

Vormót Ármanns 2012 - 23.3.2012 to 25.3.2012

Úrslit - sunnudagur 13-14, 15 og eldri

Grein 49 Stúlkur 13-14 200 SC Metra Fjósund

Nafn	Aldur	Lið	Lokatími
1 Elín Kata Sigurgeirsdóttir 37,97	13 1:21,40 (43,43)	Sundfélagið Óðinn 2:11,35 (49,95)	2:49,35 2:49,35 (38,00)
2 Natalia Cecylia Wojdat 36,12	14 1:23,18 (47,06)	Sundfélag Hafnarfjarðar 2:10,77 (47,59)	2:49,62 2:49,62 (38,85)
3 Birna Sjöfn Pétursdóttir 38,70	14 1:24,18 (45,48)	Sundfélag Akraness 2:13,76 (49,58)	2:49,68 2:49,68 (35,92)
4 Valgerður Jónsdóttir 37,99	14 1:22,85 (44,86)	Sunddeild Ármanns 2:15,43 (52,58)	2:56,00 2:56,00 (40,57)
5 Kristín Birta Atladóttir 43,18	13 1:31,18 (48,00)	Sundfélagið Ægir 2:26,85 (55,67)	3:06,22 3:06,22 (39,37)
6 Klara Rosatti 42,26	14 1:30,42 (48,16)	Sunddeild KR 2:28,02 (57,60)	3:13,29 3:13,29 (45,27)
7 Gabriela Machlowiec 44,66	14 1:34,36 (49,70)	Sunddeild Ármanns 2:28,27 (53,91)	3:16,95 3:16,95 (48,68)
8 Dagný Runólfsdóttir 46,83	13 1:42,69 (55,86)	Sundfélagið Ægir 2:37,20 (54,51)	3:25,78 3:25,78 (48,58)

Grein 49 Konur 15 og Eldri 200 SC Metra Fjósund

Nafn	Aldur	Lið	Lokatími
1 Helga Þöll Guðjónsdóttir 35,35	15 1:14,86 (39,51)	Sunddeild Stjórnunnar 2:01,79 (46,93)	2:37,46 2:37,46 (35,67)
2 Aðalbjörg Egilsdóttir 37,92	16 1:18,98 (41,06)	Sunddeild Aftureldingar 2:07,62 (48,64)	2:44,27 2:44,27 (36,65)
3 Anney Ýr Geirsdóttir 35,91	19 1:18,62 (42,71)	Sunddeild Ármanns 2:09,13 (50,51)	2:46,27 2:46,27 (37,14)
--- María Rún Gunnarsdóttir False start - Misc 34,95	16 1:14,24 (39,29)	Sunddeild Ármanns 2:00,86 (46,62)	DQ DQ (36,46)

Grein 50 Karlar 13-14 200 SC Metra Fjósund

Nafn	Aldur	Lið	Lokatími
1 Kristján Albert Kristinsson 36,40	14 1:21,40 (45,00)	Sunddeild Stjórnunnar 2:09,73 (48,33)	2:47,62 2:47,62 (37,89)
2 Sigurjón Ingi Jónsson 44,62	13 1:34,36 (49,74)	Sundfélagið Ægir 2:29,71 (55,35)	3:13,88 3:13,88 (44,17)

Grein 50 Karlar 15 og Eldri 200 SC Metra Fjósund

Nafn	Aldur	Lið	Lokatími
1 Árni Hlynur Jónsson 30,38	18 1:06,20 (35,82)	Sunddeild Ármanns 1:47,62 (41,42)	2:20,56 2:20,56 (32,94)
2 Jakob Jónsson 34,30	15 1:15,06 (40,76)	Sundfélagið Ægir 2:03,53 (48,47)	2:38,40 2:38,40 (34,87)
3 Emil Örn Kristjánsson 33,77	16 1:18,80 (45,03)	Sundfélag Hafnarfjarðar 2:08,28 (49,48)	2:47,47 2:47,47 (39,19)

