

Extramót SH 2015
Hafnarfjörður, 24. - 25.10.2015

Sundgrein 1

kvenna, 100m fjórsund

Opinn
Úrslitalistar

24.10.2015 - 10:00

ÍSL-met Opinn	1:01.55	Eygló Ósk Gústafsdóttir	Ægir	Doha (QAT)	4.12.2014
ÍSL-met 11 - 12	1:08.35				
ÍSL-met 13 - 14	1:06.64				
ÍSL-met 15 - 17	1:02.00				

EM25 2015 15 +: 1:05.28 / ÍM25 2015 : 1:14.19

Stig: FINA 2014

Sæti	F.ár		Tími	Stig	50m	100m	
Framtið							
1.	Kristín Helga Hákonardóttir	04	Breiðablik	1:23.33	327	38.02	45.31
2.	Herdís Viggósdóttir	04	KR	1:26.25	295	41.00	45.25
3.	Dagbjörg Hlíf Ólafsdóttir	05	SH	1:36.21	212	44.29	51.92
4.	Embla Karen Sævarsdóttir	04	Óðinn	1:37.96	201	46.11	51.85
5.	Guðbjörg Eyvindardóttir	04	SH	1:38.19	200	45.22	52.97
6.	Birta Rún Smáradóttir	04	Sunddeild Aftureldingar	1:38.21	200	45.26	52.95
7.	Marta Magnúsdóttir	05	KR	1:38.72	197	44.30	54.42
8.	Natalia Jónsdóttir	04	SH	1:41.94	178	47.52	54.42
9.	Hildur Valsdóttir	04	SH	1:42.26	177	51.50	50.76
ÓG.	Bríet Dalla Gunnarsdóttir	04	SH	1:37.50		44.26	53.24

P4 - Didn't touch the wall with both hands simultaneously and separated at turn/finish (SW 8.4)

Æskunnar

1.	Júlía Helga Högnadóttir	02	Ægir	1:17.54	406	36.21	41.33
2.	Ásgerður Jing Laufeyjardóttir	02	ÍA	1:18.52	391	37.20	41.32
3.	Fanney Lind Jóhannsdóttir	02	Ægir	1:18.91	385	36.93	41.98
4.	Regína Lilja Gunnlaugsdóttir	02	Breiðablik	1:19.45	378	36.53	42.92
5.	Sigurjóna Ragnheiðardóttir	03	Óðinn	1:20.06	369	36.46	43.60
6.	Rebekka Sif Ómarsdóttir	03	Óðinn	1:22.08	342	38.67	43.41
7.	Þórdís Anita Björnsdóttir	02	SH	1:23.45	326	38.20	45.25
8.	Una Hlynsdóttir	02	SH	1:23.74	322	39.24	44.50
9.	Elísabet Anna Ómarsdóttir	02	Óðinn	1:23.92	320	39.33	44.59
10.	Eva Sól Garðarsdóttir	03	Óðinn	1:24.27	316	39.03	45.24
11.	Aþena Arnarsdóttir	03	Óðinn	1:24.83	310	40.72	44.11
12.	Arna Ósk Jónsdóttir	02	ÍA	1:25.17	306	41.46	43.71
13.	Sandra Dögg Kristjánsdóttir	03	SH	1:26.08	297	1:26.08	
14.	Berglind Rún Traustadóttir	03	SH	1:27.05	287	39.34	47.71
15.	Hilda Bríet Bates Gústavsdóttir	03	SH	1:27.55	282	40.10	47.45
16.	Sóldís Ninja Helgadóttir	03	ÍA	1:27.56	282	39.77	47.79
17.	Áslaug Rún Rögnvaldsdóttir	02	SH	1:32.20	241	42.04	50.16
18.	Hekla María Arnardóttir	03	ÍA	1:34.59	224	45.07	49.52
19.	Sara Rut Sigurðardóttir	03	SH	1:35.05	220	44.97	50.08
20.	Diljá Dröfn Jóhannesdóttir	03	SH	1:35.80	215	44.45	51.35
21.	Lára Jakobína Gunnarsdóttir	03	ÍA	1:43.16	172	46.94	56.22

Unglinga

1.	Jóhanna Elín Guðmundsdóttir	01	SH	1:11.72	513	34.04	37.68
2.	Brynhildur Traustadóttir	01	ÍA	1:12.68	493		
3.	Sunna Svanlaug Vilhjálmsdóttir	00	SH	1:13.20	483	35.58	37.62
4.	Berglind Bjarnadóttir	01	Fjölnir	1:13.45	478	32.92	40.53
5.	Ragna Sigríður Ragnarsdóttir	01	Ármanns	1:13.98	468	34.36	39.62
6.	Ásta Kristín Jónsdóttir	00	Ármanns	1:14.11	465	32.38	41.73
7.	Alexandra Tómasdóttir	01	Óðinn	1:16.28	427	37.52	38.76
8.	Emilía Íris Brown	00	SH	1:16.51	423	35.05	41.46
9.	Rakel Guðjónsdóttir	00	Fjölnir	1:17.96	400	34.41	43.55
10.	Jóhanna Lan	01	Ægir	1:18.97	385	37.17	41.80
11.	Ólavía Klara Einarsdóttir	01	Óðinn	1:21.23	353	37.82	43.41
12.	Melkorka Assa Arnadóttir	01	SH	1:22.72	334	36.78	45.94
13.	Selma Gísladóttir	00	Breiðablik	1:23.93	320	39.94	43.99
14.	Guðrún Alma Atladóttir	01	SH	1:26.76	290	40.12	46.64

Extramót SH 2015
Hafnarfjörður, 24. - 25.10.2015

Sundgrein 1, Stúlkur, 100m fjórsund, Unglinga

Sæti	F.ár		Tími	Stig	50m	100m
15.	01	Sigríður Rögnvaldsóttir S14 Fjörður	1:51.96	135	53.64	58.32
Opinn						
1.	95	Eygló Ósk Gústafsdóttir Ægir	1:04.22	715	EM	
2.	99	Bryndís Bolladóttir Óðinn	1:09.21	571	32.10	37.11
3.	93	Karen Sif Vilhjálmsdóttir SH	1:09.88	555	32.96	36.92
4.	01	Jóhanna Elín Guðmundsdóttir SH	1:11.72	513	34.04	37.68
5.	96	Ásdís Birta Guðnadóttir SH	1:11.85	511	32.06	39.79
6.	99	Una Lára Lárusdóttir ÍA	1:12.28	502	32.44	39.84
7.	01	Brynhildur Traustadóttir ÍA	1:12.68	493		
8.	00	Sunna Svanlaug Vilhjálmsdóttir SH	1:13.20	483	35.58	37.62
9.	01	Berglind Bjarnadóttir Fjölpir	1:13.45	478	32.92	40.53
10.	98	Natalia Cecylia Wojdat SH	1:13.47	478	35.45	38.02
11.	01	Ragna Sigríður Ragnarsdóttir Ármanns	1:13.98	468	34.36	39.62
12.	00	Ásta Kristín Jónsdóttir Ármanns	1:14.11	465	32.38	41.73
13.	97	Sólrún Sigþórsdóttir ÍA	1:14.20	464	35.46	38.74
14.	94	Guðný Erna Bjarnadóttir SH	1:14.71	454	34.81	39.90
15.	99	Svanfríður Steingrímsdóttir ÍRB	1:15.07	448	36.38	38.69
16.	01	Alexandra Tómasdóttir Óðinn	1:16.28	427	37.52	38.76
17.	00	Emilía Íris Brown SH	1:16.51	423	35.05	41.46
18.	99	Embla Sólrún Einarsdóttir Óðinn	1:17.13	413	35.94	41.19
19.	02	Júlía Helga Högnadóttir Ægir	1:17.54	406	36.21	41.33
20.	00	Rakel Guðjónsdóttir Fjölpir	1:17.96	400	34.41	43.55
21.	02	Ásgerður Jíng Laufeyjardóttir ÍA	1:18.52	391	37.20	41.32
22.	02	Fanney Lind Jóhannsdóttir Ægir	1:18.91	385	36.93	41.98
23.	01	Jóhanna Lan Ægir	1:18.97	385	37.17	41.80
24.	02	Regína Lilja Gunnlaugsdóttir Breiðablik	1:19.45	378	36.53	42.92
25.	03	Sigurjóna Ragnheiðardóttir Óðinn	1:20.06	369	36.46	43.60
26.	97	Gunnlaug Margrét Ólafsdóttir Breiðablik	1:20.23	367	35.89	44.34
27.	01	Ólavía Klara Einarsdóttir Óðinn	1:21.23	353	37.82	43.41
28.	03	Rebekka Sif Ómarsdóttir Óðinn	1:22.08	342	38.67	43.41
29.	01	Melkorka Assa Arnadóttir SH	1:22.72	334	36.78	45.94
30.	04	Kristín Helga Hákonardóttir Breiðablik	1:23.33	327	38.02	45.31
31.	02	Þórdís Anita Björnsdóttir SH	1:23.45	326	38.20	45.25
32.	02	Una Hlynisdóttir SH	1:23.74	322	39.24	44.50
33.	02	Elísabet Anna Ómarsdóttir Óðinn	1:23.92	320	39.33	44.59
34.	00	Selma Gísladóttir Breiðablik	1:23.93	320	39.94	43.99
35.	03	Eva Sól Garðarsdóttir Óðinn	1:24.27	316	39.03	45.24
36.	98	Ástrós Saga Bjarkadóttir ÍA	1:24.56	313	36.66	47.90
37.	03	Þena Arnarsdóttir Óðinn	1:24.83	310	40.72	44.11
38.	02	Arna Ósk Jónsdóttir ÍA	1:25.17	306	41.46	43.71
39.	03	Sandra Dögg Kristjánsdóttir SH	1:26.08	297	1:26.08	
40.	04	Herdís Viggósdóttir KR	1:26.25	295	41.00	45.25
41.	01	Guðrún Alma Atladóttir SH	1:26.76	290	40.12	46.64
42.	03	Berglind Rún Traustadóttir SH	1:27.05	287	39.34	47.71
43.	03	Hilda Bríet Bates Gústavsdóttir SH	1:27.55	282	40.10	47.45
44.	03	Sóldís Ninja Helgadóttir ÍA	1:27.56	282	39.77	47.79
45.	02	Áslaug Rún Rögnvaldsdóttir SH	1:32.20	241	42.04	50.16
46.	03	Hekla María Arnadóttir ÍA	1:34.59	224	45.07	49.52
47.	03	Sara Rut Sigurðardóttir SH	1:35.05	220	44.97	50.08
48.	03	Diljá Dröfn Jóhannsdóttir SH	1:35.80	215	44.45	51.35
49.	05	Dagbjörg Hlíf Ólafsdóttir SH	1:36.21	212	44.29	51.92
50.	04	Embla Karen Sævarsdóttir Óðinn	1:37.96	201	46.11	51.85
51.	04	Guðbjörg Eyvindardóttir SH	1:38.19	200	45.22	52.97
52.	04	Birta Rún Smáradóttir Sunddeild Aftureldingar	1:38.21	200	45.26	52.95
53.	05	Marta Magnúsdóttir KR	1:38.72	197	44.30	54.42
54.	04	Natalia Jónsdóttir SH	1:41.94	178	47.52	54.42
55.	04	Hildur Valsdóttir SH	1:42.26	177	51.50	50.76
56.	03	Lára Jakobína Gunnarsdóttir ÍA	1:43.16	172	46.94	56.22
57.	01	Sigríður Rögnvaldsóttir S14 Fjörður	1:51.96	135	53.64	58.32

Extramót SH 2015
Hafnarfjörður, 24. - 25.10.2015

Sundgrein 1, kvenna, 100m fjórsund, Opinn

Sæti	F.ár	Tími	Stig	50m	100m
ÓG. Briet Dalla Gunnarsdóttir	04 SH	1:37.50		44.26	53.24
<i>P4 - Didn't touch the wall with both hands simultaneously and separated at turn/finish (SW 8.4)</i>					

Sundgrein 2

karla, 100m fjórsund

Opinn
Úrslitalistar

24.10.2015 - 10:15

ÍSL-met Opinn	54.30	Örn Arnarson	SH	Helsinki (FIN)	9.12.2006
ÍSL-met 11 - 12	1:08.71				
ÍSL-met 13 - 14	1:01.73				
ÍSL-met 15 - 17	56.09				

EM25 2015 15 +: 57.15 / ÍM25 2015 : 1:06.60

Stig: FINA 2014

Sæti	F.ár	Tími	Stig	50m	100m
Framtið					
1.	Tómas Magnússon	02 KR	1:14.12	320	32.85 41.27
2.	Björn Axel Agnarsson	02 Breiðablik	1:14.73	312	33.67 41.06
3.	Skúli Thor Ásgeirsson	02 Ægir	1:20.54	249	38.72 41.82
4.	Jónas Atli Pálsson	03 SH	1:24.85	213	38.94 45.91
5.	Logi Freyr Arnarsson	03 KR	1:25.29	210	38.79 46.50
6.	Hringur Birgir Kristinsson	04 Ægir	1:26.46	201	40.12 46.34
7.	Andri Stefánsson	04 SH	1:30.83	174	42.38 48.45
8.	Daníel Lúkas Tómasson	04 SH	1:33.46	159	44.69 48.77
9.	Dagur Snær Hilmarsson	03 SH	1:34.95	152	42.70 52.25
10.	Veigar Hrafn Sigbórsson	05 SH	1:35.35	150	44.19 51.16
11.	Snorri Dagur Einarsson	05 SH	1:36.43	145	46.15 50.28
12.	Edward Jensson	04 SH	1:39.22	133	44.63 54.59
13.	Hilmir Snær Lunddal Rúnarsson	03 SH	1:40.13	129	48.44 51.69
ÓG.	Birnir Freyr Hálfðánarsson	06 SH	1:30.05		41.87 48.18
<i>G2 - Starting before the start signal (SW 4.4)</i>					
ÓG.	Júlíus Karl Maier	02 SH	1:32.96		42.07 50.89
<i>B5 - Swimmer left breaststroke position, except at turn, aft. touching the wall (SW 7.2)</i>					

Æskunnar

1.	Jökull Ýmir Guðmundsson	00 SH	1:09.16	394	32.01 37.15
2.	Hafsteinn Ari Ágústsson	00 Ægir	1:09.23	393	32.59 36.64
3.	Kristján Gylfi Þórisson	00 Ægir	1:09.54	387	31.31 38.23
4.	Jón Tumi Dagsson	01 SH	1:09.76	384	33.39 36.37
5.	Baldur Logi Gautason	00 Óðinn	1:09.85	382	32.42 37.43
6.	Róbert Jónsson	01 SH	1:12.04	348	33.30 38.74
7.	Erlend Magnússon	01 ÍA	1:12.96	335	35.12 37.84
8.	Þorbjörn Andrason	01 KR	1:16.10	295	35.69 40.41
9.	Atli Gauti Ákason	01 KR	1:22.54	231	38.24 44.30
10.	Ragnar Þór Antonsson	01 Sunddeild Aftureldingar	1:27.09	197	
11.	Daníel Ingi Egilsson	00 SH	1:27.25	196	41.29 45.96
ÓG.	Natanael Bergmann Gunnarsson	01 ÍA	1:17.43		35.62 41.81
<i>B5 - Swimmer left breaststroke position, except at turn, aft. touching the wall (SW 7.2)</i>					
ÓG.	Leonardo Þór Williamsson	01 ÍA	1:29.18		36.66 52.52
<i>D8 - Didn't touch the wall at the finish while on the back position (SW 6.5)</i>					
ÓG.	Hallgrímur A Heimisson S14	00 Fjörður	2:12.77		1:05.97 1:06.80
<i>P2 - Movements of arms forward over or backward under the water wasn't simultaneously, acc. SW 8.5 (SW 8.2)</i>					

Unglinga

1.	Ólafur Sigurðsson	99 SH	1:02.82	526	30.24 32.58
2.	Daníel Andri Þórhallsson	98 Ægir	1:09.09	395	31.93 37.16
3.	Kristján Ari Heimisson	98 Breiðablik	1:09.13	394	32.94 36.19
4.	Hallgrímur Kjartansson	98 Breiðablik	1:09.58	387	33.26 36.32

Extramót SH 2015
Hafnarfjörður, 24. - 25.10.2015

Sundgrein 2, karla, 100m fjórsund

Opinn

1.	Kristinn Þórarinsson	96	Fjölir	57.93	670	26.52	31.41
2.	Viktor Máni Vilbergsson	92	SH	58.87	639	27.22	31.65
3.	Aron Örn Stefánsson	95	SH	59.27	626	27.24	32.03
4.	Hilmar Smári Jónsson	94	Fjölir	1:02.36	537	28.32	34.04
5.	Ólafur Sigurðsson	99	SH	1:02.82	526	30.24	32.58
6.	Jón Margeir Sverrisson	92	Fjölir	1:03.65	505	30.23	33.42
7.	Sveinbjörn Pálmi Karlsson	95	Breiðablik	1:04.30	490	29.62	34.68
8.	Sævar Berg Sigurðsson	95	ÍA	1:06.00	453	31.68	34.32
9.	Daníel Andri Þórhallsson	98	Ægir	1:09.09	395	31.93	37.16
10.	Kristján Ari Heimisson	98	Breiðablik	1:09.13	394	32.94	36.19
11.	Jökull Ýmir Guðmundsson	00	SH	1:09.16	394	32.01	37.15
12.	Hafsteinn Ari Ágústsson	00	Ægir	1:09.23	393	32.59	36.64
13.	Kristján Gylfi Þórisson	00	Ægir	1:09.54	387	31.31	38.23
14.	Hallgrímur Kjartansson	98	Breiðablik	1:09.58	387	33.26	36.32
15.	Jón Tumi Dagsson	01	SH	1:09.76	384	33.39	36.37
16.	Baldur Logi Gautason	00	Óðinn	1:09.85	382	32.42	37.43
17.	Róbert Jónsson	01	SH	1:12.04	348	33.30	38.74
18.	Erlend Magnússon	01	ÍA	1:12.96	335	35.12	37.84
19.	Tómas Magnússon	02	KR	1:14.12	320	32.85	41.27
20.	Björn Axel Agnarsson	02	Breiðablik	1:14.73	312	33.67	41.06
21.	Þorbjörn Andrason	01	KR	1:16.10	295	35.69	40.41
22.	Ragnar Ingi Magnússon	92	SH	1:16.27	293	33.75	42.52
23.	Skúli Thor Ásgeirsson	02	Ægir	1:20.54	249	38.72	41.82
24.	Atli Gauti Ákason	01	KR	1:22.54	231	38.24	44.30
25.	Jónas Atli Pálsson	03	SH	1:24.85	213	38.94	45.91
26.	Logi Freyr Arnarsson	03	KR	1:25.29	210	38.79	46.50
27.	Hringur Birgir Kristinsson	04	Ægir	1:26.46	201	40.12	46.34
28.	Ragnar Þór Antonsson	01	Sunddeild Aftureldingar	1:27.09	197		
29.	Daníel Ingi Egilsson	00	SH	1:27.25	196	41.29	45.96
30.	Andri Stefánsson	04	SH	1:30.83	174	42.38	48.45
31.	Daníel Lúkas Tómasson	04	SH	1:33.46	159	44.69	48.77
32.	Dagur Snær Hilmarsson	03	SH	1:34.95	152	42.70	52.25
33.	Veigar Hrafn Sigþórsson	05	SH	1:35.35	150	44.19	51.16
34.	Snorri Dagur Einarsson	05	SH	1:36.43	145	46.15	50.28
35.	Edward Jensson	04	SH	1:39.22	133	44.63	54.59
36.	Hilmir Snær Lunddal Rúnarsson	03	SH	1:40.13	129	48.44	51.69
37.	Hjörtur M Ingvarsson S6	95	Fjörður	1:47.38	105	50.95	56.43
ÓG.	Natanael Bergmann Gunnarsson	01	ÍA	1:17.43		35.62	41.81
	<i>B5 - Swimmer left breaststroke position, except at turn, aft. touching the wall (SW 7.2)</i>						
ÓG.	Leonardo Þór Williamsson	01	ÍA	1:29.18		36.66	52.52
	<i>D8 - Didn't touch the wall at the finish while on the back position (SW 6.5)</i>						
ÓG.	Birnir Freyr Hálfðánarsson	06	SH	1:30.05		41.87	48.18
	<i>G2 - Starting before the start signal (SW 4.4)</i>						
ÓG.	Július Karl Maier	02	SH	1:32.96		42.07	50.89
	<i>B5 - Swimmer left breaststroke position, except at turn, aft. touching the wall (SW 7.2)</i>						
ÓG.	Hallgrímur A Heimisson S14	00	Fjörður	2:12.77		1:05.97	1:06.80
	<i>P2 - Movements of arms forward over or backward under the water wasn't simultaneously, acc. SW 8.5 (SW 8.2)</i>						

Extramót SH 2015
Hafnarfjörður, 24. - 25.10.2015

Sundgrein 3
24.10.2015 - 10:30

kvenna, 800m skriðsund

Opinn
Úrslitalistar

ÍSL-met Opinn	8:38.79	Inga Elín Cryer	Ægir	Doha (QAT)	4.12.2014
ÍSL-met 11 - 12	9:33.04				
ÍSL-met 13 - 14	8:52.21				
ÍSL-met 15 - 17	8:46.57				

EM25 2015 15 +: 8:48.98 / NM 2015 17 +: 9:03.03; 15 - 16: 9:17.57; 13 - 14: 9:28.47 / ÍM25 2015 : 10:25.67

Stig: FINA 2014

Sæti			F.ár					Tími	Stig
Unglinga									
1.	Katarína Róbertsdóttir		00	SH				9:28.58	599
	100m: 1:06.79	1:06.79	300m: 3:31.76	1:13.20	500m: 5:56.00	1:11.97	700m: 8:19.77	1:11.89	
	200m: 2:18.56	1:11.77	400m: 4:44.03	1:12.27	600m: 7:07.88	1:11.88	800m: 9:28.58	1:08.81	
2.	Embla Sól Garðarsdóttir		01	Óðinn				10:02.51	503
	100m: 1:09.81	1:09.81	300m: 3:41.51	1:16.75	500m: 6:15.28	1:16.88	700m: 8:49.02	1:16.84	
	200m: 2:24.76	1:14.95	400m: 4:58.40	1:16.89	600m: 7:32.18	1:16.90	800m: 10:02.51	1:13.49	
3.	Líf Þrastardóttir		00	Breiðablik				10:04.07	499
	100m: 1:06.96	1:06.96	300m: 3:37.01	1:16.26	500m: 6:12.41	1:17.56	700m: 8:48.29	1:17.99	
	200m: 2:20.75	1:13.79	400m: 4:54.85	1:17.84	600m: 7:30.30	1:17.89	800m: 10:04.07	1:15.78	
4.	Ingibjörg Erl Garðarsdóttir		00	Ægir				10:04.78	497
	100m: 1:09.74	1:09.74	300m: 3:41.86	1:16.93	500m: 6:15.61	1:16.67	700m: 8:49.85	1:17.38	
	200m: 2:24.93	1:15.19	400m: 4:58.94	1:17.08	600m: 7:32.47	1:16.86	800m: 10:04.78	1:14.93	
5.	Þórkatla Björg Ómarsdóttir		01	Óðinn				10:05.51	496
	100m: 1:11.30	1:11.30	300m: 3:44.55	1:16.93	500m: 6:16.41	1:16.31	700m: 8:51.35	1:17.82	
	200m: 2:27.62	1:16.32	400m: 5:00.10	1:15.55	600m: 7:33.53	1:17.12	800m: 10:05.51	1:14.16	
6.	Klara Sif Sverrisdóttir		00	Breiðablik				10:18.03	466
	100m: 1:13.74	1:13.74	300m: 3:50.86	1:18.74	500m: 6:27.40	1:18.29	700m: 9:02.75	1:17.96	
	200m: 2:32.12	1:18.38	400m: 5:09.11	1:18.25	600m: 7:44.79	1:17.39	800m: 10:18.03	1:15.28	
7.	Adele Alexandra Pálsson		03	SH				10:26.06	448
	100m: 1:12.78	1:12.78	300m: 3:50.62	1:19.28	500m: 6:29.51	1:19.89	700m: 9:09.56	1:20.16	
	200m: 2:31.34	1:18.56	400m: 5:09.62	1:19.00	600m: 7:49.40	1:19.89	800m: 10:26.06	1:16.50	
8.	Gabriela Rut Vale		00	Ægir				10:26.84	447
	100m: 1:09.79	1:09.79	300m: 3:46.96	1:19.12	500m: 6:28.25	1:20.95	700m: 9:08.44	1:19.58	
	200m: 2:27.84	1:18.05	400m: 5:07.30	1:20.34	600m: 7:48.86	1:20.61	800m: 10:26.84	1:18.40	
9.	Ylfa Finnbogadóttir		02	SH				10:27.57	445
	100m: 1:14.02	1:14.02	300m: 3:51.83	1:19.53	500m: 6:30.60	1:20.40	700m: 9:10.07	1:19.61	
	200m: 2:32.30	1:18.28	400m: 5:10.20	1:18.37	600m: 7:50.46	1:19.86	800m: 10:27.57	1:17.50	
10.	Belinda Cardew		00	Breiðablik				10:27.80	445
	100m: 1:14.33	1:14.33	300m: 3:52.28		500m: 6:30.40	1:18.91	700m: 9:10.40	1:20.79	
	200m:		400m: 5:11.49	1:19.21	600m: 7:49.61	1:19.21	800m: 10:27.80	1:17.40	
11.	María Arnarsdóttir		02	Óðinn				10:28.92	442
	100m: 1:13.46	1:13.46	300m: 3:51.38	1:19.35	500m: 6:31.24	1:19.04	700m: 9:10.33	1:19.96	
	200m: 2:32.03	1:18.57	400m: 5:12.20	1:20.82	600m: 7:50.37	1:19.13	800m: 10:28.92	1:18.59	
12.	Ágústa Bergrós Jakobsdóttir		02	Ármanns				10:36.13	427
	100m: 1:16.67	1:16.67	300m: 3:58.14	1:20.97	500m: 6:37.78	1:19.62	700m: 9:18.74	1:21.31	
	200m: 2:37.17	1:20.50	400m: 5:18.16	1:20.02	600m: 7:57.43	1:19.65	800m: 10:36.13	1:17.39	
13.	Þórdís Anita Björnsdóttir		02	SH				10:37.38	425
	100m: 1:14.61	1:14.61	300m: 3:56.15	1:20.64	500m: 6:39.23	1:21.94	700m: 9:20.40	1:19.61	
	200m: 2:35.51	1:20.90	400m: 5:17.29	1:21.14	600m: 8:00.79	1:21.56	800m: 10:37.38	1:16.98	
14.	Kristín Ylfa Guðmundsdóttir		02	SH				10:40.10	419
	100m: 1:14.30	1:14.30	300m: 3:55.80	1:20.95	500m: 6:38.88	1:22.40	700m: 9:20.92	1:20.16	
	200m: 2:34.85	1:20.55	400m: 5:16.48	1:20.68	600m: 8:00.76	1:21.88	800m: 10:40.10	1:19.18	
15.	Jóhanna Alba Martel		00	Ármanns				10:42.02	416
	100m: 1:13.47	1:13.47	300m: 3:54.70	1:21.47	500m: 6:39.42	1:22.55	700m: 9:23.96	1:22.73	
	200m: 2:33.23	1:19.76	400m: 5:16.87	1:22.17	600m: 8:01.23	1:21.81	800m: 10:42.02	1:18.06	

Extramót SH 2015
Hafnarfjörður, 24. - 25.10.2015

Sundgrein 3, Stúlkur, 800m skriðsund, Unglinga

Sæti			F.ár				Tími	Stig
16.	Heiður Kristín Sigurgeirsdóttir	01	Ármanns				10:42.24	415
	100m: 1:14.67	1:14.67	300m: 3:56.48	1:21.25	500m: 6:39.46	1:21.82	700m: 9:23.56	1:21.71
	200m: 2:35.23	1:20.56	400m: 5:17.64	1:21.16	600m: 8:01.85	1:22.39	800m: 10:42.24	1:18.68
17.	Þura Snorradóttir	03	Óðinn				10:46.65	407
	100m: 1:15.76	1:15.76	300m: 3:59.89	1:22.74	500m: 6:45.74	1:22.81	700m: 9:28.13	1:21.52
	200m: 2:37.15	1:21.39	400m: 5:22.93	1:23.04	600m: 8:06.61	1:20.87	800m: 10:46.65	1:18.52
18.	Þorgerður Ósk Jónsdóttir	03	SH				11:05.51	373
	100m: 1:17.46	1:17.46	300m: 4:04.92	1:24.60	500m: 6:54.95	1:25.06	700m: 9:43.37	1:24.48
	200m: 2:40.32	1:22.86	400m: 5:29.89	1:24.97	600m: 8:18.89	1:23.94	800m: 11:05.51	1:22.14
19.	Svava Björg Lárusdóttir	03	Ármanns				11:26.57	340
	100m:		300m: 4:15.44	1:25.98	500m: 7:09.73	1:27.02	700m: 10:05.25	1:27.39
	200m: 2:49.46		400m: 5:42.71	1:27.27	600m: 8:37.86	1:28.13	800m: 11:26.57	1:21.32
20.	Kristína Bragadóttir	00	Ármanns				11:36.87	325
	100m: 1:21.08	1:21.08	300m: 4:15.63	1:27.92	500m: 7:12.76	1:28.69	700m: 10:11.22	1:29.93
	200m: 2:47.71	1:26.63	400m: 5:44.07	1:28.44	600m: 8:41.29	1:28.53	800m: 11:36.87	1:25.65
21.	Sóldís Ninja Helgadóttir	03	ÍA				12:07.75	285
	100m: 1:24.03	1:24.03	300m: 4:30.40	1:34.13	500m: 7:37.99	1:33.68	700m: 10:41.00	1:31.32
	200m: 2:56.27	1:32.24	400m: 6:04.31	1:33.91	600m: 9:09.68	1:31.69	800m: 12:07.75	1:26.75

Opinn

1.	Katarína Róbertsdóttir	00	SH				9:28.58	599
	100m: 1:06.79	1:06.79	300m: 3:31.76	1:13.20	500m: 5:56.00	1:11.97	700m: 8:19.77	1:11.89
	200m: 2:18.56	1:11.77	400m: 4:44.03	1:12.27	600m: 7:07.88	1:11.88	800m: 9:28.58	1:08.81
2.	Embla Sól Garðarsdóttir	01	Óðinn				10:02.51	503
	100m: 1:09.81	1:09.81	300m: 3:41.51	1:16.75	500m: 6:15.28	1:16.88	700m: 8:49.02	1:16.84
	200m: 2:24.76	1:14.95	400m: 4:58.40	1:16.89	600m: 7:32.18	1:16.90	800m: 10:02.51	1:13.49
3.	Líf Þrastardóttir	00	Breiðablik				10:04.07	499
	100m: 1:06.96	1:06.96	300m: 3:37.01	1:16.26	500m: 6:12.41	1:17.56	700m: 8:48.29	1:17.99
	200m: 2:20.75	1:13.79	400m: 4:54.85	1:17.84	600m: 7:30.30	1:17.89	800m: 10:04.07	1:15.78
4.	Ingibjörg Erl Garðarsdóttir	00	Ægir				10:04.78	497
	100m: 1:09.74	1:09.74	300m: 3:41.86	1:16.93	500m: 6:15.61	1:16.67	700m: 8:49.85	1:17.38
	200m: 2:24.93	1:15.19	400m: 4:58.94	1:17.08	600m: 7:32.47	1:16.86	800m: 10:04.78	1:14.93
5.	Þórkatla Björg Ómarsdóttir	01	Óðinn				10:05.51	496
	100m: 1:11.30	1:11.30	300m: 3:44.55	1:16.93	500m: 6:16.41	1:16.31	700m: 8:51.35	1:17.82
	200m: 2:27.62	1:16.32	400m: 5:00.10	1:15.55	600m: 7:33.53	1:17.12	800m: 10:05.51	1:14.16
6.	Klara Sif Sverrisdóttir	00	Breiðablik				10:18.03	466
	100m: 1:13.74	1:13.74	300m: 3:50.86	1:18.74	500m: 6:27.40	1:18.29	700m: 9:02.75	1:17.96
	200m: 2:32.12	1:18.38	400m: 5:09.11	1:18.25	600m: 7:44.79	1:17.39	800m: 10:18.03	1:15.28
7.	Rebekka Ýr Guðbjörnsdóttir	99	Ægir				10:23.94	453
	100m: 1:13.19	1:13.19	300m: 3:48.78	1:18.34	500m: 6:25.80	1:18.50	700m: 9:04.59	1:19.55
	200m: 2:30.44	1:17.25	400m: 5:07.30	1:18.52	600m: 7:45.04	1:19.24	800m: 10:23.94	1:19.35
8.	Adele Alexandra Pálsson	03	SH				10:26.06	448
	100m: 1:12.78	1:12.78	300m: 3:50.62	1:19.28	500m: 6:29.51	1:19.89	700m: 9:09.56	1:20.16
	200m: 2:31.34	1:18.56	400m: 5:09.62	1:19.00	600m: 7:49.40	1:19.89	800m: 10:26.06	1:16.50
9.	Gabriela Rut Vale	00	Ægir				10:26.84	447
	100m: 1:09.79	1:09.79	300m: 3:46.96	1:19.12	500m: 6:28.25	1:20.95	700m: 9:08.44	1:19.58
	200m: 2:27.84	1:18.05	400m: 5:07.30	1:20.34	600m: 7:48.86	1:20.61	800m: 10:26.84	1:18.40
10.	Ylfa Finnbogadóttir	02	SH				10:27.57	445
	100m: 1:14.02	1:14.02	300m: 3:51.83	1:19.53	500m: 6:30.60	1:20.40	700m: 9:10.07	1:19.61
	200m: 2:32.30	1:18.28	400m: 5:10.20	1:18.37	600m: 7:50.46	1:19.86	800m: 10:27.57	1:17.50
11.	Belinda Cardew	00	Breiðablik				10:27.80	445
	100m: 1:14.33	1:14.33	300m: 3:52.28		500m: 6:30.40	1:18.91	700m: 9:10.40	1:20.79
	200m:		400m: 5:11.49	1:19.21	600m: 7:49.61	1:19.21	800m: 10:27.80	1:17.40

