

Extramót SH 2018
Hafnarfjörður, 20. - 21.10.2018

Sundgrein 1
20.10.2018 - 10:00

karla, 400m skriðsund

Opinn
Úrslitalistar

Mótsmet	3:56.80									31.10.2014
Íslandsmet Opinn	3:48.83	Anton Sveinn McKee	Ægir	Istanbul (TUR)						14.12.2012
Íslandsmet 15 - 17	3:53.50									
Íslandsmet 13 - 14	4:08.10									
Íslandsmet 11 - 12	4:36.46									

HM 16 +: 3:51.93 / NM 18 +: 4:07.50; 16 - 17: 4:08.10; 14 - 15: 4:11.00 / ÍM : 4:45.80

Stig: FINA 2018

Sæti			F.ár						Tími	Stig	
1.	Patrik Viggó Vilbergsson		02	BREI					4:06.38	639	NM
	50m:	27.51 27.51	150m:	1:29.58 31.58	250m:	2:32.84 31.69	350m:	3:36.24 31.64			
	100m:	58.00 30.49	200m:	2:01.15 31.57	300m:	3:04.60 31.76	400m:	4:06.38 30.14			
2.	Kristófer Atli Andersen		02	BREI					4:14.16	582	ÍM
	50m:	27.97 27.97	150m:	1:31.94 32.21	250m:	2:36.73 32.63	350m:	3:42.46 32.77			
	100m:	59.73 31.76	200m:	2:04.10 32.16	300m:	3:09.69 32.96	400m:	4:14.16 31.70			
3.	Óskar Gauti Lund		99	BREI					4:17.24	561	ÍM
	50m:	28.78 28.78	150m:	1:32.80 32.41	250m:	2:38.45 32.48	350m:	3:44.54 33.25			
	100m:	1:00.39 31.61	200m:	2:05.97 33.17	300m:	3:11.29 32.84	400m:	4:17.24 32.70			
4.	Bjartur Þórhallsson		00	FJÖL					4:21.65	533	ÍM
	50m:	29.10 29.10	150m:	1:36.05 33.84	250m:	2:43.50 32.81	350m:	3:49.55 33.28			
	100m:	1:02.21 33.11	200m:	2:10.69 34.64	300m:	3:16.27 32.77	400m:	4:21.65 32.10			
5.	Sindri Andreas Bjarnason		01	ÍA					4:21.83	532	ÍM
	50m:	30.03 30.03	150m:	1:35.98 33.03	250m:	2:42.82 33.24	350m:	3:49.67 33.43			
	100m:	1:02.95 32.92	200m:	2:09.58 33.60	300m:	3:16.24 33.42	400m:	4:21.83 32.16			
6.	Róbert Andri Pálmason		02	BREI					4:25.89	508	ÍM
	50m:	29.13 29.13	150m:	1:35.61 33.59	250m:	2:43.53 33.94	350m:	3:52.64 34.51			
	100m:	1:02.02 32.89	200m:	2:09.59 33.98	300m:	3:18.13 34.60	400m:	4:25.89 33.25			
7.	Baldur Logi Gautason		00	Óðinn					4:27.11	501	ÍM
	50m:	29.06 29.06	150m:	1:35.04 33.55	250m:	2:44.22 34.70	350m:	3:53.27 34.29			
	100m:	1:01.49 32.43	200m:	2:09.52 34.48	300m:	3:18.98 34.76	400m:	4:27.11 33.84			
8.	Símon Elías Statkevicius		03	SH					4:30.50	483	ÍM
	50m:	29.61 29.61	150m:	1:37.03 34.24	250m:	2:46.92 35.24	350m:	3:57.31 35.22			
	100m:	1:02.79 33.18	200m:	2:11.68 34.65	300m:	3:22.09 35.17	400m:	4:30.50 33.19			
9.	Gústav Ragnar Kristjánsson		02	BREI					4:31.45	478	ÍM
	50m:	30.73 30.73	150m:	1:39.33 34.77	250m:	2:49.25 35.11	350m:	3:57.83 33.95			
	100m:	1:04.56 33.83	200m:	2:14.14 34.81	300m:	3:23.88 34.63	400m:	4:31.45 33.62			
10.	Skúli Thor Ásgeirsson		02	Ægir					4:36.09	454	ÍM
	50m:	29.83 29.83	150m:	1:38.97 34.90	250m:	2:49.70 35.51	350m:	4:00.88 35.58			
	100m:	1:04.07 34.24	200m:	2:14.19 35.22	300m:	3:25.30 35.60	400m:	4:36.09 35.21			
11.	Gunnar Bjarki Jónsson		98	BREI					4:37.57	447	ÍM
	50m:	30.42 30.42	150m:	1:39.46 34.81	250m:	2:50.64 35.57	350m:	4:02.38 36.12			
	100m:	1:04.65 34.23	200m:	2:15.07 35.61	300m:	3:26.26 35.62	400m:	4:37.57 35.19			
12.	Andri Bergmann Ísaksen		04	BREI					4:39.54	437	ÍM
	50m:	31.89 31.89	150m:	1:41.19 34.99	250m:	2:52.61 35.83	350m:	4:03.97 35.60			
	100m:	1:06.20 34.31	200m:	2:16.78 35.59	300m:	3:28.37 35.76	400m:	4:39.54 35.57			
13.	Guðmundur Halldórsson		04	BREI					4:44.48	415	ÍM
	50m:	32.57 32.57	150m:	1:44.24 36.30	250m:	2:57.25 36.38	350m:	4:09.84 35.95			
	100m:	1:07.94 35.37	200m:	2:20.87 36.63	300m:	3:33.89 36.64	400m:	4:44.48 34.64			
14.	Runólfur Þorláksson		02	Ármann					4:47.24	403	
	50m:	30.51 30.51	150m:	1:40.77 36.11	250m:	2:56.06 38.00	350m:	4:11.08 37.11			
	100m:	1:04.66 34.15	200m:	2:18.06 37.29	300m:	3:33.97 37.91	400m:	4:47.24 36.16			



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Hafnarfjörður, 20. - 21.10.2018