Grein 51 Stúlkur 13-14 200 SC Metra Bringusund

Nafn	Aldur	Lið	Lokatími
1 Kristín Ása Sverrisdóttir 42,98	14 1:31,53 (48,55)	Sundfélagið Óðinn 2:20,83 (49,30)	3:08,71 3:08,71 (47,88)
2 Heiðís Ninna Skúladóttir 43,94	13 1:33,31 (49,37)	Sundfélag Hafnarfjarðar 2:22,40 (49,09)	3:10,45 3:10,45 (48,05)
3 Gunnur Mjöll Birgisdóttir 2:22,14 ()	13 2:22,14 ()	Sunddeild Aftureldingar 2:22,14 ()	3:12,71 3:12,71 (50,57)
4 Bjarkey Jónsdóttir 44,93	13 1:35,42 (50,49)	Sunddeild Aftureldingar 2:27,14 (51,72)	3:19,24 3:19,24 (52,10)
5 María Lilja Fossdal 43,85	14 1:35,39 (51,54)	Sunddeild Ármanns 2:32,96 (57,57)	3:25,04 3:25,04 (52,08)

Vormót Ármanns 2012 - 23.3.2012 to 25.3.2012

Úrslit - sunnudagur 13-14, 15 og eldri

(Grein 51 Stúlkur 13-14 200 SC Metra Bringusund)

Nafn	Aldur	Lið	Lokatími
6 Eva Margrét Jónsdóttir	14	Sundfélagið Ægir	3:39,18
49,59	1:45,01 (55,42)	2:43,33 (58,32)	3:39,18 (55,85)
7 Dagný Runólfsdóttir	13	Sundfélagið Ægir	3:41,61
48,10	1:43,94 (55,84)	2:42,87 (58,93)	3:41,61 (58,74)
8 Eydis Líf Þórisdóttir	14	Sunddeild Umselfoss	3:55,03
53,41	1:53,50 (1:00,09)	2:54,34 (1:00,84)	3:55,03 (1:00,69)
9 Anna Mínerva Kristinsdóttir	13	Sundfélag Akraness	4:14,17
56,01	2:00,84 (1:04,83)	3:07,38 (1:06,54)	4:14,17 (1:06,79)

Grein 51 Konur 15 og Eldri 200 SC Metra Bringusund

Nafn	Aldur	Lið	Lokatími
1 Agnes Geirsdóttir	15	Sunddeild Aftureldingar	3:17,17
45,62	1:34,51 (48,89)	2:26,28 (51,77)	3:17,17 (50,89)
2 Hafdís Jóna Sigurjónsdóttir	15	Sunddeild Ármanns	3:39,35
50,01	1:46,36 (56,35)	2:43,28 (56,92)	3:39,35 (56,07)

Grein 52 Karlar 13-14 200 SC Metra Bringusund

Nafn	Aldur	Lið	Lokatími
1 Davíð Fannar Ragnarsson	14	Sunddeild Aftureldingar	2:58,41
41,91	1:27,75 (45,84)	2:14,84 (47,09)	2:58,41 (43,57)
2 Marian Catalin Ioneti	14	Sundfélag Hafnarfjarðar	3:15,92
43,99	1:33,35 (49,36)	2:25,76 (52,41)	3:15,92 (50,16)
3 Helgi Guðjónsson	13	Umsb	3:24,52
45,38	1:37,02 (51,64)	2:30,42 (53,40)	3:24,52 (54,10)
4 Sigurjón Ingi Jónsson	13	Sundfélagið Ægir	3:34,67
49,81	1:45,15 (55,34)	2:40,76 (55,61)	3:34,67 (53,91)
5 Ólafur Carl Granz	14	Sundfélagið Ægir	3:40,84
50,21	1:47,53 (57,32)	2:44,65 (57,12)	3:40,84 (56,19)
--- Hilmir Hrafn Garðarsson	13	Sunddeild Aftureldingar	DQ
False start			
51,51	1:50,35 (58,84)	2:49,29 (58,94)	DQ (59,60)