Extramót SH 2015
Hafnarfjörður, 24. - 25.10.2015

Sundgrein 3, kvenna, 800m skriðsund, Opinn

Sæti	F.ár								Tími	Stig		
12.	María Arnarsdóttir								10:28.92	442		
	100m:	1:13.46	1:13.46	300m:	3:51.38	1:19.35	500m:	6:31.24	1:19.04	700m:	9:10.33	1:19.96
	200m:	2:32.03	1:18.57	400m:	5:12.20	1:20.82	600m:	7:50.37	1:19.13	800m:	10:28.92	1:18.59
13.	Aníta Ósk Hrafnadóttir								10:31.28	437		
	100m:	1:14.06	1:14.06	300m:	3:53.84	1:20.13	500m:	6:33.17	1:19.39	700m:	9:12.80	1:19.84
	200m:	2:33.71	1:19.65	400m:	5:13.78	1:19.94	600m:	7:52.96	1:19.79	800m:	10:31.28	1:18.48
14.	Ágústa Bergrós Jakobsdóttir								10:36.13	427		
	100m:	1:16.67	1:16.67	300m:	3:58.14	1:20.97	500m:	6:37.78	1:19.62	700m:	9:18.74	1:21.31
	200m:	2:37.17	1:20.50	400m:	5:18.16	1:20.02	600m:	7:57.43	1:19.65	800m:	10:36.13	1:17.39
15.	Þórdís Anita Björnsdóttir								10:37.38	425		
	100m:	1:14.61	1:14.61	300m:	3:56.15	1:20.64	500m:	6:39.23	1:21.94	700m:	9:20.40	1:19.61
	200m:	2:35.51	1:20.90	400m:	5:17.29	1:21.14	600m:	8:00.79	1:21.56	800m:	10:37.38	1:16.98
16.	Kristín Ylfa Guðmundsdóttir								10:40.10	419		
	100m:	1:14.30	1:14.30	300m:	3:55.80	1:20.95	500m:	6:38.88	1:22.40	700m:	9:20.92	1:20.16
	200m:	2:34.85	1:20.55	400m:	5:16.48	1:20.68	600m:	8:00.76	1:21.88	800m:	10:40.10	1:19.18
17.	Jóhanna Alba Martel								10:42.02	416		
	100m:	1:13.47	1:13.47	300m:	3:54.70	1:21.47	500m:	6:39.42	1:22.55	700m:	9:23.96	1:22.73
	200m:	2:33.23	1:19.76	400m:	5:16.87	1:22.17	600m:	8:01.23	1:21.81	800m:	10:42.02	1:18.06
18.	Heiður Kristín Sigurgeirsdóttir								10:42.24	415		
	100m:	1:14.67	1:14.67	300m:	3:56.48	1:21.25	500m:	6:39.46	1:21.82	700m:	9:23.56	1:21.71
	200m:	2:35.23	1:20.56	400m:	5:17.64	1:21.16	600m:	8:01.85	1:22.39	800m:	10:42.24	1:18.68
19.	Þóra Snorradóttir								10:46.65	407		
	100m:	1:15.76	1:15.76	300m:	3:59.89	1:22.74	500m:	6:45.74	1:22.81	700m:	9:28.13	1:21.52
	200m:	2:37.15	1:21.39	400m:	5:22.93	1:23.04	600m:	8:06.61	1:20.87	800m:	10:46.65	1:18.52
20.	Þorgerður Ósk Jónsdóttir								11:05.51	373		
	100m:	1:17.46	1:17.46	300m:	4:04.92	1:24.60	500m:	6:54.95	1:25.06	700m:	9:43.37	1:24.48
	200m:	2:40.32	1:22.86	400m:	5:29.89	1:24.97	600m:	8:18.89	1:23.94	800m:	11:05.51	1:22.14
21.	Svava Björg Lárusdóttir								11:26.57	340		
	100m:			300m:	4:15.44	1:25.98	500m:	7:09.73	1:27.02	700m:	10:05.25	1:27.39
	200m:	2:49.46		400m:	5:42.71	1:27.27	600m:	8:37.86	1:28.13	800m:	11:26.57	1:21.32
22.	Kristína Bragadóttir								11:36.87	325		
	100m:	1:21.08	1:21.08	300m:	4:15.63	1:27.92	500m:	7:12.76	1:28.69	700m:	10:11.22	1:29.93
	200m:	2:47.71	1:26.63	400m:	5:44.07	1:28.44	600m:	8:41.29	1:28.53	800m:	11:36.87	1:25.65
23.	Sóldís Ninja Helgadóttir								12:07.75	285		
	100m:	1:24.03	1:24.03	300m:	4:30.40	1:34.13	500m:	7:37.99	1:33.68	700m:	10:41.00	1:31.32
	200m:	2:56.27	1:32.24	400m:	6:04.31	1:33.91	600m:	9:09.68	1:31.69	800m:	12:07.75	1:26.75

Extramót SH 2015
Hafnarfjörður, 24. - 25.10.2015

Sundgrein 4

24.10.2015 - 11:05

karla, 200m skriðsund

Opinn
Úrslitalistar

ÍSL-met Opinn	1:46.72	Örn Arnarson	SH	Lissabon (POR)	16.3.2013
ÍSL-met 11 - 12	2:15.01				
ÍSL-met 13 - 14	1:57.42				
ÍSL-met 15 - 17	1:48.65				

EM25 2015 15 +: 1:51.10 / NM 2015 18 +: 1:55.31; 16 - 17: 1:57.04; 14 - 15: 1:59.39 / ÍM25 2015 : 2:14.99

Stig: FINA 2014

Sæti	F.ár		Tími	Stig	50m	100m	150m	200m	
Framtið									
1.	Björn Axel Agnarsson	02	Breiðablik	2:25.64	317	32.04	37.61	37.74	38.25
2.	Róbert Andri Pálmason	02	Ármanns	2:28.42	300	33.20	37.53	39.15	38.54
3.	Daði Björnsson	04	SH	2:35.54	260	33.97	40.35	38.77	42.45
4.	Vikar Máni Þórsson	02	Fjölínir	2:36.68	255			40.56	39.40
5.	Ólafur Breki Guðnason	03	Ægir	2:36.88	254	35.69	40.32	41.66	39.21
6.	Jónas Atli Pálsson	03	SH	2:38.00	248	35.04	39.29	42.67	41.00
7.	Enrique Snær Llorens	02	ÍA	2:47.46	208	37.61	42.28	44.71	42.86
8.	Runólfur Þorláksson	02	Ármanns	2:49.29	202	36.66	44.17		
9.	Júlíus Karl Maier	02	SH	2:50.67	197	38.64	43.96	45.48	42.59
10.	Dagur Snær Hilmarsson	03	SH	2:56.55	178	39.24	46.88	46.62	43.81
11.	Daníel Lúkas Tómasson	04	SH	2:58.85	171	42.19	47.59	46.23	42.84
12.	Andri Stefánsson	04	SH	3:00.71	166	42.09	48.04	46.91	43.67
13.	H. Lunddal Rúnarsson	03	SH	3:09.36	144	42.98	50.01	49.22	47.15
14.	Veigar Hrafn Sigþórsson	05	SH	3:11.76	139	43.83	50.75	48.38	48.80
15.	Snorri Dagur Einarsson	05	SH	3:12.38	137	44.72	49.24	50.38	48.04
16.	Sigurður Þráinn Sigurðsson	02	Sunddeild Aftureldingar	3:14.05	134	43.31	49.76	51.36	49.62
17.	Edward Jensson	04	SH	3:19.76	123	44.45	50.66	52.76	51.89
18.	Andri Már Kristjánsson	06	SH	3:25.62	112	48.41	54.76	49.48	52.97
19.	Bergur Fáfur Bjarnason	06	SH	3:35.28	98	46.85	56.88	56.11	55.44

Æskunnar

1.	Kári Sölvi Nielsen	00	SH	2:05.02	502	29.15	32.09	32.21	31.57
2.	Bjartur Þórhallsson	00	Ægir	2:05.83	492	28.75	32.04	32.67	32.37
3.	Hákon Alexander Magnússon	00	Óðinn	2:17.86	374	31.29	35.45	36.17	34.95
4.	Snævar Atli Halldórsson	00	Óðinn	2:18.03	373	31.42	34.78	33.83	38.00
5.	Sindri Andreas Bjarnason	01	ÍA	2:18.63	368	31.50	34.93	36.30	35.90
6.	Benedikt Frank Pálmason	01	Ármanns	2:20.35	354	32.03	35.56	36.49	36.27
7.	Jón Klausen	00	Ármanns	2:20.77	351	32.77	37.32	37.19	33.49
8.	Róbert Jónsson	01	SH	2:20.92	350	31.48			35.84
9.	N. Gunnarsson	01	ÍA	2:25.92	315	31.12	36.78	39.79	38.23
10.	Hafsteinn Hákonarson	00	Fjölínir	2:26.31	313	32.44	36.76	39.64	37.47
11.	Guðmundur Kristinn Húnfjörð	00	Breiðablik	2:33.69	270	33.93	38.94	41.38	39.44
12.	Leonardo Þór Williamsson	01	ÍA	2:39.11	243	34.68	40.35	42.20	41.88
13.	Daníel Ingi Egilsson	00	SH	2:44.15	221	37.02	41.13	43.71	42.29
14.	Ragnar Þór Antonsson	01	Sunddeild Aftureldingar	2:44.94	218	35.17	41.32	44.85	43.60
15.	Óðinn Birnir Waguespack	01	KR	2:53.49	187	37.72	44.10	46.76	44.91
ÓG.	Jón Tumi Dagsson	01	SH	2:17.80		30.94	33.59	35.43	37.84

G2 - Starting before the start signal (SW 4.4)

Unglinga

1.	Ólafur Carl Granz	98	Ægir	2:12.93	417	30.16	33.52	35.14	34.11
2.	Óskar Gauti Lund	99	Breiðablik	2:18.00	373	30.84	35.41	35.98	35.77
3.	Davíð Þór Torfason	98	Fjölínir	2:19.67	360	31.88	36.20	37.03	34.56
4.	Jón Goði Ingvarsson	99	Sunddeild Aftureldingar	2:22.04	342	31.37	34.71	36.91	39.05

Extramót SH 2015
Hafnarfjörður, 24. - 25.10.2015

Sundgrein 4, karla, 200m skriðsund

Opinn

1.	Daniel Hannes Pálsson	95	Fjölur	1:55.75	632	26.82	29.82	29.92	29.19
2.	Birkir Snær Helgason	94	Ægir	1:56.01	628	26.94	29.95	30.03	29.09
3.	Hafþór Jón Sigurðsson	97	SH	1:58.95	583	27.06	30.18	31.20	30.51
4.	Huginn Hilmarsson	95	Breiðablik	1:59.36	577	27.57	30.06	31.44	30.29
5.	Alexander Jóhannesson	92	KR	2:04.57	507	25.19	32.88	32.73	33.77
6.	Kári Sölvi Nielsen	00	SH	2:05.02	502	29.15	32.09	32.21	31.57
7.	Bjartur Þórhallsson	00	Ægir	2:05.83	492	28.75	32.04	32.67	32.37
8.	Ólafur Carl Granz	98	Ægir	2:12.93	417	30.16	33.52	35.14	34.11
9.	Hákon Alexander Magnússon	00	Óðinn	2:17.86	374	31.29	35.45	36.17	34.95
10.	Óskar Gauti Lund	99	Breiðablik	2:18.00	373	30.84	35.41	35.98	35.77
11.	Snævar Atli Halldórsson	00	Óðinn	2:18.03	373	31.42	34.78	33.83	38.00
12.	Sindri Andreas Bjarnason	01	ÍA	2:18.63	368	31.50	34.93	36.30	35.90
13.	Davíð Þór Torfason	98	Fjölur	2:19.67	360	31.88	36.20	37.03	34.56
14.	Benedikt Frank Pálmason	01	Ármanns	2:20.35	354	32.03	35.56	36.49	36.27
15.	Jón Klausen	00	Ármanns	2:20.77	351	32.77	37.32	37.19	33.49
16.	Róbert Jónsson	01	SH	2:20.92	350	31.48			35.84
17.	Jón Goði Ingvarsson	99	Sunddeild Aftureldingar	2:22.04	342	31.37	34.71	36.91	39.05
18.	G. Hákon Hermannsson	93	KR	2:25.18	320	33.37	37.22	37.88	36.71
19.	Björn Axel Agnarsson	02	Breiðablik	2:25.64	317	32.04	37.61	37.74	38.25
20.	N. Gunnarsson	01	ÍA	2:25.92	315	31.12	36.78	39.79	38.23
21.	Hafsteinn Hákonarson	00	Fjölur	2:26.31	313	32.44	36.76	39.64	37.47
22.	Róbert Andri Pálmason	02	Ármanns	2:28.42	300	33.20	37.53	39.15	38.54
23.	Guðmundur Kristinn Húnfjörður	00	Breiðablik	2:33.69	270	33.93	38.94	41.38	39.44
24.	Daði Björnsson	04	SH	2:35.54	260	33.97	40.35	38.77	42.45
25.	Vikar Máni Þórsson	02	Fjölur	2:36.68	255			40.56	39.40
26.	Ólafur Breki Guðnason	03	Ægir	2:36.88	254	35.69	40.32	41.66	39.21
27.	Jónas Atli Pálsson	03	SH	2:38.00	248	35.04	39.29	42.67	41.00
28.	Leonardo Þór Williamsson	01	ÍA	2:39.11	243	34.68	40.35	42.20	41.88
29.	Daníel Ingi Egilsson	00	SH	2:44.15	221	37.02	41.13	43.71	42.29
30.	Ragnar Þór Antonsson	01	Sunddeild Aftureldingar	2:44.94	218	35.17	41.32	44.85	43.60
31.	Enrique Snær Llorens	02	ÍA	2:47.46	208	37.61	42.28	44.71	42.86
32.	Runólfur Þorláksson	02	Ármanns	2:49.29	202	36.66	44.17		
33.	Júlíus Karl Maier	02	SH	2:50.67	197	38.64	43.96	45.48	42.59
34.	Óðinn Birnir Waguespack	01	KR	2:53.49	187	37.72	44.10	46.76	44.91
35.	Dagur Snær Hilmarsson	03	SH	2:56.55	178	39.24	46.88	46.62	43.81
36.	Daníel Lúkas Tómasson	04	SH	2:58.85	171	42.19	47.59	46.23	42.84
37.	Andri Stefánsson	04	SH	3:00.71	166	42.09	48.04	46.91	43.67
38.	H. Lunnald Rúnarsson	03	SH	3:09.36	144	42.98	50.01	49.22	47.15
39.	Veigar Hrafn Sigþórsson	05	SH	3:11.76	139	43.83	50.75	48.38	48.80
40.	Snorri Dagur Einarsson	05	SH	3:12.38	137	44.72	49.24	50.38	48.04
41.	Sigurður Þráinn Sigurðsson	02	Sunddeild Aftureldingar	3:14.05	134	43.31	49.76	51.36	49.62
42.	Edward Jensson	04	SH	3:19.76	123	44.45	50.66	52.76	51.89
43.	Andri Már Kristjánsson	06	SH	3:25.62	112	48.41	54.76	49.48	52.97
44.	Bergur Fáfur Bjarnason	06	SH	3:35.28	98	46.85	56.88	56.11	55.44
ÓG.	Jón Tumi Dagsson	01	SH	2:17.80		30.94	33.59	35.43	37.84

G2 - Starting before the start signal (SW 4.4)

Extramót SH 2015
Hafnarfjörður, 24. - 25.10.2015

Sundgrein 5 kvenna, 50m baksund Opinn
24.10.2015 - 11:20 Úrslitalistar

ÍSL-met Opinn	27.45	Ingibjörg Kristín Jónsdóttir	SH	Szczecin (POL)	10.12.2011
ÍSL-met 11 - 12	32.21				
ÍSL-met 13 - 14	30.04				
ÍSL-met 15 - 17	28.23				

EM25 2015 15 +: 28.89 / NM 2015 17 +: 29.94; 15 - 16: 30.39; 13 - 14: 31.00 / ÍM25 2015 : 35.08

Stig: FINA 2014

Sæti	F.ár		Tími	Stig
Unglinga				
1.	00	Ásta Kristín Jónsdóttir	32.67	486
2.	00	Rakel Guðjónsdóttir	33.07	469
3.	00	Aþena Karaolani	33.86	437
4.	01	Berglind Bjarnadóttir	34.28	421
5.	00	Telma Brá Gunnarsdóttir	34.48	414
6.	01	Melkorka Assa Arnadóttir	35.51	379
7.	01	Ragna Sigríður Ragnarsdóttir	35.68	373
8.	01	Eyrún Sigþórsdóttir	35.78	370
9.	01	Alexandra Tómasdóttir	36.04	362
10.	01	Jóhanna Lan	36.30	354
11.	02	Una Margrét Reynisdóttir	36.55	347
12.	00	Guðrún Ásta Þórarinsdóttir	36.81	340
13.	02	Ásgerður Jing Laufeyjardóttir	36.91	337
14.	03	Eva Sól Garðarsdóttir	37.63	318
15.	03	Sigurjóna Ragnheiðardóttir	38.04	308
16.	00	Droplaug María Hafliðadóttir	38.46	298
17.	03	Aþena Arnarsdóttir	39.14	283
18.	03	Rebekka Sif Ómarsdóttir	39.78	269
19.	00	Hugrún Alma Halldórsdóttir	39.98	265
20.	01	Sigríður Rögnvaldsóttir S14	50.62	130

Opinn

1.	96	Steingerður Hauksdóttir	30.61	591
2.	96	Ásdís Birta Guðnadóttir	31.82	526
3.	99	Una Lára Lárusdóttir	31.98	518
4.	97	Athena Neve Leex	32.27	505
5.	99	Bryndís Bolladóttir	32.29	504
6.	00	Ásta Kristín Jónsdóttir	32.67	486
7.	00	Rakel Guðjónsdóttir	33.07	469
8.	97	Gunnlaug Margrét Ólafsdóttir	33.60	447
9.	99	Bjarkey Jónasdóttir	33.68	444
10.	00	Aþena Karaolani	33.86	437
11.	98	Ágústa Rós Róbertsdóttir	33.93	434
12.	01	Berglind Bjarnadóttir	34.28	421
13.	00	Telma Brá Gunnarsdóttir	34.48	414
14.	99	Elín Ylfa Viðarsdóttir	34.52	412
15.	01	Melkorka Assa Arnadóttir	35.51	379
16.	01	Ragna Sigríður Ragnarsdóttir	35.68	373
17.	01	Eyrún Sigþórsdóttir	35.78	370
18.	01	Alexandra Tómasdóttir	36.04	362
19.	99	Svanfríður Steingrímsdóttir	36.16	359
20.	01	Jóhanna Lan	36.30	354
21.	02	Una Margrét Reynisdóttir	36.55	347
22.	00	Guðrún Ásta Þórarinsdóttir	36.81	340
23.	99	Embla Sólrún Einarsdóttir	36.85	339
24.	02	Ásgerður Jing Laufeyjardóttir	36.91	337
25.	99	Kristín Birta Atladóttir	37.23	328

Extramót SH 2015
Hafnarfjörður, 24. - 25.10.2015

Sundgrein 5, kvenna, 50m baksund, Opinn

Sæti		F.ár		Tími	Stig
26.	Eva Sól Garðarsdóttir	03	Óðinn	37.63	318
27.	Sigurjóna Ragnheiðardóttir	03	Óðinn	38.04	308
28.	Droplaug María Hafliðadóttir	00	ÍA	38.46	298
29.	Ástrós Saga Bjarkadóttir	98	ÍA	38.79	290
30.	Aþena Arnarsdóttir	03	Óðinn	39.14	283
31.	Rebekka Sif Ómarsdóttir	03	Óðinn	39.78	269
32.	Hugrún Alma Halldórsdóttir	00	Ármanns	39.98	265
33.	Guðrún Þóra Atladóttir	99	Fjöltnir	46.87	164
34.	Sigríður Rögnvaldsóttir S14	01	Fjörður	50.62	130
35.	Elín F Ólafsdóttir S9	94	Fjörður	58.27	85

Sundgrein 6

karla, 50m baksund

Opinn

24.10.2015 - 11:30

Úrslitalistar

ÍSL-met Opinn	24.05	Örn Arnarson	SH	Debrecen (HUN)	14.12.2007
ÍSL-met 11 - 12	30.10				
ÍSL-met 13 - 14	27.86				
ÍSL-met 15 - 17	25.42				

EM25 2015 15 +: 26.16 / NM 2015 18 +: 26.59; 16 - 17: 26.99; 14 - 15: 27.53 / ÍM25 2015 : 31.66

Stig: FINA 2014

Sæti		F.ár		Tími	Stig
Unglinga 17 ára og yngri					
1.	Brynjólfur Óli Karlsson	01	Breiðablik	27.60	549
2.	Kristján Gylfi Þórisson	00	Ægir	29.05	471
3.	Daníel Már Kristinsson	98	Breiðablik	31.00	387
4.	Hafsteinn Ari Ágústsson	00	Ægir	31.57	367
5.	Hjörleifur Helgi Sveinbjarnarson	99	Rán	31.80	359
6.	Patrik Viggó Vilbergsson	02	Breiðablik	31.93	355
7.	Tómas Magnússon	02	KR	32.80	327
8.	Benedikt Frank Pálmason	01	Ármanns	33.02	321
9.	Kári Sölvi Nielsen	00	SH	33.37	311
10.	Baldur Logi Gautason	00	Óðinn	33.45	308
11.	Davíð Þór Torfason	98	Fjöltnir	33.67	302
12.	Erlend Magnússon	01	ÍA	34.29	286
13.	Aron Bjarki Jónsson	01	Óðinn	35.02	269
14.	Björgvin Árni Júlíusson	01	KR	35.89	250
15.	Hákon Alexander Magnússon	00	Óðinn	37.02	227
16.	Vikar Máni Þórsson	02	Fjöltnir	37.50	219
17.	Hringur Birgir Kristinsson	04	Ægir	39.33	189
18.	Skúli Thor Ásgeirsson	02	Ægir	39.48	187
19.	Hallgrímur A Heimisson S14	00	Fjörður	1:00.91	51
ÓG.	Hafsteinn Hákonarson	00	Fjöltnir	37.36	

D8 - Didn't touch the wall at the finish while on the back position (SW 6.5)

Opinn

1.	Kristinn Þórarinsson	96	Fjöltnir	25.54	693	EM
2.	Kolbeinn Hrafnkelsson	94	SH	25.91	664	EM
3.	Viktor Máni Vilbergsson	92	SH	26.85	597	
4.	Brynjólfur Óli Karlsson	01	Breiðablik	27.60	549	
5.	Hilmar Smári Jónsson	94	Fjöltnir	28.28	511	
6.	Alexander Jóhannesson	92	KR	28.78	484	
7.	Kristján Gylfi Þórisson	00	Ægir	29.05	471	
8.	Daníel Már Kristinsson	98	Breiðablik	31.00	387	
9.	Hafsteinn Ari Ágústsson	00	Ægir	31.57	367	
10.	Hjörleifur Helgi Sveinbjarnarson	99	Rán	31.80	359	

Extramót SH 2015
Hafnarfjörður, 24. - 25.10.2015

Sundgrein 6, karla, 50m baksund, Opinn

Sæti	F.ár		Tími	Stig
11.	02	Patrik Viggó Vilbergsson Breiðablik	31.93	355
12.	02	Tómas Magnússon KR	32.80	327
13.	01	Benedikt Frank Pálmason Ármanns	33.02	321
14.	00	Kári Sölvi Nielsen SH	33.37	311
15.	00	Baldur Logi Gautason Óðinn	33.45	308
16.	98	Davíð Þór Torfason Fjölnir	33.67	302
17.	01	Erlend Magnússon ÍA	34.29	286
18.	01	Aron Bjarki Jónsson Óðinn	35.02	269
19.	92	Ragnar Ingi Magnússon SH	35.61	255
20.	01	Björgvin Árni Júlíusson KR	35.89	250
21.	00	Hákon Alexander Magnússon Óðinn	37.02	227
22.	02	Vikar Máni Þórsson Fjölnir	37.50	219
23.	04	Hringur Birgir Kristinsson Ægir	39.33	189
24.	02	Skúli Thor Ásgeirsson Ægir	39.48	187
25.	93	Guðmundur Hákon Hermannsson KR	40.54	173
26.	95	Hjörtur M Ingvarsson S6 Fjörður	48.35	102
27.	00	Hallgrímur A Heimisson S14 Fjörður	1:00.91	51
ÓG.	00	Hafsteinn Hákonarson Fjölnir	37.36	

D8 - Didn't touch the wall at the finish while on the back position (SW 6.5)

Sundgrein 7

kvenna, 200m flugsund

Opinn
Úrslitalistar

24.10.2015 - 11:30

ÍSL-met Opinn	2:16.72	Inga Elín Cryer	ÍA	Reykjavík	11.11.2011
ÍSL-met 11 - 12	2:33.98				
ÍSL-met 13 - 14	2:18.77				
ÍSL-met 15 - 17	2:16.90				

EM25 2015 15 +: 2:14.44 / NM 2015 17 +: 2:19.54; 15 - 16: 2:21.63; 13 - 14: 2:24.48 / ÍM25 2015 : 2:37.39

Stig: FINA 2014

Sæti	F.ár		Tími	Stig	50m	100m	150m	200m
Unglinga								
1.	00	María Fanney Kristjánsdóttir SH	2:30.94	512	33.17	38.67	39.76	39.34
2.	01	Ólavía Klara Einarsdóttir Óðinn	2:59.34	305	38.73	46.69	47.37	46.55

Opinn

1.	93	Inga Elin Cryer Ægir	2:21.91	616	31.27	35.60	37.09	37.95
2.	99	Elín Kata Sigurgeirsdóttir Óðinn	2:24.11	588	32.05	36.51	38.14	37.41
3.	00	María Fanney Kristjánsdóttir SH	2:30.94	512	33.17	38.67	39.76	39.34
4.	99	Eyrún Agla Friðriksdóttir SH	2:31.92	502	33.57	37.95	39.46	40.94
5.	95	Bára Kristín Björgvinsdóttir SH	2:32.18	499	33.47	38.31	40.22	40.18
6.	97	Sólrun Sigþórsdóttir ÍA	2:44.04	399	36.00	41.73	42.78	43.53
7.	98	Hildur Elísabet Hálfanardóttir SH	2:51.38	350	35.84	42.84	45.59	47.11
8.	01	Ólavía Klara Einarsdóttir Óðinn	2:59.34	305	38.73	46.69	47.37	46.55

Extramót SH 2015
Hafnarfjörður, 24. - 25.10.2015

Sundgrein 8

24.10.2015 - 11:35

karla, 200m flugsund

Opinn

Úrslitalistar

ÍSL-met Opinn	1:57.21	Sindri Þór Jakobsson	ÍRB	Istanbul (TUR)	12.12.2009
ÍSL-met 11 - 12	2:25.08				
ÍSL-met 13 - 14	2:13.08				
ÍSL-met 15 - 17	2:01.95				

EM25 2015 15 +: 2:00.32 / NM 2015 18 +: 2:04.89; 16 - 17: 2:06.76; 14 - 15: 2:09.31 / ÍM25 2015 : 2:25.72

Stig: FINA 2014

Sæti	F.ár		Tími	Stig	50m	100m	150m	200m	
Framtið									
1.	Björn Axel Agnarsson	02	Breiðablik	2:42.51	298	35.45	41.92	44.18	40.96
2.	Einar Atli Guðnason	03	Ægir	3:14.64	173	40.47	50.82	53.93	49.42

Æskunnar

1.	Brynjólfur Óli Karlsson	01	Breiðablik	2:18.34	483	30.86	34.92	35.92	36.64
2.	Jökull Ýmir Guðmundsson	00	SH	2:23.63	431	30.69	36.03	38.41	38.50

Unglinga

1.	Daníel Andri Þórhallsson	98	Ægir	2:23.66	431	31.83	37.63	37.15	37.05
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Opinn

1.	Sveinbjörn Pálmi Karlsson	95	Breiðablik	2:14.07	530	30.33	34.77	34.10	34.87
2.	Brynjólfur Óli Karlsson	01	Breiðablik	2:18.34	483	30.86	34.92	35.92	36.64
3.	Jökull Ýmir Guðmundsson	00	SH	2:23.63	431	30.69	36.03	38.41	38.50
4.	Daníel Andri Þórhallsson	98	Ægir	2:23.66	431	31.83	37.63	37.15	37.05
5.	Björn Axel Agnarsson	02	Breiðablik	2:42.51	298	35.45	41.92	44.18	40.96
6.	Einar Atli Guðnason	03	Ægir	3:14.64	173	40.47	50.82	53.93	49.42

Sundgrein 9

24.10.2015 - 11:40

kvenna, 200m bringusund

Opinn

Úrslitalistar

ÍSL-met Opinn	2:22.69	Hrafnhildur Lúthersdóttir	SH	Doha (QAT)	7.12.2014
ÍSL-met 11 - 12	2:44.39				
ÍSL-met 13 - 14	2:35.23				
ÍSL-met 15 - 17	2:31.51				

EM25 2015 15 +: 2:31.85 / NM 2015 17 +: 2:37.61; 15 - 16: 2:39.97; 13 - 14: 2:43.18 / ÍM25 2015 : 2:59.89

Stig: FINA 2014

Sæti	F.ár		Tími	Stig	50m	100m	150m	200m	
Framtið									
1.	Hildur Valsdóttir	04	SH	3:49.51	201	55.15	59.31	58.33	56.72

Æskunnar

1.	Sigurjóna Ragnheiðardóttir	03	Óðinn	3:05.59	381	41.67	47.34	48.45	48.13
2.	Ásgerður Jing Laufeyjardóttir	02	ÍA	3:09.66	357	42.89	48.64	49.51	48.62
3.	Agnes Fjóra Flosadóttir	02	Rán	3:11.14	348	44.24	48.31	49.32	49.27
4.	Una Margrét Reynisdóttir	02	KR	3:11.55	346	43.31	48.69	50.24	49.31
5.	Adele Alexandra Pálsson	03	SH	3:12.76	340	44.11	48.78	50.01	49.86
6.	Júlía Helga Högnadóttir	02	Ægir	3:14.02	333	44.67	48.93	49.94	50.48
7.	Ágústa Bergrós Jakobsdóttir	02	Ármanns	3:16.01	323	44.59	50.41	51.01	50.00
8.	Kristín Ylfa Guðmundsdóttir	02	SH	3:17.43	316	44.31	50.26	51.63	51.23
9.	Sandra Dögg Kristjánsdóttir	03	SH	3:18.63	310	45.74	51.21	51.21	50.47
10.	Elísabet Anna Ómarsdóttir	02	Óðinn	3:21.31	298	45.44	50.52	52.71	52.64
11.	Sara Rut Sigurðardóttir	03	SH	3:48.79	203	52.29	58.52	1:00.47	57.51
ÓG.	Amalía Nanna Júlíusdóttir	02	Rán	3:05.60		40.57	47.12	49.22	48.69

G2 - Starting before the start signal (SW 4.4)

Extramót SH 2015
Hafnarfjörður, 24. - 25.10.2015

Sundgrein 9, kvenna, 200m bringusund

Unglinga

1. S. Vilhjálmsdóttir	00	SH	2:43.00	562	37.24	40.81	42.46	42.49
2. Marta Buchanevic	01	Ægir	2:48.63	508	38.68	41.60	43.56	44.79
3. Katarína Róbertsdóttir	00	SH	2:55.74	448	38.84	44.50	46.22	46.18
4. Jóhanna Elín Guðmundsdóttir	01	SH	2:57.92	432	40.19	46.32	46.84	44.57
5. Brynhildur Traustadóttir	01	ÍA	2:58.51	428	40.48	45.21	46.48	46.34
6. Líf Prastadóttir	00	Breiðablik	2:58.93	425	40.91	45.70	46.41	45.91
7. Kristína Bragadóttir	00	Ármanns	3:17.56	316	43.88	50.48	52.42	50.78
ÓG. Sigurlaug Brynjúlfsdóttir	01	KR	3:18.87		44.75	50.79	52.59	50.74

G8 - Unauthorised aids, buoyancy, any kind of tape, or power bands were used (SW 10.8)

Opinn

1. S. Vilhjálmsdóttir	00	SH	2:43.00	562	37.24	40.81	42.46	42.49
2. Marta Buchanevic	01	Ægir	2:48.63	508	38.68	41.60	43.56	44.79
3. Natalia Cecylia Wojdat	98	SH	2:48.97	505	38.18	42.54	44.14	44.11
4. Katarína Róbertsdóttir	00	SH	2:55.74	448	38.84	44.50	46.22	46.18
5. Ágústa Rós Róbertsdóttir	98	Fjölur	2:57.88	432	40.94	45.41	46.05	45.48
6. Jóhanna Elín Guðmundsdóttir	01	SH	2:57.92	432	40.19	46.32	46.84	44.57
7. Brynhildur Traustadóttir	01	ÍA	2:58.51	428	40.48	45.21	46.48	46.34
8. Líf Prastadóttir	00	Breiðablik	2:58.93	425	40.91	45.70	46.41	45.91
9. Sigurjóna Ragnheiðardóttir	03	Óðinn	3:05.59	381	41.67	47.34	48.45	48.13
10. Ásgerður Jing Laufeyjardóttir	02	ÍA	3:09.66	357	42.89	48.64	49.51	48.62
11. Agnes Fjóra Flosadóttir	02	Rán	3:11.14	348	44.24	48.31	49.32	49.27
12. Una Margrét Reynisdóttir	02	KR	3:11.55	346	43.31	48.69	50.24	49.31
13. Adele Alexandra Pálsson	03	SH	3:12.76	340	44.11	48.78	50.01	49.86
14. Júlía Helga Högnadóttir	02	Ægir	3:14.02	333	44.67	48.93	49.94	50.48
15. Ágústa Bergrós Jakobsdóttir	02	Ármanns	3:16.01	323	44.59	50.41	51.01	50.00
16. Kristín Ylfa Guðmundsdóttir	02	SH	3:17.43	316	44.31	50.26	51.63	51.23
17. Kristína Bragadóttir	00	Ármanns	3:17.56	316	43.88	50.48	52.42	50.78
18. Sandra Dögg Kristjánsdóttir	03	SH	3:18.63	310	45.74	51.21	51.21	50.47
19. Elísabet Anna Ómarsdóttir	02	Óðinn	3:21.31	298	45.44	50.52	52.71	52.64
20. Sara Rut Sigurðardóttir	03	SH	3:48.79	203	52.29	58.52	1:00.47	57.51
21. Hildur Valsdóttir	04	SH	3:49.51	201	55.15	59.31	58.33	56.72
ÓG. Amalía Nanna Júlíusdóttir	02	Rán	3:05.60		40.57	47.12	49.22	48.69

G2 - Starting before the start signal (SW 4.4)

G8 - Unauthorised aids, buoyancy, any kind of tape, or power bands were used (SW 10.8)

Sundgrein 10

karla, 200m bringusund

Opinn
Úrslitalistar

24.10.2015 - 11:55

ÍSL-met Opinn	2:07.75	Jakob Jóhann Sveinsson	Ægir	Reykjavík	20.11.2009
ÍSL-met 11 - 12	2:42.53				
ÍSL-met 13 - 14	2:26.98				
ÍSL-met 15 - 17	2:14.52				

EM25 2015 15 +: 2:15.03 / NM 2015 18 +: 2:18.20; 16 - 17: 2:20.27; 14 - 15: 2:23.09 / ÍM25 2015 : 2:45.33

Stig: FINA 2014

Sæti	F.ár	Tími	Stig	50m	100m	150m	200m	
1. Halldór Björn Kristinsson	02	Ægir	3:08.37	262	41.26	48.56	49.29	49.26
2. Daði Björnsson	04	SH	3:10.65	253	42.93	48.77	50.08	48.87
3. Einar Atli Guðnason	03	Ægir	3:29.10	192	49.15	53.81	53.76	52.38
4. Enrique Snær Llorens	02	ÍA	3:30.35	188	47.33	54.04	54.50	54.48
5. Ólafur Breki Guðnason	03	Ægir	3:31.30	186	48.39	53.78	54.66	54.47
ÓG. Runólfur Þorláksson	02	Ármanns	3:27.73		46.96	52.91	54.28	53.58

B13 - Touching the wall with hands not simultaneously and separated with both hands at turn/finish (SW 7.6)

Extramót SH 2015
Hafnarfjörður, 24. - 25.10.2015

Sundgrein 10, karla, 200m bringusund

Æskunnar

1. Snævar Atli Halldórsson	00	Óðinn	2:41.82	414	36.09	41.03	42.77	41.93
2. Baldur Logi Gautason	00	Óðinn	2:49.46	361	38.03	42.57	44.44	44.42
3. Þorbjörn Andrasón	01	KR	2:52.14	344	38.79	44.31	44.97	44.07
4. Róbert Jónsson	01	SH	2:52.80	340	37.96	44.40	45.71	44.73
5. Sindri Andreas Bjarnason	01	ÍA	2:54.36	331	39.26	44.18	45.75	45.17
6. N. Gunnarsson	01	ÍA	3:20.65	217	43.48	49.85	53.72	53.60
7. Atli Gauti Ákason	01	KR	3:22.99	210	44.50	51.88	53.37	53.24

Unglinga

1. Ólafur Sigurðsson	99	SH	2:28.43	537	32.99	37.65	38.24	39.55
2. Óskar Gauti Lund	99	Breiðablik	2:33.98	481	34.99	39.22	40.08	39.69
3. H. Sveinbjarnarson	99	Rán	2:50.28	355	37.96	43.45	44.74	44.13
4. Hilmir Hrafn Garðarsson	99	Sunddeild Aftureldingar	2:50.43	354	37.21	42.70	44.94	45.58