Sundgrein 1, karla, 400m skriðsund, Opinn

Sæti			F.ár			Tími	Stig
15.	Guðmundur Karl Karlsson	05	BREI	4:47.54	402		
	50m: 30.88 30.88	150m: 1:42.89 36.48	250m: 2:56.71 36.87	350m: 4:11.16 37.34			
	100m: 1:06.41 35.53	200m: 2:19.84 36.95	300m: 3:33.82 37.11	400m: 4:47.54 36.38			
16.	Hilmir Snær Lunddal Rúnarsson	03	SH	4:51.56	385		
	50m: 31.80 31.80	150m: 1:44.83 36.55	250m: 2:59.43 37.39	350m: 4:15.16 37.91			
	100m: 1:08.28 36.48	200m: 2:22.04 37.21	300m: 3:37.25 37.82	400m: 4:51.56 36.40			
17.	Sölvi Bjartur Ingólfsson	03	Stjarnan	4:52.31	382		
	50m: 32.91 32.91	150m: 1:46.84 37.46	250m: 3:00.86 37.49	350m: 4:15.91 37.28			
	100m: 1:09.38 36.47	200m: 2:23.37 36.53	300m: 3:38.63 37.77	400m: 4:52.31 36.40			
18.	Andri Stefánsson	04	SH	4:52.64	381		
	50m: 31.85 31.85	150m: 1:45.42 37.38	250m: 3:00.69 37.77	350m: 4:16.19 37.89			
	100m: 1:08.04 36.19	200m: 2:22.92 37.50	300m: 3:38.30 37.61	400m: 4:52.64 36.45			
19.	Kristján Magnússon	05	ÍA	4:52.79	380		
	50m: 32.20 32.20	150m: 1:46.09 37.26	250m: 3:01.10 37.39	350m: 4:16.41 37.33			
	100m: 1:08.83 36.63	200m: 2:23.71 37.62	300m: 3:39.08 37.98	400m: 4:52.79 36.38			
20.	Ásgrímur Þór Kjartansson	00	Óðinn	4:56.79	365		
	50m: 30.24 30.24	150m: 1:41.53 36.61	250m: 2:59.10 39.01	350m: 4:17.85 39.35			
	100m: 1:04.92 34.68	200m: 2:20.09 38.56	300m: 3:38.50 39.40	400m: 4:56.79 38.94			
21.	Einar Atli Guðnason	03	Ægir	5:01.60	348		
	50m: 33.38 33.38	150m: 1:48.74 37.93	250m: 3:05.76 38.75	350m: 4:23.66 38.94			
	100m: 1:10.81 37.43	200m: 2:27.01 38.27	300m: 3:44.72 38.96	400m: 5:01.60 37.94			
22.	Bjarki B Isaksen	06	BREI	5:02.44	345		
	50m: 33.70 33.70	150m: 1:50.86 38.89	250m: 3:08.86 38.52	350m: 4:26.12 38.23			
	100m: 1:11.97 38.27	200m: 2:30.34 39.48	300m: 3:47.89 39.03	400m: 5:02.44 36.32			
23.	Stefán Ingi Ólafsson	06	Ægir	5:03.35	342		
	50m: 34.32 34.32	150m: 1:50.97 38.86	250m: 3:09.10 39.04	350m: 4:26.77 38.88			
	100m: 1:12.11 37.79	200m: 2:30.06 39.09	300m: 3:47.89 38.79	400m: 5:03.35 36.58			
24.	Viktor Emil Sigtryggsson	00	Óðinn	5:05.30	336		
	50m: 32.18 32.18	150m: 1:46.23 37.92	250m: 3:04.82 39.44	350m: 4:25.49 40.68			
	100m: 1:08.31 36.13	200m: 2:25.38 39.15	300m: 3:44.81 39.99	400m: 5:05.30 39.81			
25.	Sigurður Þráinn Sigurðsson	02	UMFA	5:09.83	321		
	50m: 35.11 35.11	150m: 1:54.58 39.82	250m: 3:14.32 39.20	350m: 4:32.74 38.60			
	100m: 1:14.76 39.65	200m: 2:35.12 40.54	300m: 3:54.14 39.82	400m: 5:09.83 37.09			
26.	Pétur Alfreðsson	06	BREI	5:10.14	320		
	50m: 36.09 36.09	150m: 1:55.20 39.58	250m: 3:14.28 39.53	350m: 4:33.12 39.12			
	100m: 1:15.62 39.53	200m: 2:34.75 39.55	300m: 3:54.00 39.72	400m: 5:10.14 37.02			
27.	Kristófer Óli Birkisson	04	Óðinn	5:16.39	301	*	
	50m: 35.17 35.17	150m: 1:54.63 39.98	250m: 3:15.26 39.94	350m: 4:35.04 39.73			
	100m: 1:14.65 39.48	200m: 2:35.32 40.69	300m: 3:55.31 40.05	400m: 5:16.39 41.35			
28.	Sigmundur Þór Sigurmundarson	05	ÍRB	5:34.72	254	*	
	50m: 37.39 37.39	150m: 2:01.16 42.48	250m: 3:27.33 43.26	350m: 4:52.34 42.68			
	100m: 1:18.68 41.29	200m: 2:44.07 42.91	300m: 4:09.66 42.33	400m: 5:34.72 42.38			
29.	Guðfinnur Karlsson	88	FJÖRÐ	5:39.42	244	*	
	50m: 39.02 39.02	150m: 2:03.28 42.71	250m: 3:28.36 42.79	350m: 4:56.86 44.63			
	100m: 1:20.57 41.55	200m: 2:45.57 42.29	300m: 4:12.23 43.87	400m: 5:39.42 42.56			
30.	Míkael Lárus Thorarensen	05	SH	5:42.48	238	*	
	50m: 35.55 35.55	150m: 1:58.72 42.59	250m: 3:27.69 45.12	350m: 4:58.27 44.98			
	100m: 1:16.13 40.58	200m: 2:42.57 43.85	300m: 4:13.29 45.60	400m: 5:42.48 44.21			



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Sundgrein 1, karla, 400m skriðsund, Opinn

Sæti	F.ár	Tími	Stig
MÆekki Hafþór Jón Sigurðsson	97 SH		

Sundgrein 2
20.10.2018 - 10:24

kvenna, 400m skriðsund

Opinn
Úrslitalistar

Íslandsmet Opinn	4:11.61	Inga Elín Cryer	Ægir	Doha (QAT)	5.12.2014
Íslandsmet 15 - 17	4:14.16				
Íslandsmet 13 - 14	4:21.52				
Íslandsmet 11 - 12	4:39.08				
Mótsmet	4:15.91				31.10.2012

HM 16 +: 4:15.95 / NM 17 +: 4:30.30; 15 - 16: 4:36.77; 13 - 14: 4:45.77 / ÍM : 5:03.90

Stig: FINA 2018

Sæti	F.ár	Tími	Stig
1. Eydís Ósk Kolbeinsdóttir	00 ÍRB	4:25.02	692 NM
50m: 30.77 30.77	150m: 1:38.97 34.35	250m: 2:46.46 33.43	350m: 3:52.86 33.03
100m: 1:04.62 33.85	200m: 2:13.03 34.06	300m: 3:19.83 33.37	400m: 4:25.02 32.16
2. Brynhildur Traustadóttir	01 ÍA	4:28.33	667 NM
50m: 31.05 31.05	150m: 1:39.37 34.39	250m: 2:47.60 33.88	350m: 3:55.82 34.15
100m: 1:04.98 33.93	200m: 2:13.72 34.35	300m: 3:21.67 34.07	400m: 4:28.33 32.51
3. Kristín Helga Hákonardóttir	04 BREI	4:31.74	642 NM
50m: 31.18 31.18	150m: 1:40.07 34.74	250m: 2:49.03 34.41	350m: 3:58.07 34.32
100m: 1:05.33 34.15	200m: 2:14.62 34.55	300m: 3:23.75 34.72	400m: 4:31.74 33.67
4. Ragna Sigríður Ragnarsdóttir	01 BREI	4:34.58	623 ÍM
50m: 31.10 31.10	150m: 1:40.12 34.74	250m: 2:49.21 34.62	350m: 3:59.79 35.27
100m: 1:05.38 34.28	200m: 2:14.59 34.47	300m: 3:24.52 35.31	400m: 4:34.58 34.79
5. Adele Alexandra Pálsson	03 SH	4:35.61	616 NM
50m: 31.06 31.06	150m: 1:40.13 34.83	250m: 2:50.08 35.10	350m: 4:00.94 35.51
100m: 1:05.30 34.24	200m: 2:14.98 34.85	300m: 3:25.43 35.35	400m: 4:35.61 34.67
6. Rebekka Sif Ómarsdóttir	03 Óðinn	4:42.65	571 ÍM
50m: 31.70 31.70	150m: 1:41.09 34.99	250m: 2:53.71 36.51	350m: 4:06.83 36.74
100m: 1:06.10 34.40	200m: 2:17.20 36.11	300m: 3:30.09 36.38	400m: 4:42.65 35.82
7. Elín Kata Sigurgeirsdóttir	99 Óðinn	4:46.14	550 ÍM
50m: 31.34 31.34	150m: 1:41.92 35.80	250m: 2:54.47 36.48	350m: 4:08.94 37.30
100m: 1:06.12 34.78	200m: 2:17.99 36.07	300m: 3:31.64 37.17	400m: 4:46.14 37.20
8. Ingibjörg Erla Garðarsdóttir	00 FJÖL	4:46.39	549 ÍM
50m: 31.97 31.97	150m: 1:43.59 36.48	250m: 2:57.89 37.17	350m: 4:11.21 36.74
100m: 1:07.11 35.14	200m: 2:20.72 37.13	300m: 3:34.47 36.58	400m: 4:46.39 35.18
9. Eva Margrét Falsdóttir	05 ÍRB	4:50.04	528 ÍM
50m: 32.59 32.59	150m: 1:44.69 36.56	250m: 2:59.78 37.67	350m: 4:14.52 37.58
100m: 1:08.13 35.54	200m: 2:22.11 37.42	300m: 3:36.94 37.16	400m: 4:50.04 35.52
10. Sandra Dögg Kristjánsdóttir	03 SH	4:51.35	521 ÍM
50m: 32.52 32.52	150m: 1:46.06 37.26	250m: 3:00.39 37.30	350m: 4:14.85 37.40
100m: 1:08.80 36.28	200m: 2:23.09 37.03	300m: 3:37.45 37.06	400m: 4:51.35 36.50
11. Ylfa Finnbogadóttir	02 SH	4:51.52	520 ÍM
50m: 33.17 33.17	150m: 1:46.37 36.43	250m: 3:00.84 37.43	350m: 4:15.24 37.05
100m: 1:09.94 36.77	200m: 2:23.41 37.04	300m: 3:38.19 37.35	400m: 4:51.52 36.28
12. Ólöf Kristín Isaksen	05 Óðinn	4:52.78	513 ÍM
50m: 33.26 33.26	150m: 1:47.33 37.47	250m: 3:01.72 37.39	350m: 4:16.13 37.23
100m: 1:09.86 36.60	200m: 2:24.33 37.00	300m: 3:38.90 37.18	400m: 4:52.78 36.65



