borgar Brynjólfsson	06 KR	31.35	296
48. Sigurgeir Guðmundur Elvarsson	07 UMFB	31.45	293
49. Kristján Helgi Jóhannsson	02 FJÖ	31.62	289
50. Haukur Már Birgisson	06 Selfoss	32.27	272
51. Baltasar Óðinn Sigurmundarson	07 ÍRB	32.61	263
52. Nökkvi Fenrir Bjarnason	10 SH	32.98	254
53. Magni Rafn Ragnarsson	10 Óðinn	33.27	248
54. Rökkvi Helgason	04 ÁRM	33.42	244
55. Mímir Fróði Óttarsson	09 SH	34.36	225
56. Kacper Romanowski	08 ÍRB	34.55	221
57. Ívan Elí Ólafsson	10 Óðinn	37.14	178 *
58. Benedikt Már Þorvaldsson	10 Óðinn	41.06	132 *
ÓG. Guðmundur Atli S8 Sigurðsson	05 FJÖRÐ	S8	*

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

Sundgrein 11

19.3.2022 - 11:49

blandað, 4 x 50m skriðsund

Opinn

Úrslitalistar

Íslandsmet	1:39.16	Sveit SH	SH	Reykjavík	17.7.2020
Mótsmet	1:39.95	SH	ISL		15.3.2019

Stig: FINA 2021

Sæti	Tími	Stig
1. SH 1	1:42.17	685
Simon Elías Statkevicius	03 +0,60	24.54
Steingerður Hauksdóttir	96 +0,47	26.55
Kristín Helga Hákonardóttir	04 +0,25	26.52
Dadó Fenrir Jasminuson	95 +0,26	24.56
2. SH 2	1:46.09	612
Birnir Freyr Hálfðánarsson	06 +0,60	25.04
Daði Björnsson	04	24.59
Dagbjörg Hlíf Ólafsdóttir	05 +0,43	28.23
Birgitta Ingólfssdóttir	05	28.23
3. ÍRB 1	1:46.93	598
Fannar Snævar Hauksson	04 +0,56	25.02
Eva Margrét Falsdóttir	05 +0,10	27.82
Stefán Elías Berman	03	24.90
Sunneva Bergmann Ásbjörnsdóttir	07 +0,39	29.19
4. ÍA 1	1:48.06	579
Einar Margeir Ágústsson	05 +0,65	25.51
Guðbjörg Bjartey Guðmundsdóttir	05 +0,40	27.25
Kristján Magnússon	05 +0,29	25.36
Ingibjörg Svava Magnúsdóttir	05 +0,39	29.94
5. BREIÐ 2	1:49.37	558
Guðmundur Karl Karlsson	05 +0,61	25.55
Nadja Djurovic	07 +0,42	28.50
Guðmundur Halldórsson	04	27.19
Stefanía Sigurbórsdóttir	01 +0,27	28.13
6. BREIÐ 1	1:53.47	500
Freyja Birkisdóttir	06 +0,76	1:23.61
Bjarki B Isaksen	06 +0,23	
Andri Bergmann Isaksen	04 +0,17	
Ragnheiður Ásta Magnúsdóttir	07	
7. ÁRM 1	1:53.82	495
Þróstur Ingi Gunnsteinsson	06 +0,73	28.71
Kátla Mist Bragadóttir	07 +0,34	30.38
Ylfa Lind Kristmannsdóttir	08 +0,42	28.49
Sigurður Haukur Birgisson	06 +0,24	26.24
8. ÍA 2	1:54.56	486
Guðbjarni Sigbórsson	06 +0,48	26.21
Karen Káradóttir	06 +0,38	31.23
Alex Benjamín Bjarnason	04 +0,12	26.31
Helga Rós Ingimarsdóttir	06	30.81



Sundgrein 11, blandað, 4 x 50m skriðsund, Opinn

Sæti						Tími	Stig	
9.	KR 1			KR		1:54.97	481	
	Ingvar Orri Jóhannesson	04	+0,62	26.76	Herdís Birna Viggósdóttir	04	+0,22	29.67
	Hekla Krístrún Mist Arnarsdóttir	06	+0,24	30.70	Úlfur Páll Andrásson	04	+0,18	27.84
10.	Óðinn 1			Óðinn		1:55.41	475	
	Rebekka Sif Ómarsdóttir	03	+0,60	30.95	Embla Karen Sævarsdóttir	04	+0,23	29.71
	Kristófer Óli Birkiðsson	04	+0,15	27.55	Jón Margeir Sverrisson	92		27.20
11.	Óðinn 2			Óðinn		1:57.09	455	
	Örn Kató Arnarsson	05	+0,65	28.22	Bríet Björk Pálsdóttir	04	+0,24	30.64
	Naomí Arnarsdóttir	07	+0,21	30.09	Kristinn Viðar Tómasson	06	+0,26	28.14
12.	UMFB 1			UMFB		1:59.66	426	
	Gunnar Egill Gunnarsson	07	+0,79	28.10	Valdís Rós Þorsteinsdóttir	07	+0,26	31.03
	Ingibjörg Anna Skúladóttir	06	+0,52	31.76	Hálf dán Artúr Róbertsson	05	+0,57	28.77
13.	ÁRM 2			ÁRM		2:02.09	401	
	Örn Ægisson	06	+0,69	28.34	Freydís Katla Sveinsdóttir	08	+0,58	33.87
	Hrafnhildur Lóa Kvaran	07	+0,20	31.99	Hrafn Sverrisson	05	+0,27	27.89
14.	Selfoss 1			Selfoss		2:04.53	378	
	Hallgerður Höskuldsdóttir	04	+0,70	31.42	Bergþóra Sól Hálf dán sdóttir	06	+0,63	33.09
	Jakob Ingi Reynisson	06	+0,36	28.56	Haukur Már Birgisson	06	+0,54	31.46
15.	UMFB 2			UMFB		2:07.58	352	
	Sigurgeir Guðmundur Elvarsson	07	+0,79	31.50	Eydís Birta Ingólfsdóttir	05	+0,41	32.75
	Margrét Gunnarsdóttir	06		33.49	Guðbjörn Sólvi Sigurjónsson	07		29.84
16.	BREIÐ 3			BREIÐ		2:10.84	326	
	Vanja Djurovic	09	+0,52	33.39	Margrét Svava Bjarnadóttir	09	+0,60	34.66
	Gunnlaugur Freyr Baldursson	09		33.25	Sólveig Freyja Hákonardóttir	09		29.54
17.	Óðinn 3			Óðinn		2:15.91	291	
	Ívan Elí Ólafsson	10		36.85	Magni Rafn Ragnarsson	10		34.79
	Matthildur Eir Valdimarsdóttir	06	+0,32	32.17	Eydís Arna Ísakson	08	+0,28	32.10
18.	ÍA 3			ÍA		2:23.18	249	
	Adam Agnarsson	08	+0,80	36.18	Íris Arna Ingvarsdóttir	07	+0,78	35.43
	Almar Sindri Daníelsson Glad	08	+0,59	38.81	Arna Karen Gísladóttir	07	+0,52	32.76

ÓG. KR 2

KR

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

James Eiríkur Hafliðason, Júlíus Arnarsson, Freyja Sigríður Ásgeirsdóttir, Kolbrún Hilda Gunnarsdóttir



Sundgrein 12
19.3.2022 - 16:00

kvenna, 400m fjórsund

Opinn
Úrslitalistar

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
Mótsmet	5:00.25	Hrafnhildur Lúthersdóttir	ISL		1.6.2010

HM : 4:52.97 / EM Opinn: 4:55.43; 18 - 20: 4:58.18 / EMU 15 - 17: 5:05.83 / EYOF 14 - 15: 5:13.86 / NÆM 13 - 15: 5:20.27 / ÍM : 5:48.78

Stig: FINA 2021

Sæti	F.ár								Tími	Stig
1.	Eva Margrét Falsdóttir 05 ÍRB								5:07.05	652 SSÍ
	50m:	31.74	150m:	41.20	250m:	43.33	350m:	35.89		
	100m:	37.86	200m:	39.34	300m:	42.88	400m:	34.81		
2.	Katlá Mist Bragadóttir 07 ÁRM								5:26.01	545 ÍM
	50m:	35.28	150m:	44.37	250m:	44.53	350m:	36.68		
	100m:	42.39	200m:	42.97	300m:	45.07	400m:	34.72		
3.	Sunneva Bergmann Ásbjörnsdóttir 07 ÍRB								5:26.75	541 ÍM
	50m:	34.63	150m:	43.06	250m:	45.85	350m:	36.84		
	100m:	42.34	200m:	41.74	300m:	46.58	400m:	35.71		
4.	Diljá Dröfn Jóhannsdóttir 03 SH								5:36.96	493 ÍM
	50m:	35.81	150m:	44.77	250m:	49.94	350m:	37.15		
	100m:	42.45	200m:	43.25	300m:	48.85	400m:	34.74		
5.	Elísabet Arnoddsdóttir 09 ÍRB								5:38.20	488 ÍM
	50m:	33.31	150m:	44.57	250m:	49.73	350m:	38.36		
	100m:	40.44	200m:	43.92	300m:	50.86	400m:	37.01		
6.	Ylfa Lind Kristmannsdóttir 08 ÁRM								5:39.36	483 ÍM
	50m:	34.96	150m:	43.02	250m:	50.67	350m:	36.71		
	100m:	45.29	200m:	42.63	300m:	50.75	400m:	35.33		
7.	Freydís Lilja Bergþórsdóttir 09 ÍRB								5:47.58	450 ÍM
	50m:	37.83	150m:	43.51	250m:	50.59	350m:	38.65		
	100m:	45.43	200m:	43.31	300m:	50.70	400m:	37.56		
8.	Ásdís Gunnarsdóttir 08 UMFA								5:58.79	409
	50m:	37.21	150m:	45.53	250m:	50.75	350m:	42.15		
	100m:	45.16	200m:	44.88	300m:	52.76	400m:	40.35		
9.	Arna Rut Stefánsdóttir 07 SH								6:00.67	402
	50m:	36.56	150m:	47.76	250m:	53.54	350m:	39.07		
	100m:	45.84	200m:	46.43	300m:	53.07	400m:	38.40		
10.	Katrín Lóa Ingaðóttir 08 Óðinn								6:03.31	394
	50m:	39.64	150m:	44.90	250m:	52.55	350m:	39.41		
	100m:	52.93	200m:	43.57	300m:	52.86	400m:	37.45		
11.	Eydís Arna Isaksen 08 Óðinn								6:14.06	361
	50m:	40.82	150m:	51.12	250m:	49.51	350m:	40.80		
	100m:	52.69	200m:	48.48	300m:	51.51	400m:	39.13		



Sundgrein 13
19.3.2022 - 16:14

karla, 1500m skriðsund

Opinn
Úrslitalistar

Íslandsmet	15:27.08	Anton Sveinn McKee	Ægir	Reykjavík	13.4.2012
Aldursflokkamet Íslands 15 - 17	15:48.00	Patrik Viggó Vilbergsson	BREI	Reykjavík	6.4.2019
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
Mótsmet	16:08.55	Patrik Viggó Vilbergsson	ISL		15.3.2020

HM : 15:36.30 / EM Opinn: 15:44.17; 19 - 21: 15:51.35 / EMU 16 - 18: 16:12.78 / EYOF 15 - 16: 16:44.32 / NÆM 14 - 16: 17:04.81 /
ÍM : 19:28.75

Stig: FINA 2021

Sæti				F.ár				Tími	Stig			
1.	Bartosz Henke			05	SH			17:20.50	586	ÍM		
	50m:	29.40	300m:	35.58	550m:	34.69	800m:	35.17	1050m:	34.75	1300m:	34.73
	100m:	34.30	350m:	35.17	600m:	35.20	850m:	34.56	1100m:	35.21	1350m:	34.57
	150m:	35.44	400m:	35.42	650m:	34.68	900m:	35.08	1150m:	34.45	1400m:	34.83
	200m:	35.52	450m:	34.95	700m:	35.08	950m:	34.33	1200m:	35.05	1450m:	34.20
	250m:	34.71	500m:	35.26	750m:	34.92	1000m:	35.16	1250m:	34.37	1500m:	33.72
2.	Hólmar Grétarsson			08	SH			17:29.54	571	SSÍ		
	50m:	31.66	300m:	35.53	550m:	35.83	800m:	34.82	1050m:	35.24	1300m:	34.89
	100m:	34.40	350m:	35.72	600m:	35.50	850m:	35.46	1100m:	34.28	1350m:	34.86
	150m:	35.11	400m:	35.61	650m:	35.52	900m:	35.04	1150m:	35.22	1400m:	34.23
	200m:	35.05	450m:	35.59	700m:	35.39	950m:	35.16	1200m:	34.69	1450m:	34.49
	250m:	35.61	500m:	35.37	750m:	35.67	1000m:	34.94	1250m:	34.97	1500m:	33.69
3.	Andri Már Kristjánsson			06	SH			17:49.33	540	ÍM		
	50m:	30.80	300m:	35.91	550m:	36.20	800m:	35.28	1050m:	36.18	1300m:	35.60
	100m:	34.40	350m:	35.77	600m:	36.20	850m:	36.75	1100m:	35.64	1350m:	36.00
	150m:	35.35	400m:	35.74	650m:	36.27	900m:	36.14	1150m:	36.01	1400m:	35.89
	200m:	35.61	450m:	36.06	700m:	37.29	950m:	35.40	1200m:	36.03	1450m:	35.24
	250m:	35.42	500m:	35.84	750m:	35.69	1000m:	35.96	1250m:	36.10	1500m:	34.56
4.	Sigurður Haukur Birgisson			06	ÁRM			18:03.64	519	ÍM		
	50m:	31.52	300m:	36.40	550m:	36.50	800m:	36.35	1050m:	36.25	1300m:	36.42
	100m:	35.00	350m:	36.81	600m:	36.52	850m:	36.22	1100m:	36.37	1350m:	35.89
	150m:	35.56	400m:	36.85	650m:	36.20	900m:	37.27	1150m:	36.43	1400m:	35.74
	200m:	36.15	450m:	37.17	700m:	36.42	950m:	36.86	1200m:	36.48	1450m:	36.40
	250m:	36.17	500m:	36.83	750m:	36.41	1000m:	36.88	1250m:	36.90	1500m:	32.67
5.	Stefán Ingi Ólafsson			06	Ægir			18:55.30	451	ÍM		
	50m:	33.14	300m:	38.48	550m:	38.81	800m:	38.49	1050m:	38.19	1300m:	37.84
	100m:	36.83	350m:	38.41	600m:	38.12	850m:	38.48	1100m:	37.83	1350m:	37.63
	150m:	37.99	400m:	38.66	650m:	38.40	900m:	38.13	1150m:	37.61	1400m:	37.67
	200m:	38.63	450m:	38.42	700m:	38.45	950m:	38.42	1200m:	38.04	1450m:	37.35
	250m:	38.17	500m:	38.74	750m:	37.70	1000m:	37.90	1250m:	37.65	1500m:	35.12



Sundgrein 14
19.3.2022 - 16:34

karla, 50m baksund

Opinn
Úrslitalistar

Íslandsmet	25.86	Örn Arnason	SH	Eindhoven (NED)	20.3.2008
Aldursflokkamet Íslands 15 - 17	27.25	Kristinn Þórarinsson	Fjölnir	Reykjavík	15.4.2012
Aldursflokkamet Íslands 13 - 14	29.16	Birnir Freyr Hálfánarsson	SH	Reykjavík	18.7.2020
Aldursflokkamet Íslands 11 - 12	33.08	Brynjólfr Óli Karlsson	Breiðablik	Reykjavík	1.3.2013
Mótsmet	26.23	Örn Arnason	ISL		1.6.2008

HM : 26.05 / EM Opinn: 26.27; 19 - 21: 26.47 / EMU 16 - 18: 27.07 / ÍM : 32.50

Stig: FINA 2021

Sæti	F.ár		Tími	Stig
1.	94	SH	27.47	666 ÍM
2.	04	ÍRB	27.72	649 ÍM
3.	00	FJÖ	28.44	600 ÍM
4.	05	ÍA	30.77	474 ÍM
5.	01	SH	31.15	457 ÍM
6.	08	Ægir	32.44	404 ÍM
7.	08	ÍRB	32.74	393
8.	06	Selfoss	32.76	393
9.	06	ÍA	32.77	392
10.	08	ÍRB	33.33	373
11.	04	KR	33.66	362
12.	06	ÁRM	34.12	348
13.	06	BREIÐ	34.46	337
14.	07	FJÖ	34.49	336
15.	06	KR	34.61	333
16.	04	ÍA	35.36	312
17.	07	UMFB	35.87	299
18.	02	UMFA	36.17	292
19.	08	ÍRB	37.21	268
20.	07	UMFB	37.49	262
21.	06	ÍA	37.94	253
22.	10	Óðinn	40.89	202 *
23.	10	Óðinn	48.96	117 *



Sundgrein 15
19.3.2022 - 16:39

kvenna, 200m skriðsund

Opinn
Úrslitalistar

Íslandsmet	2:00.20	Snæfríður Sól Jórunnardóttir	DEN	Tokio (JPN)	26.7.2021
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
Mótsmet	2:04.98	Sigrún Brá Sverrisdóttir	ISL		1.6.2008

HM : 2:02.81 / EM Opinn: 2:03.85; 18 - 20: 2:05.00 / EMU 15 - 17: 2:08.20 / EYOF 14 - 15: 2:11.57 / NÆM 13 - 15: 2:14.26 / ÍM : 2:28.05

Stig: FINA 2021

Sæti	F.ár		Tími	Stig
Opinn				
1.	Kristín Helga Hákonardóttir	04 SH	2:07.12	702 SSÍ
	50m: 29.55 100m: 32.64 150m: 32.75 200m: 32.18			
2.	Stefanía Sigurþórsdóttir	01 BREIÐ	2:09.70	660 ÍM
	50m: 29.88 100m: 32.65 150m: 33.11 200m: 34.06			
3.	Freyja Birkisdóttir	06 BREIÐ	2:10.44	649 SSÍ
	50m: 30.08 100m: 33.29 150m: 33.24 200m: 33.83			
4.	Nadja Djurovic	07 BREIÐ	2:15.27	582 ÍM
	50m: 31.48 100m: 35.08 150m: 34.96 200m: 33.75			
5.	Guðbjörg Bjartey Guðmundsdóttir	05 ÍA	2:15.72	576 ÍM
	50m: 31.56 100m: 34.61 150m: 34.83 200m: 34.72			
6.	María Skorastein Sigurdardóttir	07 SH	2:16.65	565 ÍM
	50m: 31.70 100m: 34.99 150m: 35.67 200m: 34.29			
7.	Adele Alexandra Pálsson	03 SH	2:17.96	549 ÍM
	50m: 32.14 100m: 34.78 150m: 35.82 200m: 35.22			
8.	Katla María Brynjarsdóttir	07 ÍRB	2:19.84	527 ÍM
	50m: 32.28 100m: 35.50 150m: 36.26 200m: 35.80			
9.	Ragnheiður Ásta Magnúsdóttir	07 BREIÐ	2:20.85	516 ÍM
	50m: 32.14 100m: 35.81 150m: 36.76 200m: 36.14			
10.	Naomí Arnarsdóttir	07 Óðinn	2:21.84	505 ÍM
	50m: 32.15 100m: 35.89 150m: 37.17 200m: 36.63			
11.	Ingibjörg Erl Garðarsdóttir	00 BREIÐ	2:21.93	504 ÍM
	50m: 32.75 100m: 35.73 150m: 37.14 200m: 36.31			
12.	Rebekka Sif Ómarsdóttir	03 Óðinn	2:24.70	475 ÍM
	50m: 32.60 100m: 36.23 150m: 37.90 200m: 37.97			
13.	Elísa Björnsdóttir	05 Ægir	2:25.57	467 ÍM
	50m: 32.86 100m: 37.05 150m: 37.90 200m: 37.76			
14.	Svava Bjoerg Larusdottir	03 FJÖ	2:26.15	461 ÍM
	50m: 32.97 100m: 38.13 150m: 37.85 200m: 37.20			
15.	Halldóra Björt Ingimundardóttir	08 BREIÐ	2:26.68	456 ÍM
	50m: 32.73 100m: 37.02 150m: 38.67 200m: 38.26			
16.	Ylfa Ásgerður Eyjólfsdóttir	06 BREIÐ	2:27.18	452 ÍM
	50m: 33.86 100m: 38.12 150m: 37.71 200m: 37.49			
17.	Áslaug Margrét Alfreðsdóttir	08 BREIÐ	2:29.10	435
	50m: 34.06 100m: 38.40 150m: 38.88 200m: 37.76			
18.	Juliane Liv Sörensen	07 Óðinn	2:29.61	430
	50m: 34.15 100m: 36.66 150m: 38.16 200m: 40.64			



Sundgrein 15, kvenna, 200m skriðsund, Opinn

Sæti		F.ár		Tími	Stig
19.	Katrín Ósk Aðalsteinsdóttir	09	SH	2:29.62	430
	50m: 33.71 100m: 39.57 150m: 38.54 200m: 37.80				
20.	Tinna Karen Sigurðardóttir	08	SH	2:29.88	428
	50m: 33.44 100m: 37.81 150m: 39.79 200m: 38.84				
21.	Embla Karen Sævarsdóttir	04	Óðinn	2:30.75	420
	50m: 32.77 100m: 37.75 150m: 39.72 200m: 40.51				
22.	Rebekka Rún Magnúsdóttir	08	SH	2:33.60	397
	50m: 34.29 100m: 39.54 150m: 40.12 200m: 39.65				
23.	Katrín Tinna Andrésdóttir	06	STJA	2:34.27	392
	50m: 34.70 100m: 39.20 150m: 40.67 200m: 39.70				
24.	Ágústa Inga Arnarsdóttir	06	STJA	2:34.45	391
	50m: 33.20 100m: 38.26 150m: 41.10 200m: 41.89				
25.	Hugrún Guðmundsdóttir	08	FJÖ	2:36.65	375
	50m: 34.33 100m: 39.72 150m: 41.91 200m: 40.69				
26.	Gabija Marija Savickaitė	08	ÍRB	2:36.77	374
	50m: 35.50 100m: 39.87 150m: 41.10 200m: 40.30				
27.	Matthildur Eir Valdimarsdóttir	06	Óðinn	2:37.20	371
	50m: 34.52 100m: 39.85 150m: 42.15 200m: 40.68				
28.	Kolbrún Hilda Gunnarsdóttir	06	KR	2:37.86	366
	50m: 34.61 100m: 39.37 150m: 42.34 200m: 41.54				
29.	Adriana Agnes Derti	10	ÍRB	2:37.99	365
	50m: 36.23 100m: 40.97 150m: 41.30 200m: 39.49				
30.	Valdís Rós Þorsteinsdóttir	07	UMFB	2:38.25	363
	50m: 33.19 100m: 39.30 150m: 43.20 200m: 42.56				
31.	Karen Sif Helgadóttir	10	FJÖ	2:38.96	359
	50m: 35.57 100m: 39.56 150m: 42.18 200m: 41.65				
	Halla Rún Fannarsdóttir	08	Óðinn	2:38.96	359
	50m: 35.35 100m: 39.98 150m: 41.76 200m: 41.87				
33.	Guðrún Lára Arnarsdóttir	09	STJA	2:40.65	347
	50m: 36.94 100m: 42.46 150m: 41.76 200m: 39.49				
34.	Bjarnís Olga Hansen	10	Ægir	2:41.09	344
	50m: 36.79 100m: 41.37 150m: 43.47 200m: 39.46				
35.	Júlía Líf Gunnsteinsdóttir	04	STJA	2:42.36	336
	50m: 36.23 100m: 40.71 150m: 42.69 200m: 42.73				
36.	Dóróthea Margrét Jakobsdóttir	08	ÁRM	2:42.48	336
	50m: 37.26 100m: 42.09 150m: 43.02 200m: 40.11				
37.	Ingibjörg Anna Skúladóttir	06	UMFB	2:42.68	334
	50m: 35.19 100m: 41.68 150m: 42.77 200m: 43.04				
38.	Kolbrún Ósk Vilhjálmsson	06	Óðinn	2:43.81	328
	50m: 36.02 100m: 40.88 150m: 43.83 200m: 43.08				
39.	Margrét Svava Bjarnadóttir	09	BREIÐ	2:44.49	324
	50m: 37.24 100m: 41.72 150m: 44.05 200m: 41.48				
40.	Austėja Savickaitė	09	ÍRB	2:46.04	315
	50m: 38.37 100m: 42.59 150m: 43.31 200m: 41.77				