Opinn

1. Ólafur Sigurðsson	99	SH	2:28.43	537	32.99	37.65	38.24	39.55
2. Jón Margeir Sverrisson	92	Fjölir	2:33.06	490	34.39	38.94	40.07	39.66
3. Sævar Berg Sigurðsson	95	ÍA	2:33.26	488	33.36	38.71	39.91	41.28
4. Óskar Gauti Lund	99	Breiðablik	2:33.98	481	34.99	39.22	40.08	39.69
5. Huginn Hilmarsson	95	Breiðablik	2:40.48	425	35.80	40.67	41.35	42.66
6. Snævar Atli Halldórsson	00	Óðinn	2:41.82	414	36.09	41.03	42.77	41.93
7. Baldur Logi Gautason	00	Óðinn	2:49.46	361	38.03	42.57	44.44	44.42
8. H. Sveinbjarnarson	99	Rán	2:50.28	355	37.96	43.45	44.74	44.13
9. Hilmir Hrafn Garðarsson	99	Sunddeild Aftureldingar	2:50.43	354	37.21	42.70	44.94	45.58
10. Þorbjörn Andrasón	01	KR	2:52.14	344	38.79	44.31	44.97	44.07
11. Róbert Jónsson	01	SH	2:52.80	340	37.96	44.40	45.71	44.73
12. Sindri Andreas Bjarnason	01	ÍA	2:54.36	331	39.26	44.18	45.75	45.17
13. Halldór Björn Kristinsson	02	Ægir	3:08.37	262	41.26	48.56	49.29	49.26
14. Daði Björnsson	04	SH	3:10.65	253	42.93	48.77	50.08	48.87
15. N. Gunnarsson	01	ÍA	3:20.65	217	43.48	49.85	53.72	53.60
16. Atli Gauti Ákason	01	KR	3:22.99	210	44.50	51.88	53.37	53.24
17. Einar Atli Guðnason	03	Ægir	3:29.10	192	49.15	53.81	53.76	52.38
18. Enrique Snær Llorens	02	ÍA	3:30.35	188	47.33	54.04	54.50	54.48
19. Ólafur Breki Guðnason	03	Ægir	3:31.30	186	48.39	53.78	54.66	54.47
ÓG. Runólfur Þorláksson	02	Ármanns	3:27.73		46.96	52.91	54.28	53.58

B13 - Touching the wall with hands not simultaneously and separated with both hands at turn/finish (SW 7.6)

Sundgrein 11

kvenna, 100m skriðsund

Opinn

24.10.2015 - 12:05

Úrslitalistar

ÍSL-met Opinn	54.44	Ragnheiður Ragnarsdóttir	KR	Dubai (UAE)	11.11.2010
ÍSL-met 11 - 12	1:01.38				
ÍSL-met 13 - 14	57.31				
ÍSL-met 15 - 17	55.02				

EM25 2015 15 +: 56.44 / NM 2015 17 +: 58.58; 15 - 16: 59.45; 13 - 14: 1:00.65 / ÍM25 2015 : 1:06.18

Stig: FINA 2014

Sæti	F.ár		Tími	Stig	50m	100m	
1.	Kristín Helga Hákonardóttir	04	Breiðablik	1:10.27	382	33.88	36.39
2.	Herdís Viggósdóttir	04	KR	1:14.20	324	35.85	38.35
3.	Birta Rún Smáradóttir	04	Sunddeild Aftureldingar	1:26.24	206	40.57	45.67
4.	Guðbjörg Eyvindardóttir	04	SH	1:26.32	206	42.04	44.28
5.	Marta Magnúsdóttir	05	KR	1:26.44	205	41.47	44.97
6.	Bríet Dalla Gunnarsdóttir	04	SH	1:27.62	197	41.24	46.38
7.	Hildur Valsdóttir	04	SH	1:27.95	195	42.21	45.74
8.	Dagbjörg Hlíf Ólafsdóttir	05	SH	1:29.56	184	42.26	47.30
9.	Embla Karen Sævarsdóttir	04	Óðinn	1:29.59	184	41.02	48.57

Extramót SH 2015
Hafnarfjörður, 24. - 25.10.2015

Sundgrein 11, Stúlkur, 100m skriðsund, Framtið

Sæti	F.ár		Tími	Stig	50m	100m
10.	Natalía Jónsdóttir	04 SH	1:31.15	175	43.39	47.76

Æskunnar

1.	Þura Snorradóttir	03 Óðinn	1:05.39	474	31.46	33.93
2.	Fanney Lind Jóhannsdóttir	02 Ægir	1:07.01	441	32.17	34.84
3.	María Arnarsdóttir	02 Óðinn	1:07.63	429	32.65	34.98
4.	Regína Lilja Gunnlaugsdóttir	02 Breiðablik	1:07.96	422	32.80	35.16
5.	Þorgerður Ósk Jónsdóttir	03 SH	1:10.76	374	34.88	35.88
6.	Rebekka Sif Ómarsdóttir	03 Óðinn	1:11.62	361	34.54	37.08
7.	Agatha Elín Steinþórsdóttir	02 Breiðablik	1:11.78	358	34.58	37.20
8.	Aþena Arnarsdóttir	03 Óðinn	1:12.38	350	35.45	36.93
9.	Þórdís Anita Björnsdóttir	02 SH	1:12.87	343	35.82	37.05
10.	Arna Ósk Jónsdóttir	02 ÍA	1:13.50	334	35.78	37.72
11.	Ylfa Finnbogadóttir	02 SH	1:13.66	332	35.89	37.77
12.	Hilda Bríet Bates Gústavsdóttir	03 SH	1:14.18	325	34.77	39.41
13.	Una Hlynsdóttir	02 SH	1:14.76	317	36.31	38.45
14.	Eva Sól Garðarsdóttir	03 Óðinn	1:15.01	314	36.16	38.85
15.	Svava Björg Lárusdóttir	03 Ármanns	1:15.41	309	36.78	38.63
16.	Berglind Rún Traustadóttir	03 SH	1:15.76	305	36.20	39.56
17.	Sóldís Ninja Helgadóttir	03 ÍA	1:17.14	289	37.01	40.13
18.	Hekla María Arnardóttir	03 ÍA	1:20.27	256	37.48	42.79
19.	Áslaug Rún Rögnvaldsdóttir	02 SH	1:21.35	246	36.99	44.36
20.	Diljá Dröfn Jóhannesdóttir	03 SH	1:23.11	231	39.74	43.37
21.	Sara Rut Sigurðardóttir	03 SH	1:26.74	203	41.41	45.33
22.	Lára Jakobína Gunnarsdóttir	03 ÍA	1:32.71	166	42.24	50.47

Unglinga

1.	Jóhanna Elín Guðmundsdóttir	01 SH	1:02.38	546	30.08	32.30
2.	Ragna Sigríður Ragnarsdóttir	01 Ármanns	1:02.61	540	30.32	32.29
3.	Ásta Kristín Jónsdóttir	00 Ármanns	1:02.67	539	30.04	32.63
4.	Marta Buchanevic	01 Ægir	1:02.71	538	30.23	32.48
5.	Embla Sól Garðarsdóttir	01 Óðinn	1:05.17	479	31.37	33.80
6.	Eyrún Sigþórsdóttir	01 ÍA	1:05.43	473	31.34	34.09
7.	Emilía Íris Brown	00 SH	1:05.57	470	31.09	34.48
8.	Alexandra Tómasdóttir	01 Óðinn	1:06.90	443	32.47	34.43
9.	Þórkatla Björg Ómarsdóttir	01 Óðinn	1:07.22	436	32.46	34.76
10.	Katrín Eva Jóhannesdóttir	01 Sunddeild Aftureldingar	1:08.61	410	32.92	35.69
11.	Jóhanna Alba Martel	00 Ármanns	1:08.71	409	33.18	35.53
12.	Jóhanna Lan	01 Ægir	1:09.63	393	33.57	36.06
13.	Heiður Kristín Sigurgeirsdóttir	01 Ármanns	1:09.73	391	33.18	36.55
14.	Aþena Karaolani	00 Sunddeild Aftureldingar	1:10.07	385	33.74	36.33
15.	Klara Sif Sverrisdóttir	00 Breiðablik	1:10.68	375	34.42	36.26
16.	Belinda Cardew	00 Breiðablik	1:11.55	362	34.76	36.79
17.	Guðrún Ásta Þórarinsdóttir	00 Fjölpir	1:11.66	360	34.26	37.40
18.	Selma Gísladóttir	00 Breiðablik	1:12.62	346	34.56	38.06
19.	Droplaug María Hafliðadóttir	00 ÍA	1:12.63	346	34.41	38.22
20.	Ólavía Klara Einarsdóttir	01 Óðinn	1:14.14	325	35.97	38.17
21.	Melkorka Assa Arnadóttir	01 SH	1:14.34	323	34.40	39.94
22.	Guðrún Alma Atladóttir	01 SH	1:15.03	314	36.12	38.91
23.	Sigurlaug Brynjúlfsdóttir	01 KR	1:15.14	312	35.47	39.67
24.	Hugrún Alma Halldórsdóttir	00 Ármanns	1:16.89	291	36.27	40.62

Opinn

1.	Karen Sif Vilhjálmisdóttir	93 SH	59.10	642	28.09	31.01	
2.	Bryndís Bolladóttir	99 Óðinn	59.23	638	NM	28.55	30.68
3.	Bára Kristín Björgvinsdóttir	95 SH	1:01.51	570	30.41	31.10	
4.	Una Lára Lárusdóttir	99 ÍA	1:01.60	567	29.78	31.82	
5.	Guðný Erna Bjarnadóttir	94 SH	1:01.61	567	29.84	31.77	
6.	Jóhanna Elín Guðmundsdóttir	01 SH	1:02.38	546	30.08	32.30	

Extramót SH 2015
Hafnarfjörður, 24. - 25.10.2015

Sundgrein 11, kvenna, 100m skriðsund, Opinn

Sæti	F.ár	Tími	Stig	50m	100m		
7.	Ragna Sigríður Ragnarsdóttir	01	Ármanns	1:02.61	540	30.32	32.29
8.	Ásta Kristín Jónsdóttir	00	Ármanns	1:02.67	539	30.04	32.63
9.	Ragnheiður Karlsdóttir	99	Breiðablik	1:02.71	538	29.67	33.04
	Marta Buchanevic	01	Ægir	1:02.71	538	30.23	32.48
11.	Bjarkey Jónasdóttir	99	Ægir	1:03.00	530	30.39	32.61
12.	Ásdís Birta Guðnadóttir	96	SH	1:03.29	523	30.13	33.16
13.	Embla Sól Garðarsdóttir	01	Óðinn	1:05.17	479	31.37	33.80
14.	Elín Kata Sigurgeirsdóttir	99	Óðinn	1:05.22	478	31.61	33.61
15.	Pura Snorradóttir	03	Óðinn	1:05.39	474	31.46	33.93
16.	Eyrún Sigþórsdóttir	01	ÍA	1:05.43	473	31.34	34.09
17.	Emilía Íris Brown	00	SH	1:05.57	470	31.09	34.48
18.	Alexandra Tómasdóttir	01	Óðinn	1:06.90	443	32.47	34.43
19.	Embla Sólrún Einarsdóttir	99	Óðinn	1:06.91	443	31.96	34.95
20.	Fanney Lind Jóhannsdóttir	02	Ægir	1:07.01	441	32.17	34.84
21.	Þórkatla Björg Ómarsdóttir	01	Óðinn	1:07.22	436	32.46	34.76
22.	María Arnarsdóttir	02	Óðinn	1:07.63	429	32.65	34.98
23.	Regína Lilja Gunnlaugsdóttir	02	Breiðablik	1:07.96	422	32.80	35.16
24.	Katrín Eva Jóhannesdóttir	01	Sunddeild Aftureldingar	1:08.61	410	32.92	35.69
25.	Jóhanna Alba Martel	00	Ármanns	1:08.71	409	33.18	35.53
26.	Hildur Elísabet Hálfanardóttir	98	SH	1:08.85	406	33.67	35.18
27.	Arna Lára Hjaltested	99	Fjölnir	1:08.90	405	32.77	36.13
28.	Jóhanna Lan	01	Ægir	1:09.63	393	33.57	36.06
29.	Heiður Kristín Sigurgeirsdóttir	01	Ármanns	1:09.73	391	33.18	36.55
30.	Aþena Karaolani	00	Sunddeild Aftureldingar	1:10.07	385	33.74	36.33
31.	Kristín Helga Hákonardóttir	04	Breiðablik	1:10.27	382	33.88	36.39
32.	Klara Sif Sverrisdóttir	00	Breiðablik	1:10.68	375	34.42	36.26
33.	Þorgerður Ósk Jónsdóttir	03	SH	1:10.76	374	34.88	35.88
34.	Belinda Cardew	00	Breiðablik	1:11.55	362	34.76	36.79
35.	Rebekka Sif Ómarsdóttir	03	Óðinn	1:11.62	361	34.54	37.08
36.	Guðrún Ásta Þórarinsdóttir	00	Fjölnir	1:11.66	360	34.26	37.40
37.	Agatha Elín Steinþórsdóttir	02	Breiðablik	1:11.78	358	34.58	37.20
38.	Aþena Arnarsdóttir	03	Óðinn	1:12.38	350	35.45	36.93
39.	Selma Gísladóttir	00	Breiðablik	1:12.62	346	34.56	38.06
40.	Droplaug María Hafliðadóttir	00	ÍA	1:12.63	346	34.41	38.22
41.	Þórdís Anita Björnsdóttir	02	SH	1:12.87	343	35.82	37.05
42.	Arna Ósk Jónsdóttir	02	ÍA	1:13.50	334	35.78	37.72
43.	Ylfa Finnbogadóttir	02	SH	1:13.66	332	35.89	37.77
44.	Ólavía Klara Einarsdóttir	01	Óðinn	1:14.14	325	35.97	38.17
45.	Hilda Bríet Bates Gústavsdóttir	03	SH	1:14.18	325	34.77	39.41
46.	Herdís Viggósdóttir	04	KR	1:14.20	324	35.85	38.35
47.	Melkorka Assa Arnadóttir	01	SH	1:14.34	323	34.40	39.94
48.	Una Hlynsdóttir	02	SH	1:14.76	317	36.31	38.45
49.	Eva Sól Garðarsdóttir	03	Óðinn	1:15.01	314	36.16	38.85
50.	Guðrún Alma Atladóttir	01	SH	1:15.03	314	36.12	38.91
51.	Sigurlaug Brynjúlfsdóttir	01	KR	1:15.14	312	35.47	39.67
52.	Svava Björg Lárusdóttir	03	Ármanns	1:15.41	309	36.78	38.63
53.	Berglind Rún Traustadóttir	03	SH	1:15.76	305	36.20	39.56
54.	Hugrún Alma Halldórsdóttir	00	Ármanns	1:16.89	291	36.27	40.62
55.	Sóldís Ninja Helgadóttir	03	ÍA	1:17.14	289	37.01	40.13
56.	Hekla María Arnadóttir	03	ÍA	1:20.27	256	37.48	42.79
57.	Áslaug Rún Rögnvaldsdóttir	02	SH	1:21.35	246	36.99	44.36
58.	Diljá Dröfn Jóhannesdóttir	03	SH	1:23.11	231	39.74	43.37
59.	Birta Rún Smáradóttir	04	Sunddeild Aftureldingar	1:26.24	206	40.57	45.67
60.	Guðbjörg Eyvindardóttir	04	SH	1:26.32	206	42.04	44.28
61.	Marta Magnúsdóttir	05	KR	1:26.44	205	41.47	44.97
62.	Sara Rut Sigurðardóttir	03	SH	1:26.74	203	41.41	45.33
63.	Bríet Dalla Gunnarsdóttir	04	SH	1:27.62	197	41.24	46.38
64.	Hildur Valsdóttir	04	SH	1:27.95	195	42.21	45.74
65.	Dagbjörg Hlíf Ólafsdóttir	05	SH	1:29.56	184	42.26	47.30
66.	Embla Karen Sævarsdóttir	04	Óðinn	1:29.59	184	41.02	48.57
67.	Natalia Jónsdóttir	04	SH	1:31.15	175	43.39	47.76

Extramót SH 2015
Hafnarfjörður, 24. - 25.10.2015

Sundgrein 11, kvenna, 100m skriðsund, Opinn

Sæti	F.ár	Tími	Stig	50m	100m
68. Lára Jakobína Gunnarsdóttir	03 ÍA	1:32.71	166	42.24	50.47

Sundgrein 12

karla, 1500m skriðsund

Opinn
Úrslitalistar

24.10.2015 - 12:20

ÍSL-met Opinn	15:00.51	Anton Sveinn McKee	Ægir	Istanbul (TUR)	16.12.2012
ÍSL-met 11 - 12	17:46.07				
ÍSL-met 13 - 14	16:15.94				
ÍSL-met 15 - 17	15:41.96				

EM25 2015 15 +: 15:36.99 / NM 2015 18 +: 16:12.51; 16 - 17: 16:27.10; 14 - 15: 16:46.94 / ÍM25 2015 : 18:57.47

Stig: FINA 2014

Sæti	F.ár	Tími	Stig
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Unglinga 17 ára og yngri

1. Bjartur Þórhallsson	00	Ægir	17:17.22	550
100m: 1:03.56 1:03.56	500m: 5:40.40 1:09.23	900m: 10:20.14 1:09.88	1300m: 14:59.74 1:09.87	
200m: 2:12.50 1:08.94	600m: 6:50.34 1:09.94	1000m: 11:30.30 1:10.16	1400m: 16:08.92 1:09.18	
300m: 3:22.01 1:09.51	700m: 8:00.55 1:10.21	1100m: 12:40.09 1:09.79	1500m: 17:17.22 1:08.30	
400m: 4:31.17 1:09.16	800m: 9:10.26 1:09.71	1200m: 13:49.87 1:09.78		
2. Óskar Gauti Lund	99	Breiðablik	17:19.93	546
100m: 1:05.37 1:05.37	500m: 5:48.36 1:11.50	900m: 10:29.25 1:08.95	1300m: 15:06.40 1:07.22	
200m: 2:15.07 1:09.70	600m: 6:58.47 1:10.11	1000m: 11:38.70 1:09.45	1400m: 16:15.62 1:09.22	
300m: 3:26.54 1:11.47	700m: 8:09.52 1:11.05	1100m: 12:48.86 1:10.16	1500m: 17:19.93 1:04.31	
400m: 4:36.86 1:10.32	800m: 9:20.30 1:10.78	1200m: 13:59.18 1:10.32		
3. Patrik Viggó Vilbergsson	02	Breiðablik	17:47.66	504
100m: 1:06.13 1:06.13	500m: 5:52.86 1:12.00	900m: 10:40.33 1:11.95	1300m: 15:27.41 1:11.41	
200m: 2:17.57 1:11.44	600m: 7:04.17 1:11.31	1000m: 11:52.49 1:12.16	1400m: 16:38.64 1:11.23	
300m: 3:29.18 1:11.61	700m: 8:16.28 1:12.11	1100m: 13:04.56 1:12.07	1500m: 17:47.66 1:09.02	
400m: 4:40.86 1:11.68	800m: 9:28.38 1:12.10	1200m: 14:16.00 1:11.44		
4. Björgvin Árni Júlíusson	01	KR	18:48.86	427
100m: 1:08.30 1:08.30	500m: 6:10.96 1:16.12	900m: 11:14.65 1:16.72	1300m: 16:20.49 1:15.96	
200m: 2:23.53 1:15.23	600m: 7:26.82 1:15.86	1000m: 12:30.94 1:16.29	1400m: 17:36.58 1:16.09	
300m: 3:39.55 1:16.02	700m: 8:42.90 1:16.08	1100m: 13:48.06 1:17.12	1500m: 18:48.86 1:12.28	
400m: 4:54.84 1:15.29	800m: 9:57.93 1:15.03	1200m: 15:04.53 1:16.47		
5. Teitur Þór Ólafsson	04	Ægir	20:38.75	323
100m: 1:16.62 1:16.62	500m: 6:46.55 1:23.31	900m: 12:19.90 1:24.03	1300m: 17:57.00 1:24.41	
200m: 2:37.71 1:21.09	600m: 8:10.64 1:24.09	1000m: 13:43.89 1:23.99	1400m: 19:19.89 1:22.89	
300m: 3:59.99 1:22.28	700m: 9:31.88 1:21.24	1100m: 15:08.61 1:24.72	1500m: 20:38.75 1:18.86	
400m: 5:23.24 1:23.25	800m: 10:55.87 1:23.99	1200m: 16:32.59 1:23.98		
6. Aron Bjarki Jónsson	01	Óðinn	20:48.79	315
100m: 1:15.29 1:15.29	500m: 6:48.63 1:23.76	900m: 12:26.28 1:23.76	1300m: 18:06.61 1:25.86	
200m: 2:38.69 1:23.40	600m: 8:12.45 1:23.82	1000m: 13:51.22 1:24.94	1400m: 19:32.19 1:25.58	
300m: 4:00.29 1:21.60	700m: 9:35.78 1:23.33	1100m: 15:15.48 1:24.26	1500m: 20:48.79 1:16.60	
400m: 5:24.87 1:24.58	800m: 11:02.52 1:26.74	1200m: 16:40.75 1:25.27		
7. Logi Freyr Arnarsson	03	KR	20:53.72	311
100m: 1:16.94 1:16.94	500m: 6:56.32 1:25.25	900m: 12:33.38 1:23.98	1300m: 18:12.62 1:24.67	
200m: 2:39.57 1:22.63	600m: 8:20.43 1:24.11	1000m: 13:57.80 1:24.42	1400m: 19:34.60 1:21.98	
300m: 4:04.86 1:25.29	700m: 9:45.05 1:24.62	1100m: 15:23.11 1:25.31	1500m: 20:53.72 1:19.12	
400m: 5:31.07 1:26.21	800m: 11:09.40 1:24.35	1200m: 16:47.95 1:24.84		

Opinn

1. Hafþór Jón Sigurðsson	97	SH	16:17.60	657
100m: 1:00.18 1:00.18	500m: 5:21.91 1:05.71	900m: 9:44.94 1:05.53	1300m: 14:07.45 1:06.05	
200m: 2:04.92 1:04.74	600m: 6:28.10 1:06.19	1000m: 10:50.11 1:05.17	1400m: 15:13.61 1:06.16	
300m: 3:10.34 1:05.42	700m: 7:33.61 1:05.51	1100m: 11:55.60 1:05.49	1500m: 16:17.60 1:03.99	
400m: 4:16.20 1:05.86	800m: 8:39.41 1:05.80	1200m: 13:01.40 1:05.80		

Extramót SH 2015
Hafnarfjörður, 24. - 25.10.2015

Sundgrein 12, karla, 1500m skriðsund, Opinn

Sæti			F.ár				Tími	Stig
2.	Bjartur Þórhallsson		00	Ægir			17:17.22	550
	100m:	1:03.56 1:03.56	500m:	5:40.40 1:09.23	900m:	10:20.14 1:09.88	1300m:	14:59.74 1:09.87
	200m:	2:12.50 1:08.94	600m:	6:50.34 1:09.94	1000m:	11:30.30 1:10.16	1400m:	16:08.92 1:09.18
	300m:	3:22.01 1:09.51	700m:	8:00.55 1:10.21	1100m:	12:40.09 1:09.79	1500m:	17:17.22 1:08.30
	400m:	4:31.17 1:09.16	800m:	9:10.26 1:09.71	1200m:	13:49.87 1:09.78		
3.	Óskar Gauti Lund		99	Breiðablik			17:19.93	546
	100m:	1:05.37 1:05.37	500m:	5:48.36 1:11.50	900m:	10:29.25 1:08.95	1300m:	15:06.40 1:07.22
	200m:	2:15.07 1:09.70	600m:	6:58.47 1:10.11	1000m:	11:38.70 1:09.45	1400m:	16:15.62 1:09.22
	300m:	3:26.54 1:11.47	700m:	8:09.52 1:11.05	1100m:	12:48.86 1:10.16	1500m:	17:19.93 1:04.31
	400m:	4:36.86 1:10.32	800m:	9:20.30 1:10.78	1200m:	13:59.18 1:10.32		
4.	Patrik Viggó Vilbergsson		02	Breiðablik			17:47.66	504
	100m:	1:06.13 1:06.13	500m:	5:52.86 1:12.00	900m:	10:40.33 1:11.95	1300m:	15:27.41 1:11.41
	200m:	2:17.57 1:11.44	600m:	7:04.17 1:11.31	1000m:	11:52.49 1:12.16	1400m:	16:38.64 1:11.23
	300m:	3:29.18 1:11.61	700m:	8:16.28 1:12.11	1100m:	13:04.56 1:12.07	1500m:	17:47.66 1:09.02
	400m:	4:40.86 1:11.68	800m:	9:28.38 1:12.10	1200m:	14:16.00 1:11.44		
5.	Björgvin Árni Júlíusson		01	KR			18:48.86	427
	100m:	1:08.30 1:08.30	500m:	6:10.96 1:16.12	900m:	11:14.65 1:16.72	1300m:	16:20.49 1:15.96
	200m:	2:23.53 1:15.23	600m:	7:26.82 1:15.86	1000m:	12:30.94 1:16.29	1400m:	17:36.58 1:16.09
	300m:	3:39.55 1:16.02	700m:	8:42.90 1:16.08	1100m:	13:48.06 1:17.12	1500m:	18:48.86 1:12.28
	400m:	4:54.84 1:15.29	800m:	9:57.93 1:15.03	1200m:	15:04.53 1:16.47		
6.	Teitur Þór Ólafsson		04	Ægir			20:38.75	323
	100m:	1:16.62 1:16.62	500m:	6:46.55 1:23.31	900m:	12:19.90 1:24.03	1300m:	17:57.00 1:24.41
	200m:	2:37.71 1:21.09	600m:	8:10.64 1:24.09	1000m:	13:43.89 1:23.99	1400m:	19:19.89 1:22.89
	300m:	3:59.99 1:22.28	700m:	9:31.88 1:21.24	1100m:	15:08.61 1:24.72	1500m:	20:38.75 1:18.86
	400m:	5:23.24 1:23.25	800m:	10:55.87 1:23.99	1200m:	16:32.59 1:23.98		
7.	Aron Bjarki Jónsson		01	Óðinn			20:48.79	315
	100m:	1:15.29 1:15.29	500m:	6:48.63 1:23.76	900m:	12:26.28 1:23.76	1300m:	18:06.61 1:25.86
	200m:	2:38.69 1:23.40	600m:	8:12.45 1:23.82	1000m:	13:51.22 1:24.94	1400m:	19:32.19 1:25.58
	300m:	4:00.29 1:21.60	700m:	9:35.78 1:23.33	1100m:	15:15.48 1:24.26	1500m:	20:48.79 1:16.60
	400m:	5:24.87 1:24.58	800m:	11:02.52 1:26.74	1200m:	16:40.75 1:25.27		
8.	Logi Freyr Arnarsson		03	KR			20:53.72	311
	100m:	1:16.94 1:16.94	500m:	6:56.32 1:25.25	900m:	12:33.38 1:23.98	1300m:	18:12.62 1:24.67
	200m:	2:39.57 1:22.63	600m:	8:20.43 1:24.11	1000m:	13:57.80 1:24.42	1400m:	19:34.60 1:21.98
	300m:	4:04.86 1:25.29	700m:	9:45.05 1:24.62	1100m:	15:23.11 1:25.31	1500m:	20:53.72 1:19.12
	400m:	5:31.07 1:26.21	800m:	11:09.40 1:24.35	1200m:	16:47.95 1:24.84		

Sundgrein 13

24.10.2015 - 16:00

kvenna, 50m skriðsund

Opinn
Úrslitalistar

ÍSL-met Opinn	24.94	Ragnheiður Ragnarsdóttir	KR	Reykjavík	16.12.2010
ÍSL-met 11 - 12	28.50				
ÍSL-met 13 - 14	26.57				
ÍSL-met 15 - 17	25.71				

EM25 2015 15 +: 26.00 / NM 2015 17 +: 26.57; 15 - 16: 26.84; 13 - 14: 26.84 / ÍM25 2015 : 30.09

Stig: FINA 2014

Sæti			F.ár			Tími	Stig	
Unglinga								
1.	Jóhanna Elín Guðmundsdóttir		01	SH			28.04	569
2.	Sunna Svanlaug Vilhjálmsdóttir		00	SH			28.97	516
3.	Katarína Róbertsdóttir		00	SH			29.21	503
4.	Embla Sól Garðarsdóttir		01	Óðinn			29.86	471
5.	Emilía Íris Brown		00	SH			30.01	464
6.	Faney Lind Jóhannsdóttir		02	Ægir			30.02	463
7.	Eyrún Sigþórsdóttir		01	ÍA			30.06	462
8.	Líf Prastardóttir		00	Breiðablik			30.17	457
9.	Arey Rakel Guðnadóttir		02	Fjölur			31.01	420
10.	Aþena Karaolani		00	Sunddeild Aftureldingar			31.15	415

Extramót SH 2015
Hafnarfjörður, 24. - 25.10.2015

Sundgrein 13, Stúlkur, 50m skriðsund, Unglinga

Sæti	F.ár		Tími	Stig	
11.	Þórkatla Björg Ómarsdóttir	01	Óðinn	31.30	409
	Sigurjóna Ragnheiðardóttir	03	Óðinn	31.30	409
13.	Melkorka Assa Arnadóttir	01	SH	31.71	393
14.	Katrín Eva Jóhannesdóttir	01	Sunddeild Aftureldingar	31.87	387
15.	Agatha Elín Steinþórsdóttir	02	Breiðablik	31.89	387
16.	Rakel Guðjónsdóttir	00	Fjölpir	32.18	376
17.	Íris Edda Garðarsdóttir	03	Ægir	32.28	373
18.	Una Margrét Reynisdóttir	02	KR	32.43	368
19.	Elísabet Anna Ómarsdóttir	02	Óðinn	33.61	330
20.	Herdís Viggósdóttir	04	KR	35.08	290

Opinn

1.	Karen Sif Vilhjálmsdóttir	93	SH	26.92	643
2.	Bryndís Bolladóttir	99	Óðinn	27.28	618
3.	Steingerður Hauksdóttir	96	Fjölpir	27.59	597
4.	Jóhanna Elín Guðmundsdóttir	01	SH	28.04	569
5.	Guðný Erna Bjarnadóttir	94	SH	28.27	555
6.	Elín Ylfa Viðarsdóttir	99	Breiðablik	28.96	516
7.	Sunna Svanlaug Vilhjálmsdóttir	00	SH	28.97	516
8.	Una Lára Lárusdóttir	99	ÍA	28.98	515
9.	Ásdís Birta Guðnadóttir	96	SH	29.10	509
10.	Katarína Róbertsdóttir	00	SH	29.21	503
11.	Natalia Cecylia Wojdat	98	SH	29.76	476
12.	Embla Sól Garðarsdóttir	01	Óðinn	29.86	471
13.	Emilía Íris Brown	00	SH	30.01	464
14.	Fanney Lind Jóhannsdóttir	02	Ægir	30.02	463
15.	Eyrún Sigþórsdóttir	01	ÍA	30.06	462
16.	Líf Þrastardóttir	00	Breiðablik	30.17	457
17.	Arey Rakel Guðnadóttir	02	Fjölpir	31.01	420
18.	Arna Lára Hjaltsted	99	Fjölpir	31.12	416
19.	Aþena Karaolani	00	Sunddeild Aftureldingar	31.15	415
20.	Þórkatla Björg Ómarsdóttir	01	Óðinn	31.30	409
	Sigurjóna Ragnheiðardóttir	03	Óðinn	31.30	409
22.	Melkorka Assa Arnadóttir	01	SH	31.71	393
23.	Katrín Eva Jóhannesdóttir	01	Sunddeild Aftureldingar	31.87	387
24.	Agatha Elín Steinþórsdóttir	02	Breiðablik	31.89	387
25.	Rakel Guðjónsdóttir	00	Fjölpir	32.18	376
26.	Íris Edda Garðarsdóttir	03	Ægir	32.28	373
27.	Una Margrét Reynisdóttir	02	KR	32.43	368
28.	Svanfríður Steingrímsdóttir	99	ÍRB	32.52	364
29.	Kristín Birta Atladóttir	99	Fjölpir	32.86	353
30.	Elísabet Anna Ómarsdóttir	02	Óðinn	33.61	330
31.	Herdís Viggósdóttir	04	KR	35.08	290
ÓG.	Guðrún Þóra Atladóttir	99	Fjölpir	38.85	

G2 - Starting before the start signal (SW 4.4)

Extramót SH 2015
Hafnarfjörður, 24. - 25.10.2015

Sundgrein 14

karla, 50m skriðsund

Opinn
Úrslitalistar

24.10.2015 - 16:05

ÍSL-met Opinn	22.29	Árni Már Árnason	ÍRB	Reykjavík	22.11.2009
ÍSL-met 11 - 12	27.42				
ÍSL-met 13 - 14	25.47				
ÍSL-met 15 - 17	23.29				

EM25 2015 15 +: 22.81 / NM 2015 18 +: 23.44; 16 - 17: 23.67; 14 - 15: 23.67 / ÍM25 2015 : 27.57

Stig: FINA 2014

Sæti	F.ár		Timi	Stig
Unglinga 17 ára og yngri				
1.	Daníel Már Kristinsson	98	Breiðablik	25.85 484
2.	Kristján Ari Heimisson	98	Breiðablik	26.44 452
3.	Daníel Andri Þórhallsson	98	Ægir	26.79 435
4.	Kristján Gylfi Þórisson	00	Ægir	27.07 421
5.	Kári Sölvi Nielsen	00	SH	27.73 392
6.	Hallgrímur Kjartansson	98	Breiðablik	27.91 384
7.	Jökull Ýmir Guðmundsson	00	SH	27.94 383
8.	Hafsteinn Ari Ágústsson	00	Ægir	28.10 377
9.	Jón Tumi Dagsson	01	SH	28.19 373
10.	Jón Klausen	00	Ármanns	28.27 370
11.	Erlend Magnússon	01	ÍA	28.45 363
12.	Davíð Þór Torfason	98	Fjöltnir	28.48 362
13.	Benedikt Frank Pálmason	01	Ármanns	28.68 354
14.	Jón Goði Ingvarsson	99	Sunddeild Aftureldingar	28.85 348
15.	Róbert Jónsson	01	SH	28.90 346
16.	Tómas Magnússon	02	KR	29.44 327
17.	Hafsteinn Hákonarson	00	Fjöltnir	29.69 319
18.	Hákon Alexander Magnússon	00	Óðinn	29.70 319
19.	Halldór Björn Kristinsson	02	Ægir	29.87 313
20.	Natanael Bergmann Gunnarsson	01	ÍA	29.89 313
21.	Aron Bjarki Jónsson	01	Óðinn	29.95 311
22.	Leonardo Þór Williamsson	01	ÍA	29.98 310
	Hilmir Hrafn Garðarsson	99	Sunddeild Aftureldingar	29.98 310
24.	Róbert Andri Pálmason	02	Ármanns	30.79 286
25.	Guðmundur Kristinn Húnfjörð	00	Breiðablik	31.00 280
26.	Ragnar Þór Antonsson	01	Sunddeild Aftureldingar	31.09 278
27.	Vikar Máni Þórisson	02	Fjöltnir	31.41 269
28.	Teitur Þór Ólafsson	04	Ægir	32.86 235
29.	Runólfur Þorláksson	02	Ármanns	33.20 228
30.	Hringur Birgir Kristinsson	04	Ægir	34.04 212
31.	Enrique Snær Llorens	02	ÍA	34.78 198

Opinn

1.	Aron Örn Stefánsson	95	SH	23.95 608
2.	Viktor Máni Vilbergsson	92	SH	24.07 599
3.	Birkir Snær Helgason	94	Ægir	24.40 575
4.	Hilmar Smári Jónsson	94	Fjöltnir	24.64 559
5.	Arnór Stefánsson	97	SH	25.73 491
6.	Daníel Már Kristinsson	98	Breiðablik	25.85 484
7.	Sævar Berg Sigurðsson	95	ÍA	26.15 467
8.	Kristján Ari Heimisson	98	Breiðablik	26.44 452
9.	Sveinn Ólafur Lúðvíksson	96	SH	26.78 435
10.	Daníel Andri Þórhallsson	98	Ægir	26.79 435
11.	Kristján Gylfi Þórisson	00	Ægir	27.07 421
12.	Guðmundur Brynjar Júlíusson	94	ÍA	27.47 403
13.	Kári Sölvi Nielsen	00	SH	27.73 392
14.	Hallgrímur Kjartansson	98	Breiðablik	27.91 384