Grein 53 Konur 13 og Eldri 400 SC Metra Skriðsund

Nafn	Aldur	Lið	Lokatími
1 Hildur Elísabet Hálfðanardóttir	14	Sundfélag Hafnarfjarðar	5:07,31
34,96	1:13,42 (38,46)	1:52,17 (38,75)	2:31,54 (39,37)
3:11,17 (39,63)	3:50,43 (39,26)	4:29,62 (39,19)	5:07,31 (37,69)
2 Rebekka Ýr Guðbjörnsdóttir	13	Sundfélagið Ægir	5:08,04
35,77	1:14,14 (38,37)	1:53,33 (39,19)	2:32,82 (39,49)
3:11,82 (39,00)	3:51,36 (39,54)	4:30,42 (39,06)	5:08,04 (37,62)
3 Anney Ýr Geirsdóttir	19	Sunddeild Ármanns	5:08,92
35,14	1:13,81 (38,67)	1:53,14 (39,33)	2:32,60 (39,46)
3:11,51 (38,91)	3:50,92 (39,41)	4:29,82 (38,90)	5:08,92 (39,10)
4 Elín Ylfa Viðarsdóttir	13	Sunddeild Breiðabliks	5:11,10
34,64	1:12,84 (38,20)	1:52,36 (39,52)	2:32,12 (39,76)
3:11,88 (39,76)	3:51,37 (39,49)	4:31,54 (40,17)	5:11,10 (39,56)
5 Yrsa Katrín Karlsdóttir	14	Sundfélag Akraness	5:17,07
34,75	1:14,80 (40,05)	1:55,83 (41,03)	2:36,75 (40,92)
3:16,81 (40,06)	3:57,96 (41,15)	4:38,18 (40,22)	5:17,07 (38,89)
6 Kristín J. Skúladóttir	16	Sundfélag Hafnarfjarðar	5:17,98
36,11	1:15,76 (39,65)	1:56,44 (40,68)	2:36,90 (40,46)
3:17,43 (40,53)	3:58,03 (40,60)	4:38,95 (40,92)	5:17,98 (39,03)
7 Ólöf Eir Hoffritz	16	Sunddeild Umselfoss	5:28,30
35,57	1:15,33 (39,76)	1:56,64 (41,31)	2:38,40 (41,76)
3:20,97 (42,57)	4:04,28 (43,31)	4:47,28 (43,00)	5:28,30 (41,02)
8 Gabriela Machlowiec	14	Sunddeild Ármanns	5:38,11
35,42	1:17,08 (41,66)	2:00,27 (43,19)	2:44,41 (44,14)
3:28,11 (43,70)	4:11,35 (43,24)	4:55,20 (43,85)	5:38,11 (42,91)

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Úrslit - sunnudagur 13-14, 15 og eldri

(Grein 53 Konur 13 og Eldri 400 SC Metra Skriðsund)

Nafn	Aldur	Lið	Lokatími	
9 Hugrún Alma Halldórsdóttir	12	Sunddeild Ármanns	6:18,24	
42,34	1:29,41 (47,07)	2:17,27 (47,86)	3:05,76 (48,49)	
3:54,12 (48,36)	4:43,06 (48,94)	5:32,09 (49,03)	6:18,24 (46,15)	
10 Kinga Sofia Demény	15	Sunddeild Ármanns	6:32,24	
41,47	1:30,11 (48,64)	2:20,44 (50,33)	3:11,71 (51,27)	
4:01,93 (50,22)	4:52,61 (50,68)	5:44,06 (51,45)	6:32,24 (48,18)	
11 Krista Karólína Stefánsdóttir	10	Sunddeild Ármanns	8:03,15	
51,62	1:53,07 (1:01,45)	2:54,04 (1:00,97)	3:56,96 (1:02,92)	
5:00,31 (1:03,35)	6:05,45 (1:05,14)	7:05,83 (1:00,38)	8:03,15 (57,32)	
12 Ágústa Bergrós Jakobsdóttir	10	Sunddeild Ármanns	8:07,64	
53,97	1:55,46 (1:01,49)	3:00,19 (1:04,73)	4:02,60 (1:02,41)	
5:06,79 (1:04,19)	6:08,97 (1:02,18)	7:08,97 (1:00,00)	8:07,64 (58,67)	

Grein 54 Karlar 13 og Eldri 400 SC Metra Skriðsund

Nafn	Aldur	Lið	Lokatími	
1 Vladimir Cedillo	20	Sunddeild Ármanns	4:56,76	
33,37	1:09,25 (35,88)	1:47,33 (38,08)	2:25,52 (38,19)	
3:04,10 (38,58)	3:42,37 (38,27)	4:20,01 (37,64)	4:56,76 (36,75)	
2 Björgvin Theodór Hilmarsson	14	Íþróttabandalag Reykjanesbæjar	4:58,77	
33,66	1:10,53 (36,87)	1:48,46 (37,93)	2:27,00 (38,54)	
3:05,46 (38,46)	3:43,78 (38,32)	4:21,73 (37,95)	4:58,77 (37,04)	
3 Hallgrímur Kjartansson	14	Sunddeild Stjórnunnar	5:00,71	
34,03	1:11,72 (37,69)	1:49,93 (38,21)	2:28,74 (38,81)	
3:07,17 (38,43)	3:45,80 (38,63)	4:24,52 (38,72)	5:00,71 (36,19)	
4 Eiríkur Ingi Ólafsson	13	Íþróttabandalag Reykjanesbæjar	5:01,08	
33,74	1:11,53 (37,79)	1:49,96 (38,43)	2:28,72 (38,76)	
3:07,45 (38,73)	3:45,84 (38,39)	4:24,60 (38,76)	5:01,08 (36,48)	