Extramót SH 2018
Hafnarfjörður, 20. - 21.10.2018

Sundgrein 2, kvenna, 400m skriðsund, Opinn

Sæti			F.ár			Tími	Stig	
13.	Ásta Kamilla Sigurðardóttir		04	ÍRB		4:53.13	512	ÍM
	50m:	32.39 32.39	150m:	1:45.96 37.31	250m:	3:01.37 37.65	350m:	4:16.09 37.20
	100m:	1:08.65 36.26	200m:	2:23.72 37.76	300m:	3:38.89 37.52	400m:	4:53.13 37.04
14.	Eva Sól Garðarsdóttir		03	Óðinn		4:55.72	498	ÍM
	50m:	32.88 32.88	150m:	1:46.78 37.32	250m:	3:02.26 37.76	350m:	4:17.97 37.75
	100m:	1:09.46 36.58	200m:	2:24.50 37.72	300m:	3:40.22 37.96	400m:	4:55.72 37.75
15.	Aþena Jónsdóttir		04	SH		4:56.54	494	ÍM
	50m:	31.86 31.86	150m:	1:45.71 37.81	250m:	3:02.42 38.62	350m:	4:19.62 37.98
	100m:	1:07.90 36.04	200m:	2:23.80 38.09	300m:	3:41.64 39.22	400m:	4:56.54 36.92
16.	Ágústa Berggrós Jakobsdóttir		02	Ármann		4:58.10	486	ÍM
	50m:	33.70 33.70	150m:	1:47.62 37.36	250m:	3:03.58 38.19	350m:	4:20.43 38.41
	100m:	1:10.26 36.56	200m:	2:25.39 37.77	300m:	3:42.02 38.44	400m:	4:58.10 37.67
17.	Sigurjóna Ragnheiðardóttir		03	Óðinn		4:59.46	480	ÍM
	50m:	32.22 32.22	150m:	1:47.22 37.81	250m:	3:04.57 38.71	350m:	4:21.95 39.03
	100m:	1:09.41 37.19	200m:	2:25.86 38.64	300m:	3:42.92 38.35	400m:	4:59.46 37.51
18.	Una Hlynsdóttir		02	SH		4:59.88	478	ÍM
	50m:	33.28 33.28	150m:	1:49.29 38.75	250m:	3:06.37 38.58	350m:	4:23.51 38.15
	100m:	1:10.54 37.26	200m:	2:27.79 38.50	300m:	3:45.36 38.99	400m:	4:59.88 36.37
19.	Diljá Dröfn Jóhannesdóttir		03	SH		5:00.33	476	ÍM
	50m:	33.66 33.66	150m:	1:48.50 37.74	250m:	3:05.46 38.64	350m:	4:23.15 39.05
	100m:	1:10.76 37.10	200m:	2:26.82 38.32	300m:	3:44.10 38.64	400m:	5:00.33 37.18
20.	Heiður Kristín Sigurgeirsdóttir		01	Ármann		5:03.37	461	ÍM
	50m:	33.80 33.80	150m:	1:48.88 37.84	250m:	3:06.61 39.21	350m:	4:25.96 39.77
	100m:	1:11.04 37.24	200m:	2:27.40 38.52	300m:	3:46.19 39.58	400m:	5:03.37 37.41
21.	Marta Magnúsdóttir		05	KR		5:03.40	461	ÍM
	50m:	33.98 33.98	150m:	1:51.51 39.12	250m:	3:09.88 39.38	350m:	4:27.80 38.52
	100m:	1:12.39 38.41	200m:	2:30.50 38.99	300m:	3:49.28 39.40	400m:	5:03.40 35.60
22.	Dagbjörg Hlíf Ólafsdóttir		05	SH		5:04.83	455	
	50m:	34.09 34.09	150m:	1:51.61 39.18	250m:	3:09.10 39.15	350m:	4:26.94 39.26
	100m:	1:12.43 38.34	200m:	2:29.95 38.34	300m:	3:47.68 38.58	400m:	5:04.83 37.89
23.	Agnes Fjola Flosadóttir		02	Óðinn		5:04.87	455	
	50m:	35.06 35.06	150m:	1:50.90 37.99	250m:	3:07.98 38.96	350m:	4:25.79 39.46
	100m:	1:12.91 37.85	200m:	2:29.02 38.12	300m:	3:46.33 38.35	400m:	5:04.87 39.08
24.	Katrín Eva Jóhannesdóttir		01	Óðinn		5:05.66	451	
	50m:	34.71 34.71	150m:	1:51.97 39.14	250m:	3:10.15 38.90	350m:	4:28.00 38.80
	100m:	1:12.83 38.12	200m:	2:31.25 39.28	300m:	3:49.20 39.05	400m:	5:05.66 37.66
25.	Sif Grímsdóttir		03	KR		5:06.69	447	
	50m:	33.90 33.90	150m:	1:50.17 38.70	250m:	3:10.13 39.92	350m:	4:27.96 38.28
	100m:	1:11.47 37.57	200m:	2:30.21 40.04	300m:	3:49.68 39.55	400m:	5:06.69 38.73
26.	Hildur Valsdóttir		04	SH		5:07.17	445	
	50m:	34.19 34.19	150m:	1:51.91 39.06	250m:	3:10.43 38.89	350m:	4:29.63 39.91
	100m:	1:12.85 38.66	200m:	2:31.54 39.63	300m:	3:49.72 39.29	400m:	5:07.17 37.54
27.	Jóhanna Alba Martel		00	Ármann		5:08.03	441	
	50m:	34.29 34.29	150m:	1:50.72 38.67	250m:	3:09.66 39.53	350m:	4:29.42 39.95
	100m:	1:12.05 37.76	200m:	2:30.13 39.41	300m:	3:49.47 39.81	400m:	5:08.03 38.61
28.	Amalia Nanna Juliusdóttir		02	Óðinn		5:10.09	432	
	50m:	33.65 33.65	150m:	1:50.63 39.27	250m:	3:10.36 39.69	350m:	4:30.79 40.54
	100m:	1:11.36 37.71	200m:	2:30.67 40.04	300m:	3:50.25 39.89	400m:	5:10.09 39.30