Extramót SH 2015
Hafnarfjörður, 24. - 25.10.2015

Sundgrein 14, karla, 50m skriðsund, Opinn

Sæti	F.ár	Tími	Stig
15. Jökull Ýmir Guðmundsson	00 SH	27.94	383
16. Hafsteinn Ari Ágústsson	00 Ægir	28.10	377
17. Jón Tumi Dagsson	01 SH	28.19	373
18. Jón Klausen	00 Ármanns	28.27	370
Maël Ambonguilat	97 Ægir	28.27	370
20. Erlend Magnússon	01 ÍA	28.45	363
21. Davíð Þór Torfason	98 Fjölnir	28.48	362
22. Benedikt Frank Pálmason	01 Ármanns	28.68	354
23. Jón Goði Ingvarsson	99 Sunddeild Aftureldingar	28.85	348
24. Róbert Jónsson	01 SH	28.90	346
25. Ragnar Ingi Magnússon	92 SH	28.93	345
26. Tómas Magnússon	02 KR	29.44	327
27. Hafsteinn Hákonarson	00 Fjölnir	29.69	319
28. Hákon Alexander Magnússon	00 Óðinn	29.70	319
29. Halldór Björn Kristinsson	02 Ægir	29.87	313
30. Natanael Bergmann Gunnarsson	01 ÍA	29.89	313
31. Aron Bjarki Jónsson	01 Óðinn	29.95	311
32. Leonardo Þór Williamsson	01 ÍA	29.98	310
Hilmir Hrafn Garðarsson	99 Sunddeild Aftureldingar	29.98	310
34. Róbert Andri Pálmason	02 Ármanns	30.79	286
35. Guðmundur Kristinn Húnfjörð	00 Breiðablik	31.00	280
36. Ragnar Þór Antonsson	01 Sunddeild Aftureldingar	31.09	278
37. Vikar Máni Þórsson	02 Fjölnir	31.41	269
38. Teitur Þór Ólafsson	04 Ægir	32.86	235
39. Runólfur Þorláksson	02 Ármanns	33.20	228
40. Hringur Birgir Kristinsson	04 Ægir	34.04	212
41. Enrique Snær Llorens	02 ÍA	34.78	198

Sundgrein 15

kvenna, 400m skriðsund

Opinn
Úrslitalistar

24.10.2015 - 16:10

ÍSL-met Opinn	4:11.61	Inga Elín Cryer	Ægir	Doha (QAT)	5.12.2014
ÍSL-met 11 - 12	4:39.08				
ÍSL-met 13 - 14	4:21.52				
ÍSL-met 15 - 17	4:15.57				

EM25 2015 15 +: 4:18.83 / NM 2015 17 +: 4:28.64; 15 - 16: 4:32.67; 13 - 14: 4:38.15 / ÍM25 2015 : 5:03.89

Stig: FINA 2014

Sæti	F.ár	Tími	Stig
Unglinga			
1. Ragna Sigríður Ragnarsdóttir	01 Ármanns	4:45.29	555
50m: 33.41 33.41	150m: 1:45.24 36.45	250m: 2:57.74 36.31	350m: 4:09.94 35.96
100m: 1:08.79 35.38	200m: 2:21.43 36.19	300m: 3:33.98 36.24	400m: 4:45.29 35.35
2. Telma Brá Gunnarsdóttir	00 Ægir	4:50.58	525
50m: 33.15 33.15	150m: 1:46.23 36.91	250m: 3:00.25 36.94	350m: 4:14.04 36.92
100m: 1:09.32 36.17	200m: 2:23.31 37.08	300m: 3:37.12 36.87	400m: 4:50.58 36.54
3. Ásta Kristín Jónsdóttir	00 Ármanns	4:52.35	516
50m: 32.72 32.72	150m: 1:45.62 37.03	250m: 3:00.86 37.29	350m: 4:16.27 37.57
100m: 1:08.59 35.87	200m: 2:23.57 37.95	300m: 3:38.70 37.84	400m: 4:52.35 36.08
4. Ingibjörg Erl Garðarsdóttir	00 Ægir	4:53.69	509
50m: 33.40 33.40	150m: 1:46.29 36.86	250m: 3:01.33 37.34	350m: 4:16.96 37.84
100m: 1:09.43 36.03	200m: 2:23.99 37.70	300m: 3:39.12 37.79	400m: 4:53.69 36.73
5. Þórkatla Björg Ómarsdóttir	01 Óðinn	4:57.78	488
50m: 34.36 34.36	150m: 1:48.50 37.38	250m: 3:03.72 37.61	350m: 4:20.84 38.73
100m: 1:11.12 36.76	200m: 2:26.11 37.61	300m: 3:42.11 38.39	400m: 4:57.78 36.94

Extramót SH 2015
Hafnarfjörður, 24. - 25.10.2015

Sundgrein 15, Stúlkur, 400m skriðsund, Unglinga

Sæti			F.ár							Tími	Stig	
6.	Adele Alexandra Pálsson		03	SH						5:04.47	456	
	50m:	33.79	33.79	150m:	1:50.17	38.46	250m:	3:08.51	39.49	350m:	4:26.69	38.69
	100m:	1:11.71	37.92	200m:	2:29.02	38.85	300m:	3:48.00	39.49	400m:	5:04.47	37.78
7.	Regína Lilja Gunnlaugsdóttir		02	Breiðablik						5:06.64	447	
	50m:	34.49	34.49	150m:	1:50.91	38.57	250m:	3:09.77	39.07	350m:	4:28.61	39.13
	100m:	1:12.34	37.85	200m:	2:30.70	39.79	300m:	3:49.48	39.71	400m:	5:06.64	38.03
8.	Belinda Cardew		00	Breiðablik						5:06.66	447	
	50m:	35.32	35.32	150m:	1:53.93	39.60	250m:	3:12.80	39.33	350m:	4:29.97	38.46
	100m:	1:14.33	39.01	200m:	2:33.47	39.54	300m:	3:51.51	38.71	400m:	5:06.66	36.69
9.	Jóhanna Alba Martel		00	Ármanns						5:11.42	427	
	50m:	34.05	34.05	150m:	1:51.68	39.23	250m:	3:11.93	40.32	350m:	4:33.43	40.93
	100m:	1:12.45	38.40	200m:	2:31.61	39.93	300m:	3:52.50	40.57	400m:	5:11.42	37.99
10.	Þórdís Anita Björnsdóttir		02	SH						5:12.06	424	
	50m:	36.01	36.01	150m:	1:54.84	39.71	250m:	3:13.28	39.16	350m:	4:34.91	40.86
	100m:	1:15.13	39.12	200m:	2:34.12	39.28	300m:	3:54.05	40.77	400m:	5:12.06	37.15
11.	Guðrún Ásta Þórarinsdóttir		00	Fjölnir						5:12.25	423	
	50m:	35.25	35.25	150m:	1:52.53	39.20	250m:	3:12.39	39.90	350m:	4:32.52	40.40
	100m:	1:13.33	38.08	200m:	2:32.49	39.96	300m:	3:52.12	39.73	400m:	5:12.25	39.73
12.	Þura Snorradóttir		03	Óðinn						5:12.42	422	
	50m:	35.94	35.94	150m:	1:54.94	39.81	250m:	3:14.87	39.96	350m:	4:34.10	39.57
	100m:	1:15.13	39.19	200m:	2:34.91	39.97	300m:	3:54.53	39.66	400m:	5:12.42	38.32
13.	Droplaug María Hafliðadóttir		00	ÍA						5:12.51	422	
	50m:	35.24	35.24	150m:	1:52.78	39.39	250m:	3:12.67	40.13	350m:	4:32.62	40.26
	100m:	1:13.39	38.15	200m:	2:32.54	39.76	300m:	3:52.36	39.69	400m:	5:12.51	39.89
14.	Ylfa Finnbogadóttir		02	SH						5:12.58	422	
	50m:	35.96	35.96	150m:	1:54.93	39.74	250m:	3:14.82	40.22	350m:	4:35.73	39.83
	100m:	1:15.19	39.23	200m:	2:34.60	39.67	300m:	3:55.90	41.08	400m:	5:12.58	36.85
15.	Íris Edda Garðarsdóttir		03	Ægir						5:13.12	420	
	50m:	35.65	35.65	150m:	1:53.62	39.70	250m:	3:13.52	40.29	350m:	4:34.60	40.68
	100m:	1:13.92	38.27	200m:	2:33.23	39.61	300m:	3:53.92	40.40	400m:	5:13.12	38.52
16.	Kristín Helga Hákonardóttir		04	Breiðablik						5:14.69	413	
	50m:	36.50	36.50	150m:	1:56.26	39.89	250m:	3:15.92	39.65	350m:	4:36.31	40.12
	100m:	1:16.37	39.87	200m:	2:36.27	40.01	300m:	3:56.19	40.27	400m:	5:14.69	38.38
17.	Katrín Eva Jóhannesdóttir		01	Sunddeild Aftureldingar						5:15.69	409	
	50m:	37.02	37.02	150m:	2:00.07	41.80	250m:	3:19.95	39.64	350m:	4:37.55	38.50
	100m:	1:18.27	41.25	200m:	2:40.31	40.24	300m:	3:59.05	39.10	400m:	5:15.69	38.14
18.	Heiður Kristín Sigurgeirsdóttir		01	Ármanns						5:15.93	409	
	50m:	35.51	35.51	150m:	1:54.18	39.64	250m:	3:14.86	40.40	350m:	4:36.64	41.17
	100m:	1:14.54	39.03	200m:	2:34.46	40.28	300m:	3:55.47	40.61	400m:	5:15.93	39.29
19.	Ásgerður Jing Laufeyjardóttir		02	ÍA						5:16.88	405	
	50m:	26.99	26.99	150m:			250m:			350m:		
	100m:	1:08.48	41.49	200m:			300m:			400m:	5:16.88	
20.	Kristín Ylfa Guðmundsdóttir		02	SH						5:16.89	405	
	50m:	35.49	35.49	150m:	1:56.03	40.86	250m:	3:18.44	41.25	350m:	4:38.18	39.25
	100m:	1:15.17	39.68	200m:	2:37.19	41.16	300m:	3:58.93	40.49	400m:	5:16.89	38.71
21.	Rebekka Sif Ómarsdóttir		03	Óðinn						5:18.92	397	
	50m:	30.98	30.98	150m:	1:49.98	38.57	250m:			350m:		
	100m:	1:11.41	40.43	200m:			300m:			400m:	5:18.92	
22.	Sandra Dögg Kristjánsdóttir		03	SH						5:22.27	385	
	50m:	33.69	33.69	150m:	1:53.53	39.44	250m:			350m:		
	100m:	1:14.09	40.40	200m:			300m:			400m:	5:22.27	
23.	Aþena Arnarsdóttir		03	Óðinn						5:22.66	383	
	50m:	34.13	34.13	150m:	1:53.73	39.20	250m:			350m:		
	100m:	1:14.53	40.40	200m:			300m:			400m:	5:22.66	

Extramót SH 2015
Hafnarfjörður, 24. - 25.10.2015

Sundgrein 15, Stúlkur, 400m skriðsund, Unglinga

Sæti			F.ár							Tími	Stig	
24.	Þorgerður Ósk Jónsdóttir		03	SH						5:24.33	378	
	50m:	36.96	36.96	150m:	1:59.94	41.92	250m:	3:23.18	41.56	350m:	4:45.06	41.11
	100m:	1:18.02	41.06	200m:	2:41.62	41.68	300m:	4:03.95	40.77	400m:	5:24.33	39.27
25.	Svava Björg Lárusdóttir		03	Ármanns						5:25.19	375	
	50m:	37.68	37.68	150m:	2:01.76	41.31	250m:	3:25.13	41.24	350m:	4:47.34	41.07
	100m:	1:20.45	42.77	200m:	2:43.89	42.13	300m:	4:06.27	41.14	400m:	5:25.19	37.85
26.	Hilda Bríet Bates Gústavsdóttir		03	SH						5:37.66	335	
	50m:	43.97	43.97	150m:	2:08.89	42.25	250m:			350m:		
	100m:	1:26.64	42.67	200m:			300m:			400m:	5:37.66	
27.	Sigurlaug Brynjúlfsdóttir		01	KR						5:40.17	327	
	50m:	2:11.56	2:11.56	150m:			250m:			350m:		
	100m:			200m:			300m:			400m:	5:40.17	
28.	Arna Ósk Jónsdóttir		02	ÍA						5:42.29	321	
	50m:	47.47	47.47	150m:	2:13.46	41.07	250m:			350m:		
	100m:	1:32.39	44.92	200m:			300m:			400m:	5:42.29	
29.	Kristina Bragadóttir		00	Ármanns						5:42.69	320	
	50m:	46.94	46.94	150m:	2:13.93	43.05	250m:			350m:		
	100m:	1:30.88	43.94	200m:			300m:			400m:	5:42.69	
30.	Elísabet Anna Ómarsdóttir		02	Óðinn						5:48.13	305	
	50m:	39.44	39.44	150m:	2:06.91	44.58	250m:	3:35.65	44.25	350m:	5:06.19	44.90
	100m:	1:22.33	42.89	200m:	2:51.40	44.49	300m:	4:21.29	45.64	400m:	5:48.13	41.94
31.	Diljá Dröfn Jóhannesdóttir		03	SH						5:49.08	303	
	50m:	39.13	39.13	150m:	2:07.22	44.03	250m:	3:37.48	45.14	350m:	5:05.40	42.93
	100m:	1:23.19	44.06	200m:	2:52.34	45.12	300m:	4:22.47	44.99	400m:	5:49.08	43.68
32.	Agnes Fjóra Flosadóttir		02	Rán						5:49.56	301	
	50m:	52.56	52.56	150m:	2:20.62	43.62	250m:			350m:		
	100m:	1:37.00	44.44	200m:			300m:			400m:	5:49.56	
33.	Sóldís Ninja Helgadóttir		03	ÍA						5:52.25	295	
	50m:	38.75	38.75	150m:	2:06.97	44.79	250m:	3:37.97	45.72	350m:	5:09.09	45.35
	100m:	1:22.18	43.43	200m:	2:52.25	45.28	300m:	4:23.74	45.77	400m:	5:52.25	43.16
34.	Una Hlynsdóttir		02	SH						5:53.07	293	
	50m:	38.07	38.07	150m:			250m:			350m:		
	100m:	1:22.59	44.52	200m:			300m:			400m:	5:53.07	
35.	Berglind Rún Traustadóttir		03	SH						6:02.30	271	
	50m:	39.53	39.53	150m:	2:11.25	46.85	250m:	3:45.80	47.49	350m:	5:18.76	46.13
	100m:	1:24.40	44.87	200m:	2:58.31	47.06	300m:	4:32.63	46.83	400m:	6:02.30	43.54
36.	Áslaug Rún Rögnvaldsdóttir		02	SH						6:58.26	176	
	50m:	41.53	41.53	150m:	2:26.08	54.11	250m:	4:15.09	54.81	350m:	6:04.38	54.25
	100m:	1:31.97	50.44	200m:	3:20.28	54.20	300m:	5:10.13	55.04	400m:	6:58.26	53.88

Opinn

1.	Inga Elin Cryer		93	Ægir						4:18.33	748	EM
	50m:	29.24	29.24	150m:	1:33.00	32.29	250m:	2:38.72	32.97	350m:	3:45.61	33.33
	100m:	1:00.71	31.47	200m:	2:05.75	32.75	300m:	3:12.28	33.56	400m:	4:18.33	32.72
2.	Bára Kristín Björgvinsdóttir		95	SH						4:30.01	655	
	50m:	31.42	31.42	150m:	1:39.36	34.28	250m:	2:48.12	34.35	350m:	3:57.03	34.20
	100m:	1:05.08	33.66	200m:	2:13.77	34.41	300m:	3:22.83	34.71	400m:	4:30.01	32.98
3.	Eyrún Agla Friðriksdóttir		99	SH						4:36.26	611	
	50m:	31.93	31.93	150m:	1:40.62	34.46	250m:	2:50.95	35.34	350m:	4:01.30	35.26
	100m:	1:06.16	34.23	200m:	2:15.61	34.99	300m:	3:26.04	35.09	400m:	4:36.26	34.96
4.	Ragnheiður Karlsdóttir		99	Breiðablik						4:41.10	580	
	50m:	31.59	31.59	150m:	1:41.10	35.16	250m:	2:52.72	35.93	350m:	4:05.12	35.88
	100m:	1:05.94	34.35	200m:	2:16.79	35.69	300m:	3:29.24	36.52	400m:	4:41.10	35.98

Extramót SH 2015
Hafnarfjörður, 24. - 25.10.2015

Sundgrein 15, kvenna, 400m skriðsund, Opinn

Sæti	F.ár				Tími	Stig
5. Sólrún Sigþórsdóttir	97	ÍA	4:43.13	568		
50m: 33.43 33.43	150m: 1:45.73 36.24	250m: 2:57.98 35.80	350m: 4:08.81 35.29			
100m: 1:09.49 36.06	200m: 2:22.18 36.45	300m: 3:33.52 35.54	400m: 4:43.13 34.32			
6. Ragna Sigríður Ragnarsdóttir	01	Ármanns	4:45.29	555		
50m: 33.41 33.41	150m: 1:45.24 36.45	250m: 2:57.74 36.31	350m: 4:09.94 35.96			
100m: 1:08.79 35.38	200m: 2:21.43 36.19	300m: 3:33.98 36.24	400m: 4:45.29 35.35			
7. Elín Kata Sigurgeirsdóttir	99	Óðinn	4:48.75	535		
50m: 32.08 32.08	150m: 1:43.26 36.16	250m: 2:57.28 37.25	350m: 4:12.15 37.42			
100m: 1:07.10 35.02	200m: 2:20.03 36.77	300m: 3:34.73 37.45	400m: 4:48.75 36.60			
8. Telma Brá Gunnarsdóttir	00	Ægir	4:50.58	525		
50m: 33.15 33.15	150m: 1:46.23 36.91	250m: 3:00.25 36.94	350m: 4:14.04 36.92			
100m: 1:09.32 36.17	200m: 2:23.31 37.08	300m: 3:37.12 36.87	400m: 4:50.58 36.54			
9. Ásta Kristín Jónsdóttir	00	Ármanns	4:52.35	516		
50m: 32.72 32.72	150m: 1:45.62 37.03	250m: 3:00.86 37.29	350m: 4:16.27 37.57			
100m: 1:08.59 35.87	200m: 2:23.57 37.95	300m: 3:38.70 37.84	400m: 4:52.35 36.08			
10. Bjarkey Jónasdóttir	99	Ægir	4:53.45	510		
50m: 32.03 32.03	150m: 1:44.31 36.56	250m: 2:59.97 38.24	350m: 4:17.18 38.35			
100m: 1:07.75 35.72	200m: 2:21.73 37.42	300m: 3:38.83 38.86	400m: 4:53.45 36.27			
11. Ingibjörg Erl Garðarsdóttir	00	Ægir	4:53.69	509		
50m: 33.40 33.40	150m: 1:46.29 36.86	250m: 3:01.33 37.34	350m: 4:16.96 37.84			
100m: 1:09.43 36.03	200m: 2:23.99 37.70	300m: 3:39.12 37.79	400m: 4:53.69 36.73			
12. Þórkatla Björg Ómarsdóttir	01	Óðinn	4:57.78	488		
50m: 34.36 34.36	150m: 1:48.50 37.38	250m: 3:03.72 37.61	350m: 4:20.84 38.73			
100m: 1:11.12 36.76	200m: 2:26.11 37.61	300m: 3:42.11 38.39	400m: 4:57.78 36.94			
13. Adele Alexandra Pálsson	03	SH	5:04.47	456		
50m: 33.79 33.79	150m: 1:50.17 38.46	250m: 3:08.51 39.49	350m: 4:26.69 38.69			
100m: 1:11.71 37.92	200m: 2:29.02 38.85	300m: 3:48.00 39.49	400m: 5:04.47 37.78			
14. Regína Lilja Gunnlaugsdóttir	02	Breiðablik	5:06.64	447		
50m: 34.49 34.49	150m: 1:50.91 38.57	250m: 3:09.77 39.07	350m: 4:28.61 39.13			
100m: 1:12.34 37.85	200m: 2:30.70 39.79	300m: 3:49.48 39.71	400m: 5:06.64 38.03			
15. Belinda Cardew	00	Breiðablik	5:06.66	447		
50m: 35.32 35.32	150m: 1:53.93 39.60	250m: 3:12.80 39.33	350m: 4:29.97 38.46			
100m: 1:14.33 39.01	200m: 2:33.47 39.54	300m: 3:51.51 38.71	400m: 5:06.66 36.69			
16. Rebekka Ýr Guðbjörnsdóttir	99	Ægir	5:10.20	432		
50m: 35.41 35.41	150m: 1:53.19 39.46	250m: 3:12.95 39.84	350m: 4:31.49 38.81			
100m: 1:13.73 38.32	200m: 2:33.11 39.92	300m: 3:52.68 39.73	400m: 5:10.20 38.71			
17. Jóhanna Alba Martel	00	Ármanns	5:11.42	427		
50m: 34.05 34.05	150m: 1:51.68 39.23	250m: 3:11.93 40.32	350m: 4:33.43 40.93			
100m: 1:12.45 38.40	200m: 2:31.61 39.93	300m: 3:52.50 40.57	400m: 5:11.42 37.99			
18. Þórdís Anita Björnsdóttir	02	SH	5:12.06	424		
50m: 36.01 36.01	150m: 1:54.84 39.71	250m: 3:13.28 39.16	350m: 4:34.91 40.86			
100m: 1:15.13 39.12	200m: 2:34.12 39.28	300m: 3:54.05 40.77	400m: 5:12.06 37.15			
19. Guðrún Ásta Þórarinsdóttir	00	Fjölpir	5:12.25	423		
50m: 35.25 35.25	150m: 1:52.53 39.20	250m: 3:12.39 39.90	350m: 4:32.52 40.40			
100m: 1:13.33 38.08	200m: 2:32.49 39.96	300m: 3:52.12 39.73	400m: 5:12.25 39.73			
20. Þóra Snorradóttir	03	Óðinn	5:12.42	422		
50m: 35.94 35.94	150m: 1:54.94 39.81	250m: 3:14.87 39.96	350m: 4:34.10 39.57			
100m: 1:15.13 39.19	200m: 2:34.91 39.97	300m: 3:54.53 39.66	400m: 5:12.42 38.32			
21. Droplaug María Hafliðadóttir	00	ÍA	5:12.51	422		
50m: 35.24 35.24	150m: 1:52.78 39.39	250m: 3:12.67 40.13	350m: 4:32.62 40.26			
100m: 1:13.39 38.15	200m: 2:32.54 39.76	300m: 3:52.36 39.69	400m: 5:12.51 39.89			
22. Ylfa Finnbogadóttir	02	SH	5:12.58	422		
50m: 35.96 35.96	150m: 1:54.93 39.74	250m: 3:14.82 40.22	350m: 4:35.73 39.83			
100m: 1:15.19 39.23	200m: 2:34.60 39.67	300m: 3:55.90 41.08	400m: 5:12.58 36.85			

Extramót SH 2015
Hafnarfjörður, 24. - 25.10.2015

Sundgrein 15, kvenna, 400m skriðsund, Opinn

Sæti			F.ár							Tími	Stig	
23.	Íris Edda Garðarsdóttir		03	Ægir						5:13.12	420	
	50m:	35.65	35.65	150m:	1:53.62	39.70	250m:	3:13.52	40.29	350m:	4:34.60	40.68
	100m:	1:13.92	38.27	200m:	2:33.23	39.61	300m:	3:53.92	40.40	400m:	5:13.12	38.52
24.	Kristín Helga Hákonardóttir		04	Breiðablik						5:14.69	413	
	50m:	36.50	36.50	150m:	1:56.26	39.89	250m:	3:15.92	39.65	350m:	4:36.31	40.12
	100m:	1:16.37	39.87	200m:	2:36.27	40.01	300m:	3:56.19	40.27	400m:	5:14.69	38.38
25.	Katrín Eva Jóhannsdóttir		01	Sunddeild Aftureldingar						5:15.69	409	
	50m:	37.02	37.02	150m:	2:00.07	41.80	250m:	3:19.95	39.64	350m:	4:37.55	38.50
	100m:	1:18.27	41.25	200m:	2:40.31	40.24	300m:	3:59.05	39.10	400m:	5:15.69	38.14
26.	Heiður Kristín Sigurgeirsdóttir		01	Ármanns						5:15.93	409	
	50m:	35.51	35.51	150m:	1:54.18	39.64	250m:	3:14.86	40.40	350m:	4:36.64	41.17
	100m:	1:14.54	39.03	200m:	2:34.46	40.28	300m:	3:55.47	40.61	400m:	5:15.93	39.29
27.	Ásgerður Jing Laufeyjardóttir		02	ÍA						5:16.88	405	
	50m:	26.99	26.99	150m:			250m:			350m:		
	100m:	1:08.48	41.49	200m:			300m:			400m:	5:16.88	
28.	Kristín Ylfa Guðmundsdóttir		02	SH						5:16.89	405	
	50m:	35.49	35.49	150m:	1:56.03	40.86	250m:	3:18.44	41.25	350m:	4:38.18	39.25
	100m:	1:15.17	39.68	200m:	2:37.19	41.16	300m:	3:58.93	40.49	400m:	5:16.89	38.71
29.	Rebekka Sif Ómarsdóttir		03	Óðinn						5:18.92	397	
	50m:	30.98	30.98	150m:	1:49.98	38.57	250m:			350m:		
	100m:	1:11.41	40.43	200m:			300m:			400m:	5:18.92	
30.	Sandra Dögg Kristjánsdóttir		03	SH						5:22.27	385	
	50m:	33.69	33.69	150m:	1:53.53	39.44	250m:			350m:		
	100m:	1:14.09	40.40	200m:			300m:			400m:	5:22.27	
31.	Aþena Arnarsdóttir		03	Óðinn						5:22.66	383	
	50m:	34.13	34.13	150m:	1:53.73	39.20	250m:			350m:		
	100m:	1:14.53	40.40	200m:			300m:			400m:	5:22.66	
32.	Þorgerður Ósk Jónsdóttir		03	SH						5:24.33	378	
	50m:	36.96	36.96	150m:	1:59.94	41.92	250m:	3:23.18	41.56	350m:	4:45.06	41.11
	100m:	1:18.02	41.06	200m:	2:41.62	41.68	300m:	4:03.95	40.77	400m:	5:24.33	39.27
33.	Svava Björg Lárusdóttir		03	Ármanns						5:25.19	375	
	50m:	37.68	37.68	150m:	2:01.76	41.31	250m:	3:25.13	41.24	350m:	4:47.34	41.07
	100m:	1:20.45	42.77	200m:	2:43.89	42.13	300m:	4:06.27	41.14	400m:	5:25.19	37.85
34.	Hilda Bríet Bates Gústavsdóttir		03	SH						5:37.66	335	
	50m:	43.97	43.97	150m:	2:08.89	42.25	250m:			350m:		
	100m:	1:26.64	42.67	200m:			300m:			400m:	5:37.66	
35.	Sigurlaug Brynjúlfsdóttir		01	KR						5:40.17	327	
	50m:	2:11.56	2:11.56	150m:			250m:			350m:		
	100m:			200m:			300m:			400m:	5:40.17	
36.	Arna Ósk Jónsdóttir		02	ÍA						5:42.29	321	
	50m:	47.47	47.47	150m:	2:13.46	41.07	250m:			350m:		
	100m:	1:32.39	44.92	200m:			300m:			400m:	5:42.29	
37.	Kristina Bragadóttir		00	Ármanns						5:42.69	320	
	50m:	46.94	46.94	150m:	2:13.93	43.05	250m:			350m:		
	100m:	1:30.88	43.94	200m:			300m:			400m:	5:42.69	
38.	Elísabet Anna Ómarsdóttir		02	Óðinn						5:48.13	305	
	50m:	39.44	39.44	150m:	2:06.91	44.58	250m:	3:35.65	44.25	350m:	5:06.19	44.90
	100m:	1:22.33	42.89	200m:	2:51.40	44.49	300m:	4:21.29	45.64	400m:	5:48.13	41.94
39.	Diljá Dröfn Jóhannsdóttir		03	SH						5:49.08	303	
	50m:	39.13	39.13	150m:	2:07.22	44.03	250m:	3:37.48	45.14	350m:	5:05.40	42.93
	100m:	1:23.19	44.06	200m:	2:52.34	45.12	300m:	4:22.47	44.99	400m:	5:49.08	43.68
40.	Agnes Fjóra Flosadóttir		02	Rán						5:49.56	301	
	50m:	52.56	52.56	150m:	2:20.62	43.62	250m:			350m:		
	100m:	1:37.00	44.44	200m:			300m:			400m:	5:49.56	

Extramót SH 2015
Hafnarfjörður, 24. - 25.10.2015

Sundgrein 15, kvenna, 400m skriðsund, Opinn

Sæti			F.ár				Tími		Stig
41.	Sóldís Ninja Helgadóttir		03		ÍA		5:52.25		295
	50m:	38.75	38.75	150m:	2:06.97	44.79	250m:	3:37.97	45.35
	100m:	1:22.18	43.43	200m:	2:52.25	45.28	300m:	4:23.74	43.16
							350m:	5:09.09	
							400m:	5:52.25	
42.	Una Hlynsdóttir		02		SH		5:53.07		293
	50m:	38.07	38.07	150m:			250m:		
	100m:	1:22.59	44.52	200m:			300m:		
							350m:	5:53.07	
43.	Berglind Rún Traustadóttir		03		SH		6:02.30		271
	50m:	39.53	39.53	150m:	2:11.25	46.85	250m:	3:45.80	46.13
	100m:	1:24.40	44.87	200m:	2:58.31	47.06	300m:	4:32.63	43.54
							350m:	5:18.76	
							400m:	6:02.30	
44.	Áslaug Rún Rögnvaldsdóttir		02		SH		6:58.26		176
	50m:	41.53	41.53	150m:	2:26.08	54.11	250m:	4:15.09	54.25
	100m:	1:31.97	50.44	200m:	3:20.28	54.20	300m:	5:10.13	53.88
							350m:	6:04.38	
							400m:	6:58.26	

Sundgrein 16

karla, 400m skriðsund

Opinn

24.10.2015 - 16:45

Úrslitalistar

ÍSL-met Opinn	3:48.83	Anton Sveinn McKee	Ægir	Istanbul (TUR)	14.12.2012
ÍSL-met 11 - 12	4:36.46				
ÍSL-met 13 - 14	4:08.18				
ÍSL-met 15 - 17	3:53.50				

EM25 2015 15 +: 3:56.68 / NM 2015 18 +: 4:05.65; 16 - 17: 4:09.34; 14 - 15: 4:14.35 / ÍM25 2015 : 4:45.81

Stig: FINA 2014

Sæti			F.ár				Tími		Stig
Unglinga 17 ára og yngri									
1.	Bjartur Þórhallsson		00		Ægir		4:23.15		524
	50m:	29.50	29.50	150m:	1:35.55	33.38	250m:	2:43.57	33.38
	100m:	1:02.17	32.67	200m:	2:09.64	34.09	300m:	3:17.68	34.11
							350m:	3:51.06	33.38
							400m:	4:23.15	32.09
2.	Kári Sölvi Nielsen		00		SH		4:23.71		521
	50m:	29.87	29.87	150m:	1:36.56	33.98	250m:	2:44.70	33.75
	100m:	1:02.58	32.71	200m:	2:10.95	34.39	300m:	3:18.61	33.91
							350m:	3:51.59	32.98
							400m:	4:23.71	32.12
3.	Óskar Gauti Lund		99		Breiðablik		4:43.57		419
	50m:	31.37	31.37	150m:	1:42.73	36.25	250m:	2:56.18	36.57
	100m:	1:06.48	35.11	200m:	2:19.61	36.88	300m:	3:32.16	35.98
							350m:	4:08.37	36.21
							400m:	4:43.57	35.20
4.	Snævar Atli Halldórsson		00		Óðinn		4:44.97		413
	50m:	32.04	32.04	150m:			250m:		
	100m:	1:07.69	35.65	200m:	2:20.86		300m:	4:09.99	
							350m:	4:44.97	
5.	Hjörleifur Helgi Sveinbjarnarson		99		Rán		4:50.24		391
	50m:	30.55	30.55	150m:	1:43.57	37.31	250m:	2:58.26	37.21
	100m:	1:06.26	35.71	200m:	2:21.05	37.48	300m:	3:35.14	36.88
							350m:	4:13.46	38.32
							400m:	4:50.24	36.78
6.	Sindri Andreas Bjarnason		01		ÍA		4:50.27		390
	50m:	33.38	33.38	150m:	1:46.57	36.80	250m:	3:00.41	36.93
	100m:	1:09.77	36.39	200m:	2:23.48	36.91	300m:	3:37.54	37.13
							350m:	4:15.04	37.50
							400m:	4:50.27	35.23
7.	Hákon Alexander Magnússon		00		Óðinn		4:51.25		387
	50m:	32.94	32.94	150m:	1:47.91	38.04	250m:	3:03.30	37.25
	100m:	1:09.87	36.93	200m:	2:26.05	38.14	300m:	3:40.16	36.86
							350m:	4:17.29	37.13
							400m:	4:51.25	33.96
8.	Davíð Þór Torfason		98		Fjölnir		4:53.63		377
	50m:	32.47	32.47	150m:	1:45.98	37.17	250m:	3:01.56	38.07
	100m:	1:08.81	36.34	200m:	2:23.49	37.51	300m:	3:39.64	38.08
							350m:	4:17.33	37.69
							400m:	4:53.63	36.30
9.	Björgvin Árni Júlíusson		01		KR		4:54.33		375
	50m:	32.19	32.19	150m:	1:45.44	36.89	250m:	3:01.14	37.77
	100m:	1:08.55	36.36	200m:	2:23.37	37.93	300m:	3:40.14	39.00
							350m:	4:17.23	37.09
							400m:	4:54.33	37.10
10.	Björn Axel Agnarsson		02		Breiðablik		4:55.82		369
	50m:	32.83	32.83	150m:	1:47.68	38.12	250m:	3:04.58	38.15
	100m:	1:09.56	36.73	200m:	2:26.43	38.75	300m:	3:42.49	37.91
							350m:	4:19.95	37.46
							400m:	4:55.82	35.87

Extramót SH 2015
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Sundgrein 16, Piltar, 400m skriðsund, Unglinga 17 ára og yngri