Grein 55 Stúlkur 13-14 200 SC Metra Baksund

Nafn	Aldur	Lið	Lokatími	
1 Kristín Ása Sverrisdóttir	14	Sundfélagið Óðinn	2:44,23	
38,66	1:20,44 (41,78)	2:03,13 (42,69)	2:44,23 (41,10)	
2 Bjarkey Jónasdóttir	13	Sunddeild Aftureldingar	2:51,71	
40,00	1:24,18 (44,18)	2:08,79 (44,61)	2:51,71 (42,92)	
*3 Elín Kata Sigurgeirsdóttir	13	Sundfélagið Óðinn	2:56,34	
40,29	1:24,83 (44,54)	2:07,19 (42,36)	2:56,34 (49,15)	
*3 Kristín Birta Atladóttir	13	Sundfélagið Ægir	2:56,34	
42,21	1:28,05 (45,84)	2:14,06 (46,01)	2:56,34 (42,28)	
5 Sunna Líf Kristjánsdóttir	13	Sunddeild Aftureldingar	3:33,48	
	1:43,57 ()	2:39,49 (55,92)	3:33,48 (53,99)	

Grein 55 Konur 15 og Eldri 200 SC Metra Baksund

Nafn	Aldur	Lið	Lokatími	
1 Aðalbjörg Egilsdóttir	16	Sunddeild Aftureldingar	2:40,79	
37,98	1:18,46 (40,48)	1:59,87 (41,41)	2:40,79 (40,92)	
2 Kolbrún A. Stefánsdóttir S14	15	Sundfélag Hafnarfjarðar	2:50,25	
40,71	1:23,86 (43,15)	2:07,25 (43,39)	2:50,25 (43,00)	
3 Anney Ýr Geirsdóttir	19	Sunddeild Ármanns	2:50,89	
42,30	1:26,32 (44,02)	2:09,35 (43,03)	2:50,89 (41,54)	
4 Saga Ýrr Hjartardóttir	16	Sundfélag Hafnarfjarðar	2:52,62	
41,49	1:25,76 (44,27)	2:10,13 (44,37)	2:52,62 (42,49)	
5 Drífa Dröfn Guðlaugsdóttir	16	Sundfélag Akraness	2:53,98	
39,89	1:23,71 (43,82)	2:10,06 (46,35)	2:53,98 (43,92)	

Grein 56 Karlar 13-14 200 SC Metra Baksund

Nafn	Aldur	Lið	Lokatími	
1 Vukasin Kristic	14	Sundfélagið Ægir	3:29,38	
49,35	1:42,70 (53,35)	2:36,99 (54,29)	3:29,38 (52,39)	

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Grein 56 Karlar 15 og Eldri 200 SC Metra Baksund

Nafn	Aldur	Lið	Lokatími
1 Árni Hlynur Jónsson	18	Sunddeild Ármanns	2:24,27
	33,92	1:10,57 (36,65)	1:47,86 (37,29)
			2:24,27 (36,41)
2 Jakob Jónsson	15	Sundfélagið Ægir	2:42,84
	38,09	1:19,52 (41,43)	2:02,08 (42,56)
			2:42,84 (40,76)
3 Patrik Viggó V Vilbergsson	10	Sunddeild Breiðabliks	2:46,22
	40,38	1:23,98 (43,60)	2:06,05 (42,07)
			2:46,22 (40,17)

