

Íslandsmeistaramótið í 25m laug
Hafnarfjörður, 8. - 10.11.2019

1 - 1. hluti - undanrásir föstudags

8.11.2019 - 9:30

Sundgrein 1	kvenna, 100m fjórsund				Opinn
8.11.2019 - 9:30					Úrslitalistar Undanrásir
ISL Opinn	1:00.31	Hrafnhildur Lúthersdóttir	SH	Windsor (CAN)	8.12.2016
ISL 15 - 17	1:02.00				
ISL 13 - 14	1:06.64				
ISL 11 - 12	1:08.35				
Ím25 : 1:14.19 / EM 16 +: 1:03.48					

Stig: FINA 2019

Sæti	F.ár		Stig	Stig	
1. Katarína Róbertsdóttir	00	SH	1:06.12	624	Q
50m: 30.38 30.38	100m: 1:06.12	35.74			
2. Jóhanna Elín Guðmundsdóttir	01	SH	1:07.07	598	Q
50m: 31.25 31.25	100m: 1:07.07	35.82			
3. Jóhanna Gerða Gústafsdóttir	90	RVK	1:07.28	592	Q
50m: 30.84 30.84	100m: 1:07.28	36.44			
4. Alexandra Tómasdóttir	01	Óðinn	1:09.46	538	Q
50m: 32.47 32.47	100m: 1:09.46	36.99			
5. Ragnheiður Karen Ólafsdóttir	04	ÍA	1:09.47	538	Q
50m: 32.84 32.84	100m: 1:09.47	36.63			
6. Adele Alexandra Pálsson	03	SH	1:09.66	533	Q
50m: 32.72 32.72	100m: 1:09.66	36.94			
7. Guðbjörg Bjartey Guðmundsdóttir	05	ÍA	1:09.94	527	Q
50m: 32.50 32.50	100m: 1:09.94	37.44			
8. Svava Björg Lárusdóttir	03	RVK	1:10.47	515	Q
50m: 32.12 32.12	100m: 1:10.47	38.35			
9. Dagbjörg Hlíf Ólafsdóttir	05	SH	1:11.29	498	R
50m: 32.93 32.93	100m: 1:11.29	38.36			
10. Hafdís Eva Pálsdóttir	04	ÍRB	1:15.31	422	R IM
50m: 33.12 33.12	100m: 1:15.31	42.19			
11. S14 Thórey Magnúsdóttir	99	ÍFR	1:22.46	321	IM
50m: 40.22 40.22	100m: 1:22.46	42.24			
12. S14 Herdís Rut Guðbjartsdóttir	04	Fjörður	1:30.10	246	IM
50m: 41.47 41.47	100m: 1:30.10	48.63			

Sundgrein 2	karla, 100m fjórsund				Opinn
8.11.2019 - 9:35					Úrslitalistar Undanrásir

ISL Opinn	53.85	Kristinn Þórarinsson	ÍBR	Hafnarfjörður	8.11.2019
ISL 15 - 17	56.09				
ISL 13 - 14	1:01.35				
ISL 11 - 12	1:04.83				

Ím25 : 1:06.60 / EM 16 +: 55.49

Stig: FINA 2019

Sæti	F.ár		Stig	Stig	
1. Kristinn Þórarinsson	96	RVK	53.85	813	Q EM
50m: 24.29 24.29	100m: 53.85	29.56			
2. Kolbeinn Hrafnkelsson	94	SH	59.85	592	Q
50m: 26.95 26.95	100m: 59.85	32.90			
3. Daði Björnsson	04	SH	59.86	591	Q
50m: 28.13 28.13	100m: 59.86	31.73			

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Sundgrein 2, karla, 100m fjórsund, Undanrásir, Opinn

Sæti					F.ár		Tími	Stig	
4.	Aron Bjarki Jónsson				01	SH	1:01.56	544	Q
	50m:	28.04	28.04	100m:	1:01.56	33.52			
5.	Birnir Freyr Hálfðánarsson				06	SH	1:02.82	512	Q
	50m:	29.49	29.49	100m:	1:02.82	33.33			
6.	Snorri Dagur Einarsson				05	SH	1:03.31	500	Q
	50m:	29.50	29.50	100m:	1:03.31	33.81			
7.	Halldór Björn Kristinsson				02	RVK	1:04.15	480	Q
	50m:	29.62	29.62	100m:	1:04.15	34.53			
8.	Alexander Logi Jónsson				04	ÍRB	1:04.62	470	Q
	50m:	29.80	29.80	100m:	1:04.62	34.82			
9.	Ingvar Orri Jóhannesson				04	RVK	1:04.93	463	R
	50m:	30.63	30.63	100m:	1:04.93	34.30			
10.	S14 Ragnar Magnússon				92	Fjörður	1:19.69	250	R IM
	50m:	34.92	34.92	100m:	1:19.69	44.77			

Sundgrein 3
8.11.2019 - 9:39

kvenna, 400m skriðsund

Opinn
Úrslitalistar

ISL Opinn	4:11.61	Inga Elín Cryer	Ægir	Doha (QAT)	5.12.2014
ISL 15 - 17	4:14.16				
ISL 13 - 14	4:21.52				
ISL 11 - 12	4:39.08				

Ím25 : 5:03.89 / NM 13 +: 4:32.70 / EM 16 +: 4:17.74

Stig: FINA 2019

Sæti					F.ár		Tími	Stig	
1.	Vár E. Eidesgaard				01	Havnar	4:18.91	737	NM
	50m:	29.87	29.87	150m:	1:35.22	32.86	250m:	2:41.46	33.37
	100m:	1:02.36	32.49	200m:	2:08.09	32.87	300m:	3:14.17	32.71
							350m:	3:46.83	32.66
							400m:	4:18.91	32.08
2.	Ragna Sigríður Ragnarsdóttir				01	Breiðablik	4:21.00	719	NM
	50m:	30.33	30.33	150m:	1:36.03	32.95	250m:	2:41.68	32.93
	100m:	1:03.08	32.75	200m:	2:08.75	32.72	300m:	3:14.91	33.23
							350m:	3:48.35	33.44
							400m:	4:21.00	32.65
3.	Brynhildur Traustadóttir				01	ÍA	4:22.43	708	NM
	50m:	29.97	29.97	150m:	1:35.74	33.15	250m:	2:42.16	33.21
	100m:	1:02.59	32.62	200m:	2:08.95	33.21	300m:	3:15.74	33.58
							350m:	3:49.55	33.81
							400m:	4:22.43	32.88
4.	Kristín Helga Hákonardóttir				04	Breiðablik	4:26.99	672	NM
	50m:	30.21	30.21	150m:	1:36.95	33.46	250m:	2:44.41	33.91
	100m:	1:03.49	33.28	200m:	2:10.50	33.55	300m:	3:18.79	34.38
							350m:	3:53.24	34.45
							400m:	4:26.99	33.75
5.	Freyja Birkisdóttir				06	Breiðablik	4:30.18	648	NM
	50m:	30.23	30.23	150m:	1:37.91	33.86	250m:	2:47.06	34.69
	100m:	1:04.05	33.82	200m:	2:12.37	34.46	300m:	3:21.72	34.66
							350m:	3:56.19	34.47
							400m:	4:30.18	33.99
6.	Sandra Dögg Kristjánsdóttir				03	SH	4:37.92	596	
	50m:	31.17	31.17	150m:	1:40.00	34.74	250m:	2:50.78	35.44
	100m:	1:05.26	34.09	200m:	2:15.34	35.34	300m:	3:26.37	35.59
							350m:	4:02.34	35.97
							400m:	4:37.92	35.58
7.	Halla Margrét Baldursdóttir				02	RVK	4:40.24	581	
	50m:	31.47	31.47	150m:	1:42.40	35.79	250m:	2:54.37	35.70
	100m:	1:06.61	35.14	200m:	2:18.67	36.27	300m:	3:29.69	35.32
							350m:	4:05.36	35.67
							400m:	4:40.24	34.88
8.	Adele Alexandra Pálsson				03	SH	4:42.59	567	
	50m:	30.72	30.72	150m:	1:39.28	34.70	250m:	2:51.26	36.44
	100m:	1:04.58	33.86	200m:	2:14.82	35.54	300m:	3:28.06	36.80
							350m:	4:05.33	37.27
							400m:	4:42.59	37.26
9.	Ingibjörg Erla Garðarsdóttir				00	RVK	4:44.33	556	
	50m:	31.60	31.60	150m:	1:42.10	35.57	250m:	2:55.33	36.85
	100m:	1:06.53	34.93	200m:	2:18.48	36.38	300m:	3:32.26	36.93
							350m:	4:08.72	36.46
							400m:	4:44.33	35.61

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Sundgrein 3, kvenna, 400m skriðsund, Opinn

Sæti			F.ár			Tími	Stig		
10.	Rebekka Sif Ómarsdóttir		03	Óðinn		4:44.62	555		
	50m: 31.14	31.14	150m: 1:41.45	35.88	250m: 2:54.31	36.65	350m: 4:08.72	37.11	
	100m: 1:05.57	34.43	200m: 2:17.66	36.21	300m: 3:31.61	37.30	400m: 4:44.62	35.90	
11.	Ólöf Kristín Isaksen		05	Óðinn		4:45.05	552		
	50m: 30.72	30.72	150m: 1:40.00	35.32	250m: 2:53.39	36.53	350m: 4:07.93	37.35	
	100m: 1:04.68	33.96	200m: 2:16.86	36.86	300m: 3:30.58	37.19	400m: 4:45.05	37.12	
12.	Jóhanna Brynja Rúnarsdóttir		06	SH		4:48.63	532		
	50m: 32.19	32.19	150m: 1:44.13	36.55	250m: 2:57.58	36.71	350m: 4:12.38	37.79	
	100m: 1:07.58	35.39	200m: 2:20.87	36.74	300m: 3:34.59	37.01	400m: 4:48.63	36.25	
13.	Birgitta Ingólfssdóttir		05	SH		4:49.02	530		
	50m: 31.88	31.88	150m: 1:44.26	36.59	250m: 2:57.94	37.15	350m: 4:12.41	37.08	
	100m: 1:07.67	35.79	200m: 2:20.79	36.53	300m: 3:35.33	37.39	400m: 4:49.02	36.61	
14.	Aþena Jónsdóttir		04	SH		4:49.35	528		
	50m: 30.53	30.53	150m: 1:40.85	36.00	250m: 2:55.94	37.75	350m: 4:11.97	38.58	
	100m: 1:04.85	34.32	200m: 2:18.19	37.34	300m: 3:33.39	37.45	400m: 4:49.35	37.38	
15.	Ingibjörg Svava Magnúsdóttir		05	ÍA		4:50.15	524		
	50m: 32.56	32.56	150m: 1:44.74	36.58	250m: 2:58.02	36.76	350m: 4:13.33	37.83	
	100m: 1:08.16	35.60	200m: 2:21.26	36.52	300m: 3:35.50	37.48	400m: 4:50.15	36.82	
16.	Helena Rún Gylfadóttir		03	RVK		4:51.54	516		
	50m: 31.92	31.92	150m: 1:42.90	36.13	250m: 2:56.85	37.20	350m: 4:12.84	38.32	
	100m: 1:06.77	34.85	200m: 2:19.65	36.75	300m: 3:34.52	37.67	400m: 4:51.54	38.70	
17.	Bríet Dalla Gunnarsdóttir		04	SH		4:52.53	511		
	50m: 32.06	32.06	150m: 1:45.65	37.67	250m: 3:01.06	37.66	350m: 4:16.38	37.46	
	100m: 1:07.98	35.92	200m: 2:23.40	37.75	300m: 3:38.92	37.86	400m: 4:52.53	36.15	
18.	Katla María Brynjarsdóttir		07	ÍRB		4:52.59	511		
	50m: 33.10	33.10	150m: 1:46.49	37.17	250m: 3:00.57	37.15	350m: 4:15.79	37.90	
	100m: 1:09.32	36.22	200m: 2:23.42	36.93	300m: 3:37.89	37.32	400m: 4:52.59	36.80	
19.	Helga Sigurlaug Helgadóttir		07	SH		4:53.51	506		
	50m: 33.62	33.62	150m: 1:47.57	37.44	250m: 3:02.78	37.56	350m: 4:18.34	37.51	
	100m: 1:10.13	36.51	200m: 2:25.22	37.65	300m: 3:40.83	38.05	400m: 4:53.51	35.17	
20.	Diljá Dröfn Jóhannsdóttir		03	SH		4:53.53	506		
	50m: 32.18	32.18	150m: 1:45.53	37.15	250m: 3:01.22	37.95	350m: 4:17.42	38.01	
	100m: 1:08.38	36.20	200m: 2:23.27	37.74	300m: 3:39.41	38.19	400m: 4:53.53	36.11	
21.	Thelma Lind Einarsdóttir		05	ÍRB		4:58.25	482		
	50m: 31.92	31.92	150m: 1:45.57	37.42	250m: 3:02.71	38.64	350m: 4:20.14	38.60	
	100m: 1:08.15	36.23	200m: 2:24.07	38.50	300m: 3:41.54	38.83	400m: 4:58.25	38.11	
22.	Hildur Valsdóttir		04	SH		4:59.14	478		
	50m: 33.06	33.06	150m: 1:47.07	37.44	250m: 3:04.10	38.67	350m: 4:21.41	38.68	
	100m: 1:09.63	36.57	200m: 2:25.43	38.36	300m: 3:42.73	38.63	400m: 4:59.14	37.73	
23.	Vigdís Tinna Hákonardóttir		06	Breiðablik		5:00.30	472		
	50m: 33.03	33.03	150m: 1:47.69	37.62	250m: 3:04.49	38.79	350m: 4:22.67	39.01	
	100m: 1:10.07	37.04	200m: 2:25.70	38.01	300m: 3:43.66	39.17	400m: 5:00.30	37.63	
24.	Masa Dedeic		05	SH		5:02.50	462		
	50m: 33.28	33.28	150m: 1:47.23	37.69	250m: 3:05.19	39.32	350m: 4:24.37	39.67	
	100m: 1:09.54	36.26	200m: 2:25.87	38.64	300m: 3:44.70	39.51	400m: 5:02.50	38.13	
25.	Ylfa Ásgerður Eyjólfssdóttir		06	RVK		5:05.40	449	IM	
	50m: 34.32	34.32	150m: 1:51.67	39.48	250m: 3:10.58	39.72	350m: 4:28.45	38.55	
	100m: 1:12.19	37.87	200m: 2:30.86	39.19	300m: 3:49.90	39.32	400m: 5:05.40	36.95	
26.	Regína Lilja Gunnlaugsdóttir		02	Breiðablik		5:10.47	427	IM	
	50m: 32.57	32.57	150m: 1:45.92	37.55	250m: 3:05.15	40.39	350m: 4:28.52	41.94	
	100m: 1:08.37	35.80	200m: 2:24.76	38.84	300m: 3:46.58	41.43	400m: 5:10.47	41.95	
27.	Sif Grímsdóttir		03	RVK		5:22.43	381	IM	
	50m: 34.14	34.14	150m: 1:52.79	39.90	250m: 3:15.67	42.07	350m: 4:40.65	42.89	
	100m: 1:12.89	38.75	200m: 2:33.60	40.81	300m: 3:57.76	42.09	400m: 5:22.43	41.78	

Íslandsmeistaramótið í 25m laug
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Sundgrein 3, kvenna, 400m skriðsund, Opinn

Sæti	F.ár	Tími	Stig
28. S14 Anna Rósa Þrastardóttir	04 Fjörður	6:07.93	256 IM
50m: 40.55 40.55 150m: 2:14.10 1:33.55 250m: 3:49.21 1:35.11 400m: 6:07.93 2:18.72			
veikindi Elín Eir Andersen	04 RVK		

Sundgrein 4

karla, 400m skriðsund

Opinn
Úrslitalistar

8.11.2019 - 9:57

ISL Opinn	3:48.83	Anton Sveinn McKee	Ægir	Istanbul (TUR)	14.12.2012
ISL 15 - 17	3:53.50				
ISL 13 - 14	4:08.10				
ISL 11 - 12	4:36.46				

Ím25 : 4:45.81 / NM 14 +: 4:08.10 / EM 16 +: 3:51.93

Stig: FINA 2019

Sæti	F.ár	Tími	Stig
1. Patrik Viggó Vilbergsson	02 Breiðablik	3:55.28	734 NM
50m: 26.46 26.46 150m: 1:25.01 29.79 250m: 2:25.51 30.39 350m: 3:25.65 30.06			
100m: 55.22 28.76 200m: 1:55.12 30.11 300m: 2:55.59 30.08 400m: 3:55.28 29.63			
2. Kristófer Atli Andersen	02 Breiðablik	4:06.46	638 NM
50m: 27.10 27.10 150m: 1:28.70 31.30 250m: 2:31.76 31.50 350m: 3:35.78 32.25			
100m: 57.40 30.30 200m: 2:00.26 31.56 300m: 3:03.53 31.77 400m: 4:06.46 30.68			
3. Róbert Andri Pálmason	02 Breiðablik	4:08.81	620
50m: 27.34 27.34 150m: 1:29.19 31.39 250m: 2:32.88 31.85 350m: 3:37.33 32.54			
100m: 57.80 30.46 200m: 2:01.03 31.84 300m: 3:04.79 31.91 400m: 4:08.81 31.48			
4. Hafþór Jón Sigurðsson	97 SH	4:10.39	609
50m: 27.90 27.90 150m: 1:29.96 31.13 250m: 2:33.41 31.91 350m: 3:38.52 32.60			
100m: 58.83 30.93 200m: 2:01.50 31.54 300m: 3:05.92 32.51 400m: 4:10.39 31.87			
5. Huginn Hilmarsson	95 Breiðablik	4:13.46	587
50m: 28.15 28.15 150m: 1:32.52 32.58 250m: 2:37.16 31.88 350m: 3:42.37 32.68			
100m: 59.94 31.79 200m: 2:05.28 32.76 300m: 3:09.69 32.53 400m: 4:13.46 31.09			
6. Snær Llorens Sigurðsson	02 ÍÁ	4:13.93	583
50m: 27.92 27.92 150m: 1:31.57 32.26 250m: 2:37.12 32.71 350m: 3:42.55 32.44			
100m: 59.31 31.39 200m: 2:04.41 32.84 300m: 3:10.11 32.99 400m: 4:13.93 31.38			
7. Sindri Andreas Bjarnason	01 ÍÁ	4:14.42	580
50m: 28.73 28.73 150m: 1:32.56 32.22 250m: 2:37.41 32.25 350m: 3:42.21 32.35			
100m: 1:00.34 31.61 200m: 2:05.16 32.60 300m: 3:09.86 32.45 400m: 4:14.42 32.21			
8. Veigar Hrafn Sigþórsson	05 SH	4:16.49	566
50m: 28.12 28.12 150m: 1:32.02 32.37 250m: 2:37.72 32.78 350m: 3:43.98 33.15			
100m: 59.65 31.53 200m: 2:04.94 32.92 300m: 3:10.83 33.11 400m: 4:16.49 32.51			
9. Óskar Gauti Lund	99 Breiðablik	4:19.24	548
50m: 28.31 28.31 150m: 1:32.85 32.84 250m: 2:39.05 33.18 350m: 3:46.23 33.79			
100m: 1:00.01 31.70 200m: 2:05.87 33.02 300m: 3:12.44 33.39 400m: 4:19.24 33.01			
10. Skúli Thor Ásgeirsson	02 Ægir	4:19.73	545
50m: 28.39 28.39 150m: 1:32.93 33.04 250m: 2:39.38 33.19 350m: 3:46.52 33.56			
100m: 59.89 31.50 200m: 2:06.19 33.26 300m: 3:12.96 33.58 400m: 4:19.73 33.21			
11. Aron Þór Jónsson	02 SH	4:20.41	541
50m: 28.64 28.64 150m: 1:32.86 32.42 250m: 2:38.73 33.15 350m: 3:46.72 34.25			
100m: 1:00.44 31.80 200m: 2:05.58 32.72 300m: 3:12.47 33.74 400m: 4:20.41 33.69			
12. Baldur Logi Gautason	00 RVK	4:21.45	535
50m: 28.11 28.11 150m: 1:32.51 32.87 250m: 2:39.76 33.42 350m: 3:48.41 34.24			
100m: 59.64 31.53 200m: 2:06.34 33.83 300m: 3:14.17 34.41 400m: 4:21.45 33.04			
13. Gústav Ragnar Kristjánsson	02 Breiðablik	4:24.15	518
50m: 29.09 29.09 150m: 1:35.50 33.82 250m: 2:43.12 33.81 350m: 3:51.40 33.92			
100m: 1:01.68 32.59 200m: 2:09.31 33.81 300m: 3:17.48 34.36 400m: 4:24.15 32.75			

Íslandsmeistaramótið í 25m laug
Hafnarfjörður, 8. - 10.11.2019

Sundgrein 4, karla, 400m skriðsund, Opinn

Sæti			F.ár			Tími	Stig		
14.	Guðmundur Karl Karlsson		05	Breiðablik		4:24.30	517		
	50m: 28.72	28.72	150m: 1:34.98	33.88	250m: 2:43.51	34.20	350m: 3:51.66	33.90	
	100m: 1:01.10	32.38	200m: 2:09.31	34.33	300m: 3:17.76	34.25	400m: 4:24.30	32.64	
15.	Úlfur Páll Andrason		04	RVK		4:28.78	492		
	50m: 29.62	29.62	150m: 1:35.53	33.36	250m: 2:44.39	34.60	350m: 3:54.28	35.29	
	100m: 1:02.17	32.55	200m: 2:09.79	34.26	300m: 3:18.99	34.60	400m: 4:28.78	34.50	
16.	Jónas Atli Pálsson		03	SH		4:29.99	485		
	50m: 29.30	29.30	150m: 1:35.96	33.88	250m: 2:45.13	34.70	350m: 3:55.95	35.35	
	100m: 1:02.08	32.78	200m: 2:10.43	34.47	300m: 3:20.60	35.47	400m: 4:29.99	34.04	
17.	Bergur Fáfniir Bjarnason		06	SH		4:32.69	471		
	50m: 29.91	29.91	150m: 1:38.97	35.54	250m: 2:49.65	35.53	350m: 3:58.72	34.97	
	100m: 1:03.43	33.52	200m: 2:14.12	35.15	300m: 3:23.75	34.10	400m: 4:32.69	33.97	
18.	Gabriel Þór Sigurmundsson		03	ÍRB		4:32.94	470		
	50m: 30.39	30.39	150m: 1:37.40	34.05	250m: 2:47.09	34.81	350m: 3:57.92	35.37	
	100m: 1:03.35	32.96	200m: 2:12.28	34.88	300m: 3:22.55	35.46	400m: 4:32.94	35.02	
19.	Þorsteinn Karl Arnarsson		04	Stjarnan		4:33.17	469		
	50m: 30.17	30.17	150m: 1:38.08	34.47	250m: 2:47.61	35.17	350m: 3:58.40	35.42	
	100m: 1:03.61	33.44	200m: 2:12.44	34.36	300m: 3:22.98	35.37	400m: 4:33.17	34.77	
20.	Guðmundur Halldórsson		04	Breiðablik		4:34.45	462		
	50m: 31.26	31.26	150m: 1:39.62	34.44	250m: 2:49.21	35.03	350m: 3:59.59	35.18	
	100m: 1:05.18	33.92	200m: 2:14.18	34.56	300m: 3:24.41	35.20	400m: 4:34.45	34.86	
21.	Daníel Lúkas Tómasson		04	SH		4:35.90	455		
	50m: 30.58	30.58	150m: 1:39.69	34.79	250m: 2:50.59	35.50	350m: 4:01.25	35.36	
	100m: 1:04.90	34.32	200m: 2:15.09	35.40	300m: 3:25.89	35.30	400m: 4:35.90	34.65	
22.	Tristan Tómasson Manoury		04	RVK		4:37.59	447		
	50m: 31.03	31.03	150m: 1:40.04	34.90	250m: 2:51.54	36.02	350m: 4:03.00	35.81	
	100m: 1:05.14	34.11	200m: 2:15.52	35.48	300m: 3:27.19	35.65	400m: 4:37.59	34.59	
23.	Pétur Alfreðsson		06	Breiðablik		4:37.91	445		
	50m: 31.04	31.04	150m: 1:40.06	34.76	250m: 2:50.92	35.47	350m: 4:02.58	35.51	
	100m: 1:05.30	34.26	200m: 2:15.45	35.39	300m: 3:27.07	36.15	400m: 4:37.91	35.33	
24.	Andri Bergmann Ísaksen		04	Breiðablik		4:38.27	443		
	50m: 31.21	31.21	150m: 1:41.17	35.06	250m: 2:51.72	35.16	350m: 4:03.33	35.69	
	100m: 1:06.11	34.90	200m: 2:16.56	35.39	300m: 3:27.64	35.92	400m: 4:38.27	34.94	
25.	Ólafur Breki Guðnason		03	Ægir		4:39.78	436		
	50m: 29.76	29.76	150m: 1:38.51	35.11	250m: 2:50.57	36.19	350m: 4:03.80	36.65	
	100m: 1:03.40	33.64	200m: 2:14.38	35.87	300m: 3:27.15	36.58	400m: 4:39.78	35.98	
26.	Hilmir Snær Lunddal Rúnarsson		03	SH		4:41.47	428		
	50m: 30.73	30.73	150m: 1:39.44	34.84	250m: 2:51.39	36.09	350m: 4:05.00	36.96	
	100m: 1:04.60	33.87	200m: 2:15.30	35.86	300m: 3:28.04	36.65	400m: 4:41.47	36.47	
27.	Einar Atli Guðnason		03	Ægir		4:43.80	418		
	50m: 31.01	31.01	150m: 1:42.36	36.47	250m: 2:55.22	37.24	350m: 4:07.71	36.69	
	100m: 1:05.89	34.88	200m: 2:17.98	35.62	300m: 3:31.02	35.80	400m: 4:43.80	36.09	
28.	Jón Ingi Halldórsson		04	Breiðablik		4:45.97	408	IM	
	50m: 31.07	31.07	150m: 1:42.27	36.38	250m: 2:56.29	36.87	350m: 4:10.02	36.54	
	100m: 1:05.89	34.82	200m: 2:19.42	37.15	300m: 3:33.48	37.19	400m: 4:45.97	35.95	
29.	S11 Guðfinnur Karlsson		88	Fjörður		5:34.65	255	IM	
	50m: 39.70	39.70	150m: 2:03.80	42.23	250m: 3:28.75	42.32	350m: 4:52.73	41.87	
	100m: 1:21.57	41.87	200m: 2:46.43	42.63	300m: 4:10.86	42.11	400m: 5:34.65	41.92	

Íslandsmeistaramótið í 25m laug
Hafnarfjörður, 8. - 10.11.2019

Sundgrein 5

kvenna, 50m baksund

Opinn

8.11.2019 - 10:15

Úrslitalistar Undanrásir

ISL Opinn	27.40	Eygló Ósk Gústafsdóttir	Ægir	Windsor (CAN)	7.12.2016
ISL 15 - 17	28.23				
ISL 13 - 14	30.04				
ISL 11 - 12	32.21				

Ím25 : 35.08 / NM 13 +: 29.79 / EM 16 +: 28.06

Stig: FINA 2019

Sæti	F.ár		Tími	Stig	
1.	93	SH	28.05	766	Q EM
2.	95	RVK	28.89	701	Q NM
3.	96	SH	29.18	680	Q NM
4.	00	Ægir Klaksvík	29.28	673	Q NM
5.	00	SH	30.79	579	Q
6.	03	SH	30.91	572	Q
7.	01	Breiðablik	31.09	562	Q
8.	02	Ægir	31.25	554	Q
9.	05	SH	32.79	479	R
10.	02	RVK	33.43	452	R
11.	03	RVK	33.67	443	
12.	04	ÍRB	33.79	438	
13.	04	RVK	33.80	438	
14.	02	ÍRB	34.24	421	
15.	03	Óðinn	34.37	416	
16.	04	UMFA	34.73	403	
17.	06	RVK	35.23	386	IM
18.	01	ÍFR	38.37	299	IM
19.	04	Fjörður	39.71	270	IM
20.	04	Fjörður	44.53	191	IM
21.	96	ÍFR	52.85	114	IM
22.	90	ÍFR	1:05.97	58	IM
ÓG.	03	Fjörður			IM

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

MÆekki Helena Rún Gylfadóttir 03 RVK

Sundgrein 6

karla, 100m flugsund

Opinn

8.11.2019 - 10:22

Úrslitalistar Undanrásir

ISL Opinn	52.53	Örn Arnarson	SH	Debrecen (HUN)	13.12.2007
ISL 15 - 17	55.77				
ISL 13 - 14	1:00.10				
ISL 11 - 12	1:03.91				

Ím25 : 1:05.46 / NM 14 +: 57.01 / EM 16 +: 53.36

Stig: FINA 2019

Sæti	F.ár		Tími	Stig	
1.	04	ÍRB	57.54	583	Q
	50m: 26.77 26.77	100m: 57.54 30.77			
2.	03	SH	58.53	554	Q
	50m: 27.42 27.42	100m: 58.53 31.11			
3.	00	RVK	59.43	529	Q
	50m: 27.65 27.65	100m: 59.43 31.78			
4.	97	ÍA	59.68	522	Q
	50m: 27.90 27.90	100m: 59.68 31.78			
5.	01	SH	59.83	518	Q
	50m: 27.58 27.58	100m: 59.83 32.25			

Íslandsmeistaramótið í 25m laug
Hafnarfjörður, 8. - 10.11.2019

Sundgrein 6, karla, 100m flugsund, Undanrásir, Opinn

Sæti	F.ár	Tími	Stig
6. Kári Sölvi Nielsen	00 SH	1:00.24	508 Q
50m: 27.49 27.49	100m: 1:00.24 32.75		
7. Róbert Andri Pálmason	02 Breiðablik	1:00.53	501 Q
50m: 27.89 27.89	100m: 1:00.53 32.64		
8. Hafþór Jón Sigurðsson	97 SH	1:00.94	491 Q
50m: 28.15 28.15	100m: 1:00.94 32.79		
9. Sindri Andreas Bjarnason	01 ÍA	1:01.34	481 R
50m: 28.27 28.27	100m: 1:01.34 33.07		
10. Logi Freyr Arnarsson	03 RVK	1:03.65	431 R
50m: 29.25 29.25	100m: 1:03.65 34.40		
11. Daníel Patrick Riley	03 ÍRB	1:03.77	428
50m: 29.51 29.51	100m: 1:03.77 34.26		
12. Guðmundur Karl Karlsson	05 Breiðablik	1:05.22	400
50m: 30.28 30.28	100m: 1:05.22 34.94		

Sundgrein 7

kvenna, 200m flugsund

Opinn

8.11.2019 - 10:26

Úrslitalistar Undanrásir

ISL Opinn	2:12.95	Inga Elín Cryer	Ægir	Netanya (ISR)	4.12.2015
ISL 15 - 17	2:16.90				
ISL 13 - 14	2:18.77				
ISL 11 - 12	2:33.98				

Ím25 : 2:37.39 / NM 13 +: 2:23.14 / EM 16 +: 2:14.36

Stig: FINA 2019

Sæti	F.ár	Tími	Stig
1. Gunnhildur Björg Baldursdóttir	00 ÍRB	2:21.30	606 Q NM
50m: 30.96 30.96	100m: 1:06.84 35.88	150m: 1:43.51 36.67	200m: 2:21.30 37.79
2. Kristín Ylfa Guðmundsdóttir	02 SH	2:30.39	503 Q
50m: 32.98 32.98	100m: 1:10.60 37.62	150m: 1:49.73 39.13	200m: 2:30.39 40.66
3. Ingunn Jónsdóttir	02 RVK	2:30.43	502 Q
50m: 32.53 32.53	100m: 1:09.89 37.36	150m: 1:49.36 39.47	200m: 2:30.43 41.07
4. Svava Björg Lárusdóttir	03 RVK	2:33.64	471 Q
50m: 31.65 31.65	100m: 1:10.50 38.85	150m: 1:51.74 41.24	200m: 2:33.64 41.90

Sundgrein 8

karla, 200m baksund

Opinn

8.11.2019 - 10:29

Úrslitalistar Undanrásir

ISL Opinn	1:52.90	Örn Arnarson	SH	Valencia (ESP)	14.12.2000
ISL 15 - 17	1:55.16				
ISL 13 - 14	2:06.72				
ISL 11 - 12	2:19.16				

Ím25 : 2:27.52 / NM 14 +: 2:08.09 / EM 16 +: 1:58.29

Stig: FINA 2019

Sæti	F.ár	Tími	Stig
1. Brynjólfur Óli Karlsson	01 Breiðablik	2:05.04	602 Q NM
50m: 28.37 28.37	100m: 1:00.26 31.89	150m: 1:32.73 32.47	200m: 2:05.04 32.31
2. Tómas Magnússon	02 RVK	2:06.77	578 Q NM
50m: 29.35 29.35	100m: 1:01.77 32.42	150m: 1:34.13 32.36	200m: 2:06.77 32.64
3. Patrik Viggó Vilbergsson	02 Breiðablik	2:07.37	570 Q NM
50m: 29.54 29.54	100m: 1:01.75 32.21	150m: 1:34.78 33.03	200m: 2:07.37 32.59

Íslandsmeistaramótið í 25m laug
Hafnarfjörður, 8. - 10.11.2019

Sundgrein 8, karla, 200m baksund, Undanrásir, Opinn

Sæti	F.ár	Tími	Stig
4. Kristjan Gylfi Þórisson	00 RVK	2:08.47	555 Q
50m: 29.12 29.12	100m: 1:01.55 32.43	150m: 1:35.44 33.89	200m: 2:08.47 33.03
5. Júlíus Karl Maier	02 SH	2:10.63	528 Q
50m: 30.69 30.69	100m: 1:03.45 32.76	150m: 1:37.30 33.85	200m: 2:10.63 33.33
6. Aron Fannar Kristínarson	03 ÍRB	2:13.20	498 Q
50m: 31.53 31.53	100m: 1:05.48 33.95	150m: 1:39.84 34.36	200m: 2:13.20 33.36
7. Veigar Hrafn Sigþórsson	05 SH	2:13.67	493 Q
50m: 30.94 30.94	100m: 1:04.07 33.13	150m: 1:39.00 34.93	200m: 2:13.67 34.67
8. Flosi Ómarsson	03 ÍRB	2:15.31	475 Q
50m: 31.34 31.34	100m: 1:05.98 34.64	150m: 1:40.89 34.91	200m: 2:15.31 34.42
9. Björgvin Árni Júlíusson	01 RVK	2:16.44	464 R
50m: 31.37 31.37	100m: 1:05.48 34.11	150m: 1:40.70 35.22	200m: 2:16.44 35.74
10. Kári Steinn Kjartansson	03 Ægir	2:20.20	427 R
50m: 32.52 32.52	100m: 1:07.70 35.18	150m: 1:44.25 36.55	200m: 2:20.20 35.95
11. Edward Jensson	04 SH	2:21.60	415
50m: 32.43 32.43	100m: 1:08.28 35.85	150m: 1:45.22 36.94	200m: 2:21.60 36.38
12. Gabriel Ari Tryggvarson	03 ÍRB	2:23.01	402
50m: 32.19 32.19	100m: 1:07.89 35.70	150m: 1:46.10 38.21	200m: 2:23.01 36.91
13. Bergur Fáfniir Bjarnason	06 SH	2:23.90	395
50m: 33.47 33.47	100m: 1:10.21 36.74	150m: 1:47.65 37.44	200m: 2:23.90 36.25
14. Sveinn Elí Helgason	04 Ægir	2:24.90	387
50m: 32.44 32.44	100m: 1:09.12 36.68	150m: 1:47.33 38.21	200m: 2:24.90 37.57
15. S11 Már Gunnarsson	99 ÍRB	2:34.57	319 IM
50m: 35.81 35.81	100m: 1:15.45 39.64	150m: 1:55.79 40.34	200m: 2:34.57 38.78
MÆekki Úlfur Páll Andrason	04 RVK		

Sundgrein 9

kvenna, 200m bringusund

Opinn

8.11.2019 - 10:36

Úrslitalistar Undanrásir

ISL Opinn	2:22.69	Hrafnhildur Lúthersdóttir	SH	Doha (QAT)	7.12.2014
ISL 15 - 17	2:31.51				
ISL 13 - 14	2:34.41				
ISL 11 - 12	2:42.79				

Ím25 : 2:59.89 / NM 13 +: 2:39.52 / EM 16 +: 2:29.66

Stig: FINA 2019

Sæti	F.ár	Tími	Stig
1. Eva Margrét Falsdóttir	05 ÍRB	2:36.84	631 Q NM
50m: 34.90 34.90	100m: 1:14.84 39.94	150m: 1:55.65 40.81	200m: 2:36.84 41.19
2. Sunna Svanlaug Vilhjálmisdóttir	00 SH	2:36.93	630 Q NM
50m: 35.36 35.36	100m: 1:14.98 39.62	150m: 1:56.20 41.22	200m: 2:36.93 40.73
3. Karen Mist Arngæirdóttir	00 ÍRB	2:38.83	608 Q NM
50m: 36.09 36.09	100m: 1:16.73 40.64	150m: 1:58.13 41.40	200m: 2:38.83 40.70
4. Amalía Nanna Juliusdóttir	02 Óðinn	2:47.39	519 Q
50m: 36.78 36.78	100m: 1:19.31 42.53	150m: 2:03.61 44.30	200m: 2:47.39 43.78
5. Freyja Birkisdóttir	06 Breiðablik	2:47.50	518 Q
50m: 36.63 36.63	100m: 1:19.59 42.96	150m: 2:03.68 44.09	200m: 2:47.50 43.82
6. Rebekka Trygvadóttir	04 Ægir Klaksvík	2:47.76	516 Q
50m: 37.91 37.91	100m: 1:21.32 43.41	150m: 2:05.02 43.70	200m: 2:47.76 42.74
7. Guðbjörg Bjartey Guðmundsdóttir	05 ÍA	2:50.67	490 Q
50m: 38.18 38.18	100m: 1:21.45 43.27	150m: 2:05.65 44.20	200m: 2:50.67 45.02

Íslandsmeistaramótið í 25m laug
Hafnarfjörður, 8. - 10.11.2019

Sundgrein 9, kvenna, 200m bringusund, Undanrásir, Opinn

Sæti					F.ár					Tími	Stig	
8.	Herdís Birna Viggósdóttir				04	RVK				2:51.57	482	Q
	50m:	38.22	38.22	100m:	1:21.58	43.36	150m:	2:06.88	45.30	200m:	2:51.57	44.69
9.	Katja Lilja Andriysdóttir				06	SH				2:54.36	459	R
	50m:	38.27	38.27	100m:	1:22.55	44.28	150m:	2:09.23	46.68	200m:	2:54.36	45.13
10.	Ragnheiður Milla Bergsveinsdóttir				06	Breiðablik				2:54.90	455	R
	50m:	39.55	39.55	100m:	1:23.96	44.41	150m:	2:10.14	46.18	200m:	2:54.90	44.76
11.	Rán Björnsdóttir				05	Ægir				2:56.59	442	
	50m:	39.33	39.33	100m:	1:23.83	44.50	150m:	2:09.27	45.44	200m:	2:56.59	47.32
12.	Embla Karen Sævarsdóttir				04	Óðinn				2:58.86	425	
	50m:	39.41	39.41	100m:	1:24.40	44.99	150m:	2:11.04	46.64	200m:	2:58.86	47.82
13.	Vigdís Tinna Hákonardóttir				06	Breiðablik				2:59.73	419	
	50m:	39.64	39.64	100m:	1:25.11	45.47	150m:	2:12.77	47.66	200m:	2:59.73	46.96
14.	S14 Thórey Magnúsdóttir				99	ÍFR				3:13.85	334	IM
	50m:	43.70	43.70	100m:	1:33.05	49.35	150m:	2:23.51	50.46	200m:	3:13.85	50.34

Sundgrein 10

8.11.2019 - 10:44

karla, 100m bringusund

Opinn

Úrslitalistar Undanrásir

ISL Opinn	57.57	Anton Sveinn McKee	SH	Hagnzhou (CHN)	11.12.2018
ISL 15 - 17	1:02.99				
ISL 13 - 14	1:06.70				
ISL 11 - 12	1:10.65				

Ím25 : 1:15.78 / NM 14 +: 1:04.96 / EM 16 +: 1:00.34

Stig: FINA 2019

Sæti					F.ár					Tími	Stig	
1.	Daði Björnsson				04	SH				1:04.31	646	Q NM
	50m:	30.04	30.04	100m:	1:04.31	34.27						
2.	Aron Bjarki Jónsson				01	SH				1:07.27	564	Q
	50m:	30.74	30.74	100m:	1:07.27	36.53						
3.	Aron Þór Jónsson				02	SH				1:07.82	551	Q
	50m:	32.09	32.09	100m:	1:07.82	35.73						
4.	Birnir Freyr Hálfánarsson				06	SH				1:09.23	518	Q
	50m:	32.54	32.54	100m:	1:09.23	36.69						
5.	Kári Snær Halldórsson				04	ÍRB				1:09.31	516	Q
	50m:	32.36	32.36	100m:	1:09.31	36.95						
6.	Ingvar Orri Jóhannesson				04	RVK				1:09.55	511	Q
	50m:	31.85	31.85	100m:	1:09.55	37.70						
7.	Snorri Dagur Einarsson				05	SH				1:09.66	508	Q
	50m:	32.90	32.90	100m:	1:09.66	36.76						
8.	Daníel Steinn Davíðsson				03	Breiðablik				1:09.98	501	?
	50m:	32.63	32.63	100m:	1:09.98	37.35						
	Óskar Gauti Lund				99	Breiðablik				1:09.98	501	?
	50m:	32.92	32.92	100m:	1:09.98	37.06						
10.	Alexander Logi Jónsson				04	ÍRB				1:10.58	489	R
	50m:	33.42	33.42	100m:	1:10.58	37.16						
11.	Þorbjörn Andrason				01	RVK				1:11.64	467	
	50m:	33.74	33.74	100m:	1:11.64	37.90						
12.	Runólfur Þorláksson				02	RVK				1:12.42	452	
	50m:	33.41	33.41	100m:	1:12.42	39.01						

Íslandsmeistaramótið í 25m laug
Hafnarfjörður, 8. - 10.11.2019

Sundgrein 10, karla, 100m bringusund, Undanrásir, Opinn

Sæti		F.ár		Tími	Stig
13.	Snær Llorens Sigurðsson	02	ÍA	1:12.51	451
	50m: 34.20 34.20	100m: 1:12.51	38.31		
14.	Sigurður Ingi Sigurðarson	01	RVK	1:12.61	449
	50m: 33.72 33.72	100m: 1:12.61	38.89		
15.	Jónas Atli Pálsson	03	SH	1:14.33	418
	50m: 34.89 34.89	100m: 1:14.33	39.44		
16.	Daníel Patrick Riley	03	ÍRB	1:15.86	393 IM
	50m: 35.73 35.73	100m: 1:15.86	40.13		
17.	Gústav Ragnar Kristjánsson	02	Breiðablik	1:17.47	369 IM
	50m: 36.05 36.05	100m: 1:17.47	41.42		
18.	S11 Guðfinnur Karlsson	88	Fjörður	1:28.22	250 IM
	50m: 43.02 43.02	100m: 1:28.22	45.20		

Sundgrein 11

kvenna, 50m skriðsund

Opinn

8.11.2019 - 10:51

Úrslitalistar Undanrásir

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

Ím25 : 30.09 / NM 13 +: 25.80 / EM 16 +: 25.53

Stig: FINA 2019

Sæti		F.ár		Tími	Stig
1.	Jóhanna Elín Guðmundsdóttir	01	SH	25.43	733 Q EM
2.	Steingerður Hauksdóttir	96	SH	26.48	649 Q
3.	Kristín Helga Hákonardóttir	04	Breiðablik	26.68	634 Q
4.	Stefanía Sigurþórsdóttir	01	Breiðablik	27.49	580 Q
5.	Barbara Debes	00	Ægir Klaksvík	27.53	577 Q
6.	Brynhildur Traustadóttir	01	ÍA	27.59	574 Q
7.	Dagbjörg Hlíf Ólafsdóttir	05	SH	28.00	549 Q
8.	Ragna Sigríður Ragnarsdóttir	01	Breiðablik	28.17	539 Q
9.	Faney Lind Jóhannsdóttir	02	Breiðablik	28.22	536 R
10.	Birna Hilmarsdóttir	02	ÍRB	28.37	528 R
11.	Ragnheiður Karen Ólafsdóttir	04	ÍA	28.39	526
12.	Kolbrún Jónsdóttir	95	RVK	28.52	519
13.	Sunna Svanlaug Vilhjálmsdóttir	00	SH	28.54	518
14.	Alexandra Tómasdóttir	01	Óðinn	28.61	514
15.	Bríet Dalla Gunnarsdóttir	04	SH	28.65	512
16.	Emilía Sól Guðmundsdóttir	02	Ægir	28.68	511
17.	Herdís Birna Viggósdóttir	04	RVK	28.70	509
18.	Sara Ægisdóttir	03	UMFS	28.78	505
19.	Ólöf Kristín Isaksen	05	Óðinn	28.85	502
20.	Þorgerður Ósk Jónsdóttir	03	SH	28.87	501
21.	Aþena Jónsdóttir	04	SH	29.05	491
22.	Halla Margrét Baldursdóttir	02	RVK	29.06	491
23.	Arianna Steinarsdóttir	03	RVK	29.26	481
24.	Helena Rún Gylfadóttir	03	RVK	29.28	480
25.	Birta Rún Smáradóttir	04	UMFA	29.60	464
26.	Aþena Arnarsdóttir	03	Óðinn	29.64	462
27.	Ásta Kamilla Sigurðardóttir	04	ÍRB	29.74	458
28.	Ingibjörg Svava Magnúsardóttir	05	ÍA	29.75	457
29.	Nadja Djurovic	07	Breiðablik	29.80	455
30.	Regína Lilja Gunnlaugsdóttir	02	Breiðablik	29.84	453

Íslandsmeistaramótið í 25m laug
Hafnarfjörður, 8. - 10.11.2019

Sundgrein 11, kvenna, 50m skriðsund, Undanrásir, Opinn

Sæti	F.ár		Tími	Stig	
31.	Ingibjörg Erla Garðarsdóttir	00 RVK	30.02	445	
32.	Rebekka Sif Ómarsdóttir	03 Óðinn	30.19	438	IM
33.	Eyrún Anna Jóhannesdóttir	06 RVK	30.20	437	IM
34.	S14 Herdís Rut Guðbjartsdóttir	04 Fjörður	34.47	294	IM
35.	S14 Anna Rósa Þrastardóttir	04 Fjörður	35.33	273	IM
36.	S7 Tanya Jóhannsdóttir	03 Fjörður	40.92	175	IM
37.	S6 Thelma Björnsdóttir	96 ÍFR	41.39	170	IM
38.	S4 Sonja Sigurdardóttir	90 ÍFR	1:06.39	41	IM
MÆekki	Eydís Vala Júlíusdóttir	05 RVK			
veikindi	S14 Sigríður Aníta Rognvaldsdóttir	01 ÍFR			