Extramót SH 2018
Hafnarfjörður, 20. - 21.10.2018

Sundgrein 2, kvenna, 400m skriðsund, Opinn

Sæti			F.ár			Tími	Stig
29.	Þórdís M Aðalsteinsdóttir	03	ÍRB	5:10.13	432		
	50m: 35.58 35.58	150m: 1:53.34 39.11	250m: 3:11.99 39.42	350m: 4:31.16 39.77			
	100m: 1:14.23 38.65	200m: 2:32.57 39.23	300m: 3:51.39 39.40	400m: 5:10.13 38.97			
30.	Embla Karen Sævarsdóttir	04	Óðinn	5:10.48	430		
	50m: 34.04 34.04	150m: 1:52.26 40.32	250m: 3:13.10 40.03	350m: 4:32.24 39.76			
	100m: 1:11.94 37.90	200m: 2:33.07 40.81	300m: 3:52.48 39.38	400m: 5:10.48 38.24			
31.	Natalia Jónsdóttir	04	SH	5:13.23	419		
	50m: 35.11 35.11	150m: 1:52.79 39.68	250m: 3:13.65 40.24	350m: 4:34.35 40.31			
	100m: 1:13.11 38.00	200m: 2:33.41 40.62	300m: 3:54.04 40.39	400m: 5:13.23 38.88			
32.	Ingibjörg Svava Magnúsdóttir	05	ÍA	5:13.85	417		
	50m: 34.38 34.38	150m: 1:54.01 40.46	250m: 3:15.02 40.95	350m: 4:35.55 40.41			
	100m: 1:13.55 39.17	200m: 2:34.07 40.06	300m: 3:55.14 40.12	400m: 5:13.85 38.30			
33.	Svanhildur M. Valdimarsdóttir	03	Óðinn	5:15.01	412		
	50m: 34.99 34.99	150m: 1:54.05 40.04	250m: 3:15.33 40.79	350m: 4:36.22 40.24			
	100m: 1:14.01 39.02	200m: 2:34.54 40.49	300m: 3:55.98 40.65	400m: 5:15.01 38.79			
34.	Elísa Björnsdóttir	05	Ægir	5:25.19	375		
	50m: 35.21 35.21	150m: 1:57.15 41.57	250m: 3:21.00 42.54	350m: 4:45.00 41.97			
	100m: 1:15.58 40.37	200m: 2:38.46 41.31	300m: 4:03.03 42.03	400m: 5:25.19 40.19			
35.	Hafdís Guðlaugsdóttir	02	KR	5:28.21	364		
	50m: 35.08 35.08	150m: 1:56.77 41.85	250m: 3:21.96 42.41	350m: 4:46.06 41.74			
	100m: 1:14.92 39.84	200m: 2:39.55 42.78	300m: 4:04.32 42.36	400m: 5:28.21 42.15			
36.	Dagbjört Lilja Daníelsdóttir	04	VÖLS	5:31.28	354 *		
	50m: 37.08 37.08	150m: 2:01.32 43.16	250m: 3:27.54 43.12	350m: 4:52.07 42.21			
	100m: 1:18.16 41.08	200m: 2:44.42 43.10	300m: 4:09.86 42.32	400m: 5:31.28 39.21			
37.	Ziza Alomerovik	07	Ármann	5:31.53	353 *		
	50m: 35.89 35.89	150m: 1:58.66 42.25	250m: 3:25.24 43.27	350m: 4:51.82 42.94			
	100m: 1:16.41 40.52	200m: 2:41.97 43.31	300m: 4:08.88 43.64	400m: 5:31.53 39.71			
38.	Elín Eir Andersen	04	KR	5:34.58	344 *		
	50m: 35.68 35.68	150m: 1:59.69 42.56	250m: 3:26.45 43.16	350m: 4:53.00 43.39			
	100m: 1:17.13 41.45	200m: 2:43.29 43.60	300m: 4:09.61 43.16	400m: 5:34.58 41.58			
39.	Bríet Björk Pálsdóttir	04	Óðinn	5:37.94	334 *		
	50m: 35.12 35.12	150m: 1:59.21 43.12	250m: 3:27.30 44.70	350m: 4:55.43 44.40			
	100m: 1:16.09 40.97	200m: 2:42.60 43.39	300m: 4:11.03 43.73	400m: 5:37.94 42.51			
40.	Bríet Natallía Tómasdóttir	04	FJÖL	5:47.44	307 *		
	50m: 38.61 38.61	150m: 2:07.01 44.59	250m: 3:36.94 44.81	350m: 5:05.52 44.15			
	100m: 1:22.42 43.81	200m: 2:52.13 45.12	300m: 4:21.37 44.43	400m: 5:47.44 41.92			
41.	Júlíana Björt Hjaltested	06	UMFA	5:47.69	306 *		
	50m: 38.77 38.77	150m: 2:05.77 43.82	250m: 3:36.06 44.87	350m: 5:06.39 45.22			
	100m: 1:21.95 43.18	200m: 2:51.19 45.42	300m: 4:21.17 45.11	400m: 5:47.69 41.30			
42.	Iðunn María Gunnarsdóttir	04	Ármann	6:00.78	274 *		
	50m: 38.00 38.00	150m: 2:06.37 45.40	250m: 3:41.47 47.91	350m: 5:16.27 47.65			
	100m: 1:20.97 42.97	200m: 2:53.56 47.19	300m: 4:28.62 47.15	400m: 6:00.78 44.51			
MÆekki	Þórunn Kolbrún Árnadóttir	02	Óðinn				
MÆekki	Kolbrún Jónsdóttir	03	UMFA				
MÆekki	Guðrún Lilja Kristmannsdóttir	04	FJÖL				



Extramót SH 2018
Hafnarfjörður, 20. - 21.10.2018

Sundgrein 3
20.10.2018 - 10:54

karla, 200m baksund

Opinn
Úrslitalistar

Íslandsmet Opinn	1:52.90	Örn Arnarson	SH	Valencia (ESP)	14.12.2000
Íslandsmet 15 - 17	1:55.16				
Íslandsmet 13 - 14	2:06.72				
Íslandsmet 11 - 12	2:19.16				
Mótsmet	2:04.08				31.10.2013

HM 16 +: 1:57.32 / NM 18 +: 2:08.09; 16 - 17: 2:10.50; 14 - 15: 2:12.66 / ÍM : 2:27.50

Stig: FINA 2018

Sæti	F.ár	Tími	Stig	50m	100m	150m	200m
Framtíð							
1.	Veigar Hrafn Sigbórsson	05	SH	2:25.01	386	ÍM	34.28 36.43 37.56 36.74
2.	Ýmir Chatenay Sölvason	06	Árman	2:42.86	272		38.11 41.59 42.90 40.26
3.	Bjarki B Isaksen	06	BREI	2:44.99	262		39.14 41.83 42.87 41.15
4.	Pétur Alfreðsson	06	BREI	2:54.98	219		43.28 44.64 43.93 43.13
5.	Andri Már Kristjánsson	06	SH	2:55.04	219		41.00 44.30 45.73 44.01
6.	Kolbeinn Kári Jónsson	06	Ægir	3:01.39	197		43.87 47.10 46.32 44.10
7.	Eggert Sigtryggsson	05	SH	3:02.47	193		42.31 46.28 47.12 46.76
8.	Kristinn Viðar Tómasson	06	Óðinn	3:12.51	165		43.65 49.78 51.82 47.26
9.	Björn Yngvi Guðmundsson	07	SH	3:13.10	163		44.04 51.66 50.93 46.47
MÆekki	Kári Freyr Helgason	06	SH				
MÆekki	Ævar Örn Ingólfsson	05	SH				
óg.ífullri stærð	Örn Kató Arnarsson	05	Óðinn				
<i>6.5 - Snúningur er ekki samfelldur</i>							

Æskunnar

1.	Aron Fannar Kristínarson	03	ÍRB	2:23.34	400	ÍM	33.48 36.64 36.82 36.40
2.	Kári Steinn Kjartansson	03	Ægir	2:26.78	372	ÍM	34.87 37.68 37.74 36.49
3.	Sveinn Elí Helgason	04	Ægir	2:27.53	367		34.29 37.46 38.40 37.38
4.	Jónas Atli Pálsson	03	SH	2:28.03	363		33.71 38.12 38.93 37.27
5.	Flosi Ómarsson	03	ÍRB	2:28.08	362		34.07 37.15 38.80 38.06
6.	Alexander Logi Jónsson	04	ÍRB	2:29.78	350		35.54 37.94 38.45 37.85
7.	Edward Jensson	04	SH	2:30.23	347		34.36 38.11 39.61 38.15
8.	Gabriel Ari Tryggvarson	03	ÍRB	2:33.76	324		35.53 38.31 42.21 37.71
9.	Ólafur Breki Guðnason	03	Ægir	2:34.18	321		36.99 38.44 39.52 39.23
10.	Úlfur Páll Andrason	04	KR	2:36.04	310		36.65 39.13 40.03 40.23
11.	Dagur Snær Hilmarsson	03	SH	2:51.44	233		39.07 44.24 44.45 43.68
12.	Rafael Andri Williamsson	04	ÍA	3:06.81	180		42.73 48.00 49.22 46.86
MÆekki	Kristófer Óli Birkisson	04	Óðinn				
MÆekki	Héðinn Höskuldsson	04	FJÖL				

Unglinga

1.	Tómas Magnússon	02	KR	2:11.65	516	ÍM	30.51 33.71 33.84 33.59
2.	Júlíus Karl Maier	02	SH	2:17.70	451	ÍM	32.35 35.02 35.45 34.88
3.	Sigurður Þráinn Sigurðsson	02	UMFA	2:43.63	269		38.74 42.23 40.98 41.68

Opinn

1.	Tómas Magnússon	02	KR	2:11.65	516	ÍM	30.51 33.71 33.84 33.59
2.	Júlíus Karl Maier	02	SH	2:17.70	451	ÍM	32.35 35.02 35.45 34.88
3.	Aron Fannar Kristínarson	03	ÍRB	2:23.34	400	ÍM	33.48 36.64 36.82 36.40
4.	Veigar Hrafn Sigbórsson	05	SH	2:25.01	386	ÍM	34.28 36.43 37.56 36.74
5.	Kári Steinn Kjartansson	03	Ægir	2:26.78	372	ÍM	34.87 37.68 37.74 36.49
6.	Sveinn Elí Helgason	04	Ægir	2:27.53	367		34.29 37.46 38.40 37.38
7.	Jónas Atli Pálsson	03	SH	2:28.03	363		33.71 38.12 38.93 37.27