Sundgrein 15, kvenna, 200m skriðsund, Opinn

Sæti	F.ár				Tími	Stig
41. Margrét Gunnarsdóttir	06	UMFB			2:47.12	308
50m: 37.89	100m: 43.27	150m: 43.61	200m: 42.35			
42. Elsa Diljá Lunddal Rúnarsdóttir	10	SH			2:47.73	305
50m: 38.30	100m: 42.54	150m: 44.30	200m: 42.59			
43. Hrafnhildur Lóa Kvaran	07	ÁRM			2:48.01	304
50m: 38.20	100m: 42.32	150m: 44.17	200m: 43.32			
44. Lína Rut S Halldórsdóttir	07	UMFA			2:48.31	302
50m: 37.51	100m: 43.06	150m: 44.75	200m: 42.99			
45. Eydís Birta Ingólfssdóttir	05	UMFB			2:48.56	301
50m: 34.89	100m: 41.35	150m: 45.87	200m: 46.45			
46. Yrsa Gunnlaugsdóttir	08	ÁRM			2:48.65	300
50m: 37.38	100m: 45.53	150m: 45.08	200m: 40.66			
47. Bríet Elfarsdóttir	06	Ægir			2:48.90	299
50m: 36.18	100m: 41.89	150m: 45.44	200m: 45.39			
48. Vilte Milleryte	09	ÍRB			2:51.32	286
50m: 37.42	100m: 43.70	150m: 45.80	200m: 44.40			
49. Rakel Hjaltadóttir	08	Óðinn			2:52.30	281
50m: 37.78	100m: 43.94	150m: 46.13	200m: 44.45			
50. Ninja Ýr Logadóttir	09	SH			2:53.83	274
50m: 39.87	100m: 44.72	150m: 45.46	200m: 43.78			
51. Unnur Birna Unnsteinsdóttir	09	FJÖ			2:54.64	270
50m: 34.57	100m: 43.39	200m: 1:36.68				
52. Nótt Helgadóttir	08	ÁRM			2:56.34	262
50m: 39.34	100m: 45.90	150m: 46.33	200m: 44.77			
53. Natalía Eir Curtis	10	ÁRM			2:56.79	260
50m: 39.79	100m: 45.63	150m: 46.33	200m: 45.04			
54. Friðrika Sif Ágústsdóttir	10	Óðinn			2:56.87	260
50m: 38.79	100m: 45.04	150m: 46.81	200m: 46.23			
55. Íris Arna Ingvarsdóttir	07	ÍA			2:58.23	254
50m: 38.42	100m: 44.69	150m: 47.71	200m: 47.41			
56. Aníta Ingibjörg Antonsdóttir	08	Óðinn			2:58.45	253
50m: 41.33	100m: 46.44	150m: 46.73	200m: 43.95			
ÓG. Álfrún Lóa Jónsdóttir	10	FJÖ				
<i>4.4 - Keppandi startar áður en rásmerki er gefið (þjófstart)</i>						

16 - 17 ára

1. Freyja Birkisdóttir	06	BREIÐ			2:10.44	649	SSÍ
50m: 30.08	100m: 33.29	150m: 33.24	200m: 33.83				
2. Guðbjörg Bjartey Gudmundsdóttir	05	ÍA			2:15.72	576	ÍM
50m: 31.56	100m: 34.61	150m: 34.83	200m: 34.72				
3. Elísa Björnsdóttir	05	Ægir			2:25.57	467	ÍM
50m: 32.86	100m: 37.05	150m: 37.90	200m: 37.76				
4. Ylfa Ásgerður Eyjólfssdóttir	06	BREIÐ			2:27.18	452	ÍM
50m: 33.86	100m: 38.12	150m: 37.71	200m: 37.49				



Sundgrein 15, kvenna, 200m skriðsund, 16 - 17 ára

Sæti		F.ár		Tími	Stig
5.	Katrín Tinna Andrésdóttir	06	STJA	2:34.27	392
	50m: 34.70 100m: 39.20 150m: 40.67 200m: 39.70				
6.	Ágústa Inga Arnarsdóttir	06	STJA	2:34.45	391
	50m: 33.20 100m: 38.26 150m: 41.10 200m: 41.89				
7.	Matthildur Eir Valdimarsdóttir	06	Óðinn	2:37.20	371
	50m: 34.52 100m: 39.85 150m: 42.15 200m: 40.68				
8.	Kolbrún Hilda Gunnarsdóttir	06	KR	2:37.86	366
	50m: 34.61 100m: 39.37 150m: 42.34 200m: 41.54				
9.	Ingibjörg Anna Skúladóttir	06	UMFB	2:42.68	334
	50m: 35.19 100m: 41.68 150m: 42.77 200m: 43.04				
10.	Kolbrún Ósk Vilhjálmsdóttir	06	Óðinn	2:43.81	328
	50m: 36.02 100m: 40.88 150m: 43.83 200m: 43.08				
11.	Margrét Gunnarsdóttir	06	UMFB	2:47.12	308
	50m: 37.89 100m: 43.27 150m: 43.61 200m: 42.35				
12.	Eydís Birta Ingólfssdóttir	05	UMFB	2:48.56	301
	50m: 34.89 100m: 41.35 150m: 45.87 200m: 46.45				
13.	Bríet Elfarsdóttir	06	Ægir	2:48.90	299
	50m: 36.18 100m: 41.89 150m: 45.44 200m: 45.39				

14 - 15 ára

1.	Nadja Djurovic	07	BREIÐ	2:15.27	582	ÍM
	50m: 31.48 100m: 35.08 150m: 34.96 200m: 33.75					
2.	María Skorastein Sigurdardóttir	07	SH	2:16.65	565	ÍM
	50m: 31.70 100m: 34.99 150m: 35.67 200m: 34.29					
3.	Katla María Brynjarsdóttir	07	ÍRB	2:19.84	527	ÍM
	50m: 32.28 100m: 35.50 150m: 36.26 200m: 35.80					
4.	Ragnheiður Ásta Magnúsdóttir	07	BREIÐ	2:20.85	516	ÍM
	50m: 32.14 100m: 35.81 150m: 36.76 200m: 36.14					
5.	Naomí Arnarsdóttir	07	Óðinn	2:21.84	505	ÍM
	50m: 32.15 100m: 35.89 150m: 37.17 200m: 36.63					
6.	Halldóra Björt Ingimundardóttir	08	BREIÐ	2:26.68	456	ÍM
	50m: 32.73 100m: 37.02 150m: 38.67 200m: 38.26					
7.	Áslaug Margrét Alfreðsdóttir	08	BREIÐ	2:29.10	435	
	50m: 34.06 100m: 38.40 150m: 38.88 200m: 37.76					
8.	Juliane Liv Sörensen	07	Óðinn	2:29.61	430	
	50m: 34.15 100m: 36.66 150m: 38.16 200m: 40.64					
9.	Tinna Karen Sigurðardóttir	08	SH	2:29.88	428	
	50m: 33.44 100m: 37.81 150m: 39.79 200m: 38.84					
10.	Rebekka Rún Magnúsdóttir	08	SH	2:33.60	397	
	50m: 34.29 100m: 39.54 150m: 40.12 200m: 39.65					
11.	Hugrún Guðmundsdóttir	08	FJÖ	2:36.65	375	
	50m: 34.33 100m: 39.72 150m: 41.91 200m: 40.69					
12.	Gabija Marija Savickaitė	08	ÍRB	2:36.77	374	
	50m: 35.50 100m: 39.87 150m: 41.10 200m: 40.30					



Sundgrein 15, Stúlkur, 200m skriðsund, 14 - 15 ára

Sæti	F.ár	Tími	Stig
13. Valdís Rós Þorsteinsdóttir 50m: 33.19 100m: 39.30 150m: 43.20 200m: 42.56	07 UMF B	2:38.25	363
14. Halla Rún Fannarsdóttir 50m: 35.35 100m: 39.98 150m: 41.76 200m: 41.87	08 Óðinn	2:38.96	359
15. Dórothea Margrét Jakobsdóttir 50m: 37.26 100m: 42.09 150m: 43.02 200m: 40.11	08 ÁRM	2:42.48	336
16. Hrafnhildur Lóa Kvaran 50m: 38.20 100m: 42.32 150m: 44.17 200m: 43.32	07 ÁRM	2:48.01	304
17. Lína Rut S Halldórsdóttir 50m: 37.51 100m: 43.06 150m: 44.75 200m: 42.99	07 UMFA	2:48.31	302
18. Yrsa Gunnlaugsdóttir 50m: 37.38 100m: 45.53 150m: 45.08 200m: 40.66	08 ÁRM	2:48.65	300
19. Rákel Hjaltadóttir 50m: 37.78 100m: 43.94 150m: 46.13 200m: 44.45	08 Óðinn	2:52.30	281
20. Nótt Helgadóttir 50m: 39.34 100m: 45.90 150m: 46.33 200m: 44.77	08 ÁRM	2:56.34	262
21. Íris Arna Ingvarsdóttir 50m: 38.42 100m: 44.69 150m: 47.71 200m: 47.41	07 ÍA	2:58.23	254
22. Aníta Ingibjörg Antonssdóttir 50m: 41.33 100m: 46.44 150m: 46.73 200m: 43.95	08 Óðinn	2:58.45	253

13 ára og yngri

1. Katrín Ósk Aðalsteinsdóttir 50m: 33.71 100m: 39.57 150m: 38.54 200m: 37.80	09 SH	2:29.62	430
2. Adríana Agnes Derti 50m: 36.23 100m: 40.97 150m: 41.30 200m: 39.49	10 ÍRB	2:37.99	365
3. Karen Sif Helgadóttir 50m: 35.57 100m: 39.56 150m: 42.18 200m: 41.65	10 FJÖ	2:38.96	359
4. Guðrún Lára Arnarsdóttir 50m: 36.94 100m: 42.46 150m: 41.76 200m: 39.49	09 STJA	2:40.65	347
5. Þjarnís Olga Hansen 50m: 36.79 100m: 41.37 150m: 43.47 200m: 39.46	10 Ægir	2:41.09	344
6. Margrét Svava Þjarnadóttir 50m: 37.24 100m: 41.72 150m: 44.05 200m: 41.48	09 BREIÐ	2:44.49	324
7. Austéja Savickaité 50m: 38.37 100m: 42.59 150m: 43.31 200m: 41.77	09 ÍRB	2:46.04	315
8. Elsa Diljá Lunddal Rúnarsdóttir 50m: 38.30 100m: 42.54 150m: 44.30 200m: 42.59	10 SH	2:47.73	305
9. Vilte Milleryte 50m: 37.42 100m: 43.70 150m: 45.80 200m: 44.40	09 ÍRB	2:51.32	286
10. Ninja Ýr Logadóttir 50m: 39.87 100m: 44.72 150m: 45.46 200m: 43.78	09 SH	2:53.83	274
11. Unnur Birna Unnsteinsdóttir 50m: 34.57 100m: 43.39 200m: 1:36.68	09 FJÖ	2:54.64	270



Sundgrein 15, Stúlkur, 200m skriðsund, 13 ára og yngri

Sæti	F.ár	Tími	Stig
12. Natalía Eir Curtis 50m: 39.79 100m: 45.63 150m: 46.33 200m: 45.04	10 ÁRM	2:56.79	260
13. Friðrika Sif Ágústsdóttir 50m: 38.79 100m: 45.04 150m: 46.81 200m: 46.23	10 Óðinn	2:56.87	260
ÓG. Álfrún Lóa Jónsdóttir 4.4 - <i>Keppandi startar áður en rásmerki er gefið (þjófstart)</i>	10 FJÖ		

Sundgrein 16

19.3.2022 - 17:00

karla, 200m fjórsund

Opinn
Úrslitalistar

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	Víktor Forafonov	NOR	Kristiansand (NOR)	17.7.2016
Aldursflokkamet Íslands 11 - 12	2:32.94	Birnir Freyr Hálfðánarsson	SH	Reykjanesbær	13.5.2018
Mótsmet	2:10.07	Hocine Haciane	AND		1.6.2010

HM : 2:03.95 / EM Opinn: 2:04.99; 19 - 21: 2:05.94 / EMU 16 - 18: 2:08.78 / EYOF 15 - 16: 2:12.96 / NÆM 14 - 16: 2:15.67 /
ÍM : 2:33.37

Stig: FINA 2021

Sæti	F.ár	Tími	Stig
Opinn			
1. Birnir Freyr Hálfðánarsson <i>Mótsmet</i> 50m: 26.20 100m: 32.94 150m: 39.07 200m: 30.89	06 SH	2:09.10	688 EYOF
2. Einar Margeir Ágústsson 50m: 28.13 100m: 38.65 150m: 38.18 200m: 31.93	05 ÍA	2:16.89	577 ÍM
3. Guðmundur Karl Karlsson 50m: 28.48 100m: 38.64 150m: 46.05 200m: 32.09	05 BREIÐ	2:25.26	483 ÍM
4. Daníel Lúkas Tómasson 50m: 29.59 100m: 38.27 150m: 45.87 200m: 33.07	04 SH	2:26.80	468 ÍM
5. Daði Rafn Falsson 50m: 32.57 100m: 40.68 150m: 43.42 200m: 34.22	08 ÍRB	2:30.89	431 ÍM
6. Jónas Atli Pálsson 50m: 29.99 100m: 38.98 150m: 46.85 200m: 35.89	03 SH	2:31.71	424 ÍM
7. Dominic Dadi Wheeler 50m: 30.68 100m: 42.88 150m: 43.23 200m: 36.19	07 Ægir	2:32.98	413 ÍM
8. Jón Ingi Halldórsson 50m: 33.13 100m: 43.66 150m: 44.68 200m: 33.82	04 BREIÐ	2:35.29	395
9. Örn Kató Arnarsson 50m: 34.09 100m: 42.91 150m: 44.11 200m: 35.11	05 Óðinn	2:36.22	388
10. Árni Þór Pálmason 50m: 35.84 100m: 40.47 150m: 45.33 200m: 35.98	09 ÍRB	2:37.62	378
11. Kristinn Viðar Tómasson 50m: 32.63 100m: 40.34 150m: 51.14 200m: 35.24	06 Óðinn	2:39.35	366
12. Örn Ægisson 50m: 31.51 100m: 42.73 150m: 48.98 200m: 36.22	06 ÁRM	2:39.44	365

Sundgrein 16, karla, 200m fjórsund, Opinn

Sæti		F.ár		Tími	Stig
13.	Adam Leó Tómasson	07	SH	2:39.97	361
	50m: 34.48 100m: 41.09 150m: 47.66 200m: 36.74				
14.	Gísli Kristján Traustason	09	ÍRB	2:42.34	346
	50m: 35.06 100m: 41.84 150m: 48.25 200m: 37.19				
15.	Halldór Ingi Hafþórsson	08	SH	2:54.79	277
	50m: 38.02 100m: 42.16 150m: 56.67 200m: 37.94				
16.	Baltasar Óðinn Sigurmundarson	07	ÍRB	2:57.24	266
	50m: 38.18 100m: 44.01 150m: 53.72 200m: 41.33				
17.	Guðfinnur Karlsson S11	88	FJÖRÐ	SM113:03.83	238
	50m: 44.48 100m: 46.58 150m: 52.38 200m: 40.39				
18.	Julian Jarnutowski	10	ÍRB	3:17.90	191
	50m: 47.00 100m: 51.34 150m: 57.75 200m: 41.81				
19.	Adam Agnarsson	08	ÍA	3:27.07	166
	50m: 41.85 100m: 54.85 150m: 1:03.66 200m: 46.71				
ÓG.	Magnús Víðir Jónsson	08	SH		ÍM
	<i>4.4 - Keppandi startar áður en rásmerki er gefið (þjófstart)</i>				
ÓG.	Kristófer Óli Birkisson	04	Óðinn		
	<i>6.2 - Keppandi fer af bakinu (nema við framkv. á samfelldum snúningi)</i>				
LAUKekki	Hjörtur Ingvarsson S5	95	FJÖRÐ	SM5	
	<i>10.2 - Vegalendð sunds verður að ljúka til að sund sé gilt (hætti) - DNF</i>				

17 - 18 ára

1.	Einar Margeir Ágústsson	05	ÍA	2:16.89	577	ÍM
	50m: 28.13 100m: 38.65 150m: 38.18 200m: 31.93					
2.	Guðmundur Karl Karlsson	05	BREIÐ	2:25.26	483	ÍM
	50m: 28.48 100m: 38.64 150m: 46.05 200m: 32.09					
3.	Daníel Lúkas Tómasson	04	SH	2:26.80	468	ÍM
	50m: 29.59 100m: 38.27 150m: 45.87 200m: 33.07					
4.	Jón Ingi Halldórsson	04	BREIÐ	2:35.29	395	
	50m: 33.13 100m: 43.66 150m: 44.68 200m: 33.82					
5.	Örn Kató Arnarsson	05	Óðinn	2:36.22	388	
	50m: 34.09 100m: 42.91 150m: 44.11 200m: 35.11					
ÓG.	Kristófer Óli Birkisson	04	Óðinn			
	<i>6.2 - Keppandi fer af bakinu (nema við framkv. á samfelldum snúningi)</i>					

15 - 16 ára

1.	Birnir Freyr Hálfðánarsson	06	SH	2:09.10	688	EYOF
	<i>Mótsmet</i>					
	50m: 26.20 100m: 32.94 150m: 39.07 200m: 30.89					
2.	Dominic Dadi Wheeler	07	Ægir	2:32.98	413	ÍM
	50m: 30.68 100m: 42.88 150m: 43.23 200m: 36.19					
3.	Kristinn Viðar Tómasson	06	Óðinn	2:39.35	366	
	50m: 32.63 100m: 40.34 150m: 51.14 200m: 35.24					



Sundgrein 16, Piltar, 200m fjórsund, 15 - 16 ára

Sæti					F.ár		Tími	Stig
4.	Örn Ægisson				06	ÁRM	2:39.44	365
	50m:	31.51	100m:	42.73	150m:	48.98	200m:	36.22
5.	Adam Leó Tómasson				07	SH	2:39.97	361
	50m:	34.48	100m:	41.09	150m:	47.66	200m:	36.74
6.	Baltasar Óðinn Sigurmundarson				07	ÍRB	2:57.24	266
	50m:	38.18	100m:	44.01	150m:	53.72	200m:	41.33

14 ára og yngri

1.	Daði Rafn Falsson				08	ÍRB	2:30.89	431	ÍM
	50m:	32.57	100m:	40.68	150m:	43.42	200m:	34.22	
2.	Árni Þór Pálmason				09	ÍRB	2:37.62	378	
	50m:	35.84	100m:	40.47	150m:	45.33	200m:	35.98	
3.	Gísli Kristján Traustason				09	ÍRB	2:42.34	346	
	50m:	35.06	100m:	41.84	150m:	48.25	200m:	37.19	
4.	Halldór Ingi Hafþórsson				08	SH	2:54.79	277	
	50m:	38.02	100m:	42.16	150m:	56.67	200m:	37.94	
5.	Julian Jarnutowski				10	ÍRB	3:17.90	191	
	50m:	47.00	100m:	51.34	150m:	57.75	200m:	41.81	
6.	Adam Agnarsson				08	ÍA	3:27.07	166	
	50m:	41.85	100m:	54.85	150m:	1:03.66	200m:	46.71	
ÓG.	Magnús Víðir Jónsson				08	SH			ÍM
	<i>4.4 - Keppandi startar áður en rásmerki er gefið (þjófstart)</i>								

Sundgrein 17

kvenna, 100m bringusund

Opinn

19.3.2022 - 17:13

Úrslitalistar

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
Mótsmet	1:09.80	Hrafnhildur Lúthersdóttir	ISL		1.4.2017

HM : 1:09.79 / EM Opinn: 1:10.38; 18 - 20: 1:11.03 / EMU 15 - 17: 1:12.85 / EYOF 14 - 15: 1:14.77 / NÆM 13 - 15: 1:16.29 / ÍM : 1:25.57

Stig: FINA 2021

Sæti					F.ár		Tími	Stig	
Opinn									
1.	Katja Lilja Andriysdóttir				06	SH	1:18.93	536	ÍM
	50m:	37.51	100m:	41.42					
2.	Birta Rún Smáradóttir				04	UMFA	1:20.29	509	ÍM
	50m:	37.19	100m:	43.10					
3.	Katla Mist Bragadóttir				07	ÁRM	1:20.49	505	ÍM
	50m:	38.44	100m:	42.05					
4.	Herdís Birna Viggósdóttir				04	KR	1:22.76	465	ÍM
	50m:	37.86	100m:	44.90					
5.	Auguste Balciunaite				11	SH	1:22.95	462	ÍM
	50m:	39.08	100m:	43.87					



Sundgrein 17, kvenna, 100m bringusund, Opinn

Sæti		F.ár	Tími	Stig
6.	Kristín Ylfa Guðmundsdóttir 50m: 40.81 100m: 46.20	02 SH	1:27.01	400
7.	Ragnheiður Gunnsteinsdóttir 50m: 40.16 100m: 47.00	07 BREIÐ	1:27.16	398
8.	Embla Dögg Helgadóttir 50m: 39.60 100m: 47.77	08 Ægir	1:27.37	395
9.	Margrét Anna Lapas 50m: 41.91 100m: 45.47	09 BREIÐ	1:27.38	395
10.	Hekla Krístrún Mist Arnarsdóttir 50m: 41.00 100m: 46.91	06 KR	1:27.91	388
11.	Karen Káradóttir 50m: 41.20 100m: 46.77	06 ÍA	1:27.97	387
12.	Eydís Arna Isaksen 50m: 40.53 100m: 47.51	08 Óðinn	1:28.04	386
13.	Valdís Rós Þorsteinsdóttir 50m: 41.37 100m: 48.07	07 UMFB	1:29.44	368
14.	Gabija Marija Savickaitė 50m: 42.50 100m: 48.07	08 ÍRB	1:30.57	355
15.	Ástrós Lovísa Hauksdóttir 50m: 43.38 100m: 47.40	08 ÍRB	1:30.78	352
16.	Þórey Ísafold Magnúsdóttir 50m: 43.42 100m: 48.55	99 KR	1:31.97	339
17.	Natalía Fanney Sigurðardóttir 50m: 43.18 100m: 49.69	10 ÍRB	1:32.87	329
18.	Bríet Björk Pálsdóttir 50m: 40.93 100m: 52.34	04 Óðinn	1:33.27	325
19.	Sara Lind Aðalsteinsdóttir 50m: 44.44 100m: 49.17	07 SH	1:33.61	321
20.	Dagbjört Lilja Danielsdóttir 50m: 43.61 100m: 50.22	04 Óðinn	1:33.83	319
21.	Hrafnhildur Lóa Kvaran 50m: 44.57 100m: 49.98	07 ÁRM	1:34.55	312
22.	Kornelia Nadia Maniak 50m: 47.48 100m: 49.09	10 ÍRB	1:36.57	292
23.	Margrét Gunnarsdóttir 50m: 46.67 100m: 51.11	06 UMFB	1:37.78	282
24.	Victoría Takacs Önnuásgeirsdóttir 50m: 46.17 100m: 52.27	07 SH	1:38.44	276
25.	Sara Björt Símonardóttir 50m: 46.12 100m: 52.90	04 SH	1:39.02	271
26.	Ljósbrá Líf Sigurðardóttir 50m: 46.34 100m: 53.34	10 ÍRB	1:39.68	266
27.	Eydís Jóhannesdóttir 50m: 48.57 100m: 51.47	11 ÍRB	1:40.04	263