Sæti			F.ár							Tími	Stig	
11.	Jón Klausen		00	Ármanns						5:03.77	341	
	50m:	33.63 33.63	150m:	1:51.22	39.25	250m:	3:09.76	39.06	350m:	4:28.78	39.42	
	100m:	1:11.97 38.34	200m:	2:30.70	39.48	300m:	3:49.36	39.60	400m:	5:03.77	34.99	
12.	Róbert Andri Pálmason		02	Ármanns						5:15.30	305	
	50m:	35.33 35.33	150m:	1:56.29	40.90	250m:	3:18.22	41.49	350m:	4:38.20	40.27	
	100m:	1:15.39 40.06	200m:	2:36.73	40.44	300m:	3:57.93	39.71	400m:	5:15.30	37.10	
13.	Daði Björnsson		04	SH						5:21.51	287	
	50m:	35.52 35.52	150m:	1:58.02	42.40	250m:	3:21.55	41.71	350m:	4:42.85	39.70	
	100m:	1:15.62 40.10	200m:	2:39.84	41.82	300m:	4:03.15	41.60	400m:	5:21.51	38.66	
14.	Ólafur Breki Guðnason		03	Ægir						5:21.83	286	
	50m:	35.88 35.88	150m:	1:58.25	41.76	250m:	3:22.19	41.74	350m:	4:42.62	39.56	
	100m:	1:16.49 40.61	200m:	2:40.45	42.20	300m:	4:03.06	40.87	400m:	5:21.83	39.21	
15.	Guðmundur Kristinn Húnfjörð		00	Breiðablik						5:23.76	281	
	50m:	34.14 34.14	150m:	1:56.15	41.61	250m:	3:21.52	42.54	350m:	4:44.06	40.70	
	100m:	1:14.54 40.40	200m:	2:38.98	42.83	300m:	4:03.36	41.84	400m:	5:23.76	39.70	
16.	Hringur Birgir Kristinsson		04	Ægir						5:37.52	248	
	50m:	37.71 37.71	150m:	2:03.49	43.10	250m:	3:31.01	43.84	350m:	4:57.13	43.26	
	100m:	1:20.39 42.68	200m:	2:47.17	43.68	300m:	4:13.87	42.86	400m:	5:37.52	40.39	
17.	Jónas Atli Pálsson		03	SH						5:39.18	245	
	50m:	36.04 36.04	150m:	2:00.71	42.87	250m:	3:29.12	44.72	350m:	4:56.94	44.45	
	100m:	1:17.84 41.80	200m:	2:44.40	43.69	300m:	4:12.49	43.37	400m:	5:39.18	42.24	
18.	Einar Atli Guðnason		03	Ægir						5:43.52	235	
	50m:	38.11 38.11	150m:	2:04.78	43.64	250m:	3:32.74	43.79	350m:	4:58.64	42.43	
	100m:	1:21.14 43.03	200m:	2:48.95	44.17	300m:	4:16.21	43.47	400m:	5:43.52	44.88	
19.	Daníel Ingi Egilsson		00	SH						5:46.18	230	
	50m:	38.18 38.18	150m:			250m:	3:34.33	45.04	350m:	5:46.18	1:26.68	
	100m:	1:21.06 42.88	200m:	2:49.29		300m:	4:19.50	45.17	400m:	5:46.18		
20.	Daníel Lúkas Tómasson		04	SH						6:01.61	202	
	50m:	40.45 40.45	150m:	2:11.39	46.01	250m:	3:44.48	45.74	350m:	5:15.31	45.15	
	100m:	1:25.38 44.93	200m:	2:58.74	47.35	300m:	4:30.16	45.68	400m:	6:01.61	46.30	
21.	Birnir Freyr Hálfðánarsson		06	SH						6:09.87	188	
	50m:	40.85 40.85	150m:	2:15.63	47.57	250m:	3:51.35	48.09	350m:	5:26.12	47.80	
	100m:	1:28.06 47.21	200m:	3:03.26	47.63	300m:	4:38.32	46.97	400m:	6:09.87	43.75	
22.	Júlíus Karl Maier		02	SH						6:11.25	186	
	50m:	39.99 39.99	150m:	2:14.18	45.85	250m:	3:51.03	48.59	350m:	5:24.69	46.66	
	100m:	1:28.33 48.34	200m:	3:02.44	48.26	300m:	4:38.03	47.00	400m:	6:11.25	46.56	
23.	Andri Stefánsson		04	SH						6:12.30	185	
	50m:	40.36 40.36	150m:	2:16.56	48.75	250m:	3:52.69	48.32	350m:	5:27.94	47.92	
	100m:	1:27.81 47.45	200m:	3:04.37	47.81	300m:	4:40.02	47.33	400m:	6:12.30	44.36	
24.	Dagur Snær Hilmarsson		03	SH						6:12.46	185	
	50m:	41.62 41.62	150m:	2:16.82	47.47	250m:	3:51.60	46.56	350m:	5:26.44	46.87	
	100m:	1:29.35 47.73	200m:	3:05.04	48.22	300m:	4:39.57	47.97	400m:	6:12.46	46.02	
Opinn												
1.	Jón Margeir Sverrisson		92	Fjölnir						4:04.20	656	NM
	50m:	27.70 27.70	150m:	1:27.64	30.32	250m:	2:29.86	31.35	350m:	3:33.92	32.24	
	100m:	57.32 29.62	200m:	1:58.51	30.87	300m:	3:01.68	31.82	400m:	4:04.20	30.28	
2.	Hafþór Jón Sigurðsson		97	SH						4:08.42	623	
	50m:	28.03 28.03	150m:	1:30.17	31.28	250m:	2:33.54	31.74	350m:	3:37.34	31.90	
	100m:	58.89 30.86	200m:	2:01.80	31.63	300m:	3:05.44	31.90	400m:	4:08.42	31.08	
3.	Huginn Hilmarsson		95	Breiðablik						4:13.20	589	
	50m:	29.10 29.10	150m:	1:32.18	31.88	250m:	2:36.96	32.19	350m:	3:41.68	32.23	
	100m:	1:00.30 31.20	200m:	2:04.77	32.59	300m:	3:09.45	32.49	400m:	4:13.20	31.52	

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Sundgrein 16, karla, 400m skriðsund, Opinn

Sæti			F.ár							Tími	Stig
4.	Bjartur Þórhallsson		00	Ægir						4:23.15	524
	50m:	29.50 29.50	150m:	1:35.55	33.38	250m:	2:43.57	33.93	350m:	3:51.06	33.38
	100m:	1:02.17 32.67	200m:	2:09.64	34.09	300m:	3:17.68	34.11	400m:	4:23.15	32.09
5.	Kári Sölvi Nielsen		00	SH						4:23.71	521
	50m:	29.87 29.87	150m:	1:36.56	33.98	250m:	2:44.70	33.75	350m:	3:51.59	32.98
	100m:	1:02.58 32.71	200m:	2:10.95	34.39	300m:	3:18.61	33.91	400m:	4:23.71	32.12
6.	Óskar Gauti Lund		99	Breiðablik						4:43.57	419
	50m:	31.37 31.37	150m:	1:42.73	36.25	250m:	2:56.18	36.57	350m:	4:08.37	36.21
	100m:	1:06.48 35.11	200m:	2:19.61	36.88	300m:	3:32.16	35.98	400m:	4:43.57	35.20
7.	Snævar Atli Halldórsson		00	Óðinn						4:44.97	413
	50m:	32.04 32.04	150m:			250m:			350m:		
	100m:	1:07.69 35.65	200m:	2:20.86		300m:	4:09.99		400m:	4:44.97	
8.	Hjörleifur Helgi Sveinbjarnarson		99	Rán						4:50.24	391
	50m:	30.55 30.55	150m:	1:43.57	37.31	250m:	2:58.26	37.21	350m:	4:13.46	38.32
	100m:	1:06.26 35.71	200m:	2:21.05	37.48	300m:	3:35.14	36.88	400m:	4:50.24	36.78
9.	Sindri Andreas Bjarnason		01	ÍA						4:50.27	390
	50m:	33.38 33.38	150m:	1:46.57	36.80	250m:	3:00.41	36.93	350m:	4:15.04	37.50
	100m:	1:09.77 36.39	200m:	2:23.48	36.91	300m:	3:37.54	37.13	400m:	4:50.27	35.23
10.	Hákon Alexander Magnússon		00	Óðinn						4:51.25	387
	50m:	32.94 32.94	150m:	1:47.91	38.04	250m:	3:03.30	37.25	350m:	4:17.29	37.13
	100m:	1:09.87 36.93	200m:	2:26.05	38.14	300m:	3:40.16	36.86	400m:	4:51.25	33.96
11.	Davíð Þór Torfason		98	Fjölnir						4:53.63	377
	50m:	32.47 32.47	150m:	1:45.98	37.17	250m:	3:01.56	38.07	350m:	4:17.33	37.69
	100m:	1:08.81 36.34	200m:	2:23.49	37.51	300m:	3:39.64	38.08	400m:	4:53.63	36.30
12.	Björgvin Árni Júlíusson		01	KR						4:54.33	375
	50m:	32.19 32.19	150m:	1:45.44	36.89	250m:	3:01.14	37.77	350m:	4:17.23	37.09
	100m:	1:08.55 36.36	200m:	2:23.37	37.93	300m:	3:40.14	39.00	400m:	4:54.33	37.10
13.	Björn Axel Agnarsson		02	Breiðablik						4:55.82	369
	50m:	32.83 32.83	150m:	1:47.68	38.12	250m:	3:04.58	38.15	350m:	4:19.95	37.46
	100m:	1:09.56 36.73	200m:	2:26.43	38.75	300m:	3:42.49	37.91	400m:	4:55.82	35.87
14.	Jón Klausen		00	Ármanns						5:03.77	341
	50m:	33.63 33.63	150m:	1:51.22	39.25	250m:	3:09.76	39.06	350m:	4:28.78	39.42
	100m:	1:11.97 38.34	200m:	2:30.70	39.48	300m:	3:49.36	39.60	400m:	5:03.77	34.99
15.	Róbert Andri Pálmason		02	Ármanns						5:15.30	305
	50m:	35.33 35.33	150m:	1:56.29	40.90	250m:	3:18.22	41.49	350m:	4:38.20	40.27
	100m:	1:15.39 40.06	200m:	2:36.73	40.44	300m:	3:57.93	39.71	400m:	5:15.30	37.10
16.	Daði Björnsson		04	SH						5:21.51	287
	50m:	35.52 35.52	150m:	1:58.02	42.40	250m:	3:21.55	41.71	350m:	4:42.85	39.70
	100m:	1:15.62 40.10	200m:	2:39.84	41.82	300m:	4:03.15	41.60	400m:	5:21.51	38.66
17.	Ólafur Breki Guðnason		03	Ægir						5:21.83	286
	50m:	35.88 35.88	150m:	1:58.25	41.76	250m:	3:22.19	41.74	350m:	4:42.62	39.56
	100m:	1:16.49 40.61	200m:	2:40.45	42.20	300m:	4:03.06	40.87	400m:	5:21.83	39.21
18.	Guðmundur Kristinn Húnfjörð		00	Breiðablik						5:23.76	281
	50m:	34.14 34.14	150m:	1:56.15	41.61	250m:	3:21.52	42.54	350m:	4:44.06	40.70
	100m:	1:14.54 40.40	200m:	2:38.98	42.83	300m:	4:03.36	41.84	400m:	5:23.76	39.70
19.	Hringur Birgir Kristinsson		04	Ægir						5:37.52	248
	50m:	37.71 37.71	150m:	2:03.49	43.10	250m:	3:31.01	43.84	350m:	4:57.13	43.26
	100m:	1:20.39 42.68	200m:	2:47.17	43.68	300m:	4:13.87	42.86	400m:	5:37.52	40.39
20.	Jónas Atli Pálsson		03	SH						5:39.18	245
	50m:	36.04 36.04	150m:	2:00.71	42.87	250m:	3:29.12	44.72	350m:	4:56.94	44.45
	100m:	1:17.84 41.80	200m:	2:44.40	43.69	300m:	4:12.49	43.37	400m:	5:39.18	42.24
21.	Einar Atli Guðnason		03	Ægir						5:43.52	235
	50m:	38.11 38.11	150m:	2:04.78	43.64	250m:	3:32.74	43.79	350m:	4:58.64	42.43
	100m:	1:21.14 43.03	200m:	2:48.95	44.17	300m:	4:16.21	43.47	400m:	5:43.52	44.88

Extramót SH 2015
Hafnarfjörður, 24. - 25.10.2015

Sundgrein 16, karla, 400m skriðsund, Opinn

Sæti			F.ár						Tími	Stig		
22.	Daníel Ingi Egilsson		00	SH					5:46.18	230		
	50m:	38.18	38.18	150m:	250m:	3:34.33	45.04	350m:	5:46.18	1:26.68		
	100m:	1:21.06	42.88	200m:	300m:	4:19.50	45.17	400m:	5:46.18			
23.	Daníel Lúkas Tómasson		04	SH					6:01.61	202		
	50m:	40.45	40.45	150m:	2:11.39	46.01	250m:	3:44.48	45.74	350m:	5:15.31	45.15
	100m:	1:25.38	44.93	200m:	2:58.74	47.35	300m:	4:30.16	45.68	400m:	6:01.61	46.30
24.	Birnir Freyr Hálfðánarsson		06	SH					6:09.87	188		
	50m:	40.85	40.85	150m:	2:15.63	47.57	250m:	3:51.35	48.09	350m:	5:26.12	47.80
	100m:	1:28.06	47.21	200m:	3:03.26	47.63	300m:	4:38.32	46.97	400m:	6:09.87	43.75
25.	Júlíus Karl Maier		02	SH					6:11.25	186		
	50m:	39.99	39.99	150m:	2:14.18	45.85	250m:	3:51.03	48.59	350m:	5:24.69	46.66
	100m:	1:28.33	48.34	200m:	3:02.44	48.26	300m:	4:38.03	47.00	400m:	6:11.25	46.56
26.	Andri Stefánsson		04	SH					6:12.30	185		
	50m:	40.36	40.36	150m:	2:16.56	48.75	250m:	3:52.69	48.32	350m:	5:27.94	47.92
	100m:	1:27.81	47.45	200m:	3:04.37	47.81	300m:	4:40.02	47.33	400m:	6:12.30	44.36
27.	Dagur Snær Hilmarsson		03	SH					6:12.46	185		
	50m:	41.62	41.62	150m:	2:16.82	47.47	250m:	3:51.60	46.56	350m:	5:26.44	46.87
	100m:	1:29.35	47.73	200m:	3:05.04	48.22	300m:	4:39.57	47.97	400m:	6:12.46	46.02

Sundgrein 17

kvenna, 100m flugsund

Opinn

24.10.2015 - 17:05

Úrslitalistar

ÍSL-met Opinn	1:00.25	Bryndís Rún Hansen	NOR	Szczecin (POL)	12.9.2011
ÍSL-met 11 - 12	1:10.91				
ÍSL-met 13 - 14	1:05.71				
ÍSL-met 15 - 17	1:01.81				

EM25 2015 15 +: 1:00.67 / NM 2015 17 +: 1:02.97; 15 - 16: 1:03.91; 13 - 14: 1:05.20 / ÍM25 2015 : 1:11.64

Stig: FINA 2014

Sæti			F.ár		Tími	Stig	50m	100m
Framtið								
1.	Guðbjörg Eyvindardóttir		04	SH	1:40.92	162	48.16	52.76
Æskunnar								
1.	María Arnarsdóttir		02	Óðinn	1:17.57	357	36.70	40.87
2.	Þorgerður Ósk Jónsdóttir		03	SH	1:19.95	326	37.72	42.23
3.	Regína Lilja Gunnlaugsdóttir		02	Breiðablik	1:24.87	272	38.30	46.57
4.	Eva Sól Garðarsdóttir		03	Óðinn	1:25.17	270	40.22	44.95
5.	Ágústa Bergrós Jakobsdóttir		02	Ármanns	1:27.53	248	39.76	47.77
6.	Hekla María Arnardóttir		03	ÍA	1:42.89	153	45.26	57.63
ÓG.	Sara Rut Sigurðardóttir		03	SH	1:40.80		45.73	55.07
<i>G2 - Starting before the start signal (SW 4.4)</i>								

Unglinga

1.	Brynhildur Traustadóttir		01	ÍA	1:10.47	476	33.39	37.08
2.	Berglind Bjarnadóttir		01	Fjölhir	1:10.50	476	33.68	36.82
3.	María Fanney Kristjánsdóttir		00	SH	1:10.55	475	32.95	37.60
4.	Jóhanna Elín Guðmundsdóttir		01	SH	1:13.29	423	33.89	39.40
5.	Ólavía Klara Einarsdóttir		01	Óðinn	1:16.54	372	36.61	39.93
6.	Klara Sif Sverrisdóttir		00	Breiðablik	1:24.52	276	39.93	44.59
7.	Guðrún Alma Atladóttir		01	SH	1:27.83	246	38.82	49.01

Extramót SH 2015
Hafnarfjörður, 24. - 25.10.2015

Sundgrein 17, kvenna, 100m flugsund

Opinn

1.	Bryndís Bolladóttir	99	Óðinn	1:08.56	517	31.92	36.64
2.	Ragnheiður Karlsdóttir	99	Breiðablik	1:09.67	493	32.79	36.88
3.	Elín Ylfa Viðarsdóttir	99	Breiðablik	1:09.68	493	32.36	37.32
4.	Brynhildur Traustadóttir	01	ÍA	1:10.47	476	33.39	37.08
5.	Berglind Bjarnadóttir	01	Fjölnir	1:10.50	476	33.68	36.82
6.	María Fanney Kristjánsdóttir	00	SH	1:10.55	475	32.95	37.60
7.	Guðný Erna Bjarnadóttir	94	SH	1:12.11	444	33.46	38.65
8.	Jóhanna Elín Guðmundsdóttir	01	SH	1:13.29	423	33.89	39.40
9.	Hildur Elísabet Hálfanardóttir	98	SH	1:15.59	386	35.27	40.32
10.	Embla Sólrún Einarsdóttir	99	Óðinn	1:15.86	382	34.25	41.61
11.	Ólavía Klara Einarsdóttir	01	Óðinn	1:16.54	372	36.61	39.93
12.	María Arnarsdóttir	02	Óðinn	1:17.57	357	36.70	40.87
13.	Þorgerður Ósk Jónsdóttir	03	SH	1:19.95	326	37.72	42.23
14.	Klara Sif Sverrisdóttir	00	Breiðablik	1:24.52	276	39.93	44.59
15.	Regína Lilja Gunnlaugsdóttir	02	Breiðablik	1:24.87	272	38.30	46.57
16.	Eva Sól Garðarsdóttir	03	Óðinn	1:25.17	270	40.22	44.95
17.	Ágústa Bergrós Jakobsdóttir	02	Ármanns	1:27.53	248	39.76	47.77
18.	Guðrún Alma Atladóttir	01	SH	1:27.83	246	38.82	49.01
19.	Guðbjörg Eyvindardóttir	04	SH	1:40.92	162	48.16	52.76
20.	Hekla María Arnardóttir	03	ÍA	1:42.89	153	45.26	57.63
ÓG.	Sara Rut Sigurðardóttir	03	SH	1:40.80		45.73	55.07

G2 - Starting before the start signal (SW 4.4)

Sundgrein 18

karla, 100m flugsund

Opinn
Úrslitalistar

24.10.2015 - 17:10

ÍSL-met Opinn	52.53	Örn Arnarson	SH	Debrecen (HUN)	13.12.2007
ÍSL-met 11 - 12	1:08.39				
ÍSL-met 13 - 14	1:00.10				
ÍSL-met 15 - 17	55.77				

EM25 2015 15 +: 53.84 / NM 2015 18 +: 55.88; 16 - 17: 56.72; 14 - 15: 57.86 / ÍM25 2015 : 1:05.46

Stig: FINA 2014

Sæti	F.ár		Tími	Stig	50m	100m	
Framtíð							
1.	Björn Axel Agnarsson	02	Breiðablik	1:12.66	297	34.99	37.67
2.	Vikar Máni Þórrson	02	Fjölnir	1:25.76	180	39.04	46.72
3.	Teitur Þór Ólafsson	04	Ægir	1:27.25	171	39.75	47.50
4.	Daði Björnsson	04	SH	1:32.14	145	42.34	49.80
5.	Jónas Atli Pálsson	03	SH	1:32.58	143	40.10	52.48
6.	Daníel Lúkas Tómasson	04	SH	1:38.72	118	45.83	52.89
7.	Andri Stefánsson	04	SH	1:38.80	118	47.24	51.56

Æskunnar

1.	Jökull Ýmir Guðmundsson	00	SH	1:05.01	414	29.60	35.41
2.	Baldur Logi Gautason	00	Óðinn	1:09.02	346	32.20	36.82
3.	Róbert Jónsson	01	SH	1:09.95	332	32.02	37.93
4.	Erlend Magnússon	01	ÍA	1:14.15	279	34.40	39.75
5.	Þorbjörn Andrason	01	KR	1:14.87	271	35.61	39.26
6.	Daníel Ingi Egilsson	00	SH	1:30.30	154	41.87	48.43

Unglinga

1.	Ólafur Sigurðsson	99	SH	1:00.44	516	28.09	32.35
2.	Kristján Ari Heimisson	98	Breiðablik	1:07.51	370	30.61	36.90
3.	Jón Goði Ingvarsson	99	Sunddeild Aftureldingar	1:09.09	345	31.98	37.11

Extramót SH 2015
Hafnarfjörður, 24. - 25.10.2015

Sundgrein 18, karla, 100m flugsund

Opinn

1.	Daniel Hannes Pálsson	95	Fjölir	57.28	606	27.09	30.19
2.	Kolbeinn Hrafnkelsson	94	SH	57.32	605	27.19	30.13
3.	Ólafur Sigurðsson	99	SH	1:00.44	516	28.09	32.35
4.	Birkir Snær Helgason	94	Ægir	1:01.75	483	29.01	32.74
5.	Hafþór Jón Sigurðsson	97	SH	1:02.20	473	29.23	32.97
6.	Jökull Ýmir Guðmundsson	00	SH	1:05.01	414	29.60	35.41
7.	Kristján Ari Heimisson	98	Breiðablik	1:07.51	370	30.61	36.90
8.	Baldur Logi Gautason	00	Óðinn	1:09.02	346	32.20	36.82
9.	Jón Goði Ingvarsson	99	Sunddeild Aftureldingar	1:09.09	345	31.98	37.11
10.	Róbert Jónsson	01	SH	1:09.95	332	32.02	37.93
11.	Guðmundur Brynjar Júlíusson	94	ÍA	1:10.34	327	30.66	39.68
12.	Björn Axel Agnarsson	02	Breiðablik	1:12.66	297	34.99	37.67
13.	Erlend Magnússon	01	ÍA	1:14.15	279	34.40	39.75
14.	Þorbjörn Andrason	01	KR	1:14.87	271	35.61	39.26
15.	Vikar Máni Þórrsson	02	Fjölir	1:25.76	180	39.04	46.72
16.	Teitur Þór Ólafsson	04	Ægir	1:27.25	171	39.75	47.50
17.	Daníel Ingi Egilsson	00	SH	1:30.30	154	41.87	48.43
18.	Daði Björnsson	04	SH	1:32.14	145	42.34	49.80
19.	Jónas Atli Pálsson	03	SH	1:32.58	143	40.10	52.48
20.	Daníel Lúkas Tómasson	04	SH	1:38.72	118	45.83	52.89
21.	Andri Stefánsson	04	SH	1:38.80	118	47.24	51.56

Sundgrein 19

kvenna, 200m baksund

Opinn
Úrslitalistar

24.10.2015 - 17:15

ÍSL-met Opinn	2:04.78	Hrafnhildur Lúthersdóttir	Ægir	Hafnarfjörður	14.11.2014
ÍSL-met 11 - 12	2:27.28				
ÍSL-met 13 - 14	2:14.18				
ÍSL-met 15 - 17	2:07.10				

EM25 2015 15 +: 2:15.47 / NM 2015 17 +: 2:20.60; 15 - 16: 2:22.71; 13 - 14: 2:25.58 / ÍM25 2015 : 2:39.47

Stig: FINA 2014

Sæti	F.ár	Tími	Stig	50m	100m	150m	200m		
Framtíð									
1.	Dagbjörg Hlíf Ólafsdóttir	05	SH	3:19.03	219	47.03	51.14	52.23	48.63

Æskunnar

1.	Arey Raket Guðnadóttir	02	Fjölir	2:42.42	403	38.53	40.97	41.50	41.42
2.	Þóra Snorradóttir	03	Óðinn	2:42.46	403	39.13	41.95	42.29	39.09
3.	Júlía Helga Högnadóttir	02	Ægir	2:45.41	382	38.42	42.01	42.53	42.45
4.	Agatha Elín Steinþórsdóttir	02	Breiðablik	2:47.13	370	39.34	42.81	44.03	40.95
5.	Þena Arnarsdóttir	03	Óðinn	2:52.44	337	40.49	43.38	44.98	43.59
6.	Eva Sól Garðarsdóttir	03	Óðinn	2:53.03	333	41.13	44.12	45.19	42.59
7.	Ylfa Finnbogadóttir	02	SH	2:54.83	323	41.84	44.87	44.49	43.63
8.	Berglind Rún Traustadóttir	03	SH	2:54.91	323			45.45	42.88
9.	Sandra Dögg Kristjánsdóttir	03	SH	2:59.80	297	42.98	46.67	45.86	44.29
10.	Þórdís Anita Björnsdóttir	02	SH	3:00.50	294	42.47	46.12	46.85	45.06
11.	Ásgerður Jíng Laufeyjardóttir	02	ÍA	3:00.57	293	41.56	45.70	46.81	46.50
12.	Sóldís Ninja Helgadóttir	03	ÍA	3:03.98	277	43.45	46.68	47.68	46.17
13.	Arna Ósk Jónsdóttir	02	ÍA	3:09.66	253	45.17	48.81		
14.	Diljá Dröfn Jóhannesdóttir	03	SH	3:23.25	205				51.25
ÓG.	Áslaug Rún Rögnvaldsdóttir	02	SH	3:22.17		45.27			50.29

D6 - The turning action wasn't executed continuously acc. to the rules (SW 6.4)

Extramót SH 2015
Hafnarfjörður, 24. - 25.10.2015

Sundgrein 19, kvenna, 200m baksund

Unglinga

1. Katarína Róbertsdóttir	00	SH	2:26.19	553		34.27	37.92	37.68	36.32
2. Embla Sól Garðarsdóttir	01	Óðinn	2:35.63	458		36.46	40.04	40.71	38.42
3. Raket Guðjónsdóttir	00	Fjölínir	2:36.99	446				40.75	39.30
4. Alexandra Tómasdóttir	01	Óðinn	2:40.32	419		38.46	40.25	41.14	40.47
5. Eyrún Sigþórsdóttir	01	ÍA	2:49.38	355		39.76	42.82	43.83	42.97
6. Melkorka Assa Arnadóttir	01	SH	2:53.60	330		38.90	45.27	45.36	44.07
7. Heiður Kristín Sigurgeirsdóttir	01	Ármanns	2:56.96	312		40.63	44.88	46.10	45.35
8. Selma Gísladóttir	00	Breiðablik	2:57.23	310		42.62	43.59	45.73	45.29
9. Droplaug María Hafliðadóttir	00	ÍA	3:00.21	295		41.86			45.18

Opinn

1. Eygló Ósk Gústafsdóttir	95	Ægir	2:16.72	676	NM	32.31	34.83	35.08	34.50
2. Katarína Róbertsdóttir	00	SH	2:26.19	553		34.27	37.92	37.68	36.32
3. Athena Neve Leex	97	Breiðablik	2:29.98	512		34.07	37.43	38.82	39.66
4. Una Lára Lárusdóttir	99	ÍA	2:32.78	484		35.17	38.92	39.53	39.16
5. Ásdís Birta Guðnadóttir	96	SH	2:34.36	470		35.29	38.86	40.11	40.10
6. Embla Sól Garðarsdóttir	01	Óðinn	2:35.63	458		36.46	40.04	40.71	38.42
7. Raket Guðjónsdóttir	00	Fjölínir	2:36.99	446				40.75	39.30
8. Elín Kata Sigurgeirsdóttir	99	Óðinn	2:38.24	436		36.07	39.85	41.02	41.30
9. Alexandra Tómasdóttir	01	Óðinn	2:40.32	419		38.46	40.25	41.14	40.47
10. Arey Raket Guðnadóttir	02	Fjölínir	2:42.42	403		38.53	40.97	41.50	41.42
11. Pura Snorradóttir	03	Óðinn	2:42.46	403		39.13	41.95	42.29	39.09
12. Júlía Helga Högnadóttir	02	Ægir	2:45.41	382		38.42	42.01	42.53	42.45
13. Agatha Elín Steinþórsdóttir	02	Breiðablik	2:47.13	370		39.34	42.81	44.03	40.95
14. Gunnlaug Margrét Ólafsdóttir	97	Breiðablik	2:47.22	369		37.74	42.64	43.60	43.24
15. Eyrún Sigþórsdóttir	01	ÍA	2:49.38	355		39.76	42.82	43.83	42.97
16. Aþena Arnarsdóttir	03	Óðinn	2:52.44	337		40.49	43.38	44.98	43.59
17. Eva Sól Garðarsdóttir	03	Óðinn	2:53.03	333		41.13	44.12	45.19	42.59
18. Melkorka Assa Arnadóttir	01	SH	2:53.60	330		38.90	45.27	45.36	44.07
19. Ylfa Finnbogadóttir	02	SH	2:54.83	323		41.84	44.87	44.49	43.63
20. Berglind Rún Traustadóttir	03	SH	2:54.91	323				45.45	42.88
21. Heiður Kristín Sigurgeirsdóttir	01	Ármanns	2:56.96	312		40.63	44.88	46.10	45.35
22. Selma Gísladóttir	00	Breiðablik	2:57.23	310		42.62	43.59	45.73	45.29
23. Sandra Dögg Kristjánsdóttir	03	SH	2:59.80	297		42.98	46.67	45.86	44.29
24. Droplaug María Hafliðadóttir	00	ÍA	3:00.21	295		41.86			45.18
25. Þórdís Anita Björnsdóttir	02	SH	3:00.50	294		42.47	46.12	46.85	45.06
26. Ásgerður Jíng Laufeyjardóttir	02	ÍA	3:00.57	293		41.56	45.70	46.81	46.50
27. Sóldís Ninja Helgadóttir	03	ÍA	3:03.98	277		43.45	46.68	47.68	46.17
28. Arna Ósk Jónsdóttir	02	ÍA	3:09.66	253		45.17	48.81		
29. Dagbjörg Hlíf Ólafsdóttir	05	SH	3:19.03	219		47.03	51.14	52.23	48.63
30. Diljá Dröfn Jóhannesdóttir	03	SH	3:23.25	205					51.25
ÓG. Áslaug Rún Rögnvaldsdóttir	02	SH	3:22.17			45.27			50.29

D6 - The turning action wasn't executed continuously acc. to the rules (SW 6.4)

Extramót SH 2015
Hafnarfjörður, 24. - 25.10.2015

Sundgrein 20
24.10.2015 - 17:30

karla, 200m baksund

Opinn
Úrslitalistar

ÍSL-met Opinn	1:52.90	Örn Arnarson	SH	Valencia (ESP)	14.12.2000
ÍSL-met 11 - 12	2:19.16				
ÍSL-met 13 - 14	2:07.60				
ÍSL-met 15 - 17	1:55.16				

EM25 2015 15 +: 2:02.19 / NM 2015 18 +: 2:06.82; 16 - 17: 2:08.73; 14 - 15: 2:11.31 / ÍM25 2015 : 2:27.52

Stig: FINA 2014

Sæti	F.ár		Tími	Stig	50m	100m	150m	200m	
Framtið									
1.	Patrik Viggó Vilbergsson	02	Breiðablik	2:24.91	392	33.69	37.36	37.68	36.18
2.	Tómas Magnússon	02	KR	2:27.99	368	34.35	37.58	38.27	37.79
3.	Logi Freyr Arnarsson	03	KR	2:54.49	224	41.54	45.05	44.33	43.57
4.	Birnir Freyr Hálfðánarsson	06	SH	3:07.44	181	44.78	49.66	50.60	42.40
5.	Veigar Hrafn Sigþórsson	05	SH	3:14.40	162	45.47	49.11	49.88	49.94
6.	Dagur Snær Hilmarsson	03	SH	3:15.98	158	46.40	50.39	50.39	48.80
7.	Júlíus Karl Maier	02	SH	3:17.26	155	44.29	52.03	50.48	50.46

Æskunnar

1.	Brynjólfur Óli Karlsson	01	Breiðablik	2:10.79	534	NM	29.42	32.92	34.23	34.22
2.	Kristján Gylfi Þórisson	00	Ægir	2:19.94	435		33.16	36.49	37.48	32.81
3.	Hafsteinn Ari Ágústsson	00	Ægir	2:21.66	420		33.62	36.59	36.46	34.99
4.	Baldur Logi Gautason	00	Óðinn	2:34.17	326		35.78	39.68	40.31	38.40
5.	Benedikt Frank Pálmason	01	Ármanns	2:34.20	325		35.11	38.63	40.81	39.65
6.	Sindri Andreas Bjarnason	01	ÍA	2:36.10	314		37.33	39.23	40.42	39.12
7.	Björgvin Árni Júlíusson	01	KR	2:40.82	287		38.14	40.37	42.11	40.20
8.	Hákon Alexander Magnússon	00	Óðinn	2:44.98	266		39.90	42.52	42.13	40.43
9.	Leonardo Þór Williamsson	01	ÍA	3:08.07	179		40.48	49.21	52.27	46.11
10.	Guðmundur Kristinn Húnfjör00		Breiðablik	3:20.45	148					

Unglinga

1.	H. Sveinbjarnarson	99	Rán	2:34.89	321		36.26	39.72	40.80	38.11
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Opinn

1.	Brynjólfur Óli Karlsson	01	Breiðablik	2:10.79	534	NM	29.42	32.92	34.23	34.22
2.	Hilmar Smári Jónsson	94	Fjölhir	2:14.23	493		31.06	34.08	34.55	34.54
3.	Huginn Hilmarsson	95	Breiðablik	2:17.53	459		33.50	34.77	35.15	34.11
4.	Sveinbjörn Pálmi Karlsson	95	Breiðablik	2:19.34	441		33.02	35.19	36.16	34.97
5.	Kristján Gylfi Þórisson	00	Ægir	2:19.94	435		33.16	36.49	37.48	32.81
6.	Hafsteinn Ari Ágústsson	00	Ægir	2:21.66	420		33.62	36.59	36.46	34.99
7.	Patrik Viggó Vilbergsson	02	Breiðablik	2:24.91	392		33.69	37.36	37.68	36.18
8.	Tómas Magnússon	02	KR	2:27.99	368		34.35	37.58	38.27	37.79
9.	Baldur Logi Gautason	00	Óðinn	2:34.17	326		35.78	39.68	40.31	38.40
10.	Benedikt Frank Pálmason	01	Ármanns	2:34.20	325		35.11	38.63	40.81	39.65
11.	H. Sveinbjarnarson	99	Rán	2:34.89	321		36.26	39.72	40.80	38.11
12.	Sindri Andreas Bjarnason	01	ÍA	2:36.10	314		37.33	39.23	40.42	39.12
13.	Björgvin Árni Júlíusson	01	KR	2:40.82	287		38.14	40.37	42.11	40.20
14.	Hákon Alexander Magnússon	00	Óðinn	2:44.98	266		39.90	42.52	42.13	40.43
15.	Logi Freyr Arnarsson	03	KR	2:54.49	224		41.54	45.05	44.33	43.57
16.	Birnir Freyr Hálfðánarsson	06	SH	3:07.44	181		44.78	49.66	50.60	42.40
17.	Leonardo Þór Williamsson	01	ÍA	3:08.07	179		40.48	49.21	52.27	46.11
18.	Veigar Hrafn Sigþórsson	05	SH	3:14.40	162		45.47	49.11	49.88	49.94
19.	Dagur Snær Hilmarsson	03	SH	3:15.98	158		46.40	50.39	50.39	48.80
20.	Júlíus Karl Maier	02	SH	3:17.26	155		44.29	52.03	50.48	50.46
21.	Guðmundur Kristinn Húnfjör00		Breiðablik	3:20.45	148					

Extramót SH 2015
Hafnarfjörður, 24. - 25.10.2015

Sundgrein 21 kvenna, 100m bringusund Opinn
24.10.2015 - 17:45 Úrslitalistar

ÍSL-met Opinn	1:06.26	Hrafnhildur Lúthersdóttir	SH	Doha (QAT)	5.12.2014
ÍSL-met 11 - 12	1:17.05				
ÍSL-met 13 - 14	1:11.91				
ÍSL-met 15 - 17	1:09.07				

EM25 2015 15 +: 1:10.08 / NM 2015 17 +: 1:12.74; 15 - 16: 1:13.83; 13 - 14: 1:15.31 / ÍM25 2015 : 1:23.49

Stig: FINA 2014

Sæti	F.ár		Tími	Stig	50m	100m
Framtið						
1.	Herdís Viggósdóttir	04 KR	1:34.39	288	45.16	49.23
2.	Bríet Dalla Gunnarsdóttir	04 SH	1:47.60	194	50.93	56.67
3.	Dagbjörg Hlíf Ólafsdóttir	05 SH	1:48.10	191	52.73	55.37
4.	Hildur Valsdóttir	04 SH	1:48.27	191	53.24	55.03
5.	Natalia Jónsdóttir	04 SH	1:54.35	162	54.64	59.71
6.	Guðbjörg Eyvindardóttir	04 SH	2:02.80	130	58.42	1:04.38

Æskunnar

1.	Amalía Nanna Júlíusdóttir	02 Rán	1:23.74	412	39.13	44.61
2.	María Arnarsdóttir	02 Óðinn	1:24.76	398	39.98	44.78
3.	Sigurjóna Ragnheiðardóttir	03 Óðinn	1:27.46	362	41.47	45.99
4.	Kristín Ylfa Guðmundsdóttir	02 SH	1:32.88	302	43.72	49.16
5.	Agnes Fjóra Flosadóttir	02 Rán	1:33.27	298	44.32	48.95
6.	Elísabet Anna Ómarsdóttir	02 Óðinn	1:35.89	275	45.43	50.46
7.	Hilda Bríet Bates Gústavsdóttir	03 SH	1:43.58	218	49.09	54.49
8.	Una Hlynisdóttir	02 SH	1:47.00	197	49.76	57.24
9.	Berglind Rún Traustadóttir	03 SH	1:47.99	192	51.17	56.82
10.	Diljá Dröfn Jóhannesdóttir	03 SH	1:48.56	189	50.09	58.47
11.	Sara Rut Sigurðardóttir	03 SH	1:50.78	178	52.48	58.30
12.	Hekla María Arnardóttir	03 ÍA	1:54.44	161	54.66	59.78
ÓG.	Lára Jakobína Gunnarsdóttir	03 ÍA	1:56.42		54.17	1:02.25