Sundgrein 12

karla, 50m skriðsund

Opinn

8.11.2019 - 10:59

Úrslitalistar Undanrásir

ISL Opinn	22.29	Dadó Fenrir Jasminuson / Árni Már ÁSH/ÍRB	Hafnarfjörður	9.11.2018
ISL 15 - 17	23.29			
ISL 13 - 14	24.94			
ISL 11 - 12	27.42			

Ím25 : 27.57 / NM 14 +: 23.30 / EM 16 +: 22.47

Stig: FINA 2019

Sæti	F.ár		Tími	Stig	
1.	Dadó Fenrir Jasminuson	95 SH	22.32	747	Q EM
2.	Rókur Trygvason	00 Ægir Klaksvík	23.81	616	Q
3.	Hólmsteinn Skorri Hallgrímsson	00 RVK	23.94	606	Q
4.	Símon Elías Statkevicius	03 SH	24.53	563	Q
5.	Kolbeinn Hrafnkelsson	94 SH	24.68	553	Q
6.	Fannar Snævar Hauksson	04 ÍRB	24.82	543	Q
7.	Hafþór Jón Sigurðsson	97 SH	24.96	534	Q
8.	Sindri Andreas Bjarnason	01 ÍA	25.09	526	Q
9.	Kári Sölvi Nielsen	00 SH	25.14	523	R
10.	Björgvin Árni Júlíusson	01 RVK	25.15	522	R
11.	Halldór Björn Kristinsson	02 RVK	25.21	519	
12.	Bjartur Þórhallsson	00 RVK	25.33	511	
	Ólafur Árdal Sigurðsson	99 SH	25.33	511	
14.	Atli Vikar Ingimundarson	97 ÍA	25.44	505	
15.	Ingvar Orri Jóhannesson	04 RVK	25.76	486	
16.	Tómas Hlynur Schopka	03 Stjarnan	25.94	476	
17.	Sigurður Ingi Sigurðarson	01 RVK	26.00	473	
18.	Róbert Ísak Jónsson	01 SH	26.21	461	
19.	Viktor Emil Sigtryggsson	00 Óðinn	26.23	460	
	Sveinn Elí Helgason	04 Ægir	26.23	460	
21.	Hákon Alexander Magnússon	00 Óðinn	26.26	459	
	Logi Freyr Arnarsson	03 RVK	26.26	459	
23.	Úlfur Páll Andrasen	04 RVK	26.33	455	
24.	Stefán Elías Davíðsson	03 ÍRB	26.34	455	
25.	Júlíus Karl Maier	02 SH	26.91	426	
26.	Ólafur Breki Guðnason	03 Ægir	26.98	423	
27.	Runólfur Þorláksson	02 RVK	27.42	403	
28.	S14 Ragnar Magnússon	92 Fjörður	29.88	311	IM
29.	S5 Hjörtur Ingvarsson	95 Fjörður	43.63	100	IM

Íslandsmeistaramótið í 25m laug
Hafnarfjörður, 8. - 10.11.2019

Sundgrein 13
8.11.2019 - 11:04

blandað, 4 x 50m fjórsund

Opinn
Úrslitalistar

ISL 1:47.55 Sveit SH Hafnarfjörður 14.11.2015

Stig: FINA 2019

Sæti						Timi	Stig
1.	SH 1			SH		1:48.75	696
	Kolbeinn Hrafnkelsson	94	+0,47	25.23	Katarína Róbertsdóttir	00	+0,27
	Sunna Svanlaug Vilhjálmisdóttir	00	+0,30	33.60	Dadó Fenir Jasminuson	95	+0,38
2.	SH 2			SH		1:51.63	644
	Steingerður Hauksdóttir	96	+0,58	29.03	Róbert Ísak Jónsson	01	+0,56
	Daði Björnsson	04	+0,26	29.76	Jóhanna Elín Guðmundsdóttir	01	+0,41
3.	RVK 1			RVK		1:52.17	634
	Eygló Ósk Gústafsdóttir	95	+0,62	28.66	Jóhanna Gerða Gústafsdóttir	90	+0,14
	Ingvar Orri Jóhannesson	04	+0,26	30.72	Hólmsteinn Skorri Hallgrímsson	00	+0,32
4.	Breiðablik 1			Breiðablik		1:54.91	590
	Brynjólfur Óli Karlsson	01	+0,47	26.31	Kristín Helga Hákonardóttir	04	+0,40
	Huginn Hilmarsson	95	+0,19	31.91	Stefanía Sigurpórsdóttir	01	+0,43
5.	ÍRB 1			ÍRB		1:55.47	581
	Gabriel Ari Tryggvarson	03	+0,63	28.75	Fannar Snævar Hauksson	04	+0,45
	Karen Mist Arneirsdóttir	00	+0,29	33.06	Eva Margrét Falsdóttir	05	+0,38
6.	RVK 2			RVK		1:57.32	554
	Kristján Gylfi Þórisson	00	+0,63	26.95	Bjartur Þórhallsson	00	+0,01
	Herðis Birna Vígósdóttir	04	+0,29	35.76	Kolbrún Jónsdóttir	95	+0,09
7.	RVK 3			RVK		1:59.03	531
	Tómas Magnússon	02	+0,60	27.59	Ingunn Jónsdóttir	02	+0,37
	Þorbjörn Andrason	01	+0,15	32.11	Halla Margrét Baldursdóttir	02	+0,27
8.	ÍA 1			ÍA		1:59.27	528
	Sindri Andreas Bjarnason	01	+0,65	29.34	Atli Vikar Ingimundarson	97	+0,35
	Ragnheiður Karen Ólafsdóttir	04	+0,28	35.36	Brynhildur Traustadóttir	01	+0,17
9.	ÍRB 2			ÍRB		2:01.39	500
	Flosi Ómarsson	03	+0,70	29.01	Ásta Kamilla Sigurðardóttir	04	+0,30
	Kári Snær Halldórsson	04	+0,31	32.12	Birna Hilmarisdóttir	02	+0,23
10.	Ægir 1			Ægir		2:03.92	470
	Emilía Sól Guðmundsdóttir	02	+0,55	32.02	Sveinn Elí Helgason	04	+0,31
	Rán Björnsdóttir	05	+0,32	37.13	Skúli Thor Ásgeirsson	02	+0,53
11.	Óðinn 1			Óðinn		2:04.15	468
	Viktor Emil Sigtryggsson	00	+0,87	30.87	Eva Sól Garðarsdóttir	03	+0,53
	Amalía Nanna Juliusdóttir	02	+0,51	36.17	Hákon Alexander Magnússon	00	+0,34

Sundgrein 10
8.11.2019

karla, 100m bringusund

Opinn
Úrslitalistar Aukasund eftir undanrásir

ISL Opinn	57.57	Anton Sveinn McKee	SH	Hagnzhou (CHN)	11.12.2018
ISL 15 - 17	1:02.99				
ISL 13 - 14	1:06.70				
ISL 11 - 12	1:10.65				

Ím25 : 1:15.78 / NM 14 +: 1:04.96 / EM 16 +: 1:00.34

Stig: FINA 2019

Sæti				F.ár		Timi	Stig
1.	Óskar Gauti Lund			99	Breiðablik	1:08.92	525
	50m: 32.54 32.54	100m: 1:08.92		36.38			
2.	Daníel Steinn Davíðsson			03	Breiðablik	1:09.38	514
	50m: 32.23 32.23	100m: 1:09.38		37.15			

Íslandsmeistaramótið í 25m laug
Hafnarfjörður, 8. - 10.11.2019

2 - 2. hluti - úrslit föstudags

8.11.2019 - 16:30

Sundgrein 1	kvenna, 100m fjórsund				Opinn
8.11.2019 - 16:30					Úrslitalistar Úrslitsund
ISL Opinn	1:00.31	Hrafnhildur Lúthersdóttir	SH	Windsor (CAN)	8.12.2016
ISL 15 - 17	1:02.00				
ISL 13 - 14	1:06.64				
ISL 11 - 12	1:08.35				
Ím25 : 1:14.19 / EM 16 +: 1:03.48					

Stig: FINA 2019

Sæti	F.ár		Stig	Stig
1. Jóhanna Elín Guðmundsdóttir	01	SH	1:04.64	668
50m:	30.69	30.69	100m:	1:04.64 33.95
2. Jóhanna Gerða Gústafsdóttir	90	RVK	1:04.79	663
50m:	29.56	29.56	100m:	1:04.79 35.23
3. Katarína Róbertsdóttir	00	SH	1:05.10	654
50m:	29.02	29.02	100m:	1:05.10 36.08
4. Alexandra Tómasdóttir	01	Óðinn	1:09.10	546
50m:	32.64	32.64	100m:	1:09.10 36.46
5. Ragnheiður Karen Ólafsdóttir	04	ÍA	1:09.28	542
50m:	32.88	32.88	100m:	1:09.28 36.40
6. Guðbjörg Bjarney Guðmundsdóttir	05	ÍA	1:09.38	540
50m:	32.76	32.76	100m:	1:09.38 36.62
7. Svava Björg Lárusdóttir	03	RVK	1:11.16	500
50m:	32.30	32.30	100m:	1:11.16 38.86
8. Dagbjörg Hlíf Ólafsdóttir	05	SH	1:11.39	495
50m:	33.52	33.52	100m:	1:11.39 37.87

Sundgrein 2	karla, 100m fjórsund				Opinn
8.11.2019 - 16:33					Úrslitalistar Úrslitsund
ISL Opinn	53.85	Kristinn Þórarinsson	ÍBR	Hafnarfjörður	8.11.2019
ISL 15 - 17	56.09				
ISL 13 - 14	1:01.35				
ISL 11 - 12	1:04.83				
Ím25 : 1:06.60 / EM 16 +: 55.49					

Stig: FINA 2019

Sæti	F.ár		Stig	Stig
1. Kristinn Þórarinsson	96	RVK	53.96	808 EM
50m:	24.32	24.32	100m:	53.96 29.64
2. Kolbeinn Hrafnkelsson	94	SH	56.83	691
50m:	25.65	25.65	100m:	56.83 31.18
3. Daði Björnsson	04	SH	59.21	611
50m:	27.79	27.79	100m:	59.21 31.42
4. Aron Bjarki Jónsson	01	SH	1:01.28	551
50m:	28.31	28.31	100m:	1:01.28 32.97
Birnir Freyr Hálfánarsson	06	SH	1:01.28	551
<i>MET</i>				
50m:	27.98	27.98	100m:	1:01.28 33.30
6. Alexander Logi Jónsson	04	ÍRB	1:03.58	493
50m:	29.75	29.75	100m:	1:03.58 33.83
7. Snorri Dagur Einarsson	05	SH	1:04.05	483
50m:	30.09	30.09	100m:	1:04.05 33.96

Íslandsmeistaramótið í 25m laug
Hafnarfjörður, 8. - 10.11.2019

Sundgrein 2, karla, 100m fjórsund, Úrslitsund, Opinn

Sæti	F.ár	Tími	Stig
8. Halldór Björn Kristinsson	02 RVK	1:04.52	472
50m: 29.79 29.79	100m: 1:04.52 34.73		

Sundgrein 3

kvenna, 400m skriðsund

Opinn
Úrslitalistar

8.11.2019 - 16:35

ISL Opinn	4:11.61	Inga Elín Cryer	Ægir	Doha (QAT)	5.12.2014
ISL 15 - 17	4:14.16				
ISL 13 - 14	4:21.52				
ISL 11 - 12	4:39.08				

Ím25 : 5:03.89 / NM 13 +: 4:32.70 / EM 16 +: 4:17.74

Stig: FINA 2019

Sæti	F.ár	Tími	Stig
1. Vár E. Eidesgaard	01 Havnar	4:18.91	737 NM
50m: 29.87 29.87	150m: 1:35.22 32.86	250m: 2:41.46 33.37	350m: 3:46.83 32.66
100m: 1:02.36 32.49	200m: 2:08.09 32.87	300m: 3:14.17 32.71	400m: 4:18.91 32.08
2. Ragna Sigríður Ragnarsdóttir	01 Breiðablik	4:21.00	719 NM
50m: 30.33 30.33	150m: 1:36.03 32.95	250m: 2:41.68 32.93	350m: 3:48.35 33.44
100m: 1:03.08 32.75	200m: 2:08.75 32.72	300m: 3:14.91 33.23	400m: 4:21.00 32.65
3. Brynhildur Traustadóttir	01 ÍA	4:22.43	708 NM
50m: 29.97 29.97	150m: 1:35.74 33.15	250m: 2:42.16 33.21	350m: 3:49.55 33.81
100m: 1:02.59 32.62	200m: 2:08.95 33.21	300m: 3:15.74 33.58	400m: 4:22.43 32.88
4. Kristín Helga Hákonardóttir	04 Breiðablik	4:26.99	672 NM
50m: 30.21 30.21	150m: 1:36.95 33.46	250m: 2:44.41 33.91	350m: 3:53.24 34.45
100m: 1:03.49 33.28	200m: 2:10.50 33.55	300m: 3:18.79 34.38	400m: 4:26.99 33.75
5. Freyja Birkisdóttir	06 Breiðablik	4:30.18	648 NM
50m: 30.23 30.23	150m: 1:37.91 33.86	250m: 2:47.06 34.69	350m: 3:56.19 34.47
100m: 1:04.05 33.82	200m: 2:12.37 34.46	300m: 3:21.72 34.66	400m: 4:30.18 33.99
6. Sandra Dögg Kristjánsdóttir	03 SH	4:37.92	596
50m: 31.17 31.17	150m: 1:40.00 34.74	250m: 2:50.78 35.44	350m: 4:02.34 35.97
100m: 1:05.26 34.09	200m: 2:15.34 35.34	300m: 3:26.37 35.59	400m: 4:37.92 35.58
7. Halla Margrét Baldursdóttir	02 RVK	4:40.24	581
50m: 31.47 31.47	150m: 1:42.40 35.79	250m: 2:54.37 35.70	350m: 4:05.36 35.67
100m: 1:06.61 35.14	200m: 2:18.67 36.27	300m: 3:29.69 35.32	400m: 4:40.24 34.88
8. Adele Alexandra Pálsson	03 SH	4:42.59	567
50m: 30.72 30.72	150m: 1:39.28 34.70	250m: 2:51.26 36.44	350m: 4:05.33 37.27
100m: 1:04.58 33.86	200m: 2:14.82 35.54	300m: 3:28.06 36.80	400m: 4:42.59 37.26
9. Ingibjörg Erla Garðarsdóttir	00 RVK	4:44.33	556
50m: 31.60 31.60	150m: 1:42.10 35.57	250m: 2:55.33 36.85	350m: 4:08.72 36.46
100m: 1:06.53 34.93	200m: 2:18.48 36.38	300m: 3:32.26 36.93	400m: 4:44.33 35.61
10. Rebekka Sif Ómarsdóttir	03 Óðinn	4:44.62	555
50m: 31.14 31.14	150m: 1:41.45 35.88	250m: 2:54.31 36.65	350m: 4:08.72 37.11
100m: 1:05.57 34.43	200m: 2:17.66 36.21	300m: 3:31.61 37.30	400m: 4:44.62 35.90
11. Ólöf Kristín Isaksen	05 Óðinn	4:45.05	552
50m: 30.72 30.72	150m: 1:40.00 35.32	250m: 2:53.39 36.53	350m: 4:07.93 37.35
100m: 1:04.68 33.96	200m: 2:16.86 36.86	300m: 3:30.58 37.19	400m: 4:45.05 37.12
12. Jóhanna Brynja Rúnarsdóttir	06 SH	4:48.63	532
50m: 32.19 32.19	150m: 1:44.13 36.55	250m: 2:57.58 36.71	350m: 4:12.38 37.79
100m: 1:07.58 35.39	200m: 2:20.87 36.74	300m: 3:34.59 37.01	400m: 4:48.63 36.25
13. Birgitta Ingólfssdóttir	05 SH	4:49.02	530
50m: 31.88 31.88	150m: 1:44.26 36.59	250m: 2:57.94 37.15	350m: 4:12.41 37.08
100m: 1:07.67 35.79	200m: 2:20.79 36.53	300m: 3:35.33 37.39	400m: 4:49.02 36.61

Íslandsmeistaramótið í 25m laug
Hafnarfjörður, 8. - 10.11.2019

Sundgrein 3, kvenna, 400m skriðsund, Opinn

Sæti					F.ár					Tími	Stig	
14.	Aþena Jónsdóttir				04	SH				4:49.35	528	
	50m:	30.53	30.53	150m:	1:40.85	36.00	250m:	2:55.94	37.75	350m:	4:11.97	38.58
	100m:	1:04.85	34.32	200m:	2:18.19	37.34	300m:	3:33.39	37.45	400m:	4:49.35	37.38
15.	Ingibjörg Svava Magnúsardóttir				05	ÍA				4:50.15	524	
	50m:	32.56	32.56	150m:	1:44.74	36.58	250m:	2:58.02	36.76	350m:	4:13.33	37.83
	100m:	1:08.16	35.60	200m:	2:21.26	36.52	300m:	3:35.50	37.48	400m:	4:50.15	36.82
16.	Helena Rún Gylfadóttir				03	RVK				4:51.54	516	
	50m:	31.92	31.92	150m:	1:42.90	36.13	250m:	2:56.85	37.20	350m:	4:12.84	38.32
	100m:	1:06.77	34.85	200m:	2:19.65	36.75	300m:	3:34.52	37.67	400m:	4:51.54	38.70
17.	Bríet Dalla Gunnarsdóttir				04	SH				4:52.53	511	
	50m:	32.06	32.06	150m:	1:45.65	37.67	250m:	3:01.06	37.66	350m:	4:16.38	37.46
	100m:	1:07.98	35.92	200m:	2:23.40	37.75	300m:	3:38.92	37.86	400m:	4:52.53	36.15
18.	Katlá María Brynjarsdóttir				07	ÍRB				4:52.59	511	
	50m:	33.10	33.10	150m:	1:46.49	37.17	250m:	3:00.57	37.15	350m:	4:15.79	37.90
	100m:	1:09.32	36.22	200m:	2:23.42	36.93	300m:	3:37.89	37.32	400m:	4:52.59	36.80
19.	Helga Sigurlaug Helgadóttir				07	SH				4:53.51	506	
	50m:	33.62	33.62	150m:	1:47.57	37.44	250m:	3:02.78	37.56	350m:	4:18.34	37.51
	100m:	1:10.13	36.51	200m:	2:25.22	37.65	300m:	3:40.83	38.05	400m:	4:53.51	35.17
20.	Diljá Dröfn Jóhannesdóttir				03	SH				4:53.53	506	
	50m:	32.18	32.18	150m:	1:45.53	37.15	250m:	3:01.22	37.95	350m:	4:17.42	38.01
	100m:	1:08.38	36.20	200m:	2:23.27	37.74	300m:	3:39.41	38.19	400m:	4:53.53	36.11
21.	Thelma Lind Einarsdóttir				05	ÍRB				4:58.25	482	
	50m:	31.92	31.92	150m:	1:45.57	37.42	250m:	3:02.71	38.64	350m:	4:20.14	38.60
	100m:	1:08.15	36.23	200m:	2:24.07	38.50	300m:	3:41.54	38.83	400m:	4:58.25	38.11
22.	Hildur Valsdóttir				04	SH				4:59.14	478	
	50m:	33.06	33.06	150m:	1:47.07	37.44	250m:	3:04.10	38.67	350m:	4:21.41	38.68
	100m:	1:09.63	36.57	200m:	2:25.43	38.36	300m:	3:42.73	38.63	400m:	4:59.14	37.73
23.	Vigdís Tinna Hákonardóttir				06	Breiðablik				5:00.30	472	
	50m:	33.03	33.03	150m:	1:47.69	37.62	250m:	3:04.49	38.79	350m:	4:22.67	39.01
	100m:	1:10.07	37.04	200m:	2:25.70	38.01	300m:	3:43.66	39.17	400m:	5:00.30	37.63
24.	Masa Dedeic				05	SH				5:02.50	462	
	50m:	33.28	33.28	150m:	1:47.23	37.69	250m:	3:05.19	39.32	350m:	4:24.37	39.67
	100m:	1:09.54	36.26	200m:	2:25.87	38.64	300m:	3:44.70	39.51	400m:	5:02.50	38.13
25.	Ylfa Ásgerður Eyjólfsdóttir				06	RVK				5:05.40	449 IM	
	50m:	34.32	34.32	150m:	1:51.67	39.48	250m:	3:10.58	39.72	350m:	4:28.45	38.55
	100m:	1:12.19	37.87	200m:	2:30.86	39.19	300m:	3:49.90	39.32	400m:	5:05.40	36.95
26.	Regína Lilja Gunnlaugsdóttir				02	Breiðablik				5:10.47	427 IM	
	50m:	32.57	32.57	150m:	1:45.92	37.55	250m:	3:05.15	40.39	350m:	4:28.52	41.94
	100m:	1:08.37	35.80	200m:	2:24.76	38.84	300m:	3:46.58	41.43	400m:	5:10.47	41.95
27.	Sif Grímsdóttir				03	RVK				5:22.43	381 IM	
	50m:	34.14	34.14	150m:	1:52.79	39.90	250m:	3:15.67	42.07	350m:	4:40.65	42.89
	100m:	1:12.89	38.75	200m:	2:33.60	40.81	300m:	3:57.76	42.09	400m:	5:22.43	41.78
28.	S14 Anna Rósa Þrastardóttir				04	Fjörður				6:07.93	256 IM	
	50m:	40.55	40.55	150m:	2:14.10	1:33.55	250m:	3:49.21	1:35.11	400m:	6:07.93	2:18.72
veikindi	Elín Eir Andersen				04	RVK						

Íslandsmeistaramótið í 25m laug
Hafnarfjörður, 8. - 10.11.2019

Sundgrein 4
8.11.2019 - 16:48

karla, 400m skriðsund

Opinn
Úrslitalistar

ISL Opinn	3:48.83	Anton Sveinn McKee	Ægir	Istanbul (TUR)	14.12.2012
ISL 15 - 17	3:53.50				
ISL 13 - 14	4:08.10				
ISL 11 - 12	4:36.46				

Ím25 : 4:45.81 / NM 14 +: 4:08.10 / EM 16 +: 3:51.93

Stig: FINA 2019

Sæti			F.ár			Tími	Stig		
1.	Patrik Viggó Vilbergsson		02	Breiðablik		3:55.28	734	NM	
	50m:	26.46 26.46	150m:	1:25.01 29.79	250m:	2:25.51 30.39	350m:	3:25.65 30.06	
	100m:	55.22 28.76	200m:	1:55.12 30.11	300m:	2:55.59 30.08	400m:	3:55.28 29.63	
2.	Kristófer Atli Andersen		02	Breiðablik		4:06.46	638	NM	
	50m:	27.10 27.10	150m:	1:28.70 31.30	250m:	2:31.76 31.50	350m:	3:35.78 32.25	
	100m:	57.40 30.30	200m:	2:00.26 31.56	300m:	3:03.53 31.77	400m:	4:06.46 30.68	
3.	Róbert Andri Pálmason		02	Breiðablik		4:08.81	620		
	50m:	27.34 27.34	150m:	1:29.19 31.39	250m:	2:32.88 31.85	350m:	3:37.33 32.54	
	100m:	57.80 30.46	200m:	2:01.03 31.84	300m:	3:04.79 31.91	400m:	4:08.81 31.48	
4.	Hafþór Jón Sigurðsson		97	SH		4:10.39	609		
	50m:	27.90 27.90	150m:	1:29.96 31.13	250m:	2:33.41 31.91	350m:	3:38.52 32.60	
	100m:	58.83 30.93	200m:	2:01.50 31.54	300m:	3:05.92 32.51	400m:	4:10.39 31.87	
5.	Huginn Hilmarsson		95	Breiðablik		4:13.46	587		
	50m:	28.15 28.15	150m:	1:32.52 32.58	250m:	2:37.16 31.88	350m:	3:42.37 32.68	
	100m:	59.94 31.79	200m:	2:05.28 32.76	300m:	3:09.69 32.53	400m:	4:13.46 31.09	
6.	Snær Llorens Sigurðsson		02	ÍA		4:13.93	583		
	50m:	27.92 27.92	150m:	1:31.57 32.26	250m:	2:37.12 32.71	350m:	3:42.55 32.44	
	100m:	59.31 31.39	200m:	2:04.41 32.84	300m:	3:10.11 32.99	400m:	4:13.93 31.38	
7.	Sindri Andreas Bjarnason		01	ÍA		4:14.42	580		
	50m:	28.73 28.73	150m:	1:32.56 32.22	250m:	2:37.41 32.25	350m:	3:42.21 32.35	
	100m:	1:00.34 31.61	200m:	2:05.16 32.60	300m:	3:09.86 32.45	400m:	4:14.42 32.21	
8.	Veigar Hrafn Sigþórsson		05	SH		4:16.49	566		
	50m:	28.12 28.12	150m:	1:32.02 32.37	250m:	2:37.72 32.78	350m:	3:43.98 33.15	
	100m:	59.65 31.53	200m:	2:04.94 32.92	300m:	3:10.83 33.11	400m:	4:16.49 32.51	
9.	Óskar Gauti Lund		99	Breiðablik		4:19.24	548		
	50m:	28.31 28.31	150m:	1:32.85 32.84	250m:	2:39.05 33.18	350m:	3:46.23 33.79	
	100m:	1:00.01 31.70	200m:	2:05.87 33.02	300m:	3:12.44 33.39	400m:	4:19.24 33.01	
10.	Skúli Thor Ásgeirsson		02	Ægir		4:19.73	545		
	50m:	28.39 28.39	150m:	1:32.93 33.04	250m:	2:39.38 33.19	350m:	3:46.52 33.56	
	100m:	59.89 31.50	200m:	2:06.19 33.26	300m:	3:12.96 33.58	400m:	4:19.73 33.21	
11.	Aron Þór Jónsson		02	SH		4:20.41	541		
	50m:	28.64 28.64	150m:	1:32.86 32.42	250m:	2:38.73 33.15	350m:	3:46.72 34.25	
	100m:	1:00.44 31.80	200m:	2:05.58 32.72	300m:	3:12.47 33.74	400m:	4:20.41 33.69	
12.	Baldur Logi Gautason		00	RVK		4:21.45	535		
	50m:	28.11 28.11	150m:	1:32.51 32.87	250m:	2:39.76 33.42	350m:	3:48.41 34.24	
	100m:	59.64 31.53	200m:	2:06.34 33.83	300m:	3:14.17 34.41	400m:	4:21.45 33.04	
13.	Gústav Ragnar Kristjánsson		02	Breiðablik		4:24.15	518		
	50m:	29.09 29.09	150m:	1:35.50 33.82	250m:	2:43.12 33.81	350m:	3:51.40 33.92	
	100m:	1:01.68 32.59	200m:	2:09.31 33.81	300m:	3:17.48 34.36	400m:	4:24.15 32.75	
14.	Guðmundur Karl Karlsson		05	Breiðablik		4:24.30	517		
	50m:	28.72 28.72	150m:	1:34.98 33.88	250m:	2:43.51 34.20	350m:	3:51.66 33.90	
	100m:	1:01.10 32.38	200m:	2:09.31 34.33	300m:	3:17.76 34.25	400m:	4:24.30 32.64	
15.	Úlfur Páll Andrason		04	RVK		4:28.78	492		
	50m:	29.62 29.62	150m:	1:35.53 33.36	250m:	2:44.39 34.60	350m:	3:54.28 35.29	
	100m:	1:02.17 32.55	200m:	2:09.79 34.26	300m:	3:18.99 34.60	400m:	4:28.78 34.50	
16.	Jónas Atli Pálsson		03	SH		4:29.99	485		
	50m:	29.30 29.30	150m:	1:35.96 33.88	250m:	2:45.13 34.70	350m:	3:55.95 35.35	
	100m:	1:02.08 32.78	200m:	2:10.43 34.47	300m:	3:20.60 35.47	400m:	4:29.99 34.04	

Íslandsmeistaramótið í 25m laug
Hafnarfjörður, 8. - 10.11.2019

Sundgrein 4, karla, 400m skriðsund, Opinn

Sæti			F.ár						Tími	Stig
17.	Bergur Fáfírnir Bjarnason		06	SH					4:32.69	471
	50m: 29.91	29.91	150m: 1:38.97	35.54	250m: 2:49.65	35.53	350m: 3:58.72	34.97		
	100m: 1:03.43	33.52	200m: 2:14.12	35.15	300m: 3:23.75	34.10	400m: 4:32.69	33.97		
18.	Gabriel Þór Sigurmundsson		03	ÍRB					4:32.94	470
	50m: 30.39	30.39	150m: 1:37.40	34.05	250m: 2:47.09	34.81	350m: 3:57.92	35.37		
	100m: 1:03.35	32.96	200m: 2:12.28	34.88	300m: 3:22.55	35.46	400m: 4:32.94	35.02		
19.	Þorsteinn Karl Arnarsson		04	Stjarnan					4:33.17	469
	50m: 30.17	30.17	150m: 1:38.08	34.47	250m: 2:47.61	35.17	350m: 3:58.40	35.42		
	100m: 1:03.61	33.44	200m: 2:12.44	34.36	300m: 3:22.98	35.37	400m: 4:33.17	34.77		
20.	Guðmundur Halldórsson		04	Breiðablik					4:34.45	462
	50m: 31.26	31.26	150m: 1:39.62	34.44	250m: 2:49.21	35.03	350m: 3:59.59	35.18		
	100m: 1:05.18	33.92	200m: 2:14.18	34.56	300m: 3:24.41	35.20	400m: 4:34.45	34.86		
21.	Daníel Lúkas Tómasson		04	SH					4:35.90	455
	50m: 30.58	30.58	150m: 1:39.69	34.79	250m: 2:50.59	35.50	350m: 4:01.25	35.36		
	100m: 1:04.90	34.32	200m: 2:15.09	35.40	300m: 3:25.89	35.30	400m: 4:35.90	34.65		
22.	Tristan Tómasson Manoury		04	RVK					4:37.59	447
	50m: 31.03	31.03	150m: 1:40.04	34.90	250m: 2:51.54	36.02	350m: 4:03.00	35.81		
	100m: 1:05.14	34.11	200m: 2:15.52	35.48	300m: 3:27.19	35.65	400m: 4:37.59	34.59		
23.	Pétur Alfreðsson		06	Breiðablik					4:37.91	445
	50m: 31.04	31.04	150m: 1:40.06	34.76	250m: 2:50.92	35.47	350m: 4:02.58	35.51		
	100m: 1:05.30	34.26	200m: 2:15.45	35.39	300m: 3:27.07	36.15	400m: 4:37.91	35.33		
24.	Andri Bergmann Ísaksen		04	Breiðablik					4:38.27	443
	50m: 31.21	31.21	150m: 1:41.17	35.06	250m: 2:51.72	35.16	350m: 4:03.33	35.69		
	100m: 1:06.11	34.90	200m: 2:16.56	35.39	300m: 3:27.64	35.92	400m: 4:38.27	34.94		
25.	Ólafur Breki Guðnason		03	Ægir					4:39.78	436
	50m: 29.76	29.76	150m: 1:38.51	35.11	250m: 2:50.57	36.19	350m: 4:03.80	36.65		
	100m: 1:03.40	33.64	200m: 2:14.38	35.87	300m: 3:27.15	36.58	400m: 4:39.78	35.98		
26.	Hilmir Snær Lunddal Rúnarsson		03	SH					4:41.47	428
	50m: 30.73	30.73	150m: 1:39.44	34.84	250m: 2:51.39	36.09	350m: 4:05.00	36.96		
	100m: 1:04.60	33.87	200m: 2:15.30	35.86	300m: 3:28.04	36.65	400m: 4:41.47	36.47		
27.	Einar Atli Guðnason		03	Ægir					4:43.80	418
	50m: 31.01	31.01	150m: 1:42.36	36.47	250m: 2:55.22	37.24	350m: 4:07.71	36.69		
	100m: 1:05.89	34.88	200m: 2:17.98	35.62	300m: 3:31.02	35.80	400m: 4:43.80	36.09		
28.	Jón Ingi Halldórsson		04	Breiðablik					4:45.97	408 IM
	50m: 31.07	31.07	150m: 1:42.27	36.38	250m: 2:56.29	36.87	350m: 4:10.02	36.54		
	100m: 1:05.89	34.82	200m: 2:19.42	37.15	300m: 3:33.48	37.19	400m: 4:45.97	35.95		
29.	S11 Guðfinnur Karlsson		88	Fjörður					5:34.65	255 IM
	50m: 39.70	39.70	150m: 2:03.80	42.23	250m: 3:28.75	42.32	350m: 4:52.73	41.87		
	100m: 1:21.57	41.87	200m: 2:46.43	42.63	300m: 4:10.86	42.11	400m: 5:34.65	41.92		

Íslandsmeistaramótið í 25m laug
Hafnarfjörður, 8. - 10.11.2019

Sundgrein 5

kvenna, 50m baksund

8.11.2019 - 16:53

Opinn
Úrslitalistar Úrslitsund

ISL Opinn	27.40	Eygló Ósk Gústafsdóttir	Ægir	Windsor (CAN)	7.12.2016
ISL 15 - 17	28.23				
ISL 13 - 14	30.04				
ISL 11 - 12	32.21				

Ím25 : 35.08 / NM 13 +: 29.79 / EM 16 +: 28.06

Stig: FINA 2019

Sæti	F.ár		Tími	Stig	
1.	93	SH	27.97	773	EM
2.	95	RVK	28.19	755	NM
3.	96	SH	28.81	707	NM
4.	00	Ægir Klaksvík	29.20	679	NM
5.	01	Breiðablik	30.88	574	
6.	03	SH	30.92	572	
7.	02	Ægir	31.05	565	
8.	05	SH	32.57	489	

Sundgrein 6

karla, 100m flugsund

8.11.2019 - 17:02

Opinn
Úrslitalistar Úrslitsund

ISL Opinn	52.53	Örn Arnarson	SH	Debrecen (HUN)	13.12.2007
ISL 15 - 17	55.77				
ISL 13 - 14	1:00.10				
ISL 11 - 12	1:03.91				

Ím25 : 1:05.46 / NM 14 +: 57.01 / EM 16 +: 53.36

Stig: FINA 2019

Sæti	F.ár		Tími	Stig	
1.	04	ÍRB	57.99	569	
	50m: 26.77 26.77	100m: 57.99 31.22			
2.	03	SH	58.21	563	
	50m: 27.01 27.01	100m: 58.21 31.20			
3.	01	SH	58.58	552	
	50m: 26.79 26.79	100m: 58.58 31.79			
4.	00	SH	58.99	541	
	50m: 27.22 27.22	100m: 58.99 31.77			
5.	00	RVK	1:00.09	512	
	50m: 27.68 27.68	100m: 1:00.09 32.41			
6.	97	ÍA	1:00.19	509	
	50m: 27.67 27.67	100m: 1:00.19 32.52			
7.	02	Breiðablik	1:03.35	437	
	50m: 28.22 28.22	100m: 1:03.35 35.13			
8.	03	RVK	1:04.29	418	
	50m: 29.34 29.34	100m: 1:04.29 34.95			

Íslandsmeistaramótið í 25m laug
Hafnarfjörður, 8. - 10.11.2019

Sundgrein 7

kvenna, 200m flugsund

Opinn

8.11.2019 - 17:04

Úrslitalistar Úrslitsund

ISL Opinn	2:12.95	Inga Elín Cryer	Ægir	Netanya (ISR)	4.12.2015
ISL 15 - 17	2:16.90				
ISL 13 - 14	2:18.77				
ISL 11 - 12	2:33.98				

Ím25 : 2:37.39 / NM 13 +: 2:23.14 / EM 16 +: 2:14.36

Stig: FINA 2019

Sæti	F.ár				Timi	Stig	
1. Gunnhildur Björg Baldursdóttir	00	ÍRB			2:21.20	607 NM	
50m:	31.05	31.05	100m:	1:06.85	35.80	150m: 1:43.41	36.56
200m:						2:21.20	37.79
2. Ingunn Jónsdóttir	02	RVK			2:24.69	564	
50m:	31.85	31.85	100m:	1:07.65	35.80	150m: 1:45.26	37.61
200m:						2:24.69	39.43
3. Kristín Ylfa Guðmundsdóttir	02	SH			2:29.40	513	
50m:	33.19	33.19	100m:	1:10.98	37.79	150m: 1:49.99	39.01
200m:						2:29.40	39.41
4. Svava Björg Lárusdóttir	03	RVK			2:34.27	466	
50m:	33.41	33.41	100m:	1:11.91	38.50	150m: 1:52.51	40.60
200m:						2:34.27	41.76

Sundgrein 8

karla, 200m baksund

Opinn

8.11.2019 - 17:15

Úrslitalistar Úrslitsund

ISL Opinn	1:52.90	Örn Arnarson	SH	Valencia (ESP)	14.12.2000
ISL 15 - 17	1:55.16				
ISL 13 - 14	2:06.72				
ISL 11 - 12	2:19.16				

Ím25 : 2:27.52 / NM 14 +: 2:08.09 / EM 16 +: 1:58.29

Stig: FINA 2019

Sæti	F.ár				Timi	Stig	
1. Brynjólfur Óli Karlsson	01	Breiðablik			2:00.73	669 NM	
50m:	27.63	27.63	100m:	58.13	30.50	150m: 1:29.29	31.16
200m:						2:00.73	31.44
2. Patrik Viggó Vilbergsson	02	Breiðablik			2:05.19	600 NM	
50m:	29.18	29.18	100m:	1:01.27	32.09	150m: 1:33.82	32.55
200m:						2:05.19	31.37
3. Kristjan Gylfi Þórisson	00	RVK			2:07.13	573 NM	
50m:	29.49	29.49	100m:	1:02.17	32.68	150m: 1:35.15	32.98
200m:						2:07.13	31.98
4. Tómas Magnússon	02	RVK			2:08.21	559	
50m:	29.87	29.87	100m:	1:03.17	33.30	150m: 1:37.00	33.83
200m:						2:08.21	31.21
5. Júlíus Karl Maier	02	SH			2:09.08	548	
50m:	30.57	30.57	100m:	1:03.24	32.67	150m: 1:36.26	33.02
200m:						2:09.08	32.82
6. Flosi Ómarsson	03	ÍRB			2:13.60	494	
50m:	31.43	31.43	100m:	1:05.81	34.38	150m: 1:40.05	34.24
200m:						2:13.60	33.55
7. Aron Fannar Kristínarson	03	ÍRB			2:14.32	486	
50m:	31.76	31.76	100m:	1:06.69	34.93	150m: 1:41.46	34.77
200m:						2:14.32	32.86
8. Veigar Hrafn Sigþórsson	05	SH			2:15.57	473	
50m:	31.39	31.39	100m:	1:05.28	33.89	150m: 1:40.61	35.33
200m:						2:15.57	34.96

Íslandsmeistaramótið í 25m laug
Hafnarfjörður, 8. - 10.11.2019

Sundgrein 9 kvenna, 200m bringusund Opinn
8.11.2019 - 17:18 Úrslitalistar Úrslitsund

ÍSL Opinn	2:22.69	Hrafnhildur Lúthersdóttir	SH	Doha (QAT)	7.12.2014
ÍSL 15 - 17	2:31.51				
ÍSL 13 - 14	2:34.41				
ÍSL 11 - 12	2:42.79				

Ím25 : 2:59.89 / NM 13 +: 2:39.52 / EM 16 +: 2:29.66

Stig: FINA 2019

Sæti	F.ár				Tími	Stig	
1. Karen Mist Arngeirsdóttir	00	ÍRB			2:31.05	707	NM
50m: 34.94 34.94	100m: 1:13.49	38.55	150m: 1:52.76	39.27	200m: 2:31.05	38.29	
2. Eva Margrét Falsdóttir	05	ÍRB			2:31.98	694	NM
<i>MET</i>							
50m: 34.85 34.85	100m: 1:13.57	38.72	150m: 1:52.69	39.12	200m: 2:31.98	39.29	
3. Sunna Svanlaug Vilhjálmsdóttir	00	SH			2:33.46	674	NM
50m: 35.32 35.32	100m: 1:14.10	38.78	150m: 1:53.97	39.87	200m: 2:33.46	39.49	
4. Amalia Nanna Juliusdóttir	02	Óðinn			2:45.48	537	
50m: 36.88 36.88	100m: 1:18.72	41.84	150m: 2:02.70	43.98	200m: 2:45.48	42.78	
5. Freyja Birkisdóttir	06	Breiðablik			2:45.51	537	
50m: 37.46 37.46	100m: 1:19.91	42.45	150m: 2:03.51	43.60	200m: 2:45.51	42.00	
6. Rebekka Trygvadóttir	04	Ægir Klaksvík			2:46.69	526	
50m: 38.06 38.06	100m: 1:21.24	43.18	150m: 2:04.23	42.99	200m: 2:46.69	42.46	
7. Herdís Birna Viggósdóttir	04	RVK			2:50.57	491	
50m: 37.23 37.23	100m: 1:20.95	43.72	150m: 2:05.85	44.90	200m: 2:50.57	44.72	
8. Guðbjörg Bjartey Guðmundsdóttir	05	ÍA			2:51.05	486	
50m: 38.49 38.49	100m: 1:21.78	43.29	150m: 2:06.16	44.38	200m: 2:51.05	44.89	

Sundgrein 10 karla, 100m bringusund Opinn
8.11.2019 - 17:31 Úrslitalistar Úrslitsund

ÍSL Opinn	57.57	Anton Sveinn McKee	SH	Hagnzhou (CHN)	11.12.2018
ÍSL 15 - 17	1:02.99				
ÍSL 13 - 14	1:06.70				
ÍSL 11 - 12	1:10.65				

Ím25 : 1:15.78 / NM 14 +: 1:04.96 / EM 16 +: 1:00.34

Stig: FINA 2019

Sæti	F.ár				Tími	Stig	
1. Daði Björnsson	04	SH			1:03.81	661	NM
50m: 29.88 29.88	100m: 1:03.81	33.93					
2. Aron Þór Jónsson	02	SH			1:06.66	580	
50m: 31.66 31.66	100m: 1:06.66	35.00					
3. Aron Bjarki Jónsson	01	SH			1:06.71	579	
50m: 30.90 30.90	100m: 1:06.71	35.81					
4. Ingvar Orri Jóhannesson	04	RVK			1:07.27	564	
50m: 31.41 31.41	100m: 1:07.27	35.86					
5. Óskar Gauti Lund	99	Breiðablik			1:08.46	535	
50m: 32.25 32.25	100m: 1:08.46	36.21					
6. Snorri Dagur Einarsson	05	SH			1:09.00	523	
50m: 32.48 32.48	100m: 1:09.00	36.52					
7. Kári Snær Halldórsson	04	ÍRB			1:09.04	522	
50m: 32.61 32.61	100m: 1:09.04	36.43					
8. Birnir Freyr Hálfánarsson	06	SH			1:09.75	506	
50m: 32.54 32.54	100m: 1:09.75	37.21					

Íslandsmeistaramótið í 25m laug
Hafnarfjörður, 8. - 10.11.2019

Sundgrein 11 kvenna, 50m skriðsund Opinn
8.11.2019 - 17:34 Úrslitalistar Úrslitsund

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

Ím25 : 30.09 / NM 13 +: 25.80 / EM 16 +: 25.53

Stig: FINA 2019

Sæti	F.ár			Tími	Stig	
1.	Jóhanna Elín Guðmundsdóttir	01	SH	25.60	718	NM
2.	Steingerður Hauksdóttir	96	SH	26.49	648	
3.	Kristín Helga Hákonardóttir	04	Breiðablik	26.97	614	
4.	Stefanía Sigurpórsdóttir	01	Breiðablik	27.33	590	
5.	Barbara Debes	00	Ægir Klaksvík	27.42	584	
6.	Dagbjörg Hlíf Ólafsdóttir	05	SH	27.92	553	
7.	Faney Lind Jóhannsdóttir	02	Breiðablik	28.23	535	
ÓG.	Brynhildur Traustadóttir	01	ÍA			

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

Sundgrein 12 karla, 50m skriðsund Opinn
8.11.2019 - 17:35 Úrslitalistar Úrslitsund

ISL Opinn	22.29	Dadó Fenrir Jasminuson / Árni Már ÁSH/ÍRB	Hafnarfjörður	9.11.2018
ISL 15 - 17	23.29			
ISL 13 - 14	24.94			
ISL 11 - 12	27.42			

Ím25 : 27.57 / NM 14 +: 23.30 / EM 16 +: 22.47

Stig: FINA 2019

Sæti	F.ár			Tími	Stig	
1.	Dadó Fenrir Jasminuson	95	SH	22.45	734	EM
2.	Rókur Trygvason	00	Ægir Klaksvík	23.29	658	NM
3.	Kolbeinn Hrafnkelsson	94	SH	23.45	644	
4.	Hólmsteinn Skorri Hallgrímsson	00	RVK	24.02	600	
5.	Símon Elías Statkevicius	03	SH	24.44	569	
6.	Sindri Andreas Bjarnason	01	ÍA	25.00	532	
7.	Hafþór Jón Sigurðsson	97	SH	25.19	520	
8.	Fannar Snævar Hauksson	04	ÍRB	26.72	435	

Sundgrein 14 kvenna, 4 x 200m skriðsund Opinn
8.11.2019 - 17:46 Úrslitalistar

ISL	8:21.88	Sveit Ægis	Ægir	Reykjavík	19.11.2009
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Stig: FINA 2019

Sæti					Tími	Stig		
1.	Breiðablik 1	Breiðablik			8:33.63	685		
	Ragna Sigríður Ragnarsdóttir	01	+0,74	29.25	32.10	33.00	32.65	2:07.00
	Stefanía Sigurpórsdóttir	01	+0,50	29.14	32.46	33.65	33.52	2:08.77
	Kristín Helga Hákonardóttir	04	+0,34	28.19	32.13	32.54	32.11	2:04.97
	Freyja Birkisdóttir	06		30.02	34.35	34.96	33.56	2:12.89
2.	SH 1	SH			8:53.46	611		
	Katarína Róbertsdóttir	00	+0,62	29.88	33.87	35.79	34.30	2:13.84
	Adele Alexandra Pálsson	03	+0,45	30.34	34.02	35.02	35.00	2:14.38
	Sandra Dögg Kristjánsdóttir	03	+0,04	29.67	33.84	34.74	34.25	2:12.50
	Aþena Jónsdóttir	04	+0,19	29.19	33.00	35.11	35.44	2:12.74

