

## Lágmörk fyrir Íslandsmótið í sundi 50 m braut 2018.

Í ár var ákveðið að prufukeyra Íslandsmótið í sundi með SSÍ (Sundsambandi Íslands).

Því verða aðrar greinar í boði þetta árið og lágmörkin í samræmi við stefnu SSÍ fyrir meistaramót.

Sundnefnd ÍF mun þó setja A og B lágmörk.

Ef sundmaður hefur náð einu A lágmarki gefur það rétt til að synda aðrar 2 greinar með B lágmarki.

B-lágmark eitt og sér gefur ekki rétt til keppni.

Greinar á mótinu eru:

<b>Föstudagur</b>	<b>Laugardagur</b>	<b>Sunnudagur</b>
50 m skriðsund	100 m baksund	50 m flugsund
400 m skriðsund	200 m flugsund	200 m skriðsund
100 m bringusund	100 m skriðsund	50 m baksund
200 m baksund	50 m bringusund	200 m bringusund
100 m flugsund	200 m fjórsund	

Upphitun hefst klukkan 8:00 og keppni klukkan 10:00.

Verðlaunaafhending fer fram eftir síðustu keppnisgrein í hvers hluta.

## A-Lágmörk

350 stiga tafla fyrir KVK

	50 skrið	100 skrið	200 skrið	400 skrið	50 flug	100 flug	200 flug	50 bak	100 bak	200 bak	50 bringa	100 bringa	200 bringa	200 t
S1														
S2	01:24,24	03:04,04	06:42,10		01:26,95	03:17,46		01:37,22	03:24,81		01:44,64			
S3	01:05,08	02:22,17	05:10,63		01:08,77	02:36,17		01:16,54	02:44,34		01:24,29			
S4	00:56,71	02:03,89	04:30,68		01:03,54	02:24,29		01:11,17	02:32,82		01:11,31	02:35,54		
S5	00:56,11	02:00,00	04:16,17		01:04,57	02:26,64		01:05,49	02:20,60		01:08,30	02:28,99	05:23,19	04:58
S6	00:49,39	01:46,92	03:51,50	07:51,24	00:53,13	02:00,66		00:56,79	02:01,94	04:20,37	01:05,18	02:22,18	05:08,43	04:29
S7	00:47,83	01:42,57	03:41,84	07:26,07	00:51,74	01:57,49		00:55,95	02:00,13	04:16,51	00:59,60	02:10,01	04:42,02	04:21
S8	00:43,25	01:34,15	03:22,34	06:47,85	00:43,69	01:39,22	03:37,85	00:49,43	01:46,12	03:46,60	00:52,99	01:55,58	04:10,71	03:52
S9	00:40,56	01:27,48	03:12,13	06:41,12	00:42,76	01:37,10	03:33,19	00:45,26	01:37,17	03:27,49	00:48,57	01:45,95	03:49,82	03:36
S10	00:38,84	01:23,96	03:03,95	06:23,07	00:39,11	01:28,83	03:15,03	00:43,53	01:33,45	03:19,55				03:25
S11	00:43,61	01:35,16	03:29,69	07:25,83	00:45,61	01:43,58	03:47,42	00:51,52	01:50,62	03:56,21	00:54,01	01:57,80	04:15,54	03:58
S12	00:38,33	01:23,73	03:02,94	06:22,88	00:40,08	01:31,03	03:19,86	00:43,66	01:33,74	03:20,16	00:48,24	01:45,22	03:48,25	03:33
S13	00:38,00	01:22,37	02:59,12	06:08,35	00:38,68	01:27,85	03:12,88	00:43,11	01:32,56	03:17,64	00:47,13	01:42,81	03:43,00	03:23
S14	00:36,30	01:19,29	02:53,24	06:02,59	00:38,31	01:27,00	03:11,01	00:42,33	01:30,89	03:14,07	00:47,23	01:43,03	03:43,50	03:17
S16	00:44,95	01:38,72	03:33,00	07:37,03	00:46,70	01:51,95	04:05,17	00:52,77	01:53,06	03:58,09	00:56,68	02:07,02	04:29,02	04:09
S18	00:37,11	01:21,29	02:56,86	06:17,36	00:40,13	01:30,38	03:18,70	00:41,63	01:28,84	03:14,61	00:46,61	01:41,50	03:40,86	03:17