G2 - Starting before the start signal (SW 4.4)

Unglinga

1.	Sunna Svanlaug Vilhjálmsdóttir	00 SH	1:16.84	534	36.59	40.25
2.	Marta Buchanevic	01 Ægir	1:18.15	508	37.20	40.95
3.	María Fanney Kristjánsdóttir	00 SH	1:18.20	507	37.07	41.13
4.	Jóhanna Elín Guðmundsdóttir	01 SH	1:22.85	426	39.33	43.52
5.	Líf Þrastardóttir	00 Breiðablik	1:23.10	422	40.04	43.06
6.	Emilía Íris Brown	00 SH	1:25.55	387	40.96	44.59
7.	Þórkatla Björg Ómarsdóttir	01 Óðinn	1:25.96	381	40.87	45.09
8.	Ingibjörg Erl Garðarsdóttir	00 Ægir	1:26.38	376	41.00	45.38
9.	Jóhanna Lan	01 Ægir	1:26.89	369	40.94	45.95
10.	Aþena Karaolani	00 Sunddeild Aftureldingar	1:27.13	366	41.65	45.48
11.	Katrín Eva Jóhannesdóttir	01 Sunddeild Aftureldingar	1:29.21	341	42.24	46.97
12.	Kristína Bragadóttir	00 Ármanns	1:30.28	329	42.42	47.86
13.	Sigurlaug Brynjúlfssdóttir	01 KR	1:34.07	291	44.81	49.26

Opinn

1.	Natalia Cecylia Wojdat	98 SH	1:16.75	536	35.99	40.76
2.	Sunna Svanlaug Vilhjálmsdóttir	00 SH	1:16.84	534	36.59	40.25
3.	Marta Buchanevic	01 Ægir	1:18.15	508	37.20	40.95
4.	María Fanney Kristjánsdóttir	00 SH	1:18.20	507	37.07	41.13
5.	Ágústa Rós Róbertsdóttir	98 Fjölnir	1:22.82	426	38.94	43.88
6.	Jóhanna Elín Guðmundsdóttir	01 SH	1:22.85	426	39.33	43.52
7.	Líf Þrastardóttir	00 Breiðablik	1:23.10	422	40.04	43.06
8.	Amalía Nanna Júlíusdóttir	02 Rán	1:23.74	412	39.13	44.61
9.	María Arnarsdóttir	02 Óðinn	1:24.76	398	39.98	44.78
10.	Embla Sólrún Einarsdóttir	99 Óðinn	1:24.86	396	39.73	45.13
11.	Emilía Íris Brown	00 SH	1:25.55	387	40.96	44.59

Extramót SH 2015
Hafnarfjörður, 24. - 25.10.2015

Sundgrein 21, kvenna, 100m bringusund, Opinn

Sæti	F.ár		Tími	Stig	50m	100m		
12.		Þórkatla Björg Ómarsdóttir	01	Óðinn	1:25.96	381	40.87	45.09
13.		Ingibjörg Erl Garðarsdóttir	00	Ægir	1:26.38	376	41.00	45.38
14.		Jóhanna Lan	01	Ægir	1:26.89	369	40.94	45.95
15.		Aþena Karaolani	00	Sunddeild Aftureldingar	1:27.13	366	41.65	45.48
16.		Sigurjóna Ragnheiðardóttir	03	Óðinn	1:27.46	362	41.47	45.99
17.		Katrín Eva Jóhannesdóttir	01	Sunddeild Aftureldingar	1:29.21	341	42.24	46.97
18.		Kristín Birta Atladóttir	99	Fjölur	1:30.04	332	43.17	46.87
19.		Kristína Bragadóttir	00	Ármanns	1:30.28	329	42.42	47.86
20.		Kristín Ylfa Guðmundsdóttir	02	SH	1:32.88	302	43.72	49.16
21.		Agnes Fjóra Flosadóttir	02	Rán	1:33.27	298	44.32	48.95
22.		Sigurlaug Brynjúlfssdóttir	01	KR	1:34.07	291	44.81	49.26
23.		Herdís Viggósdóttir	04	KR	1:34.39	288	45.16	49.23
24.		Elísabet Anna Ómarsdóttir	02	Óðinn	1:35.89	275	45.43	50.46
25.		Hilda Bríet Bates Gústavsdóttir	03	SH	1:43.58	218	49.09	54.49
26.		Una Hlynisdóttir	02	SH	1:47.00	197	49.76	57.24
27.		Bríet Dalla Gunnarsdóttir	04	SH	1:47.60	194	50.93	56.67
28.		Berglind Rún Traustadóttir	03	SH	1:47.99	192	51.17	56.82
29.		Dagbjörg Hlíf Ólafsdóttir	05	SH	1:48.10	191	52.73	55.37
30.		Hildur Valsdóttir	04	SH	1:48.27	191	53.24	55.03
31.		Diljá Dröfn Jóhannesdóttir	03	SH	1:48.56	189	50.09	58.47
32.		Sara Rut Sigurðardóttir	03	SH	1:50.78	178	52.48	58.30
33.		Natalia Jónsdóttir	04	SH	1:54.35	162	54.64	59.71
34.		Hekla María Arnardóttir	03	ÍA	1:54.44	161	54.66	59.78
35.		Guðbjörg Eyvindardóttir	04	SH	2:02.80	130	58.42	1:04.38
ÓG.		Lára Jakobína Gunnarsdóttir	03	ÍA	1:56.42		54.17	1:02.25

G2 - Starting before the start signal (SW 4.4)

Sundgrein 22

karla, 100m bringusund

Opinn

24.10.2015 - 17:55

Úrslitalistar

ÍSL-met Opinn	58.90	Jakob Jóhann Sveinsson	Ægir	Reykjavík	22.11.2009
ÍSL-met 11 - 12	1:16.23				
ÍSL-met 13 - 14	1:08.69				
ÍSL-met 15 - 17	1:02.99				

EM25 2015 15 +: 1:01.96 / NM 2015 18 +: 1:04.31; 16 - 17: 1:05.28; 14 - 15: 1:06.59 / ÍM25 2015 : 1:15.78

Stig: FINA 2014

Sæti	F.ár		Tími	Stig	50m	100m		
Framtíð								
1.		Haldór Björn Kristinsson	02	Ægir	1:27.47	256	41.29	46.18
2.		Arnór Róbertsson	02	Sunddeild Aftureldingar	1:29.08	243	40.55	48.53
3.		Daði Björnsson	04	SH	1:32.08	220	43.51	48.57
4.		Runólfur Þorláksson	02	Ármanns	1:35.37	198	45.45	49.92
5.		Enrique Snær Llorens	02	ÍA	1:39.05	176	47.50	51.55
6.		Snorri Dagur Einarsson	05	SH	1:43.30	156	50.01	53.29
7.		Andri Stefánsson	04	SH	1:44.82	149	50.11	54.71
8.		Birnir Freyr Hálfánarsson	06	SH	1:45.42	146	51.63	53.79
9.		Hilmir Snær Lunddal Rúnarsson	03	SH	1:52.78	119	53.48	59.30
10.		Veigar Hrafn Sigþórsson	05	SH	1:53.83	116	54.01	59.82
11.		Sigurður Þráinn Sigurðsson	02	Sunddeild Aftureldingar	1:56.78	107	55.60	1:01.18

Æskunnar

1.		Jökull Ýmir Guðmundsson	00	SH	1:15.72	396	35.05	40.67
2.		Jón Tumi Dagsson	01	SH	1:19.64	340	38.16	41.48
3.		Róbert Jónsson	01	SH	1:19.66	340	37.85	41.81
4.		Þorbjörn Andrason	01	KR	1:20.34	331	38.10	42.24
5.		Atli Gauti Ákason	01	KR	1:32.37	218	43.59	48.78
6.		Natanael Bergmann Gunnarsson	01	ÍA	1:33.33	211	42.46	50.87
7.		Ragnar Þór Antonsson	01	Sunddeild Aftureldingar	1:34.19	205	42.96	51.23

Extramót SH 2015
Hafnarfjörður, 24. - 25.10.2015

Sundgrein 22, karla, 100m bringusund

Unglinga

1.	Ólafur Sigurðsson	99	SH	1:09.78	506		33.27	36.51
2.	Óskar Gauti Lund	99	Breiðablik	1:13.59	431		34.87	38.72
3.	Hilmir Hrafn Garðarsson	99	Sunddeild Aftureldingar	1:19.54	341		37.98	41.56
4.	Hjörleifur Helgi Sveinbjarnarson	99	Rán	1:21.13	322		38.28	42.85
5.	Daníel Andri Þórhallsson	98	Ægir	1:22.04	311		37.35	44.69

Opinn

1.	Viktor Máni Vilbergsson	92	SH	1:03.72	664	NM	29.93	33.79
2.	Aron Örn Stefánsson	95	SH	1:08.57	533		31.76	36.81
3.	Sævar Berg Sigurðsson	95	ÍA	1:08.83	527		32.30	36.53
4.	Daníel Hannes Pálsson	95	Fjölnir	1:09.57	510		33.09	36.48
5.	Ólafur Sigurðsson	99	SH	1:09.78	506		33.27	36.51
6.	Jón Margeir Sverrisson	92	Fjölnir	1:12.09	459		33.28	38.81
7.	Óskar Gauti Lund	99	Breiðablik	1:13.59	431		34.87	38.72
8.	Jökull Ýmir Guðmundsson	00	SH	1:15.72	396		35.05	40.67
9.	Hilmir Hrafn Garðarsson	99	Sunddeild Aftureldingar	1:19.54	341		37.98	41.56
10.	Jón Tumi Dagsson	01	SH	1:19.64	340		38.16	41.48
11.	Róbert Jónsson	01	SH	1:19.66	340		37.85	41.81
12.	Þorbjörn Andrason	01	KR	1:20.34	331		38.10	42.24
13.	Hjörleifur Helgi Sveinbjarnarson	99	Rán	1:21.13	322		38.28	42.85
14.	Daníel Andri Þórhallsson	98	Ægir	1:22.04	311		37.35	44.69
15.	Halldór Björn Kristinsson	02	Ægir	1:27.47	256		41.29	46.18
16.	Arnór Róbertsson	02	Sunddeild Aftureldingar	1:29.08	243		40.55	48.53
17.	Daði Björnsson	04	SH	1:32.08	220		43.51	48.57
18.	Atli Gauti Ákason	01	KR	1:32.37	218		43.59	48.78
19.	Natanael Bergmann Gunnarsson	01	ÍA	1:33.33	211		42.46	50.87
20.	Ragnar Þór Antonsson	01	Sunddeild Aftureldingar	1:34.19	205		42.96	51.23
21.	Runólfur Þorláksson	02	Ármanns	1:35.37	198		45.45	49.92
22.	Enrique Snær Llorens	02	ÍA	1:39.05	176		47.50	51.55
23.	Snorri Dagur Einarsson	05	SH	1:43.30	156		50.01	53.29
24.	Andri Stefánsson	04	SH	1:44.82	149		50.11	54.71
25.	Birnir Freyr Hálfðánarsson	06	SH	1:45.42	146		51.63	53.79
26.	Hilmir Snær Lunddal Rúnarsson	03	SH	1:52.78	119		53.48	59.30
27.	Veigar Hrafn Sigþórsson	05	SH	1:53.83	116		54.01	59.82
28.	Sigurður Þráinn Sigurðsson	02	Sunddeild Aftureldingar	1:56.78	107		55.60	1:01.18

Sundgrein 23

kvenna, 400m fjórsund

Opinn

24.10.2015 - 18:05

Úrslitalistar

ÍSL-met Opinn	4:46.36	Eygló Ósk Gústafsdóttir	Ægir	Hafnarfjörður	24.11.2013
ÍSL-met 11 - 12	5:13.93				
ÍSL-met 13 - 14	4:53.67				
ÍSL-met 15 - 17	4:50.96				

EM25 2015 15 +: 4:51.66 / NM 2015 17 +: 5:02.72; 15 - 16: 5:07.26; 13 - 14: 5:13.44 / ÍM25 2015 : 5:39.50

Stig: FINA 2014

Sæti	F.ár		Tími		Stig
Unglinga					
1.	María Fanney Kristjánsdóttir	00	SH	5:08.98	601
	50m: 33.36 33.36	150m: 1:51.79 39.31	250m: 3:14.65 43.69	350m: 4:34.59 35.41	
	100m: 1:12.48 39.12	200m: 2:30.96 39.17	300m: 3:59.18 44.53	400m: 5:08.98 34.39	
2.	Brynhildur Traustadóttir	01	ÍA	5:37.22	462
	50m: 33.77 33.77	150m: 1:59.04 44.99	250m: 3:33.45 50.12	350m: 5:01.93 38.73	
	100m: 1:14.05 40.28	200m: 2:43.33 44.29	300m: 4:23.20 49.75	400m: 5:37.22 35.29	
3.	Gabriela Rut Vale	00	Ægir	5:44.55	433
	50m: 35.90 35.90	150m: 2:03.35 42.84	250m: 3:35.46 50.67	350m: 5:05.46 39.37	
	100m: 1:20.51 44.61	200m: 2:44.79 41.44	300m: 4:26.09 50.63	400m: 5:44.55 39.09	

Extramót SH 2015
Hafnarfjörður, 24. - 25.10.2015

Sundgrein 23, Stúlkur, 400m fjórsund, Unglinga

Sæti				F.ár				Tími	Stig			
4.	Arey Rake! Guðnadóttir			02	Fjöltnir			6:01.31	376			
	50m:	43.07	43.07	150m:	2:16.48	44.54	250m:	3:52.32	53.04	350m:	5:22.79	38.50
	100m:	1:31.94	48.87	200m:	2:59.28	42.80	300m:	4:44.29	51.97	400m:	6:01.31	38.52
5.	Ágústa Bergrós Jakobsdóttir			02	Ármanns			6:05.84	362			
	50m:	40.84	40.84	150m:	2:17.17	46.68	250m:	3:54.05	51.63	350m:	5:27.04	40.40
	100m:	1:30.49	49.65	200m:	3:02.42	45.25	300m:	4:46.64	52.59	400m:	6:05.84	38.80
6.	Þorgerður Ósk Jónsdóttir			03	SH			6:11.72	345			
	50m:	38.37	38.37	150m:	2:12.93	48.70	250m:	3:54.97	54.09	350m:	5:32.08	41.64
	100m:	1:24.23	45.86	200m:	3:00.88	47.95	300m:	4:50.44	55.47	400m:	6:11.72	39.64
7.	Sandra Dögg Kristjánsdóttir			03	SH			6:17.55	329			
	50m:	42.65	42.65	150m:	2:21.67	46.81	250m:	3:59.56	52.75	350m:	5:36.82	43.03
	100m:	1:34.86	52.21	200m:	3:06.81	45.14	300m:	4:53.79	54.23	400m:	6:17.55	40.73

Opinn

1.	María Fanney Kristjánsdóttir			00	SH			5:08.98	601			
	50m:	33.36	33.36	150m:	1:51.79	39.31	250m:	3:14.65	43.69	350m:	4:34.59	35.41
	100m:	1:12.48	39.12	200m:	2:30.96	39.17	300m:	3:59.18	44.53	400m:	5:08.98	34.39
2.	Bára Kristín Björgvinsdóttir			95	SH			5:20.43	539			
	50m:	33.86	33.86	150m:	1:55.56	43.12	250m:	3:24.97	47.46	350m:	4:47.20	34.57
	100m:	1:12.44	38.58	200m:	2:37.51	41.95	300m:	4:12.63	47.66	400m:	5:20.43	33.23
3.	Sólrun Sigþórsdóttir			97	ÍA			5:26.61	509			
	50m:	36.47	36.47	150m:	2:00.63	43.04	250m:	3:29.41	46.81	350m:	4:51.98	35.66
	100m:	1:17.59	41.12	200m:	2:42.60	41.97	300m:	4:16.32	46.91	400m:	5:26.61	34.63
4.	Brynildur Traustadóttir			01	ÍA			5:37.22	462			
	50m:	33.77	33.77	150m:	1:59.04	44.99	250m:	3:33.45	50.12	350m:	5:01.93	38.73
	100m:	1:14.05	40.28	200m:	2:43.33	44.29	300m:	4:23.20	49.75	400m:	5:37.22	35.29
5.	Gabriela Rut Vale			00	Ægir			5:44.55	433			
	50m:	35.90	35.90	150m:	2:03.35	42.84	250m:	3:35.46	50.67	350m:	5:05.46	39.37
	100m:	1:20.51	44.61	200m:	2:44.79	41.44	300m:	4:26.09	50.63	400m:	5:44.55	39.09
6.	Arey Rake! Guðnadóttir			02	Fjöltnir			6:01.31	376			
	50m:	43.07	43.07	150m:	2:16.48	44.54	250m:	3:52.32	53.04	350m:	5:22.79	38.50
	100m:	1:31.94	48.87	200m:	2:59.28	42.80	300m:	4:44.29	51.97	400m:	6:01.31	38.52
7.	Gunnlaug Margrét Ólafsdóttir			97	Breiðablik			6:02.47	372			
	50m:	36.77	36.77	150m:	2:07.71	45.02	250m:	3:45.62	55.22	350m:	5:22.76	40.68
	100m:	1:22.69	45.92	200m:	2:50.40	42.69	300m:	4:42.08	56.46	400m:	6:02.47	39.71
8.	Ágústa Bergrós Jakobsdóttir			02	Ármanns			6:05.84	362			
	50m:	40.84	40.84	150m:	2:17.17	46.68	250m:	3:54.05	51.63	350m:	5:27.04	40.40
	100m:	1:30.49	49.65	200m:	3:02.42	45.25	300m:	4:46.64	52.59	400m:	6:05.84	38.80
9.	Þorgerður Ósk Jónsdóttir			03	SH			6:11.72	345			
	50m:	38.37	38.37	150m:	2:12.93	48.70	250m:	3:54.97	54.09	350m:	5:32.08	41.64
	100m:	1:24.23	45.86	200m:	3:00.88	47.95	300m:	4:50.44	55.47	400m:	6:11.72	39.64
10.	Sandra Dögg Kristjánsdóttir			03	SH			6:17.55	329			
	50m:	42.65	42.65	150m:	2:21.67	46.81	250m:	3:59.56	52.75	350m:	5:36.82	43.03
	100m:	1:34.86	52.21	200m:	3:06.81	45.14	300m:	4:53.79	54.23	400m:	6:17.55	40.73

Extramót SH 2015
Hafnarfjörður, 24. - 25.10.2015

Sundgrein 24

karla, 400m fjórsund

Opinn
Úrslitalistar

24.10.2015 - 18:10

ÍSL-met Opinn	4:11.78	Örn Arnarson	SH	Vestmannaeyjar	17.3.2001
ÍSL-met 11 - 12	8:08.87				
ÍSL-met 13 - 14	4:41.69				
ÍSL-met 15 - 17	4:25.53				

EM25 2015 15 +: 4:25.74 / NM 2015 18 +: 4:35.81; 16 - 17: 4:39.59; 14 - 15: 4:45.57 / ÍM25 2015 : 5:22.46

Stig: FINA 2014

Sæti			F.ár							Tími	Stig
Unglinga 17 ára og yngri											
1.	Hallgrímur Kjartansson		98	Breiðablik						5:03.43	467
	50m:	31.72 31.72	150m:	1:51.48	40.37	250m:	3:13.17	42.00	350m:	4:29.83	33.96
	100m:	1:11.11 39.39	200m:	2:31.17	39.69	300m:	3:55.87	42.70	400m:	5:03.43	33.60
2.	Patrik Viggó Vilbergsson		02	Breiðablik						5:05.49	458
	50m:	33.61 33.61	150m:	1:50.81	37.68	250m:	3:13.42	44.64	350m:	4:31.45	33.87
	100m:	1:13.13 39.52	200m:	2:28.78	37.97	300m:	3:57.58	44.16	400m:	5:05.49	34.04
3.	Snævar Atli Halldórsson		00	Óðinn						5:13.19	425
	50m:	32.74 32.74	150m:	1:55.19	43.69	250m:	3:19.31	41.12	350m:	4:38.55	36.66
	100m:	1:11.50 38.76	200m:	2:38.19	43.00	300m:	4:01.89	42.58	400m:	5:13.19	34.64
4.	Björn Axel Agnarsson		02	Breiðablik						5:37.25	340
	50m:	35.16 35.16	150m:	2:00.27	45.16	250m:	3:32.08	48.59	350m:	4:59.12	39.21
	100m:	1:15.11 39.95	200m:	2:43.49	43.22	300m:	4:19.91	47.83	400m:	5:37.25	38.13
5.	Einar Atli Guðnason		03	Ægir						6:31.97	216
	50m:	42.84 42.84	150m:	2:27.77	51.88	250m:	4:13.32	55.41	350m:	5:50.68	43.30
	100m:	1:35.89 53.05	200m:	3:17.91	50.14	300m:	5:07.38	54.06	400m:	6:31.97	41.29
ÓG.	Ólafur Breki Guðnason		03	Ægir						6:30.76	
	<i>D7 - Didn't return to a position on the back upon leaving the wall (SW 6.4)</i>										
	50m:	44.61 44.61	150m:	2:27.72	49.20	250m:	4:10.73	54.47	350m:	5:49.15	42.41
	100m:	1:38.52 53.91	200m:	3:16.26	48.54	300m:	5:06.74	56.01	400m:	6:30.76	41.61

Opinn

1.	Hallgrímur Kjartansson		98	Breiðablik						5:03.43	467
	50m:	31.72 31.72	150m:	1:51.48	40.37	250m:	3:13.17	42.00	350m:	4:29.83	33.96
	100m:	1:11.11 39.39	200m:	2:31.17	39.69	300m:	3:55.87	42.70	400m:	5:03.43	33.60
2.	Patrik Viggó Vilbergsson		02	Breiðablik						5:05.49	458
	50m:	33.61 33.61	150m:	1:50.81	37.68	250m:	3:13.42	44.64	350m:	4:31.45	33.87
	100m:	1:13.13 39.52	200m:	2:28.78	37.97	300m:	3:57.58	44.16	400m:	5:05.49	34.04
3.	Snævar Atli Halldórsson		00	Óðinn						5:13.19	425
	50m:	32.74 32.74	150m:	1:55.19	43.69	250m:	3:19.31	41.12	350m:	4:38.55	36.66
	100m:	1:11.50 38.76	200m:	2:38.19	43.00	300m:	4:01.89	42.58	400m:	5:13.19	34.64
4.	Björn Axel Agnarsson		02	Breiðablik						5:37.25	340
	50m:	35.16 35.16	150m:	2:00.27	45.16	250m:	3:32.08	48.59	350m:	4:59.12	39.21
	100m:	1:15.11 39.95	200m:	2:43.49	43.22	300m:	4:19.91	47.83	400m:	5:37.25	38.13
5.	Einar Atli Guðnason		03	Ægir						6:31.97	216
	50m:	42.84 42.84	150m:	2:27.77	51.88	250m:	4:13.32	55.41	350m:	5:50.68	43.30
	100m:	1:35.89 53.05	200m:	3:17.91	50.14	300m:	5:07.38	54.06	400m:	6:31.97	41.29
ÓG.	Ólafur Breki Guðnason		03	Ægir						6:30.76	
	<i>D7 - Didn't return to a position on the back upon leaving the wall (SW 6.4)</i>										
	50m:	44.61 44.61	150m:	2:27.72	49.20	250m:	4:10.73	54.47	350m:	5:49.15	42.41
	100m:	1:38.52 53.91	200m:	3:16.26	48.54	300m:	5:06.74	56.01	400m:	6:30.76	41.61

Extramót SH 2015
Hafnarfjörður, 24. - 25.10.2015

Sundgrein 25

karla, 100m baksund

Opinn
Úrslitalistar

25.10.2015 - 10:00

ÍSL-met Opinn	51.74	Örn Arnarson	SH	Dublin (IRL)	14.12.2003
ÍSL-met 11 - 12	1:03.92				
ÍSL-met 13 - 14	59.01				
ÍSL-met 15 - 17	53.71				

EM25 2015 15 +: 56.10 / NM 2015 18 +: 58.22; 16 - 17: 59.10; 14 - 15: 1:00.29 / ÍM25 2015 : 1:07.78

Stig: FINA 2014

Sæti	F.ár		Tími	Stig	50m	100m		
Framtið								
1.		Patrik Viggó Vilbergsson	02	Breiðablik	1:08.04	372	33.18	34.86
2.		Tómas Magnússon	02	KR	1:08.96	357	33.44	35.52
3.		Björn Axel Agnarsson	02	Breiðablik	1:11.84	316	34.84	37.00
4.		Logi Freyr Arnarsson	03	KR	1:19.90	229	39.01	40.89
5.		Víkar Máni Þórsson	02	Fjölnir	1:19.95	229	37.73	42.22
6.		Daði Björnsson	04	SH	1:20.23	226	38.98	41.25
7.		Jónas Atli Pálsson	03	SH	1:25.03	190	42.37	42.66
		Hringur Birgir Kristinsson	04	Ægir	1:25.03	190	41.08	43.95
9.		Birnir Freyr Hálfðánarsson	06	SH	1:29.68	162	43.55	46.13
10.		Júlíus Karl Maier	02	SH	1:31.60	152	44.74	46.86
11.		Enrique Snær Llorens	02	ÍA	1:31.68	152	43.81	47.87
12.		Andri Stefánsson	04	SH	1:31.95	150	44.72	47.23
13.		Dagur Snær Hilmarsson	03	SH	1:33.99	141	45.24	48.75
14.		Daníel Lúkas Tómasson	04	SH	1:34.37	139	45.99	48.38
15.		Veigar Hrafn Sigþórsson	05	SH	1:34.59	138	45.13	49.46
16.		Edward Jensson	04	SH	1:37.65	125	46.90	50.75
17.		Snorri Dagur Einarsson	05	SH	1:41.78	111	49.45	52.33
18.		Hilmir Snær Lunddal Rúnarsson	03	SH	1:43.79	104	51.96	51.83
19.		Bergur Fáfniir Bjarnason	06	SH	1:53.59	79	55.00	58.59
óg.ífullri stærð		Andri Már Kristjánsson	06	SH	1:41.46			
óg.ífullri stærð		Sigurður Þráinn Sigurðsson	02	Sunddeild Aftureldingar	1:42.46		49.40	53.06

Æskunnar

1.		Brynjólfr Óli Karlsson	01	Breiðablik	1:00.90	518	29.14	31.76
2.		Kristján Gylfi Þórisson	00	Ægir	1:03.04	467	31.00	32.04
3.		Hafsteinn Ari Ágústsson	00	Ægir	1:06.14	405	32.39	33.75
4.		Benedikt Frank Pálmason	01	Ármanns	1:10.33	336	33.97	36.36
5.		Kári Sölvi Nielsen	00	SH	1:10.73	331	34.76	35.97
6.		Baldur Logi Gautason	00	Óðinn	1:11.26	323	34.19	37.07
7.		Erlend Magnússon	01	ÍA	1:13.44	295	36.35	37.09
8.		Róbert Jónsson	01	SH	1:13.51	295	35.39	38.12
9.		Björgvin Árni Júlíusson	01	KR	1:13.71	292	36.43	37.28
10.		Jón Tumi Dagsson	01	SH	1:13.95	289	36.42	37.53
11.		Sindri Andreas Bjarnason	01	ÍA	1:14.56	282	35.80	38.76
12.		Hákon Alexander Magnússon	00	Óðinn	1:17.56	251	38.10	39.46
13.		Jón Klausen	00	Ármanns	1:19.46	233	40.61	38.85
14.		Daníel Ingi Egilsson	00	SH	1:26.74	179	42.71	44.03
15.		Óðinn Birnir Waguespack	01	KR	1:26.76	179	41.61	45.15
16.		Guðmundur Kristinn Húnfjörð	00	Breiðablik	1:27.18	176	40.79	46.39
17.		Leonardo Þór Williamsson	01	ÍA	1:27.24	176	40.66	46.58

Unglinga

1.		Daníel Már Kristinsson	98	Breiðablik	1:05.53	416	31.76	33.77
2.		Ólafur Sigurðsson	99	SH	1:06.28	402	32.51	33.77
3.		Davíð Þór Torfason	98	Fjölnir	1:12.93	302	35.00	37.93

Extramót SH 2015
Hafnarfjörður, 24. - 25.10.2015

Sundgrein 25, karla, 100m baksund

Opinn

1.	Kristinn Þórarinsson	96	Fjölir	55.16	698	EM	26.54	28.62
2.	Kolbeinn Hrafnkelsson	94	SH	55.70	678	EM	27.48	28.22
3.	Brynjólfur Óli Karlsson	01	Breiðablik	1:00.90	518		29.14	31.76
4.	Kristján Gylfi Þórisson	00	Ægir	1:03.04	467		31.00	32.04
5.	Hafþór Jón Sigurðsson	97	SH	1:03.61	455		30.45	33.16
6.	Daníel Már Kristinsson	98	Breiðablik	1:05.53	416		31.76	33.77
7.	Hafsteinn Ari Ágústsson	00	Ægir	1:06.14	405		32.39	33.75
8.	Ólafur Sigurðsson	99	SH	1:06.28	402		32.51	33.77
9.	Patrik Viggó Vilbergsson	02	Breiðablik	1:08.04	372		33.18	34.86
10.	Tómas Magnússon	02	KR	1:08.96	357		33.44	35.52
11.	Benedikt Frank Pálmason	01	Ármanns	1:10.33	336		33.97	36.36
12.	Kári Sölvi Nielsen	00	SH	1:10.73	331		34.76	35.97
13.	Baldur Logi Gautason	00	Óðinn	1:11.26	323		34.19	37.07
14.	Björn Axel Agnarsson	02	Breiðablik	1:11.84	316		34.84	37.00
15.	Davíð Þór Torfason	98	Fjölir	1:12.93	302		35.00	37.93
16.	Erlend Magnússon	01	ÍA	1:13.44	295		36.35	37.09
17.	Róbert Jónsson	01	SH	1:13.51	295		35.39	38.12
18.	Björgvin Árni Júlíusson	01	KR	1:13.71	292		36.43	37.28
19.	Jón Tumi Dagsson	01	SH	1:13.95	289		36.42	37.53
20.	Sindri Andreas Bjarnason	01	ÍA	1:14.56	282		35.80	38.76
21.	Hákon Alexander Magnússon	00	Óðinn	1:17.56	251		38.10	39.46
22.	Jón Klausen	00	Ármanns	1:19.46	233		40.61	38.85
23.	Logi Freyr Arnarsson	03	KR	1:19.90	229		39.01	40.89
24.	Vikar Máni Þórsson	02	Fjölir	1:19.95	229		37.73	42.22
25.	Ragnar Ingi Magnússon	92	SH	1:20.01	228		36.96	43.05
26.	Daði Björnsson	04	SH	1:20.23	226		38.98	41.25
27.	Jónas Atli Pálsson	03	SH	1:25.03	190		42.37	42.66
	Hringur Birgir Kristinsson	04	Ægir	1:25.03	190		41.08	43.95
29.	Daníel Ingi Egilsson	00	SH	1:26.74	179		42.71	44.03
30.	Óðinn Birmir Waguespack	01	KR	1:26.76	179		41.61	45.15
31.	Guðmundur Kristinn Húnfjörð	00	Breiðablik	1:27.18	176		40.79	46.39
32.	Leonardo Þór Williamsson	01	ÍA	1:27.24	176		40.66	46.58
33.	Birnir Freyr Hálfðánarsson	06	SH	1:29.68	162		43.55	46.13
34.	Júlíus Karl Maier	02	SH	1:31.60	152		44.74	46.86
35.	Enrique Snær Llorens	02	ÍA	1:31.68	152		43.81	47.87
36.	Andri Stefánsson	04	SH	1:31.95	150		44.72	47.23
37.	Dagur Snær Hilmarsson	03	SH	1:33.99	141		45.24	48.75
38.	Daníel Lúkas Tómasson	04	SH	1:34.37	139		45.99	48.38
39.	Veigar Hrafn Sigþórsson	05	SH	1:34.59	138		45.13	49.46
40.	Edward Jensson	04	SH	1:37.65	125		46.90	50.75
41.	Snorri Dagur Einarsson	05	SH	1:41.78	111		49.45	52.33
42.	Hilmir Snær Lunddal Rúnarsson	03	SH	1:43.79	104		51.96	51.83
43.	Bergur Fáfniir Bjarnason	06	SH	1:53.59	79		55.00	58.59
óg.ífullri stærð	Andri Már Kristjánsson	06	SH	1:41.46				
óg.ífullri stærð	Sigurður Þráinn Sigurðsson	02	Sunddeild Aftureldingar	1:42.46			49.40	53.06

Extramót SH 2015
Hafnarfjörður, 24. - 25.10.2015

Sundgrein 26

25.10.2015 - 10:10

kvenna, 100m baksund

Opinn

Úrslitalistar

ÍSL-met Opinn	58.58	Eygló Ósk Gústafsdóttir	Ægir	Hafnarfjörður	16.11.2014
ÍSL-met 11 - 12	1:08.69				
ÍSL-met 13 - 14	1:03.10				
ÍSL-met 15 - 17	59.75				

EM25 2015 15 +: 1:02.79 / NM 2015 17 +: 1:05.17; 15 - 16: 1:06.15; 13 - 14: 1:07.48 / ÍM25 2015 : 1:14.68

Stig: FINA 2014

Sæti	F.ár		Tími	Stig	50m	100m
Framtið						
1.	Dagbjörg Hlíf Ólafsdóttir	05 SH	1:30.77	225	44.35	46.42
2.	Briet Dalla Gunnarsdóttir	04 SH	1:34.39	200	45.68	48.71
3.	Marta Magnúsdóttir	05 KR	1:36.38	188	46.63	49.75
4.	Natalia Jónsdóttir	04 SH	1:38.00	178	48.66	49.34
5.	Embla Karen Sævarsdóttir	04 Óðinn	1:40.05	168	48.05	52.00
6.	Hildur Valsdóttir	04 SH	1:44.31	148		
óg.ífullri stærð	Guðbjörg Eyvindardóttir	04 SH	1:38.20		48.51	49.69
	<i>G2 - Starting before the start signal (SW 4.4)</i>					

Æskunnar

1.	Þóra Snorradóttir	03 Óðinn	1:12.62	439	35.89	36.73
2.	Arey Rakel Guðnadóttir	02 Fjölnir	1:17.59	360	37.01	40.58
3.	Ylfa Finnbogadóttir	02 SH	1:19.89	330	39.00	40.89
4.	Agatha Elín Steinþórsdóttir	02 Breiðablik	1:20.13	327	38.46	41.67
5.	Berglind Rún Traustadóttir	03 SH	1:21.85	307	40.66	41.19
6.	Sóldís Ninja Helgadóttir	03 ÍA	1:22.20	303	40.12	42.08
7.	Eva Sól Garðarsdóttir	03 Óðinn	1:22.26	302	40.66	41.60
8.	Aþena Arnarsdóttir	03 Óðinn	1:23.08	293	41.33	41.75
9.	Íris Edda Garðarsdóttir	03 Ægir	1:23.29	291	41.03	42.26
10.	Þórdís Anita Björnsdóttir	02 SH	1:23.83	285	41.39	42.44
	Hilda Briet Bates Gústavsdóttir	03 SH	1:23.83	285	39.92	43.91
12.	Rebekka Sif Ómarsdóttir	03 Óðinn	1:23.84	285	41.09	42.75
13.	Svava Björg Lárusdóttir	03 Ármanns	1:25.93	265	41.43	44.50
14.	Arna Ósk Jónsdóttir	02 ÍA	1:27.22	253	43.42	43.80
15.	Una Hlynisdóttir	02 SH	1:28.55	242		
16.	Sara Rut Sigurðardóttir	03 SH	1:32.61	212	44.77	47.84
17.	Áslaug Rún Rögnvaldsdóttir	02 SH	1:35.26	194	45.71	49.55
18.	Diljá Dröfn Jóhannesdóttir	03 SH	1:36.85	185	46.96	49.89