Íslandsmeistaramótið í 25m laug
Hafnarfjörður, 8. - 10.11.2019

Sundgrein 14, kvenna, 4 x 200m skriðsund, Opinn

Sæti							Tími	Stig
3.	RVK 1	RVK					8:55.93	603
	Jóhanna Gerða Gústafsdóttir	90	+0,72	30.06	32.73	32.88	32.57	2:08.24
	Ingibjörg Erla Garðarsdóttir	00	+0,55	30.77	33.93	35.44	35.20	2:15.34
	Svava Björg Lárusdóttir	03	+0,42	30.07	35.19	37.60	36.61	2:19.47
	Halla Margrét Baldursdóttir	02	+0,38	29.57	33.63	34.90	34.78	2:12.88
4.	ÍRB 1	ÍRB					9:11.63	553
	Birna Hilmarsdóttir	02	+0,66	31.12	34.90	36.43	35.21	2:17.66
	Thelma Lind Einarsdóttir	05		31.21	35.17	36.32	35.35	2:18.05
	Katla María Brynjarsdóttir	07		33.30	36.84	37.16	36.64	2:23.94
	Eva Margrét Falsdóttir	05	+0,16	29.24	33.63	35.06	34.05	2:11.98
5.	ÍA 1	ÍA					9:12.43	550
	Brynhildur Traustadóttir	01	+0,71	29.35	32.35	33.77	33.28	2:08.75
	Ingibjörg Svava Magnúsdóttir	05	+0,37	31.21	35.51	36.29	35.17	2:18.18
	Guðbjörg Bjartey Guðmundsdóttir	05		31.55	35.51	36.60	37.02	2:20.68
	Ragnheiður Karen Ólafsdóttir	04	+0,45	31.37	36.73	38.78	37.94	2:24.82

Sundgrein 15
8.11.2019 - 17:56

karla, 4 x 200m skriðsund

Opinn
Úrslitalistar

ISL 7:33.98 Sveit ÍBR ÍBR Hafnarfjörður 14.11.2014

Stig: FINA 2019

Sæti							Tími	Stig
1.	RVK 1	RVK					7:38.49	698
	Hólmsteinn Skorri Hallgrímsson	00	+0,64	26.45	29.20	30.15	30.16	1:55.96
	Kristján Gylfi Þórisson	00	+0,12	25.96	29.61	30.68	29.98	1:56.23
	Bjartur Þórhallsson	00	0.00	26.18	29.43	30.38	31.08	1:57.07
	Kristinn Þórarinnsson	96	+0,32	24.72	27.33	28.32	28.86	1:49.23
2.	Breiðablik 1	Breiðablik					7:43.97	674
	Kristófer Atli Andersen	02	+0,66	26.25	29.66	30.82	30.64	1:57.37
	Brynjólfur Óli Karlsson	01	+0,22	25.58	28.81	29.58	29.63	1:53.60
	Huginn Hilmarsson	95	+0,19	26.14	29.80	32.20	32.80	2:00.94
	Patrik Viggó Vilbergsson	02	+0,39	25.85	28.02	29.33	28.86	1:52.06
3.	SH 1	SH					8:05.34	588
	Haþþór Jón Sigurðsson	97	+0,70	26.50	29.61	30.52	29.72	1:56.35
	Aron Þór Jónsson	02	+0,21	27.02	31.05	32.95	33.30	2:04.32
	Róbert Ísak Jónsson	01	+0,54	27.74	30.95	32.64	31.53	2:02.86
	Simon Elías Statkevicius	03	+0,24	26.81	30.80	32.26	31.94	2:01.81
4.	SH 2 - Drengjasveit MET	SH					8:23.37	527
	Birnir Freyr Hálfðánarsson	06	+0,68	27.10	29.94	32.13	33.19	2:02.36
	Veigar Hrafn Sigþórsson	05	+0,29	27.57	31.64	32.80	32.24	2:04.25
	Snorri Dagur Einarsson	05	+0,35	28.62	33.21	33.90	32.55	2:08.28
	Bergur Fáfínir Bjarnason	06	+0,31	28.81	33.49	33.90	32.28	2:08.48
5.	ÍRB 1	ÍRB					8:25.10	522
	Fannar Snævar Hauksson	04	+0,73	27.16	30.48	32.62	32.35	2:02.61
	Stefán Elías Davíðsson	03	+0,69	28.73	32.36	32.56	31.36	2:05.01
	Alexander Logi Jónsson	04	+0,31	29.35	32.76	32.84	32.93	2:07.88
	Gabriel Þór Sigurmundsson	03	+0,60	30.10	32.49	33.52	33.49	2:09.60
6.	Ægir 1	Ægir					8:26.00	519
	Skúli Thor Ásgeirsson	02	+0,75	27.96	31.48	32.17	32.05	2:03.66
	Sveinn Elí Helgason	04	+0,33	27.96	32.52	33.35	32.44	2:06.27
	Kári Steinn Kjartansson	03	+0,35	29.49	32.76	34.37	33.29	2:09.91
	Ólafur Breki Guðnason	03	+0,21	27.86	31.80	32.85	33.65	2:06.16
7.	ÍA 1	ÍA					8:27.58	514
	Snær Llorens Sigurðsson	02	+0,62	27.05	30.41	31.91	31.34	2:00.71
	Atli Víkar Ingimundarson	97	+0,45	27.59	31.18	32.31	32.40	2:03.48
	Sindri Andreas Bjarnason	01	+0,17	26.99	30.18	31.28	30.71	1:59.16
	Guðbjarni Sigþórsson	06	+0,71	32.27	38.20	37.36	36.40	2:24.23

Íslandsmeistaramótið í 25m laug
Hafnarfjörður, 8. - 10.11.2019

3 - 3. hluti - undanrásir laugardags

9.11.2019 - 9:30

Sundgrein 16	kvenna, 400m fjórsund								Opinn
9.11.2019 - 9:30									Úrslitalistar
ISL Opinn	4:43.56	Hrafnhildur Lúthersdóttir	SH	Hafnarfjörður	13.11.2015				
ISL 15 - 17	4:50.96								
ISL 13 - 14	4:53.67								
ISL 11 - 12	5:13.93								
Ím25 : 5:39.50 / NM 13 +: 5:05.73 / EM 16 +: 4:53.35									

Stig: FINA 2019

Sæti	F.ár				Timi	Stig	
1. Eva Margrét Falsdóttir	05	ÍRB			4:58.48	652	NM
50m: 33.87 33.87	150m: 1:50.91 38.94	250m: 3:08.77 39.52	350m: 4:24.61 35.40				
100m: 1:11.97 38.10	200m: 2:29.25 38.34	300m: 3:49.21 40.44	400m: 4:58.48 33.87				
2. Stefanía Sigurþórsdóttir	01	Breiðablik			5:01.95	630	NM
50m: 32.74 32.74	150m: 1:48.73 38.45	250m: 3:09.28 42.51	350m: 4:27.65 35.41				
100m: 1:10.28 37.54	200m: 2:26.77 38.04	300m: 3:52.24 42.96	400m: 5:01.95 34.30				
3. Ingunn Jónsdóttir	02	RVK			5:05.99	606	
50m: 32.69 32.69	150m: 1:50.09 39.68	250m: 3:11.50 43.05	350m: 4:30.77 36.33				
100m: 1:10.41 37.72	200m: 2:28.45 38.36	300m: 3:54.44 42.94	400m: 5:05.99 35.22				
4. Rebekka Trygvadóttir	04	Ægir Klaksvík			5:07.77	595	
50m: 33.54 33.54	150m: 1:52.26 40.50	250m: 3:15.01 43.20	350m: 4:34.37 35.78				
100m: 1:11.76 38.22	200m: 2:31.81 39.55	300m: 3:58.59 43.58	400m: 5:07.77 33.40				
5. Gunnhildur Björg Baldursdóttir	00	ÍRB			5:08.24	592	
50m: 31.00 31.00	150m: 1:47.16 40.46	250m: 3:11.65 43.99	350m: 4:33.45 35.99				
100m: 1:06.70 35.70	200m: 2:27.66 40.50	300m: 3:57.46 45.81	400m: 5:08.24 34.79				
6. Adele Alexandra Pálsson	03	SH			5:17.54	542	
50m: 33.85 33.85	150m: 1:53.56 39.60	250m: 3:18.50 46.20	350m: 4:42.09 36.36				
100m: 1:13.96 40.11	200m: 2:32.30 38.74	300m: 4:05.73 47.23	400m: 5:17.54 35.45				
7. Sandra Dögg Kristjánsdóttir	03	SH			5:21.71	521	
50m: 33.89 33.89	150m: 1:54.62 40.70	250m: 3:21.23 46.07	350m: 4:45.63 37.23				
100m: 1:13.92 40.03	200m: 2:35.16 40.54	300m: 4:08.40 47.17	400m: 5:21.71 36.08				
8. Jóhanna Brynja Rúnarsdóttir	06	SH			5:25.25	504	
50m: 33.17 33.17	150m: 1:53.10 40.45	250m: 3:21.27 48.09	350m: 4:47.90 37.53				
100m: 1:12.65 39.48	200m: 2:33.18 40.08	300m: 4:10.37 49.10	400m: 5:25.25 37.35				
9. Kristína Í Skála	05	Havnar			5:25.88	501	
50m: 34.73 34.73	150m: 1:53.70 38.96	250m: 3:20.58 47.29	350m: 4:47.76 38.93				
100m: 1:14.74 40.01	200m: 2:33.29 39.59	300m: 4:08.83 48.25	400m: 5:25.88 38.12				
10. Sólveig María Baldursdóttir	04	ÍRB			5:26.46	499	
50m: 34.14 34.14	150m: 1:56.39 42.69	250m: 3:25.36 46.39	350m: 4:50.58 38.59				
100m: 1:13.70 39.56	200m: 2:38.97 42.58	300m: 4:11.99 46.63	400m: 5:26.46 35.88				
11. Svava Björg Lárusdóttir	03	RVK			5:31.25	477	
50m: 32.67 32.67	150m: 1:56.42 44.04	250m: 3:27.37 47.85	350m: 4:52.74 37.91				
100m: 1:12.38 39.71	200m: 2:39.52 43.10	300m: 4:14.83 47.46	400m: 5:31.25 38.51				
12. Kristín Ylfa Guðmundsdóttir	02	SH			5:38.12	449	
50m: 33.62 33.62	150m: 1:57.89 46.06	250m: 3:29.96 46.59	350m: 4:58.91 40.75				
100m: 1:11.83 38.21	200m: 2:43.37 45.48	300m: 4:18.16 48.20	400m: 5:38.12 39.21				
13. Vigdís Tinna Hákonardóttir	06	Breiðablik			5:45.10	422	IM
50m: 36.05 36.05	150m: 2:07.25 47.47	250m: 3:41.12 46.87	350m: 5:08.07 39.55				
100m: 1:19.78 43.73	200m: 2:54.25 47.00	300m: 4:28.52 47.40	400m: 5:45.10 37.03				
14. Diljá Dröfn Jóhannesdóttir	03	SH			5:49.64	406	IM
50m: 37.15 37.15	150m: 2:07.23 46.87	250m: 3:44.45 51.00	350m: 5:11.44 35.80				
100m: 1:20.36 43.21	200m: 2:53.45 46.22	300m: 4:35.64 51.19	400m: 5:49.64 38.20				

Íslandsmeistaramótið í 25m laug
Hafnarfjörður, 8. - 10.11.2019

Sundgrein 17
9.11.2019 - 9:37

karla, 1500m skriðsund

Opinn
Úrslitalistar

ISL Opinn	15:00.51	Anton Sveinn McKee	Ægir	Istanbul (TUR)	16.12.2012
ISL 15 - 17	15:37.02				
ISL 13 - 14	16:15.94				
ISL 11 - 12	17:46.07				

Ím25 : 18:57.47 / NM 14 +: 16:22.19 / EM 16 +: 15:25.43

Stig: FINA 2019

Sæti			F.ár			Tími	Stig	
1.	Patrik Viggó Vilbergsson		02	Breiðablik		15:39.50	735	NM
	50m: 27.38	27.38	450m: 4:35.69	31.39	850m: 8:48.51	31.56	1250m: 13:02.09	31.81
	100m: 57.46	30.08	500m: 5:07.09	31.40	900m: 9:20.01	31.50	1300m: 13:33.69	31.60
	150m: 1:28.36	30.90	550m: 5:38.71	31.62	950m: 9:51.87	31.86	1350m: 14:05.52	31.83
	200m: 1:59.33	30.97	600m: 6:10.57	31.86	1000m: 10:23.49	31.62	1400m: 14:37.45	31.93
	250m: 2:30.41	31.08	650m: 6:42.03	31.46	1050m: 10:55.03	31.54	1450m: 15:09.14	31.69
	300m: 3:01.58	31.17	700m: 7:13.59	31.56	1100m: 11:26.89	31.86	1500m: 15:39.50	30.36
	350m: 3:32.91	31.33	750m: 7:45.35	31.76	1150m: 11:58.74	31.85		
	400m: 4:04.30	31.39	800m: 8:16.95	31.60	1200m: 12:30.28	31.54		
2.	Kristófer Atli Andersen		02	Breiðablik		16:27.78	632	
	50m: 28.33	28.33	450m: 4:48.32	33.09	850m: 9:15.74	33.51	1250m: 13:42.88	33.98
	100m: 59.43	31.10	500m: 5:21.57	33.25	900m: 9:48.81	33.07	1300m: 14:16.44	33.56
	150m: 1:32.10	32.67	550m: 5:55.08	33.51	950m: 10:21.72	32.91	1350m: 14:50.16	33.72
	200m: 2:04.16	32.06	600m: 6:28.61	33.53	1000m: 10:54.72	33.00	1400m: 15:23.64	33.48
	250m: 2:36.64	32.48	650m: 7:02.09	33.48	1050m: 11:28.11	33.39	1450m: 15:56.85	33.21
	300m: 3:09.17	32.53	700m: 7:35.22	33.13	1100m: 12:01.37	33.26	1500m: 16:27.78	30.93
	350m: 3:42.10	32.93	750m: 8:08.79	33.57	1150m: 12:35.07	33.70		
	400m: 4:15.23	33.13	800m: 8:42.23	33.44	1200m: 13:08.90	33.83		
3.	Róbert Andri Pálmason		02	Breiðablik		16:34.88	619	
	50m: 28.67	28.67	450m: 4:51.94	33.17	850m: 9:23.79	34.61	1250m: 13:53.76	33.26
	100m: 1:00.93	32.26	500m: 5:25.50	33.56	900m: 9:57.47	33.68	1300m: 14:26.79	33.03
	150m: 1:33.73	32.80	550m: 5:59.08	33.58	950m: 10:31.32	33.85	1350m: 15:00.14	33.35
	200m: 2:06.82	33.09	600m: 6:32.98	33.90	1000m: 11:04.98	33.66	1400m: 15:32.92	32.78
	250m: 2:39.38	32.56	650m: 7:06.96	33.98	1050m: 11:39.12	34.14	1450m: 16:05.30	32.38
	300m: 3:12.33	32.95	700m: 7:40.84	33.88	1100m: 12:12.86	33.74	1500m: 16:34.88	29.58
	350m: 3:45.29	32.96	750m: 8:14.87	34.03	1150m: 12:46.65	33.79		
	400m: 4:18.77	33.48	800m: 8:49.18	34.31	1200m: 13:20.50	33.85		
4.	Huginn Hilmarsson		95	Breiðablik		16:35.11	618	
	50m: 29.22	29.22	450m: 4:58.30	34.01	850m: 9:27.23	32.77	1250m: 13:55.81	33.18
	100m: 1:01.46	32.24	500m: 5:33.19	34.89	900m: 10:00.35	33.12	1300m: 14:28.76	32.95
	150m: 1:34.51	33.05	550m: 6:07.04	33.85	950m: 10:34.18	33.83	1350m: 15:01.63	32.87
	200m: 2:07.63	33.12	600m: 6:41.11	34.07	1000m: 11:08.00	33.82	1400m: 15:34.11	32.48
	250m: 2:40.97	33.34	650m: 7:14.88	33.77	1050m: 11:41.68	33.68	1450m: 16:06.21	32.10
	300m: 3:15.32	34.35	700m: 7:48.63	33.75	1100m: 12:15.35	33.67	1500m: 16:35.11	28.90
	350m: 3:49.90	34.58	750m: 8:21.96	33.33	1150m: 12:49.20	33.85		
	400m: 4:24.29	34.39	800m: 8:54.46	32.50	1200m: 13:22.63	33.43		
5.	Sigurður Örn Ragnarsson		91	SH		16:42.55	605	
	50m: 29.66	29.66	450m: 4:56.45	33.47	850m: 9:25.71	33.80	1250m: 13:56.37	33.77
	100m: 1:02.28	32.62	500m: 5:30.02	33.57	900m: 9:59.69	33.98	1300m: 14:29.61	33.24
	150m: 1:35.76	33.48	550m: 6:03.57	33.55	950m: 10:33.68	33.99	1350m: 15:02.96	33.35
	200m: 2:09.06	33.30	600m: 6:37.38	33.81	1000m: 11:07.36	33.68	1400m: 15:36.38	33.42
	250m: 2:42.62	33.56	650m: 7:11.04	33.66	1050m: 11:41.21	33.85	1450m: 16:09.90	33.52
	300m: 3:16.03	33.41	700m: 7:44.76	33.72	1100m: 12:15.03	33.82	1500m: 16:42.55	32.65
	350m: 3:49.66	33.63	750m: 8:18.47	33.71	1150m: 12:48.78	33.75		
	400m: 4:22.98	33.32	800m: 8:51.91	33.44	1200m: 13:22.60	33.82		
6.	Veigar Hrafn Sigþórsson		05	SH		16:46.13	598	
	50m: 29.07	29.07	450m: 4:58.12	33.72	850m: 9:29.11	33.68	1250m: 13:59.93	34.06
	100m: 1:01.83	32.76	500m: 5:32.31	34.19	900m: 10:03.14	34.03	1300m: 14:33.58	33.65
	150m: 1:35.45	33.62	550m: 6:06.30	33.99	950m: 10:37.09	33.95	1350m: 15:07.53	33.95
	200m: 2:09.25	33.80	600m: 6:40.41	34.11	1000m: 11:10.68	33.59	1400m: 15:40.75	33.22
	250m: 2:42.80	33.55	650m: 7:14.02	33.61	1050m: 11:44.49	33.81	1450m: 16:13.80	33.05
	300m: 3:16.73	33.93	700m: 7:47.63	33.61	1100m: 12:18.19	33.70	1500m: 16:46.13	32.33
	350m: 3:50.46	33.73	750m: 8:21.40	33.77	1150m: 12:52.15	33.96		
	400m: 4:24.40	33.94	800m: 8:55.43	34.03	1200m: 13:25.87	33.72		

Íslandsmeistaramótið í 25m laug
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Sundgrein 17, karla, 1500m skriðsund, Opinn

Sæti				F.ár				Tími	Stig			
7.	Snær Llorens Sigurðsson			02	ÍA			16:55.35	582			
	50m:	29.61	29.61	450m:	4:56.40	33.84	850m:	9:27.26	33.90	1250m:	14:05.42	34.99
	100m:	1:01.96	32.35	500m:	5:29.90	33.50	900m:	10:01.01	33.75	1300m:	14:40.92	35.50
	150m:	1:35.08	33.12	550m:	6:02.98	33.08	950m:	10:35.69	34.68	1350m:	15:15.11	34.19
	200m:	2:08.54	33.46	600m:	6:36.81	33.83	1000m:	11:10.51	34.82	1400m:	15:49.00	33.89
	250m:	2:41.81	33.27	650m:	7:10.99	34.18	1050m:	11:45.31	34.80	1450m:	16:23.15	34.15
	300m:	3:15.53	33.72	700m:	7:45.25	34.26	1100m:	12:20.68	35.37	1500m:	16:55.35	32.20
	350m:	3:49.49	33.96	750m:	8:19.31	34.06	1150m:	12:55.32	34.64			
	400m:	4:22.56	33.07	800m:	8:53.36	34.05	1200m:	13:30.43	35.11			
8.	Gústav Ragnar Kristjánsson			02	Breiðablik			17:03.73	568			
	50m:	29.22	29.22	450m:	4:56.94	33.76	850m:	9:32.73	34.75	1250m:	14:10.87	34.93
	100m:	1:01.89	32.67	500m:	5:30.89	33.95	900m:	10:07.07	34.34	1300m:	14:45.80	34.93
	150m:	1:35.13	33.24	550m:	6:05.05	34.16	950m:	10:42.01	34.94	1350m:	15:21.08	35.28
	200m:	2:08.59	33.46	600m:	6:39.60	34.55	1000m:	11:16.71	34.70	1400m:	15:56.04	34.96
	250m:	2:41.98	33.39	650m:	7:14.47	34.87	1050m:	11:51.82	35.11	1450m:	16:30.11	34.07
	300m:	3:15.64	33.66	700m:	7:48.82	34.35	1100m:	12:26.38	34.56	1500m:	17:03.73	33.62
	350m:	3:49.73	34.09	750m:	8:23.16	34.34	1150m:	13:01.05	34.67			
	400m:	4:23.18	33.45	800m:	8:57.98	34.82	1200m:	13:35.94	34.89			
9.	Skúli Thor Ásgeirsson			02	Ægir			17:13.67	552			
	50m:	29.28	29.28	450m:	5:04.73	34.26	850m:	9:43.95	35.00	1250m:	14:21.81	34.96
	100m:	1:02.83	33.55	500m:	5:39.42	34.69	900m:	10:18.51	34.56	1300m:	14:56.67	34.86
	150m:	1:37.58	34.75	550m:	6:14.29	34.87	950m:	10:53.25	34.74	1350m:	15:31.36	34.69
	200m:	2:12.54	34.96	600m:	6:49.26	34.97	1000m:	11:27.90	34.65	1400m:	16:06.20	34.84
	250m:	2:47.25	34.71	650m:	7:23.87	34.61	1050m:	12:02.26	34.36	1450m:	16:40.75	34.55
	300m:	3:21.57	34.32	700m:	7:58.98	35.11	1100m:	12:37.11	34.85	1500m:	17:13.67	32.92
	350m:	3:55.88	34.31	750m:	8:34.17	35.19	1150m:	13:11.91	34.80			
	400m:	4:30.47	34.59	800m:	9:08.95	34.78	1200m:	13:46.85	34.94			
10.	Baldur Logi Gautason			00	RVK			17:32.11	523			
	50m:	29.38	29.38	450m:	5:08.54	35.49	850m:	9:52.16	35.28	1250m:	14:36.80	36.26
	100m:	1:02.62	33.24	500m:	5:44.11	35.57	900m:	10:27.45	35.29	1300m:	15:12.40	35.60
	150m:	1:37.07	34.45	550m:	6:19.62	35.51	950m:	11:02.88	35.43	1350m:	15:47.87	35.47
	200m:	2:11.86	34.79	600m:	6:54.95	35.33	1000m:	11:38.45	35.57	1400m:	16:23.44	35.57
	250m:	2:47.09	35.23	650m:	7:30.35	35.40	1050m:	12:13.56	35.11	1450m:	16:58.90	35.46
	300m:	3:22.15	35.06	700m:	8:05.70	35.35	1100m:	12:49.78	36.22	1500m:	17:32.11	33.21
	350m:	3:57.49	35.34	750m:	8:41.12	35.42	1150m:	13:25.23	35.45			
	400m:	4:33.05	35.56	800m:	9:16.88	35.76	1200m:	14:00.54	35.31			
11.	Jónas Atli Pálsson			03	SH			17:50.23	497			
	50m:	30.25	30.25	450m:	5:11.41	36.05	850m:	9:59.91	36.39	1250m:	14:50.88	35.72
	100m:	1:04.12	33.87	500m:	5:47.26	35.85	900m:	10:36.23	36.32	1300m:	15:27.07	36.19
	150m:	1:38.69	34.57	550m:	6:23.25	35.99	950m:	11:12.59	36.36	1350m:	16:02.60	35.53
	200m:	2:13.68	34.99	600m:	6:59.02	35.77	1000m:	11:49.21	36.62	1400m:	16:39.00	36.40
	250m:	2:48.78	35.10	650m:	7:35.10	36.08	1050m:	12:25.82	36.61	1450m:	17:15.25	36.25
	300m:	3:24.12	35.34	700m:	8:11.15	36.05	1100m:	13:02.11	36.29	1500m:	17:50.23	34.98
	350m:	3:59.60	35.48	750m:	8:47.37	36.22	1150m:	13:38.59	36.48			
	400m:	4:35.36	35.76	800m:	9:23.52	36.15	1200m:	14:15.16	36.57			
12.	Gabriel Þór Sigurmundsson			03	ÍRB			17:54.05	492			
	50m:	31.42	31.42	450m:	5:17.94	36.26	850m:	10:07.12	36.21	1250m:	14:56.83	36.58
	100m:	1:05.94	34.52	500m:	5:54.36	36.42	900m:	10:43.00	35.88	1300m:	15:32.73	35.90
	150m:	1:41.44	35.50	550m:	6:30.32	35.96	950m:	11:19.16	36.16	1350m:	16:08.11	35.38
	200m:	2:17.12	35.68	600m:	7:06.97	36.65	1000m:	11:55.49	36.33	1400m:	16:43.95	35.84
	250m:	2:53.31	36.19	650m:	7:42.41	35.44	1050m:	12:32.01	36.52	1450m:	17:19.86	35.91
	300m:	3:29.51	36.20	700m:	8:18.25	35.84	1100m:	13:08.16	36.15	1500m:	17:54.05	34.19
	350m:	4:05.76	36.25	750m:	8:55.27	37.02	1150m:	13:44.23	36.07			
	400m:	4:41.68	35.92	800m:	9:30.91	35.64	1200m:	14:20.25	36.02			
13.	Þorsteinn Karl Arnarsson			04	Stjarnan			17:57.04	488			
	50m:	31.09	31.09	450m:	5:16.99	36.79	850m:	10:06.70	35.61	1250m:	14:55.88	36.26
	100m:	1:05.70	34.61	500m:	5:53.45	36.46	900m:	10:42.72	36.02	1300m:	15:33.08	37.20
	150m:	1:41.20	35.50	550m:	6:29.96	36.51	950m:	11:19.37	36.65	1350m:	16:09.28	36.20
	200m:	2:16.84	35.64	600m:	7:05.71	35.75	1000m:	11:55.22	35.85	1400m:	16:45.55	36.27
	250m:	2:52.81	35.97	650m:	7:42.18	36.47	1050m:	12:31.52	36.30	1450m:	17:21.96	36.41
	300m:	3:28.46	35.65	700m:	8:17.67	35.49	1100m:	13:07.90	36.38	1500m:	17:57.04	35.08
	350m:	4:04.30	35.84	750m:	8:54.40	36.73	1150m:	13:43.93	36.03			
	400m:	4:40.20	35.90	800m:	9:31.09	36.69	1200m:	14:19.62	35.69			

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Sæti				F.ár				Tími	Stig			
14.	Guðmundur Halldórsson			04	Breiðablik			18:04.31	478			
	50m:	31.64	31.64	450m:	5:20.79	36.36	850m:	10:11.95	36.66	1250m:	15:05.19	36.61
	100m:	1:06.64	35.00	500m:	5:57.36	36.57	900m:	10:48.65	36.70	1300m:	15:41.51	36.32
	150m:	1:42.42	35.78	550m:	6:33.69	36.33	950m:	11:25.34	36.69	1350m:	16:18.05	36.54
	200m:	2:18.68	36.26	600m:	7:10.27	36.58	1000m:	12:02.18	36.84	1400m:	16:54.42	36.37
	250m:	2:55.01	36.33	650m:	7:46.64	36.37	1050m:	12:38.86	36.68	1450m:	17:30.06	35.64
	300m:	3:31.58	36.57	700m:	8:22.36	35.72	1100m:	13:15.46	36.60	1500m:	18:04.31	34.25
	350m:	4:07.83	36.25	750m:	8:59.00	36.64	1150m:	13:51.99	36.53			
	400m:	4:44.43	36.60	800m:	9:35.29	36.29	1200m:	14:28.58	36.59			
15.	Logi Freyr Arnarsson			03	RVK			18:09.71	471			
	50m:	30.53	30.53	450m:	5:17.71	36.48	850m:	10:11.87	37.28	1250m:	15:07.70	36.65
	100m:	1:05.17	34.64	500m:	5:54.44	36.73	900m:	10:48.90	37.03	1300m:	15:44.60	36.90
	150m:	1:40.55	35.38	550m:	6:30.94	36.50	950m:	11:26.32	37.42	1350m:	16:21.74	37.14
	200m:	2:16.29	35.74	600m:	7:07.86	36.92	1000m:	12:04.10	37.78	1400m:	16:58.26	36.52
	250m:	2:52.01	35.72	650m:	7:44.55	36.69	1050m:	12:41.01	36.91	1450m:	17:34.92	36.66
	300m:	3:28.21	36.20	700m:	8:21.32	36.77	1100m:	13:17.66	36.65	1500m:	18:09.71	34.79
	350m:	4:04.44	36.23	750m:	8:58.02	36.70	1150m:	13:54.52	36.86			
	400m:	4:41.23	36.79	800m:	9:34.59	36.57	1200m:	14:31.05	36.53			
16.	Jón Ingi Halldórsson			04	Breiðablik			18:25.15	451			
	50m:	32.35	32.35	450m:	5:24.94	36.83	850m:	10:21.35	37.12	1250m:	15:21.22	37.57
	100m:	1:08.29	35.94	500m:	6:01.97	37.03	900m:	10:58.26	36.91	1300m:	15:58.50	37.28
	150m:	1:44.64	36.35	550m:	6:38.97	37.00	950m:	11:35.52	37.26	1350m:	16:35.61	37.11
	200m:	2:21.09	36.45	600m:	7:16.01	37.04	1000m:	12:12.92	37.40	1400m:	17:12.59	36.98
	250m:	2:58.01	36.92	650m:	7:52.98	36.97	1050m:	12:50.64	37.72	1450m:	17:49.38	36.79
	300m:	3:34.58	36.57	700m:	8:30.38	37.40	1100m:	13:27.80	37.16	1500m:	18:25.15	35.77
	350m:	4:11.41	36.83	750m:	9:07.13	36.75	1150m:	14:05.69	37.89			
	400m:	4:48.11	36.70	800m:	9:44.23	37.10	1200m:	14:43.65	37.96			
17.	Stefán Ingi Ólafsson			06	Ægir			18:42.40	431			
	50m:	32.81	32.81	450m:	5:31.73	37.99	850m:	10:35.28	38.33	1250m:	15:38.65	37.50
	100m:	1:09.30	36.49	500m:	6:09.42	37.69	900m:	11:13.29	38.01	1300m:	16:15.95	37.30
	150m:	1:46.11	36.81	550m:	6:47.41	37.99	950m:	11:51.47	38.18	1350m:	16:53.20	37.25
	200m:	2:23.17	37.06	600m:	7:25.26	37.85	1000m:	12:29.32	37.85	1400m:	17:30.34	37.14
	250m:	3:00.54	37.37	650m:	8:03.18	37.92	1050m:	13:07.43	38.11	1450m:	18:07.30	36.96
	300m:	3:37.98	37.44	700m:	8:40.88	37.70	1100m:	13:45.17	37.74	1500m:	18:42.40	35.10
	350m:	4:15.80	37.82	750m:	9:18.90	38.02	1150m:	14:23.15	37.98			
	400m:	4:53.74	37.94	800m:	9:56.95	38.05	1200m:	15:01.15	38.00			
18.	Örn Kató Arnarsson			05	Óðinn			18:44.91	428			
	50m:	32.26	32.26	450m:	5:30.03	37.77	850m:	10:33.80	37.95	1250m:	15:36.00	38.38
	100m:	1:07.64	35.38	500m:	6:07.54	37.51	900m:	11:11.58	37.78	1300m:	16:14.45	38.45
	150m:	1:44.17	36.53	550m:	6:45.47	37.93	950m:	11:49.11	37.53	1350m:	16:53.03	38.58
	200m:	2:21.56	37.39	600m:	7:23.48	38.01	1000m:	12:27.30	38.19	1400m:	17:31.08	38.05
	250m:	2:58.80	37.24	650m:	8:01.26	37.78	1050m:	13:05.79	38.49	1450m:	18:09.31	38.23
	300m:	3:36.48	37.68	700m:	8:39.51	38.25	1100m:	13:43.23	37.44	1500m:	18:44.91	35.60
	350m:	4:14.12	37.64	750m:	9:17.42	37.91	1150m:	14:20.53	37.30			
	400m:	4:52.26	38.14	800m:	9:55.85	38.43	1200m:	14:57.62	37.09			
19.	Bjarki B Isaksen			06	Breiðablik			18:53.56	418			
	50m:	31.90	31.90	450m:	5:34.76	38.11	850m:	10:40.92	38.55	1250m:	15:46.65	38.18
	100m:	1:08.59	36.69	500m:	6:12.74	37.98	900m:	11:20.02	39.10	1300m:	16:24.46	37.81
	150m:	1:46.17	37.58	550m:	6:50.58	37.84	950m:	11:58.25	38.23	1350m:	17:02.68	38.22
	200m:	2:23.86	37.69	600m:	7:28.55	37.97	1000m:	12:36.71	38.46	1400m:	17:41.32	38.64
	250m:	3:02.30	38.44	650m:	8:06.99	38.44	1050m:	13:14.24	37.53	1450m:	18:18.28	36.96
	300m:	3:40.65	38.35	700m:	8:45.53	38.54	1100m:	13:52.42	38.18	1500m:	18:53.56	35.28
	350m:	4:18.63	37.98	750m:	9:23.93	38.40	1150m:	14:30.48	38.06			
	400m:	4:56.65	38.02	800m:	10:02.37	38.44	1200m:	15:08.47	37.99			

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Sundgrein 18

karla, 50m baksund

Opinn

9.11.2019 - 10:16

Úrslitalistar Undanrásir

ISL Opinn	24.05	Örn Arnarson	SH	Debrecen (HUN)	14.12.2007
ISL 15 - 17	25.42				
ISL 13 - 14	27.21				
ISL 11 - 12	29.73				
Ím25 : 31.66 / NM 14 +: 25.50 / EM 16 +: 24.82					

Stig: FINA 2019

Sæti	F.ár	Tími	Stig	
1. Kristinn Þórarinsson	96 RVK	24.32	762	Q EM
2. Kolbeinn Hrafnkelsson	94 SH	25.11	692	Q NM
3. Brynjólfur Óli Karlsson	01 Breiðablik	26.17	612	Q
4. Fannar Snævar Hauksson	04 ÍRB	27.46	529	Q
5. Tómas Magnússon	02 RVK	27.73	514	Q
6. Sindri Andreas Bjarnason	01 ÍA	29.15	442	Q
7. Atli Víkar Ingimundarson	97 ÍA	29.34	434	Q
8. Gabriel Ari Tryggvarson	03 ÍRB	29.48	428	Q
9. Sveinn Elí Helgason	04 Ægir	29.75	416	R
10. Símon Elías Statkevicius	03 SH	29.81	414	R
11. Júlíus Karl Maier	02 SH	29.84	412	
12. Edward Jensson	04 SH	30.26	395	
13. S11 Már Gunnarsson	99 ÍRB	33.17	300	IM
14. S14 Ragnar Magnússon	92 Fjörður	37.36	210	IM
MÆekki Kári Sölvi Nielsen	00 SH			

Sundgrein 19

kvenna, 200m skriðsund

Opinn

9.11.2019 - 10:19

Úrslitalistar Undanrásir

ISL Opinn	1:58.42	Snæfríður Sól Jórunnardóttir	AGF	Esbjerg (DEN)	8.11.2019
ISL 15 - 17	1:59.57				
ISL 13 - 14	2:03.78				
ISL 11 - 12	2:14.57				
Ím25 : 2:24.44 / NM 13 +: 2:08.80 / EM 16 +: 2:02.18					

Stig: FINA 2019

Sæti	F.ár	Tími	Stig	
1. Kristín Helga Hákonardóttir	04 Breiðablik	2:05.38	683	Q NM
50m: 28.91 28.91 100m: 1:00.48 31.57 150m: 1:33.14 32.66 200m: 2:05.38 32.24				
2. Vár E. Eidesgaard	01 Havnar	2:05.52	680	Q NM
50m: 29.24 29.24 100m: 1:01.43 32.19 150m: 1:33.75 32.32 200m: 2:05.52 31.77				
3. Brynhildur Traustadóttir	01 ÍA	2:07.07	656	Q NM
50m: 29.76 29.76 100m: 1:01.94 32.18 150m: 1:34.59 32.65 200m: 2:07.07 32.48				
4. Ragna Sigríður Ragnarsdóttir	01 Breiðablik	2:08.44	635	Q NM
50m: 29.70 29.70 100m: 1:02.29 32.59 150m: 1:35.53 33.24 200m: 2:08.44 32.91				
5. Barbara Debes	00 Ægir Klaksvík	2:11.27	595	Q
50m: 30.11 30.11 100m: 1:03.49 33.38 150m: 1:37.42 33.93 200m: 2:11.27 33.85				
6. Adele Alexandra Pálsson	03 SH	2:13.55	565	Q
50m: 30.06 30.06 100m: 1:03.42 33.36 150m: 1:38.47 35.05 200m: 2:13.55 35.08				
7. Rebekka Sif Ómarsdóttir	03 Óðinn	2:14.19	557	Q
50m: 30.94 30.94 100m: 1:04.70 33.76 150m: 1:39.55 34.85 200m: 2:14.19 34.64				
8. Halla Margrét Baldursdóttir	02 RVK	2:14.86	549	Q
50m: 30.81 30.81 100m: 1:04.92 34.11 150m: 1:40.02 35.10 200m: 2:14.86 34.84				
9. Elisabeth Erlendsdóttir	05 Havnar	2:15.19	545	R
50m: 30.88 30.88 100m: 1:05.93 35.05 150m: 1:40.75 34.82 200m: 2:15.19 34.44				
10. Aþena Jónsdóttir	04 SH	2:15.53	540	R
50m: 30.53 30.53 100m: 1:04.84 34.31 150m: 1:40.39 35.55 200m: 2:15.53 35.14				

Íslandsmeistaramótið í 25m laug
Hafnarfjörður, 8. - 10.11.2019

Sundgrein 19, kvenna, 200m skriðsund, Undanrásir, Opinn

Sæti				F.ár				Tími	Stig
11.	Ingibjörg Erla Garðarsdóttir	00	RVK				2:15.60	540	
	50m: 31.18 31.18	100m: 1:05.66	34.48	150m: 1:41.14	35.48	200m: 2:15.60	34.46		
12.	Ólöf Kristín Isaksen	05	Óðinn				2:16.09	534	
	50m: 30.38 30.38	100m: 1:04.88	34.50	150m: 1:40.94	36.06	200m: 2:16.09	35.15		
	Helena Rún Gylfadóttir	03	RVK				2:16.09	534	
	50m: 30.83 30.83	100m: 1:04.78	33.95	150m: 1:39.99	35.21	200m: 2:16.09	36.10		
14.	Dagbjörg Hlíf Ólafsdóttir	05	SH				2:16.42	530	
	50m: 31.10 31.10	100m: 1:06.43	35.33	150m: 1:42.26	35.83	200m: 2:16.42	34.16		
15.	Faney Lind Jóhannsdóttir	02	Breiðablik				2:16.48	529	
	50m: 30.93 30.93	100m: 1:05.36	34.43	150m: 1:40.93	35.57	200m: 2:16.48	35.55		
16.	Bríet Dalla Gunnarsdóttir	04	SH				2:17.27	520	
	50m: 30.89 30.89	100m: 1:06.16	35.27	150m: 1:42.42	36.26	200m: 2:17.27	34.85		
17.	Kristina Í Skála	05	Havnar				2:17.80	514	
	50m: 31.26 31.26	100m: 1:06.43	35.17	150m: 1:41.58	35.15	200m: 2:17.80	36.22		
18.	Birgitta Ingólfssdóttir	05	SH				2:18.07	511	
	50m: 31.69 31.69	100m: 1:07.30	35.61	150m: 1:42.99	35.69	200m: 2:18.07	35.08		
19.	Aþena Arnarsdóttir	03	Óðinn				2:18.16	510	
	50m: 31.64 31.64	100m: 1:06.58	34.94	150m: 1:42.58	36.00	200m: 2:18.16	35.58		
20.	Ingibjörg Svava Magnúsdóttir	05	ÍA				2:19.06	500	
	50m: 31.72 31.72	100m: 1:07.64	35.92	150m: 1:43.79	36.15	200m: 2:19.06	35.27		
21.	Regína Lilja Gunnlaugsdóttir	02	Breiðablik				2:20.97	480	
	50m: 31.94 31.94	100m: 1:07.11	35.17	150m: 1:43.93	36.82	200m: 2:20.97	37.04		
22.	Thelma Lind Einarsdóttir	05	ÍRB				2:21.05	479	
	50m: 31.57 31.57	100m: 1:07.38	35.81	150m: 1:44.38	37.00	200m: 2:21.05	36.67		
23.	Elísabet Jóhannesdóttir	06	ÍRB				2:21.14	478	
	50m: 32.31 32.31	100m: 1:08.08	35.77	150m: 1:44.97	36.89	200m: 2:21.14	36.17		
24.	Svava Björg Lárusdóttir	03	RVK				2:21.36	476	
	50m: 31.36 31.36	100m: 1:07.24	35.88	150m: 1:44.32	37.08	200m: 2:21.36	37.04		
25.	Embla Karen Sævarsdóttir	04	Óðinn				2:21.44	475	
	50m: 31.30 31.30	100m: 1:06.66	35.36	150m: 1:43.73	37.07	200m: 2:21.44	37.71		
26.	Hildur Valsdóttir	04	SH				2:21.86	471	
	50m: 32.29 32.29	100m: 1:08.34	36.05	150m: 1:45.49	37.15	200m: 2:21.86	36.37		
27.	Ásta Kamilla Sigurðardóttir	04	ÍRB				2:22.45	465	
	50m: 31.65 31.65	100m: 1:07.02	35.37	150m: 1:44.65	37.63	200m: 2:22.45	37.80		
28.	Masa Dedeic	05	SH				2:22.69	463	
	50m: 33.44 33.44	100m: 1:09.32	35.88	150m: 1:46.34	37.02	200m: 2:22.69	36.35		
29.	Helga Sigurlaug Helgadóttir	07	SH				2:22.89	461	
	50m: 32.05 32.05	100m: 1:08.92	36.87	150m: 1:46.93	38.01	200m: 2:22.89	35.96		
30.	Ylfa Ásgerður Eyjólfssdóttir	06	RVK				2:23.93	451	
	50m: 33.25 33.25	100m: 1:10.85	37.60	150m: 1:48.27	37.42	200m: 2:23.93	35.66		
31.	Arna Maren Jóhannesdóttir	05	RVK				2:24.01	450	
	50m: 33.41 33.41	100m: 1:10.53	37.12	150m: 1:48.16	37.63	200m: 2:24.01	35.85		
32.	Katla María Brynjarsdóttir	07	ÍRB				2:24.63	445 IM	
	50m: 32.74 32.74	100m: 1:09.10	36.36	150m: 1:47.07	37.97	200m: 2:24.63	37.56		
33.	Arianna Steinarsdóttir	03	RVK				2:24.70	444 IM	
	50m: 32.48 32.48	100m: 1:08.92	36.44	150m: 1:47.20	38.28	200m: 2:24.70	37.50		
34.	Sara Ægisdóttir	03	UMFS				2:26.00	432 IM	
	50m: 32.16 32.16	100m: 1:08.26	36.10	150m: 1:47.58	39.32	200m: 2:26.00	38.42		

Íslandsmeistaramótið í 25m laug
Hafnarfjörður, 8. - 10.11.2019

Sundgrein 19, kvenna, 200m skriðsund, Undanrásir, Opinn

Sæti			F.ár							Tími	Stig	
35.	Nadja Djurovic		07		Breiðablik					2:27.89	416	IM
	50m:	33.87	33.87	150m:	1:50.80	1:16.93	200m:	2:27.89	37.09			
36.	S14 Thórey Magnúsdóttir		99		ÍFR					2:28.94	407	IM
	50m:	34.95	34.95	100m:	1:12.80	37.85	150m:	1:51.39	38.59	200m:	2:28.94	37.55
37.	Sif Grímsdóttir		03		RVK					2:33.58	371	IM
	50m:	34.68	34.68	100m:	1:14.22	39.54	150m:	1:54.12	39.90	200m:	2:33.58	39.46
38.	S14 Anna Rósa Þrastardóttir		04		Fjörður					2:49.81	275	IM
	50m:	37.55	37.55	200m:	2:49.81	2:12.26						
39.	S14 Herdís Rut Guðbjartsdóttir		04		Fjörður					2:56.34	245	IM
	50m:	39.99	39.99	100m:	1:25.64	45.65	150m:	2:12.07	46.43	200m:	2:56.34	44.27
40.	S7 Tanya Jóhannsdóttir		03		Fjörður					3:03.71	217	IM
	50m:	43.94	43.94	100m:	1:30.23	46.29	150m:	2:17.39	47.16	200m:	3:03.71	46.32

Sundgrein 20

karla, 200m fjórsund

Opinn

9.11.2019 - 10:39

Úrslitalistar Undanrásir

ISL Opinn	1:57.91	Örn Arnarson	ÍRB	Vestmannaeyjar	21.3.2003
ISL 15 - 17	2:00.70				
ISL 13 - 14	2:11.40				
ISL 11 - 12	2:18.53				

Ím25 : 2:29.40 / NM 14 +: 2:10.50 / EM 16 +: 2:00.77

Stig: FINA 2019

Sæti			F.ár							Tími	Stig	
1.	Kristinn Þórarinsson		96		RVK					2:02.87	710	Q NM
	50m:	26.23	26.23	100m:	57.86	31.63	150m:	1:33.45	35.59	200m:	2:02.87	29.42
2.	Bartal E. Eidesgaard		03		Havnar					2:11.88	574	Q
	50m:	28.13	28.13	100m:	1:02.63	34.50	150m:	1:41.27	38.64	200m:	2:11.88	30.61
3.	Hólmsteinn Skorri Hallgrímsson		00		RVK					2:11.94	573	Q
	50m:	28.10	28.10	100m:	1:02.33	34.23	150m:	1:41.35	39.02	200m:	2:11.94	30.59
4.	Birnir Freyr Hálfðánarsson		06		SH					2:12.45	567	Q
	50m:	28.38	28.38	100m:	1:02.37	33.99	150m:	1:41.37	39.00	200m:	2:12.45	31.08
5.	Aron Fannar Kristínarson		03		ÍRB					2:13.61	552	Q
	50m:	29.64	29.64	100m:	1:04.24	34.60	150m:	1:42.59	38.35	200m:	2:13.61	31.02
6.	Róbert Ísak Jónsson		01		SH					2:14.64	539	Q
	50m:	28.01	28.01	100m:	1:03.99	35.98	150m:	1:43.47	39.48	200m:	2:14.64	31.17
7.	Aron Þór Jónsson		02		SH					2:14.68	539	Q
	50m:	29.33	29.33	100m:	1:06.19	36.86	150m:	1:42.49	36.30	200m:	2:14.68	32.19
8.	Snær Llorens Sigurðsson		02		ÍA					2:15.00	535	Q
	50m:	29.22	29.22	100m:	1:05.25	36.03	150m:	1:43.75	38.50	200m:	2:15.00	31.25
9.	Björgvin Árni Júlíusson		01		RVK					2:15.80	526	R
	50m:	29.85	29.85	100m:	1:03.87	34.02	150m:	1:44.84	40.97	200m:	2:15.80	30.96
10.	Flosi Ómarsson		03		ÍRB					2:19.13	489	R
	50m:	29.64	29.64	100m:	1:05.28	35.64	150m:	1:45.71	40.43	200m:	2:19.13	33.42
11.	Baldur Logi Gautason		00		RVK					2:19.78	482	
	50m:	29.83	29.83	100m:	1:07.56	37.73	150m:	1:47.68	40.12	200m:	2:19.78	32.10
12.	Snorri Dagur Einarsson		05		SH					2:23.18	448	
	50m:	29.40	29.40	100m:	1:07.76	38.36	150m:	1:48.95	41.19	200m:	2:23.18	34.23
13.	Kári Steinn Kjartansson		03		Ægir					2:27.29	412	
	50m:	31.57	31.57	100m:	1:07.46	35.89	150m:	1:53.35	45.89	200m:	2:27.29	33.94

