

**ÍM 25**

<b>Karlar</b>	<b>50m</b>	<b>25m</b>	<b>16m</b>
50 skrið	00:26,93	<b>00:26,40</b>	00:25,34
100 skrið	00:58,85	<b>00:57,70</b>	00:55,39
200 skrið	02:13,01	<b>02:10,40</b>	02:05,18
400 skrið	04:52,64	<b>04:46,90</b>	04:35,42
1500 skrið	19:50,95	<b>19:27,60</b>	18:40,90
50 bak	00:34,37	<b>00:33,70</b>	00:32,35
100 bak	01:14,66	<b>01:13,20</b>	01:10,27
200 bak	02:44,02	<b>02:40,80</b>	02:34,37
50 bringa	00:36,52	<b>00:35,80</b>	00:34,37
100 bringa	01:18,64	<b>01:17,10</b>	01:14,02
200 bringa	02:59,21	<b>02:55,70</b>	02:48,67
50 flug	00:30,80	<b>00:30,20</b>	00:28,99
100 flug	01:11,71	<b>01:10,30</b>	01:07,49
200 flug	02:46,67	<b>02:43,40</b>	02:36,86
100 fjór	01:09,56	<b>01:08,20</b>	01:05,47
200 fjór	02:37,18	<b>02:34,10</b>	02:27,94
400 fjór	05:54,76	<b>05:47,80</b>	05:33,89

<b>Konur</b>	<b>50m</b>	<b>25m</b>	<b>16m</b>
50 skrið	00:31,01	<b>00:30,40</b>	00:29,18
100 skrið	01:06,81	<b>01:05,50</b>	01:02,88
200 skrið	02:27,19	<b>02:24,30</b>	02:18,53
400 skrið	05:14,06	<b>05:07,90</b>	04:55,58
800 skrið	10:45,25	<b>10:32,60</b>	10:07,30
50 bak	00:35,80	<b>00:35,10</b>	00:33,70
100 bak	01:16,60	<b>01:15,10</b>	01:12,10
200 bak	02:44,12	<b>02:40,90</b>	02:34,46
50 bringa	00:41,41	<b>00:40,60</b>	00:38,98
100 bringa	01:28,64	<b>01:26,90</b>	01:23,42
200 bringa	03:12,98	<b>03:09,20</b>	03:01,63
50 flug	00:34,58	<b>00:33,90</b>	00:32,54
100 flug	01:18,54	<b>01:17,00</b>	01:13,92
200 flug	03:00,95	<b>02:57,40</b>	02:50,30
100 fjór	01:17,01	<b>01:15,50</b>	01:12,48
200 fjór	02:48,81	<b>02:45,50</b>	02:38,88
400 fjór	06:06,28	<b>05:59,10</b>	05:44,74

$$25 \text{ í } 50 = \frac{\text{Tími} + (\text{tími} * 2\%)}{00:27,40} \quad \text{2\%}$$

00:27,95

$$25 \text{ í } 16 = \frac{\text{Tími} - (\text{tími} * 4\%)}{00:27,40} \quad \text{4\%}$$

00:26,30