Sundgrein 17, kvenna, 100m bringusund, Opinn

Sæti		F.ár	Tími	Stig
28.	Íris Arna Ingvarsdóttir 50m: 46.73 100m: 53.32	07 ÍA	1:40.05	263
29.	Herdís Rut Guðbjartsdóttir S14 50m: 45.91 100m: 55.49	04 FJÖRÐ	SB141: 41.40	252
30.	Álfrún Lóa Jónsdóttir 50m: 48.94 100m: 52.52	10 FJÖ	1:41.46	252
31.	Emelía Ýr S14 Gunnarsdóttir 50m: 48.46 100m: 53.19	05 FJÖRÐ	SB141: 41.65	251
32.	Aldís Lilja Viðarsdóttir 50m: 48.85 100m: 54.72	08 ÍA	1:43.57	237
33.	Arna Karen Gísladóttir 50m: 49.88 100m: 55.71	07 ÍA	1:45.59	224
34.	Unnur Birna Unnsteinsdóttir 50m: 47.83 100m: 59.19	09 FJÖ	1:47.02	215
35.	Auður Krista Finnsdóttir 50m: 51.74 100m: 57.38	08 STJA	1:49.12	202
36.	Thea Sif Hjaltadóttir 50m: 52.58 100m: 56.80	11 ÁRM	1:49.38	201
37.	Katrín Ísold Gunnsteinsdóttir 50m: 51.75 100m: 58.51	10 ÁRM	1:50.26	196
38.	Thelma Björnsdóttir S6 Sb5 50m: 55.94 100m: 1:02.76	96 ÍFR	SB5 1:58.70	157 *
ÓG.	Sólveig Freyja Hákonardóttir 7.1 - Fleiri en eitt flugsundsfótatak var notað í upphafi sunds	09 BREIÐ		ÍM
ÓG.	Elija Apanskaite 7.6 - Önnur hönd í bakka eða hendur snerta ekki bakkan samtímis í snúningi eða við lok	09 ÍRB		
ÓG.	Ingibjörg Þóra Stefánsdóttir 4.4 - Keppandi startar áður en rásmerki er gefið (þjófstart)	08 SH		
ÓG.	Hildur Erla Hákonardóttir 7.1 - Fleiri en eitt flugsundsfótatak var notað í upphafi sunds	10 SH		

16 - 17 ára

1.	Katja Lilja Andriysoðttir 50m: 37.51 100m: 41.42	06 SH	1:18.93	536 ÍM
2.	Hekla Krístrún Mist Arnarsdóttir 50m: 41.00 100m: 46.91	06 KR	1:27.91	388
3.	Karen Káradóttir 50m: 41.20 100m: 46.77	06 ÍA	1:27.97	387
4.	Margrét Gunnarsdóttir 50m: 46.67 100m: 51.11	06 UMFB	1:37.78	282
5.	Emelía Ýr S14 Gunnarsdóttir 50m: 48.46 100m: 53.19	05 FJÖRÐ	SB141: 41.65	251



Sundgrein 17, kvenna, 100m bringusund

14 - 15 ára

1.	Katla Mist Bragadóttir	07	ÁRM	1:20.49	505	ÍM
	50m: 38.44 100m: 42.05					
2.	Ragnheiður Gunnsteinsdóttir	07	BREIÐ	1:27.16	398	
	50m: 40.16 100m: 47.00					
3.	Embla Dögg Helgadóttir	08	Ægir	1:27.37	395	
	50m: 39.60 100m: 47.77					
4.	Eydís Arna Isaksen	08	Óðinn	1:28.04	386	
	50m: 40.53 100m: 47.51					
5.	Valdís Rós Þorsteinsdóttir	07	UMFB	1:29.44	368	
	50m: 41.37 100m: 48.07					
6.	Gabija Marija Savickaitė	08	ÍRB	1:30.57	355	
	50m: 42.50 100m: 48.07					
7.	Ástrós Lovísa Hauksdóttir	08	ÍRB	1:30.78	352	
	50m: 43.38 100m: 47.40					
8.	Sara Lind Aðalsteinsdóttir	07	SH	1:33.61	321	
	50m: 44.44 100m: 49.17					
9.	Hrafnhildur Lóa Kvaran	07	ÁRM	1:34.55	312	
	50m: 44.57 100m: 49.98					
10.	Victoría Takacs Önnuásgeirsdóttir	07	SH	1:38.44	276	
	50m: 46.17 100m: 52.27					
11.	Íris Arna Ingvarsdóttir	07	ÍA	1:40.05	263	
	50m: 46.73 100m: 53.32					
12.	Aldís Lilja Viðarsdóttir	08	ÍA	1:43.57	237	
	50m: 48.85 100m: 54.72					
13.	Arna Karen Gísladóttir	07	ÍA	1:45.59	224	
	50m: 49.88 100m: 55.71					
14.	Auður Krista Finnsdóttir	08	STJA	1:49.12	202	
	50m: 51.74 100m: 57.38					
ÓG.	Ingibjörg Þóra Stefánsdóttir	08	SH			
	<i>4.4 - Keppandi startar áður en rásmerki er gefið (þjófstart)</i>					

13 ára og yngri

1.	Auguste Balciunaite	11	SH	1:22.95	462	ÍM
	50m: 39.08 100m: 43.87					
2.	Margrét Anna Lapas	09	BREIÐ	1:27.38	395	
	50m: 41.91 100m: 45.47					
3.	Natalía Fanney Sigurðardóttir	10	ÍRB	1:32.87	329	
	50m: 43.18 100m: 49.69					
4.	Kornelia Nadia Maniak	10	ÍRB	1:36.57	292	
	50m: 47.48 100m: 49.09					
5.	Ljósbrá Líf Sigurðardóttir	10	ÍRB	1:39.68	266	
	50m: 46.34 100m: 53.34					
6.	Eydís Jóhannesdóttir	11	ÍRB	1:40.04	263	
	50m: 48.57 100m: 51.47					



Sundgrein 17, Stúlkur, 100m bringusund, 13 ára og yngri

Sæti	F.ár	Tími	Stig
7. Álfrún Lóa Jónsdóttir 50m: 48.94 100m: 52.52	10 FJÖ	1:41.46	252
8. Unnur Birna Unnsteinsdóttir 50m: 47.83 100m: 59.19	09 FJÖ	1:47.02	215
9. Thea Sif Hjaltadóttir 50m: 52.58 100m: 56.80	11 ÁRM	1:49.38	201
10. Katrín Ísold Gunnsteinsdóttir 50m: 51.75 100m: 58.51	10 ÁRM	1:50.26	196
ÓG. Sólveig Freyja Hákonardóttir 7.1 - Fleiri en eitt flugsundsfótatak var notað í upphafi sunds	09 BREIÐ		ÍM
ÓG. Elíja Apanskaite 7.6 - Önnur hönd í bakka eða hendur snerta ekki bakkan samtímis í snúningi eða við lok	09 ÍRB		
ÓG. Hildur Erla Hákonardóttir 7.1 - Fleiri en eitt flugsundsfótatak var notað í upphafi sunds	10 SH		

Sundgrein 18

karla, 50m bringusund

Opinn
Úrslitalistar

19.3.2022 - 17:25

Íslandsmet	27.46	Anton Sveinn McKee	SH	Gwangju (KOR)	23.7.2019
Aldursflokkamet Íslands 15 - 17	29.39	Daði Björnsson	SH	Hafnarfjörður	6.6.2021
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
Mótsmet	28.72	Mladen Tepavcevic	ISL		1.6.2008

HM : 28.29 / EM Opinn: 28.52; 19 - 21: 28.74 / EMU 16 - 18: 29.39 / ÍM : 35.79

Stig: FINA 2021

Sæti	F.ár	Tími	Stig
1. Daði Björnsson	04 SH	29.55	677 SSÍ
2. Aron Bjarki Pétursson	01 SH	29.67	669 ÍM
3. Snorri Dagur Einarsson	05 SH	30.37	623 SSÍ
4. Ingvar Orri Jóhannesson	04 KR	31.39	564 ÍM
5. Róbert Ísak Jónsson	01 SH	SB14 32.19	523 ÍM
6. Karl Björnsson	08 SH	34.18	437 ÍM
7. Arnar Logi Ægisson	07 SH	34.93	410 ÍM
8. Þröstur Ingi Gunnsteinsson	06 ÁRM	35.31	396 ÍM
9. Guðmundur Halldórsson	04 BREIÐ	35.59	387 ÍM
10. Gabríel Þór Sigurmundarson	03 ÍRB	36.82	350
11. Jón Ingi Halldórsson	04 BREIÐ	37.95	319
12. Halldór Björn Kristinsson	02 FJÖ	38.04	317
13. Stefán Gretar Katrínarson	08 Óðinn	38.57	304
14. Gunnar Egill Gunnarsson	07 UMFB	39.31	287
15. Gabríel Ingi Derti	08 ÍRB	40.41	264
16. Magni Rafn Ragnarsson	10 Óðinn	42.59	226
17. Kacper Romanowski	08 ÍRB	43.44	213
18. Haukur Már Birgisson	06 Selfoss	45.10	190 *



Sundgrein 19
19.3.2022 - 17:29

kvenna, 50m flugsund

Opinn
Úrslitalistar

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	29.38	Ylfa L. Kristmannsdóttir	ÁRM	Reykjavík	29.1.2022
Aldursflokkamet Íslands 11 - 12	31.68	Elísabet Arnoddsdóttir	ÍRB	Reykjavík	16.12.2021
Mótsmet	28.09	Bryndís Rún Hansen	ISL		1.6.2010

HM : 27.24 / EM Opinn: 27.47; 18 - 20: 27.73 / EMU 15 - 17: 28.44 / ÍM : 33.45

Stig: FINA 2021

Sæti	F.ár	Tími	Stig
1. Ylfa Lind Kristmannsdóttir <i>Telpnamet</i>	08 ÁRM	29.17	587 ÍM
2. Nadja Djurovic	07 BREIÐ	30.12	533 ÍM
3. Freyja Birkisdóttir	06 BREIÐ	31.28	476 ÍM
4. Herdís Birna Viggósdóttir	04 KR	31.34	473 ÍM
5. Hekla Kristrún Mist Arnarsdóttir	06 KR	31.67	459 ÍM
6. Dagbjörg Hlíf Ólafsdóttir	05 SH	31.74	455 ÍM
7. Coco Margaret Johansson	05 FJÖ	31.86	450 ÍM
8. Elísabet Arnoddsdóttir	09 ÍRB	32.31	432 ÍM
9. Kristín Ylfa Guðmundsdóttir	02 SH	32.37	429 ÍM
10. Katrín Ósk Aðalsteinsdóttir	09 SH	33.47	388
11. Nicole Jóna Jóhannsdóttir	08 SH	33.59	384
12. María Skorastein Sigurdardóttir	07 SH	34.13	366
13. Arna Rut Stefánsdóttir	07 SH	34.30	361
14. Rebekka Sif Ómarsdóttir	03 Óðinn	34.35	359
15. Sandra Rut Fannarsdóttir	06 Óðinn	34.51	354
16. Eva Sól Garðarsdóttir	03 Óðinn	34.95	341
17. Aníta Nótt Kolbeinsdóttir	07 SH	35.01	339
18. Embla Karen Sævarsdóttir	04 Óðinn	35.24	333
19. Hallgerður Höskuldsdóttir	04 Selfoss	35.62	322
20. Adríana Agnes Derti	10 ÍRB	36.01	312
21. Halla Rún Fannarsdóttir	08 Óðinn	36.25	306
22. Matthildur Eir Valdimarsdóttir	06 Óðinn	36.78	293
23. Þórey Ísafold Magnúsdóttir	99 KR	36.85	291
24. Dagbjört Lilja Daníelsdóttir	04 Óðinn	36.91	289
25. Katrín Tinna Andrésdóttir	06 STJA	37.74	271
26. Sara Björt Símonardóttir	04 SH	40.06	226 *
27. Lára Jakobína Ringsted	03 ÍA	40.08	226 *
28. Dórothea Margrét Jakobsdóttir	08 ÁRM	42.80	185 *
29. Friðrika Sif Ágústsdóttir	10 Óðinn	43.55	176 *
ÓG. Ágústa Inga Arnarsdóttir	06 STJA		
<i>4.4 - Keppandi startar áður en rásmerki er gefið (þjófstart)</i>			
ÓG. Alexandra Björk Kærnested	08 STJA		
<i>4.4 - Keppandi startar áður en rásmerki er gefið (þjófstart)</i>			



Sundgrein 20
19.3.2022 - 17:35

karla, 100m skriðsund

Opinn
Úrslitalistar

Íslandsmet	49.97	Örn Arnarson	SH	Monaco (MON)	5.6.2007
Aldursflokkamet Íslands 15 - 17	53.35	Patrik Viggó Vilbergsson	BREI	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
Mótsmet	51.66	Igor Cerensek	CRO		1.6.2008

HM : 50.48 / EM Opinn: 50.90; 19 - 21: 51.29 / EMU 16 - 18: 52.44 / EYOF 15 - 16: 54.14 / NÆM 14 - 16: 55.25 / ÍM : 1:02.54

Stig: FINA 2021

Sæti	F.ár	Tími	Stig
Opinn			
1. Birnir Freyr Hálfðánarsson	06 SH	54.34	643 NÆM
50m: 26.17 100m: 28.17			
2. Fannar Snævar Hauksson	04 ÍRB	54.57	635 ÍM
50m: 25.83 100m: 28.74			
3. Guðmundur Leo Rafnsson	06 ÍRB	55.99	588 ÍM
50m: 26.87 100m: 29.12			
4. Stefán Elías Berman	03 ÍRB	56.25	580 ÍM
50m: 26.79 100m: 29.46			
5. Kristján Gylfi Þórisson	00 FJÖ	56.45	573 ÍM
50m: 27.17 100m: 29.28			
6. Einar Margeir Ágústsson	05 ÍA	56.64	568 ÍM
50m: 26.97 100m: 29.67			
7. Kristján Magnússon	05 ÍA	56.80	563 ÍM
50m: 27.10 100m: 29.70			
8. Guðmundur Karl Karlsson	05 BREIÐ	57.16	552 ÍM
50m: 27.30 100m: 29.86			
9. Ingvar Orri Jóhannesson	04 KR	57.72	536 ÍM
50m: 27.29 100m: 30.43			
10. Guðbjarni Sigþórsson	06 ÍA	57.76	535 ÍM
50m: 27.13 100m: 30.63			
11. Sigurður Haukur Birgisson	06 ÁRM	57.96	530 ÍM
50m: 27.85 100m: 30.11			
12. Þorsteinn Karl Amarsson	04 STJA	58.41	518 ÍM
50m: 27.76 100m: 30.65			
13. Jón Margeir Sverrisson	92 Óðinn	58.83	506 ÍM
50m: 27.33 100m: 31.50			
14. Daði Þór Friðriksson	07 SH	59.05	501 ÍM
50m: 28.24 100m: 30.81			
15. Denas Kazulis	08 ÍRB	59.14	499 SSÍ
50m: 28.74 100m: 30.40			
16. Guðmundur Halldórsson	04 BREIÐ	59.39	492 ÍM
50m: 28.27 100m: 31.12			
17. Dagur Snær Hilmarsson	03 SH	59.47	490 ÍM
50m: 28.69 100m: 30.78			
18. Júlíus Amarsson	06 KR	59.91	480 ÍM
50m: 29.07 100m: 30.84			



Sundgrein 20, karla, 100m skriðsund, Opinn

Sæti		F.ár		Tími	Stig
19.	Jón Ingi Halldórsson 50m: 29.50 100m: 30.85	04	BREIÐ	1:00.35	469 ÍM
20.	Bjarki B Isaksen 50m: 29.37 100m: 31.60	06	BREIÐ	1:00.97	455 ÍM
21.	Alex Benjamín Bjarnason 50m: 29.00 100m: 32.06	04	ÍA	1:01.06	453 ÍM
22.	Andri Bergmann Ísaksen 50m: 29.10 100m: 32.03	04	BREIÐ	1:01.13	451 ÍM
23.	Örn Kató Arnarsson 50m: 30.03 100m: 31.73	05	Óðinn	1:01.76	438 ÍM
24.	Úlfur Páll Andrason 50m: 29.21 100m: 32.62	04	KR	1:01.83	436 ÍM
25.	Kristófer Óli Birkisson 50m: 29.46 100m: 32.62	04	Óðinn	1:02.08	431 ÍM
26.	Birgir Hrafn Kjartansson 50m: 29.12 100m: 33.28	08	Ægir	1:02.40	424 ÍM
27.	Kristinn Viðar Tómasson 50m: 30.24 100m: 32.58	06	Óðinn	1:02.82	416
28.	Oliver Kaldal 50m: 29.86 100m: 33.02	07	Ægir	1:02.88	415
29.	Benedikt Kári Theódorsson 50m: 30.43 100m: 32.54	07	SH	1:02.97	413
30.	Gunnar Egill Gunnarsson 50m: 30.31 100m: 33.29	07	UMFB	1:03.60	401
31.	Hrafn Sverrisson 50m: 30.49 100m: 33.52	05	ÁRM	1:04.01	393
32.	Árni Þór Pálmason 50m: 31.48 100m: 32.64	09	ÍRB	1:04.12	391
33.	Daði Rafn Falsson 50m: 30.94 100m: 33.23	08	ÍRB	1:04.17	390
34.	Eggert Sigtryggsson 50m: 29.65 100m: 34.67	05	SH	1:04.32	387
35.	Þröstur Ingi Gunnsteinsson 50m: 30.91 100m: 33.59	06	ÁRM	1:04.50	384
36.	Jakob Ingi Reynisson 50m: 30.74 100m: 33.88	06	Selfoss	1:04.62	382
37.	James Eiríkur Hafliðason 50m: 30.63 100m: 34.20	06	KR	1:04.83	378
38.	Arnar Logi Ægisson 50m: 31.07 100m: 33.96	07	SH	1:05.03	375
39.	Hálf dán Artúr Róbertsson 50m: 31.40 100m: 33.90	05	UMFB	1:05.30	370
40.	Hilmir Snær Lunddal Rúnarsson 50m: 29.95 100m: 35.54	03	SH	1:05.49	367



Sundgrein 20, karla, 100m skriðsund, Opinn

Sæti		F.ár		Tími	Stig
41.	Arnar Milos Arnbjörnsson 50m: 31.89 100m: 34.28	08	ÍRB	1:06.17	356
42.	Sigurður Þráinn Sigurðsson 50m: 30.77 100m: 35.88	02	UMFA	1:06.65	348
43.	Maciej Stefan Markowski 50m: 31.30 100m: 35.72	06	STJA	1:07.02	342
44.	Ásberg Halldór Hansson 50m: 32.49 100m: 34.76	07	FJÖ	1:07.25	339
45.	Halldór Ingi Hafþórsson 50m: 31.64 100m: 35.94	08	SH	1:07.58	334
46.	Kristján Helgi Jóhannsson 50m: 32.66 100m: 34.99	02	FJÖ	S13 1:07.65	333
47.	Mateusz Kuptel 50m: 32.06 100m: 35.88	06	ÍA	1:07.94	329
48.	Guðbjörn Sölvi Sigurjónsson 50m: 32.42 100m: 36.12	07	UMFB	1:08.54	320
49.	Boban Malivuk 50m: 33.98 100m: 34.58	07	SH	1:08.56	320
50.	Sigurgeir Guðmundur Elvarsson 50m: 33.46 100m: 36.30	07	UMFB	1:09.76	304
51.	Baltasar Óðinn Sigurmundarson 50m: 34.18 100m: 36.23	07	ÍRB	1:10.41	295
52.	Stefán Borgar Brynjólfsson 50m: 33.94 100m: 36.67	06	KR	1:10.61	293
53.	Gabriel Ingi Derti 50m: 34.38 100m: 36.69	08	ÍRB	1:11.07	287
54.	Ernir Máni Oddgeirsson 50m: 34.49 100m: 37.78	07	SH	1:12.27	273
55.	Magni Rafn Ragnarsson 50m: 34.78 100m: 37.95	10	Óðinn	1:12.73	268
56.	Nökkvi Fenrir Bjarnason 50m: 34.78 100m: 38.00	10	SH	1:12.78	267
57.	Gunnlaugur Freyr Baldursson 50m: 35.23 100m: 37.76	09	BREIÐ	1:12.99	265
58.	Vanja Djurovic 50m: 35.76 100m: 39.15	09	BREIÐ	1:14.91	245
59.	Guðfinnur Karlsson S11 50m: 35.68 100m: 39.54	88	FJÖRÐ	S11 1:15.22	242
60.	Kacper Romanowski 50m: 36.16 100m: 39.92	08	ÍRB	1:16.08	234
61.	Ýmir Snær Hlynsson 50m: 35.15 100m: 41.30		ÖSP	1:16.45	231
62.	Mímir Fróði Óttarsson 50m: 36.42 100m: 41.03	09	SH	1:17.45	222



Sundgrein 20, karla, 100m skriðsund, Opinn

Sæti		F.ár	Tími	Stig
63.	Julian Jarnutowski 50m: 37.10 100m: 42.05	10 ÍRB	1:19.15	208
64.	Andri Ólafsson 50m: 38.21 100m: 41.50	09 SH	1:19.71	203
65.	Haukur Már Birgisson 50m: 36.86 100m: 44.00	06 Selfoss	1:20.86	195
66.	Ingibjörn Natan Guðmundsson 50m: 38.19 100m: 42.70	09 Ægir	1:20.89	195
67.	Styrmir Snær Árnason 50m: 39.60 100m: 41.45	10 SH	1:21.05	193
68.	Kristjón Hrafn Kjartansson 50m: 37.64 100m: 43.66	11 SH	1:21.30	192
69.	Ívan Elí Ólafsson 50m: 38.95 100m: 43.64	10 Óðinn	1:22.59	183
70.	Adam Agnarsson 50m: 40.13 100m: 43.62	08 ÍA	1:23.75	175
71.	Þór Eli Gunnarsson 50m: 38.71 100m: 45.53	11 SH	1:24.24	172
72.	Stefán Hagalín Árnason 50m: 40.34 100m: 45.88	10 ÁRM	1:26.22	161
73.	Almar Sindri Daníelsson Glad 50m: 43.54 100m: 48.75	08 ÍA	1:32.29	131 *
74.	Benedikt Már Þorvaldsson 50m: 46.10 100m: 46.26	10 Óðinn	1:32.36	131 *
75.	Búi Heinrich Mímir Þorsteinsson 50m: 43.60 100m: 50.95	10 ÁRM	1:34.55	122 *

17 - 18 ára

1.	Fannar Snævar Hauksson 50m: 25.83 100m: 28.74	04 ÍRB	54.57	635 ÍM
2.	Einar Margeir Ágústsson 50m: 26.97 100m: 29.67	05 ÍA	56.64	568 ÍM
3.	Kristján Magnússon 50m: 27.10 100m: 29.70	05 ÍA	56.80	563 ÍM
4.	Guðmundur Karl Karlsson 50m: 27.30 100m: 29.86	05 BREIÐ	57.16	552 ÍM
5.	Ingvar Orri Jóhannesson 50m: 27.29 100m: 30.43	04 KR	57.72	536 ÍM
6.	Þorsteinn Karl Arnarsson 50m: 27.76 100m: 30.65	04 STJA	58.41	518 ÍM
7.	Guðmundur Halldórsson 50m: 28.27 100m: 31.12	04 BREIÐ	59.39	492 ÍM
8.	Jón Ingi Halldórsson 50m: 29.50 100m: 30.85	04 BREIÐ	1:00.35	469 ÍM



Sundgrein 20, Piltar, 100m skriðsund, 17 - 18 ára

Sæti		F.ár	Tími	Stig
9.	Alex Benjamín Bjarnason 50m: 29.00 100m: 32.06	04 ÍA	1:01.06	453 ÍM
10.	Andri Bergmann Ísaksen 50m: 29.10 100m: 32.03	04 BREIÐ	1:01.13	451 ÍM
11.	Örn Kató Arnarsson 50m: 30.03 100m: 31.73	05 Óðinn	1:01.76	438 ÍM
12.	Úlfur Páll Andrason 50m: 29.21 100m: 32.62	04 KR	1:01.83	436 ÍM
13.	Kristófer Óli Birkisson 50m: 29.46 100m: 32.62	04 Óðinn	1:02.08	431 ÍM
14.	Hrafn Sverrisson 50m: 30.49 100m: 33.52	05 ÁRM	1:04.01	393
15.	Eggert Sigtryggsson 50m: 29.65 100m: 34.67	05 SH	1:04.32	387
16.	Hálf dán Artúr Róbertsson 50m: 31.40 100m: 33.90	05 UMFB	1:05.30	370