Íslandsmeistaramótið í 25m laug
Hafnarfjörður, 8. - 10.11.2019

Sundgrein 20, karla, 200m fjórsund, Undanrásir, Opinn

Sæti	F.ár		Tími		Stig
14.	Bergur Fáfírnir Bjarnason	06	SH	2:27.91	407
	50m: 30.31 30.31	100m: 1:07.80 37.49	150m: 1:54.30 46.50	200m: 2:27.91	33.61
	Hilmir Snær Lunddal Rúnarsson	03	SH	2:27.91	407
	50m: 31.44 31.44	100m: 1:09.77 38.33	150m: 1:53.80 44.03	200m: 2:27.91	34.11
16.	Ólafur Breki Guðnason	03	Ægir	2:31.87	376 IM
	50m: 32.79 32.79	100m: 1:12.42 39.63	150m: 1:57.51 45.09	200m: 2:31.87	34.36
17.	S11 Guðfínnur Karlsson	88	Fjörður	3:07.83	198 IM
	50m: 46.58 46.58	100m: 1:35.18 48.60	150m: 2:23.75 48.57	200m: 3:07.83	44.08

Sundgrein 21

9.11.2019 - 10:50

kvenna, 100m bringusund

Opinn

Úrslitalistar Undanrásir

ISL Opinn	1:05.67	Hrafnhildur Lúthersdóttir	SH	Windsor (CAN)	9.12.2016
ISL 15 - 17	1:09.07				
ISL 13 - 14	1:11.91				
ISL 11 - 12	1:16.82				

Ím25 : 1:23.49 / NM 13 +: 1:12.88 / EM 16 +: 1:08.50

Stig: FINA 2019

Sæti	F.ár		Tími		Stig
1.	Karen Mist Arngeirsdóttir	00	ÍRB	1:12.80	628 Q NM
	50m: 34.45 34.45	100m: 1:12.80 38.35			
2.	Sunna Svanlaug Vilhjálmsdóttir	00	SH	1:13.60	608 Q
	50m: 34.42 34.42	100m: 1:13.60 39.18			
3.	Eva Margrét Falsdóttir	05	ÍRB	1:13.82	602 Q
	50m: 34.48 34.48	100m: 1:13.82 39.34			
4.	Jóhanna Gerða Gústafsdóttir	90	RVK	1:15.08	572 Q
	50m: 35.48 35.48	100m: 1:15.08 39.60			
5.	Amalia Nanna Juliusdóttir	02	Óðinn	1:17.86	513 Q
	50m: 35.94 35.94	100m: 1:17.86 41.92			
6.	Ragnheiður Karen Ólafsdóttir	04	ÍA	1:18.06	509 Q
	50m: 36.35 36.35	100m: 1:18.06 41.71			
7.	Guðbjörg Bjartey Guðmundsdóttir	05	ÍA	1:18.22	506 Q
	50m: 36.61 36.61	100m: 1:18.22 41.61			
8.	Eyðrið Mortensen	03	Havnar	1:18.78	495 Q
	50m: 37.71 37.71	100m: 1:18.78 41.07			
9.	Rebekka Trygvadóttir	04	Ægir Klaksvík	1:19.21	487 R
	50m: 37.14 37.14	100m: 1:19.21 42.07			
10.	Vigdís Tinna Hákonardóttir	06	Breiðablik	1:19.50	482 R
	50m: 37.98 37.98	100m: 1:19.50 41.52			
11.	Rán Björnsdóttir	05	Ægir	1:20.34	467
	50m: 37.71 37.71	100m: 1:20.34 42.63			
12.	Herdís Birna Viggósdóttir	04	RVK	1:20.53	464
	50m: 37.32 37.32	100m: 1:20.53 43.21			
13.	Ragnheiður Milla Bergsveinsdóttir	06	Breiðablik	1:21.13	454
	50m: 38.49 38.49	100m: 1:21.13 42.64			
14.	Katja Lilja Andriysdóttir	06	SH	1:22.97	424
	50m: 38.51 38.51	100m: 1:22.97 44.46			
15.	Rebekka Marín Arngeirsdóttir	05	ÍRB	1:23.12	422
	50m: 38.99 38.99	100m: 1:23.12 44.13			

Íslandsmeistaramótið í 25m laug
Hafnarfjörður, 8. - 10.11.2019

Sundgrein 21, kvenna, 100m bringusund, Undanrásir, Opinn

Sæti	F.ár	Tími	Stig
16. Sólveig María Baldursdóttir 50m: 41.44 41.44 100m: 1:26.73 45.29	04 ÍRB	1:26.73	371 IM
17. S14 Thórey Magnúsdóttir 50m: 41.63 41.63 100m: 1:28.69 47.06	99 ÍFR	1:28.69	347 IM
18. S6 Thelma Björnsdóttir 50m: 53.82 53.82 100m: 1:54.05 1:00.23	96 ÍFR	1:54.05	163 IM
MÆekki Amelía Björk Davíðsdóttir	03 ÍRB		

Sundgrein 22

karla, 50m bringusund

Opinn

9.11.2019 - 10:57

Úrslitalistar Undanrásir

ISL Opinn	26.74	Anton Sveinn McKee	SH	Hangzhou (CHN)	15.12.2018
ISL 15 - 17	28.47				
ISL 13 - 14	31.35				
ISL 11 - 12	33.43				

Ím25 : 34.86 / NM 14 +: 28.77 / EM 16 +: 27.71

Stig: FINA 2019

Sæti	F.ár	Tími	Stig
1. Daði Björnsson	04 SH	29.80	608 Q
2. Rókur Trygvason	00 Ægir Klaksvík	29.93	600 Q
3. Aron Bjarki Jónsson	01 SH	30.45	570 Q
4. Ingvar Orri Jóhannesson	04 RVK	31.10	535 Q
5. Kári Snær Halldórsson	04 ÍRB	32.10	486 Q
6. Snorri Dagur Einarsson	05 SH	32.23	480 Q
7. Óskar Gauti Lund	99 Breiðablik	32.27	479 Q
8. Daníel Steinn Davíðsson	03 Breiðablik	32.33	476 Q
9. Sigurður Ingi Sigurðarson	01 RVK	32.45	471 R
10. Þorbjörn Andrason	01 RVK	32.67	461 R
11. Runólfur Þorláksson	02 RVK	33.07	445

Sundgrein 23

kvenna, 50m flugsund

Opinn

9.11.2019 - 11:00

Úrslitalistar Undanrásir

ISL Opinn	26.22	Bryndís Rún Hansen	Óðinn	Windsor (CAN)	8.12.2016
ISL 15 - 17	27.24				
ISL 13 - 14	29.17				
ISL 11 - 12	31.81				

Ím25 : 32.64 / NM 13 +: 28.24 / EM 16 +: 27.18

Stig: FINA 2019

Sæti	F.ár	Tími	Stig
1. Ingibjörg Kristín Jónsdóttir	93 SH	27.35	708 Q NM
2. Jóhanna Elín Guðmundsdóttir	01 SH	28.03	658 Q NM
Katarína Róbertsdóttir	00 SH	28.03	658 Q NM
4. Kristína Í Skála	05 Havnar	30.23	524 Q
5. Brynhildur Traustadóttir	01 ÍA	30.33	519 Q
6. Diljá Rún Ívarsdóttir	02 ÍRB	30.68	501 Q
7. Gunnhildur Björg Baldursdóttir	00 ÍRB	30.69	501 Q
8. Kristín Ylfa Guðmundsdóttir	02 SH	30.85	493 Q
9. Barbara Debes	00 Ægir Klaksvík	30.92	490 R
10. Svava Björg Lárusdóttir	03 RVK	31.02	485 R
11. Sara Dís Ólafsdóttir	04 RVK	31.23	475
12. Herdís Birna Viggósdóttir	04 RVK	31.29	473
13. Fanney Lind Jóhannsdóttir	02 Breiðablik	31.73	453
14. Eva Sól Garðarsdóttir	03 Óðinn	32.26	431

Íslandsmeistaramótið í 25m laug
Hafnarfjörður, 8. - 10.11.2019

Sundgrein 23, kvenna, 50m flugsund, Undanrásir, Opinn

Sæti	F.ár	Tími	Stig
15. Aþena Arnarsdóttir	03 Óðinn	32.75	412 IM
16. Regína Lilja Gunnlaugsdóttir	02 Breiðablik	33.10	399 IM
17. Ásta Kamilla Sigurðardóttir	04 ÍRB	33.12	398 IM
18. S14 Thórey Magnúsdóttir	99 ÍFR	35.76	316 IM

Sundgrein 24

9.11.2019 - 11:04

karla, 100m skriðsund

Opinn
Úrslitalistar Undanrásir

ISL Opinn	48.42	Örn Arnarson	SH	Reykjavík	16.11.2007
ISL 15 - 17	49.71				
ISL 13 - 14	54.57				
ISL 11 - 12	58.16				

Ím25 : 1:00.92 / NM 14 +: 52.15 / EM 16 +: 49.45

Stig: FINA 2019

Sæti	F.ár	Tími	Stig
1. Dadó Fenrir Jasminuson	95 SH	51.86	650 Q NM
50m: 26.60 26.60	100m: 51.86 25.26		
2. Rókur Trygvason	00 Ægir Klaksvík	51.94	647 Q NM
50m: 24.96 24.96	100m: 51.94 26.98		
3. Patrik Viggó Vilbergsson	02 Breiðablik	52.25	636 Q
50m: 25.25 25.25	100m: 52.25 27.00		
4. Kristjan Gylfi Þórisson	00 RVK	52.72	619 Q
50m: 25.16 25.16	100m: 52.72 27.56		
5. Hólmsteinn Skorri Hallgrímsson	00 RVK	52.76	617 Q
50m: 25.24 25.24	100m: 52.76 27.52		
6. Símon Elías Statkevicius	03 SH	53.66	587 Q
50m: 25.63 25.63	100m: 53.66 28.03		
7. Fannar Snævar Hauksson	04 ÍRB	54.10	573 Q
50m: 26.00 26.00	100m: 54.10 28.10		
8. Bartal E. Eidesgaard	03 Havnar	54.65	556 Q
50m: 25.89 25.89	100m: 54.65 28.76		
9. Sindri Andreas Bjarnason	01 ÍA	54.78	552 R
50m: 26.45 26.45	100m: 54.78 28.33		
10. Björgvin Árni Júlíusson	01 RVK	55.03	544 R
50m: 26.60 26.60	100m: 55.03 28.43		
11. Sigurður Ingi Sigurðarson	01 RVK	55.09	542
50m: 26.39 26.39	100m: 55.09 28.70		
12. Bjartur Þórhallsson	00 RVK	55.21	539
50m: 26.40 26.40	100m: 55.21 28.81		
13. Ólafur Árdal Sigurðsson	99 SH	55.50	530
50m: 26.54 26.54	100m: 55.50 28.96		
14. Atli Vikar Ingimundarson	97 ÍA	55.94	518
50m: 26.44 26.44	100m: 55.94 29.50		
15. Halldór Björn Kristinsson	02 RVK	56.09	514
50m: 26.64 26.64	100m: 56.09 29.45		
16. Róbert Ísak Jónsson	01 SH	56.21	511
50m: 26.96 26.96	100m: 56.21 29.25		
17. Birnir Freyr Hálfánarsson	06 SH	56.93	491
50m: 26.90 26.90	100m: 56.93 30.03		
18. Guðmundur Karl Karlsson	05 Breiðablik	57.00	490
50m: 27.23 27.23	100m: 57.00 29.77		

Íslandsmeistaramótið í 25m laug
Hafnarfjörður, 8. - 10.11.2019

Sundgrein 24, karla, 100m skriðsund, Undanrásir, Opinn

Sæti		F.ár		Tími	Stig
19.	Úlfur Páll Andrason	04	RVK	57.15	486
	50m: 27.09 27.09	100m: 57.15	30.06		
20.	Ingvar Orri Jóhannesson	04	RVK	57.16	485
	50m: 26.76 26.76	100m: 57.16	30.40		
21.	Viktor Emil Sigtryggsson	00	Óðinn	57.18	485
	50m: 27.33 27.33	100m: 57.18	29.85		
22.	Stefán Elías Davíðsson	03	ÍRB	57.31	482
	50m: 27.42 27.42	100m: 57.31	29.89		
23.	Gabriel Ari Tryggvarson	03	ÍRB	57.60	474
	50m: 27.93 27.93	100m: 57.60	29.67		
24.	Sveinn Elí Helgason	04	Ægir	57.63	474
	50m: 27.75 27.75	100m: 57.63	29.88		
25.	Skúli Thor Ásgeirsson	02	Ægir	57.64	473
	50m: 27.70 27.70	100m: 57.64	29.94		
26.	Aron Valgeirsson	03	Breiðablik	57.68	472
	50m: 28.14 28.14	100m: 57.68	29.54		
27.	Ólafur Breki Guðnason	03	Ægir	57.92	467
	50m: 27.68 27.68	100m: 57.92	30.24		
28.	Logi Freyr Arnarsson	03	RVK	58.03	464
	50m: 27.87 27.87	100m: 58.03	30.16		
29.	Tómas Hlynur Schopka	03	Stjarnan	58.65	449
	50m: 27.31 27.31	100m: 58.65	31.34		
30.	Edward Jensson	04	SH	59.07	440
	50m: 28.16 28.16	100m: 59.07	30.91		
31.	Bergur Fáfniir Bjarnason	06	SH	59.22	437
	50m: 28.37 28.37	100m: 59.22	30.85		
32.	Teitur Þór Ólafsson	04	Ægir	59.25	436
	50m: 28.24 28.24	100m: 59.25	31.01		
33.	Júlíus Karl Maier	02	SH	59.34	434
	50m: 28.16 28.16	100m: 59.34	31.18		
34.	Jónas Atli Pálsson	03	SH	1:00.36	412
	50m: 28.39 28.39	100m: 1:00.36	31.97		
35.	Runólfur Þorláksson	02	RVK	1:00.50	409
	50m: 28.81 28.81	100m: 1:00.50	31.69		
36.	Daníel Steinn Davíðsson	03	Breiðablik	1:00.69	406
	50m: 28.30 28.30	100m: 1:00.69	32.39		
37.	Hákon Alexander Magnússon	00	Óðinn	1:00.73	405
	50m: 28.31 28.31	100m: 1:00.73	32.42		
38.	Gabriel Þór Sigurmundsson	03	ÍRB	1:02.97	363 IM
	50m: 30.18 30.18	100m: 1:02.97	32.79		
39.	S14 Ragnar Magnússon	92	Fjörður	1:07.61	293 IM
	50m: 31.36 31.36	100m: 1:07.61	36.25		
40.	S13 Kristján Helgi Jóhannsson	02	RVK	1:10.79	255 IM
	50m: 34.02 34.02	100m: 1:10.79	36.77		
41.	S11 Guðfinnur Karlsson	88	Fjörður	1:18.95	184 IM
	50m: 38.45 38.45	100m: 1:18.95	40.50		

Íslandsmeistaramótið í 25m laug
Hafnarfjörður, 8. - 10.11.2019

Sundgrein 25

kvenna, 100m baksund

Opinn

9.11.2019 - 11:16

Úrslitalistar Undanrásir

ISL Opinn	57.42	Eygló Ósk Gústafsdóttir	Ægir	Netanya (ISR)	3.12.2015
ISL 15 - 17	59.75				
ISL 13 - 14	1:03.10				
ISL 11 - 12	1:08.69				

Ím25 : 1:14.68 / NM 13 +: 1:05.76 / EM 16 +: 1:00.78

Stig: FINA 2019

Sæti					F.ár		Tími	Stig	
1.	Signhild Joensen			00	Ægir Klaksvík	1:02.75	674	Q	NM
	50m: 30.41 30.41	100m: 1:02.75			32.34				
2.	Eygló Ósk Gústafsdóttir			95	RVK	1:03.48	651	Q	NM
	50m: 30.66 30.66	100m: 1:03.48			32.82				
3.	Steingerður Hauksdóttir			96	SH	1:05.64	589	Q	NM
	50m: 31.16 31.16	100m: 1:05.64			34.48				
4.	Þorgerður Ósk Jónsdóttir			03	SH	1:06.05	578	Q	
	50m: 31.93 31.93	100m: 1:06.05			34.12				
5.	Elisabeth Erlendsdóttir			05	Havnar	1:06.19	574	Q	
	50m: 32.20 32.20	100m: 1:06.19			33.99				
6.	Stefanía Sigurþórsdóttir			01	Breiðablik	1:06.20	574	Q	
	50m: 32.43 32.43	100m: 1:06.20			33.77				
7.	Emilía Sól Guðmundsdóttir			02	Ægir	1:07.31	546	Q	
	50m: 32.50 32.50	100m: 1:07.31			34.81				
8.	Alexandra Tómasdóttir			01	Óðinn	1:10.72	471	Q	
	50m: 34.38 34.38	100m: 1:10.72			36.34				
9.	Guðbjörg Bjartey Guðmundsdóttir			05	ÍA	1:11.50	455	R	
	50m: 34.07 34.07	100m: 1:11.50			37.43				
10.	Bríet Dalla Gunnarsdóttir			04	SH	1:11.61	453	R	
	50m: 35.27 35.27	100m: 1:11.61			36.34				
11.	Eva Sól Garðarsdóttir			03	Óðinn	1:12.26	441		
	50m: 35.02 35.02	100m: 1:12.26			37.24				
12.	Halla Margrét Baldursdóttir			02	RVK	1:12.53	436		
	50m: 35.39 35.39	100m: 1:12.53			37.14				
13.	Birgitta Ingólfssdóttir			05	SH	1:12.71	433		
	50m: 35.76 35.76	100m: 1:12.71			36.95				
14.	Diljá Rún Ívarsdóttir			02	ÍRB	1:12.79	432		
	50m: 35.46 35.46	100m: 1:12.79			37.33				
15.	Arianna Steinarsdóttir			03	RVK	1:13.22	424		
	50m: 35.16 35.16	100m: 1:13.22			38.06				
16.	Dagbjörg Hlíf Ólafsdóttir			05	SH	1:13.47	420		
	50m: 35.51 35.51	100m: 1:13.47			37.96				
17.	Ólöf Kristín Isaksen			05	Óðinn	1:13.87	413		
	50m: 36.04 36.04	100m: 1:13.87			37.83				
18.	Hafdís Eva Pálsdóttir			04	ÍRB	1:13.99	411		
	50m: 35.14 35.14	100m: 1:13.99			38.85				
19.	Birna Hilmarsdóttir			02	ÍRB	1:14.07	410		
	50m: 35.25 35.25	100m: 1:14.07			38.82				
20.	Sunna Arnfinnsdóttir			07	RVK	1:14.75	398	IM	
	50m: 37.06 37.06	100m: 1:14.75			37.69				
21.	Ylfa Ásgerður Eyjólfssdóttir			06	RVK	1:14.84	397	IM	
	50m: 36.40 36.40	100m: 1:14.84			38.44				

Íslandsmeistaramótið í 25m laug
Hafnarfjörður, 8. - 10.11.2019

Sundgrein 25, kvenna, 100m baksund, Undanrásir, Opinn

Sæti	F.ár	Tími	Stig
22. Birta Rún Smáradóttir	04 UMFA	1:15.01	394 IM
50m: 35.63 35.63 100m: 1:15.01 39.38			
23. Rebekka Marín Arngeirsdóttir	05 ÍRB	1:15.54	386 IM
50m: 36.57 36.57 100m: 1:15.54 38.97			
24. Ziza Alomerovic	07 RVK	1:16.74	368 IM
50m: 36.80 36.80 100m: 1:16.74 39.94			
25. S14 Herdís Rut Guðbjartsdóttir	04 Fjörður	1:30.02	228 IM
50m: 42.12 42.12 100m: 1:30.02 47.90			
26. S14 Anna Rósa Þrastardóttir	04 Fjörður	1:32.92	207 IM
50m: 45.35 45.35 100m: 1:32.92 47.57			
27. S6 Thelma Björnsdóttir	96 ÍFR	1:52.06	118 IM
50m: 55.68 55.68 100m: 1:52.06 56.38			
28. S4 Sonja Sigurdardóttir	90 ÍFR	2:23.09	56 IM
50m: 1:09.13 1:09.13 100m: 2:23.09 1:13.96			
MÆekki Katla María Brynjarsdóttir	07 ÍRB		

Sundgrein 26

karla, 200m flugsund

Opinn

9.11.2019 - 11:26

Úrslitalistar Undanrásir

ISL Opinn	1:57.21	Sindri Þór Jakobsson	ÍRB	Istanbul (TUR)	12.12.2009
ISL 15 - 17	2:01.95				
ISL 13 - 14	2:11.58				
ISL 11 - 12	2:25.08				

Ím25 : 2:25.72 / NM 14 +: 2:06.54 / EM 16 +: 1:59.28

Stig: FINA 2019

Sæti	F.ár	Tími	Stig
1. Brynjólfur Óli Karlsson	01 Breiðablik	2:11.73	554 Q
50m: 29.64 29.64 100m: 1:04.35 34.71 150m: 1:39.54 35.19 200m: 2:11.73 32.19			
2. Hafþór Jón Sigurðsson	97 SH	2:15.36	511 Q
50m: 29.34 29.34 100m: 1:03.58 34.24 150m: 1:39.41 35.83 200m: 2:15.36 35.95			
3. Kári Sölvi Nielsen	00 SH	2:15.65	508 Q
50m: 29.18 29.18 100m: 1:02.73 33.55 150m: 1:37.93 35.20 200m: 2:15.65 37.72			
4. Bjartur Þórhallsson	00 RVK	2:16.05	503 Q
50m: 29.33 29.33 100m: 1:04.17 34.84 150m: 1:40.29 36.12 200m: 2:16.05 35.76			
5. Aron Þór Jónsson	02 SH	2:17.86	484 Q
50m: 30.05 30.05 100m: 1:05.30 35.25 150m: 1:41.09 35.79 200m: 2:17.86 36.77			
6. Róbert Andri Pálmason	02 Breiðablik	2:18.25	479 Q
50m: 29.81 29.81 100m: 1:05.17 35.36 150m: 1:41.87 36.70 200m: 2:18.25 36.38			
7. Kristófer Atli Andersen	02 Breiðablik	2:18.53	477 Q
50m: 30.33 30.33 100m: 1:06.13 35.80 150m: 1:42.49 36.36 200m: 2:18.53 36.04			
8. Snær Llorens Sigurðsson	02 ÍA	2:19.31	469 Q
50m: 29.77 29.77 100m: 1:04.36 34.59 150m: 1:41.85 37.49 200m: 2:19.31 37.46			
9. Veigar Hrafn Sigþórsson	05 SH	2:20.81	454 R
50m: 29.81 29.81 100m: 1:05.19 35.38 150m: 1:42.89 37.70 200m: 2:20.81 37.92			
10. Daníel Patrick Riley	03 ÍRB	2:20.82	454 R
50m: 30.14 30.14 100m: 1:04.64 34.50 150m: 1:41.73 37.09 200m: 2:20.82 39.09			
11. Alexander Logi Jónsson	04 ÍRB	2:20.84	453
50m: 31.22 31.22 100m: 1:06.99 35.77 150m: 1:43.67 36.68 200m: 2:20.84 37.17			
12. Guðmundur Karl Karlsson	05 Breiðablik	2:21.92	443
50m: 31.14 31.14 100m: 1:06.89 35.75 150m: 1:44.14 37.25 200m: 2:21.92 37.78			

Íslandsmeistaramótið í 25m laug
Hafnarfjörður, 8. - 10.11.2019

Sundgrein 27
9.11.2019 - 11:32

kvenna, 800m skriðsund

Opinn
Úrslitalistar

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

Ím25 : 10:25.67 / NM 13 +: 9:14.50 / EM 16 +: 8:53.74

Stig: FINA 2019

Sæti			F.ár				Tími		Stig	
1.	Vár E. Eidesgaard		01	Havnar		8:54.14		722	NM	
	50m:	29.89 29.89	250m:	2:43.47 33.65	450m:	4:59.30 33.86	650m:	7:14.23 33.46		
	100m:	1:02.71 32.82	300m:	3:17.40 33.93	500m:	5:33.21 33.91	700m:	7:48.29 34.06		
	150m:	1:36.18 33.47	350m:	3:51.32 33.92	550m:	6:06.96 33.75	750m:	8:21.66 33.37		
	200m:	2:09.82 33.64	400m:	4:25.44 34.12	600m:	6:40.77 33.81	800m:	8:54.14 32.48		
2.	Ragna Sigríður Ragnarsdóttir		01	Breiðablik		9:04.00		684	NM	
	50m:	30.25 30.25	250m:	2:46.43 34.22	450m:	5:02.98 34.02	650m:	7:20.55 34.71		
	100m:	1:03.78 33.53	300m:	3:20.57 34.14	500m:	5:37.36 34.38	700m:	7:55.38 34.83		
	150m:	1:37.98 34.20	350m:	3:54.81 34.24	550m:	6:11.65 34.29	750m:	8:30.15 34.77		
	200m:	2:12.21 34.23	400m:	4:28.96 34.15	600m:	6:45.84 34.19	800m:	9:04.00 33.85		
3.	Brynhildur Traustadóttir		01	ÍA		9:10.84		658	NM	
	50m:	31.15 31.15	250m:	2:49.77 34.99	450m:	5:10.05 34.78	650m:	7:29.27 34.57		
	100m:	1:05.23 34.08	300m:	3:24.74 34.97	500m:	5:44.78 34.73	700m:	8:03.69 34.42		
	150m:	1:39.86 34.63	350m:	4:00.08 35.34	550m:	6:20.02 35.24	750m:	8:38.11 34.42		
	200m:	2:14.78 34.92	400m:	4:35.27 35.19	600m:	6:54.70 34.68	800m:	9:10.84 32.73		
4.	Eyðrið Mortensen		03	Havnar		9:15.76		641		
	50m:	31.48 31.48	250m:	2:50.65 34.90	450m:	5:10.31 34.70	650m:	7:29.78 35.03		
	100m:	1:05.89 34.41	300m:	3:25.48 34.83	500m:	5:45.09 34.78	700m:	8:04.99 35.21		
	150m:	1:40.83 34.94	350m:	4:00.56 35.08	550m:	6:20.04 34.95	750m:	8:40.26 35.27		
	200m:	2:15.75 34.92	400m:	4:35.61 35.05	600m:	6:54.75 34.71	800m:	9:15.76 35.50		
5.	Freyja Birkisdóttir		06	Breiðablik		9:18.56		632		
	50m:	30.40 30.40	250m:	2:49.82 35.24	450m:	5:11.46 35.37	650m:	7:33.49 35.32		
	100m:	1:04.70 34.30	300m:	3:25.21 35.39	500m:	5:47.19 35.73	700m:	8:08.99 35.50		
	150m:	1:39.58 34.88	350m:	4:00.66 35.45	550m:	6:22.73 35.54	750m:	8:44.46 35.47		
	200m:	2:14.58 35.00	400m:	4:36.09 35.43	600m:	6:58.17 35.44	800m:	9:18.56 34.10		
6.	Rebekka Sif Ómarsdóttir		03	Óðinn		9:42.61		556		
	50m:	32.47 32.47	250m:	2:57.06 36.51	450m:	5:24.05 36.86	650m:	7:53.59 37.38		
	100m:	1:08.25 35.78	300m:	3:33.70 36.64	500m:	6:01.33 37.28	700m:	8:30.99 37.40		
	150m:	1:44.15 35.90	350m:	4:09.95 36.25	550m:	6:38.76 37.43	750m:	9:08.23 37.24		
	200m:	2:20.55 36.40	400m:	4:47.19 37.24	600m:	7:16.21 37.45	800m:	9:42.61 34.38		
7.	Ingibjörg Erla Garðarsdóttir		00	RVK		9:48.86		539		
	50m:	32.49 32.49	250m:	2:57.35 37.12	450m:	5:26.89 37.92	650m:	7:58.46 37.47		
	100m:	1:07.38 34.89	300m:	3:34.18 36.83	500m:	6:04.95 38.06	700m:	8:36.39 37.93		
	150m:	1:43.56 36.18	350m:	4:11.39 37.21	550m:	6:42.92 37.97	750m:	9:13.21 36.82		
	200m:	2:20.23 36.67	400m:	4:48.97 37.58	600m:	7:20.99 38.07	800m:	9:48.86 35.65		
8.	Sandra Dögg Kristjánsdóttir		03	SH		9:48.92		539		
	50m:	31.82 31.82	250m:	2:57.60 36.89	450m:	5:26.35 37.12	650m:	7:58.14 37.55		
	100m:	1:07.38 35.56	300m:	3:34.54 36.94	500m:	6:04.23 37.88	700m:	8:35.96 37.82		
	150m:	1:43.79 36.41	350m:	4:11.83 37.29	550m:	6:42.20 37.97	750m:	9:13.41 37.45		
	200m:	2:20.71 36.92	400m:	4:49.23 37.40	600m:	7:20.59 38.39	800m:	9:48.92 35.51		
9.	Jóhanna Brynja Rúnarsdóttir		06	SH		9:55.06		522		
	50m:	33.00 33.00	250m:	3:03.27 38.19	450m:	5:34.91 37.32	650m:	8:06.00 37.37		
	100m:	1:09.57 36.57	300m:	3:41.38 38.11	500m:	6:12.56 37.65	700m:	8:43.89 37.89		
	150m:	1:47.31 37.74	350m:	4:20.06 38.68	550m:	6:50.70 38.14	750m:	9:20.83 36.94		
	200m:	2:25.08 37.77	400m:	4:57.59 37.53	600m:	7:28.63 37.93	800m:	9:55.06 34.23		
10.	Elísabet Jóhannesdóttir		06	ÍRB		10:01.82		505		
	50m:	33.66 33.66	250m:	3:03.60 38.26	450m:	5:36.67 38.42	650m:	8:10.08 38.60		
	100m:	1:10.42 36.76	300m:	3:41.79 38.19	500m:	6:15.08 38.41	700m:	8:47.85 37.77		
	150m:	1:47.70 37.28	350m:	4:19.97 38.18	550m:	6:53.38 38.30	750m:	9:25.68 37.83		
	200m:	2:25.34 37.64	400m:	4:58.25 38.28	600m:	7:31.48 38.10	800m:	10:01.82 36.14		

Íslandsmeistaramótið í 25m laug
Hafnarfjörður, 8. - 10.11.2019

Sundgrein 27, kvenna, 800m skriðsund, Opinn

Sæti			F.ár			Tími	Stig	
11.	Helga Sigurlaug Helgadóttir		07	SH		10:02.49	503	
	50m:	34.03 34.03	250m:	3:06.97 38.55	450m:	5:40.10 36.97	650m:	8:11.08 38.16
	100m:	1:11.86 37.83	300m:	3:45.65 38.68	500m:	6:18.27 38.17	700m:	8:49.33 38.25
	150m:	1:50.34 38.48	350m:	4:24.47 38.82	550m:	6:55.60 37.33	750m:	9:27.18 37.85
	200m:	2:28.42 38.08	400m:	5:03.13 38.66	600m:	7:32.92 37.32	800m:	10:02.49 35.31
12.	Ingibjörg Svava Magnúsardóttir		05	ÍA		10:03.05	502	
	50m:	33.53 33.53	250m:	3:04.70 37.90	450m:	5:39.61 39.02	650m:	8:13.97 38.80
	100m:	1:10.73 37.20	300m:	3:43.15 38.45	500m:	6:17.56 37.95	700m:	8:52.25 38.28
	150m:	1:49.10 38.37	350m:	4:21.74 38.59	550m:	6:56.55 38.99	750m:	9:29.19 36.94
	200m:	2:26.80 37.70	400m:	5:00.59 38.85	600m:	7:35.17 38.62	800m:	10:03.05 33.86
13.	Katlá María Brynjarsdóttir		07	ÍRB		10:03.45	501	
	50m:	34.06 34.06	250m:	3:06.39 37.97	450m:	5:39.93 36.95	650m:	8:13.19 39.05
	100m:	1:11.87 37.81	300m:	3:45.07 38.68	500m:	6:17.54 37.61	700m:	8:51.38 38.19
	150m:	1:50.27 38.40	350m:	4:23.59 38.52	550m:	6:55.62 38.08	750m:	9:27.82 36.44
	200m:	2:28.42 38.15	400m:	5:02.98 39.39	600m:	7:34.14 38.52	800m:	10:03.45 35.63
14.	Ólöf Kristín Isaksen		05	Óðinn		10:05.06	497	
	50m:	32.62 32.62	250m:	3:03.12 38.05	450m:	5:37.11 38.34	650m:	8:11.04 38.40
	100m:	1:09.54 36.92	300m:	3:41.48 38.36	500m:	6:15.88 38.77	700m:	8:49.32 38.28
	150m:	1:46.83 37.29	350m:	4:20.18 38.70	550m:	6:54.44 38.56	750m:	9:28.14 38.82
	200m:	2:25.07 38.24	400m:	4:58.77 38.59	600m:	7:32.64 38.20	800m:	10:05.06 36.92
15.	Diljá Dröfn Jóhannesdóttir		03	SH		10:07.77	490	
	50m:	33.68 33.68	250m:	3:05.09 37.67	450m:	5:39.94 38.60	650m:	8:15.02 38.79
	100m:	1:11.61 37.93	300m:	3:43.46 38.37	500m:	6:18.56 38.62	700m:	8:54.22 39.20
	150m:	1:49.23 37.62	350m:	4:22.10 38.64	550m:	6:57.26 38.70	750m:	9:32.13 37.91
	200m:	2:27.42 38.19	400m:	5:01.34 39.24	600m:	7:36.23 38.97	800m:	10:07.77 35.64
16.	Ragnheiður Karen Ólafsdóttir		04	ÍA		10:10.03	485	
	50m:	33.71 33.71	250m:	3:06.85 38.89	450m:	5:42.45 38.74	650m:	8:17.34 38.97
	100m:	1:11.02 37.31	300m:	3:45.82 38.97	500m:	6:21.09 38.64	700m:	8:55.92 38.58
	150m:	1:49.28 38.26	350m:	4:24.80 38.98	550m:	6:59.58 38.49	750m:	9:33.25 37.33
	200m:	2:27.96 38.68	400m:	5:03.71 38.91	600m:	7:38.37 38.79	800m:	10:10.03 36.78
17.	Þórdís Anita Björnsdóttir		02	SH		10:16.84	469	
	50m:	33.01 33.01	250m:	3:03.46 38.21	450m:	5:40.62 40.05	650m:	8:20.31 39.96
	100m:	1:09.74 36.73	300m:	3:42.05 38.59	500m:	6:20.54 39.92	700m:	8:59.80 39.49
	150m:	1:47.39 37.65	350m:	4:21.22 39.17	550m:	7:00.28 39.74	750m:	9:38.86 39.06
	200m:	2:25.25 37.86	400m:	5:00.57 39.35	600m:	7:40.35 40.07	800m:	10:16.84 37.98
18.	Hildur Valsdóttir		04	SH		10:25.37	450	
	50m:	34.03 34.03	250m:	3:09.73 39.16	450m:	5:48.85 39.76	650m:	8:28.61 39.79
	100m:	1:11.83 37.80	300m:	3:49.27 39.54	500m:	6:28.79 39.94	700m:	9:08.41 39.80
	150m:	1:50.95 39.12	350m:	4:29.24 39.97	550m:	7:08.78 39.99	750m:	9:48.07 39.66
	200m:	2:30.57 39.62	400m:	5:09.09 39.85	600m:	7:48.82 40.04	800m:	10:25.37 37.30
19.	Kátja Lilja Andriysoðttir		06	SH		10:27.99	444 IM	
	50m:	35.07 35.07	250m:	3:11.75 39.08	450m:	5:51.16 39.71	650m:	8:31.00 39.11
	100m:	1:13.51 38.44	300m:	3:51.36 39.61	500m:	6:31.72 40.56	700m:	9:11.31 40.31
	150m:	1:53.21 39.70	350m:	4:31.09 39.73	550m:	7:12.51 40.79	750m:	9:50.41 39.10
	200m:	2:32.67 39.46	400m:	5:11.45 40.36	600m:	7:51.89 39.38	800m:	10:27.99 37.58
20.	Elín Eir Andersen		04	RVK		10:50.85	399 IM	
	50m:	35.04 35.04	250m:	3:16.70 41.20	450m:	6:01.61 41.52	650m:	8:47.80 41.34
	100m:	1:14.66 39.62	300m:	3:57.51 40.81	500m:	6:43.26 41.65	700m:	9:28.83 41.03
	150m:	1:55.36 40.70	350m:	4:38.82 41.31	550m:	7:24.60 41.34	750m:	10:10.20 41.37
	200m:	2:35.50 40.14	400m:	5:20.09 41.27	600m:	8:06.46 41.86	800m:	10:50.85 40.65
ÓG.	Kristín Helga Hákonardóttir		04	Breiðablik				
	10.2 - Vegalendö sunds verður að ljúka til að sund sé gilt (hætti) - DNF							
MÆekki	Thelma Lind Einarsdóttir		05	ÍRB				

Íslandsmeistaramótið í 25m laug
Hafnarfjörður, 8. - 10.11.2019

Sundgrein 28
9.11.2019 - 11:55

blandað, 4 x 50m skriðsund

Opinn
Úrslitalistar

ISL 1:38.63 Sveit SH Hafnarfjörður 16.11.2014

Stig: FINA 2019

Sæti						Timi	Stig	
1.	SH 1			SH		1:37.53	731	
	<i>MET</i>							
	Steingerður Hauksdóttir	96	+0,69	26.28	Jóhanna Elín Guðmundsdóttir	01	+0,39	25.82
	Kolbeinn Hrafnkelsson	94	+0,17	23.14	Daðó Fenrir Jasminuson	95	+0,39	22.29
2.	SH 2			SH		1:40.84	662	
	Ingibjörg Kristín Jónsdóttir	93	+0,60	25.53	Hafþór Jón Sigurðsson	97	+0,34	24.56
	Simon Elías Statkevicius	03	+0,19	24.30	Katarína Róbertsdóttir	00	+0,09	26.45
3.	Breiðablik 1			Breiðablik		1:41.17	655	
	Patrik Viggó Vilbergsson	02	+0,71	24.35	Kristín Helga Hákonardóttir	04	+0,34	26.20
	Brynjólfur Óli Karlsson	01	+0,05	23.48	Stefanía Sigurbórsdóttir	01	+0,47	27.14
4.	RVK 1			RVK		1:42.53	629	
	Hólmsteinn Skorri Hallgrímsson	00	+0,68	24.23	Herdís Birna Viggósdóttir	04	+1,80	27.72
	Kristján Gylfi Þórisson	00	+0,25	23.61	Jóhanna Gerða Gústafsdóttir	90	+0,18	26.97
5.	ÍA 1			ÍA		1:46.60	560	
	Atli Vikar Ingimundarson	97	+0,72	25.47	Brynhildur Traustadóttir	01	+0,11	28.29
	Sindri Andreas Bjarnason	01	+0,22	25.17	Guðbjörg Bjartey Guðmundsdóttir	05	+0,41	27.67
6.	ÍRB 1			ÍRB		1:46.98	554	
	Fannar Snævar Hauksson	04	+0,72	24.46	Eva Margrét Falsdóttir	05	+0,36	27.37
	Stefán Elías Davíðsson	03	+0,45	26.61	Birna Hilmarsdóttir	02	+0,13	28.54
7.	RVK 2			RVK		1:48.12	537	
	Björgvin Ámi Júlíusson	01	+0,70	25.17	Halla Margrét Baldursdóttir	02	+0,29	28.75
	Bjartur Þórhallsson	00	+0,23	25.71	Svava Björg Lárusdóttir	03	+0,37	28.49
8.	Óðinn 1			Óðinn		1:50.56	502	
	Viktor Emil Sigtryggsson	00	+0,79	26.37	Alexandra Tómasdóttir	01	+0,40	28.50
	Ólöf Kristín Isaksen	05	+0,43	29.20	Hákon Alexander Magnússon	00	+0,34	26.49
9.	Ægir 1			Ægir		1:51.67	487	
	Sveinn Elí Helgason	04	+0,69	26.36	Emilía Sól Guðmundsdóttir	02	+0,57	28.38
	Rán Björnsdóttir	05	+0,66	30.25	Skúli Thor Ásgeirsson	02	+0,48	26.68
10.	RVK 3			RVK		1:52.57	475	
	Sigurður Ingi Sigurðarson	01	+0,72	25.83	Sif Grímsdóttir	03	+0,43	32.26
	Haldór Björn Kristinsson	02	+0,55	25.08	Eyrún Anna Jóhannesdóttir	06	+0,39	29.40
11.	UMFS 1			UMFS		2:11.77	296	
	Hallgerður Hoskuldardóttir	04	+0,72	31.63	Haukur Már Birgirsson	06		
	Sigurður Ingi Björnsson	06	+0,75		Sara Ægisdóttir	03	+0,12	28.19

Íslandsmeistaramótið í 25m laug
Hafnarfjörður, 8. - 10.11.2019

4 - 4. hluti - úrslit laugardags

9.11.2019 - 16:30

Sundgrein 16	kvenna, 400m fjórsund								Opinn
9.11.2019 - 16:30									Úrslitalistar
ISL Opinn	4:43.56	Hrafnhildur Lúthersdóttir	SH	Hafnarfjörður	13.11.2015				
ISL 15 - 17	4:50.96								
ISL 13 - 14	4:53.67								
ISL 11 - 12	5:13.93								

Ím25 : 5:39.50 / NM 13 +: 5:05.73 / EM 16 +: 4:53.35

Stig: FINA 2019

Sæti	F.ár				Timi	Stig	
1. Eva Margrét Falsdóttir	05	ÍRB			4:58.48	652	NM
50m: 33.87 33.87	150m: 1:50.91 38.94	250m: 3:08.77 39.52	350m: 4:24.61 35.40	100m: 1:11.97 38.10	200m: 2:29.25 38.34	300m: 3:49.21 40.44	400m: 4:58.48 33.87
2. Stefanía Sigurþórsdóttir	01	Breiðablik			5:01.95	630	NM
50m: 32.74 32.74	150m: 1:48.73 38.45	250m: 3:09.28 42.51	350m: 4:27.65 35.41	100m: 1:10.28 37.54	200m: 2:26.77 38.04	300m: 3:52.24 42.96	400m: 5:01.95 34.30
3. Ingunn Jónsdóttir	02	RVK			5:05.99	606	
50m: 32.69 32.69	150m: 1:50.09 39.68	250m: 3:11.50 43.05	350m: 4:30.77 36.33	100m: 1:10.41 37.72	200m: 2:28.45 38.36	300m: 3:54.44 42.94	400m: 5:05.99 35.22
4. Rebekka Trygvadóttir	04	Ægir Klaksvík			5:07.77	595	
50m: 33.54 33.54	150m: 1:52.26 40.50	250m: 3:15.01 43.20	350m: 4:34.37 35.78	100m: 1:11.76 38.22	200m: 2:31.81 39.55	300m: 3:58.59 43.58	400m: 5:07.77 33.40
5. Gunnhildur Björg Baldursdóttir	00	ÍRB			5:08.24	592	
50m: 31.00 31.00	150m: 1:47.16 40.46	250m: 3:11.65 43.99	350m: 4:33.45 35.99	100m: 1:06.70 35.70	200m: 2:27.66 40.50	300m: 3:57.46 45.81	400m: 5:08.24 34.79
6. Adele Alexandra Pálsson	03	SH			5:17.54	542	
50m: 33.85 33.85	150m: 1:53.56 39.60	250m: 3:18.50 46.20	350m: 4:42.09 36.36	100m: 1:13.96 40.11	200m: 2:32.30 38.74	300m: 4:05.73 47.23	400m: 5:17.54 35.45
7. Sandra Dögg Kristjánsdóttir	03	SH			5:21.71	521	
50m: 33.89 33.89	150m: 1:54.62 40.70	250m: 3:21.23 46.07	350m: 4:45.63 37.23	100m: 1:13.92 40.03	200m: 2:35.16 40.54	300m: 4:08.40 47.17	400m: 5:21.71 36.08
8. Jóhanna Brynja Rúnarsdóttir	06	SH			5:25.25	504	
50m: 33.17 33.17	150m: 1:53.10 40.45	250m: 3:21.27 48.09	350m: 4:47.90 37.53	100m: 1:12.65 39.48	200m: 2:33.18 40.08	300m: 4:10.37 49.10	400m: 5:25.25 37.35
9. Kristína Í Skála	05	Havnar			5:25.88	501	
50m: 34.73 34.73	150m: 1:53.70 38.96	250m: 3:20.58 47.29	350m: 4:47.76 38.93	100m: 1:14.74 40.01	200m: 2:33.29 39.59	300m: 4:08.83 48.25	400m: 5:25.88 38.12
10. Sólveig María Baldursdóttir	04	ÍRB			5:26.46	499	
50m: 34.14 34.14	150m: 1:56.39 42.69	250m: 3:25.36 46.39	350m: 4:50.58 38.59	100m: 1:13.70 39.56	200m: 2:38.97 42.58	300m: 4:11.99 46.63	400m: 5:26.46 35.88
11. Svava Björg Lárusdóttir	03	RVK			5:31.25	477	
50m: 32.67 32.67	150m: 1:56.42 44.04	250m: 3:27.37 47.85	350m: 4:52.74 37.91	100m: 1:12.38 39.71	200m: 2:39.52 43.10	300m: 4:14.83 47.46	400m: 5:31.25 38.51
12. Kristín Ylfa Guðmundsdóttir	02	SH			5:38.12	449	
50m: 33.62 33.62	150m: 1:57.89 46.06	250m: 3:29.96 46.59	350m: 4:58.91 40.75	100m: 1:11.83 38.21	200m: 2:43.37 45.48	300m: 4:18.16 48.20	400m: 5:38.12 39.21
13. Vigdís Tinna Hákonardóttir	06	Breiðablik			5:45.10	422	IM
50m: 36.05 36.05	150m: 2:07.25 47.47	250m: 3:41.12 46.87	350m: 5:08.07 39.55	100m: 1:19.78 43.73	200m: 2:54.25 47.00	300m: 4:28.52 47.40	400m: 5:45.10 37.03
14. Diljá Dröfn Jóhannesdóttir	03	SH			5:49.64	406	IM
50m: 37.15 37.15	150m: 2:07.23 46.87	250m: 3:44.45 51.00	350m: 5:11.44 35.80	100m: 1:20.36 43.21	200m: 2:53.45 46.22	300m: 4:35.64 51.19	400m: 5:49.64 38.20