Unglinga

1.	Katarína Róbertsdóttir	00 SH	1:06.45	574	32.39	34.06
2.	Embla Sól Garðarsdóttir	01 Óðinn	1:11.83	454	35.38	36.45
3.	Berglind Bjarnadóttir	01 Fjölnir	1:14.63	405	36.04	38.59
4.	Ragna Sigríður Ragnarsdóttir	01 Ármanns	1:15.61	389	36.92	38.69
5.	Aþena Karaolani	00 Sunddeild Aftureldingar	1:15.99	383	36.60	39.39
6.	Alexandra Tómasdóttir	01 Óðinn	1:16.52	376	37.80	38.72
7.	Eyrún Sigþórsdóttir	01 ÍA	1:17.88	356	38.16	39.72
8.	Guðrún Ásta Þórarinsdóttir	00 Fjölnir	1:18.60	346	38.56	40.04
9.	Belinda Cardew	00 Breiðablik	1:22.06	304	40.61	41.45
10.	Melkorka Assa Arnadóttir	01 SH	1:23.50	289	39.16	44.34
11.	Selma Gísladóttir	00 Breiðablik	1:25.06	273	41.72	43.34
12.	Ólavía Klara Einarsdóttir	01 Óðinn	1:26.23	262	42.13	44.10
13.	Guðrún Alma Atladóttir	01 SH	1:28.22	245	42.89	45.33

Extramót SH 2015
Hafnarfjörður, 24. - 25.10.2015

Sundgrein 26, kvenna, 100m baksund

Opinn

1.	Eygló Ósk Gústafsdóttir	95	Ægir	58.86	826	EM	28.71	30.15
2.	Katarína Róbertsdóttir	00	SH	1:06.45	574		32.39	34.06
3.	Steingerður Hauksdóttir	96	Fjölpir	1:06.95	561		32.25	34.70
4.	Ásdís Birta Guðnadóttir	96	SH	1:07.54	546		32.31	35.23
5.	Una Lára Lárusdóttir	99	ÍA	1:08.32	528		32.91	35.41
6.	Athena Neve Leex	97	Breiðablik	1:09.23	507		32.89	36.34
7.	Bjarkey Jónasdóttir	99	Ægir	1:11.44	462		35.09	36.35
8.	Embla Sól Garðarsdóttir	01	Óðinn	1:11.83	454		35.38	36.45
9.	Elín Kata Sigurgeirsdóttir	99	Óðinn	1:12.31	445		34.84	37.47
10.	Þóra Snorradóttir	03	Óðinn	1:12.62	439		35.89	36.73
11.	Gunnlaug Margrét Ólafsdóttir	97	Breiðablik	1:13.11	431		35.29	37.82
12.	Berglind Bjarnadóttir	01	Fjölpir	1:14.63	405		36.04	38.59
13.	Elín Ylfa Viðarsdóttir	99	Breiðablik	1:14.84	401		35.00	39.84
14.	Ragna Sigríður Ragnarsdóttir	01	Ármanns	1:15.61	389		36.92	38.69
15.	Aþena Karaolani	00	Sunddeild Aftureldingar	1:15.99	383		36.60	39.39
16.	Alexandra Tómasdóttir	01	Óðinn	1:16.52	376		37.80	38.72
17.	Arey Rake! Guðnadóttir	02	Fjölpir	1:17.59	360		37.01	40.58
18.	Eyrún Sigþórsdóttir	01	ÍA	1:17.88	356		38.16	39.72
19.	Kristín Birta Atladóttir	99	Fjölpir	1:18.42	349		38.72	39.70
20.	Guðrún Ásta Þórarinsdóttir	00	Fjölpir	1:18.60	346		38.56	40.04
21.	Ylfa Finnbogadóttir	02	SH	1:19.89	330		39.00	40.89
22.	Agatha Elín Steinþórsdóttir	02	Breiðablik	1:20.13	327		38.46	41.67
23.	Berglind Rún Traustadóttir	03	SH	1:21.85	307		40.66	41.19
24.	Belinda Cardew	00	Breiðablik	1:22.06	304		40.61	41.45
25.	Sóldís Ninja Helgadóttir	03	ÍA	1:22.20	303		40.12	42.08
26.	Eva Sól Garðarsdóttir	03	Óðinn	1:22.26	302		40.66	41.60
27.	Aþena Arnarsdóttir	03	Óðinn	1:23.08	293		41.33	41.75
28.	Íris Edda Garðarsdóttir	03	Ægir	1:23.29	291		41.03	42.26
29.	Melkorka Assa Arnadóttir	01	SH	1:23.50	289		39.16	44.34
30.	Þórdís Anita Björnsdóttir	02	SH	1:23.83	285		41.39	42.44
	Hilda Bríet Bates Gústavsdóttir	03	SH	1:23.83	285		39.92	43.91
32.	Rebekka Sif Ómarsdóttir	03	Óðinn	1:23.84	285		41.09	42.75
33.	Selma Gísladóttir	00	Breiðablik	1:25.06	273		41.72	43.34
34.	Svava Björg Lárusdóttir	03	Ármanns	1:25.93	265		41.43	44.50
35.	Ólavía Klara Einarsdóttir	01	Óðinn	1:26.23	262		42.13	44.10
36.	Arna Ósk Jónsdóttir	02	ÍA	1:27.22	253		43.42	43.80
37.	Guðrún Alma Atladóttir	01	SH	1:28.22	245		42.89	45.33
38.	Una Hlynisdóttir	02	SH	1:28.55	242			
39.	Dagbjörg Hlíf Ólafsdóttir	05	SH	1:30.77	225		44.35	46.42
40.	Sara Rut Sigurðardóttir	03	SH	1:32.61	212		44.77	47.84
41.	Bríet Dalla Gunnarsdóttir	04	SH	1:34.39	200		45.68	48.71
42.	Áslaug Rún Rögnvaldsdóttir	02	SH	1:35.26	194		45.71	49.55
43.	Marta Magnúsdóttir	05	KR	1:36.38	188		46.63	49.75
44.	Diljá Dröfn Jóhannesdóttir	03	SH	1:36.85	185		46.96	49.89
45.	Natalia Jónsdóttir	04	SH	1:38.00	178		48.66	49.34
46.	Embla Karen Sævarsdóttir	04	Óðinn	1:40.05	168		48.05	52.00
47.	Guðrún Þóra Atladóttir	99	Fjölpir	1:41.95	158		48.67	53.28
48.	Hildur Valsdóttir	04	SH	1:44.31	148			
óg.ífullri stærð	Guðbjörg Eyvindardóttir	04	SH	1:38.20			48.51	49.69

G2 - Starting before the start signal (SW 4.4)

Extramót SH 2015
Hafnarfjörður, 24. - 25.10.2015

Sundgrein 27 karla, 50m bringusund Opinn
25.10.2015 - 10:25 Úrslitalistar

ÍSL-met Opinn	27.37	Jakob Jóhann Sveinsson	Ægir	Reykjavík	22.11.2009
ÍSL-met 11 - 12	35.77				
ÍSL-met 13 - 14	31.69				
ÍSL-met 15 - 17	28.47				

EM25 2015 15 +: 28.27 / NM 2015 18 +: 30.79; 16 - 17: 31.48; 14 - 15: 31.88 / ÍM25 2015 : 34.86

Stig: FINA 2014

Sæti	F.ár		Tími	Stig
Unglinga 17 ára og yngri				
1.	99	Óskar Gauti Lund	34.65	386
2.	98	Hallgrímur Kjartansson	34.73	384
3.	98	Kristján Ari Heimisson	34.81	381
4.	00	Jökull Ýmir Guðmundsson	35.39	363
5.	99	Hjörleifur Helgi Sveinbjarnarson	36.08	342
6.	01	Aron Bjarki Jónsson	36.99	318
7.	99	Hilmir Hrafn Garðarsson	37.55	304
8.	01	Þorbjörn Andrason	37.63	302
9.	02	Halldór Björn Kristinsson	40.06	250
10.	02	Arnór Róbertsson	40.85	236
11.	00	Hafsteinn Hákonarson	42.80	205
12.	01	Atli Gauti Ákason	42.83	204
13.	02	Runólfur Þorláksson	44.94	177

Opinn

1.	92	Viktor Máni Vilbergsson	29.43	631	NM
2.	92	Alexander Jóhannesson	31.36	521	
3.	95	Daniel Hannes Pálsson	31.43	518	
4.	95	Sævar Berg Sigurðsson	32.33	476	
5.	97	Arnór Stefánsson	33.25	437	
6.	94	Hilmar Smári Jónsson	33.49	428	
7.	99	Óskar Gauti Lund	34.65	386	
8.	98	Hallgrímur Kjartansson	34.73	384	
9.	98	Kristján Ari Heimisson	34.81	381	
10.	00	Jökull Ýmir Guðmundsson	35.39	363	
11.	99	Hjörleifur Helgi Sveinbjarnarson	36.08	342	
12.	01	Aron Bjarki Jónsson	36.99	318	
13.	99	Hilmir Hrafn Garðarsson	37.55	304	
14.	01	Þorbjörn Andrason	37.63	302	
15.	02	Halldór Björn Kristinsson	40.06	250	
16.	02	Arnór Róbertsson	40.85	236	
17.	00	Hafsteinn Hákonarson	42.80	205	
18.	01	Atli Gauti Ákason	42.83	204	
19.	02	Runólfur Þorláksson	44.94	177	

Extramót SH 2015
Hafnarfjörður, 24. - 25.10.2015

Sundgrein 28 kvenna, 50m bringusund Opinn
25.10.2015 - 10:30 Úrslitalistar

ÍSL-met Opinn	30.67	Hrafnhildur Lúthersdóttir	SH	Doha (QAT)	28.8.2014
ÍSL-met 11 - 12	36.24				
ÍSL-met 13 - 14	33.54				
ÍSL-met 15 - 17	32.24				

EM25 2015 15 +: 32.29 / NM 2015 17 +: 33.08; 15 - 16: 33.58; 13 - 14: 34.25 / ÍM25 2015 : 38.93

Stig: FINA 2014

Sæti	F.ár		Tími	Stig
Unglinga				
1.	00	Sunna Svanlaug Vilhjálmsdóttir SH	36.42	494
2.	01	Marta Buchanevic Ægir	36.92	474
3.	02	Amalía Nanna Júlíusdóttir Rán	38.25	426
4.	01	Brynhildur Traustadóttir ÍA	38.31	424
5.	00	Ingibjörg Erl Garðarsdóttir Ægir	38.97	403
6.	00	Líf Þrastardóttir Breiðablik	39.04	401
7.	01	Alexandra Tómasdóttir Óðinn	39.31	393
8.	02	Ásgerður Jing Laufeyjardóttir ÍA	39.52	387
9.	02	María Arnarsdóttir Óðinn	39.59	384
10.	03	Sigurjóna Ragnheiðardóttir Óðinn	40.50	359
11.	00	Aþena Karaolani Sunddeild Aftureldingar	41.53	333
12.	00	Kristina Bragadóttir Ármanns	41.68	329
13.	01	Katrín Eva Jóhannesdóttir Sunddeild Aftureldingar	41.81	326
14.	02	Ágústa Bergrós Jakobsdóttir Ármanns	42.71	306
15.	02	Agnes Fjóra Flosadóttir Rán	42.78	305
16.	01	Sigurlaug Brynjúlfssdóttir KR	44.46	271
17.	02	Elísabet Anna Ómarsdóttir Óðinn	44.56	269

Opinn

1.	93	Karen Sif Vilhjálmsdóttir SH	34.35	589
2.	98	Natalia Cecylia Wojdat SH	35.70	525
3.	00	Sunna Svanlaug Vilhjálmsdóttir SH	36.42	494
4.	01	Marta Buchanevic Ægir	36.92	474
5.	02	Amalía Nanna Júlíusdóttir Rán	38.25	426
6.	01	Brynhildur Traustadóttir ÍA	38.31	424
7.	99	Svanfríður Steingrímsdóttir ÍRB	38.65	413
8.	99	Embla Sólrún Einarsdóttir Óðinn	38.72	411
9.	99	Bjarkey Jónasdóttir Ægir	38.94	404
10.	00	Ingibjörg Erl Garðarsdóttir Ægir	38.97	403
11.	00	Líf Þrastardóttir Breiðablik	39.04	401
12.	01	Alexandra Tómasdóttir Óðinn	39.31	393
13.	02	Ásgerður Jing Laufeyjardóttir ÍA	39.52	387
14.	02	María Arnarsdóttir Óðinn	39.59	384
15.	03	Sigurjóna Ragnheiðardóttir Óðinn	40.50	359
16.	00	Aþena Karaolani Sunddeild Aftureldingar	41.53	333
17.	99	Kristín Birta Atladóttir Fjölnir	41.63	331
18.	00	Kristina Bragadóttir Ármanns	41.68	329
19.	01	Katrín Eva Jóhannesdóttir Sunddeild Aftureldingar	41.81	326
20.	02	Ágústa Bergrós Jakobsdóttir Ármanns	42.71	306
21.	02	Agnes Fjóra Flosadóttir Rán	42.78	305
22.	01	Sigurlaug Brynjúlfssdóttir KR	44.46	271
23.	02	Elísabet Anna Ómarsdóttir Óðinn	44.56	269

Extramót SH 2015
Hafnarfjörður, 24. - 25.10.2015

Sundgrein 29
25.10.2015 - 10:35

karla, 800m skriðsund

Opinn
Úrslitalistar

ÍSL-met Opinn	7:52.84	Anton Sveinn McKee	Ægir	Istanbul (TUR)	16.12.2012
ÍSL-met 11 - 12	9:24.91				
ÍSL-met 13 - 14	8:31.56				
ÍSL-met 15 - 17	8:16.04				

EM25 2015 15 +: 8:09.72 / ÍM25 2015 : 9:56.48

Stig: FINA 2014

Sæti	F.ár	Tími	Stig
Unglinga 17 ára og yngri			
1. Brynjólfur Óli Karlsson	01 Breiðablik	8:54.79	570
100m: 1:02.43 1:02.43	300m: 3:16.76 1:07.48	500m: 5:32.84 1:07.77	700m: 7:48.74 1:07.71
200m: 2:09.28 1:06.85	400m: 4:25.07 1:08.31	600m: 6:41.03 1:08.19	800m: 8:54.79 1:06.05
2. Gunnar Bjarki Jónsson	98 Breiðablik	9:07.01	532
100m: 1:03.01 1:03.01	300m: 3:20.38 1:09.35	500m: 5:39.00 1:09.40	700m: 7:58.59 1:09.82
200m: 2:11.03 1:08.02	400m: 4:29.60 1:09.22	600m: 6:48.77 1:09.77	800m: 9:07.01 1:08.42
3. Snævar Atli Halldórsson	00 Óðinn	9:38.39	450
100m: 1:07.92 1:07.92	300m: 3:34.06 1:13.60	500m: 6:01.06 1:13.84	700m: 8:28.42 1:13.67
200m: 2:20.46 1:12.54	400m: 4:47.22 1:13.16	600m: 7:14.75 1:13.69	800m: 9:38.39 1:09.97
4. Björn Axel Agnarsson	02 Breiðablik	9:59.21	405
100m: 1:12.43 1:12.43	300m: 3:45.76 1:17.00	500m: 6:16.89 1:14.77	700m: 8:47.28 1:15.52
200m: 2:28.76 1:16.33	400m: 5:02.12 1:16.36	600m: 7:31.76 1:14.87	800m: 9:59.21 1:11.93
5. Halldór Björn Kristinsson	02 Ægir	10:17.79	369
100m: 1:11.42 1:11.42	300m: 3:46.50 1:17.70	500m: 6:23.51 1:18.23	700m: 9:00.83 1:18.34
200m: 2:28.80 1:17.38	400m: 5:05.28 1:18.78	600m: 7:42.49 1:18.98	800m: 10:17.79 1:16.96
6. Skúli Thor Ásgeirsson	02 Ægir	10:36.82	337
100m: 1:15.62 1:15.62	300m: 3:55.12 1:19.73	500m: 6:37.25 1:21.22	700m: 9:19.00 1:19.66
200m: 2:35.39 1:19.77	400m: 5:16.03 1:20.91	600m: 7:59.34 1:22.09	800m: 10:36.82 1:17.82
7. Róbert Andri Pálmason	02 Ármanns	11:06.11	294
100m: 1:15.56 1:15.56	300m: 4:05.21 1:25.30	500m: 6:54.81 1:25.02	700m: 9:46.81 1:24.01
200m: 2:39.91 1:24.35	400m: 5:29.79 1:24.58	600m: 8:22.80 1:27.99	800m: 11:06.11 1:19.30
8. Aron Bjarki Jónsson	01 Óðinn	11:09.40	290
100m: 1:15.34 1:15.34	300m: 4:06.60 1:25.74	500m: 6:58.31 1:25.01	700m: 9:50.50 1:25.12
200m: 2:40.86 1:25.52	400m: 5:33.30 1:26.70	600m: 8:25.38 1:27.07	800m: 11:09.40 1:18.90

Opinn

1. Jón Margeir Sverrisson	92 Fjölnir	8:27.02	668
100m: 1:00.37 1:00.37	300m: 3:09.31 1:04.29	500m: 5:18.11 1:04.34	700m: 7:27.02 1:04.43
200m: 2:05.02 1:04.65	400m: 4:13.77 1:04.46	600m: 6:22.59 1:04.48	800m: 8:27.02 1:00.00
2. Brynjólfur Óli Karlsson	01 Breiðablik	8:54.79	570
100m: 1:02.43 1:02.43	300m: 3:16.76 1:07.48	500m: 5:32.84 1:07.77	700m: 7:48.74 1:07.71
200m: 2:09.28 1:06.85	400m: 4:25.07 1:08.31	600m: 6:41.03 1:08.19	800m: 8:54.79 1:06.05
3. Gunnar Bjarki Jónsson	98 Breiðablik	9:07.01	532
100m: 1:03.01 1:03.01	300m: 3:20.38 1:09.35	500m: 5:39.00 1:09.40	700m: 7:58.59 1:09.82
200m: 2:11.03 1:08.02	400m: 4:29.60 1:09.22	600m: 6:48.77 1:09.77	800m: 9:07.01 1:08.42
4. Snævar Atli Halldórsson	00 Óðinn	9:38.39	450
100m: 1:07.92 1:07.92	300m: 3:34.06 1:13.60	500m: 6:01.06 1:13.84	700m: 8:28.42 1:13.67
200m: 2:20.46 1:12.54	400m: 4:47.22 1:13.16	600m: 7:14.75 1:13.69	800m: 9:38.39 1:09.97
5. Björn Axel Agnarsson	02 Breiðablik	9:59.21	405
100m: 1:12.43 1:12.43	300m: 3:45.76 1:17.00	500m: 6:16.89 1:14.77	700m: 8:47.28 1:15.52
200m: 2:28.76 1:16.33	400m: 5:02.12 1:16.36	600m: 7:31.76 1:14.87	800m: 9:59.21 1:11.93
6. Guðmundur Hákon Hermannsson	93 KR	10:01.00	401
100m: 1:11.98 1:11.98	300m: 3:44.24 1:16.30	500m: 6:17.66 1:16.76	700m: 8:47.91 1:14.33
200m: 2:27.94 1:15.96	400m: 5:00.90 1:16.66	600m: 7:33.58 1:15.92	800m: 10:01.00 1:13.09

Extramót SH 2015
Hafnarfjörður, 24. - 25.10.2015

Sundgrein 29, karla, 800m skriðsund, Opinn

Sæti	F.ár		Tími		Stig
7. Halldór Björn Kristinsson	02	Ægir	10:17.79		369
100m: 1:11.42 1:11.42	300m: 3:46.50 1:17.70	500m: 6:23.51 1:18.23	700m: 9:00.83 1:18.34		
200m: 2:28.80 1:17.38	400m: 5:05.28 1:18.78	600m: 7:42.49 1:18.98	800m: 10:17.79 1:16.96		
8. Skúli Thor Ásgeirsson	02	Ægir	10:36.82		337
100m: 1:15.62 1:15.62	300m: 3:55.12 1:19.73	500m: 6:37.25 1:21.22	700m: 9:19.00 1:19.66		
200m: 2:35.39 1:19.77	400m: 5:16.03 1:20.91	600m: 7:59.34 1:22.09	800m: 10:36.82 1:17.82		
9. Róbert Andri Pálmason	02	Ármanns	11:06.11		294
100m: 1:15.56 1:15.56	300m: 4:05.21 1:25.30	500m: 6:54.81 1:25.02	700m: 9:46.81 1:24.01		
200m: 2:39.91 1:24.35	400m: 5:29.79 1:24.58	600m: 8:22.80 1:27.99	800m: 11:06.11 1:19.30		
10. Aron Bjarki Jónsson	01	Óðinn	11:09.40		290
100m: 1:15.34 1:15.34	300m: 4:06.60 1:25.74	500m: 6:58.31 1:25.01	700m: 9:50.50 1:25.12		
200m: 2:40.86 1:25.52	400m: 5:33.30 1:26.70	600m: 8:25.38 1:27.07	800m: 11:09.40 1:18.90		

Sundgrein 30

25.10.2015 - 10:45

kvenna, 200m skriðsund

Opinn
Úrslitalistar

ÍSL-met Opinn	1:59.45	Sigrún Brá Sverrisdóttir	Fjölpir	Rijeka (CRO)	14.12.2008
ÍSL-met 11 - 12	2:14.57				
ÍSL-met 13 - 14	2:03.78				
ÍSL-met 15 - 17	1:59.57				

EM25 2015 15 +: 2:01.92 / NM 2015 17 +: 2:06.55; 15 - 16: 2:08.44; 13 - 14: 2:11.03 / ÍM25 2015 : 2:24.44

Stig: FINA 2014

Sæti	F.ár	Tími	Stig	50m	100m	150m	200m	
Frantið								
1. Kristín Helga Hákonardóttir	04	Breiðablik	2:32.33	388	34.83	39.08	39.94	38.48
2. Hildur Valsdóttir	04	SH	3:09.35	202	44.54	48.96	48.08	47.77
3. Guðbjörg Eyvindardóttir	04	SH	3:09.91	200	42.93	49.51	51.01	46.46
4. Briet Dalla Gunnarsdóttir	04	SH	3:10.78	197	42.97	48.86	49.81	49.14
5. Natalia Jónsdóttir	04	SH	3:11.91	194	45.10	51.57	51.25	43.99
6. Embla Karen Sævarsdóttir	04	Óðinn	3:12.26	193	43.42	50.54	52.20	46.10
óg.ífullri stærð		Dagbjörg Hlíf Ólafsdóttir	3:15.95		46.53	51.86	51.83	45.73
<i>G2 - Starting before the start signal (SW 4.4)</i>								

Æskunnar

1. Regína Lilja Gunnlaugsdóttir	02	Breiðablik	2:24.06	459	33.11	36.80	37.40	36.75
2. Adele Alexandra Pálsson	03	SH	2:25.62	444	33.29	36.69	38.03	37.61
3. Fanney Lind Jóhannsdóttir	02	Ægir	2:26.96	432	33.44	37.63	38.53	37.36
4. Þorgerður Ósk Jónsdóttir	03	SH	2:29.65	409	35.24	38.56	38.39	37.46
5. Þórdís Anita Björnsdóttir	02	SH	2:31.29	396	35.66	39.05	39.26	37.32
6. Ylfa Finnbogadóttir	02	SH	2:32.63	386	35.74	39.15	40.16	37.58
7. Rebekka Sif Ómarsdóttir	03	Óðinn	2:33.30	381	36.02	39.38	39.73	38.17
8. Kristín Ylfa Guðmundsdóttir	02	SH	2:34.09	375	35.09	39.79	40.65	38.56
9. Íris Edda Garðarsdóttir	03	Ægir	2:35.00	368	35.86	39.24	40.83	39.07
10. Svava Björg Lárusdóttir	03	Ármanns	2:35.18	367	37.53	40.18	40.52	36.95
11. Una Margrét Reynisdóttir	02	KR	2:35.35	366	35.16	40.27	41.10	38.82
12. Sandra Dögg Kristjánsdóttir	03	SH	2:36.31	359	36.35	40.43	41.27	38.26
13. Agatha Elín Steinþórsdóttir	02	Breiðablik	2:36.87	355	35.51	40.28	42.63	38.45
14. Apena Arnarsdóttir	03	Óðinn	2:37.57	351	36.84	39.87	40.86	40.00
15. Hilda Briet Bates Gústavsdóttir	03	SH	2:37.91	348	35.23	40.65	41.37	40.66
16. Arna Ósk Jónsdóttir	02	ÍA	2:39.70	337	36.57	41.18	41.70	40.25
17. Agnes Fjóra Flosadóttir	02	Rán	2:43.01	317	38.17	41.41	41.83	41.60
18. Söldís Ninja Helgadóttir	03	ÍA	2:45.05	305	38.28	42.85	43.44	40.48
19. Eva Sól Garðarsdóttir	03	Óðinn	2:45.41	303	38.27	41.79	43.46	41.89
20. Berglind Rún Traustadóttir	03	SH	2:47.95	290	37.08	42.76	45.33	42.78
21. Una Hlynisdóttir	02	SH	2:49.83	280	38.19	43.58	45.47	42.59
22. Hekla María Arnardóttir	03	ÍA	2:56.99	247	41.50	46.51	47.22	41.76

Extramót SH 2015
Hafnarfjörður, 24. - 25.10.2015

Sundgrein 30, Stúlkur, 200m skriðsund, Æskunnar

Sæti	F.ár	Tími	Stig	50m	100m	150m	200m
23. Diljá Dröfn Jóhannesdóttir	03 SH	2:58.45	241	40.64	46.49	46.75	44.57
24. Sara Rut Sigurðardóttir	03 SH	3:02.10	227	41.18	46.48	47.60	46.84
óg.ífullri stærð	Áslaug Rún Rögnvaldsdóttir	3:10.60		40.16	49.59	54.08	46.77

G2 - Starting before the start signal (SW 4.4)

Unglinga

1. María Fanney Kristjánsdóttir	00 SH	2:12.93	584	31.12	34.16	34.41	33.24
2. Ragna Sigríður Ragnarsdóttir	01 Ármanns	2:15.91	547	31.73	34.71	35.43	34.04
3. Jóhanna Elín Guðmundsdóttir	01 SH	2:20.41	496	31.25	36.79	37.71	34.66
4. Þórkatla Björg Ómarsdóttir	01 Óðinn	2:21.67	483	33.29	36.16	36.89	35.33
5. Embla Sól Garðarsdóttir	01 Óðinn	2:22.38	476	32.33	36.63	37.50	35.92
6. Berglind Bjarnadóttir	01 Fjölir	2:24.01	460	34.06	37.36	36.69	35.90
7. Belinda Cardew	00 Breiðablik	2:26.45	437	34.36	37.37	38.65	36.07
8. Klara Sif Sverrisdóttir	00 Breiðablik	2:26.64	435	34.72	37.60	37.71	36.61
9. Eyrún Sigþórsdóttir	01 ÍA	2:26.88	433	34.36	37.97	37.88	36.67
10. Emilía Íris Brown	00 SH	2:27.18	430	32.65	37.25	39.22	38.06
11. Heiður Kristín Sigurgeirsdóttir	01 Ármanns	2:27.98	423	34.61	37.30	38.45	37.62
12. Katrín Eva Jóhannesdóttir	01 Sunddeild Aftureldingar	2:28.40	420	35.08	37.53	38.05	37.74
13. Guðrún Ásta Þórarinsdóttir	00 Fjölir	2:30.95	399	35.05	37.79	39.26	38.85
14. Jóhanna Alba Martel	00 Ármanns	2:31.33	396	34.37	38.54	39.74	38.68
15. Droplaug María Hafliðadóttir	00 ÍA	2:33.97	376	34.73	38.68	40.67	39.89
16. Ólavía Klara Einarsdóttir	01 Óðinn	2:35.74	363	36.04	39.64	40.88	39.18
17. Selma Gísladóttir	00 Breiðablik	2:37.11	354	35.81	38.91	41.60	40.79
18. Melkorka Assa Arnadóttir	01 SH	2:40.04	335	34.65	40.29	42.08	43.02
19. Sigurlaug Brynjúlfsdóttir	01 KR	2:45.51	303	37.39	42.45	43.57	42.10
20. Guðrún Alma Atladóttir	01 SH	2:49.84	280	38.22	42.27	47.21	42.14

Opinn

1. Bryndís Bolladóttir	99 Óðinn	2:10.93	612	31.12	33.59	33.67	32.55
2. María Fanney Kristjánsdóttir	00 SH	2:12.93	584	31.12	34.16	34.41	33.24
3. Ragnheiður Karlsdóttir	99 Breiðablik	2:14.35	566	31.18	34.18	34.51	34.48
4. Sólrún Sigþórsdóttir	97 ÍA	2:14.84	560	32.17	33.84	34.47	34.36
5. Ragna Sigríður Ragnarsdóttir	01 Ármanns	2:15.91	547	31.73	34.71	35.43	34.04
6. Elín Kata Sigurgeirsdóttir	99 Óðinn	2:19.52	505	32.12	35.29	36.38	35.73
7. Jóhanna Elín Guðmundsdóttir	01 SH	2:20.41	496	31.25	36.79	37.71	34.66
8. Þórkatla Björg Ómarsdóttir	01 Óðinn	2:21.67	483	33.29	36.16	36.89	35.33
9. Embla Sól Garðarsdóttir	01 Óðinn	2:22.38	476	32.33	36.63	37.50	35.92
10. Berglind Bjarnadóttir	01 Fjölir	2:24.01	460	34.06	37.36	36.69	35.90
11. Regína Lilja Gunnlaugsdóttir	02 Breiðablik	2:24.06	459	33.11	36.80	37.40	36.75
12. Adele Alexandra Pálsson	03 SH	2:25.62	444	33.29	36.69	38.03	37.61
13. Belinda Cardew	00 Breiðablik	2:26.45	437	34.36	37.37	38.65	36.07
14. Klara Sif Sverrisdóttir	00 Breiðablik	2:26.64	435	34.72	37.60	37.71	36.61
15. Eyrún Sigþórsdóttir	01 ÍA	2:26.88	433	34.36	37.97	37.88	36.67
16. Fanney Lind Jóhannsdóttir	02 Ægir	2:26.96	432	33.44	37.63	38.53	37.36
17. Emilía Íris Brown	00 SH	2:27.18	430	32.65	37.25	39.22	38.06
18. Heiður Kristín Sigurgeirsdóttir	01 Ármanns	2:27.98	423	34.61	37.30	38.45	37.62
19. Katrín Eva Jóhannesdóttir	01 Sunddeild Aftureldingar	2:28.40	420	35.08	37.53	38.05	37.74
20. Þorgerður Ósk Jónsdóttir	03 SH	2:29.65	409	35.24	38.56	38.39	37.46
21. Guðrún Ásta Þórarinsdóttir	00 Fjölir	2:30.95	399	35.05	37.79	39.26	38.85
22. Þórdís Anita Björnsdóttir	02 SH	2:31.29	396	35.66	39.05	39.26	37.32
23. Jóhanna Alba Martel	00 Ármanns	2:31.33	396	34.37	38.54	39.74	38.68
24. Rebekka Ýr Guðbjörnsdóttir	99 Ægir	2:31.47	395	35.12	38.18	39.45	38.72
25. Kristín Helga Hákonardóttir	04 Breiðablik	2:32.33	388	34.83	39.08	39.94	38.48
26. Ylfa Finnbogadóttir	02 SH	2:32.63	386	35.74	39.15	40.16	37.58
27. Rebekka Sif Ómarsdóttir	03 Óðinn	2:33.30	381	36.02	39.38	39.73	38.17
28. Droplaug María Hafliðadóttir	00 ÍA	2:33.97	376	34.73	38.68	40.67	39.89
29. Kristín Ylfa Guðmundsdóttir	02 SH	2:34.09	375	35.09	39.79	40.65	38.56
30. Íris Edda Garðarsdóttir	03 Ægir	2:35.00	368	35.86	39.24	40.83	39.07
31. Svava Björg Lárusdóttir	03 Ármanns	2:35.18	367	37.53	40.18	40.52	36.95

Extramót SH 2015
Hafnarfjörður, 24. - 25.10.2015

Sundgrein 30, kvenna, 200m skriðsund, Opinn

Sæti	F.ár	Tími	Stig	50m	100m	150m	200m
32.	Una Margrét Reynisdóttir 02 KR	2:35.35	366	35.16	40.27	41.10	38.82
33.	Ólavía Klara Einarsdóttir 01 Óðinn	2:35.74	363	36.04	39.64	40.88	39.18
34.	Sandra Dögg Kristjánsdóttir 03 SH	2:36.31	359	36.35	40.43	41.27	38.26
35.	Agatha Elín Steinþórsdóttir 02 Breiðablik	2:36.87	355	35.51	40.28	42.63	38.45
36.	Selma Gísladóttir 00 Breiðablik	2:37.11	354	35.81	38.91	41.60	40.79
37.	Aþena Arnarsdóttir 03 Óðinn	2:37.57	351	36.84	39.87	40.86	40.00
38.	Hilda Bríet Bates Gústavsdóttir 03 SH	2:37.91	348	35.23	40.65	41.37	40.66
39.	Arna Ósk Jónsdóttir 02 ÍA	2:39.70	337	36.57	41.18	41.70	40.25
40.	Melkorka Assa Arnadóttir 01 SH	2:40.04	335	34.65	40.29	42.08	43.02
41.	Agnes Fjöla Flosadóttir 02 Rán	2:43.01	317	38.17	41.41	41.83	41.60
42.	Sóldís Ninja Helgadóttir 03 ÍA	2:45.05	305	38.28	42.85	43.44	40.48
43.	Eva Sól Garðarsdóttir 03 Óðinn	2:45.41	303	38.27	41.79	43.46	41.89
44.	Sigurlaug Brynjúlfsdóttir 01 KR	2:45.51	303	37.39	42.45	43.57	42.10
45.	Berglind Rún Traustadóttir 03 SH	2:47.95	290	37.08	42.76	45.33	42.78
46.	Una Hlynsdóttir 02 SH	2:49.83	280	38.19	43.58	45.47	42.59
47.	Guðrún Alma Atladóttir 01 SH	2:49.84	280	38.22	42.27	47.21	42.14
48.	Hekla María Arnardóttir 03 ÍA	2:56.99	247	41.50	46.51	47.22	41.76
49.	Diljá Dröfn Jóhannesdóttir 03 SH	2:58.45	241	40.64	46.49	46.75	44.57
50.	Sara Rut Sigurðardóttir 03 SH	3:02.10	227	41.18	46.48	47.60	46.84
51.	Hildur Valsdóttir 04 SH	3:09.35	202	44.54	48.96	48.08	47.77
52.	Guðbjörg Eyvindardóttir 04 SH	3:09.91	200	42.93	49.51	51.01	46.46
53.	Bríet Dalla Gunnarsdóttir 04 SH	3:10.78	197	42.97	48.86	49.81	49.14
54.	Natalia Jónsdóttir 04 SH	3:11.91	194	45.10	51.57	51.25	43.99
55.	Embla Karen Sævarsdóttir 04 Óðinn	3:12.26	193	43.42	50.54	52.20	46.10
óg.ífullri stærð	Áslaug Rún Rögnvaldsdóttir 02 SH	3:10.60		40.16	49.59	54.08	46.77
	<i>G2 - Starting before the start signal (SW 4.4)</i>						
óg.ífullri stærð	Dagbjörg Hlíf Ólafsdóttir 05 SH	3:15.95		46.53	51.86	51.83	45.73
	<i>G2 - Starting before the start signal (SW 4.4)</i>						

Sundgrein 31

karla, 50m flugsund

Opinn
Úrslitalistar

25.10.2015 - 11:10

ÍSL-met Opinn	23.55	Örn Arnarson	SH	Helsinki (FIN)	10.12.2006
ÍSL-met 11 - 12	31.02				
ÍSL-met 13 - 14	27.22				
ÍSL-met 15 - 17	25.42				

EM25 2015 15 +: 24.12 / NM 2015 18 +: 24.82; 16 - 17: 25.19; 14 - 15: 25.70 / ÍM25 2015 : 29.83

Stig: FINA 2014

Sæti	F.ár	Tími	Stig
Unglinga 17 ára og yngri			
1.	Daníel Andri Þórhallsson 98 Ægir	28.81	433
2.	Kristján Ari Heimisson 98 Breiðablik	29.56	401
3.	Jökull Ýmir Guðmundsson 00 SH	30.05	381
4.	Hjörleifur Helgi Sveinbjarnarson 99 Rán	30.23	375
5.	Jón Goði Ingvarsson 99 Sunddeild Aftureldingar	30.29	372
6.	Kári Sölvi Nielsen 00 SH	30.77	355
7.	Jón Klausen 00 Ármanns	31.84	320
8.	Erlend Magnússon 01 ÍA	33.02	287
9.	Róbert Andri Pálmason 02 Ármanns	34.66	248
10.	Vikar Máni Þórsson 02 Fjölnir	35.71	227
11.	Logi Freyr Arnarsson 03 KR	39.05	173
12.	Hringur Birgir Kristinsson 04 Ægir	42.36	136