15 - 16 ára

1.	Birnir Freyr Hálf dánarsson 50m: 26.17 100m: 28.17	06 SH	54.34	643 NÆM
2.	Guðmundur Leo Rafnsson 50m: 26.87 100m: 29.12	06 ÍRB	55.99	588 ÍM
3.	Guðbjarni Sigþórsson 50m: 27.13 100m: 30.63	06 ÍA	57.76	535 ÍM
4.	Sigurður Haukur Birgisson 50m: 27.85 100m: 30.11	06 ÁRM	57.96	530 ÍM
5.	Daði Þór Friðriksson 50m: 28.24 100m: 30.81	07 SH	59.05	501 ÍM
6.	Júlíus Arnarsson 50m: 29.07 100m: 30.84	06 KR	59.91	480 ÍM
7.	Bjarki B Isaksen 50m: 29.37 100m: 31.60	06 BREIÐ	1:00.97	455 ÍM
8.	Kristinn Viðar Tómasson 50m: 30.24 100m: 32.58	06 Óðinn	1:02.82	416
9.	Oliver Kaldal 50m: 29.86 100m: 33.02	07 Ægir	1:02.88	415
10.	Benedikt Kári Theódorsson 50m: 30.43 100m: 32.54	07 SH	1:02.97	413
11.	Gunnar Egill Gunnarsson 50m: 30.31 100m: 33.29	07 UMFB	1:03.60	401
12.	Þröstur Ingi Gunnsteinsson 50m: 30.91 100m: 33.59	06 ÁRM	1:04.50	384
13.	Jakob Ingi Reynisson 50m: 30.74 100m: 33.88	06 Selfoss	1:04.62	382



Sundgrein 20, Piltar, 100m skriðsund, 15 - 16 ára

Sæti		F.ár	Tími	Stig
14.	James Eiríkur Hafliðason 50m: 30.63 100m: 34.20	06 KR	1:04.83	378
15.	Arnar Logi Ægisson 50m: 31.07 100m: 33.96	07 SH	1:05.03	375
16.	Maciej Stefan Markowski 50m: 31.30 100m: 35.72	06 STJA	1:07.02	342
17.	Ásberg Halldór Hansson 50m: 32.49 100m: 34.76	07 FJÖ	1:07.25	339
18.	Mateusz Kuptel 50m: 32.06 100m: 35.88	06 ÍA	1:07.94	329
19.	Guðbjörn Sölvi Sigurjónsson 50m: 32.42 100m: 36.12	07 UMF	1:08.54	320
20.	Boban Malivuk 50m: 33.98 100m: 34.58	07 SH	1:08.56	320
21.	Sigurgeir Guðmundur Elvarsson 50m: 33.46 100m: 36.30	07 UMF	1:09.76	304
22.	Baltasar Óðinn Sigurmundarson 50m: 34.18 100m: 36.23	07 ÍRB	1:10.41	295
23.	Stefán Borgar Brynjólfsson 50m: 33.94 100m: 36.67	06 KR	1:10.61	293
24.	Ernir Máni Oddgeirsson 50m: 34.49 100m: 37.78	07 SH	1:12.27	273
25.	Haukur Már Birgisson 50m: 36.86 100m: 44.00	06 Selfoss	1:20.86	195

14 ára og yngri

1.	Denas Kazulis 50m: 28.74 100m: 30.40	08 ÍRB	59.14	499 SSÍ
2.	Birgir Hrafn Kjartansson 50m: 29.12 100m: 33.28	08 Ægir	1:02.40	424 ÍM
3.	Árni Þór Pálmason 50m: 31.48 100m: 32.64	09 ÍRB	1:04.12	391
4.	Daði Rafn Falsson 50m: 30.94 100m: 33.23	08 ÍRB	1:04.17	390
5.	Arnar Milos Arnbjörnsson 50m: 31.89 100m: 34.28	08 ÍRB	1:06.17	356
6.	Halldór Ingi Hafþórsson 50m: 31.64 100m: 35.94	08 SH	1:07.58	334
7.	Gabriel Ingi Derti 50m: 34.38 100m: 36.69	08 ÍRB	1:11.07	287
8.	Magni Rafn Ragnarsson 50m: 34.78 100m: 37.95	10 Óðinn	1:12.73	268
9.	Nökkvi Fenrir Bjarnason 50m: 34.78 100m: 38.00	10 SH	1:12.78	267



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

Sæti		F.ár	Tími	Stig
10.	Gunnlaugur Freyr Baldursson 50m: 35.23 100m: 37.76	09 BREIÐ	1:12.99	265
11.	Vanja Djurovic 50m: 35.76 100m: 39.15	09 BREIÐ	1:14.91	245
12.	Kacper Romanowski 50m: 36.16 100m: 39.92	08 ÍRB	1:16.08	234
13.	Mímir Fróði Óttarsson 50m: 36.42 100m: 41.03	09 SH	1:17.45	222
14.	Julian Jarnutowski 50m: 37.10 100m: 42.05	10 ÍRB	1:19.15	208
15.	Andri Ólafsson 50m: 38.21 100m: 41.50	09 SH	1:19.71	203
16.	Ingibjörn Natan Guðmundsson 50m: 38.19 100m: 42.70	09 Ægir	1:20.89	195
17.	Styrmir Snær Árnason 50m: 39.60 100m: 41.45	10 SH	1:21.05	193
18.	Kristjón Hrafn Kjartansson 50m: 37.64 100m: 43.66	11 SH	1:21.30	192
19.	Ívan Elí Ólafsson 50m: 38.95 100m: 43.64	10 Óðinn	1:22.59	183
20.	Adam Agnarsson 50m: 40.13 100m: 43.62	08 ÍA	1:23.75	175
21.	Þór Eli Gunnarsson 50m: 38.71 100m: 45.53	11 SH	1:24.24	172
22.	Stefán Hagalín Árnason 50m: 40.34 100m: 45.88	10 ÁRM	1:26.22	161
23.	Almar Sindri Daníelsson Glad 50m: 43.54 100m: 48.75	08 ÍA	1:32.29	131 *
24.	Benedikt Már Þorvaldsson 50m: 46.10 100m: 46.26	10 Óðinn	1:32.36	131 *
25.	Búi Heinrich Mímir Þorsteinsson 50m: 43.60 100m: 50.95	10 ÁRM	1:34.55	122 *



Sundgrein 21
19.3.2022 - 17:51

kvenna, 100m baksund

Opinn
Úrslitalistar

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
Mótsmet	1:02.52	Eygló Ósk Gústafsdóttir	ISL		1.4.2017

HM : 1:02.71 / EM Opinn: 1:03.24; 18 - 20: 1:03.83 / EMU 15 - 17: 1:05.46 / EYOF 14 - 15: 1:07.18 / NÆM 13 - 15: 1:08.55 / ÍM : 1:16.55

Stig: FINA 2021

Sæti		F.ár		Tími	Stig
Opinn					
1.	Steingerður Hauksdóttir	96	SH	1:07.33	625 ÍM
	50m: 32.32 100m: 35.01				
2.	Kristín Helga Hákonardóttir	04	SH	1:09.65	564 ÍM
	50m: 33.62 100m: 36.03				
3.	Birgitta Ingólfssdóttir	05	SH	1:09.89	558 ÍM
	50m: 33.86 100m: 36.03				
4.	Ástrós Lovísa Hauksdóttir	08	ÍRB	1:10.06	554 ÍM
	50m: 33.79 100m: 36.27				
5.	Ylfa Ásgerður Eyjólfssdóttir	06	BREIÐ	1:12.54	499 ÍM
	50m: 34.55 100m: 37.99				
6.	Þorgerður Ósk Jónsdóttir	03	SH	1:12.59	498 ÍM
	50m: 34.47 100m: 38.12				
7.	Athena Líf Þrastardóttir	07	ÍRB	1:14.65	458 ÍM
	50m: 35.99 100m: 38.66				
8.	Ragnheiður Ásta Magnúsdóttir	07	BREIÐ	1:14.83	455 ÍM
	50m: 36.58 100m: 38.25				
9.	Birta Rún Smáradóttir	04	UMFA	1:14.97	452 ÍM
	50m: 35.81 100m: 39.16				
10.	Rán Björnsdóttir	05	Ægir	1:16.30	429 ÍM
	50m: 36.12 100m: 40.18				
11.	Naomí Arnarsdóttir	07	Óðinn	1:16.73	422
	50m: 37.76 100m: 38.97				
12.	Dagmar Arna Sigurðardóttir	09	SH	1:16.87	420
	50m: 37.17 100m: 39.70				
13.	Freydís Lilja Bergþórsdóttir	09	ÍRB	1:17.22	414
	50m: 37.62 100m: 39.60				
14.	Katrín Lóa Ingadóttir	08	Óðinn	1:17.30	413
	50m: 37.81 100m: 39.49				
15.	Tinna Karen Sigurðardóttir	08	SH	1:19.83	375
	50m: 38.00 100m: 41.83				
16.	Juliane Liv Sörensen	07	Óðinn	1:21.14	357
	50m: 39.13 100m: 42.01				
17.	Helga Rós Ingimarsdóttir	06	ÍA	1:22.01	345
	50m: 38.99 100m: 43.02				
18.	Ingibjörg Anna Skúladóttir	06	UMFB	1:22.32	342
	50m: 39.74 100m: 42.58				



Sundgrein 21, kvenna, 100m baksund, Opinn

Sæti		F.ár		Tími	Stig
19.	Sara Lind Aðalsteinsdóttir 50m: 40.55 100m: 42.47	07	SH	1:23.02	333
20.	Bergþóra Sól Hálfðánsdóttir 50m: 40.21 100m: 43.35	06	Selfoss	1:23.56	327
21.	Kolbrún Hilda Gunnarsdóttir 50m: 41.10 100m: 42.97	06	KR	1:24.07	321
22.	Hugrún Guðmundsdóttir 50m: 43.05 100m: 42.39	08	FJÖ	1:25.44	305
23.	Yrsa Gunnlaugsdóttir 50m: 42.77 100m: 42.76	08	ÁRM	1:25.53	304
24.	Lína Rut S Halldórsdóttir 50m: 41.44 100m: 44.64	07	UMFA	1:26.08	299
25.	Guðrún Lára Arnarsdóttir 50m: 41.73 100m: 44.73	09	STJA	1:26.46	295
26.	Freydís Katla Sveinsdóttir 50m: 43.06 100m: 45.02	08	ÁRM	1:28.08	279
27.	Austėja Savickaitė 50m: 43.24 100m: 44.87	09	ÍRB	1:28.11	278
28.	Kornelia Nadia Maniak	10	ÍRB	1:28.52	275
29.	Bríet Elfarsdóttir 50m: 42.88 100m: 45.99	06	Ægir	1:28.87	271
30.	Kolbrún Ósk Vilhjálmsdóttir 50m: 42.55 100m: 46.73	06	Óðinn	1:29.28	268
31.	Arna Karen Gísladóttir 50m: 43.63 100m: 45.96	07	ÍA	1:29.59	265
32.	Emelía Ýr S14 Gunnarsdóttir 50m: 43.80 100m: 46.42	05	FJÖRÐ	S14 1:30.22	259
33.	Elsa Diljá Lunddal Rúnarsdóttir 50m: 44.60 100m: 46.14	10	SH	1:30.74	255
34.	Eydís Jóhannesdóttir 50m: 45.08 100m: 45.90	11	ÍRB	1:30.98	253
35.	Natalía Eir Curtis 50m: 45.56 100m: 45.48	10	ÁRM	1:31.04	252
36.	Ninja Ýr Logadóttir 50m: 45.34 100m: 45.98	09	SH	1:31.32	250
37.	Ljósbrá Líf Sigurðardóttir 50m: 44.81 100m: 47.43	10	ÍRB	1:32.24	243
38.	Natalía Fanney Sigurðardóttir 50m: 45.39 100m: 47.06	10	ÍRB	1:32.45	241
39.	Nótt Helgadóttir 50m: 45.10 100m: 47.41	08	ÁRM	1:32.51	241
40.	Mía Ágústa Heimisdóttir	09	STJA	1:32.52	240
41.	Rakel Hjaltadóttir 50m: 45.51 100m: 47.11	08	Óðinn	1:32.62	240



Sundgrein 21, kvenna, 100m baksund, Opinn

Sæti		F.ár		Tími	Stig
42.	Vilte Milleryte 50m: 44.88 100m: 47.79	09	ÍRB	1:32.67	239
43.	Ingibjörg Þóra Stefánsdóttir 50m: 45.60 100m: 47.24	08	SH	1:32.84	238
44.	Elija Apanskaite 50m: 44.90 100m: 48.55	09	ÍRB	1:33.45	233
45.	Eva Naajaraq Kristinsdóttir 50m: 44.53 100m: 49.53	05	FJÖ	1:34.06	229
46.	Sigríður Aníta Rognvalsdóttir S14 50m: 46.25 100m: 48.81	01	ÍFR	S14 1:35.06	222
47.	Aníta Ingibjörg Antonisdóttir 50m: 47.58 100m: 49.62	08	Óðinn	1:37.20	207
48.	Hildur Erla Hákonardóttir 50m: 47.28 100m: 50.94	10	SH	1:38.22	201
49.	Katrín Ísold Gunnsteinsdóttir 50m: 48.60 100m: 51.18	10	ÁRM	1:39.78	192
50.	Karitas Kristjánsdóttir 50m: 48.57 100m: 52.07	10	ÁRM	1:40.64	187
51.	Freyja Hrönn Jónsdóttir 50m: 49.38 100m: 51.46	06	ÍA	1:40.84	186
52.	Tanya Jóhannsdóttir S7 50m: 51.44 100m: 53.76	03	FJÖRÐ	S7 1:45.20	163 *
53.	Sonja Sigurdardóttir S4SB 50m: 1:09.05 100m: 1:11.95	90	ÍFR	S4 2:21.00	68 *
ÓG.	Eydís Birta Ingólfssdóttir 6.5 - Keppendi lauk ekki sundinu á bakinu	05	UMFB		

16 - 17 ára

1.	Birgitta Ingólfssdóttir 50m: 33.86 100m: 36.03	05	SH	1:09.89	558 ÍM
2.	Ylfa Ásgerður Eyjólfssdóttir 50m: 34.55 100m: 37.99	06	BREIÐ	1:12.54	499 ÍM
3.	Rán Björnsdóttir 50m: 36.12 100m: 40.18	05	Ægir	1:16.30	429 ÍM
4.	Helga Rós Ingimarsdóttir 50m: 38.99 100m: 43.02	06	ÍA	1:22.01	345
5.	Ingibjörg Anna Skúladóttir 50m: 39.74 100m: 42.58	06	UMFB	1:22.32	342
6.	Bergþóra Sól Hálfðánsdóttir 50m: 40.21 100m: 43.35	06	Selfoss	1:23.56	327
7.	Kolbrún Hilda Gunnarsdóttir 50m: 41.10 100m: 42.97	06	KR	1:24.07	321
8.	Bríet Elfarsdóttir 50m: 42.88 100m: 45.99	06	Ægir	1:28.87	271



Sundgrein 21, kvenna, 100m baksund, 16 - 17 ára

Sæti		F.ár		Tími	Stig
9.	Kolbrún Ósk Vilhjálmsdóttir 50m: 42.55 100m: 46.73	06	Óðinn	1:29.28	268
10.	Emelía Ýr S14 Gunnarsdóttir 50m: 43.80 100m: 46.42	05	FJÖRÐ	S14 1:30.22	259
11.	Eva Naajaraq Kristinsdóttir 50m: 44.53 100m: 49.53	05	FJÖ	1:34.06	229
12.	Freyja Hrönn Jónsdóttir 50m: 49.38 100m: 51.46	06	ÍA	1:40.84	186
ÓG.	Eydís Birta Ingólfssdóttir 6.5 - Keppendi lauk ekki sundinu á bakinu	05	UMFB		

14 - 15 ára

1.	Ástrós Lovísa Hauksdóttir 50m: 33.79 100m: 36.27	08	ÍRB	1:10.06	554 ÍM
2.	Athena Líf Þrastardóttir 50m: 35.99 100m: 38.66	07	ÍRB	1:14.65	458 ÍM
3.	Ragnheiður Ásta Magnúsdóttir 50m: 36.58 100m: 38.25	07	BREIÐ	1:14.83	455 ÍM
4.	Naomí Arnarsdóttir 50m: 37.76 100m: 38.97	07	Óðinn	1:16.73	422
5.	Katrín Lóa Ingadóttir 50m: 37.81 100m: 39.49	08	Óðinn	1:17.30	413
6.	Tinna Karen Sigurðardóttir 50m: 38.00 100m: 41.83	08	SH	1:19.83	375
7.	Juliane Liv Sörensen 50m: 39.13 100m: 42.01	07	Óðinn	1:21.14	357
8.	Sara Lind Aðalsteinsdóttir 50m: 40.55 100m: 42.47	07	SH	1:23.02	333
9.	Hugrún Guðmundsdóttir 50m: 43.05 100m: 42.39	08	FJÖ	1:25.44	305
10.	Yrsa Gunnlaugsdóttir 50m: 42.77 100m: 42.76	08	ÁRM	1:25.53	304
11.	Lína Rut S Halldórsdóttir 50m: 41.44 100m: 44.64	07	UMFA	1:26.08	299
12.	Freydís Katla Sveinsdóttir 50m: 43.06 100m: 45.02	08	ÁRM	1:28.08	279
13.	Arna Karen Gísladóttir 50m: 43.63 100m: 45.96	07	ÍA	1:29.59	265
14.	Nótt Helgadóttir 50m: 45.10 100m: 47.41	08	ÁRM	1:32.51	241
15.	Rakel Hjaltadóttir 50m: 45.51 100m: 47.11	08	Óðinn	1:32.62	240
16.	Ingibjörg Þóra Stefánsdóttir 50m: 45.60 100m: 47.24	08	SH	1:32.84	238



Sundgrein 21, Stúlkur, 100m baksund, 14 - 15 ára

Sæti		F.ár		Tími	Stig
17.	Aníta Ingibjörg Antonsdóttir	08	Óðinn	1:37.20	207
	50m: 47.58 100m: 49.62				

13 ára og yngri

1.	Dagmar Arna Sigurðardóttir	09	SH	1:16.87	420
	50m: 37.17 100m: 39.70				
2.	Freydís Lilja Bergþórsdóttir	09	ÍRB	1:17.22	414
	50m: 37.62 100m: 39.60				
3.	Guðrún Lára Arnarsdóttir	09	STJA	1:26.46	295
	50m: 41.73 100m: 44.73				
4.	Austėja Savickaitė	09	ÍRB	1:28.11	278
	50m: 43.24 100m: 44.87				
5.	Kornelia Nadia Maniak	10	ÍRB	1:28.52	275
6.	Elsa Diljá Lunddal Rúnarsdóttir	10	SH	1:30.74	255
	50m: 44.60 100m: 46.14				
7.	Eydís Jóhannesdóttir	11	ÍRB	1:30.98	253
	50m: 45.08 100m: 45.90				
8.	Natalía Eir Curtis	10	ÁRM	1:31.04	252
	50m: 45.56 100m: 45.48				
9.	Ninja Ýr Logadóttir	09	SH	1:31.32	250
	50m: 45.34 100m: 45.98				
10.	Ljósbrá Líf Sigurðardóttir	10	ÍRB	1:32.24	243
	50m: 44.81 100m: 47.43				
11.	Natalía Fanney Sigurðardóttir	10	ÍRB	1:32.45	241
	50m: 45.39 100m: 47.06				
12.	Mía Ágústa Heimisdóttir	09	STJA	1:32.52	240
13.	Vilte Milleryte	09	ÍRB	1:32.67	239
	50m: 44.88 100m: 47.79				
14.	Elija Apanskaite	09	ÍRB	1:33.45	233
	50m: 44.90 100m: 48.55				
15.	Hildur Erla Hákonardóttir	10	SH	1:38.22	201
	50m: 47.28 100m: 50.94				
16.	Katrín Ísold Gunnsteinsdóttir	10	ÁRM	1:39.78	192
	50m: 48.60 100m: 51.18				
17.	Karitas Kristjánsdóttir	10	ÁRM	1:40.64	187
	50m: 48.57 100m: 52.07				



Sundgrein 22
19.3.2022 - 18:13

karla, 200m flugsund

Opinn
Úrslitalistar

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 Sigmarrsson	ÍRB	Reykjanesbær	26.11.2011
Aldursflokkamet Íslands 11 - 12	2:38.77	Viktor Forafonov	Asker	Kristiansand (NOR)	6.6.2014
Mótsmet	2:12.13	Jón Þór Hallgrímsson	ISL		1.6.2010

HM : 2:00.79 / EM Opinn: 2:01.81; 19 - 21: 2:02.74 / EMU 16 - 18: 2:05.50 / EYOF 15 - 16: 2:09.57 / NÆM 14 - 16: 2:12.21 /
ÍM : 2:29.59

Stig: FINA 2021

Sæti	F.ár		Tími	Stig
Opinn				
1.	Veigar Hrafn Sigbórsson	05 SH	2:21.54	478 ÍM
	50m: 30.46 100m: 36.28 150m: 37.57 200m: 37.23			
2.	Kacper Kogut	06 BREIÐ	2:26.07	435 ÍM
	50m: 32.30 100m: 37.16 150m: 38.16 200m: 38.45			
3.	Aron Fannar Kristínarson	03 ÍRB	2:29.70	404
	50m: 30.98 100m: 37.63 150m: 39.86 200m: 41.23			
4.	Nikolai Leo Jónsson	08 ÍRB	2:37.87	345
	50m: 33.33 100m: 39.64 150m: 43.57 200m: 41.33			
5.	Adam Leó Tómasson	07 SH	2:52.72	263
	50m: 36.28 100m: 44.57 150m: 46.26 200m: 45.61			
6.	Gísli Kristján Traustason	09 ÍRB	2:57.36	243
	50m: 38.97 100m: 45.98 150m: 48.57 200m: 43.84			

17 - 18 ára

1.	Veigar Hrafn Sigbórsson	05 SH	2:21.54	478 ÍM
	50m: 30.46 100m: 36.28 150m: 37.57 200m: 37.23			

15 - 16 ára

1.	Kacper Kogut	06 BREIÐ	2:26.07	435 ÍM
	50m: 32.30 100m: 37.16 150m: 38.16 200m: 38.45			
2.	Adam Leó Tómasson	07 SH	2:52.72	263
	50m: 36.28 100m: 44.57 150m: 46.26 200m: 45.61			

14 ára og yngri

1.	Nikolai Leo Jónsson	08 ÍRB	2:37.87	345
	50m: 33.33 100m: 39.64 150m: 43.57 200m: 41.33			
2.	Gísli Kristján Traustason	09 ÍRB	2:57.36	243
	50m: 38.97 100m: 45.98 150m: 48.57 200m: 43.84			



Sundgrein 23
19.3.2022 - 18:17

kvenna, 800m skriðsund

Opinn
Úrslitalistar

Íslandsmet	8:53.76	Sigrún Brá Sverrisdóttir	Ægir	Columbus (USA)	11.3.2012
Aldursflokkamet Íslands 15 - 17	9:08.86	Freyja Birkisdóttir	BREI	Reykjavík	29.1.2022
Aldursflokkamet Íslands 13 - 14	9:20.66	Freyja Birkisdóttir	BREI	Hafnarfjörður	14.3.2020
Aldursflokkamet Íslands 11 - 12	9:58.56	Eygló Ósk Gústafsdóttir	Ægir	Reykjanesbæ	22.10.2007
Mótsmet	9:04.93	Inga Elin Cryer	ISL		1.4.2012

HM : 8:56.03 / EM Opinn: 9:00.53; 18 - 20: 9:05.56 / EMU 15 - 17: 9:19.56 / EYOF 14 - 15: 9:34.26 / NÆM 13 - 15: 9:45.98 /
ÍM : 10:41.31