Íslandsmeistaramótið í 25m laug
Hafnarfjörður, 8. - 10.11.2019

Sundgrein 17
9.11.2019 - 16:36

karla, 1500m skriðsund

Opinn
Úrslitalistar

ISL Opinn	15:00.51	Anton Sveinn McKee	Ægir	Istanbul (TUR)	16.12.2012
ISL 15 - 17	15:37.02				
ISL 13 - 14	16:15.94				
ISL 11 - 12	17:46.07				

Ím25 : 18:57.47 / NM 14 +: 16:22.19 / EM 16 +: 15:25.43

Stig: FINA 2019

Sæti			F.ár			Tími	Stig		
1.	Patrik Viggó Vilbergsson		02	Breiðablik		15:39.50	735	NM	
	50m:	27.38 27.38	450m:	4:35.69 31.39	850m:	8:48.51 31.56	1250m:	13:02.09 31.81	
	100m:	57.46 30.08	500m:	5:07.09 31.40	900m:	9:20.01 31.50	1300m:	13:33.69 31.60	
	150m:	1:28.36 30.90	550m:	5:38.71 31.62	950m:	9:51.87 31.86	1350m:	14:05.52 31.83	
	200m:	1:59.33 30.97	600m:	6:10.57 31.86	1000m:	10:23.49 31.62	1400m:	14:37.45 31.93	
	250m:	2:30.41 31.08	650m:	6:42.03 31.46	1050m:	10:55.03 31.54	1450m:	15:09.14 31.69	
	300m:	3:01.58 31.17	700m:	7:13.59 31.56	1100m:	11:26.89 31.86	1500m:	15:39.50 30.36	
	350m:	3:32.91 31.33	750m:	7:45.35 31.76	1150m:	11:58.74 31.85			
	400m:	4:04.30 31.39	800m:	8:16.95 31.60	1200m:	12:30.28 31.54			
2.	Kristófer Atli Andersen		02	Breiðablik		16:27.78	632		
	50m:	28.33 28.33	450m:	4:48.32 33.09	850m:	9:15.74 33.51	1250m:	13:42.88 33.98	
	100m:	59.43 31.10	500m:	5:21.57 33.25	900m:	9:48.81 33.07	1300m:	14:16.44 33.56	
	150m:	1:32.10 32.67	550m:	5:55.08 33.51	950m:	10:21.72 32.91	1350m:	14:50.16 33.72	
	200m:	2:04.16 32.06	600m:	6:28.61 33.53	1000m:	10:54.72 33.00	1400m:	15:23.64 33.48	
	250m:	2:36.64 32.48	650m:	7:02.09 33.48	1050m:	11:28.11 33.39	1450m:	15:56.85 33.21	
	300m:	3:09.17 32.53	700m:	7:35.22 33.13	1100m:	12:01.37 33.26	1500m:	16:27.78 30.93	
	350m:	3:42.10 32.93	750m:	8:08.79 33.57	1150m:	12:35.07 33.70			
	400m:	4:15.23 33.13	800m:	8:42.23 33.44	1200m:	13:08.90 33.83			
3.	Róbert Andri Pálmason		02	Breiðablik		16:34.88	619		
	50m:	28.67 28.67	450m:	4:51.94 33.17	850m:	9:23.79 34.61	1250m:	13:53.76 33.26	
	100m:	1:00.93 32.26	500m:	5:25.50 33.56	900m:	9:57.47 33.68	1300m:	14:26.79 33.03	
	150m:	1:33.73 32.80	550m:	5:59.08 33.58	950m:	10:31.32 33.85	1350m:	15:00.14 33.35	
	200m:	2:06.82 33.09	600m:	6:32.98 33.90	1000m:	11:04.98 33.66	1400m:	15:32.92 32.78	
	250m:	2:39.38 32.56	650m:	7:06.96 33.98	1050m:	11:39.12 34.14	1450m:	16:05.30 32.38	
	300m:	3:12.33 32.95	700m:	7:40.84 33.88	1100m:	12:12.86 33.74	1500m:	16:34.88 29.58	
	350m:	3:45.29 32.96	750m:	8:14.87 34.03	1150m:	12:46.65 33.79			
	400m:	4:18.77 33.48	800m:	8:49.18 34.31	1200m:	13:20.50 33.85			
4.	Huginn Hilmarsson		95	Breiðablik		16:35.11	618		
	50m:	29.22 29.22	450m:	4:58.30 34.01	850m:	9:27.23 32.77	1250m:	13:55.81 33.18	
	100m:	1:01.46 32.24	500m:	5:33.19 34.89	900m:	10:00.35 33.12	1300m:	14:28.76 32.95	
	150m:	1:34.51 33.05	550m:	6:07.04 33.85	950m:	10:34.18 33.83	1350m:	15:01.63 32.87	
	200m:	2:07.63 33.12	600m:	6:41.11 34.07	1000m:	11:08.00 33.82	1400m:	15:34.11 32.48	
	250m:	2:40.97 33.34	650m:	7:14.88 33.77	1050m:	11:41.68 33.68	1450m:	16:06.21 32.10	
	300m:	3:15.32 34.35	700m:	7:48.63 33.75	1100m:	12:15.35 33.67	1500m:	16:35.11 28.90	
	350m:	3:49.90 34.58	750m:	8:21.96 33.33	1150m:	12:49.20 33.85			
	400m:	4:24.29 34.39	800m:	8:54.46 32.50	1200m:	13:22.63 33.43			
5.	Sigurður Örn Ragnarsson		91	SH		16:42.55	605		
	50m:	29.66 29.66	450m:	4:56.45 33.47	850m:	9:25.71 33.80	1250m:	13:56.37 33.77	
	100m:	1:02.28 32.62	500m:	5:30.02 33.57	900m:	9:59.69 33.98	1300m:	14:29.61 33.24	
	150m:	1:35.76 33.48	550m:	6:03.57 33.55	950m:	10:33.68 33.99	1350m:	15:02.96 33.35	
	200m:	2:09.06 33.30	600m:	6:37.38 33.81	1000m:	11:07.36 33.68	1400m:	15:36.38 33.42	
	250m:	2:42.62 33.56	650m:	7:11.04 33.66	1050m:	11:41.21 33.85	1450m:	16:09.90 33.52	
	300m:	3:16.03 33.41	700m:	7:44.76 33.72	1100m:	12:15.03 33.82	1500m:	16:42.55 32.65	
	350m:	3:49.66 33.63	750m:	8:18.47 33.71	1150m:	12:48.78 33.75			
	400m:	4:22.98 33.32	800m:	8:51.91 33.44	1200m:	13:22.60 33.82			
6.	Veigar Hrafn Sigþórsson		05	SH		16:46.13	598		
	50m:	29.07 29.07	450m:	4:58.12 33.72	850m:	9:29.11 33.68	1250m:	13:59.93 34.06	
	100m:	1:01.83 32.76	500m:	5:32.31 34.19	900m:	10:03.14 34.03	1300m:	14:33.58 33.65	
	150m:	1:35.45 33.62	550m:	6:06.30 33.99	950m:	10:37.09 33.95	1350m:	15:07.53 33.95	
	200m:	2:09.25 33.80	600m:	6:40.41 34.11	1000m:	11:10.68 33.59	1400m:	15:40.75 33.22	
	250m:	2:42.80 33.55	650m:	7:14.02 33.61	1050m:	11:44.49 33.81	1450m:	16:13.80 33.05	
	300m:	3:16.73 33.93	700m:	7:47.63 33.61	1100m:	12:18.19 33.70	1500m:	16:46.13 32.33	
	350m:	3:50.46 33.73	750m:	8:21.40 33.77	1150m:	12:52.15 33.96			
	400m:	4:24.40 33.94	800m:	8:55.43 34.03	1200m:	13:25.87 33.72			

Íslandsmeistaramótið í 25m laug
Hafnarfjörður, 8. - 10.11.2019

Sundgrein 17, karla, 1500m skriðsund, Opinn

Sæti				F.ár				Tími	Stig			
7.	Snær Llorens Sigurðsson			02	ÍA			16:55.35	582			
	50m:	29.61	29.61	450m:	4:56.40	33.84	850m:	9:27.26	33.90	1250m:	14:05.42	34.99
	100m:	1:01.96	32.35	500m:	5:29.90	33.50	900m:	10:01.01	33.75	1300m:	14:40.92	35.50
	150m:	1:35.08	33.12	550m:	6:02.98	33.08	950m:	10:35.69	34.68	1350m:	15:15.11	34.19
	200m:	2:08.54	33.46	600m:	6:36.81	33.83	1000m:	11:10.51	34.82	1400m:	15:49.00	33.89
	250m:	2:41.81	33.27	650m:	7:10.99	34.18	1050m:	11:45.31	34.80	1450m:	16:23.15	34.15
	300m:	3:15.53	33.72	700m:	7:45.25	34.26	1100m:	12:20.68	35.37	1500m:	16:55.35	32.20
	350m:	3:49.49	33.96	750m:	8:19.31	34.06	1150m:	12:55.32	34.64			
	400m:	4:22.56	33.07	800m:	8:53.36	34.05	1200m:	13:30.43	35.11			
8.	Gústav Ragnar Kristjánsson			02	Breiðablik			17:03.73	568			
	50m:	29.22	29.22	450m:	4:56.94	33.76	850m:	9:32.73	34.75	1250m:	14:10.87	34.93
	100m:	1:01.89	32.67	500m:	5:30.89	33.95	900m:	10:07.07	34.34	1300m:	14:45.80	34.93
	150m:	1:35.13	33.24	550m:	6:05.05	34.16	950m:	10:42.01	34.94	1350m:	15:21.08	35.28
	200m:	2:08.59	33.46	600m:	6:39.60	34.55	1000m:	11:16.71	34.70	1400m:	15:56.04	34.96
	250m:	2:41.98	33.39	650m:	7:14.47	34.87	1050m:	11:51.82	35.11	1450m:	16:30.11	34.07
	300m:	3:15.64	33.66	700m:	7:48.82	34.35	1100m:	12:26.38	34.56	1500m:	17:03.73	33.62
	350m:	3:49.73	34.09	750m:	8:23.16	34.34	1150m:	13:01.05	34.67			
	400m:	4:23.18	33.45	800m:	8:57.98	34.82	1200m:	13:35.94	34.89			
9.	Skúli Thor Ásgeirsson			02	Ægir			17:13.67	552			
	50m:	29.28	29.28	450m:	5:04.73	34.26	850m:	9:43.95	35.00	1250m:	14:21.81	34.96
	100m:	1:02.83	33.55	500m:	5:39.42	34.69	900m:	10:18.51	34.56	1300m:	14:56.67	34.86
	150m:	1:37.58	34.75	550m:	6:14.29	34.87	950m:	10:53.25	34.74	1350m:	15:31.36	34.69
	200m:	2:12.54	34.96	600m:	6:49.26	34.97	1000m:	11:27.90	34.65	1400m:	16:06.20	34.84
	250m:	2:47.25	34.71	650m:	7:23.87	34.61	1050m:	12:02.26	34.36	1450m:	16:40.75	34.55
	300m:	3:21.57	34.32	700m:	7:58.98	35.11	1100m:	12:37.11	34.85	1500m:	17:13.67	32.92
	350m:	3:55.88	34.31	750m:	8:34.17	35.19	1150m:	13:11.91	34.80			
	400m:	4:30.47	34.59	800m:	9:08.95	34.78	1200m:	13:46.85	34.94			
10.	Baldur Logi Gautason			00	RVK			17:32.11	523			
	50m:	29.38	29.38	450m:	5:08.54	35.49	850m:	9:52.16	35.28	1250m:	14:36.80	36.26
	100m:	1:02.62	33.24	500m:	5:44.11	35.57	900m:	10:27.45	35.29	1300m:	15:12.40	35.60
	150m:	1:37.07	34.45	550m:	6:19.62	35.51	950m:	11:02.88	35.43	1350m:	15:47.87	35.47
	200m:	2:11.86	34.79	600m:	6:54.95	35.33	1000m:	11:38.45	35.57	1400m:	16:23.44	35.57
	250m:	2:47.09	35.23	650m:	7:30.35	35.40	1050m:	12:13.56	35.11	1450m:	16:58.90	35.46
	300m:	3:22.15	35.06	700m:	8:05.70	35.35	1100m:	12:49.78	36.22	1500m:	17:32.11	33.21
	350m:	3:57.49	35.34	750m:	8:41.12	35.42	1150m:	13:25.23	35.45			
	400m:	4:33.05	35.56	800m:	9:16.88	35.76	1200m:	14:00.54	35.31			
11.	Jónas Atli Pálsson			03	SH			17:50.23	497			
	50m:	30.25	30.25	450m:	5:11.41	36.05	850m:	9:59.91	36.39	1250m:	14:50.88	35.72
	100m:	1:04.12	33.87	500m:	5:47.26	35.85	900m:	10:36.23	36.32	1300m:	15:27.07	36.19
	150m:	1:38.69	34.57	550m:	6:23.25	35.99	950m:	11:12.59	36.36	1350m:	16:02.60	35.53
	200m:	2:13.68	34.99	600m:	6:59.02	35.77	1000m:	11:49.21	36.62	1400m:	16:39.00	36.40
	250m:	2:48.78	35.10	650m:	7:35.10	36.08	1050m:	12:25.82	36.61	1450m:	17:15.25	36.25
	300m:	3:24.12	35.34	700m:	8:11.15	36.05	1100m:	13:02.11	36.29	1500m:	17:50.23	34.98
	350m:	3:59.60	35.48	750m:	8:47.37	36.22	1150m:	13:38.59	36.48			
	400m:	4:35.36	35.76	800m:	9:23.52	36.15	1200m:	14:15.16	36.57			
12.	Gabriel Þór Sigurmundsson			03	ÍRB			17:54.05	492			
	50m:	31.42	31.42	450m:	5:17.94	36.26	850m:	10:07.12	36.21	1250m:	14:56.83	36.58
	100m:	1:05.94	34.52	500m:	5:54.36	36.42	900m:	10:43.00	35.88	1300m:	15:32.73	35.90
	150m:	1:41.44	35.50	550m:	6:30.32	35.96	950m:	11:19.16	36.16	1350m:	16:08.11	35.38
	200m:	2:17.12	35.68	600m:	7:06.97	36.65	1000m:	11:55.49	36.33	1400m:	16:43.95	35.84
	250m:	2:53.31	36.19	650m:	7:42.41	35.44	1050m:	12:32.01	36.52	1450m:	17:19.86	35.91
	300m:	3:29.51	36.20	700m:	8:18.25	35.84	1100m:	13:08.16	36.15	1500m:	17:54.05	34.19
	350m:	4:05.76	36.25	750m:	8:55.27	37.02	1150m:	13:44.23	36.07			
	400m:	4:41.68	35.92	800m:	9:30.91	35.64	1200m:	14:20.25	36.02			
13.	Þorsteinn Karl Arnarsson			04	Stjarnan			17:57.04	488			
	50m:	31.09	31.09	450m:	5:16.99	36.79	850m:	10:06.70	35.61	1250m:	14:55.88	36.26
	100m:	1:05.70	34.61	500m:	5:53.45	36.46	900m:	10:42.72	36.02	1300m:	15:33.08	37.20
	150m:	1:41.20	35.50	550m:	6:29.96	36.51	950m:	11:19.37	36.65	1350m:	16:09.28	36.20
	200m:	2:16.84	35.64	600m:	7:05.71	35.75	1000m:	11:55.22	35.85	1400m:	16:45.55	36.27
	250m:	2:52.81	35.97	650m:	7:42.18	36.47	1050m:	12:31.52	36.30	1450m:	17:21.96	36.41
	300m:	3:28.46	35.65	700m:	8:17.67	35.49	1100m:	13:07.90	36.38	1500m:	17:57.04	35.08
	350m:	4:04.30	35.84	750m:	8:54.40	36.73	1150m:	13:43.93	36.03			
	400m:	4:40.20	35.90	800m:	9:31.09	36.69	1200m:	14:19.62	35.69			

Íslandsmeistaramótið í 25m laug
Hafnarfjörður, 8. - 10.11.2019

Sundgrein 17, karla, 1500m skriðsund, Opinn

Sæti			F.ár			Tími	Stig	
14.	Guðmundur Halldórsson		04	Breiðablik		18:04.31	478	
	50m:	31.64 31.64	450m:	5:20.79 36.36	850m:	10:11.95 36.66	1250m:	15:05.19 36.61
	100m:	1:06.64 35.00	500m:	5:57.36 36.57	900m:	10:48.65 36.70	1300m:	15:41.51 36.32
	150m:	1:42.42 35.78	550m:	6:33.69 36.33	950m:	11:25.34 36.69	1350m:	16:18.05 36.54
	200m:	2:18.68 36.26	600m:	7:10.27 36.58	1000m:	12:02.18 36.84	1400m:	16:54.42 36.37
	250m:	2:55.01 36.33	650m:	7:46.64 36.37	1050m:	12:38.86 36.68	1450m:	17:30.06 35.64
	300m:	3:31.58 36.57	700m:	8:22.36 35.72	1100m:	13:15.46 36.60	1500m:	18:04.31 34.25
	350m:	4:07.83 36.25	750m:	8:59.00 36.64	1150m:	13:51.99 36.53		
	400m:	4:44.43 36.60	800m:	9:35.29 36.29	1200m:	14:28.58 36.59		
15.	Logi Freyr Arnarsson		03	RVK		18:09.71	471	
	50m:	30.53 30.53	450m:	5:17.71 36.48	850m:	10:11.87 37.28	1250m:	15:07.70 36.65
	100m:	1:05.17 34.64	500m:	5:54.44 36.73	900m:	10:48.90 37.03	1300m:	15:44.60 36.90
	150m:	1:40.55 35.38	550m:	6:30.94 36.50	950m:	11:26.32 37.42	1350m:	16:21.74 37.14
	200m:	2:16.29 35.74	600m:	7:07.86 36.92	1000m:	12:04.10 37.78	1400m:	16:58.26 36.52
	250m:	2:52.01 35.72	650m:	7:44.55 36.69	1050m:	12:41.01 36.91	1450m:	17:34.92 36.66
	300m:	3:28.21 36.20	700m:	8:21.32 36.77	1100m:	13:17.66 36.65	1500m:	18:09.71 34.79
	350m:	4:04.44 36.23	750m:	8:58.02 36.70	1150m:	13:54.52 36.86		
	400m:	4:41.23 36.79	800m:	9:34.59 36.57	1200m:	14:31.05 36.53		
16.	Jón Ingi Halldórsson		04	Breiðablik		18:25.15	451	
	50m:	32.35 32.35	450m:	5:24.94 36.83	850m:	10:21.35 37.12	1250m:	15:21.22 37.57
	100m:	1:08.29 35.94	500m:	6:01.97 37.03	900m:	10:58.26 36.91	1300m:	15:58.50 37.28
	150m:	1:44.64 36.35	550m:	6:38.97 37.00	950m:	11:35.52 37.26	1350m:	16:35.61 37.11
	200m:	2:21.09 36.45	600m:	7:16.01 37.04	1000m:	12:12.92 37.40	1400m:	17:12.59 36.98
	250m:	2:58.01 36.92	650m:	7:52.98 36.97	1050m:	12:50.64 37.72	1450m:	17:49.38 36.79
	300m:	3:34.58 36.57	700m:	8:30.38 37.40	1100m:	13:27.80 37.16	1500m:	18:25.15 35.77
	350m:	4:11.41 36.83	750m:	9:07.13 36.75	1150m:	14:05.69 37.89		
	400m:	4:48.11 36.70	800m:	9:44.23 37.10	1200m:	14:43.65 37.96		
17.	Stefán Ingi Ólafsson		06	Ægir		18:42.40	431	
	50m:	32.81 32.81	450m:	5:31.73 37.99	850m:	10:35.28 38.33	1250m:	15:38.65 37.50
	100m:	1:09.30 36.49	500m:	6:09.42 37.69	900m:	11:13.29 38.01	1300m:	16:15.95 37.30
	150m:	1:46.11 36.81	550m:	6:47.41 37.99	950m:	11:51.47 38.18	1350m:	16:53.20 37.25
	200m:	2:23.17 37.06	600m:	7:25.26 37.85	1000m:	12:29.32 37.85	1400m:	17:30.34 37.14
	250m:	3:00.54 37.37	650m:	8:03.18 37.92	1050m:	13:07.43 38.11	1450m:	18:07.30 36.96
	300m:	3:37.98 37.44	700m:	8:40.88 37.70	1100m:	13:45.17 37.74	1500m:	18:42.40 35.10
	350m:	4:15.80 37.82	750m:	9:18.90 38.02	1150m:	14:23.15 37.98		
	400m:	4:53.74 37.94	800m:	9:56.95 38.05	1200m:	15:01.15 38.00		
18.	Örn Kató Arnarsson		05	Óðinn		18:44.91	428	
	50m:	32.26 32.26	450m:	5:30.03 37.77	850m:	10:33.80 37.95	1250m:	15:36.00 38.38
	100m:	1:07.64 35.38	500m:	6:07.54 37.51	900m:	11:11.58 37.78	1300m:	16:14.45 38.45
	150m:	1:44.17 36.53	550m:	6:45.47 37.93	950m:	11:49.11 37.53	1350m:	16:53.03 38.58
	200m:	2:21.56 37.39	600m:	7:23.48 38.01	1000m:	12:27.30 38.19	1400m:	17:31.08 38.05
	250m:	2:58.80 37.24	650m:	8:01.26 37.78	1050m:	13:05.79 38.49	1450m:	18:09.31 38.23
	300m:	3:36.48 37.68	700m:	8:39.51 38.25	1100m:	13:43.23 37.44	1500m:	18:44.91 35.60
	350m:	4:14.12 37.64	750m:	9:17.42 37.91	1150m:	14:20.53 37.30		
	400m:	4:52.26 38.14	800m:	9:55.85 38.43	1200m:	14:57.62 37.09		
19.	Bjarki B Isaksen		06	Breiðablik		18:53.56	418	
	50m:	31.90 31.90	450m:	5:34.76 38.11	850m:	10:40.92 38.55	1250m:	15:46.65 38.18
	100m:	1:08.59 36.69	500m:	6:12.74 37.98	900m:	11:20.02 39.10	1300m:	16:24.46 37.81
	150m:	1:46.17 37.58	550m:	6:50.58 37.84	950m:	11:58.25 38.23	1350m:	17:02.68 38.22
	200m:	2:23.86 37.69	600m:	7:28.55 37.97	1000m:	12:36.71 38.46	1400m:	17:41.32 38.64
	250m:	3:02.30 38.44	650m:	8:06.99 38.44	1050m:	13:14.24 37.53	1450m:	18:18.28 36.96
	300m:	3:40.65 38.35	700m:	8:45.53 38.54	1100m:	13:52.42 38.18	1500m:	18:53.56 35.28
	350m:	4:18.63 37.98	750m:	9:23.93 38.40	1150m:	14:30.48 38.06		
	400m:	4:56.65 38.02	800m:	10:02.37 38.44	1200m:	15:08.47 37.99		

Íslandsmeistaramótið í 25m laug
Hafnarfjörður, 8. - 10.11.2019

Sundgrein 18

karla, 50m baksund

Opinn

9.11.2019 - 16:55

Úrslitalistar Úrslitsund

ISL Opinn	24.05	Örn Arnarson	SH	Debrecen (HUN)	14.12.2007
ISL 15 - 17	25.42				
ISL 13 - 14	27.21				
ISL 11 - 12	29.73				

Ím25 : 31.66 / NM 14 +: 25.50 / EM 16 +: 24.82

Stig: FINA 2019

Sæti	F.ár			Tími	Stig	
1.	Kristinn Þórarinnsson	96	RVK	24.47	748	EM
2.	Kolbeinn Hrafnkelsson	94	SH	25.22	683	NM
3.	Brynjólfur Óli Karlsson	01	Breiðablik	25.99	624	
4.	Fannar Snævar Hauksson	04	ÍRB	27.13	549	
5.	Tómas Magnússon	02	RVK	27.36	535	
6.	Gabriel Ari Tryggvarson	03	ÍRB	28.31	483	
7.	Sindri Andreas Bjarnason	01	ÍA	28.73	462	
8.	Sveinn Elí Helgason	04	Ægir	29.98	407	

Sundgrein 19

kvenna, 200m skriðsund

Opinn

9.11.2019 - 17:03

Úrslitalistar Úrslitsund

ISL Opinn	1:58.42	Snæfríður Sól Jórunnardóttir	AGF	Esbjerg (DEN)	8.11.2019
ISL 15 - 17	1:59.57				
ISL 13 - 14	2:03.78				
ISL 11 - 12	2:14.57				

Ím25 : 2:24.44 / NM 13 +: 2:08.80 / EM 16 +: 2:02.18

Stig: FINA 2019

Sæti	F.ár			Tími	Stig	
1.	Vár E. Eidesgaard	01	Havnar	2:01.95	742	EM
	50m: 28.65 28.65 100m: 59.62 30.97 150m: 1:30.92 31.30 200m: 2:01.95 31.03					
2.	Kristín Helga Hákonardóttir	04	Breiðablik	2:04.57	696	NM
	50m: 28.77 28.77 100m: 1:00.12 31.35 150m: 1:32.44 32.32 200m: 2:04.57 32.13					
3.	Brynhildur Traustadóttir	01	ÍA	2:07.48	650	NM
	50m: 29.68 29.68 100m: 1:01.80 32.12 150m: 1:35.24 33.44 200m: 2:07.48 32.24					
4.	Barbara Debes	00	Ægir Klaksvík	2:10.31	608	
	50m: 29.82 29.82 100m: 1:02.73 32.91 150m: 1:36.58 33.85 200m: 2:10.31 33.73					
5.	Halla Margrét Baldursdóttir	02	RVK	2:12.12	583	
	50m: 30.40 30.40 100m: 1:04.00 33.60 150m: 1:38.40 34.40 200m: 2:12.12 33.72					
6.	Rebekka Sif Ómarsdóttir	03	Óðinn	2:13.10	571	
	50m: 30.83 30.83 100m: 1:04.01 33.18 150m: 1:38.78 34.77 200m: 2:13.10 34.32					
7.	Aþena Jónsdóttir	04	SH	2:14.34	555	
	50m: 30.78 30.78 100m: 1:04.96 34.18 150m: 1:39.53 34.57 200m: 2:14.34 34.81					
8.	Adele Alexandra Pálsson	03	SH	2:15.89	536	
	50m: 30.98 30.98 100m: 1:05.25 34.27 150m: 1:40.80 35.55 200m: 2:15.89 35.09					

Íslandsmeistaramótið í 25m laug
Hafnarfjörður, 8. - 10.11.2019

Sundgrein 20
9.11.2019 - 17:07

karla, 200m fjórsund

Opinn
Úrslitalistar Úrslitsund

ISL Opinn	1:57.91	Örn Arnarson	ÍRB	Vestmannaeyjar	21.3.2003
ISL 15 - 17	2:00.70				
ISL 13 - 14	2:11.40				
ISL 11 - 12	2:18.53				

Ím25 : 2:29.40 / NM 14 +: 2:10.50 / EM 16 +: 2:00.77

Stig: FINA 2019

Sæti			F.ár			Tími	Stig	
1.	Bartal E. Eidesgaard		03	Havnar		2:08.64	618	NM
	50m:	27.44 27.44	100m:	1:00.44	33.00	150m:	1:37.49	37.05
			200m:	2:08.64			31.15	
2.	Birrir Freyr Hálfðánarsson		06	SH		2:09.62	605	
	<i>MET</i>							
	50m:	27.80 27.80	100m:	1:01.66	33.86	150m:	1:39.23	37.57
			200m:	2:09.62			30.39	
3.	Róbert Ísak Jónsson		01	SH		2:10.44	593	NM
	50m:	27.38 27.38	100m:	1:01.64	34.26	150m:	1:39.12	37.48
			200m:	2:10.44			31.32	
4.	Björgvin Árni Júlíusson		01	RVK		2:14.15	545	
	50m:	29.58 29.58	100m:	1:03.66	34.08	150m:	1:44.25	40.59
			200m:	2:14.15			29.90	
5.	Aron Fannar Kristínarson		03	ÍRB		2:14.34	543	
	50m:	28.59 28.59	100m:	1:03.57	34.98	150m:	1:43.10	39.53
			200m:	2:14.34			31.24	
6.	Baldur Logi Gautason		00	RVK		2:16.34	519	
	50m:	28.75 28.75	100m:	1:04.62	35.87	150m:	1:44.42	39.80
			200m:	2:16.34			31.92	
7.	Flosi Ómarsson		03	ÍRB		2:18.32	497	
	50m:	29.87 29.87	100m:	1:06.06	36.19	150m:	1:45.12	39.06
			200m:	2:18.32			33.20	
8.	Kári Steinn Kjartansson		03	Ægir		2:26.49	419	
	50m:	31.62 31.62	100m:	1:07.70	36.08	150m:	1:52.34	44.64
			200m:	2:26.49			34.15	

Sundgrein 21
9.11.2019 - 17:17

kvenna, 100m bringusund

Opinn
Úrslitalistar Úrslitsund

ISL Opinn	1:05.67	Hrafnhildur Lúthersdóttir	SH	Windsor (CAN)	9.12.2016
ISL 15 - 17	1:09.07				
ISL 13 - 14	1:11.91				
ISL 11 - 12	1:16.82				

Ím25 : 1:23.49 / NM 13 +: 1:12.88 / EM 16 +: 1:08.50

Stig: FINA 2019

Sæti			F.ár			Tími	Stig	
1.	Karen Mist Arngeirsdóttir		00	ÍRB		1:10.43	694	NM
	50m:	32.87 32.87	100m:	1:10.43	37.56			
2.	Sunna Svanlaug Vilhjálmsdóttir		00	SH		1:13.05	622	
	50m:	34.08 34.08	100m:	1:13.05	38.97			
3.	Eva Margrét Falsdóttir		05	ÍRB		1:13.40	613	
	50m:	34.60 34.60	100m:	1:13.40	38.80			
4.	Eyðrið Mortensen		03	Havnar		1:17.30	525	
	50m:	36.83 36.83	100m:	1:17.30	40.47			
5.	Guðbjörg Bjartey Guðmundsdóttir		05	ÍA		1:17.31	524	
	50m:	36.46 36.46	100m:	1:17.31	40.85			
6.	Amalia Nanna Juliusdóttir		02	Óðinn		1:17.48	521	
	50m:	36.37 36.37	100m:	1:17.48	41.11			
7.	Rebekka Trygvadóttir		04	Ægir Klaksvík		1:17.52	520	
	50m:	37.31 37.31	100m:	1:17.52	40.21			
8.	Ragnheiður Karen Ólafsdóttir		04	ÍA		1:18.33	504	
	50m:	36.91 36.91	100m:	1:18.33	41.42			

Íslandsmeistaramótið í 25m laug
Hafnarfjörður, 8. - 10.11.2019

Sundgrein 22 karla, 50m bringusund Opinn
9.11.2019 - 17:19 Úrslitalistar Úrslitsund

ISL Opinn	26.74	Anton Sveinn McKee	SH	Hangzhou (CHN)	15.12.2018
ISL 15 - 17	28.47				
ISL 13 - 14	31.35				
ISL 11 - 12	33.43				

Ím25 : 34.86 / NM 14 +: 28.77 / EM 16 +: 27.71

Stig: FINA 2019

Sæti	F.ár			Tími	Stig
1.	04	SH		29.68	615
2.	01	SH		29.75	611
3.	00	Ægir Klaksvík		29.82	607
4.	04	RVK		30.62	560
5.	05	SH		31.14	533
		<i>MET</i>			
6.	99	Breiðablik		31.99	491
7.	04	ÍRB		32.22	481
8.	03	Breiðablik		32.51	468

Sundgrein 23 kvenna, 50m flugsund Opinn
9.11.2019 - 17:28 Úrslitalistar Úrslitsund

ISL Opinn	26.22	Bryndís Rún Hansen	Óðinn	Windsor (CAN)	8.12.2016
ISL 15 - 17	27.24				
ISL 13 - 14	29.17				
ISL 11 - 12	31.81				

Ím25 : 32.64 / NM 13 +: 28.24 / EM 16 +: 27.18

Stig: FINA 2019

Sæti	F.ár			Tími	Stig
1.	93	SH		26.95	740 EM
2.	01	SH		27.60	689 NM
3.	00	SH		28.08	654 NM
4.	05	Havnar		30.21	525
5.	00	ÍRB		30.35	518
6.	02	ÍRB		30.45	513
7.	02	SH		30.61	505
8.	00	Ægir Klaksvík		30.94	489

Sundgrein 24 karla, 100m skriðsund Opinn
9.11.2019 - 17:29 Úrslitalistar Úrslitsund

ISL Opinn	48.42	Örn Arnarson	SH	Reykjavík	16.11.2007
ISL 15 - 17	49.71				
ISL 13 - 14	54.57				
ISL 11 - 12	58.16				

Ím25 : 1:00.92 / NM 14 +: 52.15 / EM 16 +: 49.45

Stig: FINA 2019

Sæti	F.ár			Tími	Stig
1.	95	SH		50.39	709 NM
	50m: 23.81 23.81	100m: 50.39	26.58		
2.	00	Ægir Klaksvík		51.45	666 NM
	50m: 24.57 24.57	100m: 51.45	26.88		
3.	00	RVK		51.95	647 NM
	50m: 25.03 25.03	100m: 51.95	26.92		
4.	00	RVK		52.03	644 NM
	50m: 24.95 24.95	100m: 52.03	27.08		

Íslandsmeistaramótið í 25m laug
Hafnarfjörður, 8. - 10.11.2019

Sundgrein 24, karla, 100m skriðsund, Úrslitsund, Opinn

Sæti		F.ár		Tími	Stig
5.	Patrik Viggó Vilbergsson	02	Breiðablik	52.69	620
	50m: 25.33 25.33	100m: 52.69	27.36		
6.	Símon Elías Statkevicius	03	SH	53.58	590
	50m: 25.73 25.73	100m: 53.58	27.85		
7.	Bartal E. Eidesgaard	03	Havnar	53.69	586
	50m: 25.99 25.99	100m: 53.69	27.70		
8.	Fannar Snævar Hauksson	04	ÍRB	54.05	574
	50m: 25.81 25.81	100m: 54.05	28.24		

Sundgrein 25

kvenna, 100m baksund

9.11.2019 - 17:39

Opinn
Úrslitalistar Úrslitsund

ISL Opinn	57.42	Eygló Ósk Gústafsdóttir	Ægir	Netanya (ISR)	3.12.2015
ISL 15 - 17	59.75				
ISL 13 - 14	1:03.10				
ISL 11 - 12	1:08.69				

Ím25 : 1:14.68 / NM 13 +: 1:05.76 / EM 16 +: 1:00.78

Stig: FINA 2019

Sæti		F.ár		Tími	Stig
1.	Eygló Ósk Gústafsdóttir	95	RVK	59.94	773 EM
	50m: 29.14 29.14	100m: 59.94	30.80		
2.	Signhild Joensen	00	Ægir Klaksvík	1:01.95	700 NM
	50m: 29.83 29.83	100m: 1:01.95	32.12		
3.	Steingerður Hauksdóttir	96	SH	1:04.26	628 NM
	50m: 30.60 30.60	100m: 1:04.26	33.66		
4.	Þorgerður Ósk Jónsdóttir	03	SH	1:05.41	595 NM
	50m: 31.62 31.62	100m: 1:05.41	33.79		
5.	Elisabeth Erlendsdóttir	05	Havnar	1:06.02	579
	50m: 32.04 32.04	100m: 1:06.02	33.98		
6.	Stefanía Sigurþórsdóttir	01	Breiðablik	1:06.09	577
	50m: 32.23 32.23	100m: 1:06.09	33.86		
7.	Emilía Sól Guðmundsdóttir	02	Ægir	1:08.01	529
	50m: 32.30 32.30	100m: 1:08.01	35.71		
8.	Alexandra Tómasdóttir	01	Óðinn	1:09.90	487
	50m: 34.15 34.15	100m: 1:09.90	35.75		

Íslandsmeistaramótið í 25m laug
Hafnarfjörður, 8. - 10.11.2019

Sundgrein 26
9.11.2019 - 17:41

karla, 200m flugsund

Opinn
Úrslitalistar Úrslitsund

ISL Opinn	1:57.21	Sindri Þór Jakobsson	ÍRB	Istanbul (TUR)	12.12.2009
ISL 15 - 17	2:01.95				
ISL 13 - 14	2:11.58				
ISL 11 - 12	2:25.08				

Ím25 : 2:25.72 / NM 14 +: 2:06.54 / EM 16 +: 1:59.28

Stig: FINA 2019

Sæti			F.ár			Tími	Stig	
1.	Brynjólfur Óli Karlsson		01	Breiðablik		2:04.50	657	NM
	50m:	27.17 27.17	100m:	58.64 31.47	150m:	1:31.29 32.65	200m:	2:04.50 33.21
2.	Aron Þór Jónsson		02	SH		2:13.54	532	
	50m:	29.39 29.39	100m:	1:02.73 33.34	150m:	1:38.05 35.32	200m:	2:13.54 35.49
3.	Hafþór Jón Sigurðsson		97	SH		2:14.67	519	
	50m:	29.06 29.06	100m:	1:03.51 34.45	150m:	1:38.72 35.21	200m:	2:14.67 35.95
4.	Bjartur Þórhallsson		00	RVK		2:15.74	507	
	50m:	28.35 28.35	100m:	1:01.49 33.14	150m:	1:37.24 35.75	200m:	2:15.74 38.50
5.	Kári Sölvi Nielsen		00	SH		2:19.87	463	
	50m:	28.46 28.46	100m:	1:00.79 32.33	150m:	1:35.32 34.53	200m:	2:19.87 44.55
6.	Kristófer Atli Andersen		02	Breiðablik		2:20.87	453	
	50m:	30.04 30.04	100m:	1:06.18 36.14	150m:	1:43.84 37.66	200m:	2:20.87 37.03
7.	Snær Llorens Sigurðsson		02	ÍA		2:23.50	429	
	50m:	30.29 30.29	100m:	1:06.78 36.49	150m:	1:44.89 38.11	200m:	2:23.50 38.61
8.	Róbert Andri Pálmason		02	Breiðablik		2:28.71	385	IM
	50m:	30.92 30.92	100m:	1:08.67 37.75	150m:	1:48.94 40.27	200m:	2:28.71 39.77

Sundgrein 27
9.11.2019 - 17:45

kvenna, 800m skriðsund

Opinn
Úrslitalistar

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

Ím25 : 10:25.67 / NM 13 +: 9:14.50 / EM 16 +: 8:53.74

Stig: FINA 2019

Sæti			F.ár			Tími	Stig	
1.	Vár E. Eidesgaard		01	Havnar		8:54.14	722	NM
	50m:	29.89 29.89	250m:	2:43.47 33.65	450m:	4:59.30 33.86	650m:	7:14.23 33.46
	100m:	1:02.71 32.82	300m:	3:17.40 33.93	500m:	5:33.21 33.91	700m:	7:48.29 34.06
	150m:	1:36.18 33.47	350m:	3:51.32 33.92	550m:	6:06.96 33.75	750m:	8:21.66 33.37
	200m:	2:09.82 33.64	400m:	4:25.44 34.12	600m:	6:40.77 33.81	800m:	8:54.14 32.48
2.	Ragna Sigríður Ragnarsdóttir		01	Breiðablik		9:04.00	684	NM
	50m:	30.25 30.25	250m:	2:46.43 34.22	450m:	5:02.98 34.02	650m:	7:20.55 34.71
	100m:	1:03.78 33.53	300m:	3:20.57 34.14	500m:	5:37.36 34.38	700m:	7:55.38 34.83
	150m:	1:37.98 34.20	350m:	3:54.81 34.24	550m:	6:11.65 34.29	750m:	8:30.15 34.77
	200m:	2:12.21 34.23	400m:	4:28.96 34.15	600m:	6:45.84 34.19	800m:	9:04.00 33.85
3.	Brynhildur Traustadóttir		01	ÍA		9:10.84	658	NM
	50m:	31.15 31.15	250m:	2:49.77 34.99	450m:	5:10.05 34.78	650m:	7:29.27 34.57
	100m:	1:05.23 34.08	300m:	3:24.74 34.97	500m:	5:44.78 34.73	700m:	8:03.69 34.42
	150m:	1:39.86 34.63	350m:	4:00.08 35.34	550m:	6:20.02 35.24	750m:	8:38.11 34.42
	200m:	2:14.78 34.92	400m:	4:35.27 35.19	600m:	6:54.70 34.68	800m:	9:10.84 32.73
4.	Eyðrið Mortensen		03	Havnar		9:15.76	641	
	50m:	31.48 31.48	250m:	2:50.65 34.90	450m:	5:10.31 34.70	650m:	7:29.78 35.03
	100m:	1:05.89 34.41	300m:	3:25.48 34.83	500m:	5:45.09 34.78	700m:	8:04.99 35.21
	150m:	1:40.83 34.94	350m:	4:00.56 35.08	550m:	6:20.04 34.95	750m:	8:40.26 35.27
	200m:	2:15.75 34.92	400m:	4:35.61 35.05	600m:	6:54.75 34.71	800m:	9:15.76 35.50

Íslandsmeistaramótið í 25m laug
Hafnarfjörður, 8. - 10.11.2019

Sundgrein 27, kvenna, 800m skriðsund, Opinn

Sæti			F.ár			Tími	Stig	
5.	Freyja Birkisdóttir		06	Breiðablik		9:18.56	632	
	50m:	30.40 30.40	250m:	2:49.82 35.24	450m:	5:11.46 35.37	650m:	7:33.49 35.32
	100m:	1:04.70 34.30	300m:	3:25.21 35.39	500m:	5:47.19 35.73	700m:	8:08.99 35.50
	150m:	1:39.58 34.88	350m:	4:00.66 35.45	550m:	6:22.73 35.54	750m:	8:44.46 35.47
	200m:	2:14.58 35.00	400m:	4:36.09 35.43	600m:	6:58.17 35.44	800m:	9:18.56 34.10
6.	Rebekka Sif Ómarsdóttir		03	Óðinn		9:42.61	556	
	50m:	32.47 32.47	250m:	2:57.06 36.51	450m:	5:24.05 36.86	650m:	7:53.59 37.38
	100m:	1:08.25 35.78	300m:	3:33.70 36.64	500m:	6:01.33 37.28	700m:	8:30.99 37.40
	150m:	1:44.15 35.90	350m:	4:09.95 36.25	550m:	6:38.76 37.43	750m:	9:08.23 37.24
	200m:	2:20.55 36.40	400m:	4:47.19 37.24	600m:	7:16.21 37.45	800m:	9:42.61 34.38
7.	Ingibjörg Erla Garðarsdóttir		00	RVK		9:48.86	539	
	50m:	32.49 32.49	250m:	2:57.35 37.12	450m:	5:26.89 37.92	650m:	7:58.46 37.47
	100m:	1:07.38 34.89	300m:	3:34.18 36.83	500m:	6:04.95 38.06	700m:	8:36.39 37.93
	150m:	1:43.56 36.18	350m:	4:11.39 37.21	550m:	6:42.92 37.97	750m:	9:13.21 36.82
	200m:	2:20.23 36.67	400m:	4:48.97 37.58	600m:	7:20.99 38.07	800m:	9:48.86 35.65
8.	Sandra Dögg Kristjánsdóttir		03	SH		9:48.92	539	
	50m:	31.82 31.82	250m:	2:57.60 36.89	450m:	5:26.35 37.12	650m:	7:58.14 37.55
	100m:	1:07.38 35.56	300m:	3:34.54 36.94	500m:	6:04.23 37.88	700m:	8:35.96 37.82
	150m:	1:43.79 36.41	350m:	4:11.83 37.29	550m:	6:42.20 37.97	750m:	9:13.41 37.45
	200m:	2:20.71 36.92	400m:	4:49.23 37.40	600m:	7:20.59 38.39	800m:	9:48.92 35.51
9.	Jóhanna Brynja Rúnarsdóttir		06	SH		9:55.06	522	
	50m:	33.00 33.00	250m:	3:03.27 38.19	450m:	5:34.91 37.32	650m:	8:06.00 37.37
	100m:	1:09.57 36.57	300m:	3:41.38 38.11	500m:	6:12.56 37.65	700m:	8:43.89 37.89
	150m:	1:47.31 37.74	350m:	4:20.06 38.68	550m:	6:50.70 38.14	750m:	9:20.83 36.94
	200m:	2:25.08 37.77	400m:	4:57.59 37.53	600m:	7:28.63 37.93	800m:	9:55.06 34.23
10.	Elísabet Jóhannesdóttir		06	ÍRB		10:01.82	505	
	50m:	33.66 33.66	250m:	3:03.60 38.26	450m:	5:36.67 38.42	650m:	8:10.08 38.60
	100m:	1:10.42 36.76	300m:	3:41.79 38.19	500m:	6:15.08 38.41	700m:	8:47.85 37.77
	150m:	1:47.70 37.28	350m:	4:19.97 38.18	550m:	6:53.38 38.30	750m:	9:25.68 37.83
	200m:	2:25.34 37.64	400m:	4:58.25 38.28	600m:	7:31.48 38.10	800m:	10:01.82 36.14
11.	Helga Sigurlaug Helgadóttir		07	SH		10:02.49	503	
	50m:	34.03 34.03	250m:	3:06.97 38.55	450m:	5:40.10 36.97	650m:	8:11.08 38.16
	100m:	1:11.86 37.83	300m:	3:45.65 38.68	500m:	6:18.27 38.17	700m:	8:49.33 38.25
	150m:	1:50.34 38.48	350m:	4:24.47 38.82	550m:	6:55.60 37.33	750m:	9:27.18 37.85
	200m:	2:28.42 38.08	400m:	5:03.13 38.66	600m:	7:32.92 37.32	800m:	10:02.49 35.31
12.	Ingibjörg Svava Magnúsdóttir		05	ÍA		10:03.05	502	
	50m:	33.53 33.53	250m:	3:04.70 37.90	450m:	5:39.61 39.02	650m:	8:13.97 38.80
	100m:	1:10.73 37.20	300m:	3:43.15 38.45	500m:	6:17.56 37.95	700m:	8:52.25 38.28
	150m:	1:49.10 38.37	350m:	4:21.74 38.59	550m:	6:56.55 38.99	750m:	9:29.19 36.94
	200m:	2:26.80 37.70	400m:	5:00.59 38.85	600m:	7:35.17 38.62	800m:	10:03.05 33.86
13.	Kátla María Brynjarsdóttir		07	ÍRB		10:03.45	501	
	50m:	34.06 34.06	250m:	3:06.39 37.97	450m:	5:39.93 36.95	650m:	8:13.19 39.05
	100m:	1:11.87 37.81	300m:	3:45.07 38.68	500m:	6:17.54 37.61	700m:	8:51.38 38.19
	150m:	1:50.27 38.40	350m:	4:23.59 38.52	550m:	6:55.62 38.08	750m:	9:27.82 36.44
	200m:	2:28.42 38.15	400m:	5:02.98 39.39	600m:	7:34.14 38.52	800m:	10:03.45 35.63
14.	Ólöf Kristín Isaksen		05	Óðinn		10:05.06	497	
	50m:	32.62 32.62	250m:	3:03.12 38.05	450m:	5:37.11 38.34	650m:	8:11.04 38.40
	100m:	1:09.54 36.92	300m:	3:41.48 38.36	500m:	6:15.88 38.77	700m:	8:49.32 38.28
	150m:	1:46.83 37.29	350m:	4:20.18 38.70	550m:	6:54.44 38.56	750m:	9:28.14 38.82
	200m:	2:25.07 38.24	400m:	4:58.77 38.59	600m:	7:32.64 38.20	800m:	10:05.06 36.92
15.	Diljá Dröfn Jóhannesdóttir		03	SH		10:07.77	490	
	50m:	33.68 33.68	250m:	3:05.09 37.67	450m:	5:39.94 38.60	650m:	8:15.02 38.79
	100m:	1:11.61 37.93	300m:	3:43.46 38.37	500m:	6:18.56 38.62	700m:	8:54.22 39.20
	150m:	1:49.23 37.62	350m:	4:22.10 38.64	550m:	6:57.26 38.70	750m:	9:32.13 37.91
	200m:	2:27.42 38.19	400m:	5:01.34 39.24	600m:	7:36.23 38.97	800m:	10:07.77 35.64
16.	Ragnheiður Karen Ólafsdóttir		04	ÍA		10:10.03	485	
	50m:	33.71 33.71	250m:	3:06.85 38.89	450m:	5:42.45 38.74	650m:	8:17.34 38.97
	100m:	1:11.02 37.31	300m:	3:45.82 38.97	500m:	6:21.09 38.64	700m:	8:55.92 38.58
	150m:	1:49.28 38.26	350m:	4:24.80 38.98	550m:	6:59.58 38.49	750m:	9:33.25 37.33
	200m:	2:27.96 38.68	400m:	5:03.71 38.91	600m:	7:38.37 38.79	800m:	10:10.03 36.78