Extramót SH 2015
Hafnarfjörður, 24. - 25.10.2015

Sundgrein 31, karla, 50m flugsund

Opinn

1.	Kolbeinn Hrafnkelsson	94	SH	25.86	599
2.	Daniel Hannes Pálsson	95	Fjöltnir	26.18	577
3.	Alexander Jóhannesson	92	KR	26.94	529
4.	Daníel Andri Þórhallsson	98	Ægir	28.81	433
5.	Kristján Ari Heimisson	98	Breiðablik	29.56	401
6.	Jökull Ýmir Guðmundsson	00	SH	30.05	381
7.	Hjörleifur Helgi Sveinbjarnarson	99	Rán	30.23	375
8.	Jón Goði Ingvarsson	99	Sunddeild Aftureldingar	30.29	372
9.	Gunnar Egill Benonýsson	93	Breiðablik	30.58	362
10.	Kári Sölvi Nielsen	00	SH	30.77	355
11.	Jón Klausen	00	Ármanns	31.84	320
12.	Erlend Magnússon	01	ÍA	33.02	287
13.	Róbert Andri Pálmason	02	Ármanns	34.66	248
14.	Vikar Máni Þórsson	02	Fjöltnir	35.71	227
15.	Logi Freyr Arnarsson	03	KR	39.05	173
16.	Hringur Birgir Kristinsson	04	Ægir	42.36	136

Sundgrein 32

kvenna, 50m flugsund

Opinn
Úrslitalistar

25.10.2015 - 11:15

ÍSL-met Opinn	26.70	Bryndís Rún Hansen	NOR	Szczecin (POL)	12.9.2011
ÍSL-met 11 - 12	31.81				
ÍSL-met 13 - 14	29.17				
ÍSL-met 15 - 17	27.24				

EM25 2015 15 +: 27.21 / NM 2015 17 +: 28.10; 15 - 16: 28.52; 13 - 14: 29.09 / ÍM25 2015 : 32.64

Stig: FINA 2014

Sæti	F.ár		Tími	Stig	
Unglinga					
1.	Katarína Róbertsdóttir	00	SH	30.07	532
2.	Brynhildur Traustadóttir	01	ÍA	31.35	470
3.	Sunna Svanlaug Vilhjálmsdóttir	00	SH	32.81	410
4.	Melkorka Assa Arnadóttir	01	SH	33.13	398
5.	Regína Lilja Gunnlaugsdóttir	02	Breiðablik	33.83	374
6.	Arey Rake! Guðnadóttir	02	Fjöltnir	33.85	373
7.	Emilía Íris Brown	00	SH	34.81	343
8.	María Arnarsdóttir	02	Óðinn	34.87	341
9.	Ólavía Klara Einarsdóttir	01	Óðinn	34.96	339
10.	Aþena Karaolani	00	Sunddeild Aftureldingar	35.94	312
11.	Sigurjóna Ragnheiðardóttir	03	Óðinn	37.00	286

Opinn

1.	Inga Elin Cryer	93	Ægir	29.20	582
2.	Katarína Róbertsdóttir	00	SH	30.07	532
3.	Bryndís Bolladóttir	99	Óðinn	30.12	530
4.	Ásdís Birta Guðnadóttir	96	SH	30.82	494
5.	Elín Kata Sigurgeirsdóttir	99	Óðinn	31.02	485
6.	Brynhildur Traustadóttir	01	ÍA	31.35	470
7.	Guðný Erna Bjarnadóttir	94	SH	31.54	461
8.	Athena Neve Leex	97	Breiðablik	31.74	453
9.	Una Lára Lárusdóttir	99	ÍA	31.91	445
10.	Natalia Cecylia Wojdat	98	SH	32.27	431
11.	Sunna Svanlaug Vilhjálmsdóttir	00	SH	32.81	410
12.	Melkorka Assa Arnadóttir	01	SH	33.13	398
13.	Elín Ylfa Viðarsdóttir	99	Breiðablik	33.38	389

Extramót SH 2015
Hafnarfjörður, 24. - 25.10.2015

Sundgrein 32, kvenna, 50m flugsund, Opinn

Sæti	F.ár	Tími	Stig
14. Bjarkey Jónasdóttir	99 Ægir	33.51	385
15. Regína Lilja Gunnlaugsdóttir	02 Breiðablik	33.83	374
16. Arey Rake! Guðnadóttir	02 Fjölnir	33.85	373
17. Hildur Elísabet Hálfánardóttir	98 SH	34.07	366
18. Embla Sólrún Einarsdóttir	99 Óðinn	34.11	365
19. Svanfríður Steingrímsdóttir	99 ÍRB	34.77	344
20. Emilía Íris Brown	00 SH	34.81	343
21. María Arnarsdóttir	02 Óðinn	34.87	341
22. Ólavía Klara Einarsdóttir	01 Óðinn	34.96	339
23. Aþena Karaolani	00 Sunddeild Aftureldingar	35.94	312
24. Sigurjóna Ragnheiðardóttir	03 Óðinn	37.00	286

Sundgrein 33

karla, 200m fjórsund

Opinn

25.10.2015 - 11:20

Úrslitalistar

ÍSL-met Opinn	1:57.91	Örn Arnarson	ÍRB	Vestmannaeyjar	21.3.2003
ÍSL-met 11 - 12	2:30.52				
ÍSL-met 13 - 14	2:11.40				
ÍSL-met 15 - 17	2:00.70				

EM25 2015 15 +: 2:03.01 / NM 2015 18 +: 2:07.67; 16 - 17: 2:09.59; 14 - 15: 2:12.19 / ÍM25 2015 : 2:29.40

Stig: FINA 2014

Sæti	F.ár	Tími	Stig	50m	100m	150m	200m
Framtið							
1. Patrik Viggó Vilbergsson	02 Breiðablik	2:30.22	388	32.57	38.53	45.72	33.40
2. Björn Axel Agnarsson	02 Breiðablik	2:43.59	300	34.24	42.94	47.73	38.68
3. Daði Björnsson	04 SH	2:56.70	238	41.47	44.78	51.31	39.14
4. Jónas Atli Pálsson	03 SH	3:03.75	212	40.34	47.67	55.30	40.44
5. Birnir Freyr Hálfánarsson	06 SH	3:15.15	177	44.40	48.28	57.19	45.28
6. Andri Stefánsson	04 SH	3:16.41	173	45.94	50.76	57.77	41.94
7. Júlíus Karl Maier	02 SH	3:18.15	169	44.96	50.17	1:03.73	39.29
8. Daníel Lúkas Tómasson	04 SH	3:19.02	167	46.41	51.51	59.27	41.83
óg.ífullri stærð	Tómas Magnússon	02 KR	2:37.14	35.20	37.45	49.38	35.11
	<i>Hendur snerta ekki bakka samtímis í snúningi sw7.6</i>						
óg.ífullri stærð	Enrique Snær Llorens	02 ÍA	3:02.75	43.82	47.07	50.75	41.11
	<i>D8 - Didn't touch the wall at the finish while on the back position (SW 6.5)</i>						
óg.ífullri stærð	Dagur Snær Hilmarsson	03 SH	3:26.43	48.65	52.26	1:00.62	44.90
	<i>D6 - The turning action wasn't executed continuously acc. to the rules (SW 6.4)</i>						

Æskunnar

1. Snævar Atli Halldórsson	00 Óðinn	2:27.83	407	31.70	40.93	40.69	34.51
2. Baldur Logi Gautason	00 Óðinn	2:28.78	400	32.38	40.16	42.71	33.53
3. Róbert Jónsson	01 SH	2:34.36	358	32.92	40.01	45.72	35.71
4. Sindri Andreas Bjarnason	01 ÍA	2:38.22	332	34.13	41.42	46.72	35.95
5. Þorbjörn Andrason	01 KR	2:41.08	315	35.46	42.48	46.82	36.32
6. Daníel Ingi Egilsson	00 SH	3:05.51	206	41.79	49.46	53.77	40.49
7. Óðinn Birnir Waguespack	01 KR	3:19.08	166	48.13	46.02	1:00.40	44.53

Unglinga

1. Ólafur Sigurðsson	99 SH	2:16.51	517	28.74	37.38	38.77	31.62
2. H. Sveinbjarnarson	99 Rán	2:30.30	388	31.24	39.95	45.50	33.61
3. Óskar Gauti Lund	99 Breiðablik	2:31.02	382	32.85	41.27	40.97	35.93

Extramót SH 2015
Hafnarfjörður, 24. - 25.10.2015

Sundgrein 33, karla, 200m fjórsund

Opinn

1.	Viktor Máni Vilbergsson	92	SH	2:10.76	589	28.20	33.88	36.14	32.54
2.	Ólafur Sigurðsson	99	SH	2:16.51	517	28.74	37.38	38.77	31.62
3.	Sveinbjörn Pálmi Karlsson	95	Breiðablik	2:22.50	455	28.33	37.39	41.87	34.91
4.	Sævar Berg Sigurðsson	95	ÍA	2:24.72	434	30.90	39.13	40.55	34.14
5.	Snævar Atli Halldórsson	00	Óðinn	2:27.83	407	31.70	40.93	40.69	34.51
6.	Baldur Logi Gautason	00	Óðinn	2:28.78	400	32.38	40.16	42.71	33.53
7.	Patrik Viggó Vilbergsson	02	Breiðablik	2:30.22	388	32.57	38.53	45.72	33.40
8.	H. Sveinbjarnarson	99	Rán	2:30.30	388	31.24	39.95	45.50	33.61
9.	Óskar Gauti Lund	99	Breiðablik	2:31.02	382	32.85	41.27	40.97	35.93
10.	Róbert Jónsson	01	SH	2:34.36	358	32.92	40.01	45.72	35.71
11.	Sindri Andreas Bjarnason	01	ÍA	2:38.22	332	34.13	41.42	46.72	35.95
12.	Þorbjörn Andrason	01	KR	2:41.08	315	35.46	42.48	46.82	36.32
13.	Björn Axel Agnarsson	02	Breiðablik	2:43.59	300	34.24	42.94	47.73	38.68
14.	Daði Björnsson	04	SH	2:56.70	238	41.47	44.78	51.31	39.14
15.	Jónas Atli Pálsson	03	SH	3:03.75	212	40.34	47.67	55.30	40.44
16.	Daníel Ingi Egilsson	00	SH	3:05.51	206	41.79	49.46	53.77	40.49
17.	Birnir Freyr Hálfðanarsson	06	SH	3:15.15	177	44.40	48.28	57.19	45.28
18.	Andri Stefánsson	04	SH	3:16.41	173	45.94	50.76	57.77	41.94
19.	Júlíus Karl Maier	02	SH	3:18.15	169	44.96	50.17	1:03.73	39.29
20.	Daníel Lúkas Tómasson	04	SH	3:19.02	167	46.41	51.51	59.27	41.83
21.	Óðinn Birnir Waguespack	01	KR	3:19.08	166	48.13	46.02	1:00.40	44.53
óg.ífullri stærð	Tómas Magnússon	02	KR	2:37.14		35.20	37.45	49.38	35.11
<i>Hendur snerta ekki bakka samtímis í snúningi sw7.6</i>									
óg.ífullri stærð	Enrique Snær Llorens	02	ÍA	3:02.75		43.82	47.07	50.75	41.11
<i>D8 - Didn't touch the wall at the finish while on the back position (SW 6.5)</i>									
óg.ífullri stærð	Dagur Snær Hilmarsson	03	SH	3:26.43		48.65	52.26	1:00.62	44.90
<i>D6 - The turning action wasn't executed continuously acc. to the rules (SW 6.4)</i>									

Sundgrein 34

kvenna, 200m fjórsund

Opinn

25.10.2015 - 11:30

Úrslitalistar

ÍSL-met Opinn	2:13.10	Eygló Ósk Gústafsdóttir	Ægir	Hafnarfjörður	14.11.2014
ÍSL-met 11 - 12	2:29.75				
ÍSL-met 13 - 14	2:20.10				
ÍSL-met 15 - 17	2:15.10				
EM25 2015 15 +: 2:17.35 / NM 2015 17 +: 2:22.56; 15 - 16: 2:24.70; 13 - 14: 2:27.61 / ÍM25 2015 : 2:44.19					
Stig: FINA 2014					

Sæti	F.ár		Tími	Stig	50m	100m	150m	200m	
Framtið									
1.	Kristín Helga Hákonardóttir	04	Breiðablik	3:00.02	320	42.30	44.72	55.82	37.18
2.	Guðbjörg Eyvindardóttir	04	SH	3:30.75	199	48.32	51.59	1:07.48	43.36
3.	Dagbjörg Hlíf Ólafsdóttir	05	SH	3:30.91	199	55.56	51.47	58.94	44.94
4.	Marta Magnúsdóttir	05	KR	3:31.16	198	47.59	52.13	1:06.81	44.63
5.	Hildur Valsdóttir	04	SH	3:39.61	176	59.83	54.97	58.81	46.00

Æskunnar

1.	Þóra Snorradóttir	03	Óðinn	2:40.42	452	35.20	40.37	47.47	37.38
2.	Júlía Helga Högnadóttir	02	Ægir	2:49.18	386	36.42	42.28	50.94	39.54
3.	Ásgerður Jing Laufeyjardóttir	02	ÍA	2:49.34	385	38.84	43.69	48.69	38.12
4.	Amalía Nanna Júlíusdóttir	02	Rán	2:52.26	365	37.24	45.96	48.74	40.32
5.	Þorgerður Ósk Jónsdóttir	03	SH	2:54.07	354	38.10	46.19	53.80	35.98
6.	Kristín Ylfa Guðmundsdóttir	02	SH	2:54.31	353	37.00	48.81	49.53	38.97
7.	Ágústa Bergrós Jakobsdóttir	02	Ármanns	2:55.72	344	40.41	44.90	50.42	39.99
8.	Þórdís Anita Björnsdóttir	02	SH	2:56.57	339	39.04	46.35	53.82	37.36
9.	Rebekka Sif Ómarsdóttir	03	Óðinn	2:57.16	336	40.81	45.47	51.13	39.75
10.	Ylfa Finnbogadóttir	02	SH	2:57.80	332	38.68	44.72	53.76	40.64
11.	Svava Björg Lárusdóttir	03	Ármanns	3:00.73	316	42.62	47.15	51.90	39.06
12.	Sandra Dögg Kristjánsdóttir	03	SH	3:01.15	314	43.21	45.45	53.74	38.75

Extramót SH 2015
Hafnarfjörður, 24. - 25.10.2015

Sundgrein 34, Stúlkur, 200m fjórsund, Æskunnar

Sæti	F.ár	Tími	Stig	50m	100m	150m	200m		
13.	Eva Sól Garðarsdóttir	03	Óðinn	3:04.39	298	41.16	46.30	54.25	42.68
14.	Hilda Briet Bates Gústavsdóttir	03r	SH	3:05.50	292	40.80	47.81	56.22	40.67
15.	Una Hlynsdóttir	02	SH	3:05.69	292	40.62	48.83	58.08	38.16
16.	Elísabet Anna Ómarsdóttir	02	Óðinn	3:07.01	285	41.56	46.11	55.09	44.25
17.	Berglind Rún Traustadóttir	03	SH	3:11.78	265	43.52	46.70	58.57	42.99
18.	Agnes Fjóra Flosadóttir	02	Rán	3:12.83	260	46.69	53.32	50.07	42.75
19.	Sara Rut Sigurðardóttir	03	SH	3:22.18	226	46.03	52.23	58.67	45.25
20.	Áslaug Rún Rögnvaldsdóttir	02	SH	3:24.06	220	42.91	53.03	1:01.57	46.55
21.	Diljá Dröfn Jóhannesdóttir	03	SH	3:29.25	204	48.99	54.39	1:01.54	44.33
óg.ífullri stærð	María Arnarsdóttir	02	Óðinn	2:44.25		36.01	41.38	46.59	40.27

Kláraði ekki baksund á bakinu

Unglinga

1.	María Fanney Kristjánsdóttir	00	SH	2:26.04	600	32.27	38.26	41.68	33.83
2.	Marta Buchanevic	01	Ægir	2:33.61	515	33.21	39.29	44.91	36.20
3.	Líf Prastardóttir	00	Breiðablik	2:34.93	502	34.34	41.20	44.85	34.54
4.	Jóhanna Elín Guðmundsdóttir	01	SH	2:38.82	466	34.19	42.77	47.53	34.33
5.	Embla Sól Garðarsdóttir	01	Óðinn	2:39.91	457	36.26	40.96	46.92	35.77
6.	Þórkatla Björg Ómarsdóttir	01	Óðinn	2:46.59	404	37.59	45.92	45.50	37.58
7.	Alexandra Tómasdóttir	01	Óðinn	2:48.17	393	38.99	42.69	49.63	36.86
8.	Selma Gísladóttir	00	Breiðablik	2:54.00	354	37.87	45.52	51.37	39.24
9.	Heiður Kristín Sigurgeirsdóttir	01	Ármanns	2:58.08	331	39.62	44.73	53.50	40.23
10.	Guðrún Alma Atladóttir	01	SH	3:12.77	261	42.19	50.63	1:00.03	39.92

Opinn

1.	María Fanney Kristjánsdóttir	00	SH	2:26.04	600	32.27	38.26	41.68	33.83
2.	Marta Buchanevic	01	Ægir	2:33.61	515	33.21	39.29	44.91	36.20
3.	Líf Prastardóttir	00	Breiðablik	2:34.93	502	34.34	41.20	44.85	34.54
4.	Ágústa Rós Róbertsdóttir	98	Fjölnir	2:36.76	485	33.67	39.78	46.75	36.56
5.	Jóhanna Elín Guðmundsdóttir	01	SH	2:38.82	466	34.19	42.77	47.53	34.33
6.	Embla Sól Garðarsdóttir	01	Óðinn	2:39.91	457	36.26	40.96	46.92	35.77
7.	Pura Snorradóttir	03	Óðinn	2:40.42	452	35.20	40.37	47.47	37.38
8.	Þórkatla Björg Ómarsdóttir	01	Óðinn	2:46.59	404	37.59	45.92	45.50	37.58
9.	Alexandra Tómasdóttir	01	Óðinn	2:48.17	393	38.99	42.69	49.63	36.86
10.	Gunnlaug Margrét Ólafsdóttir	97	Breiðablik	2:48.29	392	35.11	41.96	53.23	37.99
11.	Júlía Helga Högnadóttir	02	Ægir	2:49.18	386	36.42	42.28	50.94	39.54
12.	Ásgerður Jing Laufeyjardóttir	02	ÍA	2:49.34	385	38.84	43.69	48.69	38.12
13.	Arna Lára Hjaltested	99	Fjölnir	2:49.69	382	37.35	42.90	49.17	40.27
14.	Amalía Nanna Júlíusdóttir	02	Rán	2:52.26	365	37.24	45.96	48.74	40.32
15.	Selma Gísladóttir	00	Breiðablik	2:54.00	354	37.87	45.52	51.37	39.24
16.	Þorgerður Ósk Jónsdóttir	03	SH	2:54.07	354	38.10	46.19	53.80	35.98
17.	Kristín Ylfa Guðmundsdóttir	02	SH	2:54.31	353	37.00	48.81	49.53	38.97
18.	Ágústa Bergrós Jakobsdóttir	02	Ármanns	2:55.72	344	40.41	44.90	50.42	39.99
19.	Þórdís Anita Björnsdóttir	02	SH	2:56.57	339	39.04	46.35	53.82	37.36
20.	Rebekka Sif Ómarsdóttir	03	Óðinn	2:57.16	336	40.81	45.47	51.13	39.75
21.	Ylfa Finnbogadóttir	02	SH	2:57.80	332	38.68	44.72	53.76	40.64
22.	Heiður Kristín Sigurgeirsdóttir	01	Ármanns	2:58.08	331	39.62	44.73	53.50	40.23
23.	Kristín Helga Hákonardóttir	04	Breiðablik	3:00.02	320	42.30	44.72	55.82	37.18
24.	Svava Björg Lárusdóttir	03	Ármanns	3:00.73	316	42.62	47.15	51.90	39.06
25.	Sandra Dögg Kristjánsdóttir	03	SH	3:01.15	314	43.21	45.45	53.74	38.75
26.	Eva Sól Garðarsdóttir	03	Óðinn	3:04.39	298	41.16	46.30	54.25	42.68
27.	Hilda Briet Bates Gústavsdóttir	03r	SH	3:05.50	292	40.80	47.81	56.22	40.67
28.	Una Hlynsdóttir	02	SH	3:05.69	292	40.62	48.83	58.08	38.16
29.	Elísabet Anna Ómarsdóttir	02	Óðinn	3:07.01	285	41.56	46.11	55.09	44.25
30.	Berglind Rún Traustadóttir	03	SH	3:11.78	265	43.52	46.70	58.57	42.99
31.	Guðrún Alma Atladóttir	01	SH	3:12.77	261	42.19	50.63	1:00.03	39.92
32.	Agnes Fjóra Flosadóttir	02	Rán	3:12.83	260	46.69	53.32	50.07	42.75
33.	Sara Rut Sigurðardóttir	03	SH	3:22.18	226	46.03	52.23	58.67	45.25
34.	Áslaug Rún Rögnvaldsdóttir	02	SH	3:24.06	220	42.91	53.03	1:01.57	46.55

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Sundgrein 34, kvenna, 200m fjórsund, Opinn

Sæti	F.ár	Tími	Stig	50m	100m	150m	200m		
35.	Diljá Dröfn Jóhannesdóttir	03	SH	3:29.25	204	48.99	54.39	1:01.54	44.33
36.	Guðbjörg Eyvindardóttir	04	SH	3:30.75	199	48.32	51.59	1:07.48	43.36
37.	Dagbjörg Hlíf Ólafsdóttir	05	SH	3:30.91	199	55.56	51.47	58.94	44.94
38.	Marta Magnúsdóttir	05	KR	3:31.16	198	47.59	52.13	1:06.81	44.63
39.	Hildur Valsdóttir	04	SH	3:39.61	176	59.83	54.97	58.81	46.00
óg.ífullri stærð	María Arnarsdóttir	02	Óðinn	2:44.25		36.01	41.38	46.59	40.27

Kláraði ekki baksund á bakinu

Sundgrein 35

karla, 100m skriðsund

Opinn
Úrslitalistar

25.10.2015 - 11:50

ÍSL-met Opinn	48.42	Örn Arnarson	SH	Reykjavík	16.11.2007
ÍSL-met 11 - 12	59.56				
ÍSL-met 13 - 14	54.57				
ÍSL-met 15 - 17	49.71				

EM25 2015 15 +: 50.63 / NM 2015 18 +: 52.55; 16 - 17: 53.34; 14 - 15: 54.41 / ÍM25 2015 : 1:00.92

Stig: FINA 2014

Sæti	F.ár	Tími	Stig	50m	100m		
Framtið							
1.	Arnór Róbertsson	02	Sunddeild Aftureldingar	1:05.68	320	31.25	34.43
2.	Róbert Andri Pálmason	02	Ármanns	1:09.95	265	33.67	36.28
3.	Logi Freyr Arnarsson	03	KR	1:11.29	250	34.47	36.82
4.	Skúli Thor Ásgeirsson	02	Ægir	1:12.61	237	34.63	37.98
5.	Jónas Atli Pálsson	03	SH	1:13.43	229	35.08	38.35
6.	Runólfur Þorláksson	02	Ármanns	1:15.86	207	35.70	40.16
7.	Július Karl Maier	02	SH	1:17.19	197	36.35	40.84
8.	Dagur Snær Hilmarsson	03	SH	1:19.61	179	38.18	41.43
9.	Daníel Lúkas Tómasson	04	SH	1:20.55	173	39.25	41.30
10.	Andri Stefánsson	04	SH	1:20.68	172	39.02	41.66
11.	Birnir Freyr Hálfánarsson	06	SH	1:22.89	159	38.80	44.09
12.	Veigar Hrafn Sigþórsson	05	SH	1:24.22	151	40.58	43.64
13.	Snorri Dagur Einarsson	05	SH	1:24.55	150	40.31	44.24
14.	Hilmir Snær Lunddal Rúnarsson	03	SH	1:26.82	138	41.67	45.15
15.	Sigurður Þráinn Sigurðsson	02	Sunddeild Aftureldingar	1:31.67	117	43.89	47.78

Æskunnar

1.	Brynjólfur Óli Karlsson	01	Breiðablik	57.34	481	27.07	30.27
2.	Kristján Gylfi Þórisson	00	Ægir	57.74	471	28.02	29.72
3.	Kári Sölvi Nielsen	00	SH	58.31	457	28.31	30.00
4.	Baldur Logi Gautason	00	Óðinn	1:00.93	401	29.46	31.47
5.	Jón Tumi Dagsson	01	SH	1:00.99	400	29.85	31.14
6.	Jökull Ýmir Guðmundsson	00	SH	1:01.45	391	29.03	32.42
7.	Hafsteinn Ari Ágústsson	00	Ægir	1:01.51	389	29.77	31.74
8.	Erlend Magnússon	01	ÍA	1:01.82	384	29.15	32.67
9.	Benedikt Frank Pálmason	01	Ármanns	1:03.20	359	29.79	33.41
10.	Róbert Jónsson	01	SH	1:03.28	358	30.01	33.27
11.	Jón Klausen	00	Ármanns	1:03.85	348	32.02	31.83
12.	Hákon Alexander Magnússon	00	Óðinn	1:04.10	344	30.93	33.17
13.	Hafsteinn Hákonarson	00	Fjölhir	1:04.74	334	30.88	33.86
14.	Atli Gauti Ákason	01	KR	1:08.39	283	32.83	35.56
15.	Guðmundur Kristinn Húnfjörð	00	Breiðablik	1:08.57	281	32.61	35.96
16.	Leonardo Þór Williamsson	01	ÍA	1:09.60	269	32.15	37.45
17.	Óðinn Birnir Waguespack	01	KR	1:20.37	174	38.59	41.78

Extramót SH 2015
Hafnarfjörður, 24. - 25.10.2015

Sundgrein 35, karla, 100m skriðsund

Unglinga

1.	Ólafur Sigurðsson	99	SH	54.66	555		26.66	28.00
2.	Daníel Már Kristinsson	98	Breiðablik	56.68	498		27.25	29.43
3.	Kristján Ari Heimisson	98	Breiðablik	58.23	459		27.47	30.76
4.	Hallgrímur Kjartansson	98	Breiðablik	58.65	449		28.54	30.11
5.	Gunnar Bjarki Jónsson	98	Breiðablik	59.74	425		28.77	30.97
6.	Jón Goði Ingvarsson	99	Sunddeild Aftureldingar	1:02.51	371		30.02	32.49
7.	Davíð Þór Torfason	98	Fjölhir	1:03.32	357		30.02	33.30
8.	Hilmir Hrafn Garðarsson	99	Sunddeild Aftureldingar	1:04.52	337		30.98	33.54

Opinn

1.	Aron Örn Stefánsson	95	SH	51.63	659	NM	24.95	26.68
2.	Hilmar Smári Jónsson	94	Fjölhir	53.91	579		25.76	28.15
3.	Ólafur Sigurðsson	99	SH	54.66	555		26.66	28.00
4.	Hafþór Jón Sigurðsson	97	SH	55.32	536		26.89	28.43
5.	Arnór Stefánsson	97	SH	56.17	512		26.80	29.37
6.	Daníel Már Kristinsson	98	Breiðablik	56.68	498		27.25	29.43
7.	Brynjólfur Óli Karlsson	01	Breiðablik	57.34	481		27.07	30.27
8.	Kristján Gylfi Þórisson	00	Ægir	57.74	471		28.02	29.72
9.	Kristján Ari Heimisson	98	Breiðablik	58.23	459		27.47	30.76
10.	Kári Sölvi Nielsen	00	SH	58.31	457		28.31	30.00
11.	Hallgrímur Kjartansson	98	Breiðablik	58.65	449		28.54	30.11
12.	Gunnar Bjarki Jónsson	98	Breiðablik	59.74	425		28.77	30.97
13.	Baldur Logi Gautason	00	Óðinn	1:00.93	401		29.46	31.47
14.	Jón Tumi Dagsson	01	SH	1:00.99	400		29.85	31.14
15.	Jökull Ýmir Guðmundsson	00	SH	1:01.45	391		29.03	32.42
16.	Hafsteinn Ari Ágústsson	00	Ægir	1:01.51	389		29.77	31.74
17.	Gunnar Egill Benonýsson	93	Breiðablik	1:01.82	384		29.07	32.75
	Erlend Magnússon	01	ÍA	1:01.82	384		29.15	32.67
19.	Jón Goði Ingvarsson	99	Sunddeild Aftureldingar	1:02.51	371		30.02	32.49
20.	Maël Ambonguilat	97	Ægir	1:03.12	360		29.24	33.88
21.	Benedikt Frank Pálmason	01	Ármanns	1:03.20	359		29.79	33.41
22.	Róbert Jónsson	01	SH	1:03.28	358		30.01	33.27
23.	Davíð Þór Torfason	98	Fjölhir	1:03.32	357		30.02	33.30
24.	Ragnar Ingi Magnússon	92	SH	1:03.70	351		29.64	34.06
25.	Jón Klausen	00	Ármanns	1:03.85	348		32.02	31.83
26.	Hákon Alexander Magnússon	00	Óðinn	1:04.10	344		30.93	33.17
27.	Hilmir Hrafn Garðarsson	99	Sunddeild Aftureldingar	1:04.52	337		30.98	33.54
28.	Hafsteinn Hákonarson	00	Fjölhir	1:04.74	334		30.88	33.86
29.	Arnór Róbertsson	02	Sunddeild Aftureldingar	1:05.68	320		31.25	34.43
30.	Atli Gauti Ákason	01	KR	1:08.39	283		32.83	35.56
31.	Guðmundur Kristinn Húnfjörð	00	Breiðablik	1:08.57	281		32.61	35.96
32.	Leonardo Þór Williamsson	01	ÍA	1:09.60	269		32.15	37.45
33.	Róbert Andri Pálmason	02	Ármanns	1:09.95	265		33.67	36.28
34.	Logi Freyr Arnarsson	03	KR	1:11.29	250		34.47	36.82
35.	Skúli Thor Ásgeirsson	02	Ægir	1:12.61	237		34.63	37.98
36.	Jónas Atli Pálsson	03	SH	1:13.43	229		35.08	38.35
37.	Runólfur Þorláksson	02	Ármanns	1:15.86	207		35.70	40.16
38.	Júlíus Karl Maier	02	SH	1:17.19	197		36.35	40.84
39.	Dagur Snær Hilmarsson	03	SH	1:19.61	179		38.18	41.43
40.	Óðinn Birnir Waguespack	01	KR	1:20.37	174		38.59	41.78
41.	Daníel Lúkas Tómasson	04	SH	1:20.55	173		39.25	41.30
42.	Andri Stefánsson	04	SH	1:20.68	172		39.02	41.66
43.	Birnir Freyr Hálfðanarsson	06	SH	1:22.89	159		38.80	44.09
44.	Veigar Hrafn Sigþórsson	05	SH	1:24.22	151		40.58	43.64
45.	Snorri Dagur Einarsson	05	SH	1:24.55	150		40.31	44.24
46.	Hilmir Snær Lunddal Rúnarsson	03	SH	1:26.82	138		41.67	45.15
47.	Sigurður Þráinn Sigurðsson	02	Sunddeild Aftureldingar	1:31.67	117		43.89	47.78

Extramót SH 2015
Hafnarfjörður, 24. - 25.10.2015

Sundgrein 36
25.10.2015 - 12:00

kvenna, 1500m skriðsund

Opinn
Úrslitalistar

ÍSL-met Opinn	16:46.95	Eygló Ósk Gústafsdóttir	Ægir	Hafnarfjörður	27.10.2012
ÍSL-met 11 - 12	18:31.29				
ÍSL-met 13 - 14	17:16.94				
ÍSL-met 15 - 17	16:46.95				

EM25 2015 15 +: 16:58.62 / ÍM25 2015 : 19:59.88

Stig: FINA 2014

Sæti			F.ár			Tími	Stig	
Unglinga								
1.	Adele Alexandra Pálsson		03	SH		20:16.46	442	
	100m:	1:12.56 1:12.56	500m:	6:32.20 1:20.62	900m:	12:03.39 1:22.48	1300m:	17:35.95 1:23.42
	200m:	2:31.72 1:19.16	600m:	7:55.32 1:23.12	1000m:	13:26.24 1:22.85	1400m:	18:58.77 1:22.82
	300m:	3:51.35 1:19.63	700m:	9:17.80 1:22.48	1100m:	14:49.23 1:22.99	1500m:	20:16.46 1:17.69
	400m:	5:11.58 1:20.23	800m:	10:40.91 1:23.11	1200m:	16:12.53 1:23.30		
2.	Ylfa Finnbogadóttir		02	SH		20:49.00	408	
	100m:	1:14.62 1:14.62	500m:	6:40.99 1:22.17	900m:	12:17.84 1:26.04	1300m:	18:01.58 1:25.63
	200m:	2:35.46 1:20.84	600m:	8:03.72 1:22.73	1000m:	13:45.17 1:27.33	1400m:	19:27.82 1:26.24
	300m:	3:56.81 1:21.35	700m:	9:26.88 1:23.16	1100m:	15:11.87 1:26.70	1500m:	20:49.00 1:21.18
	400m:	5:18.82 1:22.01	800m:	10:51.80 1:24.92	1200m:	16:35.95 1:24.08		

Opinn

1.	Eyrún Agla Friðriksdóttir		99	SH		17:53.78	643	
	100m:	1:06.36 1:06.36	500m:	5:54.57 1:12.69	900m:	10:45.27 1:12.88	1300m:	15:34.29 1:12.18
	200m:	2:18.02 1:11.66	600m:	7:06.67 1:12.10	1000m:	11:58.15 1:12.88	1400m:	16:44.57 1:10.28
	300m:	3:29.61 1:11.59	700m:	8:19.54 1:12.87	1100m:	13:10.64 1:12.49	1500m:	17:53.78 1:09.21
	400m:	4:41.88 1:12.27	800m:	9:32.39 1:12.85	1200m:	14:22.11 1:11.47		
2.	Hildur Elísabet Hálfðanardóttir		98	SH		19:13.63	518	
	100m:	1:11.65 1:11.65	500m:	6:17.91 1:17.64	900m:	11:29.69 1:18.43	1300m:	16:41.97 1:18.61
	200m:	2:27.04 1:15.39	600m:	7:35.63 1:17.72	1000m:	12:48.94 1:19.25	1400m:	17:59.50 1:17.53
	300m:	3:43.39 1:16.35	700m:	8:53.62 1:17.99	1100m:	14:07.96 1:19.02	1500m:	19:13.63 1:14.13
	400m:	5:00.27 1:16.88	800m:	10:11.26 1:17.64	1200m:	15:23.36 1:15.40		
3.	Adele Alexandra Pálsson		03	SH		20:16.46	442	
	100m:	1:12.56 1:12.56	500m:	6:32.20 1:20.62	900m:	12:03.39 1:22.48	1300m:	17:35.95 1:23.42
	200m:	2:31.72 1:19.16	600m:	7:55.32 1:23.12	1000m:	13:26.24 1:22.85	1400m:	18:58.77 1:22.82
	300m:	3:51.35 1:19.63	700m:	9:17.80 1:22.48	1100m:	14:49.23 1:22.99	1500m:	20:16.46 1:17.69
	400m:	5:11.58 1:20.23	800m:	10:40.91 1:23.11	1200m:	16:12.53 1:23.30		
4.	Ylfa Finnbogadóttir		02	SH		20:49.00	408	
	100m:	1:14.62 1:14.62	500m:	6:40.99 1:22.17	900m:	12:17.84 1:26.04	1300m:	18:01.58 1:25.63
	200m:	2:35.46 1:20.84	600m:	8:03.72 1:22.73	1000m:	13:45.17 1:27.33	1400m:	19:27.82 1:26.24
	300m:	3:56.81 1:21.35	700m:	9:26.88 1:23.16	1100m:	15:11.87 1:26.70	1500m:	20:49.00 1:21.18
	400m:	5:18.82 1:22.01	800m:	10:51.80 1:24.92	1200m:	16:35.95 1:24.08		