Extramót SH 2018
Hafnarfjörður, 20. - 21.10.2018

Sundgrein 3, karla, 200m baksund, Opinn

Sæti	F.ár		Tími	Stig	50m	100m	150m	200m
8.	Flosi Ómarsson	03 ÍRB	2:28.08	362	34.07	37.15	38.80	38.06
9.	Alexander Logi Jónsson	04 ÍRB	2:29.78	350	35.54	37.94	38.45	37.85
10.	Edward Jensson	04 SH	2:30.23	347	34.36	38.11	39.61	38.15
11.	Már Gunnarsson S12	99 ÍRB	2:30.40	346	34.87	37.23	39.05	39.25
12.	Gabriel Ari Tryggvarson	03 ÍRB	2:33.76	324	35.53	38.31	42.21	37.71
13.	Ólafur Breki Guðnason	03 Ægir	2:34.18	321	36.99	38.44	39.52	39.23
14.	Úlfur Páll Andrason	04 KR	2:36.04	310	36.65	39.13	40.03	40.23
15.	Ýmir Chatenay Sölvason	06 Ármann	2:42.86	272	38.11	41.59	42.90	40.26
16.	Sigurður Þráinn Sigurðsson	02 UMFA	2:43.63	269	38.74	42.23	40.98	41.68
17.	Bjarki B Isaksen	06 BREI	2:44.99	262	39.14	41.83	42.87	41.15
18.	Dagur Snær Hilmarsson	03 SH	2:51.44	233	39.07	44.24	44.45	43.68
19.	Pétur Alfreðsson	06 BREI	2:54.98	219	43.28	44.64	43.93	43.13
20.	Andri Már Kristjánsson	06 SH	2:55.04	219	41.00	44.30	45.73	44.01
21.	Kolbeinn Kári Jónsson	06 Ægir	3:01.39	197	43.87	47.10	46.32	44.10
22.	Eggert Sigtryggsson	05 SH	3:02.47	193	42.31	46.28	47.12	46.76
23.	Rafael Andri Williamsson	04 ÍA	3:06.81	180	42.73	48.00	49.22	46.86
24.	Kristinn Viðar Tómasson	06 Óðinn	3:12.51	165	43.65	49.78	51.82	47.26
25.	Björn Yngvi Guðmundsson	07 SH	3:13.10	163	44.04	51.66	50.93	46.47
26.	Hjörtur Ingvarsson	95 FJÖRD	3:29.40	128	49.99	52.82	54.02	52.57
MÆekki	Kristófer Óli Birkisson	04 Óðinn						
MÆekki	Kári Freyr Helgason	06 SH						
MÆekki	Ævar Örn Ingólfsson	05 SH						
MÆekki	Héðinn Höskuldsson	04 FJÖL						

óg.ífullri stærð Örn Kató Arnarsson 05 Óðinn
6.5 - Snúningur er ekki samfelldur

Sundgrein 4
20.10.2018 - 11:08

kvenna, 200m baksund

Opinn
Úrslitalistar

Mótsmet	2:11.29							31.10.2011
Íslandsmet Opinn	2:03.53	Eygló Ósk Gústafsdóttir	Ægir	Netanya (ISR)				4.12.2015
Íslandsmet 15 - 17	2:07.10							
Íslandsmet 13 - 14	2:14.18							
Íslandsmet 11 - 12	2:27.28							

HM 16 +: 2:11.64 / NM 17 +: 2:23.82; 15 - 16: 2:24.86; 13 - 14: 2:26.86 / ÍM : 2:39.50

Stig: FINA 2018

Sæti	F.ár		Tími	Stig	50m	100m	150m	200m
Framtíð								
1.	Freyja Birkisdóttir	06 BREI	2:40.68	408	37.27	40.84	42.34	40.23
2.	Jóhanna Brynja Rúnarsdóttir	06 SH	2:48.02	357	39.35	42.28	43.58	42.81
3.	Karen Ósk Gísladóttir	06 BREI	2:53.35	325	40.75	44.45	44.54	43.61
4.	Ylfa Ásgerður Eyjólfadóttir	06 Ármann	2:55.85	311	42.38	45.78	45.33	42.36
5.	Naomí Arnarsdóttir	07 Óðinn	3:17.94	218	45.14	50.55	51.58	50.67
6.	Matthildur Eir Valdimarsdóttir	06 Óðinn	3:19.67	212	46.53	51.46	51.88	49.80
7.	Arna Rut Stefánsdóttir	07 SH	3:21.40	207	48.48	51.33	51.62	49.97

óg.ífullri stærð Helga Sigurlaug Helgadóttir 07 SH
4.4 - Keppandi startar áður en rásmerki er gefið (þjófstart)

óg.ífullri stærð Kolbrún Ósk Vilhjálmadóttir 06 Óðinn
6.5 - Snúningur er ekki samfelldur



Extramót SH 2018
Hafnarfjörður, 20. - 21.10.2018

Sundgrein 4, kvenna, 200m baksund

Æskunnar

1. Hafdís Eva Pálsdóttir	04	ÍRB	2:40.52	409	37.58	40.81	41.65	40.48
2. Birta Rún Smáradóttir	04	UMFA	2:40.97	406	37.37	40.07	41.52	42.01
3. Embla Karen Sævarsdóttir	04	Óðinn	2:44.78	378	38.15	42.04	43.31	41.28
4. Ragnheiður Karen Ólafsdóttir	04	ÍA	2:47.47	360	38.44	43.24	45.42	40.37
5. Ester Eva Ingimarsdóttir	04	VÖLS	2:47.78	358	38.52	42.42	44.05	42.79
6. Guðbjörg Eyvindardóttir	04	SH	2:58.82	296	41.48	45.60	46.83	44.91
7. Sólveig Ágústa Aradóttir	05	Ármann	3:11.14	242	45.17	49.47	49.24	47.26
MÆekki Heiður Egilsdóttir	04	FJÖRD						

Unglinga

1. Pura Snorradóttir	03	Óðinn	2:29.38	508	ÍM	33.90	37.29	38.43	39.76
2. Aþena Arnarsdóttir	03	Óðinn	2:39.84	415		36.53	40.45	41.67	41.19
3. Rebekka Sif Ómarsdóttir	03	Óðinn	2:41.32	403		37.91	40.62	41.97	40.82
4. Svava Björg Lárusdóttir	03	Ármann	2:41.55	402		38.27	41.30	42.26	39.72
5. Arianna Steinarsdóttir	03	Ármann	2:41.89	399		38.37	40.85	41.89	40.78
6. Þórunn Kolbrún Árnadóttir	02	Óðinn	2:45.10	376		38.19	42.23	43.09	41.59
7. Lára Jakobína Gunnarsdóttir	03	ÍA	3:01.95	281		39.34	45.65	48.31	48.65
8. Kotryna Zaliaduonyte	03	Ægir	3:11.80	240		44.28	48.99	49.97	48.56
MÆekki Tanya Jóhannsdóttir	03	FJÖRD							

Opinn

1. Katarína Róbertsdóttir	00	SH	2:23.15	577	NM	33.15	36.98	37.43	35.59
2. Stefanía Sigurþórsdóttir	01	ÍRB	2:24.56	561	ÍM	34.36	36.87	37.26	36.07
3. Ásta Kristín Jónsdóttir	00	Ármann	2:25.04	555	ÍM	34.08	37.51	37.58	35.87
4. Pura Snorradóttir	03	Óðinn	2:29.38	508	ÍM	33.90	37.29	38.43	39.76
5. Guðný Birna Sigurðardóttir	09	BREI	2:31.62	486	ÍM	34.89	37.89	39.55	39.29
6. Alexandra Tómasdóttir	01	Óðinn	2:32.89	474	ÍM	36.71	38.32	39.75	38.11
7. Aþena Arnarsdóttir	03	Óðinn	2:39.84	415		36.53	40.45	41.67	41.19
8. Hafdís Eva Pálsdóttir	04	ÍRB	2:40.52	409		37.58	40.81	41.65	40.48
9. Freyja Birkisdóttir	06	BREI	2:40.68	408		37.27	40.84	42.34	40.23
10. Birta Rún Smáradóttir	04	UMFA	2:40.97	406		37.37	40.07	41.52	42.01
11. Rebekka Sif Ómarsdóttir	03	Óðinn	2:41.32	403		37.91	40.62	41.97	40.82
12. Svava Björg Lárusdóttir	03	Ármann	2:41.55	402		38.27	41.30	42.26	39.72
13. Arianna Steinarsdóttir	03	Ármann	2:41.89	399		38.37	40.85	41.89	40.78
14. Embla Karen Sævarsdóttir	04	Óðinn	2:44.78	378		38.15	42.04	43.31	41.28
15. Þórunn Kolbrún Árnadóttir	02	Óðinn	2:45.10	376		38.19	42.23	43.09	41.59
16. Ragnheiður Karen Ólafsdóttir	04	ÍA	2:47.47	360		38.44	43.24	45.42	40.37
17. Ester Eva Ingimarsdóttir	04	VÖLS	2:47.78	358		38.52	42.42	44.05	42.79
18. Jóhanna Brynja Rúnarsdóttir	06	SH	2:48.02	357		39.35	42.28	43.58	42.81
19. Karen Ósk Gísladóttir	06	BREI	2:53.35	325		40.75	44.45	44.54	43.61
20. Ylfa Ásgerður Eyjólfsdóttir	06	Ármann	2:55.85	311		42.38	45.78	45.33	42.36
21. Guðbjörg Eyvindardóttir	04	SH	2:58.82	296		41.48	45.60	46.83	44.91
22. Lára Jakobína Gunnarsdóttir	03	ÍA	3:01.95	281		39.34	45.65	48.31	48.65
23. Sólveig Ágústa Aradóttir	05	Ármann	3:11.14	242		45.17	49.47	49.24	47.26
24. Kotryna Zaliaduonyte	03	Ægir	3:11.80	240		44.28	48.99	49.97	48.56
25. Naomí Arnarsdóttir	07	Óðinn	3:17.94	218		45.14	50.55	51.58	50.67
26. Matthildur Eir Valdimarsdóttir	06	Óðinn	3:19.67	212		46.53	51.46	51.88	49.80
27. Arna Rut Stefánsdóttir	07	SH	3:21.40	207		48.48	51.33	51.62	49.97
MÆekki Guðrún Ásta Þórarinsdóttir	00	FJÖL							
MÆekki Heiður Egilsdóttir	04	FJÖRD							
MÆekki Tanya Jóhannsdóttir	03	FJÖRD							
óg.ífullri stærð Helga Sigurlaug Helgadóttir	07	SH							