Stig: FINA 2021

Sæti			F.ár				Tími	Stig
1.	Eva Margrét Falsdóttir		05	ÍRB			9:19.41	650 EMU
	50m:	30.42	200m:	35.07	350m:	35.52	500m:	35.42
	100m:	34.00	250m:	35.38	400m:	35.12	550m:	35.58
	150m:	35.46	300m:	35.07	450m:	35.33	600m:	36.07
							750m:	35.69
							650m:	35.98
							700m:	35.33
							800m:	33.97
2.	Katla María Brynjarsdóttir		07	ÍRB			9:46.53	564 ÍM
	50m:	33.19	200m:	36.97	350m:	37.14	500m:	37.02
	100m:	35.79	250m:	37.49	400m:	36.94	550m:	37.44
	150m:	36.73	300m:	37.27	450m:	36.87	600m:	37.15
							750m:	36.74
							650m:	37.15
							800m:	36.08
3.	Katla Mist Bragadóttir		07	ÁRM			9:47.83	560 ÍM
	50m:	32.99	200m:	37.37	350m:	37.36	500m:	37.12
	100m:	36.41	250m:	37.49	400m:	37.17	550m:	37.25
	150m:	36.94	300m:	37.61	450m:	37.62	600m:	37.55
							750m:	36.25
							650m:	37.04
							700m:	36.69
							800m:	34.97
4.	Diljá Dröfn Jóhannesdóttir		03	SH			9:49.07	557 ÍM
	50m:	31.99	200m:	38.04	350m:	36.73	500m:	38.01
	100m:	36.84	250m:	37.12	400m:	37.90	550m:	36.05
	150m:	36.89	300m:	38.29	450m:	36.96	600m:	37.98
							750m:	36.13
							650m:	36.55
							700m:	37.23
							800m:	36.36
5.	Sunneva Bergmann Ásbjörnsdóttir		07	ÍRB			9:59.59	528 ÍM
	50m:	33.85	200m:	37.43	350m:	37.84	500m:	37.90
	100m:	37.31	250m:	37.72	400m:	37.97	550m:	37.99
	150m:	37.74	300m:	37.89	450m:	37.78	600m:	37.76
							750m:	37.62
							650m:	38.13
							700m:	38.00
							800m:	36.66
6.	Þórey Margrét Magnúsdóttir		09	BREIÐ			10:19.66	478 ÍM
	50m:	34.58	200m:	39.14	350m:	39.59	500m:	39.03
	100m:	39.00	250m:	39.27	400m:	39.37	550m:	39.04
	150m:	39.17	300m:	39.15	450m:	39.89	600m:	39.51
							750m:	38.39
							650m:	38.46
							700m:	39.44
							800m:	36.63
7.	Ásdís Steindórsdóttir		09	BREIÐ			10:20.06	477 ÍM
	50m:	35.09	200m:	39.54	350m:	39.43	500m:	39.45
	100m:	39.11	250m:	39.15	400m:	39.37	550m:	38.96
	150m:	38.82	300m:	39.43	450m:	39.28	600m:	39.57
							750m:	38.46
							650m:	38.62
							700m:	39.14
							800m:	36.64
8.	Halldóra Björt Ingimundardóttir		08	BREIÐ			10:44.59	425
	50m:	35.42	200m:	41.22	350m:	40.71	500m:	40.46
	100m:	39.88	250m:	41.02	400m:	41.35	550m:	41.33
	150m:	40.20	300m:	41.76	450m:	41.10	600m:	40.76
							750m:	39.31
							650m:	41.70
							700m:	39.71
							800m:	38.66
9.	Rebekka Rún Magnúsdóttir		08	SH			11:07.97	382
	50m:	36.16	200m:	42.79	350m:	42.21	500m:	42.82
	100m:	40.82	250m:	42.12	400m:	41.84	550m:	42.77
	150m:	42.30	300m:	42.15	450m:	43.24	600m:	42.60
							750m:	41.49
							650m:	42.55
							700m:	42.72
							800m:	39.39
10.	Dóróthea Margrét Jakobsdóttir		08	ÁRM			11:52.13	315
	100m:	1:22.44	250m:	46.89	400m:	45.60	600m:	
	150m:	46.15	300m:	45.57	450m:	2:17.23	650m:	2:10.69
	200m:	45.50	350m:	46.71	550m:	1:28.65	700m:	
							800m:	1:23.79



Sundgrein 24
20.3.2022 - 10:00

karla, 400m fjórsund

Opinn
Úrslitalistar

Íslandsmet	4:23.64	Anton Sveinn McKee	Ægir	Reykjavík	15.4.2012
Aldursflokkamet Íslands 15 - 17	4:39.37	Patrik Viggó Vilbergsson	BREI	Reykjavík	7.4.2019
Aldursflokkamet Íslands 13 - 14	4:47.90	Birnir Freyr Hálfánarsson	SH	Reykjavík	19.7.2020
Aldursflokkamet Íslands 11 - 12	5:31.90	Birnir Freyr Hálfánarsson	SH	Hafnarfjörður	7.4.2018
Mótsmet	4:36.21	Hocine Haciane	AND		1.6.2010

HM : 4:26.49 / EM Opinn: 4:28.73; 19 - 21: 4:30.77 / EMU 16 - 18: 4:36.87 / EYOF 15 - 16: 4:45.85 / NÆM 14 - 16: 4:51.68 /
ÍM : 5:31.04

Stig: FINA 2021

Sæti	F.ár								Tími	Stig
1.	Hólmar Grétarsson 08 SH								5:03.12	520 SSÍ
	50m:	32.07	150m:	40.61	250m:	44.11	350m:	35.73		
	100m:	35.25	200m:	38.97	300m:	43.44	400m:	32.94		
2.	Magnús Víðir Jónsson 08 SH								5:12.76	473 ÍM
	50m:	33.31	150m:	39.59	250m:	47.36	350m:	35.64		
	100m:	37.95	200m:	39.34	300m:	46.98	400m:	32.59		
3.	Nikolai Leo Jónsson 08 ÍRB								5:13.87	468 ÍM
	50m:	32.74	150m:	42.01	250m:	43.40	350m:	38.17		
	100m:	38.12	200m:	40.88	300m:	43.67	400m:	34.88		
4.	Daði Rafn Falsson 08 ÍRB								5:20.93	438 ÍM
	50m:	34.82	150m:	43.56	250m:	44.83	350m:	36.57		
	100m:	40.59	200m:	41.66	300m:	44.62	400m:	34.28		
5.	Dominic Dadi Wheeler 07 Ægir								5:28.88	407 ÍM
	50m:	31.23	150m:	43.48	250m:	45.52	350m:	39.62		
	100m:	37.20	200m:	43.13	300m:	49.79	400m:	38.91		
6.	Árni Þór Pálmason 09 ÍRB								5:36.75	379
	50m:	37.33	150m:	42.50	250m:	47.57	350m:	39.64		
	100m:	43.84	200m:	42.37	300m:	47.30	400m:	36.20		
7.	Adam Leó Tómasson 07 SH								5:37.26	377
	50m:	35.21	150m:	43.44	250m:	46.68	350m:	40.12		
	100m:	41.35	200m:	43.47	300m:	49.54	400m:	37.45		
8.	Gísli Kristján Traustason 09 ÍRB								5:39.70	369
	50m:	37.70	150m:	43.45	250m:	49.31	350m:	37.82		
	100m:	42.13	200m:	43.28	300m:	48.64	400m:	37.37		



Sundgrein 25
20.3.2022 - 10:07

kvenna, 1500m skriðsund

Opinn
Úrslitalistar

Íslandsmet	17:17.61	Sigrún Brá Sverrisdóttir	Ægir	Columbia (USA)	23.7.2011
Aldursflokkamet Íslands 15 - 17	17:32.11	Freyja Birkisdóttir	BREI	Reykjavík	25.4.2021
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
Mótsmet	17:53.62	Bára Kristín Björgvinsdóttir	ISL		1.4.2013

HM : 17:04.20 / EM Opinn: 17:14.62; 18 - 20: 17:22.42 / EMU 15 - 17: 17:49.17 / ÍM : 20:29.88

Stig: FINA 2021

Sæti			F.ár				Tími		Stig			
1.	Freyja Birkisdóttir		06		BREIÐ		17:33.23		667 SSÍ			
	Mótsmet											
	50m:	31.24	300m:	34.59	550m:	35.29	800m:	35.56	1050m:	35.60	1300m:	35.34
	100m:	34.49	350m:	34.85	600m:	35.20	850m:	35.41	1100m:	35.20	1350m:	36.05
	150m:	34.99	400m:	34.83	650m:	35.44	900m:	35.56	1150m:	35.77	1400m:	35.72
	200m:	34.46	450m:	35.43	700m:	35.43	950m:	35.81	1200m:	35.39	1450m:	35.23
	250m:	34.67	500m:	35.29	750m:	35.80	1000m:	35.26	1250m:	35.77	1500m:	33.56
2.	Diljá Dröfn Jóhannesdóttir		03		SH		18:57.09		530		ÍM	
	50m:	32.58	300m:	37.46	550m:	37.87	800m:	38.50	1050m:	38.13	1300m:	38.06
	100m:	36.54	350m:	38.35	600m:	38.44	850m:	38.23	1100m:	38.73	1350m:	37.86
	150m:	37.86	400m:	37.65	650m:	38.37	900m:	38.00	1150m:	38.83	1400m:	38.33
	200m:	37.81	450m:	38.56	700m:	38.21	950m:	37.86	1200m:	38.35	1450m:	37.53
	250m:	37.82	500m:	38.04	750m:	37.78	1000m:	38.57	1250m:	38.76	1500m:	38.01
3.	Sunneva Bergmann Ásbjörnsdóttir		07		ÍRB		19:13.41		508		ÍM	
	50m:	33.25	300m:	37.44	550m:	38.23	800m:	38.58	1050m:	40.03	1300m:	39.90
	100m:	36.39	350m:	37.99	600m:	38.30	850m:	38.71	1100m:	39.52	1350m:	39.98
	150m:	37.45	400m:	37.57	650m:	38.75	900m:	38.69	1150m:	40.20	1400m:	39.34
	200m:	37.39	450m:	38.20	700m:	38.22	950m:	39.12	1200m:	40.16	1450m:	38.81
	250m:	37.61	500m:	38.03	750m:	37.83	1000m:	38.56	1250m:	40.39	1500m:	38.77

Sundgrein 26
20.3.2022 - 10:28

kvenna, 200m baksund

Opinn
Úrslitalistar

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
Mótsmet	2:13.15	Eygló Ósk Gústafsdóttir	ISL		1.4.2017

HM : 2:15.67 / EM Opinn: 2:16.81; 18 - 20: 2:18.08 / EMU 15 - 17: 2:21.62 / EYOF 14 - 15: 2:25.35 / NÆM 13 - 15: 2:28.31 / ÍM : 2:43.45

Stig: FINA 2021

Sæti			F.ár				Tími		Stig	
Opinn										
1.	Ástrós Lovísa Hauksdóttir		08		ÍRB		2:31.72		537 ÍM	
	50m:	34.54	100m:	38.80	150m:	40.38	200m:	38.00		
2.	Ylfa Ásgerður Eyjólfsdóttir		06		BREIÐ		2:33.37		520 ÍM	
	50m:	35.65	100m:	39.13	150m:	39.71	200m:	38.88		
3.	Katla María Brynjarsdóttir		07		ÍRB		2:37.19		483 ÍM	
	50m:	37.10	100m:	39.36	150m:	41.05	200m:	39.68		
4.	Katla Mist Bragadóttir		07		ÁRM		2:38.25		473 ÍM	
	50m:	36.82	100m:	41.36	150m:	40.75	200m:	39.32		
5.	Þorgerður Ósk Jónsdóttir		03		SH		2:38.63		470 ÍM	
	50m:	35.84	100m:	40.42	150m:	42.13	200m:	40.24		



Sundgrein 26, kvenna, 200m baksund, Opinn

Sæti	F.ár							Tími	Stig
6.	Ásdís Gunnarsdóttir	08	UMFA					2:42.15	440 ÍM
	50m: 38.16	100m: 41.07	150m: 42.40	200m: 40.52					
7.	Katrín Lóa Ingadóttir	08	Óðinn					2:42.41	438 ÍM
	50m: 37.91	100m: 41.48	150m: 41.92	200m: 41.10					
8.	Dagmar Arna Sigurðardóttir	09	SH					2:42.45	437 ÍM
	50m: 38.02	100m: 41.20	150m: 42.79	200m: 40.44					
9.	Athena Líf Þrastardóttir	07	ÍRB					2:43.51	429
	50m: 36.39	100m: 40.82	150m: 42.64	200m: 43.66					
10.	Naomí Arnarsdóttir	07	Óðinn					2:44.02	425
	50m: 38.00	100m: 40.95	150m: 42.37	200m: 42.70					
11.	Juliane Liv Sörensen	07	Óðinn					2:49.81	383
	50m: 39.87	100m: 43.08	150m: 43.83	200m: 43.03					
12.	Ingibjörg Svava Magnúsdóttir	05	ÍA					2:50.25	380
	50m: 38.89	100m: 43.07	150m: 44.50	200m: 43.79					
13.	Hekla Kristrún Mist Arnarsdóttir	06	KR					2:50.94	375
	50m: 38.32	100m: 43.35	150m: 44.35	200m: 44.92					
14.	Kolbrún Hilda Gunnarsdóttir	06	KR					2:55.74	345
	50m: 40.85	100m: 44.80	150m: 45.77	200m: 44.32					
15.	Bergþóra Sól Hálfðánsdóttir	06	Selfoss					2:56.23	342
	50m: 41.90	100m: 45.04	150m: 46.34	200m: 42.95					
16.	Ingibjörg Anna Skúladóttir	06	UMFB					2:56.95	338
	50m: 40.87	100m: 44.86	150m: 46.89	200m: 44.33					
17.	Eydís Birta Ingólfssdóttir	05	UMFB					2:58.44	330
	50m: 41.42	100m: 44.92	150m: 47.03	200m: 45.07					
18.	Elsa Diljá Lunddal Rúnarsdóttir	10	SH					3:05.85	292
	50m: 45.17	100m: 47.31	150m: 47.88	200m: 45.49					
19.	Guðrún Lára Arnarsdóttir	09	STJA					3:06.06	291
	50m: 42.00	100m: 46.88	150m: 49.41	200m: 47.77					
20.	Lína Rut S Halldórsdóttir	07	UMFA					3:07.07	286
	50m: 42.72	100m: 47.89	150m: 50.55	200m: 45.91					
21.	Natalía Eir Curtis	10	ÁRM					3:08.16	281
	50m: 45.75	100m: 48.58	150m: 47.72	200m: 46.11					
22.	Íris Arna Ingvarsdóttir	07	ÍA					3:08.74	279
	50m: 43.35	100m: 47.39	150m: 49.02	200m: 48.98					
23.	Freydís Katla Sveinsdóttir	08	ÁRM					3:08.75	279
	50m: 44.06	100m: 49.91	150m: 49.78	200m: 45.00					
24.	Kolbrún Ósk Vilhjálmsdóttir	06	Óðinn					3:10.19	272
	50m: 43.01	100m: 48.19	150m: 49.79	200m: 49.20					
25.	Ninja Ýr Logadóttir	09	SH					3:16.09	248
	50m: 46.18	100m: 49.98	150m: 51.67	200m: 48.26					
26.	Nótt Helgadóttir	08	ÁRM					3:17.63	243
	50m: 45.52	100m: 50.75	150m: 51.68	200m: 49.68					
27.	Aníta Ingibjörg Antonsdóttir	08	Óðinn					3:21.33	229
	50m: 48.02	100m: 51.35	150m: 51.41	200m: 50.55					



Sundgrein 26, kvenna, 200m baksund

16 - 17 ára

1.	Ylfa Ásgerður Eyjólfsdóttir	06	BREIÐ	2:33.37	520	ÍM
	50m: 35.65 100m: 39.13 150m: 39.71 200m: 38.88					
2.	Ingibjörg Svava Magnúsdóttir	05	ÍA	2:50.25	380	
	50m: 38.89 100m: 43.07 150m: 44.50 200m: 43.79					
3.	Hekla Kristrún Mist Arnarsdóttir	06	KR	2:50.94	375	
	50m: 38.32 100m: 43.35 150m: 44.35 200m: 44.92					
4.	Kolbrún Hilda Gunnarsdóttir	06	KR	2:55.74	345	
	50m: 40.85 100m: 44.80 150m: 45.77 200m: 44.32					
5.	Bergþóra Sól Hálfhánsdóttir	06	Selfoss	2:56.23	342	
	50m: 41.90 100m: 45.04 150m: 46.34 200m: 42.95					
6.	Ingibjörg Anna Skúladóttir	06	UMFB	2:56.95	338	
	50m: 40.87 100m: 44.86 150m: 46.89 200m: 44.33					
7.	Eydís Birta Ingólfssdóttir	05	UMFB	2:58.44	330	
	50m: 41.42 100m: 44.92 150m: 47.03 200m: 45.07					
8.	Kolbrún Ósk Vilhjálmsdóttir	06	Óðinn	3:10.19	272	
	50m: 43.01 100m: 48.19 150m: 49.79 200m: 49.20					

14 - 15 ára

1.	Ástrós Lovísa Hauksdóttir	08	ÍRB	2:31.72	537	ÍM
	50m: 34.54 100m: 38.80 150m: 40.38 200m: 38.00					
2.	Katla María Brynjarsdóttir	07	ÍRB	2:37.19	483	ÍM
	50m: 37.10 100m: 39.36 150m: 41.05 200m: 39.68					
3.	Katla Mist Bragadóttir	07	ÁRM	2:38.25	473	ÍM
	50m: 36.82 100m: 41.36 150m: 40.75 200m: 39.32					
4.	Ásdís Gunnarsdóttir	08	UMFA	2:42.15	440	ÍM
	50m: 38.16 100m: 41.07 150m: 42.40 200m: 40.52					
5.	Katrín Lóa Ingadóttir	08	Óðinn	2:42.41	438	ÍM
	50m: 37.91 100m: 41.48 150m: 41.92 200m: 41.10					
6.	Athena Líf Þrastardóttir	07	ÍRB	2:43.51	429	
	50m: 36.39 100m: 40.82 150m: 42.64 200m: 43.66					
7.	Naomí Arnarsdóttir	07	Óðinn	2:44.02	425	
	50m: 38.00 100m: 40.95 150m: 42.37 200m: 42.70					
8.	Juliane Liv Sörensen	07	Óðinn	2:49.81	383	
	50m: 39.87 100m: 43.08 150m: 43.83 200m: 43.03					
9.	Lína Rut S Halldórsdóttir	07	UMFA	3:07.07	286	
	50m: 42.72 100m: 47.89 150m: 50.55 200m: 45.91					
10.	Íris Anna Ingvarsdóttir	07	ÍA	3:08.74	279	
	50m: 43.35 100m: 47.39 150m: 49.02 200m: 48.98					
11.	Freydís Katla Sveinsdóttir	08	ÁRM	3:08.75	279	
	50m: 44.06 100m: 49.91 150m: 49.78 200m: 45.00					
12.	Nótt Helgadóttir	08	ÁRM	3:17.63	243	
	50m: 45.52 100m: 50.75 150m: 51.68 200m: 49.68					
13.	Aníta Ingibjörg Antonsdóttir	08	Óðinn	3:21.33	229	
	50m: 48.02 100m: 51.35 150m: 51.41 200m: 50.55					



Sundgrein 26, kvenna, 200m baksund

13 ára og yngri

1.	Dagmar Arna Sigurðardóttir	09	SH	2:42.45	437	ÍM
	50m: 38.02 100m: 41.20 150m: 42.79 200m: 40.44					
2.	Elsa Diljá Lunddal Rúnarsdóttir	10	SH	3:05.85	292	
	50m: 45.17 100m: 47.31 150m: 47.88 200m: 45.49					
3.	Guðrún Lára Arnarsdóttir	09	STJA	3:06.06	291	
	50m: 42.00 100m: 46.88 150m: 49.41 200m: 47.77					
4.	Natalía Eir Curtis	10	ÁRM	3:08.16	281	
	50m: 45.75 100m: 48.58 150m: 47.72 200m: 46.11					
5.	Ninja Ýr Logadóttir	09	SH	3:16.09	248	
	50m: 46.18 100m: 49.98 150m: 51.67 200m: 48.26					

Sundgrein 27

karla, 200m skriðsund

Opinn
Úrslitalistar

20.3.2022 - 10:45

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	Víktor Forafonov	NOR	Oslo (NOR)	14.10.2016
Aldursflokkamet Íslands 11 - 12	2:19.40	Birnir Freyr Hálfðánarsson	SH	Reykjavík	20.4.2018
Mótsmet	1:54.58	Igor Cerensek	CRO		1.6.2008

HM : 1:50.81 / EM Opinn: 1:51.74; 19 - 21: 1:52.59 / EMU 16 - 18: 1:55.12 / EYOF 15 - 16: 1:58.86 / NÆM 14 - 16: 2:01.28 / ÍM : 2:16.95

Stig: FINA 2021

Sæti	F.ár	Tími	Stig			
Opinn						
1.	Veigar Hrafn Sigþórsson	05	SH	1:59.15	627	SSÍ
	50m: 27.88 100m: 30.71 150m: 30.30 200m: 30.26					
2.	Guðmundur Karl Karlsson	05	BREIÐ	2:02.76	573	ÍM
	50m: 27.83 100m: 31.46 150m: 32.27 200m: 31.20					
3.	Guðmundur Leo Rafnsson	06	ÍRB	2:03.94	557	ÍM
	50m: 27.57 100m: 30.83 150m: 32.26 200m: 33.28					
4.	Sigurður Haukur Birgisson	06	ÁRM	2:05.81	532	ÍM
	50m: 28.05 100m: 31.60 150m: 33.09 200m: 33.07					
5.	Þorsteinn Karl Arnarsson	04	STJA	2:06.50	524	ÍM
	50m: 28.30 100m: 31.86 150m: 33.31 200m: 33.03					
6.	Kristján Magnússon	05	ÍA	2:06.74	521	ÍM
	50m: 28.60 100m: 31.31 150m: 32.90 200m: 33.93					
7.	Guðbjarni Sigþórsson	06	ÍA	2:07.05	517	ÍM
	50m: 28.11 100m: 31.86 150m: 33.28 200m: 33.80					
8.	Bartosz Henke	05	SH	2:08.34	502	ÍM
	50m: 28.67 100m: 32.90 150m: 33.66 200m: 33.11					
9.	Kacper Kogut	06	BREIÐ	2:08.71	497	ÍM
	50m: 30.51 100m: 32.62 150m: 33.33 200m: 32.25					
10.	Daði Þór Friðriksson	07	SH	2:09.70	486	ÍM
	50m: 28.86 100m: 32.87 150m: 34.16 200m: 33.81					
11.	Denas Kazulis	08	ÍRB	2:11.15	470	ÍM
	50m: 29.49 100m: 33.07 150m: 34.72 200m: 33.87					