Íslandsmeistaramótið í 25m laug
Hafnarfjörður, 8. - 10.11.2019

Sundgrein 27, kvenna, 800m skriðsund, Opinn

Sæti			F.ár				Tími		Stig			
17.	Þórdís Anita Björnsdóttir		02		SH		10:16.84		469			
	50m:	33.01	33.01	250m:	3:03.46	38.21	450m:	5:40.62	40.05	650m:	8:20.31	39.96
	100m:	1:09.74	36.73	300m:	3:42.05	38.59	500m:	6:20.54	39.92	700m:	8:59.80	39.49
	150m:	1:47.39	37.65	350m:	4:21.22	39.17	550m:	7:00.28	39.74	750m:	9:38.86	39.06
	200m:	2:25.25	37.86	400m:	5:00.57	39.35	600m:	7:40.35	40.07	800m:	10:16.84	37.98
18.	Hildur Valsdóttir		04		SH		10:25.37		450			
	50m:	34.03	34.03	250m:	3:09.73	39.16	450m:	5:48.85	39.76	650m:	8:28.61	39.79
	100m:	1:11.83	37.80	300m:	3:49.27	39.54	500m:	6:28.79	39.94	700m:	9:08.41	39.80
	150m:	1:50.95	39.12	350m:	4:29.24	39.97	550m:	7:08.78	39.99	750m:	9:48.07	39.66
	200m:	2:30.57	39.62	400m:	5:09.09	39.85	600m:	7:48.82	40.04	800m:	10:25.37	37.30
19.	Katja Lilja Andriysdóttir		06		SH		10:27.99		444	IM		
	50m:	35.07	35.07	250m:	3:11.75	39.08	450m:	5:51.16	39.71	650m:	8:31.00	39.11
	100m:	1:13.51	38.44	300m:	3:51.36	39.61	500m:	6:31.72	40.56	700m:	9:11.31	40.31
	150m:	1:53.21	39.70	350m:	4:31.09	39.73	550m:	7:12.51	40.79	750m:	9:50.41	39.10
	200m:	2:32.67	39.46	400m:	5:11.45	40.36	600m:	7:51.89	39.38	800m:	10:27.99	37.58
20.	Elín Eir Andersen		04		RVK		10:50.85		399	IM		
	50m:	35.04	35.04	250m:	3:16.70	41.20	450m:	6:01.61	41.52	650m:	8:47.80	41.34
	100m:	1:14.66	39.62	300m:	3:57.51	40.81	500m:	6:43.26	41.65	700m:	9:28.83	41.03
	150m:	1:55.36	40.70	350m:	4:38.82	41.31	550m:	7:24.60	41.34	750m:	10:10.20	41.37
	200m:	2:35.50	40.14	400m:	5:20.09	41.27	600m:	8:06.46	41.86	800m:	10:50.85	40.65
ÓG.	Kristín Helga Hákonardóttir		04		Breiðablik							
	<i>10.2 - Vegalendö sunds verður að ljúka til að sund sé gilt (hætti) - DNF</i>											
MÆekki	Thelma Lind Einarsdóttir		05		ÍRB							

Sundgrein 29

9.11.2019 - 18:03

karla, 4 x 100m skriðsund

Opinn
Úrslitalistar

ISL	3:22.49	Sveit ÍRB	ÍRB	Hafnarfjörður	19.11.2016			
Stig: FINA 2019								
Sæti					Tími	Stig		
1.	RVK 1		RVK		3:26.18	699		
	Hólmsteinn Skorri Hallgrímsson	+0,60	24.56	51.66	Björgvin Ární Júlíusson	+0,50	25.70	53.97
	Kristján Gylfi Þórisson	+0,12	24.25	51.65	Kristinn Þórarinnsson	+0,30	23.04	48.90
2.	SH 1		SH		3:26.61	695		
	Simon Elías Statkevicius	+0,68	25.47	53.66	Kolbeinn Hrafnkelsson	+0,28	24.29	51.01
	Halþór Jón Sigurðsson	+0,32	25.21	53.10	Dadó Fenrir Jasminuson	+0,30	23.13	48.84
3.	Breiðablik 1		Breiðablik		3:34.50	621		
	Brynjólfur Óli Karlsson	+0,49	25.21	52.35	Róbert Andri Pálmason	+0,35	26.15	55.31
	Kristófer Atli Andersen	+0,23	25.50	53.78	Patrik Viggó Vilbergsson	+0,47	25.40	53.06
4.	RVK 2		RVK		3:44.86	539		
	Bjartur Þórhallsson	+0,60	26.28	54.88	Sigurður Ingi Sigurðarson	+0,43	26.53	57.09
	Halldór Björn Kristinsson	+0,58	27.13	56.49	Baldur Logi Gautason	+0,26	26.95	56.40
5.	ÍRB 1		ÍRB		3:46.97	524		
	Fannar Snævar Hauksson	+0,68	26.04	55.23	Gabriel Ari Tryggvarson	+0,03	27.29	57.92
	Stefán Elías Davíðsson	+0,65	27.00	57.12	Aron Fannar Kristínarson	+0,22	26.80	56.70
6.	SH 2 MET		SH		3:48.74	512		
	Bergur Fáfniir Bjarnason	+0,46	28.34	59.10	Snorri Dagur Einarsson	+0,39	27.04	57.83
	Veigar Hrafn Sigþórsson	+0,26	26.56	55.75	Birnir Freyr Háldánarsson	+0,22	26.12	56.06
7.	Ægir 1		Ægir		3:51.68	493		
	Skúli Thor Ásgeirsson	+0,70	26.78	55.35	Kári Steinn Kjartansson	+0,53	28.93	1:00.57
	Ólafur Breki Guðnason	+0,42	27.54	58.19	Sveinn Elí Helgason	+0,36	27.20	57.57
8.	ÍA 1		ÍA		3:51.91	491		
	Atli Vikar Ingimundarson	+0,53	25.90	56.26	Guðbjarni Sigþórsson	+0,70	30.23	1:03.02
	Sindri Andreas Bjarnason	+0,19	25.72	54.11	Snær Llorens Sigurðsson	+0,38	27.33	58.52

Íslandsmeistaramótið í 25m laug
Hafnarfjörður, 8. - 10.11.2019

Sundgrein 29, karla, 4 x 100m skriðsund, Opinn

Sæti						Tími	Stig	
9.	Óðinn 1			Óðinn		4:06.76	408	
	Kristófer Óli Birgirsson	+0,65	28.66	1:02.43	Hákon Alexander Magnússon	+0,48	27.38	58.54
	Örn Kató Arnarsson	+0,55	31.96	1:06.27	Viktor Emil Sigtryggsson	+0,31	27.80	59.52

Sundgrein 30

kvenna, 4 x 100m skriðsund

Opinn

9.11.2019 - 18:12

Úrslitalistar

ISL	3:50.80	Sveit Ægis	Ægir	Reykjavík	22.11.2009
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Stig: FINA 2019

Sæti						Tími	Stig	
1.	SH 1			SH		3:49.66	727	
	<i>MET</i>							
	Jóhanna Elín Guðmundsdóttir	+0,70	26.83	56.79	Steingerður Hauksdóttir	+0,26	26.88	58.00
	Katarína Róbertsdóttir		27.59	59.14	Ingibjörg Kristín Jónsdóttir	+0,21	26.24	55.73
2.	Breiðablik 1			Breiðablik		3:59.64	640	
	Stefanía Sigurbórsdóttir	+0,75	28.90	1:00.46	Ragna Sigríður Ragnarsdóttir	+0,23	28.35	59.42
	Fanny Lind Jóhannsdóttir	+0,22	28.84	1:01.48	Kristín Helga Hákonardóttir	+0,29	27.52	58.28
3.	Havnar 1			Havnar		4:03.61	609	
	Elisabeth Erlendsdóttir	+0,71	29.29	1:01.85	Vár E. Eidesgaard	+0,37	27.91	58.02
	Kristina Í Skála	+0,37	29.53	1:03.10	Eyðrið Mortensen	+0,31	29.00	1:00.64
4.	RVK 1			RVK		4:03.91	607	
	Herdís Birna Viggósdóttir	+0,76	29.34	1:02.29	Kolbrún Jónsdóttir	+0,28	29.56	1:03.27
	Halla Margrét Baldursdóttir	+0,44	29.24	1:01.26	Jóhanna Gerða Gústafsdóttir	+0,19	27.17	57.09
5.	ÍRB 1			ÍRB		4:06.83	585	
	Birna Hilmarsdóttir	+0,75	29.09	1:01.71	Thelma Lind Einarsdóttir	+0,14	30.47	1:03.95
	Eva Margrét Falsdóttir	+0,34	28.78	1:00.78	Karen Mist Arngeirsdóttir	+0,22	28.34	1:00.39
6.	ÍA 1			ÍA		4:09.12	569	
	Brynhildur Traustadóttir	+0,73	29.06	59.87	Guðbjörg Bjartey Guðmundsdóttir	+0,73	29.71	1:03.15
	Ragnheiður Karen Ólafsdóttir	+0,41	29.18	1:01.89	Ingibjörg Svava Magnúsdóttir	+0,49	30.66	1:04.21
7.	Óðinn 1			Óðinn		4:11.81	551	
	Embla Karen Sævarsdóttir	+0,70	30.35	1:04.27	Rebekka Sif Ómarsdóttir	+0,48	29.77	1:02.57
	Apena Arnarsdóttir	+0,02	30.07	1:04.19	Alexandra Tómasdóttir	+0,24	29.04	1:00.78
8.	RVK 2			RVK		4:19.81	502	
	Ingibjörg Erla Garðarsdóttir	+0,72	30.63	1:03.64	Eyrún Anna Jóhannesdóttir	+0,52	31.10	1:06.37
	Ingunn Jónsdóttir	+0,40	29.90	1:03.26	Sara Dís Ólafsdóttir	+0,53	31.85	1:06.54

Íslandsmeistaramótið í 25m laug
Hafnarfjörður, 8. - 10.11.2019

5 - 5. hluti - undanrásir sunnudags

10.11.2019 - 9:30

Sundgrein 31		karla, 400m fjórsund			Opinn
10.11.2019 - 9:30					Úrslitalistar
ISL Opinn	4:11.78	Örn Arnarson	SH	Vestmannaeyjar	17.3.2001
ISL 15 - 17	4:25.53				
ISL 13 - 14	4:41.69				
ISL 11 - 12	5:08.87				

Ím25 : 5:22.46 / NM 14 +: 4:35.10 / EM 16 +: 4:19.77

Stig: FINA 2019

Sæti			F.ár			Tími	Stig	
1.	Patrik Viggó Vilbergsson		02	Breiðablik		4:30.60	659	NM
	50m:	28.01 28.01	150m:	1:34.89 34.63	250m:	2:49.60 40.50	350m:	4:00.82 30.78
	100m:	1:00.26 32.25	200m:	2:09.10 34.21	300m:	3:30.04 40.44	400m:	4:30.60 29.78
2.	Aron Þór Jónsson		02	SH		4:39.77	596	
	50m:	29.63 29.63	150m:	1:40.31 36.81	250m:	2:54.78 37.16	350m:	4:07.41 33.40
	100m:	1:03.50 33.87	200m:	2:17.62 37.31	300m:	3:34.01 39.23	400m:	4:39.77 32.36
3.	Aron Fannar Kristínarson		03	ÍRB		4:43.59	572	
	50m:	29.69 29.69	150m:	1:41.42 36.91	250m:	2:58.05 40.45	350m:	4:11.71 32.64
	100m:	1:04.51 34.82	200m:	2:17.60 36.18	300m:	3:39.07 41.02	400m:	4:43.59 31.88
4.	Veigar Hrafn Sigþórsson		05	SH		4:46.54	555	
	50m:	29.52 29.52	150m:	1:40.21 36.50	250m:	2:58.49 42.92	350m:	4:14.05 32.75
	100m:	1:03.71 34.19	200m:	2:15.57 35.36	300m:	3:41.30 42.81	400m:	4:46.54 32.49
5.	Alexander Logi Jónsson		04	ÍRB		4:51.62	526	
	50m:	30.99 30.99	150m:	1:44.78 38.60	250m:	3:02.36 39.46	350m:	4:18.10 35.39
	100m:	1:06.18 35.19	200m:	2:22.90 38.12	300m:	3:42.71 40.35	400m:	4:51.62 33.52
6.	Skúli Thor Ásgeirsson		02	Ægir		4:53.24	517	
	50m:	31.46 31.46	150m:	1:47.18 38.90	250m:	3:05.02 40.71	350m:	4:20.58 34.52
	100m:	1:08.28 36.82	200m:	2:24.31 37.13	300m:	3:46.06 41.04	400m:	4:53.24 32.66
7.	Snorri Dagur Einarsson		05	SH		4:59.03	488	
	50m:	30.68 30.68	150m:	1:47.31 40.22	250m:	3:08.26 41.77	350m:	4:25.77 35.00
	100m:	1:07.09 36.41	200m:	2:26.49 39.18	300m:	3:50.77 42.51	400m:	4:59.03 33.26
8.	Bergur Fáfniir Bjarnason		06	SH		5:05.31	458	
	50m:	30.93 30.93	150m:	1:49.03 40.45	250m:	3:12.13 45.10	350m:	4:32.33 35.08
	100m:	1:08.58 37.65	200m:	2:27.03 38.00	300m:	3:57.25 45.12	400m:	5:05.31 32.98
9.	Kári Steinn Kjartansson		03	Ægir		5:10.17	437	
	50m:	33.24 33.24	150m:	1:50.66 38.25	250m:	3:13.86 45.75	350m:	4:37.22 35.19
	100m:	1:12.41 39.17	200m:	2:28.11 37.45	300m:	4:02.03 48.17	400m:	5:10.17 32.95
10.	Hilmir Snær Lunddal Rúnarsson		03	SH		5:10.21	437	
	50m:	32.23 32.23	150m:	1:49.03 39.71	250m:	3:13.82 45.04	350m:	4:36.71 36.62
	100m:	1:09.32 37.09	200m:	2:28.78 39.75	300m:	4:00.09 46.27	400m:	5:10.21 33.50
11.	Daníel Lúkas Tómasson		04	SH		5:13.67	423	
	50m:	33.40 33.40	150m:	1:52.40 40.29	250m:	3:17.97 45.47	350m:	4:39.63 34.99
	100m:	1:12.11 38.71	200m:	2:32.50 40.10	300m:	4:04.64 46.67	400m:	5:13.67 34.04
12.	Edward Jensson		04	SH		5:20.94	395	
	50m:	33.49 33.49	150m:	1:53.08 38.75	250m:	3:20.06 47.44	350m:	4:46.05 35.57
	100m:	1:14.33 40.84	200m:	2:32.62 39.54	300m:	4:10.48 50.42	400m:	5:20.94 34.89

Íslandsmeistaramótið í 25m laug
Hafnarfjörður, 8. - 10.11.2019

Sundgrein 32
10.11.2019 - 9:36

kvenna, 1500m skriðsund

Opinn
Úrslitalistar

ISL Opinn	16:46.95	Eygló Ósk Gústafsdóttir	Ægir	Hafnarfjörður	27.10.2012
ISL 15 - 17	16:46.95				
ISL 13 - 14	17:16.94				
ISL 11 - 12	18:23.52				

Ím25 : 19:59.88

Stig: FINA 2019

Sæti			F.ár				Tími		Stig
1.	Vár E. Eidesgaard		01	Havnar		16:53.79		746	
	50m:	30.28 30.28	450m:	5:01.97 34.27	850m:	9:33.60 33.75	1250m:	14:05.66 34.02	
	100m:	1:03.74 33.46	500m:	5:36.25 34.28	900m:	10:07.75 34.15	1300m:	14:39.52 33.86	
	150m:	1:37.33 33.59	550m:	6:10.27 34.02	950m:	10:41.64 33.89	1350m:	15:13.33 33.81	
	200m:	2:11.16 33.83	600m:	6:44.00 33.73	1000m:	11:15.79 34.15	1400m:	15:47.00 33.67	
	250m:	2:45.12 33.96	650m:	7:17.93 33.93	1050m:	11:50.01 34.22	1450m:	16:20.71 33.71	
	300m:	3:19.04 33.92	700m:	7:51.95 34.02	1100m:	12:23.79 33.78	1500m:	16:53.79 33.08	
	350m:	3:53.43 34.39	750m:	8:25.85 33.90	1150m:	12:58.00 34.21			
	400m:	4:27.70 34.27	800m:	8:59.85 34.00	1200m:	13:31.64 33.64			
2.	Ragna Sigríður Ragnarsdóttir		01	Breiðablik		17:18.87		693	
	50m:	30.67 30.67	450m:	5:07.03 34.93	850m:	9:46.40 35.19	1250m:	14:25.08 34.95	
	100m:	1:04.55 33.88	500m:	5:41.85 34.82	900m:	10:21.05 34.65	1300m:	14:59.99 34.91	
	150m:	1:38.99 34.44	550m:	6:16.67 34.82	950m:	10:56.00 34.95	1350m:	15:34.80 34.81	
	200m:	2:13.55 34.56	600m:	6:51.47 34.80	1000m:	11:31.13 35.13	1400m:	16:09.95 35.15	
	250m:	2:48.10 34.55	650m:	7:26.44 34.97	1050m:	12:05.65 34.52	1450m:	16:44.68 34.73	
	300m:	3:22.88 34.78	700m:	8:01.49 35.05	1100m:	12:40.41 34.76	1500m:	17:18.87 34.19	
	350m:	3:57.49 34.61	750m:	8:36.23 34.74	1150m:	13:15.28 34.87			
	400m:	4:32.10 34.61	800m:	9:11.21 34.98	1200m:	13:50.13 34.85			
3.	Brynhildur Traustadóttir		01	ÍA		17:24.37		682	
	50m:	31.34 31.34	450m:	5:11.82 35.44	850m:	9:53.45 35.56	1250m:	14:32.55 34.86	
	100m:	1:05.55 34.21	500m:	5:47.16 35.34	900m:	10:28.43 34.98	1300m:	15:07.49 34.94	
	150m:	1:40.69 35.14	550m:	6:22.31 35.15	950m:	11:03.23 34.80	1350m:	15:42.16 34.67	
	200m:	2:15.68 34.99	600m:	6:57.32 35.01	1000m:	11:38.03 34.80	1400m:	16:16.74 34.58	
	250m:	2:50.87 35.19	650m:	7:32.32 35.00	1050m:	12:12.86 34.83	1450m:	16:51.41 34.67	
	300m:	3:26.11 35.24	700m:	8:07.80 35.48	1100m:	12:47.79 34.93	1500m:	17:24.37 32.96	
	350m:	4:01.41 35.30	750m:	8:43.10 35.30	1150m:	13:22.63 34.84			
	400m:	4:36.38 34.97	800m:	9:17.89 34.79	1200m:	13:57.69 35.06			
4.	Freyja Birkisdóttir		06	Breiðablik		17:42.56		648	
	50m:	30.73 30.73	450m:	5:13.90 36.19	850m:	9:59.20 35.65	1250m:	14:45.26 35.46	
	100m:	1:05.18 34.45	500m:	5:49.68 35.78	900m:	10:35.04 35.84	1300m:	15:21.00 35.74	
	150m:	1:40.29 35.11	550m:	6:25.22 35.54	950m:	11:10.68 35.64	1350m:	15:56.57 35.57	
	200m:	2:15.51 35.22	600m:	7:01.19 35.97	1000m:	11:46.52 35.84	1400m:	16:32.13 35.56	
	250m:	2:50.89 35.38	650m:	7:36.91 35.72	1050m:	12:22.45 35.93	1450m:	17:08.31 36.18	
	300m:	3:26.45 35.56	700m:	8:12.18 35.27	1100m:	12:58.13 35.68	1500m:	17:42.56 34.25	
	350m:	4:02.00 35.55	750m:	8:47.71 35.53	1150m:	13:34.08 35.95			
	400m:	4:37.71 35.71	800m:	9:23.55 35.84	1200m:	14:09.80 35.72			
5.	Sandra Dögg Kristjánsdóttir		03	SH		18:44.40		547	
	50m:	32.44 32.44	450m:	5:28.16 37.45	850m:	10:31.72 37.43	1250m:	15:36.39 38.38	
	100m:	1:08.13 35.69	500m:	6:05.88 37.72	900m:	11:09.71 37.99	1300m:	16:14.81 38.42	
	150m:	1:44.39 36.26	550m:	6:43.73 37.85	950m:	11:47.12 37.41	1350m:	16:53.13 38.32	
	200m:	2:21.50 37.11	600m:	7:21.42 37.69	1000m:	12:24.57 37.45	1400m:	17:30.94 37.81	
	250m:	2:58.86 37.36	650m:	7:59.68 38.26	1050m:	13:02.52 37.95	1450m:	18:08.66 37.72	
	300m:	3:36.22 37.36	700m:	8:37.81 38.13	1100m:	13:40.91 38.39	1500m:	18:44.40 35.74	
	350m:	4:13.43 37.21	750m:	9:16.12 38.31	1150m:	14:19.54 38.63			
	400m:	4:50.71 37.28	800m:	9:54.29 38.17	1200m:	14:58.01 38.47			
6.	Helga Sigurlaug Helgadóttir		07	SH		19:03.47		520	
	50m:	33.50 33.50	450m:	5:42.08 39.35	850m:	10:49.54 38.02	1250m:	15:57.65 38.24	
	100m:	1:10.71 37.21	500m:	6:21.27 39.19	900m:	11:28.86 39.32	1300m:	16:36.30 38.65	
	150m:	1:49.30 38.59	550m:	6:59.24 37.97	950m:	12:07.42 38.56	1350m:	17:13.67 37.37	
	200m:	2:27.41 38.11	600m:	7:37.31 38.07	1000m:	12:46.75 39.33	1400m:	17:51.03 37.36	
	250m:	3:05.99 38.58	650m:	8:15.34 38.03	1050m:	13:24.50 37.75	1450m:	18:29.03 38.00	
	300m:	3:44.86 38.87	700m:	8:54.19 38.85	1100m:	14:03.15 38.65	1500m:	19:03.47 34.44	
	350m:	4:23.55 38.69	750m:	9:32.96 38.77	1150m:	14:41.23 38.08			
	400m:	5:02.73 39.18	800m:	10:11.52 38.56	1200m:	15:19.41 38.18			

Íslandsmeistaramótið í 25m laug
Hafnarfjörður, 8. - 10.11.2019

Sundgrein 32, kvenna, 1500m skriðsund, Opinn

Sæti			F.ár							Tími	Stig	
7.	Ingibjörg Svava Magnúsdóttir		05		ÍA					19:19.36	499	
	50m:	33.48	33.48	450m:	5:42.06	39.38	850m:	10:56.26	39.18	1250m:	16:10.02	38.94
	100m:	1:10.65	37.17	500m:	6:21.37	39.31	900m:	11:35.90	39.64	1300m:	16:49.43	39.41
	150m:	1:49.06	38.41	550m:	7:00.54	39.17	950m:	12:15.33	39.43	1350m:	17:27.81	38.38
	200m:	2:27.50	38.44	600m:	7:39.20	38.66	1000m:	12:54.58	39.25	1400m:	18:06.29	38.48
	250m:	3:06.13	38.63	650m:	8:18.84	39.64	1050m:	13:33.55	38.97	1450m:	18:44.22	37.93
	300m:	3:45.01	38.88	700m:	8:58.16	39.32	1100m:	14:12.64	39.09	1500m:	19:19.36	35.14
	350m:	4:23.55	38.54	750m:	9:37.53	39.37	1150m:	14:51.68	39.04			
	400m:	5:02.68	39.13	800m:	10:17.08	39.55	1200m:	15:31.08	39.40			
8.	Diljá Dröfn Jóhannesdóttir		03		SH					19:49.00	462	
	50m:	33.28	33.28	450m:	5:48.73	40.37	850m:	11:05.35	40.71	1250m:	16:29.99	40.95
	100m:	1:10.19	36.91	500m:	6:28.04	39.31	900m:	11:45.59	40.24	1300m:	17:10.12	40.13
	150m:	1:49.19	39.00	550m:	7:05.18	37.14	950m:	12:26.02	40.43	1350m:	17:51.59	41.47
	200m:	2:28.90	39.71	600m:	7:43.79	38.61	1000m:	13:07.06	41.04	1400m:	18:31.44	39.85
	250m:	3:08.42	39.52	650m:	8:23.67	39.88	1050m:	13:47.41	40.35	1450m:	19:11.18	39.74
	300m:	3:48.23	39.81	700m:	9:03.72	40.05	1100m:	14:28.02	40.61	1500m:	19:49.00	37.82
	350m:	4:28.65	40.42	750m:	9:44.58	40.86	1150m:	15:08.30	40.28			
	400m:	5:08.36	39.71	800m:	10:24.64	40.06	1200m:	15:49.04	40.74			

Sundgrein 33
10.11.2019 - 9:36

kvenna, 200m baksund

Opinn
Úrslitalistar Undanrásir

ISL Opinn	2:03.53	Eygló Ósk Gústafsdóttir	Ægir	Netanya (ISR)	4.12.2015
ISL 15 - 17	2:07.10				
ISL 13 - 14	2:14.18				
ISL 11 - 12	2:27.28				

Ím25 : 2:39.47 / NM 13 +: 2:20.48 / EM 16 +: 2:13.57

Stig: FINA 2019

Sæti			F.ár							Tími	Stig	
1.	Eygló Ósk Gústafsdóttir		95		RVK					2:18.61	636 Q NM	
	50m:	31.54	31.54	100m:	1:06.44	34.90	150m:	1:42.77	36.33	200m:	2:18.61	35.84
2.	Signhild Joensen		00		Ægir Klaksvík					2:19.88	619 Q NM	
	50m:	32.63	32.63	100m:	1:08.37	35.74	150m:	1:44.44	36.07	200m:	2:19.88	35.44
3.	Þorgerður Ósk Jónsdóttir		03		SH					2:23.58	572 Q	
	50m:	32.48	32.48	100m:	1:08.58	36.10	150m:	1:46.27	37.69	200m:	2:23.58	37.31
4.	Kristina Í Skála		05		Havnar					2:23.90	568 Q	
	50m:	33.36	33.36	100m:	1:09.33	35.97	150m:	1:46.24	36.91	200m:	2:23.90	37.66
5.	Stefanía Sigurþórsdóttir		01		Breiðablik					2:25.42	551 Q	
	50m:	33.84	33.84	100m:	1:10.31	36.47	150m:	1:48.07	37.76	200m:	2:25.42	37.35
6.	Elisabeth Erlendsdóttir		05		Havnar					2:26.51	538 Q	
	50m:	31.41	31.41	100m:	1:09.52	38.11	150m:	1:48.91	39.39	200m:	2:26.51	37.60
7.	Eyðrið Mortensen		03		Havnar					2:27.94	523 Q	
	50m:	35.40	35.40	100m:	1:12.82	37.42	150m:	1:50.72	37.90	200m:	2:27.94	37.22
8.	Halla Margrét Baldursdóttir		02		RVK					2:31.55	486 Q	
	50m:	35.33	35.33	100m:	1:13.87	38.54	150m:	1:53.01	39.14	200m:	2:31.55	38.54
9.	Jóhanna Brynja Rúnarsdóttir		06		SH					2:32.21	480 R	
	50m:	35.08	35.08	100m:	1:13.51	38.43	150m:	1:53.25	39.74	200m:	2:32.21	38.96
10.	Birgitta Ingólfssdóttir		05		SH					2:32.76	475 R	
	50m:	35.81	35.81	100m:	1:14.05	38.24	150m:	1:53.92	39.87	200m:	2:32.76	38.84
11.	Thelma Lind Einarsdóttir		05		ÍRB					2:32.94	473	
	50m:	35.69	35.69	100m:	1:14.53	38.84	150m:	1:53.64	39.11	200m:	2:32.94	39.30
12.	Eva Sól Garðarsdóttir		03		Óðinn					2:35.62	449	
	50m:	36.15	36.15	100m:	1:15.25	39.10	150m:	1:55.40	40.15	200m:	2:35.62	40.22

Íslandsmeistaramótið í 25m laug
Hafnarfjörður, 8. - 10.11.2019

Sundgrein 33, kvenna, 200m baksund, Undanrásir, Opinn

Sæti				F.ár					Tími	Stig		
13.	Dagbjörg Hlíf Ólafsdóttir			05	SH				2:35.96	446		
	50m:	36.25	36.25	100m:	1:16.25	40.00	150m:	1:57.04	40.79	200m:	2:35.96	38.92
14.	Helga Sigurlaug Helgadóttir			07	SH				2:36.52	442		
	50m:	36.43	36.43	100m:	1:16.25	39.82	150m:	1:56.99	40.74	200m:	2:36.52	39.53
15.	Elísabet Jóhannesdóttir			06	ÍRB				2:36.62	441		
	50m:	36.73	36.73	100m:	1:15.97	39.24	150m:	1:56.62	40.65	200m:	2:36.62	40.00
16.	Ylfa Ásgerður Eyjólfsdóttir			06	RVK				2:38.59	424		
	50m:	37.80	37.80	100m:	1:18.33	40.53	150m:	1:59.43	41.10	200m:	2:38.59	39.16
17.	Katla María Brynjarsdóttir			07	ÍRB				2:39.64	416	IM	
	50m:	37.52	37.52	100m:	1:17.52	40.00	150m:	1:58.67	41.15	200m:	2:39.64	40.97
18.	Arianna Steinarsdóttir			03	RVK				2:40.95	406	IM	
	50m:	36.01	36.01	100m:	1:16.46	40.45	150m:	1:58.39	41.93	200m:	2:40.95	42.56
19.	Rebekka Marín Arngeirsdóttir			05	ÍRB				2:41.07	405	IM	
	50m:	38.19	38.19	100m:	1:19.88	41.69	150m:	2:00.87	40.99	200m:	2:41.07	40.20
20.	Sunna Arnfinnsdóttir			07	RVK				2:41.21	404	IM	
	50m:	39.08	39.08	100m:	1:19.64	40.56	150m:	2:01.19	41.55	200m:	2:41.21	40.02
21.	Arna Maren Jóhannesdóttir			05	RVK				2:41.95	399	IM	
	50m:	37.52	37.52	100m:	1:17.97	40.45	150m:	1:59.68	41.71	200m:	2:41.95	42.27

Sundgrein 34
10.11.2019 - 9:48

karla, 200m skriðsund

Opinn
Úrslitalistar Undanrásir

ISL Opinn	1:46.72	Örn Arnarson	SH	Lissabon (POR)	16.3.2013
ISL 15 - 17	1:48.65				
ISL 13 - 14	1:56.94				
ISL 11 - 12	2:03.87				

Ím25 : 2:14.99 / NM 14 +: 1:56.46 / EM 16 +: 1:48.70

Stig: FINA 2019

Sæti				F.ár					Tími	Stig		
1.	Bartal E. Eidesgaard			03	Havnar				1:55.20	641	Q NM	
	50m:	26.27	26.27	100m:	55.03	28.76	150m:	1:24.86	29.83	200m:	1:55.20	30.34
2.	Kristófer Atli Andersen			02	Breiðablik				1:56.22	625	Q NM	
	50m:	27.07	27.07	100m:	57.28	30.21	150m:	1:27.49	30.21	200m:	1:56.22	28.73
3.	Kristjan Gylfi Þórisson			00	RVK				1:56.70	617	Q	
	50m:	26.32	26.32	100m:	56.54	30.22	150m:	1:27.23	30.69	200m:	1:56.70	29.47
4.	Brynjólfur Óli Karlsson			01	Breiðablik				1:57.11	610	Q	
	50m:	26.74	26.74	100m:	56.30	29.56	150m:	1:27.03	30.73	200m:	1:57.11	30.08
5.	Hafþór Jón Sigurðsson			97	SH				1:57.58	603	Q	
	50m:	27.26	27.26	100m:	57.42	30.16	150m:	1:27.66	30.24	200m:	1:57.58	29.92
6.	Hólmsteinn Skorri Hallgrímsson			00	RVK				1:58.34	592	Q	
	50m:	26.31	26.31	100m:	56.32	30.01	150m:	1:26.96	30.64	200m:	1:58.34	31.38
7.	Bjartur Þórhallsson			00	RVK				1:58.63	587	Q	
	50m:	26.89	26.89	100m:	56.62	29.73	150m:	1:27.29	30.67	200m:	1:58.63	31.34
8.	Sindri Andreas Bjarnason			01	ÍA				1:59.13	580	Q	
	50m:	27.49	27.49	100m:	57.77	30.28	150m:	1:28.71	30.94	200m:	1:59.13	30.42
9.	Róbert Andri Pálmason			02	Breiðablik				1:59.71	571	R	
	50m:	26.89	26.89	100m:	57.34	30.45	150m:	1:28.37	31.03	200m:	1:59.71	31.34
10.	Símon Elías Statkevicius			03	SH				2:00.21	564	R	
	50m:	27.33	27.33	100m:	57.95	30.62	150m:	1:29.28	31.33	200m:	2:00.21	30.93

Íslandsmeistaramótið í 25m laug
Hafnarfjörður, 8. - 10.11.2019

Sundgrein 34, karla, 200m skriðsund, Undanrásir, Opinn

Sæti			F.ár							Tími	Stig	
11.	Björgvin Árne Júlíusson		01	RVK							2:01.19	551
	50m:	27.45 27.45	100m:	57.76 30.31	150m:	1:29.01 31.25	200m:	2:01.19 32.18				
12.	Róbert Ísak Jónsson		01	SH							2:02.05	539
	50m:	27.75 27.75	100m:	59.04 31.29	150m:	1:30.60 31.56	200m:	2:02.05 31.45				
13.	Baldur Logi Gautason		00	RVK							2:02.19	537
	50m:	27.82 27.82	100m:	58.61 30.79	150m:	1:30.66 32.05	200m:	2:02.19 31.53				
14.	Birnir Freyr Hálfðánarsson		06	SH							2:02.22	537
	50m:	27.70 27.70	100m:	58.44 30.74	150m:	1:30.07 31.63	200m:	2:02.22 32.15				
15.	Sigurður Ingi Sigurðarson		01	RVK							2:02.38	535
	50m:	27.56 27.56	100m:	58.36 30.80	150m:	1:30.89 32.53	200m:	2:02.38 31.49				
16.	Guðmundur Karl Karlsson		05	Breiðablik							2:02.75	530
	50m:	27.42 27.42	100m:	58.65 31.23	150m:	1:30.91 32.26	200m:	2:02.75 31.84				
17.	Stefán Elías Davíðsson		03	ÍRB							2:04.64	506
	50m:	28.15 28.15	100m:	59.95 31.80	150m:	1:32.31 32.36	200m:	2:04.64 32.33				
18.	Logi Freyr Arnarsson		03	RVK							2:06.73	482
	50m:	28.81 28.81	100m:	1:00.94 32.13	150m:	1:33.63 32.69	200m:	2:06.73 33.10				
19.	Aron Valgeirsson		03	Breiðablik							2:06.77	481
	50m:	28.62 28.62	100m:	1:00.04 31.42	150m:	1:33.00 32.96	200m:	2:06.77 33.77				
20.	Úlfur Páll Andrason		04	RVK							2:07.07	478
	50m:	28.06 28.06	100m:	59.26 31.20	150m:	1:33.03 33.77	200m:	2:07.07 34.04				
21.	Ólafur Breki Guðnason		03	Ægir							2:09.48	452
	50m:	28.08 28.08	100m:	1:00.24 32.16	150m:	1:34.56 34.32	200m:	2:09.48 34.92				
22.	Teitur Þór Ólafsson		04	Ægir							2:09.59	450
	50m:	28.89 28.89	100m:	1:01.23 32.34	150m:	1:35.31 34.08	200m:	2:09.59 34.28				
23.	Guðmundur Halldórsson		04	Breiðablik							2:10.34	443
	50m:	29.87 29.87	100m:	1:02.70 32.83	150m:	1:36.92 34.22	200m:	2:10.34 33.42				
24.	Pétur Alfreðsson		06	Breiðablik							2:10.68	439
	50m:	30.67 30.67	100m:	1:04.00 33.33	150m:	1:37.54 33.54	200m:	2:10.68 33.14				
25.	Andri Bergmann Ísaksen		04	Breiðablik							2:11.42	432
	50m:	29.98 29.98	100m:	1:03.15 33.17	150m:	1:37.45 34.30	200m:	2:11.42 33.97				
26.	Einar Atli Guðnason		03	Ægir							2:12.17	424
	50m:	29.94 29.94	100m:	1:02.77 32.83	150m:	1:37.51 34.74	200m:	2:12.17 34.66				
27.	Dagur Snær Hilmarsson		03	SH							2:13.91	408
	50m:	29.36 29.36	100m:	1:02.84 33.48	150m:	1:38.40 35.56	200m:	2:13.91 35.51				
28.	S13 Kristján Helgi Jóhannsson		02	RVK							2:33.95	268 IM
	50m:	34.51 34.51	100m:	1:13.75 39.24	150m:	1:54.15 40.40	200m:	2:33.95 39.80				
MÆekki	Tristan Tómasson Manoury		04	RVK								
MÆekki	Þorsteinn Karl Arnarsson		04	Stjarnan								

Íslandsmeistaramótið í 25m laug
Hafnarfjörður, 8. - 10.11.2019

Sundgrein 35 kvenna, 100m flugsund Opinn
10.11.2019 - 10:00 Úrslitalistar Undanrásir

ISL Opinn	59.95	Bryndís Rún Hansen	Óðinn	Windsor (CAN)	10.12.2016
ISL 15 - 17	1:01.81				
ISL 13 - 14	1:05.71				
ISL 11 - 12	1:10.91				

Ím25 : 1:11.64 / NM 13 +: 1:04.88 / EM 16 +: 1:00.31

Stig: FINA 2019

Sæti	F.ár		Tími	Stig	
1. Jóhanna Elín Guðmundsdóttir	01	SH	1:03.63	632	Q NM
50m: 28.97 28.97	100m: 1:03.63	34.66			
2. Katarína Róbertsdóttir	00	SH	1:05.22	587	Q
50m: 29.41 29.41	100m: 1:05.22	35.81			
3. Gunnhildur Björg Baldursdóttir	00	ÍRB	1:06.76	547	Q
50m: 30.75 30.75	100m: 1:06.76	36.01			
4. Ingunn Jónsdóttir	02	RVK	1:07.17	537	Q
50m: 31.14 31.14	100m: 1:07.17	36.03			
5. Kristín Ylfa Guðmundsdóttir	02	SH	1:07.26	535	Q
50m: 31.80 31.80	100m: 1:07.26	35.46			
6. Diljá Rún Ívarsdóttir	02	ÍRB	1:07.91	520	Q
50m: 31.36 31.36	100m: 1:07.91	36.55			
7. Svava Björg Lárusdóttir	03	RVK	1:08.58	504	Q
50m: 30.83 30.83	100m: 1:08.58	37.75			
8. Eva Sól Garðarsdóttir	03	Óðinn	1:09.91	476	Q
50m: 32.61 32.61	100m: 1:09.91	37.30			
9. Ólöf Kristín Isaksen	05	Óðinn	1:10.03	474	R
50m: 32.23 32.23	100m: 1:10.03	37.80			
10. Alexandra Tómasdóttir	01	Óðinn	1:10.49	464	R
50m: 33.10 33.10	100m: 1:10.49	37.39			
11. Herdís Birna Viggósdóttir	04	RVK	1:10.50	464	
50m: 32.50 32.50	100m: 1:10.50	38.00			
12. Kristína Í Skála	05	Havnar	1:10.74	460	
50m: 32.92 32.92	100m: 1:10.74	37.82			
13. S14 Thórey Magnúsdóttir	99	ÍFR	1:23.60	278	IM
50m: 38.08 38.08	100m: 1:23.60	45.52			

Sundgrein 36 karla, 50m flugsund Opinn
10.11.2019 - 10:05 Úrslitalistar Undanrásir

ISL Opinn	23.55	Örn Amarson	SH	Helsinki (FIN)	10.12.2006
ISL 15 - 17	25.71				
ISL 13 - 14	26.88				
ISL 11 - 12	29.12				

Ím25 : 29.83 / NM 14 +: 25.00 / EM 16 +: 24.03

Stig: FINA 2019

Sæti	F.ár		Tími	Stig	
1. Ágúst Júlíusson	89	ÍA	24.74	679	Q NM
2. Dadó Fenrir Jasminuson	95	SH	25.12	649	Q
3. Fannar Snævar Hauksson	04	ÍRB	26.08	580	Q
4. Bartal E. Eidesgaard	03	Havnar	26.70	540	Q
5. Kári Sölvi Nielsen	00	SH	26.83	532	Q
6. Aron Bjarki Jónsson	01	SH	26.90	528	Q
7. Ólafur Árdal Sigurðsson	99	SH	27.13	515	Q

Íslandsmeistaramótið í 25m laug
Hafnarfjörður, 8. - 10.11.2019

Sundgrein 36, karla, 50m flugsund, Undanrásir, Opinn

Sæti	F.ár		Tími	Stig	
8.	Hólmsteinn Skorri Hallgrímsson	00 RVK	27.39	500	Q
9.	Tómas Magnússon	02 RVK	27.53	493	R
10.	Bjartur Þórhallsson	00 RVK	27.93	472	R
11.	Jónas Atli Pálsson	03 SH	28.50	444	
12.	Haldór Björn Kristinsson	02 RVK	28.65	437	
13.	Daníel Patrick Riley	03 ÍRB	28.97	423	
14.	Aron Valgeirsson	03 Breiðablik	29.03	420	
15.	Logi Freyr Arnarsson	03 RVK	29.23	411	
16.	S14 Ragnar Magnússon	92 Fjörður	35.44	231	IM
ÓG.	Atli Vikar Ingimundarson	97 ÍA			

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

Sundgrein 37

kvenna, 50m bringusund

Opinn

10.11.2019 - 10:09

Úrslitalistar Undanrásir

ISL Opinn	30.03	Hrafnhildur Lúthersdóttir	SH	Kaupmannahöfn (DEN)	13.12.2007
ISL 15 - 17	32.24				
ISL 13 - 14	33.54				
ISL 11 - 12	36.13				

Ím25 : 38.93 / NM 13 +: 32.92 / EM 16 +: 31.77

Stig: FINA 2019

Sæti	F.ár		Tími	Stig	
1.	Karen Mist Arngeirsdóttir	00 ÍRB	33.36	627	Q
2.	Sunna Svanlaug Vilhjálmsdóttir	00 SH	34.20	582	Q
3.	Eva Margrét Falsdóttir	05 ÍRB	34.55	564	Q
4.	Amalia Nanna Juliusdóttir	02 Óðinn	34.79	553	Q
5.	Rebekka Trygvadóttir	04 Ægir Klaksvík	35.08	539	Q
6.	Ragnheiður Karen Ólafsdóttir	04 ÍA	35.50	520	Q
7.	Freyja Birkisdóttir	06 Breiðablik	35.52	519	Q
8.	Guðbjörg Bjartey Guðmundsdóttir	05 ÍA	35.80	507	Q
9.	Eyðrið Mortensen	03 Havnar	36.41	482	R
10.	Herdís Birna Viggósdóttir	04 RVK	36.57	476	R
11.	Ragnheiður Milla Bergsveinsdóttir	06 Breiðablik	36.90	463	
12.	Vigdís Tinna Hákonardóttir	06 Breiðablik	37.10	456	
13.	Kolbrún Jónsdóttir	95 RVK	37.23	451	
14.	Dagbjört Lilja Danielsdóttir	04 Völsungur	37.24	451	
15.	Rán Björnsdóttir	05 Ægir	37.60	438	
16.	Katja Lilja Andriysdóttir	06 SH	37.84	429	
17.	Rebekka Marín Arngeirsdóttir	05 ÍRB	38.66	403	
18.	Nadja Djurovic	07 Breiðablik	38.79	399	
19.	Sólveig María Baldursdóttir	04 ÍRB	40.27	356	IM
20.	S6 Thelma Björnsdóttir	96 ÍFR	52.89	157	IM

Íslandsmeistaramótið í 25m laug
Hafnarfjörður, 8. - 10.11.2019

Sundgrein 38

karla, 200m bringusund

Opinn

10.11.2019 - 10:13

Úrslitalistar Undanrásir

ISL Opinn	2:04.37	Anton Sveinn McKee	SH	Hangzhou (CHN)	13.12.2018
ISL 15 - 17	2:14.52				
ISL 13 - 14	2:24.73				
ISL 11 - 12	2:30.88				