Grein 57 Stúlkur 13-14 100 SC Metra Flugsund

Nafn	Aldur	Lið	Lokatími
1 Guðrún Eir Jónsdóttir	14	Íþróttabandalag Reykjanesbæjar	1:17,49
	35,70	1:17,49 (41,79)	
2 Elín Ylfa Viðarsdóttir	13	Sunddeild Breiðabliks	1:18,89
	36,90	1:18,89 (41,99)	
3 Natalia Cecylia Wojdat	14	Sundfélag Hafnarfjarðar	1:19,29
	36,70	1:19,29 (42,59)	
4 Una Lára Lárusdóttir	13	Sundfélag Akraness	1:21,73
	38,36	1:21,73 (43,37)	
5 Birna Sjöfn Pétursdóttir	14	Sundfélag Akraness	1:22,59
	38,09	1:22,59 (44,50)	
6 Eyrún Agla Friðriksdóttir	13	Sundfélag Hafnarfjarðar	1:23,50
	38,04	1:23,50 (45,46)	
7 Valgerður Jónsdóttir	14	Sunddeild Ármanns	1:25,03
	38,26	1:25,03 (46,77)	
8 Rebekka Ýr Guðbjörnsdóttir	13	Sundfélagið Ægir	1:27,17
	40,14	1:27,17 (47,03)	
9 Gunnur Mjöll Birgisdóttir	13	Sunddeild Aftureldingar	1:31,81
	41,21	1:31,81 (50,60)	
--- Klara Rosatti	14	Sunddeild KR	DQ
False start			
	41,43	DQ (54,40)	

Grein 57 Konur 15 og Eldri 100 SC Metra Flugsund

Nafn	Aldur	Lið	Lokatími
1 Ólöf Embla Kristinsdóttir	18	Sunddeild Stjörnunnar	1:11,91
	33,32	1:11,91 (38,59)	
2 Helga Þöll Guðjónsdóttir	15	Sunddeild Stjörnunnar	1:17,24
	34,94	1:17,24 (42,30)	
3 Harpa Rós Bjarkadóttir	15	Sundfélag Akraness	1:27,78
	39,62	1:27,78 (48,16)	

Grein 58 Karlar 13-14 100 SC Metra Flugsund

Nafn	Aldur	Lið	Lokatími
1 Kristján Albert Kristinsson	14	Sunddeild Stjörnunnar	1:18,59
	36,94	1:18,59 (41,65)	
2 Ólafur Carl Granz	14	Sundfélagið Ægir	1:24,64
	38,59	1:24,64 (46,05)	

Grein 58 Karlar 15 og Eldri 100 SC Metra Flugsund

Nafn	Aldur	Lið	Lokatími
1 Ágúst Júlíusson	23	Sundfélag Akraness	1:00,39
	29,39	1:00,39 (31,00)	
2 Emil Örn Kristjánsson	16	Sundfélag Hafnarfjarðar	1:14,59
	33,62	1:14,59 (40,97)	

Grein 59 Stúlkur 13-14 100 SC Metra Skriðsund

Nafn	Aldur	Lið	Lokatími
1 Una Lára Lárusdóttir	13	Sundfélag Akraness	1:09,14
	33,33	1:09,14 (35,81)	

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(Grein 59 Stúlkur 13-14 100 SC Metra Skriðsund)

Nafn	Aldur	Lið	Lokatími
2 Gabriela Machlowiec 34,07	14 1:11,44 (37,37)	Sunddeild Ármanns	1:11,44
3 Bjarkey Jónasdóttir 34,83	13 1:11,98 (37,15)	Sunddeild Aftureldingar	1:11,98
4 Yrsa Katrín Karlsdóttir 34,64	14 1:12,39 (37,75)	Sundfélag Akraness	1:12,39
5 Elín Kata Sigurgeirsdóttir 35,72	13 1:13,79 (38,07)	Sundfélagið Óðinn	1:13,79
6 Rebekka Ýr Guðbjörnsdóttir 35,81	13 1:14,10 (38,29)	Sundfélagið Ægir	1:14,10
7 Eva Margrét Jónsdóttir 35,49	14 1:14,19 (38,70)	Sundfélagið Ægir	1:14,19
8 Gunnur Mjöll Birgisdóttir 36,02	13 1:14,91 (38,89)	Sunddeild Aftureldingar	1:14,91
9 Sunna Líf Kristjánsdóttir 40,28	13 1:24,09 (43,81)	Sunddeild Aftureldingar	1:24,09
10 Diljá Ösp Óladóttir Tran 42,03	13 1:29,30 (47,27)	Sunddeild Aftureldingar	1:29,30
11 Þórey Ísafold Magnúsdóttir 41,33	13 1:29,75 (48,42)	Sunddeild Fjölnis	1:29,75
12 Dagný Runólfsdóttir 41,75	13 1:31,15 (49,40)	Sundfélagið Ægir	1:31,15
13 Eydís Líf Þórisdóttir 46,80	14 1:35,92 (49,12)	Sunddeild Umselfoss	1:35,92
14 Guðrún Þóra Atladóttir 45,42	13 1:36,93 (51,51)	Sundfélagið Ægir	1:36,93
15 Guðrún Ragna Karlsdóttir 46,07	14 1:40,98 (54,91)	Sunddeild Ármanns	1:37,11
16 Anna Mínerva Kristinsdóttir 46,07	13 1:40,98 (54,91)	Sundfélag Akraness	1:40,98
17 Sandra Sif Gunnarsdóttir 50,07	13 1:50,37 (1:00,30)	Sunddeild Fjölnis	1:50,37
--- Klara Rosatti False start 38,84	14 DQ (44,98)	Sunddeild KR	DQ