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



Extramót SH 2018
Hafnarfjörður, 20. - 21.10.2018

Sundgrein 4, kvenna, 200m baksund, Opinn

Sæti	F.ár	Tími	Stig	50m	100m	150m	200m
óg.ífullri stærð	Kolbrún Ósk Vilhjálmisdóttir	06	Óðinn				
	<i>6.5 - Snúningur er ekki samfelldur</i>						

Sundgrein 5

karla, 100m bringusund

Opinn
Úrslitalistar

20.10.2018 - 11:24

Íslandsmet Opinn	58.66	Anton Sveinn McKee	Ægir	Berlin (GER)	6.8.2017
Íslandsmet 15 - 17	1:02.99				
Íslandsmet 13 - 14	1:08.69				
Íslandsmet 11 - 12	1:15.46				
Mótsmet	1:01.95				31.10.2010

HM 16 +: 1:00.21 / NM 18 +: 1:03.99; 16 - 17: 1:04.96; 14 - 15: 1:06.26 / ÍM : 1:15.80

Stig: FINA 2018

Sæti	F.ár	Tími	Stig	50m	100m		
Framtið							
1.	Stefán Ingi Ólafsson	06	Ægir	1:31.38	225	42.87	48.51
2.	Egill Jónasson	06	FJÖL	1:41.16	166	47.73	53.43
3.	Magnús Víðir Jónsson	08	SH	1:49.81	129	51.06	58.75
4.	Arnór Egill Einarsson	07	SH	1:51.39	124	52.39	59.00
5.	Pétur Ingi Egilsson	06	BREI	1:58.90	102 *	54.31	1:04.59
óg.ífullri stærð	Árni Kristinn Hilmarsson	05	BREI				
	<i>7.1 - Fleiri en eitt flugsundsátak var notað í upphafi sunds</i>						

Æskunnar

1.	Ingvar Orri Jóhannesson	04	FJÖL	1:11.64	467	ÍM	33.93	37.71
2.	Kári Snær Halldórsson	04	ÍRB	1:14.89	409	ÍM	35.10	39.79
3.	Hringur Birgir Kristinsson	04	FJÖL	1:17.71	366		36.71	41.00
4.	Daniel Steinn Davíðsson	03	BREI	1:18.62	353		36.14	42.48
5.	Daniel Patrick Riley	03	ÍRB	1:21.76	314		38.61	43.15
6.	Stefán Elías Davíðsson	03	ÍRB	1:24.19	288		39.64	44.55
7.	Arnar Már Birgisson	04	SH	1:31.35	225		42.74	48.61
MÆekki	Daði Björnsson	04	SH					

Unglinga

1.	Róbert Ísak Jónsson	S01 4	SH	1:10.15	498	ÍM	32.82	37.33
2.	Aron Bjarki Jónsson	01	SH	1:10.93	481	ÍM	32.83	38.10
3.	Halldór Björn Kristinsson	02	FJÖL	1:16.73	380		35.84	40.89
4.	Gústav Ragnar Kristjánsson	02	BREI	1:17.85	364		36.99	40.86

Opinn

1.	Kristinn Þórarinnsson	96	FJÖL	1:04.43	642	ÍM	30.11	34.32
2.	Hallgrímur Kjartansson	98	BREI	1:09.06	522	ÍM	32.29	36.77
3.	Róbert Ísak Jónsson	S01 4	SH	1:10.15	498	ÍM	32.82	37.33
4.	Óskar Gauti Lund	99	BREI	1:10.73	486	ÍM	33.66	37.07
5.	Aron Bjarki Jónsson	01	SH	1:10.93	481	ÍM	32.83	38.10
6.	Kristján Ari Heimisson	98	BREI	1:10.94	481	ÍM	33.32	37.62
7.	Hólmsteinn Skorri Hallgrímsson	00	FJÖL	1:11.50	470	ÍM	33.29	38.21
8.	Ingvar Orri Jóhannesson	04	FJÖL	1:11.64	467	ÍM	33.93	37.71
9.	Kári Snær Halldórsson	04	ÍRB	1:14.89	409	ÍM	35.10	39.79
10.	Halldór Björn Kristinsson	02	FJÖL	1:16.73	380		35.84	40.89
11.	Hringur Birgir Kristinsson	04	FJÖL	1:17.71	366		36.71	41.00



Extramót SH 2018
Hafnarfjörður, 20. - 21.10.2018

Sundgrein 5, karla, 100m bringusund, Opinn

Sæti	F.ár		Tími	Stig	50m	100m
12.	Gústav Ragnar Kristjánsson	02 BREI	1:17.85	364	36.99	40.86
13.	Daniel Steinn Davíðsson	03 BREI	1:18.62	353	36.14	42.48
14.	Daniel Patrick Riley	03 ÍRB	1:21.76	314	38.61	43.15
15.	Stefán Elías Davíðsson	03 ÍRB	1:24.19	288	39.64	44.55
16.	Guðfinnur Karlsson	S88 1 FJÖRÐ	1:30.23	234	43.45	46.78
17.	Arnar Már Birgisson	04 SH	1:31.35	225	42.74	48.61
18.	Stefán Ingi Ólafsson	06 Ægir	1:31.38	225	42.87	48.51
19.	Egill Jónasson	06 FJÖL	1:41.16	166	47.73	53.43
20.	Adrian Erwin	S88 4 FJÖRÐ	1:41.62	163	45.21	56.41
21.	Ásmundur Þór Ásmundsson	S87 4 FJÖRÐ	1:43.16	156	47.01	56.15
22.	Magnús Víðir Jónsson	08 SH	1:49.81	129	51.06	58.75
23.	Arnór Egill Einarsson	07 SH	1:51.39	124	52.39	59.00
24.	Pétur Ingi Egilsson	06 BREI	1:58.90	102 *	54.31	1:04.59
MÆekki óg.ífullri stærð	Daði Björnsson	04 SH				
	Árni Kristinn Hilmarsson	05 BREI				

7.1 - Fleiri en eitt flugsundsátak var notað í upphafi sunds

Sundgrein 6

kvenna, 100m bringusund

Opinn

20.10.2018 - 11:32

Úrslitalistar

Mótsmet	1:08.07					28.10.2017
Íslandsmet Opinn	1:05.67	Hrafnhildur Lúthersdóttir	SH	Windsor (CAN)		9.12.2016
Íslandsmet 15 - 17	1:09.07					
Íslandsmet 13 - 14	1:11.91					
Íslandsmet 11 - 12	1:16.82					