Ím25 : 2:45.33 / NM 14 +: 2:21.40 / EM 16 +: 2:11.89

Stig: FINA 2019

Sæti	F.ár				Tími	Stig
1. Aron Þór Jónsson	02	SH			2:22.78	596 Q
50m: 32.06 32.06	100m: 1:08.03 35.97	150m: 1:45.30 37.27	200m: 2:22.78 37.48			
2. Rókur Trygvason	00	Ægir Klaksvík			2:28.58	528 Q
50m: 33.49 33.49	100m: 1:11.27 37.78	150m: 1:49.82 38.55	200m: 2:28.58 38.76			
3. Óskar Gauti Lund	99	Breiðablik			2:28.96	524 Q
50m: 33.32 33.32	100m: 1:11.33 38.01	150m: 1:50.00 38.67	200m: 2:28.96 38.96			
4. Kári Snær Halldórsson	04	ÍRB			2:31.32	500 Q
50m: 34.37 34.37	100m: 1:13.06 38.69	150m: 1:52.57 39.51	200m: 2:31.32 38.75			
5. Daníel Steinn Davíðsson	03	Breiðablik			2:33.19	482 Q
50m: 33.87 33.87	100m: 1:12.50 38.63	150m: 1:52.60 40.10	200m: 2:33.19 40.59			
6. Alexander Logi Jónsson	04	ÍRB			2:34.38	471 Q
50m: 34.88 34.88	100m: 1:13.64 38.76	150m: 1:53.93 40.29	200m: 2:34.38 40.45			
7. Flosi Ómarsson	03	ÍRB			2:34.47	470 Q
50m: 34.15 34.15	100m: 1:13.32 39.17	150m: 1:53.89 40.57	200m: 2:34.47 40.58			
8. Snorri Dagur Einarsson	05	SH			2:34.72	468 Q
50m: 33.12 33.12	100m: 1:12.92 39.80	150m: 1:54.10 41.18	200m: 2:34.72 40.62			
9. Ingvar Orri Jóhannesson	04	RVK			2:35.10	464 R
50m: 32.60 32.60	100m: 1:11.42 38.82	150m: 1:53.18 41.76	200m: 2:35.10 41.92			
10. Þorbjörn Andrason	01	RVK			2:41.18	414 R
50m: 35.48 35.48	100m: 1:16.49 41.01	150m: 1:59.05 42.56	200m: 2:41.18 42.13			
11. Runólfur Þorláksson	02	RVK			2:41.29	413
50m: 35.15 35.15	100m: 1:15.82 40.67	150m: 1:58.65 42.83	200m: 2:41.29 42.64			
12. Gústav Ragnar Kristjánsson	02	Breiðablik			2:45.85	380 IM
50m: 36.19 36.19	100m: 1:17.99 41.80	150m: 2:01.86 43.87	200m: 2:45.85 43.99			
13. S11 Guðfinnur Karlsson	88	Fjörður			3:08.99	257 IM
50m: 43.03 43.03	100m: 1:30.78 47.75	150m: 2:20.45 49.67	200m: 3:08.99 48.54			
ÓG. Daði Björnsson	04	SH				

Sundgrein 39

kvenna, 100m skriðsund

Opinn

10.11.2019 - 10:21

Úrslitalistar Undanrásir

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

Ím25 : 1:06.18 / NM 13 +: 58.50 / EM 16 +: 55.74

Stig: FINA 2019

Sæti	F.ár				Tími	Stig
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Íslandsmeistaramótið í 25m laug
Hafnarfjörður, 8. - 10.11.2019

Sundgrein 39, kvenna, 100m skriðsund, Undanrásir

1.	Vár E. Eidesgaard	01	Havnar	57.54	666	Q NM
	50m: 27.94 27.94	100m: 57.54	29.60			
2.	Jóhanna Elín Guðmundsdóttir	01	SH	57.67	661	Q NM
	50m: 27.42 27.42	100m: 57.67	30.25			
3.	Kristín Helga Hákonardóttir	04	Breiðablik	57.95	652	Q NM
	50m: 27.69 27.69	100m: 57.95	30.26			
4.	Steingerður Hauksdóttir	96	SH	59.22	610	Q
	50m: 27.98 27.98	100m: 59.22	31.24			
5.	Barbara Debes	00	Ægir Klaksvík	1:00.16	582	Q
	50m: 28.30 28.30	100m: 1:00.16	31.86			
6.	Ragna Sigríður Ragnarsdóttir	01	Breiðablik	1:00.84	563	Q
	50m: 29.28 29.28	100m: 1:00.84	31.56			
7.	Kolbrún Jónsdóttir	95	RVK	1:01.80	537	Q
	50m: 29.91 29.91	100m: 1:01.80	31.89			
8.	Dagbjörg Hlíf Ólafsdóttir	05	SH	1:01.84	536	Q
	50m: 29.78 29.78	100m: 1:01.84	32.06			
9.	Ólöf Kristín Isaksen	05	Óðinn	1:01.86	536	R
	50m: 29.62 29.62	100m: 1:01.86	32.24			
10.	Aþena Jónsdóttir	04	SH	1:02.18	527	R
	50m: 29.99 29.99	100m: 1:02.18	32.19			
11.	Bríet Dalla Gunnarsdóttir	04	SH	1:02.21	527	
	50m: 30.00 30.00	100m: 1:02.21	32.21			
	Emilía Sól Guðmundsdóttir	02	Ægir	1:02.21	527	
	50m: 29.50 29.50	100m: 1:02.21	32.71			
13.	Birna Hilmarsdóttir	02	ÍRB	1:02.29	524	
	50m: 29.68 29.68	100m: 1:02.29	32.61			
14.	Birgitta Ingólfssdóttir	05	SH	1:02.54	518	
	50m: 29.99 29.99	100m: 1:02.54	32.55			
15.	Fanney Lind Jóhannsdóttir	02	Breiðablik	1:02.72	514	
	50m: 30.46 30.46	100m: 1:02.72	32.26			
16.	Elisabeth Erlendsdóttir	05	Havnar	1:02.89	510	
	50m: 29.86 29.86	100m: 1:02.89	33.03			
17.	Svava Björg Lárusdóttir	03	RVK	1:03.05	506	
	50m: 30.06 30.06	100m: 1:03.05	32.99			
18.	Halla Margrét Baldursdóttir	02	RVK	1:03.08	505	
	50m: 30.09 30.09	100m: 1:03.08	32.99			
19.	Rebekka Sif Ómarsdóttir	03	Óðinn	1:03.10	505	
	50m: 30.32 30.32	100m: 1:03.10	32.78			
20.	Helena Rún Gylfadóttir	03	RVK	1:03.31	500	
	50m: 29.91 29.91	100m: 1:03.31	33.40			
21.	Þorgerður Ósk Jónsdóttir	03	SH	1:03.77	489	
	50m: 30.71 30.71	100m: 1:03.77	33.06			
22.	Ingibjörg Svava Magnúsdóttir	05	ÍA	1:03.78	489	
	50m: 30.95 30.95	100m: 1:03.78	32.83			
23.	Ingunn Jónsdóttir	02	RVK	1:03.89	486	
	50m: 30.15 30.15	100m: 1:03.89	33.74			
24.	Aþena Arnarsdóttir	03	Óðinn	1:04.00	484	
	50m: 30.39 30.39	100m: 1:04.00	33.61			
25.	Ingibjörg Erla Garðarsdóttir	00	RVK	1:04.20	479	
	50m: 31.04 31.04	100m: 1:04.20	33.16			

Íslandsmeistaramótið í 25m laug
Hafnarfjörður, 8. - 10.11.2019

Sundgrein 39, kvenna, 100m skriðsund, Undanrásir, Opinn

Sæti		F.ár		Tími	Stig
26.	Regína Lilja Gunnlaugsdóttir	02	Breiðablik	1:04.22	479
	50m: 30.82 30.82	100m: 1:04.22	33.40		
27.	Sara Ægisdóttir	03	UMFS	1:04.24	478
	50m: 30.45 30.45	100m: 1:04.24	33.79		
28.	Thelma Lind Einarsdóttir	05	ÍRB	1:04.78	466
	50m: 31.15 31.15	100m: 1:04.78	33.63		
29.	Embla Karen Sævarsdóttir	04	Óðinn	1:04.88	464
	50m: 30.97 30.97	100m: 1:04.88	33.91		
30.	Ásta Kamilla Sigurðardóttir	04	ÍRB	1:05.32	455
	50m: 31.19 31.19	100m: 1:05.32	34.13		
31.	Birta Rún Smáradóttir	04	UMFA	1:05.52	451
	50m: 31.40 31.40	100m: 1:05.52	34.12		
32.	Hildur Valsdóttir	04	SH	1:06.19	437 IM
	50m: 31.93 31.93	100m: 1:06.19	34.26		
33.	Ylfa Ásgerður Eyjólfsdóttir	06	RVK	1:06.27	435 IM
	50m: 31.88 31.88	100m: 1:06.27	34.39		
34.	S14 Thórey Magnúsdóttir	99	ÍFR	1:09.55	377 IM
	50m: 33.39 33.39	100m: 1:09.55	36.16		
35.	Sif Grímsdóttir	03	RVK	1:10.59	360 IM
	50m: 33.46 33.46	100m: 1:10.59	37.13		
36.	S14 Herdís Rut Guðbjartsdóttir	04	Fjörður	1:18.16	265 IM
	50m: 36.52 36.52	100m: 1:18.16	41.64		
37.	S14 Anna Rósa Þrastardóttir	04	Fjörður	1:18.99	257 IM
	50m: 37.26 37.26	100m: 1:18.99	41.73		
38.	S7 Tanya Jóhannsdóttir	03	Fjörður	1:25.77	201 IM
	50m: 41.34 41.34	100m: 1:25.77	44.43		
39.	S6 Thelma Björnsdóttir	96	ÍFR	1:26.20	198 IM
	50m: 41.61 41.61	100m: 1:26.20	44.59		

Sundgrein 40

karla, 100m baksund

Opinn

10.11.2019 - 10:31

Úrslitalistar Undanrásir

ISL Opinn	51.74	Örn Arnarson	SH	Dublin (IRL)	14.12.2003
ISL 15 - 17	53.71				
ISL 13 - 14	58.45				
ISL 11 - 12	1:03.92				

Ím25 : 1:07.78 / NM 14 +: 56.82 / EM 16 +: 53.42

Stig: FINA 2019

Sæti		F.ár		Tími	Stig
1.	Kristinn Þórarinsson	96	RVK	53.97	742 Q NM
	50m: 26.03 26.03	100m: 53.97	27.94		
2.	Brynjólfur Óli Karlsson	01	Breiðablik	56.78	637 Q NM
	50m: 27.22 27.22	100m: 56.78	29.56		
3.	Kristjan Gylfi Þórisson	00	RVK	57.53	613 Q
	50m: 27.47 27.47	100m: 57.53	30.06		
4.	Kolbeinn Hrafnkelsson	94	SH	58.59	580 Q
	50m: 27.96 27.96	100m: 58.59	30.63		
5.	Tómas Magnússon	02	RVK	59.10	565 Q
	50m: 28.37 28.37	100m: 59.10	30.73		

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Hafnarfjörður, 8. - 10.11.2019

Sundgrein 40, karla, 100m baksund, Undanrásir, Opinn

Sæti					F.ár		Tími	Stig	
6.	Fannar Snævar Hauksson				04	ÍRB	59.46	555	Q
	50m:	28.40	28.40	100m:	59.46	31.06			
7.	Júlíus Karl Maier				02	SH	1:02.31	482	Q
	50m:	30.40	30.40	100m:	1:02.31	31.91			
8.	Gabriel Ari Tryggvarson				03	ÍRB	1:03.12	464	Q
	50m:	29.99	29.99	100m:	1:03.12	33.13			
9.	Sindri Andreas Bjarnason				01	ÍA	1:03.30	460	R
	50m:	30.53	30.53	100m:	1:03.30	32.77			
10.	Birnir Freyr Hálfðánarsson				06	SH	1:03.68	452	R
	50m:	30.46	30.46	100m:	1:03.68	33.22			
11.	Flosi Ómarsson				03	ÍRB	1:03.70	451	
	50m:	30.49	30.49	100m:	1:03.70	33.21			
12.	Úlfur Páll Andrason				04	RVK	1:04.37	437	
	50m:	30.89	30.89	100m:	1:04.37	33.48			
13.	Björgvin Árni Júlíusson				01	RVK	1:04.94	426	
	50m:	31.63	31.63	100m:	1:04.94	33.31			
14.	Sveinn Elí Helgason				04	Ægir	1:05.40	417	
	50m:	31.37	31.37	100m:	1:05.40	34.03			
15.	Edward Jensson				04	SH	1:06.39	399	
	50m:	32.01	32.01	100m:	1:06.39	34.38			
16.	Bergur Fáfniir Bjarnason				06	SH	1:06.42	398	
	50m:	32.19	32.19	100m:	1:06.42	34.23			
17.	Kári Steinn Kjartansson				03	Ægir	1:07.60	378	
	50m:	32.52	32.52	100m:	1:07.60	35.08			
18.	S11 Már Gunnarsson				99	ÍRB	1:11.85	314	IM
	50m:	34.52	34.52	100m:	1:11.85	37.33			
19.	S14 Ragnar Magnússon				92	Fjörður	1:23.87	197	IM
	50m:	39.46	39.46	100m:	1:23.87	44.41			

Sundgrein 41

kvenna, 200m fjórsund

Opinn

10.11.2019 - 10:37

Úrslitalistar Undanrásir

ISL Opinn	2:11.57	Hrafnhildur Lúthersdóttir	SH	Hafnarfjörður	13.11.2015
ISL 15 - 17	2:15.10				
ISL 13 - 14	2:20.10				
ISL 11 - 12	2:29.75				

Ím25 : 2:44.19 / NM 13 +: 2:26.43 / EM 16 +: 2:17.56

Stig: FINA 2019

Sæti					F.ár		Tími	Stig	
1.	Stefanía Sigurpórsdóttir				01	Breiðablik	2:23.28	615	Q NM
	50m:	31.84	31.84	100m:	1:08.71	36.87	150m:	1:50.18	41.47
							200m:	2:23.28	33.10
2.	Jóhanna Gerða Gústafsdóttir				90	RVK	2:25.70	585	Q NM
	50m:	31.36	31.36	100m:	1:08.59	37.23	150m:	1:51.05	42.46
							200m:	2:25.70	34.65
3.	Eva Margrét Falsdóttir				05	ÍRB	2:27.94	558	Q
	50m:	32.55	32.55	100m:	1:11.69	39.14	150m:	1:52.29	40.60
							200m:	2:27.94	35.65
4.	Ingunn Jónsdóttir				02	RVK	2:29.26	544	Q
	50m:	31.92	31.92	100m:	1:10.22	38.30	150m:	1:53.71	43.49
							200m:	2:29.26	35.55
5.	Katarína Róbertsdóttir				00	SH	2:30.02	535	Q
	50m:	29.77	29.77	100m:	1:08.37	38.60	150m:	1:53.89	45.52
							200m:	2:30.02	36.13

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Hafnarfjörður, 8. - 10.11.2019

Sundgrein 41, kvenna, 200m fjórsund, Undanrásir, Opinn

Sæti			F.ár							Tími	Stig	
6.	Adele Alexandra Pálsson	03	SH							2:31.02	525	Q
	50m: 32.80 32.80	100m: 1:10.20	37.40	150m: 1:55.61	45.41	200m: 2:31.02	35.41					
7.	Rebekka Trygvadóttir	04	Ægir Klaksvík							2:32.24	512	Q
	50m: 33.45 33.45	100m: 1:12.96	39.51	150m: 1:55.78	42.82	200m: 2:32.24	36.46					
8.	Alexandra Tómasdóttir	01	Óðinn							2:32.36	511	Q
	50m: 32.77 32.77	100m: 1:12.35	39.58	150m: 1:57.42	45.07	200m: 2:32.36	34.94					
9.	Gunnhildur Björg Baldursdóttir	00	ÍRB							2:32.39	511	R
	50m: 31.06 31.06	100m: 1:10.98	39.92	150m: 1:56.85	45.87	200m: 2:32.39	35.54					
10.	Sandra Dögg Kristjánsdóttir	03	SH							2:33.66	498	R
	50m: 33.08 33.08	100m: 1:11.84	38.76	150m: 1:57.73	45.89	200m: 2:33.66	35.93					
11.	Guðbjörg Bjartey Guðmundsdóttir	05	ÍA							2:35.26	483	
	50m: 32.41 32.41	100m: 1:13.14	40.73	150m: 1:57.88	44.74	200m: 2:35.26	37.38					
12.	Kristina Í Skála	05	Havnar							2:35.58	480	
	50m: 33.98 33.98	100m: 1:11.56	37.58	150m: 1:58.71	47.15	200m: 2:35.58	36.87					
13.	Svava Björg Lárusdóttir	03	RVK							2:35.68	479	
	50m: 31.38 31.38	100m: 1:12.53	41.15	150m: 2:00.26	47.73	200m: 2:35.68	35.42					
14.	Jóhanna Brynja Rúnarsdóttir	06	SH							2:36.33	473	
	50m: 33.68 33.68	100m: 1:12.93	39.25	150m: 2:01.33	48.40	200m: 2:36.33	35.00					
15.	Diljá Rún Ívarsdóttir	02	ÍRB							2:36.60	471	
	50m: 31.96 31.96	100m: 1:13.43	41.47	150m: 1:59.04	45.61	200m: 2:36.60	37.56					
16.	Kristín Ylfa Guðmundsdóttir	02	SH							2:37.38	464	
	50m: 32.49 32.49	100m: 1:15.57	43.08	150m: 2:00.40	44.83	200m: 2:37.38	36.98					
17.	Rebekka Sif Ómarsdóttir	03	Óðinn							2:37.57	462	
	50m: 34.81 34.81	100m: 1:15.72	40.91	150m: 2:01.35	45.63	200m: 2:37.57	36.22					
18.	Rebekka Marín Arngeirsdóttir	05	ÍRB							2:38.01	458	
	50m: 34.37 34.37	100m: 1:14.63	40.26	150m: 1:59.87	45.24	200m: 2:38.01	38.14					
19.	Ragnheiður Karen Ólafsdóttir	04	ÍA							2:38.21	456	
	50m: 34.19 34.19	100m: 1:16.22	42.03	150m: 2:02.00	45.78	200m: 2:38.21	36.21					
20.	Sólveig María Baldursdóttir	04	ÍRB							2:39.00	450	
	50m: 33.10 33.10	100m: 1:14.15	41.05	150m: 2:01.64	47.49	200m: 2:39.00	37.36					
21.	Elísabet Jóhannesdóttir	06	ÍRB							2:39.14	448	
	50m: 34.14 34.14	100m: 1:13.82	39.68	150m: 2:02.14	48.32	200m: 2:39.14	37.00					
22.	Ingibjörg Erla Garðarsdóttir	00	RVK							2:41.30	431	
	50m: 34.35 34.35	100m: 1:17.13	42.78	150m: 2:03.66	46.53	200m: 2:41.30	37.64					
23.	Eva Sól Garðarsdóttir	03	Óðinn							2:41.40	430	
	50m: 32.95 32.95	100m: 1:13.30	40.35	150m: 2:02.72	49.42	200m: 2:41.40	38.68					
24.	Hafdís Eva Pálsdóttir	04	ÍRB							2:41.44	430	
	50m: 32.96 32.96	100m: 1:13.68	40.72	150m: 2:02.10	48.42	200m: 2:41.44	39.34					
25.	Sunna Arnfinnsdóttir	07	RVK							2:42.60	420	
	50m: 35.99 35.99	100m: 1:17.04	41.05	150m: 2:05.10	48.06	200m: 2:42.60	37.50					
26.	Guðný Birna Falsdóttir	03	ÍRB							2:42.65	420	
	50m: 35.42 35.42	100m: 1:17.54	42.12	150m: 2:04.47	46.93	200m: 2:42.65	38.18					
27.	Vigdís Tinna Hákonardóttir	06	Breiðablik							2:42.74	419	
	50m: 35.59 35.59	100m: 1:20.64	45.05	150m: 2:06.53	45.89	200m: 2:42.74	36.21					
28.	Jóhanna Arna Gunnarsdóttir	06	ÍRB							2:43.21	416	
	50m: 33.52 33.52	100m: 1:14.31	40.79	150m: 2:04.78	50.47	200m: 2:43.21	38.43					
29.	Amalía Nanna Juliusdóttir	02	Óðinn							2:43.28	415	
	50m: 35.67 35.67	100m: 1:20.09	44.42	150m: 2:05.33	45.24	200m: 2:43.28	37.95					

Íslandsmeistaramótið í 25m laug
Hafnarfjörður, 8. - 10.11.2019

Sundgrein 41, kvenna, 200m fjórsund, Undanrásir, Opinn

Sæti	F.ár	Tími	Stig
30. Sunneva Bergmann Ásbjörnsdóttir	07 ÍRB	2:43.87	411
50m: 35.81 35.81 100m: 1:19.34 43.53 150m: 2:06.64 47.30 200m: 2:43.87 37.23			
31. Athena Líf Þrastardóttir	07 ÍRB	2:45.40	399 IM
50m: 36.13 36.13 100m: 1:17.29 41.16 150m: 2:07.35 50.06 200m: 2:45.40 38.05			
32. Diljá Dröfn Jóhannesdóttir	03 SH	2:47.14	387 IM
50m: 35.82 35.82 100m: 1:21.11 45.29 150m: 2:10.20 49.09 200m: 2:47.14 36.94			

Sundgrein 42
10.11.2019 - 10:51

karla, 800m skriðsund

Opinn
Úrslitalistar

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

Ím25 : 9:56.48

Stig: FINA 2019

Sæti	F.ár	Tími	Stig
1. Patrik Viggó Vilbergsson <i>MET</i>	02 Breiðablik	8:14.54	720
50m: 27.17 27.17 250m: 2:30.52 31.41 450m: 4:36.21 31.66 650m: 6:42.75 31.63 100m: 57.38 30.21 300m: 3:01.68 31.16 500m: 5:07.77 31.56 700m: 7:14.02 31.27 150m: 1:28.15 30.77 350m: 3:33.10 31.42 550m: 5:39.39 31.62 750m: 7:45.17 31.15 200m: 1:59.11 30.96 400m: 4:04.55 31.45 600m: 6:11.12 31.73 800m: 8:14.54 29.37			
2. Kristófer Atli Andersen	02 Breiðablik	8:41.66	614
50m: 28.41 28.41 250m: 2:38.89 33.15 450m: 4:53.29 33.71 650m: 7:06.40 32.94 100m: 1:00.50 32.09 300m: 3:12.34 33.45 500m: 5:26.66 33.37 700m: 7:38.95 32.55 150m: 1:33.23 32.73 350m: 3:45.71 33.37 550m: 5:59.82 33.16 750m: 8:10.68 31.73 200m: 2:05.74 32.51 400m: 4:19.58 33.87 600m: 6:33.46 33.64 800m: 8:41.66 30.98			
3. Veigar Hrafn Sigþórsson	05 SH	8:46.64	596
50m: 28.22 28.22 250m: 2:41.30 33.85 450m: 4:56.27 33.53 650m: 7:10.23 33.44 100m: 1:00.47 32.25 300m: 3:14.99 33.69 500m: 5:29.71 33.44 700m: 7:42.96 32.73 150m: 1:33.79 33.32 350m: 3:48.90 33.91 550m: 6:03.13 33.42 750m: 8:15.47 32.51 200m: 2:07.45 33.66 400m: 4:22.74 33.84 600m: 6:36.79 33.66 800m: 8:46.64 31.17			
4. Skúli Thor Ásgeirsson	02 Ægir	8:53.24	575
50m: 28.68 28.68 250m: 2:40.03 33.19 450m: 4:55.45 34.31 650m: 7:12.65 34.19 100m: 1:00.58 31.90 300m: 3:13.66 33.63 500m: 5:29.92 34.47 700m: 7:46.95 34.30 150m: 1:33.62 33.04 350m: 3:47.28 33.62 550m: 6:04.28 34.36 750m: 8:20.54 33.59 200m: 2:06.84 33.22 400m: 4:21.14 33.86 600m: 6:38.46 34.18 800m: 8:53.24 32.70			
5. Gústav Ragnar Kristjánsson	02 Breiðablik	9:03.16	544
50m: 29.17 29.17 250m: 2:44.03 34.26 450m: 5:03.49 34.93 650m: 7:22.80 34.49 100m: 1:01.84 32.67 300m: 3:18.99 34.96 500m: 5:38.56 35.07 700m: 7:56.92 34.12 150m: 1:35.52 33.68 350m: 3:53.58 34.59 550m: 6:13.29 34.73 750m: 8:30.69 33.77 200m: 2:09.77 34.25 400m: 4:28.56 34.98 600m: 6:48.31 35.02 800m: 9:03.16 32.47			
6. Ingvar Orri Jóhannesson	04 RVK	9:04.88	538
50m: 28.21 28.21 250m: 2:39.99 33.72 450m: 5:00.66 35.32 650m: 7:21.57 34.76 100m: 59.76 31.55 300m: 3:14.18 34.19 500m: 5:35.85 35.19 700m: 7:56.30 34.73 150m: 1:32.48 32.72 350m: 3:49.39 35.21 550m: 6:11.38 35.53 750m: 8:31.10 34.80 200m: 2:06.27 33.79 400m: 4:25.34 35.95 600m: 6:46.81 35.43 800m: 9:04.88 33.78			
7. Baldur Logi Gautason	00 RVK	9:13.06	515
50m: 29.38 29.38 250m: 2:47.88 35.32 450m: 5:10.19 34.80 650m: 7:30.92 34.70 100m: 1:02.79 33.41 300m: 3:23.53 35.65 500m: 5:45.60 35.41 700m: 8:05.87 34.95 150m: 1:37.55 34.76 350m: 3:59.39 35.86 550m: 6:20.63 35.03 750m: 8:40.74 34.87 200m: 2:12.56 35.01 400m: 4:35.39 36.00 600m: 6:56.22 35.59 800m: 9:13.06 32.32			

Íslandsmeistaramótið í 25m laug
Hafnarfjörður, 8. - 10.11.2019

Sundgrein 42, karla, 800m skriðsund, Opinn

Sæti			F.ár					Tími	Stig		
8.	Þorsteinn Karl Arnarsson		04	Stjarnan				9:22.25	490		
	50m:	31.21 31.21	250m:	2:51.15	35.45	450m:	5:14.06	35.75	650m:	7:36.64	34.68
	100m:	1:05.40 34.19	300m:	3:26.67	35.52	500m:	5:50.08	36.02	700m:	8:12.70	36.06
	150m:	1:40.55 35.15	350m:	4:02.68	36.01	550m:	6:26.27	36.19	750m:	8:47.89	35.19
	200m:	2:15.70 35.15	400m:	4:38.31	35.63	600m:	7:01.96	35.69	800m:	9:22.25	34.36
9.	Gabríel Þór Sigurmundsson		03	ÍRB				9:22.99	488		
	50m:	30.88 30.88	250m:	2:50.29	35.76	450m:	5:13.89	36.12	650m:	7:37.83	35.46
	100m:	1:04.42 33.54	300m:	3:25.95	35.66	500m:	5:50.22	36.33	700m:	8:13.99	36.16
	150m:	1:39.09 34.67	350m:	4:01.75	35.80	550m:	6:26.41	36.19	750m:	8:49.27	35.28
	200m:	2:14.53 35.44	400m:	4:37.77	36.02	600m:	7:02.37	35.96	800m:	9:22.99	33.72
10.	Jónas Atli Pálsson		03	SH				9:23.41	487		
	50m:	29.96 29.96	250m:	2:47.95	35.78	450m:	5:12.48	36.31	650m:	7:37.22	35.96
	100m:	1:03.20 33.24	300m:	3:23.77	35.82	500m:	5:48.68	36.20	700m:	8:13.51	36.29
	150m:	1:37.22 34.02	350m:	3:59.99	36.22	550m:	6:25.06	36.38	750m:	8:48.90	35.39
	200m:	2:12.17 34.95	400m:	4:36.17	36.18	600m:	7:01.26	36.20	800m:	9:23.41	34.51
11.	Daníel Lúkas Tómasson		04	SH				9:25.33	482		
	50m:	30.23 30.23	250m:	2:50.82	35.92	450m:	5:14.51	36.07	650m:	7:38.66	35.73
	100m:	1:04.80 34.57	300m:	3:26.80	35.98	500m:	5:51.11	36.60	700m:	8:15.01	36.35
	150m:	1:39.52 34.72	350m:	4:02.63	35.83	550m:	6:27.03	35.92	750m:	8:50.63	35.62
	200m:	2:14.90 35.38	400m:	4:38.44	35.81	600m:	7:02.93	35.90	800m:	9:25.33	34.70
12.	Guðmundur Halldórsson		04	Breiðablik				9:25.92	481		
	50m:	31.42 31.42	250m:	2:52.83	36.06	450m:	5:16.64	36.06	650m:	7:40.49	35.87
	100m:	1:06.02 34.60	300m:	3:28.71	35.88	500m:	5:52.67	36.03	700m:	8:16.44	35.95
	150m:	1:41.34 35.32	350m:	4:04.60	35.89	550m:	6:28.61	35.94	750m:	8:52.01	35.57
	200m:	2:16.77 35.43	400m:	4:40.58	35.98	600m:	7:04.62	36.01	800m:	9:25.92	33.91
13.	Róbert Andri Pálmason		02	Breiðablik				9:29.62	471		
	50m:	27.40 27.40	250m:	2:33.22	32.16	450m:	4:57.85	47.67	650m:	7:37.97	38.77
	100m:	57.86 30.46	300m:	3:05.68	32.46	500m:	5:39.70	41.85	700m:	8:16.36	38.39
	150m:	1:29.32 31.46	350m:	3:38.41	32.73	550m:	6:19.71	40.01	750m:	8:53.55	37.19
	200m:	2:01.06 31.74	400m:	4:10.18	31.77	600m:	6:59.20	39.49	800m:	9:29.62	36.07
14.	Pétur Alfreðsson		06	Breiðablik				9:32.55	464		
	50m:	32.75 32.75	250m:	2:56.60	36.37	450m:	5:22.32	36.24	650m:	7:47.47	35.94
	100m:	1:08.24 35.49	300m:	3:33.01	36.41	500m:	5:59.04	36.72	700m:	8:23.50	36.03
	150m:	1:44.12 35.88	350m:	4:09.77	36.76	550m:	6:35.23	36.19	750m:	8:58.90	35.40
	200m:	2:20.23 36.11	400m:	4:46.08	36.31	600m:	7:11.53	36.30	800m:	9:32.55	33.65
15.	Jón Ingi Halldórsson		04	Breiðablik				9:32.67	464		
	50m:	31.65 31.65	250m:	2:56.27	36.40	450m:	5:21.92	36.41	650m:	7:46.27	35.65
	100m:	1:07.19 35.54	300m:	3:32.60	36.33	500m:	5:58.20	36.28	700m:	8:22.41	36.14
	150m:	1:43.58 36.39	350m:	4:09.06	36.46	550m:	6:34.29	36.09	750m:	8:58.17	35.76
	200m:	2:19.87 36.29	400m:	4:45.51	36.45	600m:	7:10.62	36.33	800m:	9:32.67	34.50
16.	Andri Bergmann Ísaksen		04	Breiðablik				9:39.01	449		
	50m:	31.97 31.97	250m:	2:54.72	35.86	450m:	5:19.92	36.38	650m:	7:46.85	37.01
	100m:	1:06.93 34.96	300m:	3:31.14	36.42	500m:	5:56.24	36.32	700m:	8:24.48	37.63
	150m:	1:42.67 35.74	350m:	4:07.44	36.30	550m:	6:32.86	36.62	750m:	9:02.20	37.72
	200m:	2:18.86 36.19	400m:	4:43.54	36.10	600m:	7:09.84	36.98	800m:	9:39.01	36.81
17.	Bjarki B Isaksen		06	Breiðablik				9:42.65	440		
	50m:	31.54 31.54	250m:	2:59.66	37.36	450m:	5:28.79	37.20	650m:	7:56.70	36.35
	100m:	1:08.00 36.46	300m:	3:37.18	37.52	500m:	6:06.61	37.82	700m:	8:33.01	36.31
	150m:	1:45.09 37.09	350m:	4:14.42	37.24	550m:	6:43.36	36.75	750m:	9:09.25	36.24
	200m:	2:22.30 37.21	400m:	4:51.59	37.17	600m:	7:20.35	36.99	800m:	9:42.65	33.40
18.	Einar Atli Guðnason		03	Ægir				9:43.70	438		
	50m:	31.50 31.50	250m:	2:58.89	37.19	450m:	5:27.82	37.54	650m:	7:56.99	37.34
	100m:	1:07.68 36.18	300m:	3:35.82	36.93	500m:	6:05.21	37.39	700m:	8:34.01	37.02
	150m:	1:44.34 36.66	350m:	4:13.19	37.37	550m:	6:42.44	37.23	750m:	9:11.07	37.06
	200m:	2:21.70 37.36	400m:	4:50.28	37.09	600m:	7:19.65	37.21	800m:	9:43.70	32.63
19.	Stefán Ingi Ólafsson		06	Ægir				9:44.66	436		
	50m:	32.45 32.45	250m:	2:59.82	37.49	450m:	5:29.57	37.51	650m:	7:57.62	36.60
	100m:	1:08.50 36.05	300m:	3:37.10	37.28	500m:	6:06.83	37.26	700m:	8:34.29	36.67
	150m:	1:45.44 36.94	350m:	4:14.38	37.28	550m:	6:43.95	37.12	750m:	9:10.63	36.34
	200m:	2:22.33 36.89	400m:	4:52.06	37.68	600m:	7:21.02	37.07	800m:	9:44.66	34.03

Íslandsmeistaramótið í 25m laug
Hafnarfjörður, 8. - 10.11.2019

Sundgrein 42, karla, 800m skriðsund, Opinn

Sæti			F.ár				Tími	Stig				
20.	Örn Kató Arnarsson		05		Óðinn		9:45.79	433				
	50m:	31.81	31.81	250m:	2:59.02	36.93	450m:	5:27.97	37.45	650m:	7:57.48	37.48
	100m:	1:07.83	36.02	300m:	3:36.01	36.99	500m:	6:05.43	37.46	700m:	8:34.17	36.69
	150m:	1:44.67	36.84	350m:	4:13.04	37.03	550m:	6:42.72	37.29	750m:	9:11.53	37.36
	200m:	2:22.09	37.42	400m:	4:50.52	37.48	600m:	7:20.00	37.28	800m:	9:45.79	34.26
21.	Hilmir Snær Lunddal Rúnarsson		03		SH		9:47.18	430				
	50m:	31.53	31.53	250m:	2:56.57	36.84	450m:	5:24.43	37.37	650m:	7:56.53	37.95
	100m:	1:06.83	35.30	300m:	3:33.28	36.71	500m:	6:02.34	37.91	700m:	8:33.87	37.34
	150m:	1:43.09	36.26	350m:	4:10.20	36.92	550m:	6:40.62	38.28	750m:	9:11.37	37.50
	200m:	2:19.73	36.64	400m:	4:47.06	36.86	600m:	7:18.58	37.96	800m:	9:47.18	35.81
22.	Björn Yngvi Guðmundsson		07		SH		9:51.40	421				
	50m:	31.23	31.23	250m:	2:59.65	37.74	450m:	5:30.15	37.91	650m:	8:03.06	38.32
	100m:	1:07.42	36.19	300m:	3:37.08	37.43	500m:	6:08.36	38.21	700m:	8:40.20	37.14
	150m:	1:44.65	37.23	350m:	4:14.38	37.30	550m:	6:46.85	38.49	750m:	9:17.38	37.18
	200m:	2:21.91	37.26	400m:	4:52.24	37.86	600m:	7:24.74	37.89	800m:	9:51.40	34.02

MÆekki Tristan Tómasson Manoury 04 RVK

Sundgrein 43

10.11.2019 - 11:13

kvenna, 4 x 50m skriðsund

Opinn
Úrslitalistar

ISL 1:45.43 Sveit SH Hafnarfjörður 18.12.2012

Stig: FINA 2019

Sæti							Tími	Stig
1.	SH 1 MET				SH		1:43.18	753
	Steingerður Hauksdóttir	96	+0,63	26.15	Katarína Róbertsdóttir	00	+0,31	26.30
	Jóhanna Elín Guðmundsdóttir	01	+0,42	25.65	Ingibjörg Kristín Jónsdóttir	93	+0,27	25.08
2.	Breiðablik 1				Breiðablik		1:49.97	622
	Kristín Helga Hákonardóttir	04	+0,78	26.77	Ragna Sigríður Ragnarsdóttir	01	+0,17	27.84
	Fanney Lind Jóhannsdóttir	02	+1,89	28.20	Stefanía Sigurþórsdóttir	01	+0,43	27.16
3.	Havnar 1				Havnar		1:51.94	590
	Kristina Í Skála	05	+0,69	29.40	Eyðrið Mortensen	03	+0,23	28.49
	Vár E. Eidesgaard	01	+0,29	26.31	Elisabeth Erlendsdóttir	05	+0,47	27.74
4.	RVK 1				RVK		1:52.51	581
	Jóhanna Gerða Gústafsdóttir	90	+0,59	27.58	Herdís Birna Viggósdóttir	04	+0,25	28.15
	Halla Margrét Baldursdóttir	02	+0,23	28.60	Kolbrún Jónsdóttir	95	+0,36	28.18
5.	ÍRB 1				ÍRB		1:53.72	563
	Karen Mist Arnegeirsdóttir	00	+0,65	27.70	Birna Hilmarsdóttir	02	+0,25	28.61
	Eva Margrét Falsdóttir	05	+0,22	28.07	Gunnhildur Björg Baldursdóttir	00	+0,54	29.34
6.	ÍA 1				ÍA		1:54.02	558
	Guðbjörg Bjarney Guðmundsdóttir	05	+0,74	28.12	Ingibjörg Svava Magnúsdóttir	05	+0,35	29.37
	Brynhildur Traustadóttir	01	+0,13	28.21	Ragnheiður Karen Ólafsdóttir	04	+0,49	28.32
7.	SH 2				SH		1:54.59	550
	Dagbjörg Hlíf Ólafsdóttir	05	+0,63	27.92	Bríet Dalla Gunnarsdóttir	04		28.98
	Sunna Svanlaug Vilhjálmssdóttir	00	+0,30	28.90	Þorgerður Ósk Jónsdóttir	03	+0,36	28.79
8.	Óðinn 1				Óðinn		1:55.88	532
	Ólöf Kristín Isaksen	05	+0,74	28.81	Þena Arnarsdóttir	03	+0,16	29.34
	Embla Karen Sævarsdóttir	04	+0,25	29.25	Alexandra Tómasdóttir	01	+0,32	28.48
9.	RVK 3				RVK		1:56.15	528
	Svava Björg Lárusdóttir	03	+0,51	28.62	Arianna Steinarsdóttir	03	+0,34	29.13
	Eyrún Anna Jóhannesdóttir	06	+0,36	29.62	Helena Rún Gylfadóttir	03	+0,45	28.78
10.	RVK 2				RVK		2:03.60	438
	Ingibjörg Erla Garðarsdóttir	00	+0,61	30.72	Arna Maren Jóhannesdóttir	05	+0,51	31.84
	Ingunn Jónsdóttir	02	+0,24	29.31	Sif Grímsdóttir	03	+0,28	31.73

Íslandsmeistaramótið í 25m laug
Hafnarfjörður, 8. - 10.11.2019

Sundgrein 44
10.11.2019 - 11:18

karla, 4 x 50m skriðsund

Opinn
Úrslitalistar

ISL 1:32.70 Sveit SH Hafnarfjörður 19.6.2017

Stig: FINA 2019

Sæti						Timi	Stig
1.	SH 1			SH		1:33.96	659
	Dadó Fenrir Jasminuson	95	+0,57	22.41	Kolbeinn Hrafnkelsson	94	22.98
	Simon Elías Statkevicius	03		24.27	Hafrþór Jón Sigurðsson	97	+0,32 24.30
2.	Breiðablik 1			Breiðablik		1:37.31	594
	Brynjólfur Óli Karlsson	01	+0,63	24.20	Róbert Andri Pálmason	02	+0,02 24.72
	Kristófer Atli Andersen	02	+0,22	24.39	Patrik Viggó Vilbergsson	02	+0,37 24.00
3.	SH 2			SH		1:37.93	582
	Daði Björnsson	04	+0,64	24.32	Aron Bjarki Jónsson	01	+0,49 24.55
	Kári Sölvi Nielsen	00	+0,23	24.75	Ólafur Árdal Sigurðsson	99	+0,03 24.31
4.	RVK 1			RVK		1:38.19	578
	Hólmsteinn Skorri Hallgrímsson	00	+0,65	23.97	Björgvin Árni Júlíusson	01	+0,55 25.34
	Kristján Gylfi Þórisson	00	+0,19	23.77	Sigurður Ingi Sigurðarson	01	+0,35 25.11
5.	ÍA 1			ÍA		1:41.89	517
	Sindri Andreas Bjarnason	01	+0,61	25.34	Einar M. Ágústsson	05	+0,48 28.51
	Ágúst Júlíusson	89	+0,25	23.13	Atli Vikar Ingimundarson	97	+0,34 24.91
6.	ÍRB 1			ÍRB		1:43.38	495
	Stefán Elías Davíðsson	03	+0,70	26.34	Aron Fannar Kristínarson	03	+0,27 25.61
	Gabriel Ari Tryggvarson	03	+0,16	27.05	Fannar Snævar Hauksson	04	+0,47 24.38
7.	RVK 2			RVK		1:43.96	487
	Halldór Björn Kristinsson	02	+0,66	25.64	Logi Freyr Arnarsson	03	+0,50 27.05
	Ingvar Orri Jóhannesson	04	+0,21	25.03	Baldur Logi Gautason	00	+0,43 26.24
8.	Ægir 1			Ægir		1:46.61	451
	Skúli Thor Ásgeirsson	02	+0,68	25.86	Ólafur Breki Guðnason	03	+0,32 26.80
	Sveinn Elí Helgason	04	+0,47	26.34	Kári Steinn Kjartansson	03	+0,38 27.61
9.	Óðinn 1			Óðinn		1:51.93	390
	Kristófer Óli Birgirsson	04	+0,57	28.00	Viktor Emil Sigtryggsson	00	+0,13 26.55
	Örn Kató Arnarsson	05	+0,20	31.03	Hákon Alexander Magnússon	00	+0,35 26.35

Íslandsmeistaramótið í 25m laug
Hafnarfjörður, 8. - 10.11.2019

6 - 6. hluti - úrslit sunnudags

10.11.2019 - 16:30

Sundgrein 31		karla, 400m fjórsund			Opinn
10.11.2019 - 16:30					Úrslitalistar
ISL Opinn	4:11.78	Örn Arnarson	SH	Vestmannaeyjar	17.3.2001
ISL 15 - 17	4:25.53				
ISL 13 - 14	4:41.69				
ISL 11 - 12	5:08.87				

Ím25 : 5:22.46 / NM 14 +: 4:35.10 / EM 16 +: 4:19.77

Stig: FINA 2019

Sæti			F.ár			Tími	Stig	
1.	Patrik Viggó Vilbergsson		02	Breiðablik		4:30.60	659	NM
	50m:	28.01 28.01	150m:	1:34.89 34.63	250m:	2:49.60 40.50	350m:	4:00.82 30.78
	100m:	1:00.26 32.25	200m:	2:09.10 34.21	300m:	3:30.04 40.44	400m:	4:30.60 29.78
2.	Aron Þór Jónsson		02	SH		4:39.77	596	
	50m:	29.63 29.63	150m:	1:40.31 36.81	250m:	2:54.78 37.16	350m:	4:07.41 33.40
	100m:	1:03.50 33.87	200m:	2:17.62 37.31	300m:	3:34.01 39.23	400m:	4:39.77 32.36
3.	Aron Fannar Kristínarson		03	ÍRB		4:43.59	572	
	50m:	29.69 29.69	150m:	1:41.42 36.91	250m:	2:58.05 40.45	350m:	4:11.71 32.64
	100m:	1:04.51 34.82	200m:	2:17.60 36.18	300m:	3:39.07 41.02	400m:	4:43.59 31.88
4.	Veigar Hrafn Sigþórsson		05	SH		4:46.54	555	
	50m:	29.52 29.52	150m:	1:40.21 36.50	250m:	2:58.49 42.92	350m:	4:14.05 32.75
	100m:	1:03.71 34.19	200m:	2:15.57 35.36	300m:	3:41.30 42.81	400m:	4:46.54 32.49
5.	Alexander Logi Jónsson		04	ÍRB		4:51.62	526	
	50m:	30.99 30.99	150m:	1:44.78 38.60	250m:	3:02.36 39.46	350m:	4:18.10 35.39
	100m:	1:06.18 35.19	200m:	2:22.90 38.12	300m:	3:42.71 40.35	400m:	4:51.62 33.52
6.	Skúli Thor Ásgeirsson		02	Ægir		4:53.24	517	
	50m:	31.46 31.46	150m:	1:47.18 38.90	250m:	3:05.02 40.71	350m:	4:20.58 34.52
	100m:	1:08.28 36.82	200m:	2:24.31 37.13	300m:	3:46.06 41.04	400m:	4:53.24 32.66
7.	Snorri Dagur Einarsson		05	SH		4:59.03	488	
	50m:	30.68 30.68	150m:	1:47.31 40.22	250m:	3:08.26 41.77	350m:	4:25.77 35.00
	100m:	1:07.09 36.41	200m:	2:26.49 39.18	300m:	3:50.77 42.51	400m:	4:59.03 33.26
8.	Bergur Fáfniir Bjarnason		06	SH		5:05.31	458	
	50m:	30.93 30.93	150m:	1:49.03 40.45	250m:	3:12.13 45.10	350m:	4:32.33 35.08
	100m:	1:08.58 37.65	200m:	2:27.03 38.00	300m:	3:57.25 45.12	400m:	5:05.31 32.98
9.	Kári Steinn Kjartansson		03	Ægir		5:10.17	437	
	50m:	33.24 33.24	150m:	1:50.66 38.25	250m:	3:13.86 45.75	350m:	4:37.22 35.19
	100m:	1:12.41 39.17	200m:	2:28.11 37.45	300m:	4:02.03 48.17	400m:	5:10.17 32.95
10.	Hilmir Snær Lunddal Rúnarsson		03	SH		5:10.21	437	
	50m:	32.23 32.23	150m:	1:49.03 39.71	250m:	3:13.82 45.04	350m:	4:36.71 36.62
	100m:	1:09.32 37.09	200m:	2:28.78 39.75	300m:	4:00.09 46.27	400m:	5:10.21 33.50
11.	Daníel Lúkas Tómasson		04	SH		5:13.67	423	
	50m:	33.40 33.40	150m:	1:52.40 40.29	250m:	3:17.97 45.47	350m:	4:39.63 34.99
	100m:	1:12.11 38.71	200m:	2:32.50 40.10	300m:	4:04.64 46.67	400m:	5:13.67 34.04
12.	Edward Jensson		04	SH		5:20.94	395	
	50m:	33.49 33.49	150m:	1:53.08 38.75	250m:	3:20.06 47.44	350m:	4:46.05 35.57
	100m:	1:14.33 40.84	200m:	2:32.62 39.54	300m:	4:10.48 50.42	400m:	5:20.94 34.89