Grein 59 Konur 15 og Eldri 100 SC Metra Skriðsund

Nafn	Aldur	Lið	Lokatími
1 Ingibjörg K. Jónsdóttir 29,21	19 1:01,57 (32,36)	Sundfélag Hafnarfjarðar	1:01,57
2 María Rún Gunnarsdóttir 31,94	16 1:07,21 (35,27)	Sunddeild Ármanns	1:07,21
3 Aðalbjörg Egilsdóttir 32,94	16 1:08,08 (35,14)	Sunddeild Aftureldingar	1:08,08
4 Anney Ýr Geirsdóttir 33,53	19 1:10,11 (36,58)	Sunddeild Ármanns	1:10,11
5 Kristín J. Skúladóttir 35,25	16 1:12,89 (37,64)	Sundfélag Hafnarfjarðar	1:12,89
6 Harpa Rós Bjarkadóttir 37,57	15 1:17,05 (39,48)	Sundfélag Akraness	1:17,05
7 María Sif Óladóttir 37,23	19 1:17,52 (40,29)	Sunddeild Stjórnunnar	1:17,52
8 Hafdís Jóna Sigurjónsdóttir 37,54	15 1:18,41 (40,87)	Sunddeild Ármanns	1:18,41
9 Kinga Sofia Demény 38,27	15 1:23,22 (44,95)	Sunddeild Ármanns	1:23,22

Vormót Ármanns 2012 - 23.3.2012 to 25.3.2012

Úrslit - sunnudagur 13-14, 15 og eldri

Grein 60 Karlar 13-14 100 SC Metra Skriðsund

	Nafn	Aldur	Lið	Lokatími
1	Davíð Fannar Ragnarsson 32,43	14	Sunddeild Aftureldingar	1:06,33 1:06,33 (33,90)
2	Björgvin Theodór Hilmarsson 32,68	14	Íþróttabandalag Reykjanesbæjar	1:07,98 1:07,98 (35,30)
3	Hallgrímur Kjartansson 32,99	14	Sunddeild Stjórnunnar	1:09,05 1:09,05 (36,06)
4	Eiríkur Ingi Ólafsson 33,84	13	Íþróttabandalag Reykjanesbæjar	1:11,57 1:11,57 (37,73)
5	Marian Catalin Ioneti 35,58	14	Sundfélag Hafnarfjarðar	1:14,26 1:14,26 (38,68)
6	Helgi Guðjónsson 38,21	13	Umsb	1:18,95 1:18,95 (40,74)
7	Sigurjón Ingi Jónsson 40,31	13	Sundfélagið Ægir	1:20,13 1:20,13 (39,82)
8	Hilmir Hrafn Garðarsson 40,79	13	Sunddeild Aftureldingar	1:26,69 1:26,69 (45,90)
9	Vukasin Kristic 41,44	14	Sundfélagið Ægir	1:27,06 1:27,06 (45,62)
10	Baldur Þór Bjarnason 46,81	14	Sunddeild Umselfoss	1:38,56 1:38,56 (51,75)

Grein 60 Karlar 15 og Eldri 100 SC Metra Skriðsund

	Nafn	Aldur	Lið	Lokatími
1	Predrag Milos 26,01	17	Sundfélag Hafnarfjarðar	54,61 54,61 (28,60)
2	Árni Hlynur Jónsson 26,77	18	Sunddeild Ármanns	55,78 55,78 (29,01)
3	Dagur Páll Friðriksson 26,34	21	Sundfélag Hafnarfjarðar	57,81 57,81 (31,47)
4	Benedikt Jónsson 27,57	21	Sunddeild Breiðabliks	1:00,15 1:00,15 (32,58)
5	Vladimir Cedillo 30,44	20	Sunddeild Ármanns	1:03,64 1:03,64 (33,20)
6	Andrey Rudkov 34,06	18	Sunddeild Aftureldingar	1:10,73 1:10,73 (36,67)
7	Matthías Ingi Sævarsson 35,33	15	Sundfélag Akraness	1:13,37 1:13,37 (38,04)