Sundgrein 27, karla, 200m skriðsund, Opinn

Sæti		F.ár		Tími	Stig
12.	Guðmundur Halldórsson 50m: 29.44 100m: 33.79 150m: 34.76 200m: 33.74	04	BREIÐ	2:11.73	464 ÍM
13.	Júlíus Arnarsson 50m: 29.94 100m: 33.26 150m: 34.91 200m: 34.00	06	KR	2:12.11	460 ÍM
14.	Benedikt Kári Theódórsson 50m: 30.61 100m: 34.02 150m: 35.04 200m: 34.55	07	SH	2:14.22	438 ÍM
15.	Stefán Ingi Ólafsson 50m: 30.17 100m: 34.10 150m: 36.26 200m: 36.30	06	Ægir	2:16.83	414 ÍM
16.	Birgir Hrafn Kjartansson 50m: 30.26 100m: 34.45 150m: 36.37 200m: 37.37	08	Ægir	2:18.45	399
17.	Kristinn Viðar Tómasson 50m: 31.09 100m: 34.97 150m: 37.21 200m: 35.62	06	Óðinn	2:18.89	396
18.	Örn Ægisson 50m: 31.30 100m: 35.48 150m: 36.89 200m: 36.87	06	ÁRM	2:20.54	382
19.	James Eiríkur Hafliðason 50m: 31.74 100m: 36.23 150m: 38.07 200m: 37.96	06	KR	2:24.00	355
20.	Halldór Ingi Hafþórsson 50m: 33.37 100m: 37.51 150m: 38.30 200m: 36.84	08	SH	2:26.02	340
21.	Ragnar Halldórsson 50m: 34.00 100m: 37.29 150m: 38.96 200m: 37.77	09	BREIÐ	2:28.02	327
22.	Gunnar Egill Gunnarsson 50m: 30.87 100m: 37.17 150m: 40.69 200m: 41.27	07	UMFB	2:30.00	314
23.	Sigurður Þráinn Sigurðsson 50m: 31.91 100m: 36.33 150m: 40.20 200m: 41.84	02	UMFA	2:30.28	312
24.	Guðbjörn Sölvi Sigurjónsson 50m: 32.41 100m: 38.06 150m: 41.15 200m: 38.91	07	UMFB	2:30.53	311
25.	Baltasar Óðinn Sigurmundarson 50m: 33.16 100m: 38.26 150m: 39.14 200m: 39.98	07	ÍRB	2:30.54	311
26.	Hálf dán Artúr Róbertsson 50m: 32.54 100m: 37.07 150m: 40.27 200m: 41.36	05	UMFB	2:31.24	306
27.	Maciej Stefan Markowski 50m: 32.66 100m: 38.01 150m: 41.28 200m: 39.74	06	STJA	2:31.69	304
28.	Sigurgeir Guðmundur Elvarsson 50m: 33.25 100m: 38.34 150m: 40.76 200m: 41.34	07	UMFB	2:33.69	292
29.	Kristján Helgi Jóhannsson 50m: 33.50 100m: 39.66 150m: 40.76 200m: 40.60	02	FJÖ	S13 2:34.52	287
30.	Kirill Zolotuskiy 50m: 34.57 100m: 40.59 150m: 43.55 200m: 39.81	04	KR	2:38.52	266
31.	Stefán Borgar Brynjólfsson 50m: 35.64 100m: 41.43 150m: 42.81 200m: 38.72	06	KR	2:38.60	266
32.	Magni Rafn Ragnarsson 50m: 36.96 100m: 41.90 150m: 43.28 200m: 41.21	10	Óðinn	2:43.35	243
33.	Mímir Fróði Óttarsson 50m: 36.66 100m: 43.69 150m: 44.87 200m: 43.85	09	SH	2:49.07	219



Sundgrein 27, karla, 200m skriðsund, Opinn

Sæti	F.ár	Tími	Stig
34. Kristjón Hrafn Kjartansson 50m: 38.23 100m: 44.46 150m: 45.03 200m: 42.51	11 SH	2:50.23	215
35. Adam Agnarsson 50m: 38.16 100m: 44.33 150m: 46.82 200m: 45.59	08 ÍA	2:54.90	198
ÓG. Kacper Romanowski 4.4 - Keppandi startar áður en rásmerki er gefið (þjófstart)	08 ÍRB		
ÓG. Gabríel Ingi Derti 4.4 - Keppandi startar áður en rásmerki er gefið (þjófstart)	08 ÍRB		
ÓG. Styrmir Snær Árnason 4.4 - Keppandi startar áður en rásmerki er gefið (þjófstart)	10 SH		

17 - 18 ára

1. Veigar Hrafn Sigþórsson 50m: 27.88 100m: 30.71 150m: 30.30 200m: 30.26	05 SH	1:59.15	627 SSÍ
2. Guðmundur Karl Karlsson 50m: 27.83 100m: 31.46 150m: 32.27 200m: 31.20	05 BREIÐ	2:02.76	573 ÍM
3. Þorsteinn Karl Arnarsson 50m: 28.30 100m: 31.86 150m: 33.31 200m: 33.03	04 STJA	2:06.50	524 ÍM
4. Kristján Magnússon 50m: 28.60 100m: 31.31 150m: 32.90 200m: 33.93	05 ÍA	2:06.74	521 ÍM
5. Bartosz Henke 50m: 28.67 100m: 32.90 150m: 33.66 200m: 33.11	05 SH	2:08.34	502 ÍM
6. Guðmundur Halldórsson 50m: 29.44 100m: 33.79 150m: 34.76 200m: 33.74	04 BREIÐ	2:11.73	464 ÍM
7. Hálfván Artúr Róbertsson 50m: 32.54 100m: 37.07 150m: 40.27 200m: 41.36	05 UMF	2:31.24	306
8. Kirill Zolotuskiy 50m: 34.57 100m: 40.59 150m: 43.55 200m: 39.81	04 KR	2:38.52	266

15 - 16 ára

1. Guðmundur Leo Rafnsson 50m: 27.57 100m: 30.83 150m: 32.26 200m: 33.28	06 ÍRB	2:03.94	557 ÍM
2. Sigurður Haukur Birgisson 50m: 28.05 100m: 31.60 150m: 33.09 200m: 33.07	06 ÁRM	2:05.81	532 ÍM
3. Guðbjarni Sigþórsson 50m: 28.11 100m: 31.86 150m: 33.28 200m: 33.80	06 ÍA	2:07.05	517 ÍM
4. Kacper Kogut 50m: 30.51 100m: 32.62 150m: 33.33 200m: 32.25	06 BREIÐ	2:08.71	497 ÍM
5. Daði Þór Friðriksson 50m: 28.86 100m: 32.87 150m: 34.16 200m: 33.81	07 SH	2:09.70	486 ÍM
6. Júlíus Arnarsson 50m: 29.94 100m: 33.26 150m: 34.91 200m: 34.00	06 KR	2:12.11	460 ÍM
7. Benedikt Kári Theódorsson 50m: 30.61 100m: 34.02 150m: 35.04 200m: 34.55	07 SH	2:14.22	438 ÍM



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

Sæti	F.ár	Tími	Stig
8. Stefán Ingi Ólafsson 50m: 30.17 100m: 34.10 150m: 36.26 200m: 36.30	06 Ægir	2:16.83	414 ÍM
9. Kristinn Viðar Tómasson 50m: 31.09 100m: 34.97 150m: 37.21 200m: 35.62	06 Óðinn	2:18.89	396
10. Örn Ægisson 50m: 31.30 100m: 35.48 150m: 36.89 200m: 36.87	06 ÁRM	2:20.54	382
11. James Eiríkur Hafliðason 50m: 31.74 100m: 36.23 150m: 38.07 200m: 37.96	06 KR	2:24.00	355
12. Gunnar Egill Gunnarsson 50m: 30.87 100m: 37.17 150m: 40.69 200m: 41.27	07 UMFB	2:30.00	314
13. Guðbjörn Sölvi Sigurjónsson 50m: 32.41 100m: 38.06 150m: 41.15 200m: 38.91	07 UMFB	2:30.53	311
14. Baltasar Óðinn Sigurmundarson 50m: 33.16 100m: 38.26 150m: 39.14 200m: 39.98	07 ÍRB	2:30.54	311
15. Maciej Stefan Markowski 50m: 32.66 100m: 38.01 150m: 41.28 200m: 39.74	06 STJA	2:31.69	304
16. Sigurgeir Guðmundur Elvarsson 50m: 33.25 100m: 38.34 150m: 40.76 200m: 41.34	07 UMFB	2:33.69	292
17. Stefán Borgar Brynjólfsson 50m: 35.64 100m: 41.43 150m: 42.81 200m: 38.72	06 KR	2:38.60	266

14 ára og yngri

1. Denas Kazulis 50m: 29.49 100m: 33.07 150m: 34.72 200m: 33.87	08 ÍRB	2:11.15	470 ÍM
2. Birgir Hrafn Kjartansson 50m: 30.26 100m: 34.45 150m: 36.37 200m: 37.37	08 Ægir	2:18.45	399
3. Halldór Ingi Hafþórsson 50m: 33.37 100m: 37.51 150m: 38.30 200m: 36.84	08 SH	2:26.02	340
4. Ragnar Halldórsson 50m: 34.00 100m: 37.29 150m: 38.96 200m: 37.77	09 BREIÐ	2:28.02	327
5. Magni Rafn Ragnarsson 50m: 36.96 100m: 41.90 150m: 43.28 200m: 41.21	10 Óðinn	2:43.35	243
6. Mímir Fróði Óttarsson 50m: 36.66 100m: 43.69 150m: 44.87 200m: 43.85	09 SH	2:49.07	219
7. Kristjón Hrafn Kjartansson 50m: 38.23 100m: 44.46 150m: 45.03 200m: 42.51	11 SH	2:50.23	215
8. Adam Agnarsson 50m: 38.16 100m: 44.33 150m: 46.82 200m: 45.59	08 ÍA	2:54.90	198
ÓG. Kacper Romanowski 4.4 - Keppandi startar áður en rásmerki er gefið (þjófstart)	08 ÍRB		
ÓG. Gabríel Ingi Derti 4.4 - Keppandi startar áður en rásmerki er gefið (þjófstart)	08 ÍRB		
ÓG. Stýrmir Snær Árnason 4.4 - Keppandi startar áður en rásmerki er gefið (þjófstart)	10 SH		



Sundgrein 28
20.3.2022 - 10:58

kvenna, 100m flugsund

Opinn
Úrslitalistar

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	1:12.96	Elísabet Arnoddsdóttir	ÍRB	Reykjanesbær	16.12.2021
Mótsmet	1:03.69	Jóhanna Elín Guðmundsdóttir	ISL		15.3.2020

HM : 1:00.37 / EM Opinn: 1:00.88; 18 - 20: 1:01.45 / EMU 15 - 17: 1:03.02 / EYOF 14 - 15: 1:04.68 / NÆM 13 - 15: 1:06.00 / ÍM : 1:13.43

Stig: FINA 2021

Sæti	F.ár	Tími	Stig
Opinn			
1. Birgitta Ingólfssdóttir	05 SH	1:07.67	551 ÍM
50m: 31.06 100m: 36.61			
2. Elísabet Arnoddsdóttir	09 ÍRB	1:11.10	475 ÍM
50m: 32.56 100m: 38.54			
3. Dagbjörg Hlíf Ólafsdóttir	05 SH	1:12.67	444 ÍM
50m: 32.79 100m: 39.88			
4. Sólveig Freyja Hákonardóttir	09 BREIÐ	1:12.70	444 ÍM
50m: 33.37 100m: 39.33			
5. Ragnheiður Ásta Magnúsdóttir	07 BREIÐ	1:13.59	428
50m: 33.47 100m: 40.12			
6. Þórey Margrét Magnúsdóttir	09 BREIÐ	1:13.82	424
50m: 34.78 100m: 39.04			
7. Vigdís Tinna Hákonardóttir	06 BREIÐ	1:15.50	396
50m: 33.93 100m: 41.57			
8. Arna Rut Stefánsdóttir	07 SH	1:16.40	382
50m: 35.09 100m: 41.31			
9. Rebekka Sif Ómarsdóttir	03 Óðinn	1:16.96	374
50m: 34.77 100m: 42.19			
10. Athena Líf Þrastardóttir	07 ÍRB	1:18.04	359
50m: 34.88 100m: 43.16			
11. Embla Karen Sævarsdóttir	04 Óðinn	1:18.92	347
50m: 34.60 100m: 44.32			
12. Adríana Agnes Derti	10 ÍRB	1:19.33	342
50m: 35.72 100m: 43.61			
13. Sandra Rut Fannarsdóttir	06 Óðinn	1:20.24	330
50m: 34.17 100m: 46.07			
14. Elísa Björnsdóttir	05 Ægir	1:20.98	321
50m: 35.20 100m: 45.78			
15. Eva Sól Garðarsdóttir	03 Óðinn	1:21.74	312
50m: 36.36 100m: 45.38			
16. Halla Rún Fannarsdóttir	08 Óðinn	1:24.58	282
50m: 37.35 100m: 47.23			
17. Matthildur Eir Valdimarsdóttir	06 Óðinn	1:27.39	255
50m: 37.61 100m: 49.78			
18. Raket Hjaltdóttir	08 Óðinn	1:31.29	224
50m: 39.06 100m: 52.23			



Sundgrein 28, kvenna, 100m flugsund, Opinn

Sæti		F.ár		Tími	Stig
19.	Bjarnsóla Olga Hansen 50m: 40.87 100m: 50.91	10	Ægir	1:31.78	220
20.	Eydís Arna Isaksen 50m: 40.38 100m: 52.59	08	Óðinn	1:32.97	212
21.	Alexandra Björk Kærnested 50m: 39.89 100m: 55.23	08	STJA	1:35.12	198
22.	Friðrika Sif Ágústsdóttir 50m: 43.61 100m: 55.51	10	Óðinn	1:39.12	175

16 - 17 ára

1.	Birgitta Ingólfssdóttir 50m: 31.06 100m: 36.61	05	SH	1:07.67	551 ÍM
2.	Dagbjörg Hlíf Ólafsdóttir 50m: 32.79 100m: 39.88	05	SH	1:12.67	444 ÍM
3.	Vigdís Tinna Hákonardóttir 50m: 33.93 100m: 41.57	06	BREIÐ	1:15.50	396
4.	Sandra Rut Fannarsdóttir 50m: 34.17 100m: 46.07	06	Óðinn	1:20.24	330
5.	Elísa Björnsdóttir 50m: 35.20 100m: 45.78	05	Ægir	1:20.98	321
6.	Matthildur Eir Valdimarsdóttir 50m: 37.61 100m: 49.78	06	Óðinn	1:27.39	255

14 - 15 ára

1.	Ragnheiður Ásta Magnúsdóttir 50m: 33.47 100m: 40.12	07	BREIÐ	1:13.59	428
2.	Arna Rut Stefánsdóttir 50m: 35.09 100m: 41.31	07	SH	1:16.40	382
3.	Athena Líf Þrastardóttir 50m: 34.88 100m: 43.16	07	ÍRB	1:18.04	359
4.	Halla Rún Fannarsdóttir 50m: 37.35 100m: 47.23	08	Óðinn	1:24.58	282
5.	Rakel Hjaltadóttir 50m: 39.06 100m: 52.23	08	Óðinn	1:31.29	224
6.	Eydís Arna Isaksen 50m: 40.38 100m: 52.59	08	Óðinn	1:32.97	212
7.	Alexandra Björk Kærnested 50m: 39.89 100m: 55.23	08	STJA	1:35.12	198



Sundgrein 28, kvenna, 100m flugsund

13 ára og yngri

1. Elísabet Arnoddsdóttir	09	ÍRB	1:11.10	475	ÍM
50m: 32.56 100m: 38.54					
2. Sólveig Freyja Hákonardóttir	09	BREIÐ	1:12.70	444	ÍM
50m: 33.37 100m: 39.33					
3. Þórey Margrét Magnúsdóttir	09	BREIÐ	1:13.82	424	
50m: 34.78 100m: 39.04					
4. Adríana Agnes Derti	10	ÍRB	1:19.33	342	
50m: 35.72 100m: 43.61					
5. Bjarnís Olga Hansen	10	Ægir	1:31.78	220	
50m: 40.87 100m: 50.91					
6. Friðrika Sif Ágústsdóttir	10	Óðinn	1:39.12	175	
50m: 43.61 100m: 55.51					

Sundgrein 29

karla, 50m flugsund

Opinn
Úrslitalistar

20.3.2022 - 11:05

Íslandsmet	24.02	Örn Arnason	SH	Melbourne (AUS)	26.3.2007
Aldursflokkamet Íslands 15 - 17	25.15	Birnir Freyr Hálfðánarsson	SH	Reykjavík	29.1.2022
Aldursflokkamet Íslands 13 - 14	26.39	Birnir Freyr Hálfðánarsson	SH	Reykjavík	19.7.2020
Aldursflokkamet Íslands 11 - 12	32.64	Þröstur Ingi Gunnsteinsson	ÍRB	Hamar	10.6.2018
Mótsmet	25.32	Davíð Hildiberg Aðalsteinsson	ISL		1.4.2017

HM : 24.46 / EM Opinn: 24.66; 19 - 21: 24.85 / EMU 16 - 18: 25.41 / ÍM : 30.63

Stig: FINA 2021

Sæti	F.ár	Stig	Tími	Stig
1. Símon Elías Statkevicius	03	SH	25.31	681 SSÍ
<i>Mótsmet</i>				
2. Birnir Freyr Hálfðánarsson	06	SH	25.39	674 EMU
3. Fannar Snævar Hauksson	04	ÍRB	25.75	646 SSÍ
4. Róbert Ísak Jónsson	01	SH	27.25	545 ÍM
5. Daði Björnsson	04	SH	27.28	544 ÍM
6. Aron Bjarki Pétursson	01	SH	27.32	541 ÍM
7. Kári Snær Halldórsson	04	ÍRB	27.40	536 ÍM
8. Snorri Dagur Einarsson	05	SH	27.53	529 ÍM
9. Jón Margeir Sverrisson	92	Óðinn	28.19	493 ÍM
10. Hilmir Snær Lunddal Rúnarsson	03	SH	28.69	467 ÍM
11. Kristófer Óli Birkisson	04	Óðinn	28.87	459 ÍM
12. Þröstur Ingi Gunnsteinsson	06	ÁRM	29.11	447 ÍM
13. Hrafn Sverrisson	05	ÁRM	29.64	424 ÍM
14. Alex Benjamín Bjarnason	04	ÍA	29.95	411 ÍM
15. Jónas Atli Pálsson	03	SH	30.06	406 ÍM
16. Dagur Snær Hilmarsson	03	SH	30.18	401 ÍM
17. Benedikt Kári Theódórsson	07	SH	30.35	395 ÍM
18. Júlíus Arnarsson	06	KR	30.50	389 ÍM
19. Oliver Kaldal	07	Ægir	30.71	381
20. Gabríel Þór Sigurmundarson	03	ÍRB	31.01	370
21. Hálfðán Artúr Róbertsson	05	UMFB	31.17	364
22. Mateusz Kuptel	06	ÍA	32.47	322
23. Gunnar Egill Gunnarsson	07	UMFB	32.68	316



Sundgrein 29, karla, 50m flugsund, Opinn

Sæti	F.ár	Tími	Stig
24. Jakob Ingi Reynisson	06 Selfoss	33.02	306
25. Ísak Árni Guðmundsson	05 ÁRM	34.09	278
Maciej Stefan Markowski	06 STJA	34.09	278
27. Kirill Zolotuskiy	04 KR	35.16	254
28. Boban Malivuk	07 SH	35.40	248
29. Stefán Borgar Brynjólfsson	06 KR	36.20	232
30. Guðbjörn Sölvi Sigurjónsson	07 UMFB	37.18	214
31. Haukur Már Birgisson	06 Selfoss	40.26	169 *
32. Benedikt Már Þorvaldsson	10 Óðinn	50.01	88 *

Sundgrein 30
20.3.2022 - 11:11

kvenna, 50m bringusund

Opinn
Úrslitalistar

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
Mótsmet	31.55	Hrafnhildur Lúthersdóttir	ISL		1.4.2017

HM : 32.31 / EM Opinn: 32.58; 18 - 20: 32.89 / EMU 15 - 17: 33.73 / ÍM : 39.99

Stig: FINA 2021

Sæti	F.ár	Tími	Stig
1. Stefanía Sigurbórsdóttir	01 BREIÐ	35.19	583 ÍM
2. Katja Lilja Andriysdóttir	06 SH	35.67	559 ÍM
3. Ingunn Jónsdóttir	02 FJÖ	36.13	538 ÍM
4. Katla Mist Bragadóttir	07 ÁRM	38.14	458 ÍM
5. Auguste Balciunaite	11 SH	38.25	454 ÍM
6. Rebekka Marín Arngæirsdóttir	05 ÍRB	38.49	445 ÍM
7. Ragnheiður Milla Bergsveinsdóttir	06 BREIÐ	38.65	440 ÍM
8. Embla Dögg Helgadóttir	08 Ægir	38.71	438 ÍM
9. Karen Káradóttir	06 ÍA	38.72	437 ÍM
10. Valdís Rós Þorsteinsdóttir	07 UMFB	38.88	432 ÍM
11. Ragnheiður Gunnsteinsdóttir	07 BREIÐ	39.36	416 ÍM
12. Margrét Anna Lapas	09 BREIÐ	39.70	406 ÍM
13. Gabija Marija Savickaité	08 ÍRB	41.26	361
14. Dagbjört Lilja Daniëlsdóttir	04 Óðinn	41.49	355
15. Margrét Gunnarsdóttir	06 UMFB	42.80	324
16. Katrín Tinna Andrésdóttir	06 STJA	44.30	292
17. Victoría Takacs Önnuásgeirsdóttir	07 SH	44.39	290
18. Freyja Sigríður Ásgeirsdóttir	07 KR	46.26	256 *
19. Steinunn Ella S14 Sigurðardóttir	06 FJÖRD	SB14 52.26	178 *
ÓG. Bríet Björk Pálsdóttir	04 Óðinn		

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



Sundgrein 31
20.3.2022 - 11:14

karla, 200m bringusund

Opinn
Úrslitalistar

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	2:30.24	Daði Björnsson	SH	Reykjavík	22.4.2018
Aldursflokkamet Íslands 11 - 12	2:57.83	Birnir Freyr Hálfðánarsson	SH	Reykjanesbær	13.5.2018
Mótsmet	2:21.26	Anton Sveinn McKee	ISL		1.6.2010

HM : 2:14.88 / EM Opinn: 2:16.01; 19 - 21: 2:17.05 / EMU 16 - 18: 2:20.14 / EYOF 15 - 16: 2:24.68 / NÆM 14 - 16: 2:27.63 / ÍM : 2:49.72

Stig: FINA 2021

Sæti	F.ár	Tími	Stig
Opinn			
1. Einar Margeir Ágústsson	05	ÍA	2:31.06 581 ÍM
50m: 32.43 100m: 38.42 150m: 40.29 200m: 39.92			
2. Aron Fannar Kristínarson	03	ÍRB	2:40.42 485 ÍM
50m: 35.17 100m: 41.42 150m: 42.48 200m: 41.35			
3. Örn Kató Arnarsson	05	Óðinn	2:41.68 474 ÍM
50m: 36.14 100m: 41.60 150m: 42.55 200m: 41.39			
4. Karl Björnsson	08	SH	2:47.10 429 ÍM
50m: 37.19 100m: 43.21 150m: 44.35 200m: 42.35			
5. Daði Rafn Falsson	08	ÍRB	2:49.55 411 ÍM
50m: 38.61 100m: 43.75 150m: 44.04 200m: 43.15			
6. Arnar Logi Ægisson	07	SH	2:51.51 397
50m: 38.24 100m: 45.03 150m: 43.59 200m: 44.65			
7. Ernir Máni Oddgeirsson	07	SH	3:11.86 284
50m: 42.76 100m: 48.91 150m: 50.23 200m: 49.96			
8. Magni Rafn Ragnarsson	10	Óðinn	3:13.40 277
50m: 43.87 100m: 49.50 150m: 50.22 200m: 49.81			
9. Arnar Milos Arnbjörnsson	08	ÍRB	3:16.17 265
50m: 44.31 100m: 49.27 150m: 51.65 200m: 50.94			
10. Ragnar Halldórsson	09	BREIÐ	3:21.94 243
50m: 45.55 100m: 51.54 150m: 53.20 200m: 51.65			
11. Kacper Romanowski	08	ÍRB	3:30.50 215
50m: 47.71 100m: 54.23 150m: 55.03 200m: 53.53			
ÓG. Almar Sindri Daníelsson Glad	08	ÍA	
7.2 - Handartök ekki samhæfð eða í lárétu plani			

17 - 18 ára

1. Einar Margeir Ágústsson	05	ÍA	2:31.06 581 ÍM
50m: 32.43 100m: 38.42 150m: 40.29 200m: 39.92			
2. Örn Kató Arnarsson	05	Óðinn	2:41.68 474 ÍM
50m: 36.14 100m: 41.60 150m: 42.55 200m: 41.39			

15 - 16 ára

1. Arnar Logi Ægisson	07	SH	2:51.51 397
50m: 38.24 100m: 45.03 150m: 43.59 200m: 44.65			
2. Ernir Máni Oddgeirsson	07	SH	3:11.86 284
50m: 42.76 100m: 48.91 150m: 50.23 200m: 49.96			