Íslandsmeistaramótið í 25m laug
Hafnarfjörður, 8. - 10.11.2019

Sundgrein 32
10.11.2019 - 16:36

kvenna, 1500m skriðsund

Opinn
Úrslitalistar

ISL Opinn	16:46.95	Eygló Ósk Gústafsdóttir	Ægir	Hafnarfjörður	27.10.2012
ISL 15 - 17	16:46.95				
ISL 13 - 14	17:16.94				
ISL 11 - 12	18:23.52				

Ím25 : 19:59.88

Stig: FINA 2019

Sæti			F.ár							Tími	Stig	
1.	Vár E. Eidesgaard		01		Havnar					16:53.79	746	
	50m:	30.28	30.28	450m:	5:01.97	34.27	850m:	9:33.60	33.75	1250m:	14:05.66	34.02
	100m:	1:03.74	33.46	500m:	5:36.25	34.28	900m:	10:07.75	34.15	1300m:	14:39.52	33.86
	150m:	1:37.33	33.59	550m:	6:10.27	34.02	950m:	10:41.64	33.89	1350m:	15:13.33	33.81
	200m:	2:11.16	33.83	600m:	6:44.00	33.73	1000m:	11:15.79	34.15	1400m:	15:47.00	33.67
	250m:	2:45.12	33.96	650m:	7:17.93	33.93	1050m:	11:50.01	34.22	1450m:	16:20.71	33.71
	300m:	3:19.04	33.92	700m:	7:51.95	34.02	1100m:	12:23.79	33.78	1500m:	16:53.79	33.08
	350m:	3:53.43	34.39	750m:	8:25.85	33.90	1150m:	12:58.00	34.21			
	400m:	4:27.70	34.27	800m:	8:59.85	34.00	1200m:	13:31.64	33.64			
2.	Ragna Sigríður Ragnarsdóttir		01		Breiðablik					17:18.87	693	
	50m:	30.67	30.67	450m:	5:07.03	34.93	850m:	9:46.40	35.19	1250m:	14:25.08	34.95
	100m:	1:04.55	33.88	500m:	5:41.85	34.82	900m:	10:21.05	34.65	1300m:	14:59.99	34.91
	150m:	1:38.99	34.44	550m:	6:16.67	34.82	950m:	10:56.00	34.95	1350m:	15:34.80	34.81
	200m:	2:13.55	34.56	600m:	6:51.47	34.80	1000m:	11:31.13	35.13	1400m:	16:09.95	35.15
	250m:	2:48.10	34.55	650m:	7:26.44	34.97	1050m:	12:05.65	34.52	1450m:	16:44.68	34.73
	300m:	3:22.88	34.78	700m:	8:01.49	35.05	1100m:	12:40.41	34.76	1500m:	17:18.87	34.19
	350m:	3:57.49	34.61	750m:	8:36.23	34.74	1150m:	13:15.28	34.87			
	400m:	4:32.10	34.61	800m:	9:11.21	34.98	1200m:	13:50.13	34.85			
3.	Brynhildur Traustadóttir		01		ÍA					17:24.37	682	
	50m:	31.34	31.34	450m:	5:11.82	35.44	850m:	9:53.45	35.56	1250m:	14:32.55	34.86
	100m:	1:05.55	34.21	500m:	5:47.16	35.34	900m:	10:28.43	34.98	1300m:	15:07.49	34.94
	150m:	1:40.69	35.14	550m:	6:22.31	35.15	950m:	11:03.23	34.80	1350m:	15:42.16	34.67
	200m:	2:15.68	34.99	600m:	6:57.32	35.01	1000m:	11:38.03	34.80	1400m:	16:16.74	34.58
	250m:	2:50.87	35.19	650m:	7:32.32	35.00	1050m:	12:12.86	34.83	1450m:	16:51.41	34.67
	300m:	3:26.11	35.24	700m:	8:07.80	35.48	1100m:	12:47.79	34.93	1500m:	17:24.37	32.96
	350m:	4:01.41	35.30	750m:	8:43.10	35.30	1150m:	13:22.63	34.84			
	400m:	4:36.38	34.97	800m:	9:17.89	34.79	1200m:	13:57.69	35.06			
4.	Freyja Birkisdóttir		06		Breiðablik					17:42.56	648	
	50m:	30.73	30.73	450m:	5:13.90	36.19	850m:	9:59.20	35.65	1250m:	14:45.26	35.46
	100m:	1:05.18	34.45	500m:	5:49.68	35.78	900m:	10:35.04	35.84	1300m:	15:21.00	35.74
	150m:	1:40.29	35.11	550m:	6:25.22	35.54	950m:	11:10.68	35.64	1350m:	15:56.57	35.57
	200m:	2:15.51	35.22	600m:	7:01.19	35.97	1000m:	11:46.52	35.84	1400m:	16:32.13	35.56
	250m:	2:50.89	35.38	650m:	7:36.91	35.72	1050m:	12:22.45	35.93	1450m:	17:08.31	36.18
	300m:	3:26.45	35.56	700m:	8:12.18	35.27	1100m:	12:58.13	35.68	1500m:	17:42.56	34.25
	350m:	4:02.00	35.55	750m:	8:47.71	35.53	1150m:	13:34.08	35.95			
	400m:	4:37.71	35.71	800m:	9:23.55	35.84	1200m:	14:09.80	35.72			
5.	Sandra Dögg Kristjánsdóttir		03		SH					18:44.40	547	
	50m:	32.44	32.44	450m:	5:28.16	37.45	850m:	10:31.72	37.43	1250m:	15:36.39	38.38
	100m:	1:08.13	35.69	500m:	6:05.88	37.72	900m:	11:09.71	37.99	1300m:	16:14.81	38.42
	150m:	1:44.39	36.26	550m:	6:43.73	37.85	950m:	11:47.12	37.41	1350m:	16:53.13	38.32
	200m:	2:21.50	37.11	600m:	7:21.42	37.69	1000m:	12:24.57	37.45	1400m:	17:30.94	37.81
	250m:	2:58.86	37.36	650m:	7:59.68	38.26	1050m:	13:02.52	37.95	1450m:	18:08.66	37.72
	300m:	3:36.22	37.36	700m:	8:37.81	38.13	1100m:	13:40.91	38.39	1500m:	18:44.40	35.74
	350m:	4:13.43	37.21	750m:	9:16.12	38.31	1150m:	14:19.54	38.63			
	400m:	4:50.71	37.28	800m:	9:54.29	38.17	1200m:	14:58.01	38.47			
6.	Helga Sigurlaug Helgadóttir		07		SH					19:03.47	520	
	50m:	33.50	33.50	450m:	5:42.08	39.35	850m:	10:49.54	38.02	1250m:	15:57.65	38.24
	100m:	1:10.71	37.21	500m:	6:21.27	39.19	900m:	11:28.86	39.32	1300m:	16:36.30	38.65
	150m:	1:49.30	38.59	550m:	6:59.24	37.97	950m:	12:07.42	38.56	1350m:	17:13.67	37.37
	200m:	2:27.41	38.11	600m:	7:37.31	38.07	1000m:	12:46.75	39.33	1400m:	17:51.03	37.36
	250m:	3:05.99	38.58	650m:	8:15.34	38.03	1050m:	13:24.50	37.75	1450m:	18:29.03	38.00
	300m:	3:44.86	38.87	700m:	8:54.19	38.85	1100m:	14:03.15	38.65	1500m:	19:03.47	34.44
	350m:	4:23.55	38.69	750m:	9:32.96	38.77	1150m:	14:41.23	38.08			
	400m:	5:02.73	39.18	800m:	10:11.52	38.56	1200m:	15:19.41	38.18			

Íslandsmeistaramótið í 25m laug
Hafnarfjörður, 8. - 10.11.2019

Sundgrein 32, kvenna, 1500m skriðsund, Opinn

Sæti			F.ár							Tími	Stig	
7.	Ingibjörg Svava Magnúsdóttir		05		ÍA					19:19.36	499	
	50m:	33.48	33.48	450m:	5:42.06	39.38	850m:	10:56.26	39.18	1250m:	16:10.02	38.94
	100m:	1:10.65	37.17	500m:	6:21.37	39.31	900m:	11:35.90	39.64	1300m:	16:49.43	39.41
	150m:	1:49.06	38.41	550m:	7:00.54	39.17	950m:	12:15.33	39.43	1350m:	17:27.81	38.38
	200m:	2:27.50	38.44	600m:	7:39.20	38.66	1000m:	12:54.58	39.25	1400m:	18:06.29	38.48
	250m:	3:06.13	38.63	650m:	8:18.84	39.64	1050m:	13:33.55	38.97	1450m:	18:44.22	37.93
	300m:	3:45.01	38.88	700m:	8:58.16	39.32	1100m:	14:12.64	39.09	1500m:	19:19.36	35.14
	350m:	4:23.55	38.54	750m:	9:37.53	39.37	1150m:	14:51.68	39.04			
	400m:	5:02.68	39.13	800m:	10:17.08	39.55	1200m:	15:31.08	39.40			
8.	Diljá Dröfn Jóhannesdóttir		03		SH					19:49.00	462	
	50m:	33.28	33.28	450m:	5:48.73	40.37	850m:	11:05.35	40.71	1250m:	16:29.99	40.95
	100m:	1:10.19	36.91	500m:	6:28.04	39.31	900m:	11:45.59	40.24	1300m:	17:10.12	40.13
	150m:	1:49.19	39.00	550m:	7:05.18	37.14	950m:	12:26.02	40.43	1350m:	17:51.59	41.47
	200m:	2:28.90	39.71	600m:	7:43.79	38.61	1000m:	13:07.06	41.04	1400m:	18:31.44	39.85
	250m:	3:08.42	39.52	650m:	8:23.67	39.88	1050m:	13:47.41	40.35	1450m:	19:11.18	39.74
	300m:	3:48.23	39.81	700m:	9:03.72	40.05	1100m:	14:28.02	40.61	1500m:	19:49.00	37.82
	350m:	4:28.65	40.42	750m:	9:44.58	40.86	1150m:	15:08.30	40.28			
	400m:	5:08.36	39.71	800m:	10:24.64	40.06	1200m:	15:49.04	40.74			

Sundgrein 33
10.11.2019 - 16:57

kvenna, 200m baksund

Opinn
Úrslitalistar Úrslitsund

ISL Opinn	2:03.53	Eygló Ósk Gústafsdóttir	Ægir	Netanya (ISR)	4.12.2015
ISL 15 - 17	2:07.10				
ISL 13 - 14	2:14.18				
ISL 11 - 12	2:27.28				

Ím25 : 2:39.47 / NM 13 +: 2:20.48 / EM 16 +: 2:13.57

Stig: FINA 2019

Sæti			F.ár							Tími	Stig	
1.	Eygló Ósk Gústafsdóttir		95		RVK					2:10.85	756 EM	
	50m:	30.21	30.21	100m:	1:03.23	33.02	150m:	1:37.13	33.90	200m:	2:10.85	33.72
2.	Signhild Joensen		00		Ægir Klaksvík					2:12.34	731 EM	
	50m:	30.99	30.99	100m:	1:04.09	33.10	150m:	1:37.75	33.66	200m:	2:12.34	34.59
3.	Stefanía Sigurþórsdóttir		01		Breiðablik					2:20.69	608	
	50m:	33.23	33.23	100m:	1:08.78	35.55	150m:	1:44.91	36.13	200m:	2:20.69	35.78
4.	Þorgerður Ósk Jónsdóttir		03		SH					2:22.98	579	
	50m:	33.03	33.03	100m:	1:09.06	36.03	150m:	1:46.10	37.04	200m:	2:22.98	36.88
5.	Kristína Í Skála		05		Havnar					2:25.80	546	
	50m:	33.96	33.96	100m:	1:11.10	37.14	150m:	1:48.23	37.13	200m:	2:25.80	37.57
6.	Halla Margrét Baldursdóttir		02		RVK					2:29.64	505	
	50m:	34.88	34.88	100m:	1:12.84	37.96	150m:	1:51.77	38.93	200m:	2:29.64	37.87
7.	Jóhanna Brynja Rúnarsdóttir		06		SH					2:31.31	489	
	50m:	36.19	36.19	100m:	1:14.30	38.11	150m:	1:53.26	38.96	200m:	2:31.31	38.05
8.	Birgitta Ingólfssdóttir		05		SH					2:33.41	469	
	50m:	35.52	35.52	100m:	1:14.19	38.67	150m:	1:53.63	39.44	200m:	2:33.41	39.78

Íslandsmeistaramótið í 25m laug
Hafnarfjörður, 8. - 10.11.2019

Sundgrein 34

karla, 200m skriðsund

Opinn

10.11.2019 - 17:07

Úrslitalistar Úrslitsund

ISL Opinn	1:46.72	Örn Arnarson	SH	Lissabon (POR)	16.3.2013
ISL 15 - 17	1:48.65				
ISL 13 - 14	1:56.94				
ISL 11 - 12	2:03.87				

Ím25 : 2:14.99 / NM 14 +: 1:56.46 / EM 16 +: 1:48.70

Stig: FINA 2019

Sæti	F.ár				Tími	Stig	
1. Bartal E. Eidesgaard	03	Havnar			1:53.34	673	NM
50m: 26.01 26.01	100m: 54.77	28.76	150m: 1:24.03	29.26	200m: 1:53.34	29.31	
2. Brynjólfur Óli Karlsson	01	Breiðablik			1:54.60	651	NM
50m: 25.94 25.94	100m: 54.76	28.82	150m: 1:24.74	29.98	200m: 1:54.60	29.86	
3. Kristófer Atli Andersen	02	Breiðablik			1:54.78	648	NM
50m: 26.76 26.76	100m: 56.40	29.64	150m: 1:26.22	29.82	200m: 1:54.78	28.56	
4. Hólmsteinn Skorri Hallgrímsson	00	RVK			1:55.14	642	NM
50m: 26.50 26.50	100m: 56.20	29.70	150m: 1:26.08	29.88	200m: 1:55.14	29.06	
5. Hafþór Jón Sigurðsson	97	SH			1:56.54	619	
50m: 26.78 26.78	100m: 56.44	29.66	150m: 1:26.66	30.22	200m: 1:56.54	29.88	
6. Bjartur Þórhallsson	00	RVK			1:58.62	587	
50m: 26.70 26.70	100m: 56.36	29.66	150m: 1:26.87	30.51	200m: 1:58.62	31.75	
7. Sindri Andreas Bjarnason	01	ÍA			1:59.62	573	
50m: 27.01 27.01	100m: 57.03	30.02	150m: 1:28.49	31.46	200m: 1:59.62	31.13	
8. Símon Elías Statkevicius	03	SH			1:59.72	571	
50m: 27.75 27.75	100m: 58.25	30.50	150m: 1:29.38	31.13	200m: 1:59.72	30.34	

Sundgrein 35

kvenna, 100m flugsund

Opinn

10.11.2019 - 17:10

Úrslitalistar Úrslitsund

ISL Opinn	59.95	Bryndís Rún Hansen	Óðinn	Windsor (CAN)	10.12.2016
ISL 15 - 17	1:01.81				
ISL 13 - 14	1:05.71				
ISL 11 - 12	1:10.91				

Ím25 : 1:11.64 / NM 13 +: 1:04.88 / EM 16 +: 1:00.31

Stig: FINA 2019

Sæti	F.ár				Tími	Stig	
1. Katarína Róbertsdóttir	00	SH			1:03.99	621	NM
50m: 28.60 28.60	100m: 1:03.99	35.39					
2. Gunnhildur Björg Baldursdóttir	00	ÍRB			1:05.58	577	
50m: 30.49 30.49	100m: 1:05.58	35.09					
3. Ingunn Jónsdóttir	02	RVK			1:06.15	562	
50m: 30.88 30.88	100m: 1:06.15	35.27					
4. Kristín Ylfa Guðmundsdóttir	02	SH			1:06.93	543	
50m: 31.28 31.28	100m: 1:06.93	35.65					
5. Diljá Rún Ívarsdóttir	02	ÍRB			1:08.09	515	
50m: 31.69 31.69	100m: 1:08.09	36.40					
6. Svava Björg Lárusdóttir	03	RVK			1:09.51	484	
50m: 31.33 31.33	100m: 1:09.51	38.18					
7. Eva Sól Garðarsdóttir	03	Óðinn			1:10.91	456	
50m: 33.01 33.01	100m: 1:10.91	37.90					
8. Ólöf Kristín Isaksen	05	Óðinn			1:11.81	439	IM
50m: 32.49 32.49	100m: 1:11.81	39.32					

Íslandsmeistaramótið í 25m laug
Hafnarfjörður, 8. - 10.11.2019

Sundgrein 36 karla, 50m flugsund Opinn
10.11.2019 - 17:19 Úrslitalistar Úrslitsund

ISL Opinn	23.55	Örn Arnarson	SH	Helsinki (FIN)	10.12.2006
ISL 15 - 17	25.71				
ISL 13 - 14	26.88				
ISL 11 - 12	29.12				
Ím25 : 29.83 / NM 14 +: 25.00 / EM 16 +: 24.03					

Stig: FINA 2019

Sæti	F.ár			Tími	Stig
1.	89	ÁA		24.53	697 NM
2.	95	SH		25.24	639
3.	04	ÍRB		26.15	575
4.	01	SH		26.53	551
5.	03	Havnar		26.58	547
6.	00	SH		26.60	546
7.	99	SH		26.66	542
8.	00	RVK		27.15	514

Sundgrein 37 kvenna, 50m bringusund Opinn
10.11.2019 - 17:21 Úrslitalistar Úrslitsund

ISL Opinn	30.03	Hrafnhildur Lúthersdóttir	SH	Kaupmannahöfn (DEN)	13.12.2007
ISL 15 - 17	32.24				
ISL 13 - 14	33.54				
ISL 11 - 12	36.13				
Ím25 : 38.93 / NM 13 +: 32.92 / EM 16 +: 31.77					

Stig: FINA 2019

Sæti	F.ár			Tími	Stig
1.	00	ÍRB		32.97	650
2.	00	SH		33.99	593
3.	02	Óðinn		34.45	569
4.	04	Ægir Klaksvík		34.51	566
5.	05	ÁA		35.14	536
6.	04	ÁA		35.27	530
7.	06	Breiðablik		35.79	508
8.	03	Havnar		36.19	491

Sundgrein 38 karla, 200m bringusund Opinn
10.11.2019 - 17:29 Úrslitalistar Úrslitsund

ISL Opinn	2:04.37	Anton Sveinn McKee	SH	Hangzhou (CHN)	13.12.2018
ISL 15 - 17	2:14.52				
ISL 13 - 14	2:24.73				
ISL 11 - 12	2:30.88				
Ím25 : 2:45.33 / NM 14 +: 2:21.40 / EM 16 +: 2:11.89					

Stig: FINA 2019

Sæti	F.ár			Tími	Stig
1.	02	SH		2:19.60	637 NM
50m:	31.90	31.90	100m:	1:07.51	35.61
			150m:	1:43.57	36.06
			200m:	2:19.60	36.03
2.	00	Ægir Klaksvík		2:19.68	636 NM
50m:	31.05	31.05	100m:	1:06.18	35.13
			150m:	1:42.65	36.47
			200m:	2:19.68	37.03
3.	99	Breiðablik		2:26.51	551
50m:	32.60	32.60	100m:	1:09.51	36.91
			150m:	1:47.67	38.16
			200m:	2:26.51	38.84
4.	04	ÍRB		2:28.71	527
50m:	33.57	33.57	100m:	1:11.06	37.49
			150m:	1:49.77	38.71
			200m:	2:28.71	38.94
5.	04	RVK		2:30.20	512
50m:	33.60	33.60	100m:	1:11.68	38.08
			150m:	1:51.37	39.69
			200m:	2:30.20	38.83

Íslandsmeistaramótið í 25m laug
Hafnarfjörður, 8. - 10.11.2019

Sundgrein 38, karla, 200m bringusund, Úrslitsund, Opinn

Sæti			F.ár			Tími	Stig	
6.	Daníel Steinn Davíðsson		03	Breiðablik		2:33.18	482	
	50m:	33.19 33.19	100m:	1:11.73 38.54	150m:	1:52.33 40.60	200m:	2:33.18 40.85
7.	Alexander Logi Jónsson		04	ÍRB		2:35.07	465	
	50m:	34.51 34.51	100m:	1:13.52 39.01	150m:	1:53.57 40.05	200m:	2:35.07 41.50
8.	Flosi Ómarsson		03	ÍRB		2:37.11	447	
	50m:	34.74 34.74	100m:	1:14.47 39.73	150m:	1:55.54 41.07	200m:	2:37.11 41.57

Sundgrein 39

kvenna, 100m skriðsund

Opinn

10.11.2019 - 17:33

Úrslitalistar Úrslitsund

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

Ím25 : 1:06.18 / NM 13 +: 58.50 / EM 16 +: 55.74

Stig: FINA 2019

Sæti			F.ár			Tími	Stig
1.	Jóhanna Elín Guðmundsdóttir		01	SH		56.79	692 NM
	50m:	27.02 27.02	100m:	56.79 29.77			
2.	Vár E. Eidesgaard		01	Havnar		56.89	689 NM
	50m:	27.70 27.70	100m:	56.89 29.19			
3.	Kristín Helga Hákonardóttir		04	Breiðablik		56.99	685 NM
	50m:	27.51 27.51	100m:	56.99 29.48			
4.	Steingerður Hauksdóttir		96	SH		58.48	634 NM
	50m:	27.52 27.52	100m:	58.48 30.96			
5.	Barbara Debes		00	Ægir Klaksvík		1:00.10	584
	50m:	28.56 28.56	100m:	1:00.10 31.54			
6.	Dagbjörg Hlíf Ólafsdóttir		05	SH		1:01.52	544
	50m:	29.88 29.88	100m:	1:01.52 31.64			
7.	Kolbrún Jónsdóttir		95	RVK		1:01.90	534
	50m:	30.23 30.23	100m:	1:01.90 31.67			
8.	Ragna Sigríður Ragnarsdóttir		01	Breiðablik		1:01.99	532
	50m:	29.69 29.69	100m:	1:01.99 32.30			

Sundgrein 40

karla, 100m baksund

Opinn

10.11.2019 - 17:44

Úrslitalistar Úrslitsund

ISL Opinn	51.74	Örn Arnarson	SH	Dublin (IRL)	14.12.2003
ISL 15 - 17	53.71				
ISL 13 - 14	58.45				
ISL 11 - 12	1:03.92				

Ím25 : 1:07.78 / NM 14 +: 56.82 / EM 16 +: 53.42

Stig: FINA 2019

Sæti			F.ár			Tími	Stig
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Íslandsmeistaramótið í 25m laug
Hafnarfjörður, 8. - 10.11.2019

Sundgrein 40, karla, 100m baksund, Úrslitsund

1.	Kristinn Þórarinnsson	96	RVK	53.71	753	NM
	50m: 25.62 25.62	100m: 53.71	28.09			
2.	Brynjólfur Óli Karlsson	01	Breiðablik	55.49	683	NM
	50m: 26.92 26.92	100m: 55.49	28.57			
3.	Kolbeinn Hrafnkelsson	94	SH	55.50	683	NM
	50m: 26.65 26.65	100m: 55.50	28.85			
4.	Kristjan Gylfi Þórisson	00	RVK	57.19	624	
	50m: 27.70 27.70	100m: 57.19	29.49			
5.	Tómas Magnússon	02	RVK	58.82	573	
	50m: 28.07 28.07	100m: 58.82	30.75			
6.	Fannar Snævar Hauksson	04	ÍRB	59.87	544	
	50m: 28.36 28.36	100m: 59.87	31.51			
7.	Gabriel Ari Tryggvarson	03	ÍRB	1:02.02	489	
	50m: 29.72 29.72	100m: 1:02.02	32.30			
8.	Júlíus Karl Maier	02	SH	1:02.22	484	
	50m: 30.40 30.40	100m: 1:02.22	31.82			

Sundgrein 41

kvenna, 200m fjórsund

10.11.2019 - 17:46

Opinn
Úrslitalistar Úrslitsund

ISL Opinn	2:11.57	Hrafnhildur Lúthersdóttir	SH	Hafnarfjörður	13.11.2015
ISL 15 - 17	2:15.10				
ISL 13 - 14	2:20.10				
ISL 11 - 12	2:29.75				

Ím25 : 2:44.19 / NM 13 +: 2:26.43 / EM 16 +: 2:17.56

Stig: FINA 2019

Sæti	F.ár	Tími	Stig				
1.	Jóhanna Gerða Gústafsdóttir	90	RVK	2:20.35	654	NM	
	50m: 30.41 30.41	100m: 1:05.38	34.97	150m: 1:46.55	41.17	200m: 2:20.35	33.80
2.	Stefanía Sigurþórsdóttir	01	Breiðablik	2:21.61	637	NM	
	50m: 31.47 31.47	100m: 1:07.90	36.43	150m: 1:49.16	41.26	200m: 2:21.61	32.45
3.	Eva Margrét Falsdóttir	05	ÍRB	2:21.93	632	NM	
	50m: 31.40 31.40	100m: 1:09.46	38.06	150m: 1:48.95	39.49	200m: 2:21.93	32.98
4.	Ingunn Jónsdóttir	02	RVK	2:27.73	561		
	50m: 31.16 31.16	100m: 1:09.40	38.24	150m: 1:52.23	42.83	200m: 2:27.73	35.50
5.	Alexandra Tómasdóttir	01	Óðinn	2:29.63	540		
	50m: 32.08 32.08	100m: 1:11.28	39.20	150m: 1:55.71	44.43	200m: 2:29.63	33.92
6.	Gunnhildur Björg Baldursdóttir	00	ÍRB	2:30.23	533		
	50m: 30.84 30.84	100m: 1:10.59	39.75	150m: 1:55.18	44.59	200m: 2:30.23	35.05
7.	Adele Alexandra Pálsson	03	SH	2:30.24	533		
	50m: 33.64 33.64	100m: 1:10.61	36.97	150m: 1:55.60	44.99	200m: 2:30.24	34.64
8.	Rebekka Trygvadóttir	04	Ægir Klaksvík	2:31.44	521		
	50m: 32.95 32.95	100m: 1:11.47	38.52	150m: 1:56.06	44.59	200m: 2:31.44	35.38

Íslandsmeistaramótið í 25m laug
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Sundgrein 42
10.11.2019 - 17:50

karla, 800m skriðsund

Opinn
Úrslitalistar

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

Ím25 : 9:56.48

Stig: FINA 2019

Sæti			F.ár			Tími	Stig	
1.	Patrik Viggó Vilbergsson <i>MET</i>		02	Breiðablik		8:14.54	720	
	50m:	27.17 27.17	250m:	2:30.52 31.41	450m:	4:36.21 31.66	650m:	6:42.75 31.63
	100m:	57.38 30.21	300m:	3:01.68 31.16	500m:	5:07.77 31.56	700m:	7:14.02 31.27
	150m:	1:28.15 30.77	350m:	3:33.10 31.42	550m:	5:39.39 31.62	750m:	7:45.17 31.15
	200m:	1:59.11 30.96	400m:	4:04.55 31.45	600m:	6:11.12 31.73	800m:	8:14.54 29.37
2.	Kristófer Atli Andersen		02	Breiðablik		8:41.66	614	
	50m:	28.41 28.41	250m:	2:38.89 33.15	450m:	4:53.29 33.71	650m:	7:06.40 32.94
	100m:	1:00.50 32.09	300m:	3:12.34 33.45	500m:	5:26.66 33.37	700m:	7:38.95 32.55
	150m:	1:33.23 32.73	350m:	3:45.71 33.37	550m:	5:59.82 33.16	750m:	8:10.68 31.73
	200m:	2:05.74 32.51	400m:	4:19.58 33.87	600m:	6:33.46 33.64	800m:	8:41.66 30.98
3.	Veigar Hrafn Sigbórsson		05	SH		8:46.64	596	
	50m:	28.22 28.22	250m:	2:41.30 33.85	450m:	4:56.27 33.53	650m:	7:10.23 33.44
	100m:	1:00.47 32.25	300m:	3:14.99 33.69	500m:	5:29.71 33.44	700m:	7:42.96 32.73
	150m:	1:33.79 33.32	350m:	3:48.90 33.91	550m:	6:03.13 33.42	750m:	8:15.47 32.51
	200m:	2:07.45 33.66	400m:	4:22.74 33.84	600m:	6:36.79 33.66	800m:	8:46.64 31.17
4.	Skúli Thor Ásgeirsson		02	Ægir		8:53.24	575	
	50m:	28.68 28.68	250m:	2:40.03 33.19	450m:	4:55.45 34.31	650m:	7:12.65 34.19
	100m:	1:00.58 31.90	300m:	3:13.66 33.63	500m:	5:29.92 34.47	700m:	7:46.95 34.30
	150m:	1:33.62 33.04	350m:	3:47.28 33.62	550m:	6:04.28 34.36	750m:	8:20.54 33.59
	200m:	2:06.84 33.22	400m:	4:21.14 33.86	600m:	6:38.46 34.18	800m:	8:53.24 32.70
5.	Gústav Ragnar Kristjánsson		02	Breiðablik		9:03.16	544	
	50m:	29.17 29.17	250m:	2:44.03 34.26	450m:	5:03.49 34.93	650m:	7:22.80 34.49
	100m:	1:01.84 32.67	300m:	3:18.99 34.96	500m:	5:38.56 35.07	700m:	7:56.92 34.12
	150m:	1:35.52 33.68	350m:	3:53.58 34.59	550m:	6:13.29 34.73	750m:	8:30.69 33.77
	200m:	2:09.77 34.25	400m:	4:28.56 34.98	600m:	6:48.31 35.02	800m:	9:03.16 32.47
6.	Ingvar Orri Jóhannesson		04	RVK		9:04.88	538	
	50m:	28.21 28.21	250m:	2:39.99 33.72	450m:	5:00.66 35.32	650m:	7:21.57 34.76
	100m:	59.76 31.55	300m:	3:14.18 34.19	500m:	5:35.85 35.19	700m:	7:56.30 34.73
	150m:	1:32.48 32.72	350m:	3:49.39 35.21	550m:	6:11.38 35.53	750m:	8:31.10 34.80
	200m:	2:06.27 33.79	400m:	4:25.34 35.95	600m:	6:46.81 35.43	800m:	9:04.88 33.78
7.	Baldur Logi Gautason		00	RVK		9:13.06	515	
	50m:	29.38 29.38	250m:	2:47.88 35.32	450m:	5:10.19 34.80	650m:	7:30.92 34.70
	100m:	1:02.79 33.41	300m:	3:23.53 35.65	500m:	5:45.60 35.41	700m:	8:05.87 34.95
	150m:	1:37.55 34.76	350m:	3:59.39 35.86	550m:	6:20.63 35.03	750m:	8:40.74 34.87
	200m:	2:12.56 35.01	400m:	4:35.39 36.00	600m:	6:56.22 35.59	800m:	9:13.06 32.32
8.	Þorsteinn Karl Arnarsson		04	Stjarnan		9:22.25	490	
	50m:	31.21 31.21	250m:	2:51.15 35.45	450m:	5:14.06 35.75	650m:	7:36.64 34.68
	100m:	1:05.40 34.19	300m:	3:26.67 35.52	500m:	5:50.08 36.02	700m:	8:12.70 36.06
	150m:	1:40.55 35.15	350m:	4:02.68 36.01	550m:	6:26.27 36.19	750m:	8:47.89 35.19
	200m:	2:15.70 35.15	400m:	4:38.31 35.63	600m:	7:01.96 35.69	800m:	9:22.25 34.36
9.	Gabríel Þór Sigurmundsson		03	ÍRB		9:22.99	488	
	50m:	30.88 30.88	250m:	2:50.29 35.76	450m:	5:13.89 36.12	650m:	7:37.83 35.46
	100m:	1:04.42 33.54	300m:	3:25.95 35.66	500m:	5:50.22 36.33	700m:	8:13.99 36.16
	150m:	1:39.09 34.67	350m:	4:01.75 35.80	550m:	6:26.41 36.19	750m:	8:49.27 35.28
	200m:	2:14.53 35.44	400m:	4:37.77 36.02	600m:	7:02.37 35.96	800m:	9:22.99 33.72
10.	Jónas Atli Pálsson		03	SH		9:23.41	487	
	50m:	29.96 29.96	250m:	2:47.95 35.78	450m:	5:12.48 36.31	650m:	7:37.22 35.96
	100m:	1:03.20 33.24	300m:	3:23.77 35.82	500m:	5:48.68 36.20	700m:	8:13.51 36.29
	150m:	1:37.22 34.02	350m:	3:59.99 36.22	550m:	6:25.06 36.38	750m:	8:48.90 35.39
	200m:	2:12.17 34.95	400m:	4:36.17 36.18	600m:	7:01.26 36.20	800m:	9:23.41 34.51

Íslandsmeistaramótið í 25m laug
Hafnarfjörður, 8. - 10.11.2019

Sundgrein 42, karla, 800m skriðsund, Opinn

Sæti			F.ár							Tími	Stig
11.	Daníel Lúkas Tómasson		04	SH						9:25.33	482
	50m:	30.23 30.23	250m:	2:50.82	35.92	450m:	5:14.51	36.07	650m:	7:38.66	35.73
	100m:	1:04.80 34.57	300m:	3:26.80	35.98	500m:	5:51.11	36.60	700m:	8:15.01	36.35
	150m:	1:39.52 34.72	350m:	4:02.63	35.83	550m:	6:27.03	35.92	750m:	8:50.63	35.62
	200m:	2:14.90 35.38	400m:	4:38.44	35.81	600m:	7:02.93	35.90	800m:	9:25.33	34.70
12.	Guðmundur Halldórsson		04	Breiðablik						9:25.92	481
	50m:	31.42 31.42	250m:	2:52.83	36.06	450m:	5:16.64	36.06	650m:	7:40.49	35.87
	100m:	1:06.02 34.60	300m:	3:28.71	35.88	500m:	5:52.67	36.03	700m:	8:16.44	35.95
	150m:	1:41.34 35.32	350m:	4:04.60	35.89	550m:	6:28.61	35.94	750m:	8:52.01	35.57
	200m:	2:16.77 35.43	400m:	4:40.58	35.98	600m:	7:04.62	36.01	800m:	9:25.92	33.91
13.	Róbert Andri Pálmason		02	Breiðablik						9:29.62	471
	50m:	27.40 27.40	250m:	2:33.22	32.16	450m:	4:57.85	47.67	650m:	7:37.97	38.77
	100m:	57.86 30.46	300m:	3:05.68	32.46	500m:	5:39.70	41.85	700m:	8:16.36	38.39
	150m:	1:29.32 31.46	350m:	3:38.41	32.73	550m:	6:19.71	40.01	750m:	8:53.55	37.19
	200m:	2:01.06 31.74	400m:	4:10.18	31.77	600m:	6:59.20	39.49	800m:	9:29.62	36.07
14.	Pétur Alfreðsson		06	Breiðablik						9:32.55	464
	50m:	32.75 32.75	250m:	2:56.60	36.37	450m:	5:22.32	36.24	650m:	7:47.47	35.94
	100m:	1:08.24 35.49	300m:	3:33.01	36.41	500m:	5:59.04	36.72	700m:	8:23.50	36.03
	150m:	1:44.12 35.88	350m:	4:09.77	36.76	550m:	6:35.23	36.19	750m:	8:58.90	35.40
	200m:	2:20.23 36.11	400m:	4:46.08	36.31	600m:	7:11.53	36.30	800m:	9:32.55	33.65
15.	Jón Ingi Halldórsson		04	Breiðablik						9:32.67	464
	50m:	31.65 31.65	250m:	2:56.27	36.40	450m:	5:21.92	36.41	650m:	7:46.27	35.65
	100m:	1:07.19 35.54	300m:	3:32.60	36.33	500m:	5:58.20	36.28	700m:	8:22.41	36.14
	150m:	1:43.58 36.39	350m:	4:09.06	36.46	550m:	6:34.29	36.09	750m:	8:58.17	35.76
	200m:	2:19.87 36.29	400m:	4:45.51	36.45	600m:	7:10.62	36.33	800m:	9:32.67	34.50
16.	Andri Bergmann Ísaksen		04	Breiðablik						9:39.01	449
	50m:	31.97 31.97	250m:	2:54.72	35.86	450m:	5:19.92	36.38	650m:	7:46.85	37.01
	100m:	1:06.93 34.96	300m:	3:31.14	36.42	500m:	5:56.24	36.32	700m:	8:24.48	37.63
	150m:	1:42.67 35.74	350m:	4:07.44	36.30	550m:	6:32.86	36.62	750m:	9:02.20	37.72
	200m:	2:18.86 36.19	400m:	4:43.54	36.10	600m:	7:09.84	36.98	800m:	9:39.01	36.81
17.	Bjarki B Isaksen		06	Breiðablik						9:42.65	440
	50m:	31.54 31.54	250m:	2:59.66	37.36	450m:	5:28.79	37.20	650m:	7:56.70	36.35
	100m:	1:08.00 36.46	300m:	3:37.18	37.52	500m:	6:06.61	37.82	700m:	8:33.01	36.31
	150m:	1:45.09 37.09	350m:	4:14.42	37.24	550m:	6:43.36	36.75	750m:	9:09.25	36.24
	200m:	2:22.30 37.21	400m:	4:51.59	37.17	600m:	7:20.35	36.99	800m:	9:42.65	33.40
18.	Einar Atli Guðnason		03	Ægir						9:43.70	438
	50m:	31.50 31.50	250m:	2:58.89	37.19	450m:	5:27.82	37.54	650m:	7:56.99	37.34
	100m:	1:07.68 36.18	300m:	3:35.82	36.93	500m:	6:05.21	37.39	700m:	8:34.01	37.02
	150m:	1:44.34 36.66	350m:	4:13.19	37.37	550m:	6:42.44	37.23	750m:	9:11.07	37.06
	200m:	2:21.70 37.36	400m:	4:50.28	37.09	600m:	7:19.65	37.21	800m:	9:43.70	32.63
19.	Stefán Ingi Ólafsson		06	Ægir						9:44.66	436
	50m:	32.45 32.45	250m:	2:59.82	37.49	450m:	5:29.57	37.51	650m:	7:57.62	36.60
	100m:	1:08.50 36.05	300m:	3:37.10	37.28	500m:	6:06.83	37.26	700m:	8:34.29	36.67
	150m:	1:45.44 36.94	350m:	4:14.38	37.28	550m:	6:43.95	37.12	750m:	9:10.63	36.34
	200m:	2:22.33 36.89	400m:	4:52.06	37.68	600m:	7:21.02	37.07	800m:	9:44.66	34.03
20.	Örn Kató Arnarsson		05	Óðinn						9:45.79	433
	50m:	31.81 31.81	250m:	2:59.02	36.93	450m:	5:27.97	37.45	650m:	7:57.48	37.48
	100m:	1:07.83 36.02	300m:	3:36.01	36.99	500m:	6:05.43	37.46	700m:	8:34.17	36.69
	150m:	1:44.67 36.84	350m:	4:13.04	37.03	550m:	6:42.72	37.29	750m:	9:11.53	37.36
	200m:	2:22.09 37.42	400m:	4:50.52	37.48	600m:	7:20.00	37.28	800m:	9:45.79	34.26
21.	Hilmir Snær Lunddal Rúnarsson		03	SH						9:47.18	430
	50m:	31.53 31.53	250m:	2:56.57	36.84	450m:	5:24.43	37.37	650m:	7:56.53	37.95
	100m:	1:06.83 35.30	300m:	3:33.28	36.71	500m:	6:02.34	37.91	700m:	8:33.87	37.34
	150m:	1:43.09 36.26	350m:	4:10.20	36.92	550m:	6:40.62	38.28	750m:	9:11.37	37.50
	200m:	2:19.73 36.64	400m:	4:47.06	36.86	600m:	7:18.58	37.96	800m:	9:47.18	35.81
22.	Björn Yngvi Guðmundsson		07	SH						9:51.40	421
	50m:	31.23 31.23	250m:	2:59.65	37.74	450m:	5:30.15	37.91	650m:	8:03.06	38.32
	100m:	1:07.42 36.19	300m:	3:37.08	37.43	500m:	6:08.36	38.21	700m:	8:40.20	37.14
	150m:	1:44.65 37.23	350m:	4:14.38	37.30	550m:	6:46.85	38.49	750m:	9:17.38	37.18
	200m:	2:21.91 37.26	400m:	4:52.24	37.86	600m:	7:24.74	37.89	800m:	9:51.40	34.02

Íslandsmeistaramótið í 25m laug
Hafnarfjörður, 8. - 10.11.2019

Sundgrein 42, karla, 800m skriðsund, Opinn

Sæti	F.ár	Tími	Stig
MÆekki	Tristan Tómasson Manoury	04	RVK

Sundgrein 45

10.11.2019 - 18:09

kvenna, 4 x 100m fjórsund

Opinn
Úrslitalistar

ISL	4:15.88	Sveit SH	SH	Reykjavík	18.11.2017
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Stig: FINA 2019

Sæti	Tími	Stig
1. SH 1 <i>MET</i>	4:13.48	701
Ingibjörg Kristín Jónsdóttir +0,60 28.77 1:01.33	Katarína Róbertsdóttir +0,32 28.50	1:03.18
Sunna Svanlaug Vilhjálmsdóttir +0,28 33.51 1:12.01	Jóhanna Elín Guðmundsdóttir +0,45 26.95	56.96
2. ÍRB 1	4:24.77	615
Eva Margrét Falsdóttir +0,69 32.02 1:06.78	Gunnhildur Björg Baldursdóttir +0,47 30.64	1:06.19
Karen Mist Arngeirsdóttir +0,18 32.72 1:10.31	Birna Hilmarsdóttir +0,23 28.77	1:01.49
3. RVK 2	4:44.83	494
Arianna Steinarsdóttir +0,56 34.61 1:12.74	Svava Björg Lárusdóttir +0,40 31.23	1:11.25
Herdís Birna Viggósdóttir +0,38 36.22 1:18.68	Halla Margrét Baldursdóttir +0,20 29.15	1:02.16
4. Óðinn 1	4:48.21	477
Alexandra Tómasdóttir +0,69 35.15	Eva Sól Garðarsdóttir +0,34 32.56	1:11.33
Amalía Nanna Juliusdóttir	Rebekka Sif Ómarsdóttir +0,39 30.25	1:03.67
5. ÍA 1	4:52.68	455
Guðbjörg Bjartey Guðmundsdóttir +0,66 34.04 1:10.76	Ragnheiður Karen Ólafsdóttir +0,62 33.19	1:14.92
Brynhildur Traustadóttir +0,21 37.84 1:20.79	Ingibjörg Svava Magnúsardóttir +0,51 31.48	1:06.21
ÓG. RVK 1	RVK	
Eygló Ósk Gústafsdóttir, Jóhanna Gerða Gústafsdóttir, Ingunn Jónsdóttir, Kolbrún Jónsdóttir		
ÓG. Breiðablik 1	Breiðablik	
Stefanía Sigurpórsdóttir, Freyja Birkisdóttir, Kristín Helga Hákonardóttir, Ragna Sigríður Ragnarsdóttir		
MÆekki	RVK 3	RVK

Sundgrein 46

10.11.2019 - 18:14

karla, 4 x 100m fjórsund

Opinn
Úrslitalistar

ISL	3:43.22	Sveit ÍRB	ÍRB	Hafnarfjörður	20.11.2016
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Stig: FINA 2019

Sæti	Tími	Stig
1. SH 1	3:47.89	667
Kolbeinn Hrafnkelsson +0,51 27.26 55.84	Simon Elías Statkevicius +0,18 26.33	57.80
Daði Björnsson +0,37 29.60 1:04.19	Dadó Fenír Jasminuson +0,34 23.31	50.06
2. RVK 1	3:49.92	649
Kristján Gylfi Þórisson +0,61 27.61 56.88	Bjartur Þórhallsson +0,29 27.11	1:00.14
Kristinn Þórarinnsson +0,35 28.47 1:00.93	Hólmsteinn Skorri Hallgrímsson +0,31 24.23	51.97
3. Breiðablik 1	3:58.19	584
Brynjólfur Óli Karlsson +0,46 27.05 56.13	Róbert Andri Pálmason +0,09 27.99	1:01.36
Óskar Gauti Lund +0,38 31.74 1:08.46	Patrik Viggó Vilbergsson +0,43 25.04	52.24
4. SH 2	4:02.13	556
Júlíus Karl Maier +0,64 30.08 1:01.16	Róbert Ísak Jónsson +0,53 27.57	59.80
Aron Þór Jónsson +0,12 31.64 1:07.11	Hafþór Jón Sigurðsson +0,58 25.86	54.06
5. RVK 2	4:07.95	518
Tómas Magnússon +0,60 28.32 58.49	Logi Freyr Arnarsson +0,30 29.54	1:03.91
Ingvar Orri Jóhannesson +0,31 31.63 1:09.04	Halldór Björn Kristinsson +0,60 26.73	56.51

Íslandsmeistaramótið í 25m laug
Hafnarfjörður, 8. - 10.11.2019

Sundgrein 46, karla, 4 x 100m fjórsund, Opinn

Sæti						Tími	Stig
6.	ÍRB 1			ÍRB		4:08.03	517
	Flosi Ómarsson	+0,68	29.60	1:02.27	Fannar Snævar Hauksson	+0,28	26.57 59.01
	Kári Snær Halldórsson	+0,27	31.96	1:09.69	Stefán Elías Davíðsson	+0,33	26.93 57.06
7.	SH 3 - Drengjasveit			SH		4:10.32	503
	<i>MET</i>						
	Bimir Freyr Hálfðánarsson	+0,63	28.78	1:00.14	Veigar Hrafn Sigþórsson	+0,39	28.74 1:02.34
	Snorri Dagur Einarsson	+0,41	32.29	1:08.85	Bergur Fáfniir Bjarnason	+0,42	27.95 58.99
8.	ÍA 1			ÍA		4:14.26	480
	Atli Víkar Ingimundarson	+0,56	30.36	1:04.91	Ágúst Júlíusson	+0,37	25.52 55.60
	Sindri Andreas Bjarnason	+0,10	32.28	1:10.31	Einar M. Ágústsson	+0,40	29.40 1:03.44
9.	Ægir 1			Ægir		4:27.89	410
	Sveinn Elí Helgason	+0,58	31.59	1:06.50	Ólafur Breki Guðnason	+0,23	31.70 1:09.97
	Skúli Thor Ásgeirsson	+0,45	33.16	1:11.06	Einar Atli Guðnason	+0,32	28.71 1:00.36
10.	Óðinn 1			Óðinn		4:39.07	363
	Viktor Emil Sigtryggsson	+0,87	32.41	1:07.28	Kristófer Óli Birgirsson	+0,50	30.40 1:07.46
	Hákon Alexander Magnússon	+0,39	35.11	1:16.27	Örn Kató Arnarsson	+0,38	31.83 1:08.06