350 stiga tafla fyrir KK

	50 skrið	100 skrið	200 skrið	400 skrið	50 flug	100 flug	200 flug	50 bak	100 bak	200 bak	50 bringa	100 bringa	200 bringa	200 t
S1	01:26,18	03:13,34	07:00,39		01:32,45	03:25,33		01:40,32	03:31,03		01:46,95			
S2	01:13,19	02:44,19	05:57,02		01:13,34	02:42,90		01:16,02	02:49,61		01:21,62			
S3	01:01,94	02:18,09	04:58,39		01:05,78	02:26,10		01:10,94	02:33,00		01:15,04			
S4	00:57,53	02:04,07	04:23,90		00:58,73	02:10,45		01:02,34	02:14,46		01:05,27	02:23,70		
S5	00:48,61	01:44,78	03:43,29		00:51,71	01:54,86		00:53,19	01:54,72		01:03,73	02:20,31	05:11,11	
S6	00:43,14	01:36,74	03:29,85	07:30,39	00:44,76	01:39,42		00:49,18	01:46,08	03:48,98	00:53,54	01:57,87	04:21,34	03:57,14
S7	00:40,35	01:29,72	03:15,77	07:01,60	00:41,91	01:33,09		00:47,30	01:42,01	03:40,20	00:48,58	01:46,96	03:57,14	03:42,14
S8	00:38,07	01:22,64	03:00,19	06:17,90	00:38,77	01:26,12	03:12,75	00:42,43	01:31,51	03:17,53	00:46,00	01:41,28	03:44,55	03:23,14
S9	00:36,26	01:17,81	02:51,04	06:00,35	00:38,09	01:24,61	03:09,37	00:42,65	01:31,99	03:18,56	00:42,08	01:32,64	03:25,39	03:16,14
S10	00:32,92	01:12,48	02:38,18	05:37,31	00:34,95	01:17,63	02:53,76	00:37,66	01:21,22	02:55,32				03:00,14
S11	00:36,28	01:19,68	02:55,67	06:21,39	00:39,36	01:27,42	03:15,68	00:43,86	01:34,59	03:24,17	00:45,17	01:39,44	03:40,49	03:24,14
S12	00:33,28	01:14,65	02:42,32	05:50,21	00:36,01	01:19,99	02:59,04	00:39,28	01:24,73	03:02,89	00:41,30	01:30,91	03:21,58	03:03,14
S13	00:32,92	01:12,16	02:37,48	05:34,34	00:34,40	01:16,41	02:51,03	00:37,29	01:20,43	02:53,61	00:41,61	01:31,60	03:23,09	02:55,14
S14	00:33,80	01:15,82	02:44,86	05:55,69	00:36,64	01:21,39	03:02,16	00:39,36	01:24,88	03:03,22	00:42,75	01:34,12	03:28,69	03:06,14
S16	00:37,22	01:23,07	03:05,14	06:36,58	00:39,42	01:31,87	03:33,20	00:43,92	01:35,74	03:31,87	00:48,68	01:49,11	03:49,30	03:31,14
S18	00:33,12	01:12,68	02:39,71	05:31,22	00:35,12	01:16,48	02:52,70	00:37,26	01:19,55	02:53,06	00:39,43	01:25,14	03:08,02	02:55,14

## B-lágmörk

stiga  
tafla

250 fyrir KVK

	50 skrið	100 skrið	200 skrið	400 skrið	50 flug	100 flug	200 flug	50 bak	100 bak	200 bak	50 bringa	100 bringa	200 bringa	200 fjór	
S1															S1
S2	01:38,16	03:34,45	07:48,55		01:41,32	03:50,09		01:53,29	03:58,66		02:01,93				S2
S3	01:15,33	02:44,57	05:59,56		01:19,60	03:00,78		01:28,60	03:10,22		01:37,57				S3
S4	01:04,54	02:21,00	05:08,08		01:12,32	02:44,23		01:21,01	02:53,93		01:21,16	02:57,03			S4
S5	01:04,19	02:17,29	04:53,08		01:13,87	02:47,77		01:14,92	02:40,86		01:18,14	02:50,45	06:09,75	05:40,96	S5
S6	00:56,21	02:01,69	04:23,48	08:56,35	01:00,47	02:17,33		01:04,64	02:18,79	04:56,35	01:14,19	02:41,83	05:51,04	05:06,46	S6
S7	00:54,17	01:56,19	04:11,29	08:25,27	00:58,60	02:13,09		01:03,38	02:16,07	04:50,55	01:07,51	02:27,27	05:19,45	04:56,26	S7
S8	00:48,78	01:46,17	03:48,18	07:39,93	00:49,27	01:51,89	04:05,67	00:55,74	01:59,67	04:15,53	00:59,75	02:10,33	04:42,72	04:22,64	S8
S9	00:45,55	01:38,24	03:35,76	07:30,47	00:48,02	01:49,05	03:59,42	00:50,83	01:49,13	03:53,02	00:54,55	01:58,98	04:18,10	04:03,68	S9
S10	00:43,45	01:33,93	03:25,78	07:08,53	00:43,76	01:39,37	03:38,18	00:48,69	01:44,55	03:43,24				03:50,01	S10
S11	00:48,78	01:46,45	03:54,57	08:18,75	00:51,03	01:55,88	04:14,42	00:57,64	02:03,75	04:24,25	01:00,42	02:11,79	04:45,87	04:27,13	S11
S12	00:42,88	01:33,67	03:24,65	07:08,32	00:44,84	01:41,83	03:43,58	00:48,84	01:44,86	03:43,91	00:53,96	01:57,71	04:15,34	03:58,40	S12
S13	00:42,51	01:32,15	03:20,38	06:52,07	00:43,27	01:38,28	03:35,77	00:48,23	01:43,54	03:41,10	00:52,72	01:55,01	04:09,47	03:47,98	S13
S14	00:40,60	01:28,70	03:13,81	06:45,62	00:42,86	01:37,32	03:33,68	00:47,35	01:41,67	03:37,10	00:52,84	01:55,26	04:10,02	03:41,24	S14
S16	00:50,29	01:50,44	03:58,28	08:31,27	00:52,24	02:05,24	04:34,27	00:59,03	02:06,48	04:26,35	01:03,40	02:22,09	05:00,95	04:39,61	S16
S18	00:41,51	01:30,94	03:17,85	07:02,15	00:44,89	01:41,10	03:42,28	00:46,57	01:39,39	03:37,71	00:52,15	01:53,55	04:07,08	03:41,20	S18