HM 16 +: 1:08.50 / NM 17 +: 1:12.38; 15 - 16: 1:14.94; 13 - 14: 1:16.10 / ÍM : 1:23.50

Stig: FINA 2018

Sæti	F.ár		Tími	Stig	50m	100m
Framtið						
1.	Freyja Birkisdóttir	06 BREI	1:21.27	451	ÍM	38.61 42.66
2.	Katja Lilja Andriyasdóttir	06 SH	1:23.15	421	ÍM	39.01 44.14
3.	Vigdís Tinna Hákonardóttir	06 BREI	1:27.55	361		42.59 44.96
4.	Eyrún Anna Jóhannesdóttir	06 FJÖL	1:32.52	306		43.43 49.09
5.	Otylia Lis	06 Ægir	1:33.03	301		44.02 49.01
6.	Hulda Þorkelsdóttir	06 Ægir	1:33.23	299		44.47 48.76
7.	Ziza Alomerovik	07 Ármann	1:33.63	295		44.35 49.28
8.	Sunna Björg Harðardóttir	06 Ægir	1:34.55	286		44.93 49.62
9.	Júlíana Björt Hjaltsted	06 UMFA	1:36.26	271		45.33 50.93
10.	Matthildur Eir Valdimarsdóttir	06 Óðinn	1:36.30	271		44.81 51.49
11.	Ágústa Inga Arnarsdóttir	06 Stjarnan	1:38.30	255		45.90 52.40
12.	Elín Rósa Ragnarsdóttir	06 Óðinn	1:40.37	239		46.50 53.87
13.	Katla Mist Bragadóttir	07 Ármann	1:40.39	239		47.88 52.51
14.	Katrín Tinna Andrésdóttir	06 Stjarnan	1:40.80	236		47.70 53.10
15.	Ragnheiður Gunnsteinsdóttir	07 Stjarnan	1:41.19	234		47.42 53.77
16.	Ingibjörg Anna Qi Skúladóttir	06 UMFB	1:42.74	223		48.29 54.45
17.	Naomí Arnarsdóttir	07 Óðinn	1:47.49	195		52.36 55.13
18.	Agnes Eva Hjartardóttir	06 UMFB	1:49.04	187		51.94 57.10
19.	Margrét Gunnarsdóttir	06 UMFB	1:50.11	181		52.27 57.84
20.	Juliane Liv Sørensen	07 Óðinn	1:54.57	161		54.53 1:00.04



Extramót SH 2018
Hafnarfjörður, 20. - 21.10.2018

Sundgrein 6, kvenna, 100m bringusund

Æskunnar

1.	Guðbjörg Bjartey Guðmundsdóttir05	ÍA	1:20.93	457	ÍM	37.96	42.97
2.	Ólög Kristín Isaksen 05	Óðinn	1:22.61	430	ÍM	39.17	43.44
3.	Bríet Dalla Gunnarsdóttir 04	SH	1:25.19	392		40.00	45.19
4.	Kolbrá Sölva Leifsdóttir 05	KR	1:27.69	359		41.16	46.53
5.	Bríet Natallía Tómasdóttir 04	FJÖL	1:29.29	340		41.63	47.66
6.	Bríet Björk Pálsdóttir 04	Óðinn	1:29.45	338		42.50	46.95
7.	Rán Björnsdóttir 05	Ægir	1:30.04	332		42.97	47.07
8.	Dagbjört Lilja Daníelsdóttir 04	VÖLS	1:30.76	324		43.88	46.88
9.	Emma Kolbrún Garðarsdóttir 04	Ægir	1:36.25	271		45.18	51.07
10.	Hjördís Freyja Kjartansdóttir 05	Ægir	1:41.31	233		47.80	53.51
11.	Eydís Birta Ingólfsdóttir 05	UMFB	1:43.02	221		48.61	54.41
12.	Masa Dedeic 05	SH	1:43.64	217		47.87	55.77
13.	Hrefna María Heiðarsdóttir 05	BREI	1:52.96	168		53.34	59.62
MÆekki	Pórunn María Hilmarsdóttir 05	BREI					

Unglinga

1.	Sigurjóna Ragnheiðardóttir 03	Óðinn	1:19.93	474	ÍM	37.92	42.01
2.	Ágústa Bergrós Jakobsdóttir 02	Ármann	1:22.39	433	ÍM	39.12	43.27
3.	Amalia Nanna Juliusdóttir 02	Óðinn	1:22.64	429	ÍM	38.81	43.83
4.	Birna Hilmarsdóttir 02	ÍRB	1:25.43	388		40.19	45.24
5.	Diljá Rún Ívarsdóttir 02	ÍRB	1:27.25	365		41.02	46.23
6.	Guðný Birna Falsdóttir 03	ÍRB	1:28.90	345		42.19	46.71
7.	Svanhildur M. Valdimarsdóttir 03	Óðinn	1:30.19	330		42.58	47.61
8.	Amelía Björk Davíðsdóttir 03	ÍRB	1:30.40	328		42.78	47.62
9.	Agnes Fjóra Flosadóttir 02	Óðinn	1:31.69	314		44.25	47.44
10.	Hafdís Guðlaugsdóttir 02	KR	1:32.43	307		44.73	47.70

Opinn

1.	María Fanney Kristjánisdóttir 00	SH	1:13.52	610	ÍM	34.88	38.64
2.	Sunna Svanlaug Vilhjámsdóttir 00	SH	1:14.54	585	ÍM	35.35	39.19
3.	Jóhanna Gerða Gústafsdóttir 90	GEST	1:15.93	553	ÍM	36.12	39.81
4.	Jóhanna Elín Guðmundsdóttir 01	SH	1:16.35	544	ÍM	35.63	40.72
5.	Sigurjóna Ragnheiðardóttir 03	Óðinn	1:19.93	474	ÍM	37.92	42.01
6.	Guðbjörg Bjartey Guðmundsdóttir05	ÍA	1:20.93	457	ÍM	37.96	42.97
7.	Freyja Birkisdóttir 06	BREI	1:21.27	451	ÍM	38.61	42.66
8.	Ágústa Bergrós Jakobsdóttir 02	Ármann	1:22.39	433	ÍM	39.12	43.27
9.	Ólög Kristín Isaksen 05	Óðinn	1:22.61	430	ÍM	39.17	43.44
10.	Amalia Nanna Juliusdóttir 02	Óðinn	1:22.64	429	ÍM	38.81	43.83
11.	Katja Lilja Andriyisdóttir 06	SH	1:23.15	421	ÍM	39.01	44.14
12.	Bríet Dalla Gunnarsdóttir 04	SH	1:25.19	392		40.00	45.19
13.	Birna Hilmarsdóttir 02	ÍRB	1:25.43	388		40.19	45.24
14.	Ápena Karaolani 00	BREI	1:25.65	385		39.53	46.12
15.	Pórey Ísafold Magnúsdóttir 99	KR	1:27.21	365		40.47	46.74
16.	Diljá Rún Ívarsdóttir 02	ÍRB	1:27.25	365		41.02	46.23
17.	Vigdís Tinna Hákonardóttir 06	BREI	1:27.55	361		42.59	44.96
18.	Kolbrá Sölva Leifsdóttir 05	KR	1:27.69	359		41.16	46.53
19.	Guðný Birna Falsdóttir 03	ÍRB	1:28.90	345		42.19	46.71
20.	Bríet Natallía Tómasdóttir 04	FJÖL	1:29.29	340		41.63	47.66
21.	Bríet Björk Pálsdóttir 04	Óðinn	1:29.45	338		42.50	46.95
22.	Rán Björnsdóttir 05	Ægir	1:30.04	332		42.97	47.07
23.	Svanhildur M. Valdimarsdóttir 03	Óðinn	1:30.19	330		42.58	47.61
24.	Amelía Björk Davíðsdóttir 03	ÍRB	1:30.40	328		42.78	47.62
25.	Dagbjört Lilja Daníelsdóttir 04	VÖLS	1:30.76	324		43.88	46.88
26.	Agnes Fjóra Flosadóttir 02	Óðinn	1:31.69	314		44.25	47.44