Sundgrein 31, karla, 200m bringusund

14 ára og yngri

1.	Karl Björnsson	08	SH		2:47.10	429	ÍM
	50m: 37.19 100m: 43.21 150m: 44.35 200m: 42.35						
2.	Daði Rafn Falsson	08	ÍRB		2:49.55	411	ÍM
	50m: 38.61 100m: 43.75 150m: 44.04 200m: 43.15						
3.	Magni Rafn Ragnarsson	10	Óðinn		3:13.40	277	
	50m: 43.87 100m: 49.50 150m: 50.22 200m: 49.81						
4.	Arnar Milos Arnbjörnsson	08	ÍRB		3:16.17	265	
	50m: 44.31 100m: 49.27 150m: 51.65 200m: 50.94						
5.	Ragnar Halldórsson	09	BREIÐ		3:21.94	243	
	50m: 45.55 100m: 51.54 150m: 53.20 200m: 51.65						
6.	Kacper Romanowski	08	ÍRB		3:30.50	215	
	50m: 47.71 100m: 54.23 150m: 55.03 200m: 53.53						
ÓG.	Almar Sindri Daníelsson Glad	08	ÍA				
	7.2 - Handartök ekki samhæfð eða í lárétu plani						

Sundgrein 32

20.3.2022 - 11:23

kvenna, 100m skriðsund

Opinn
Úrslitalistar

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	Fjölur	Luxembourg (LUX)	16.4.2004
Aldursflokkamet Íslands 11 - 12	1:05.08	Stefanía Sigurþórsdóttir	ÍRB	Reykjanesbæ	14.12.2013
Mótsmet	57.61	Jóhanna Elín Guðmundsdóttir	ISL		15.3.2020

HM : 56.15 / EM Opinn: 56.62; 18 - 20: 57.15 / EMU 15 - 17: 58.61 / EYOF 14 - 15: 1:00.15 / NÆM 13 - 15: 1:01.38 / ÍM : 1:07.83

Stig: FINA 2021

Sæti	F.ár	Stig	Tími	Stig		
Opinn						
1.	Kristín Helga Hákonardóttir	04	SH	58.91	676	SSÍ
	50m: 28.39 100m: 30.52					
2.	Guðbjörg Bjarney Guðmundsdóttir	05	ÍA	1:00.59	621	ÍM
	50m: 29.70 100m: 30.89					
3.	Nadja Djurovic	07	BREIÐ	1:01.04	607	NÆM
	50m: 29.82 100m: 31.22					
4.	María Skorastein Sigurdardóttir	07	SH	1:02.43	568	ÍM
	50m: 29.84 100m: 32.59					
5.	Birgitta Ingólfssdóttir	05	SH	1:02.48	566	ÍM
	50m: 29.93 100m: 32.55					
6.	Birta Rún Smáradóttir	04	UMFA	1:03.31	544	ÍM
	50m: 30.08 100m: 33.23					
7.	Ásdís Gunnarsdóttir	08	UMFA	1:04.02	526	ÍM
	50m: 31.27 100m: 32.75					
8.	Coco Margaret Johansson	05	FJÖ	1:04.24	521	ÍM
	50m: 29.73 100m: 34.51					
9.	Ylfa Ásgerður Eyjólfssdóttir	06	BREIÐ	1:04.96	504	ÍM
	50m: 31.04 100m: 33.92					



Sundgrein 32, kvenna, 100m skriðsund, Opinn

Sæti		F.ár	Tími	Stig
10.	Dagbjörg Hlíf Ólafsdóttir 50m: 30.88 100m: 34.34	05 SH	1:05.22	498 ÍM
11.	Svava Bjoerg Larusdottir 50m: 31.17 100m: 34.19	03 FJÖ	1:05.36	495 ÍM
12.	Halldóra Björt Ingimundardóttir 50m: 31.55 100m: 34.77	08 BREIÐ	1:06.32	474 ÍM
13.	Diljá Dröfn Jóhannesdóttir 50m: 31.73 100m: 34.68	03 SH	1:06.41	472 ÍM
14.	Rebekka Sif Ómarsdóttir 50m: 31.76 100m: 35.04	03 Óðinn	1:06.80	463 ÍM
15.	Aníta Nótt Kolbeinsdóttir 50m: 31.94 100m: 34.91	07 SH	1:06.85	462 ÍM
16.	Katla María Brynjarsdóttir 50m: 31.99 100m: 35.29	07 ÍRB	1:07.28	454 ÍM
	Ágústa Inga Arnarsdóttir 50m: 31.76 100m: 35.52	06 STJA	1:07.28	454 ÍM
18.	Katrín Ósk Aðalsteinsdóttir 50m: 32.13 100m: 35.29	09 SH	1:07.42	451 ÍM
19.	Ingibjörg Svava Magnúsdóttir 50m: 32.42 100m: 35.20	05 ÍA	1:07.62	447 ÍM
20.	Ragnheiður Gunnsteinsdóttir 50m: 32.70 100m: 35.54	07 BREIÐ	1:08.24	435
21.	Ásdís Steindórsdóttir 50m: 33.04 100m: 35.94	09 BREIÐ	1:08.98	421
22.	Vigdís Tinna Hákonardóttir 50m: 33.11 100m: 36.64	06 BREIÐ	1:09.75	407
23.	Valdís Rós Þorsteinsdóttir 50m: 32.46 100m: 37.33	07 UMFB	1:09.79	406
24.	Hekla Krístrún Mist Arnarsdóttir 50m: 32.14 100m: 37.80	06 KR	1:09.94	404
25.	Tinna Karen Sigurðardóttir 50m: 33.02 100m: 37.12	08 SH	1:10.14	400
26.	Eydís Arna Isaksen 50m: 33.51 100m: 36.78	08 Óðinn	1:10.29	398
27.	Freyja Sigríður Ásgeirsdóttir 50m: 33.43 100m: 36.98	07 KR	1:10.41	396
28.	Hugrún Guðmundsdóttir 50m: 33.71 100m: 36.98	08 FJÖ	1:10.69	391
29.	Ingibjörg Anna Skúladóttir 50m: 33.78 100m: 36.95	06 UMFB	1:10.73	390
30.	Helga Rós Ingimarsdóttir 50m: 33.05 100m: 37.73	06 ÍA	1:10.78	389
31.	Dagmar Arna Sigurðardóttir 50m: 34.20 100m: 37.10	09 SH	1:11.30	381



Sundgrein 32, kvenna, 100m skriðsund, Opinn

Sæti		F.ár	Tími	Stig
32.	Bríet Björk Pálsdóttir 50m: 33.67 100m: 37.70	04 Óðinn	1:11.37	380
33.	Rebekka Rún Magnúsdóttir 50m: 33.72 100m: 37.78	08 SH	1:11.50	378
34.	Adriana Agnes Derti 50m: 34.97 100m: 36.70	10 ÍRB	1:11.67	375
35.	Matthildur Eir Valdimarsdóttir 50m: 33.52 100m: 38.29	06 Óðinn	1:11.81	373
36.	Júlíana Björt Hjaltested 50m: 33.95 100m: 38.61	06 UMFA	1:12.56	361
37.	Kolbrún Hilda Gunnarsdóttir 50m: 35.13 100m: 37.81	06 KR	1:12.94	356
38.	Gabija Marija Savickaité 50m: 34.88 100m: 38.15	08 ÍRB	1:13.03	354
39.	Hrafnhildur Lóa Kvaran 50m: 34.41 100m: 38.68	07 ÁRM	1:13.09	354
40.	Sara Björt Símonardóttir 50m: 34.20 100m: 39.01	04 SH	1:13.21	352
41.	Alexandra Björk Kærnested 50m: 34.96 100m: 38.63	08 STJA	1:13.59	346
42.	Karen Sif Helgadóttir 50m: 35.10 100m: 38.50	10 FJÖ	1:13.60	346
43.	Dagbjört Lilja Danielsdóttir 50m: 34.22 100m: 39.47	04 Óðinn	1:13.69	345
44.	Bergþóra Sól Hálfhánsdóttir 50m: 35.87 100m: 37.85	06 Selfoss	1:13.72	345
45.	Ragnheiður Milla Bergsveinsdóttir 50m: 34.64 100m: 39.26	06 BREIÐ	1:13.90	342
46.	Emelía Ýr S14 Gunnarsdóttir 50m: 34.73 100m: 39.32	05 FJÖRÐ	S14 1:14.05	340
47.	Sandra Rut Fannarsdóttir 50m: 36.56 100m: 37.68	06 Óðinn	1:14.24	337
48.	Halla Rún Fannarsdóttir 50m: 34.44 100m: 40.15	08 Óðinn	1:14.59	333
49.	Unnur Birna Unnsteinsdóttir 50m: 33.84 100m: 40.92	09 FJÖ	1:14.76	330
50.	Eydís Birta Ingólfssdóttir 50m: 34.64 100m: 40.36	05 UMFB	1:15.00	327
51.	Júlía Líf Gunnsteinsdóttir 50m: 35.95 100m: 39.43	04 STJA	1:15.38	322
52.	Margrét Svava Bjarnadóttir 50m: 36.25 100m: 39.27	09 BREIÐ	1:15.52	321
53.	Arna Karen Gísladóttir 50m: 35.32 100m: 40.42	07 ÍA	1:15.74	318



Sundgrein 32, kvenna, 100m skriðsund, Opinn

Sæti		F.ár		Tími	Stig
54.	Dóróthea Margrét Jakobsdóttir 50m: 37.00 100m: 38.79	08	ÁRM	1:15.79	317
55.	Margrét Gunnarsdóttir 50m: 36.57 100m: 39.32	06	UMFB	1:15.89	316
	Kolbrún Ósk Vilhjálmsdóttir 50m: 36.47 100m: 39.42	06	Óðinn	1:15.89	316
57.	Anna Rósa Þrastardóttir S14 50m: 36.58 100m: 39.98	04	FJÖRÐ	S14 1:16.56	308
58.	Auður Krista Finnsdóttir 50m: 36.67 100m: 39.96	08	STJA	1:16.63	307
59.	Álfrún Lóa Jónsdóttir 50m: 37.96 100m: 39.09	10	FJÖ	1:17.05	302
60.	Lína Rut S Halldórsdóttir 50m: 36.77 100m: 40.41	07	UMFA	1:17.18	300
61.	Bríet Elfarsdóttir 50m: 36.33 100m: 41.11	06	Ægir	1:17.44	297
62.	Rakel Hjaltadóttir 50m: 37.32 100m: 40.48	08	Óðinn	1:17.80	293
63.	Ingibjörg Þóra Stefánsdóttir 50m: 37.25 100m: 41.25	08	SH	1:18.50	285
64.	Mía Ágústa Heimisdóttir 50m: 36.55 100m: 42.56	09	STJA	1:19.11	279
65.	Elsa Diljá Lunddal Rúnarsdóttir 50m: 37.99 100m: 41.98	10	SH	1:19.97	270
66.	Nótt Helgadóttir 50m: 38.08 100m: 42.12	08	ÁRM	1:20.20	268
67.	Eva Naajaraq Kristinsdóttir 50m: 38.06 100m: 42.75	05	FJÖ	1:20.81	262
68.	Svava Guðfinna Ingvarsdóttir 50m: 38.29 100m: 43.73	09	ÍA	1:22.02	250
69.	Aníta Ingibjörg Antonsdóttir 50m: 41.00 100m: 44.22	08	Óðinn	1:25.22	223
70.	Katrín Ísold Gunnsteinsdóttir 50m: 42.38 100m: 45.18	10	ÁRM	1:27.56	205
71.	Aldís Lilja Viðarsdóttir 50m: 41.27 100m: 46.75	08	ÍA	1:28.02	202
72.	Tanya Jóhannsdóttir S7 50m: 43.18 100m: 45.86	03	FJÖRÐ	S7 1:29.04	195
73.	Sigrún S16 Kjartansdóttir 50m: 42.64 100m: 46.82	03	FJÖRÐ	S16 1:29.46	193
74.	Thelma Björnsdóttir S6 Sb5 50m: 43.83 100m: 46.42	96	ÍFR	S6 1:30.25	188 *
ÓG.	Sigríður Aníta Rognvaldsdóttir S14 4.4 - Keppandi startar áður en rásmerki er gefið (þjófstart)	01	ÍFR	S14	



Sundgrein 32, kvenna, 100m skriðsund

16 - 17 ára

1.	Guðbjörg Bjartey Guðmundsdóttir	05	ÍA	1:00.59	621	ÍM
	50m: 29.70 100m: 30.89					
2.	Birgitta Ingólfssdóttir	05	SH	1:02.48	566	ÍM
	50m: 29.93 100m: 32.55					
3.	Coco Margaret Johansson	05	FJÖ	1:04.24	521	ÍM
	50m: 29.73 100m: 34.51					
4.	Ylfa Ásgerður Eyjólfssdóttir	06	BREIÐ	1:04.96	504	ÍM
	50m: 31.04 100m: 33.92					
5.	Dagbjörg Hlíf Ólafssdóttir	05	SH	1:05.22	498	ÍM
	50m: 30.88 100m: 34.34					
6.	Ágústa Inga Arnarsdóttir	06	STJA	1:07.28	454	ÍM
	50m: 31.76 100m: 35.52					
7.	Ingibjörg Svava Magnússardóttir	05	ÍA	1:07.62	447	ÍM
	50m: 32.42 100m: 35.20					
8.	Vigdís Tinna Hákonardóttir	06	BREIÐ	1:09.75	407	
	50m: 33.11 100m: 36.64					
9.	Hekla Krístrún Mist Arnarsdóttir	06	KR	1:09.94	404	
	50m: 32.14 100m: 37.80					
10.	Ingibjörg Anna Skúladóttir	06	UMFB	1:10.73	390	
	50m: 33.78 100m: 36.95					
11.	Helga Rós Ingimarsdóttir	06	ÍA	1:10.78	389	
	50m: 33.05 100m: 37.73					
12.	Matthildur Eir Valdimarsdóttir	06	Óðinn	1:11.81	373	
	50m: 33.52 100m: 38.29					
13.	Júlíana Björt Hjaltsted	06	UMFA	1:12.56	361	
	50m: 33.95 100m: 38.61					
14.	Kolbrún Hilda Gunnarsdóttir	06	KR	1:12.94	356	
	50m: 35.13 100m: 37.81					
15.	Bergþóra Sól Hálfðánsdóttir	06	Selfoss	1:13.72	345	
	50m: 35.87 100m: 37.85					
16.	Ragnheiður Milla Bergsveinsdóttir	06	BREIÐ	1:13.90	342	
	50m: 34.64 100m: 39.26					
17.	Emelía Ýr S14 Gunnarsdóttir	05	FJÖRÐ	1:14.05	340	S14
	50m: 34.73 100m: 39.32					
18.	Sandra Rut Fannarsdóttir	06	Óðinn	1:14.24	337	
	50m: 36.56 100m: 37.68					
19.	Eydís Birta Ingólfssdóttir	05	UMFB	1:15.00	327	
	50m: 34.64 100m: 40.36					
20.	Margrét Gunnarsdóttir	06	UMFB	1:15.89	316	
	50m: 36.57 100m: 39.32					
	Kolbrún Ósk Vilhjálmsdóttir	06	Óðinn	1:15.89	316	
	50m: 36.47 100m: 39.42					
22.	Bríet Elfarsdóttir	06	Ægir	1:17.44	297	
	50m: 36.33 100m: 41.11					



Sundgrein 32, kvenna, 100m skriðsund, 16 - 17 ára

Sæti		F.ár	Tími	Stig
23.	Eva Naajaraq Kristinsdóttir 50m: 38.06 100m: 42.75	05 FJÖ	1:20.81	262

14 - 15 ára

1.	Nadja Djurovic 50m: 29.82 100m: 31.22	07 BREIÐ	1:01.04	607 NÆM
2.	María Skorastein Sigurdardóttir 50m: 29.84 100m: 32.59	07 SH	1:02.43	568 ÍM
3.	Ásdís Gunnarsdóttir 50m: 31.27 100m: 32.75	08 UMFA	1:04.02	526 ÍM
4.	Halldóra Björt Ingimundardóttir 50m: 31.55 100m: 34.77	08 BREIÐ	1:06.32	474 ÍM
5.	Aníta Nótt Kolbeinsdóttir 50m: 31.94 100m: 34.91	07 SH	1:06.85	462 ÍM
6.	Katla María Brynjarsdóttir 50m: 31.99 100m: 35.29	07 ÍRB	1:07.28	454 ÍM
7.	Ragnheiður Gunnsteinsdóttir 50m: 32.70 100m: 35.54	07 BREIÐ	1:08.24	435
8.	Valdís Rós Þorsteinsdóttir 50m: 32.46 100m: 37.33	07 UMF B	1:09.79	406
9.	Tinna Karen Sigurðardóttir 50m: 33.02 100m: 37.12	08 SH	1:10.14	400
10.	Eydís Arna Isaksen 50m: 33.51 100m: 36.78	08 Óðinn	1:10.29	398
11.	Freyja Sigríður Ásgeirsdóttir 50m: 33.43 100m: 36.98	07 KR	1:10.41	396
12.	Hugrún Guðmundsdóttir 50m: 33.71 100m: 36.98	08 FJÖ	1:10.69	391
13.	Rebekka Rún Magnúsdóttir 50m: 33.72 100m: 37.78	08 SH	1:11.50	378
14.	Gabija Marija Savickaitė 50m: 34.88 100m: 38.15	08 ÍRB	1:13.03	354
15.	Hrafnhildur Lóa Kvaran 50m: 34.41 100m: 38.68	07 ÁRM	1:13.09	354
16.	Alexandra Björk Kærnested 50m: 34.96 100m: 38.63	08 STJA	1:13.59	346
17.	Halla Rún Fannarsdóttir 50m: 34.44 100m: 40.15	08 Óðinn	1:14.59	333
18.	Arna Karen Gísladóttir 50m: 35.32 100m: 40.42	07 ÍA	1:15.74	318
19.	Dórothea Margrét Jakobsdóttir 50m: 37.00 100m: 38.79	08 ÁRM	1:15.79	317
20.	Auður Krista Finnsdóttir 50m: 36.67 100m: 39.96	08 STJA	1:16.63	307



Sundgrein 32, Stúlkur, 100m skriðsund, 14 - 15 ára

Sæti		F.ár		Tími	Stig
21.	Lína Rut S Halldórsdóttir 50m: 36.77 100m: 40.41	07	UMFA	1:17.18	300
22.	Rakel Hjaltadóttir 50m: 37.32 100m: 40.48	08	Óðinn	1:17.80	293
23.	Ingibjörg Þóra Stefánsdóttir 50m: 37.25 100m: 41.25	08	SH	1:18.50	285
24.	Nótt Helgadóttir 50m: 38.08 100m: 42.12	08	ÁRM	1:20.20	268
25.	Aníta Ingibjörg Antonsdóttir 50m: 41.00 100m: 44.22	08	Óðinn	1:25.22	223
26.	Aldís Lilja Viðarsdóttir 50m: 41.27 100m: 46.75	08	ÍA	1:28.02	202

13 ára og yngri

1.	Katrín Ósk Aðalsteinsdóttir 50m: 32.13 100m: 35.29	09	SH	1:07.42	451 ÍM
2.	Ásdís Steindórsdóttir 50m: 33.04 100m: 35.94	09	BREIÐ	1:08.98	421
3.	Dagmar Arna Sigurðardóttir 50m: 34.20 100m: 37.10	09	SH	1:11.30	381
4.	Adriana Agnes Derti 50m: 34.97 100m: 36.70	10	ÍRB	1:11.67	375
5.	Karen Sif Helgadóttir 50m: 35.10 100m: 38.50	10	FJÖ	1:13.60	346
6.	Unnur Birna Unnsteinsdóttir 50m: 33.84 100m: 40.92	09	FJÖ	1:14.76	330
7.	Margrét Svava Bjarnadóttir 50m: 36.25 100m: 39.27	09	BREIÐ	1:15.52	321
8.	Álfrún Lóa Jónsdóttir 50m: 37.96 100m: 39.09	10	FJÖ	1:17.05	302
9.	Mía Ágústa Heimisdóttir 50m: 36.55 100m: 42.56	09	STJA	1:19.11	279
10.	Elsa Diljá Lunddal Rúnarsdóttir 50m: 37.99 100m: 41.98	10	SH	1:19.97	270
11.	Svava Guðfinna Ingvarsdóttir 50m: 38.29 100m: 43.73	09	ÍA	1:22.02	250
12.	Katrín Ísold Gunnsteinsdóttir 50m: 42.38 100m: 45.18	10	ÁRM	1:27.56	205



Sundgrein 33
20.3.2022 - 11:39

karla, 100m baksund

Opinn
Úrslitalistar

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
Mótsmet	56.59	Örn Arnason	ISL		1.6.2008

HM : 55.92 / EM Opinn: 56.39; 19 - 21: 56.82 / EMU 16 - 18: 58.10 / EYOF 15 - 16: 59.98 / NÆM 14 - 16: 1:01.21 / ÍM : 1:09.57

Stig: FINA 2021

Sæti		F.ár		Tími	Stig
Opinn					
1.	Veigar Hrafn Sigbórsson 50m: 30.18 100m: 31.70	05	SH	1:01.88	588 ÍM
2.	Bergur Fálnir Bjarnason 50m: 30.57 100m: 31.98	06	SH	1:02.55	569 ÍM
3.	Kristjan Gyflí Þórisson 50m: 30.41 100m: 32.42	00	FJÖ	1:02.83	562 ÍM
4.	Kristján Magnússon 50m: 32.05 100m: 34.69	05	ÍA	1:06.74	468 ÍM
5.	Daníel Lúkas Tómasson 50m: 33.04 100m: 34.32	04	SH	1:07.36	456 ÍM
6.	Magnús Víðir Jónsson 50m: 33.76 100m: 35.14	08	SH	1:08.90	426 ÍM
7.	Hólmar Grétarsson 50m: 33.94 100m: 36.28	08	SH	1:10.22	402
8.	Sigurður Haukur Birgisson 50m: 34.54 100m: 35.77	06	ÁRM	1:10.31	401
9.	Örn Ægisson 50m: 34.79 100m: 36.11	06	ÁRM	1:10.90	391
10.	Guðbjarni Sigbórsson 50m: 34.61 100m: 37.22	06	ÍA	1:11.83	376
11.	Denas Kazulis 50m: 34.28 100m: 37.57	08	ÍRB	1:11.85	375
12.	Birgir Hrafn Kjartansson 50m: 34.31 100m: 37.65	08	Ægir	1:11.96	374
13.	Jakob Ingi Reynisson 50m: 35.13 100m: 37.59	06	Selfoss	1:12.72	362
14.	Kristinn Viðar Tómasson 50m: 36.29 100m: 37.32	06	Óðinn	1:13.61	349
15.	Ásberg Halldór Hansson 50m: 36.10 100m: 37.54	07	FJÖ	1:13.64	349
16.	Júlíus Arnarsson 50m: 36.21 100m: 39.18	06	KR	1:15.39	325
17.	Halldór Ingi Hafþórsson 50m: 37.13 100m: 38.28	08	SH	1:15.41	325
18.	Sigurður Þráinn Sigurðsson 50m: 37.14 100m: 38.61	02	UMFA	1:15.75	320