stiga  
tafla  
250 fyrir KVK

	50 skrið	100 skrið	200 skrið	400 skrið	50 flug	100 flug	200 flug	50 bak	100 bak	200 bak	50 bringa	100 bringa	200 bringa	200 fjór	
S1	01:41,16	03:46,94	08:13,45		01:48,51	04:01,01		01:57,75	04:07,71		02:05,54				S1
S2	01:25,28	03:11,33	06:56,02		01:25,46	03:09,82		01:28,58	03:17,64		01:35,11				S2
S3	01:11,70	02:39,85	05:45,40		01:16,14	02:49,11		01:22,11	02:57,10		01:26,86				S3
S4	01:05,48	02:21,21	05:00,36		01:06,84	02:28,47		01:10,95	02:33,03		01:14,29	02:43,55			S4
S5	00:55,61	01:59,87	04:15,45		00:59,16	02:11,41		01:00,85	02:11,25		01:12,92	02:40,53	05:55,93	04:58,27	S5
S6	00:49,10	01:50,10	03:58,84	08:32,62	00:50,94	01:53,15		00:55,98	02:00,74	04:20,61	01:00,93	02:14,15	04:57,44	04:30,09	S6
S7	00:45,70	01:41,63	03:41,76	07:57,55	00:47,47	01:45,45		00:53,58	01:55,55	04:09,42	00:55,03	02:01,15	04:28,62	04:11,86	S7
S8	00:42,94	01:33,19	03:23,20	07:06,15	00:43,72	01:37,11	03:37,36	00:47,85	01:43,20	03:42,76	00:51,88	01:54,21	04:13,22	03:49,71	S8
S9	00:40,73	01:27,39	03:12,08	06:44,68	00:42,78	01:35,02	03:32,67	00:47,90	01:43,31	03:42,99	00:47,25	01:44,03	03:50,66	03:40,52	S9
S10	00:36,83	01:21,08	02:56,95	06:17,34	00:39,10	01:26,85	03:14,39	00:42,13	01:30,86	03:16,13				03:21,39	S10
S11	00:40,59	01:29,13	03:16,52	07:06,66	00:44,03	01:37,80	03:38,90	00:49,06	01:45,82	03:48,41	00:50,53	01:51,25	04:06,66	03:48,76	S11
S12	00:37,22	01:23,51	03:01,58	06:31,77	00:40,29	01:29,49	03:20,29	00:43,95	01:34,78	03:24,59	00:46,20	01:41,70	03:45,50	03:24,76	S12
S13	00:36,83	01:20,72	02:56,17	06:14,02	00:38,49	01:25,48	03:11,33	00:41,72	01:29,97	03:14,21	00:46,54	01:42,47	03:47,19	03:16,87	S13
S14	00:37,81	01:24,82	03:04,42	06:37,90	00:40,99	01:31,05	03:23,79	00:44,03	01:34,96	03:24,97	00:47,83	01:45,29	03:53,46	03:28,34	S14
S16	00:41,64	01:32,93	03:27,12	07:23,65	00:44,09	01:42,78	03:58,50	00:49,13	01:47,11	03:57,02	00:54,46	02:02,06	04:16,51	03:56,77	S16
S18	00:37,05	01:21,31	02:58,66	06:10,53	00:39,29	01:25,56	03:13,20	00:41,69	01:28,99	03:13,60	00:44,11	01:35,24	03:30,33	03:15,77	S18