Sundgrein 33, karla, 100m baksund, Opinn

Sæti		F.ár		Tími	Stig
19.	James Eiríkur Hafliðason 50m: 36.07 100m: 40.38	06	KR	1:16.45	311
20.	Gísli Kristján Traustason 50m: 37.68 100m: 39.61	09	ÍRB	1:17.29	301
21.	Sigurgeir Guðmundur Elvarsson 50m: 38.90 100m: 41.28	07	UMFB	1:20.18	270
22.	Arnar Milos Arnbjörnsson 50m: 38.89 100m: 41.58	08	ÍRB	1:20.47	267
23.	Baltasar Óðinn Sigurmundarson 50m: 39.28 100m: 41.35	07	ÍRB	1:20.63	265
24.	Nökkvi Fenrir Bjarnason 50m: 40.83 100m: 43.54	10	SH	1:24.37	232
25.	Boban Malivuk 50m: 41.51 100m: 42.87	07	SH	1:24.38	232
26.	Andri Ólafsson 50m: 41.19 100m: 43.95	09	SH	1:25.14	225
27.	Gunnlaugur Freyr Baldursson 50m: 42.55 100m: 42.99	09	BREIÐ	1:25.54	222
28.	Gabriel Ingi Derti 50m: 40.32 100m: 45.73	08	ÍRB	1:26.05	218
29.	Mímir Fróði Óttarsson 50m: 41.66 100m: 45.02	09	SH	1:26.68	214
30.	Vanja Djurovic 50m: 41.65 100m: 45.62	09	BREIÐ	1:27.27	209
31.	Þór Eli Gunnarsson 50m: 43.97 100m: 45.80	11	SH	1:29.77	192
32.	Ívan Elí Ólafsson 50m: 43.84 100m: 46.20	10	Óðinn	1:30.04	190
33.	Kristjón Hrafn Kjartansson 50m: 46.23 100m: 48.68	11	SH	1:34.91	163
34.	Adam Agnarsson 50m: 48.43 100m: 51.19	08	ÍA	1:39.62	140
35.	Emil Arthur Dreki Þorsteisson 50m: 49.48 100m: 51.70	11	ÁRM	1:41.18	134
36.	Benedikt Már Þorvaldsson 50m: 52.54 100m: 55.66	10	Óðinn	1:48.20	110 *
ÓG.	Guðmundur Leo Rafnsson 6.3 - Allur í kafi meðan á sundi stóð (nema fyrstu 15m eftir start eða snúning)	06	ÍRB		ÍM

17 - 18 ára

1.	Veigar Hrafn Sigþórsson 50m: 30.18 100m: 31.70	05	SH	1:01.88	588 ÍM
2.	Kristján Magnússon 50m: 32.05 100m: 34.69	05	ÍA	1:06.74	468 ÍM



Sundgrein 33, Piltar, 100m baksund, 17 - 18 ára

Sæti		F.ár	Tími	Stig
3.	Daníel Lúkas Tómasson 50m: 33.04 100m: 34.32	04 SH	1:07.36	456 ÍM

15 - 16 ára

1.	Bergur Fáfmr Bjarnason 50m: 30.57 100m: 31.98	06 SH	1:02.55	569 ÍM
2.	Sigurður Haukur Birgisson 50m: 34.54 100m: 35.77	06 ÁRM	1:10.31	401
3.	Örn Ægisson 50m: 34.79 100m: 36.11	06 ÁRM	1:10.90	391
4.	Guðbjarni Sigþórsson 50m: 34.61 100m: 37.22	06 ÍA	1:11.83	376
5.	Jakob Ingi Reynisson 50m: 35.13 100m: 37.59	06 Selfoss	1:12.72	362
6.	Kristinn Viðar Tómasson 50m: 36.29 100m: 37.32	06 Óðinn	1:13.61	349
7.	Ásberg Halldór Hansson 50m: 36.10 100m: 37.54	07 FJÖ	1:13.64	349
8.	Júlíus Arnarsson 50m: 36.21 100m: 39.18	06 KR	1:15.39	325
9.	James Eiríkur Hafliðason 50m: 36.07 100m: 40.38	06 KR	1:16.45	311
10.	Sigurgeir Guðmundur Elvarsson 50m: 38.90 100m: 41.28	07 UMFB	1:20.18	270
11.	Baltasar Óðinn Sigurmundarson 50m: 39.28 100m: 41.35	07 ÍRB	1:20.63	265
12.	Boban Malivuk 50m: 41.51 100m: 42.87	07 SH	1:24.38	232
ÓG.	Guðmundur Leo Rafnsson 6.3 - Allur í kafi meðan á sundi stóð (nema fyrstu 15m eftir start eða snúning)	06 ÍRB		ÍM

14 ára og yngri

1.	Magnús Víðir Jónsson 50m: 33.76 100m: 35.14	08 SH	1:08.90	426 ÍM
2.	Hólmar Grétarsson 50m: 33.94 100m: 36.28	08 SH	1:10.22	402
3.	Denas Kazulis 50m: 34.28 100m: 37.57	08 ÍRB	1:11.85	375
4.	Birgir Hrafn Kjartansson 50m: 34.31 100m: 37.65	08 Ægir	1:11.96	374
5.	Halldór Ingi Hafþórsson 50m: 37.13 100m: 38.28	08 SH	1:15.41	325
6.	Gísli Kristján Traustason 50m: 37.68 100m: 39.61	09 ÍRB	1:17.29	301



Sundgrein 33, Piltar, 100m baksund, 14 ára og yngri

Sæti		F.ár	Tími	Stig
7.	Arnar Milos Arnbjörnsson 50m: 38.89 100m: 41.58	08 ÍRB	1:20.47	267
8.	Nökkvi Fenrir Bjarnason 50m: 40.83 100m: 43.54	10 SH	1:24.37	232
9.	Andri Ólafsson 50m: 41.19 100m: 43.95	09 SH	1:25.14	225
10.	Gunnlaugur Freyr Baldursson 50m: 42.55 100m: 42.99	09 BREIÐ	1:25.54	222
11.	Gabriel Ingi Derti 50m: 40.32 100m: 45.73	08 ÍRB	1:26.05	218
12.	Mímir Fróði Óttarsson 50m: 41.66 100m: 45.02	09 SH	1:26.68	214
13.	Vanja Djurovic 50m: 41.65 100m: 45.62	09 BREIÐ	1:27.27	209
14.	Þór Eli Gunnarsson 50m: 43.97 100m: 45.80	11 SH	1:29.77	192
15.	Ívan Elí Ólafsson 50m: 43.84 100m: 46.20	10 Óðinn	1:30.04	190
16.	Kristjón Hrafn Kjartansson 50m: 46.23 100m: 48.68	11 SH	1:34.91	163
17.	Adam Agnarsson 50m: 48.43 100m: 51.19	08 ÍA	1:39.62	140
18.	Emil Arthur Dreki Þorsteisson 50m: 49.48 100m: 51.70	11 ÁRM	1:41.18	134
19.	Benedikt Már Þorvaldsson 50m: 52.54 100m: 55.66	10 Óðinn	1:48.20	110 *



Sundgrein 34
20.3.2022 - 11:51

kvenna, 200m fjórsund

Opinn
Úrslitalistar

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 Sigurþórsdóttir	ÍRB	Reykjanesbæ	15.12.2013
Mótsmet	2:18.31	Hrafnhildur Lúthersdóttir	ISL		1.4.2017

HM : 2:17.63 / EM Opinn: 2:18.79; 18 - 20: 2:20.08 / EMU 15 - 17: 2:23.68 / EYOF 14 - 15: 2:27.45 / NÆM 13 - 15: 2:30.46 / ÍM : 2:48.29

Stig: FINA 2021

Sæti	F.ár		Tími	Stig
Opinn				
1.	Eva Margrét Falsdóttir	05 ÍRB	2:25.56	650 SSÍ
	50m: 31.10 100m: 38.12 150m: 41.60 200m: 34.74			
2.	Stefanía Sigurþórsdóttir	01 BREIÐ	2:27.16	629 ÍM
	50m: 31.82 100m: 38.95 150m: 42.35 200m: 34.04			
3.	Freyja Birkisdóttir	06 BREIÐ	2:32.79	562 ÍM
	50m: 32.44 100m: 42.09 150m: 43.72 200m: 34.54			
4.	Sunneva Bergmann Ásbjörnsdóttir	07 ÍRB	2:36.21	526 ÍM
	50m: 33.73 100m: 40.36 150m: 46.07 200m: 36.05			
5.	Ragnheiður Ásta Magnúsdóttir	07 BREIÐ	2:39.36	495 ÍM
	50m: 34.30 100m: 39.21 150m: 50.20 200m: 35.65			
6.	Ylfa Lind Kristmannsdóttir	08 ÁRM	2:40.12	488 ÍM
	50m: 31.61 100m: 42.27 150m: 51.00 200m: 35.24			
7.	Elísabet Arnoddsdóttir	09 ÍRB	2:42.25	469 ÍM
	50m: 32.64 100m: 41.71 150m: 50.77 200m: 37.13			
8.	Freydís Lilja Bergþórsdóttir	09 ÍRB	2:44.08	454 ÍM
	50m: 36.62 100m: 41.68 150m: 50.60 200m: 35.18			
9.	Ástrós Lovísa Hauksdóttir	08 ÍRB	2:44.12	453 ÍM
	50m: 36.24 100m: 39.50 150m: 52.62 200m: 35.76			
10.	Rebekka Marín Arngeirsdóttir	05 ÍRB	2:44.51	450 ÍM
	50m: 35.07 100m: 41.78 150m: 47.74 200m: 39.92			
11.	Naomí Arnarsdóttir	07 Óðinn	2:44.83	447 ÍM
	50m: 34.97 100m: 42.87 150m: 49.44 200m: 37.55			
12.	Hekla Krístrún Mist Arnarsdóttir	06 KR	2:46.09	437 ÍM
	50m: 33.68 100m: 42.85 150m: 49.78 200m: 39.78			
13.	Auguste Balciunaite	11 SH	2:48.13	422 ÍM
	50m: 38.37 100m: 44.89 150m: 46.08 200m: 38.79			
14.	Arna Rut Stefánsdóttir	07 SH	2:48.57	418
	50m: 35.51 100m: 44.53 150m: 51.82 200m: 36.71			
15.	Katrín Lóa Ingadóttir	08 Óðinn	2:53.18	386
	50m: 40.00 100m: 41.80 150m: 53.96 200m: 37.42			
16.	Juliane Liv Sörensen	07 Óðinn	2:53.22	385
	50m: 36.85 100m: 44.77 150m: 53.23 200m: 38.37			
17.	Katrín Tinna Andrésdóttir	06 STJA	2:57.55	358
	50m: 38.76 100m: 47.17 150m: 52.62 200m: 39.00			
18.	Embla Dögg Helgadóttir	08 Ægir	2:57.88	356
	50m: 39.19 100m: 48.38 150m: 47.88 200m: 42.43			



Sundgrein 34, kvenna, 200m fjörsund, Opinn

Sæti		F.ár		Tími	Stig
19.	Sara Lind Aðalsteinsdóttir	07	SH	2:58.08	355
	50m: 38.74 100m: 45.80 150m: 52.35 200m: 41.19				
20.	Júlíana Björt Hjaltested	06	UMFA	3:05.29	315
	50m: 38.87 100m: 49.56 150m: 54.00 200m: 42.86				
21.	Herdís Rut Guðbjartsdóttir S14	04	FJÖRÐ	SM143:09.64	294
	50m: 43.76 100m: 47.78 150m: 54.48 200m: 43.62				
22.	Guðrún Lára Arnarsdóttir	09	STJA	3:11.67	284
	50m: 41.57 100m: 47.71 150m: 58.44 200m: 43.95				
23.	Íris Arna Ingvarsdóttir	07	ÍA	3:13.67	276
	50m: 40.49 100m: 49.22 150m: 57.97 200m: 45.99				
24.	Ninja Ýr Logadóttir	09	SH	3:13.71	275
	50m: 40.98 100m: 51.02 150m: 1:00.06 200m: 41.65				
25.	Arna Karen Gísladóttir	07	ÍA	3:15.50	268
	50m: 44.35 100m: 49.59 150m: 58.04 200m: 43.52				
26.	Friðrika Sif Ágústsdóttir	10	Óðinn	3:19.41	252
	50m: 44.08 100m: 51.24 150m: 59.98 200m: 44.11				
27.	Natalía Eir Curtis	10	ÁRM	3:23.61	237
	50m: 49.40 100m: 49.00 150m: 1:01.61 200m: 43.60				
ÓG.	Adele Alexandra Pálsson	03	SH		ÍM
	<i>9.4 - Sundhluta ekki lokið samkvæmt reglum viðkomandi sundaðferðar</i>				

16 - 17 ára

1.	Eva Margrét Falsdóttir	05	ÍRB	2:25.56	650	SSÍ
	50m: 31.10 100m: 38.12 150m: 41.60 200m: 34.74					
2.	Freyja Birkisdóttir	06	BREIÐ	2:32.79	562	ÍM
	50m: 32.44 100m: 42.09 150m: 43.72 200m: 34.54					
3.	Rebekka Marín Arngeirsdóttir	05	ÍRB	2:44.51	450	ÍM
	50m: 35.07 100m: 41.78 150m: 47.74 200m: 39.92					
4.	Hekla Krístrún Mist Arnarsdóttir	06	KR	2:46.09	437	ÍM
	50m: 33.68 100m: 42.85 150m: 49.78 200m: 39.78					
5.	Katrín Tinna Andrésdóttir	06	STJA	2:57.55	358	
	50m: 38.76 100m: 47.17 150m: 52.62 200m: 39.00					
6.	Júlíana Björt Hjaltested	06	UMFA	3:05.29	315	
	50m: 38.87 100m: 49.56 150m: 54.00 200m: 42.86					

14 - 15 ára

1.	Sunneva Bergmann Ásbjörnsdóttir	07	ÍRB	2:36.21	526	ÍM
	50m: 33.73 100m: 40.36 150m: 46.07 200m: 36.05					
2.	Ragnheiður Ásta Magnúsdóttir	07	BREIÐ	2:39.36	495	ÍM
	50m: 34.30 100m: 39.21 150m: 50.20 200m: 35.65					
3.	Ylfa Lind Kristmannsdóttir	08	ÁRM	2:40.12	488	ÍM
	50m: 31.61 100m: 42.27 150m: 51.00 200m: 35.24					
4.	Ástrós Lovísa Hauksdóttir	08	ÍRB	2:44.12	453	ÍM
	50m: 36.24 100m: 39.50 150m: 52.62 200m: 35.76					



Sundgrein 34, Stúlkur, 200m fjórsund, 14 - 15 ára

Sæti		F.ár		Tími	Stig
5.	Naomí Arnarsdóttir	07	Óðinn	2:44.83	447 ÍM
	50m: 34.97 100m: 42.87 150m: 49.44 200m: 37.55				
6.	Arna Rut Stefánsdóttir	07	SH	2:48.57	418
	50m: 35.51 100m: 44.53 150m: 51.82 200m: 36.71				
7.	Katrín Lóa Ingadóttir	08	Óðinn	2:53.18	386
	50m: 40.00 100m: 41.80 150m: 53.96 200m: 37.42				
8.	Juliane Liv Sörensen	07	Óðinn	2:53.22	385
	50m: 36.85 100m: 44.77 150m: 53.23 200m: 38.37				
9.	Embla Dögg Helgadóttir	08	Ægir	2:57.88	356
	50m: 39.19 100m: 48.38 150m: 47.88 200m: 42.43				
10.	Sara Lind Aðalsteinsdóttir	07	SH	2:58.08	355
	50m: 38.74 100m: 45.80 150m: 52.35 200m: 41.19				
11.	Íris Arna Ingvarsdóttir	07	ÍA	3:13.67	276
	50m: 40.49 100m: 49.22 150m: 57.97 200m: 45.99				
12.	Arna Karen Gísladóttir	07	ÍA	3:15.50	268
	50m: 44.35 100m: 49.59 150m: 58.04 200m: 43.52				

13 ára og yngri

1.	Elísabet Arnoddsdóttir	09	ÍRB	2:42.25	469 ÍM
	50m: 32.64 100m: 41.71 150m: 50.77 200m: 37.13				
2.	Freydís Lilja Bergþórsdóttir	09	ÍRB	2:44.08	454 ÍM
	50m: 36.62 100m: 41.68 150m: 50.60 200m: 35.18				
3.	Auguste Balciunaite	11	SH	2:48.13	422 ÍM
	50m: 38.37 100m: 44.89 150m: 46.08 200m: 38.79				
4.	Guðrún Lára Arnarsdóttir	09	STJA	3:11.67	284
	50m: 41.57 100m: 47.71 150m: 58.44 200m: 43.95				
5.	Ninja Ýr Logadóttir	09	SH	3:13.71	275
	50m: 40.98 100m: 51.02 150m: 1:00.06 200m: 41.65				
6.	Friðrika Sif Ágústsdóttir	10	Óðinn	3:19.41	252
	50m: 44.08 100m: 51.24 150m: 59.98 200m: 44.11				
7.	Natalía Eir Curtis	10	ÁRM	3:23.61	237
	50m: 49.40 100m: 49.00 150m: 1:01.61 200m: 43.60				



Sundgrein 35
20.3.2022 - 12:07

karla, 800m skriðsund

Opinn
Úrslitalistar

Íslandsmet	8:08.09	Anton Sveinn McKee	Ægir	Reykjavík	20.7.2014
Aldursflokkamet Íslands 15 - 17	8:16.04	Patrik Viggó Vilbergsson	BREI	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
Mótsmet	8:27.35	Patrik Viggó Vilbergsson	ISL		15.3.2020

HM : 8:09.67 / EM Opinn: 8:13.78; 19 - 21: 8:17.54 / EMU 16 - 18: 8:28.75 / ÍM : 10:12.33

Stig: FINA 2021

Sæti	F.ár		Tími		Stig
1. Andri Már Kristjánsson	06	SH	9:28.59	502	ÍM
50m: 29.75	200m: 36.08	350m: 36.16	500m: 36.22	650m: 35.92	800m: 33.76
100m: 34.54	250m: 35.93	400m: 36.91	550m: 36.36	700m: 36.48	
150m: 36.15	300m: 36.32	450m: 37.13	600m: 36.42	750m: 34.46	
2. Guðmundur Halldórsson	04	BREIÐ	9:39.93	473	ÍM
50m: 30.40	200m: 36.52	350m: 37.34	500m: 37.05	650m: 36.72	800m: 34.42
100m: 35.55	250m: 36.55	400m: 37.24	550m: 37.06	700m: 36.90	
150m: 36.30	300m: 37.11	450m: 37.40	600m: 37.04	750m: 36.33	
3. Dominic Dadi Wheeler	07	Ægir	9:54.17	440	ÍM
50m: 30.60	200m: 37.39	350m: 38.11	500m: 38.37	650m: 37.97	800m: 36.45
100m: 34.54	250m: 37.74	400m: 38.10	550m: 38.10	700m: 38.45	
150m: 36.12	300m: 37.53	450m: 38.34	600m: 38.39	750m: 37.97	
4. Nikolai Leo Jónsson	08	ÍRB	10:01.15	425	ÍM
50m: 33.80	200m: 38.08	350m: 38.38	500m: 38.01	650m: 37.08	800m: 36.25
100m: 37.21	250m: 38.27	400m: 38.43	550m: 38.21	700m: 37.76	
150m: 38.16	300m: 38.09	450m: 38.53	600m: 37.66	750m: 37.23	
5. Jón Ingi Halldórsson	04	BREIÐ	10:09.29	408	ÍM
50m: 31.53	200m: 38.46	350m: 38.92	500m: 39.45	650m: 38.87	800m: 36.89
100m: 36.87	250m: 38.46	400m: 39.24	550m: 38.76	700m: 38.31	
150m: 38.26	300m: 39.05	450m: 38.73	600m: 38.99	750m: 38.50	
6. Árni Þór Pálmason	09	ÍRB	10:16.85	393	
50m: 33.64	200m: 39.72	350m: 40.10	500m: 39.50	650m: 39.82	800m: 35.08
100m: 37.94	250m: 39.78	400m: 39.85	550m: 39.11	700m: 39.09	
150m: 39.37	300m: 40.20	450m: 38.40	600m: 39.37	750m: 35.88	

Sundgrein 36
20.3.2022 - 12:24

blandað, 4 x 50m fjórsund

Opinn
Úrslitalistar

Íslandsmet	1:48.34	Sveit SH	SH	Reykjavík	18.7.2020
Mótsmet	1:53.67	SH	ISL		15.3.2017

Stig: FINA 2021

Sæti	Tími		Stig
1. SH 1	SH	1:51.62	693
<i>Mótsmet</i>			
Steingerður Hauksdóttir	96	+0,58	29.81
Daði Björnsson	04	+0,24	29.71
Simon Elías Statkevicius	03	+0,30	25.32
Kristín Helga Hákonardóttir	04	-0,06	26.78
2. SH 2	SH	1:56.35	612
Birgitta Ingólfssdóttir	05	+0,65	32.06
Snorri Dagur Einarsson	05		29.78
Birnir Freyr Hálfánarsson	06	+0,54	25.95
Dagbjörg Hlíf Ólafsdóttir	05		28.56
3. ÍRB 1	ÍRB	1:58.50	579
Ástrós Lovísa Hauksdóttir	08	+0,59	32.93
Aron Fannar Kristínarson	03	+0,07	32.19
Fannar Snævar Hauksson	04	+0,13	26.09
Eva Margrét Falsdóttir	05		27.29



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

Sæti						Tími	Stig	
4.	ÍA 1			ÍA		2:00.90	546	
	Karen Káradóttir	06	+0,80	35.54	Guðbjörg Bjarney Gudmundsdóttir	05	+0,59	29.97
	Einar Margeir Ágústsson	05		30.63	Kristján Magnússon	05		24.76
5.	BREIÐ 1			BREIÐ		2:03.55	511	
	Stefanía Sigurþórsdóttir	01	+0,66	32.42	Kacper Kogut	06	+0,24	29.38
	Freyja Birkisdóttir	06		36.49	Guðmundur Karl Karlsson	05	+0,41	25.26
6.	ÁRM 1			ÁRM		2:05.12	492	
	Ylfa Lind Kristmannsdóttir	08	+0,63	32.19	Hrafn Sverrisson	05	+0,62	29.30
	Katla Mist Bragadóttir	07	+0,23	37.51	Sigurður Haukur Birgisson	06	+0,23	26.12
7.	Óðinn 2			Óðinn		2:09.39	445	
	Naomí Arnarsdóttir	07	+0,64	36.17	Kristófer Óli Birkisson	04	+0,65	29.07
	Örn Kató Arnarsson	05		34.13	Rebeka Sif Ómarsdóttir	03		30.02
8.	Óðinn 1			Óðinn		2:10.74	431	
	Kristinn Viðar Tómasson	06	+0,69	33.47	Jón Margeir Sverrisson	92	+0,60	28.26
	Bríet Björk Pálsdóttir	04	+0,05	39.21	Embla Karen Sævarsdóttir	04	0.00	29.80
9.	ÁRM 2			ÁRM		2:16.57	378	
	Örn Ægisson	06	+0,71	33.89	Þróstur Ingi Gunnsteinsson	06	+0,40	28.49
	Hrafnhildur Lóa Kvaran	07		40.75	Freydís Katla Sveinsdóttir	08		33.44
10.	UMFB 1			UMFB		2:18.06	366	
	Sigurgeir Guðmundur Elvarsson	07	+0,66	35.65	Gunnar Egill Gunnarsson	07	+0,26	31.70
	Valdís Rós Þorsteinsdóttir	07	+0,19	38.12	Eydís Birta Ingólfsdóttir	05	+0,53	32.59
11.	UMFB 2			UMFB		2:20.78	345	
	Ingibjörg Anna Skúladóttir	06	+0,67	37.63	Hálf dán Artúr Röbertsson	05	+0,50	30.41
	Margrét Gunnarsdóttir	06	+0,42	43.07	Guðbjörg Sólvi Sigurjónsson	07	+0,36	29.67
12.	Óðinn 3			Óðinn		2:22.89	330	
	Katrín Lóa Ingadóttir	08	+0,69	36.66	Sandra Rut Fannarsdóttir	06	+0,42	35.08
	Stefán Gretar Katrínarson	08	+0,40	38.17	Magni Rafn Ragnarsson	10	+0,15	32.98
13.	Óðinn 4			Óðinn		2:39.36	238	
	Juliane Liv Sörensen	07	+0,59	36.76	Benedikt Már Þorvaldsson	10		46.59
	Eydís Arna Isaksen	08		40.32	Ívan Elí Ólafsson	10	+0,49	35.69
14.	ÍA 3			ÍA		2:43.11	222	
	Íris Arna Ingvarsdóttir	07	+0,80	40.92	Adam Agnarsson	08	+0,65	40.36
	Almar Sindri Daníelsson Glad	08	+0,54	49.33	Arna Karen Gísladóttir	07	+0,47	32.50

ÓG. ÍA 2

ÍA

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

Helga Rós Ingimarsdóttir, Guðbjarni Sigþórsson, Alex Benjamín Bjarnason, Ingibjörg Svava Magnúsdóttir

ÓG. BREIÐ 2

BREIÐ

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

Vanja Djurovic, Margrét Anna Lapas, Gunnlaugur Freyr Baldursson, Ásdís Steindórsdóttir