Extramót SH 2018
Hafnarfjörður, 20. - 21.10.2018

Sundgrein 6, kvenna, 100m bringusund, Opinn

Sæti	F.ár		Tími	Stig	50m	100m		
27.		Hafdís Guðlaugsdóttir	02	KR	1:32.43	307	44.73	47.70
28.		Eyrún Anna Jóhannesdóttir	06	FJÖL	1:32.52	306	43.43	49.09
29.		Otylia Lis	06	Ægir	1:33.03	301	44.02	49.01
30.		Hulda Þorkelsdóttir	06	Ægir	1:33.23	299	44.47	48.76
31.		Ziza Alomerovik	07	Ármann	1:33.63	295	44.35	49.28
32.		Sunna Björg Harðardóttir	06	Ægir	1:34.55	286	44.93	49.62
33.		Emma Kolbrún Garðarsdóttir	04	Ægir	1:36.25	271	45.18	51.07
34.		Júlíana Björt Hjaltested	06	UMFA	1:36.26	271	45.33	50.93
35.		Matthildur Eir Valdimarsdóttir	06	Óðinn	1:36.30	271	44.81	51.49
36.		Ágústa Inga Arnarsdóttir	06	Stjarnan	1:38.30	255	45.90	52.40
37.		Elín Rósa Ragnarsdóttir	06	Óðinn	1:40.37	239	46.50	53.87
38.		Katla Mist Bragadóttir	07	Ármann	1:40.39	239	47.88	52.51
39.		Katrín Tinna Andrésdóttir	06	Stjarnan	1:40.80	236	47.70	53.10
40.		Ragnheiður Gunnsteinsdóttir	07	Stjarnan	1:41.19	234	47.42	53.77
41.		Hjördís Freyja Kjartansdóttir	05	Ægir	1:41.31	233	47.80	53.51
42.		Ingibjörg Anna Qi Skúladóttir	06	UMFB	1:42.74	223	48.29	54.45
43.		Eydís Birta Ingólfssdóttir	05	UMFB	1:43.02	221	48.61	54.41
44.		Masa Dedeic	05	SH	1:43.64	217	47.87	55.77
45.		Naomí Arnarsdóttir	07	Óðinn	1:47.49	195	52.36	55.13
46.		Agnes Eva Hjartardóttir	06	UMFB	1:49.04	187	51.94	57.10
47.		Margrét Gunnarsdóttir	06	UMFB	1:50.11	181	52.27	57.84
48.		Hrefna María Heiðarsdóttir	05	BREI	1:52.96	168	53.34	59.62
49.		Juliane Liv Sørensen	07	Óðinn	1:54.57	161	54.53	1:00.04

MÆekki Þórunn María Hilmarssdóttir

0g.ífullri stærð Kristina Bragadóttir

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

Sundgrein 7

karla, 200m flugsund

Opinn
Úrslitalistar

20.10.2018 - 11:46

Íslandsmet Opinn	1:57.21	Sindri Þór Jakobsson	ÍRB	Istanbul (TUR)	12.12.2009
Íslandsmet 15 - 17	2:01.95				
Íslandsmet 13 - 14	2:11.58				
Íslandsmet 11 - 12	2:25.08				
Mótsmet	2:06.71				31.10.2013

HM 16 +: 1:58.86 / NM 18 +: 2:08.67; 16 - 17: 2:09.54; 14 - 15: 2:12.54 / ÍM : 2:25.70

Stig: FINA 2018

Sæti	F.ár		Tími	Stig	50m	100m	150m	200m		
Framtið										
1.		Birnir Freyr Hálfðánarsson	06	SH	2:35.11	342	31.82	37.59	40.93	44.77
2.		Guðmundur Karl Karlsson	05	BREI	2:36.13	336	32.97	39.16	41.69	42.31
3.		Snorri Dagur Einarsson	05	SH	2:39.74	313	33.37	40.25	43.14	42.98
4.		Markús Már Hilmarsson	05	SH	2:47.64	271	37.08	42.36	45.32	42.88
5.		Kacper Kogut	06	BREI	3:02.00	212	40.16	45.91	47.60	48.33

Æskunnar

1.		Símon Elías Statkevicius	03	SH	2:29.08	386	31.05	37.04	39.84	41.15
2.		Fannar Snævar Hauksson	04	ÍRB	2:35.68	339	32.22	38.97	41.51	42.98
3.		Hilmir Snær L.	03	SH	2:36.49	333	34.48	38.82	41.11	42.08
4.		Jón Ingi Halldórsson	04	BREI	2:37.83	325	35.20	40.36	41.14	41.13
5.		Guðmundur Halldórsson	04	BREI	2:38.87	319	35.91	40.77	41.60	40.59



Extramót SH 2018
Hafnarfjörður, 20. - 21.10.2018

Sundgrein 7, karla, 200m flugsund

Unglinga

1. Aron Þór Jónsson	02	SH	2:19.49	471	ÍM	31.20	35.92	36.75	35.62
MÆekki Róbert Andri Pálmason	02	BREI							

Opinn

1. Bjartur Þórhallsson	00	FJÖL	2:18.82	478	ÍM	30.37	35.98	36.42	36.05
2. Jökull Ýmir Guðmundsson	00	SH	2:19.32	473	ÍM	30.17	34.29	36.42	38.44
3. Aron Þór Jónsson	02	SH	2:19.49	471	ÍM	31.20	35.92	36.75	35.62
4. Símon Elías Statkevicius	03	SH	2:29.08	386		31.05	37.04	39.84	41.15
5. Birnir Freyr Hálfðánarsson	06	SH	2:35.11	342		31.82	37.59	40.93	44.77
6. Fannar Snævar Hauksson	04	ÍRB	2:35.68	339		32.22	38.97	41.51	42.98
7. Guðmundur Karl Karlsson	05	BREI	2:36.13	336		32.97	39.16	41.69	42.31
8. Hilmir Snær L.	03	SH	2:36.49	333		34.48	38.82	41.11	42.08
9. Jón Ingi Halldórsson	04	BREI	2:37.83	325		35.20	40.36	41.14	41.13
10. Guðmundur Halldórsson	04	BREI	2:38.87	319		35.91	40.77	41.60	40.59
11. Snorri Dagur Einarsson	05	SH	2:39.74	313		33.37	40.25	43.14	42.98
12. Markús Már Hilmarsson	05	SH	2:47.64	271		37.08	42.36	45.32	42.88
13. Kacper Kogut	06	BREI	3:02.00	212		40.16	45.91	47.60	48.33
MÆekki Hafþór Jón Sigurðsson	97	SH							
MÆekki Róbert Andri Pálmason	02	BREI							

Sundgrein 8

kvenna, 200m flugsund

Opinn
Úrslitalistar

Mótsmet	2:21.68								31.10.2016
Íslandsmet Opinn	2:12.95	Inga Elín Cryer	Ægir		Netanya (ISR)				4.12.2015
Íslandsmet 15 - 17	2:16.90								
Íslandsmet 13 - 14	2:18.77								
Íslandsmet 11 - 12	2:33.98								

HM 16 +: 2:14.30 / NM 17 +: 2:25.84; 15 - 16: 2:26.40; 13 - 14: 2:28.76 / ÍM : 2:37.60

Stig: FINA 2018

Sæti	F.ár	Tími	Stig	50m	100m	150m	200m		
Æskunnar									
1.	Ásta Kamilla Sigurðardóttir	04	ÍRB	2:41.37	407	34.19	40.68	42.89	43.61
2.	Thelma Lind Einarasdóttir	05	ÍRB	2:54.05	324	38.78	44.66	45.10	45.51

Unglinga

1. Kristín Ylfa Guðmundsdóttir	02	SH	2:32.72	480	ÍM	33.41	38.17	39.61	41.53
2. Eva Sól Garðarsdóttir	03	Óðinn	2:36.19	449	ÍM	33.91	39.50	41.34	41.44
3. Una Hlynsdóttir	02	SH	2:45.67	376		35.28	42.42	43.74	44.23
4. Diljá Dröfn Jóhannesdóttir	03	SH	2:55.17	318		36.80	43.10	47.49	47.78

Opinn

1. María Fanney Kristjánsdóttir	00	SH	2:22.92	586	NM	31.65	36.36	37.52	37.39
2. Elín Kata Sigurgeirsdóttir	99	Óðinn	2:28.93	518	ÍM	33.57	38.96	38.51	37.89
3. Kristín Ylfa Guðmundsdóttir	02	SH	2:32.72	480	ÍM	33.41	38.17	39.61	41.53
4. Eva Sól Garðarsdóttir	03	Óðinn	2:36.19	449	ÍM	33.91	39.50	41.34	41.44
5. Ásta Kamilla Sigurðardóttir	04	ÍRB	2:41.37	407		34.19	40.68	42.89	43.61
6. Una Hlynsdóttir	02	SH	2:45.67	376		35.28	42.42	43.74	44.23
7. Thelma Lind Einarasdóttir	05	ÍRB	2:54.05	324		38.78	44.66	45.10	45.51
8. Diljá Dröfn Jóhannesdóttir	03	SH	2:55.17	318		36.80	43.10	47.49	47.78



Extramót SH 2018
Hafnarfjörður, 20. - 21.10.2018

Sundgrein 9
20.10.2018 - 11:58

karla, 50m skriðsund

Opinn
Úrslitalistar

Íslandsmet Opinn	22.29	Árni Már Árnason	ÍRB	Reykjavík	22.11.2009
Íslandsmet 15 - 17	23.29				
Íslandsmet 13 - 14	25.47				
Íslandsmet 11 - 12	27.42				
Mótsmet	22.83				29.10.2017

HM 16 +: 22.47 / NM 18 +: 23.30; 16 - 17: 23.30; 14 - 15: 23.30 / ÍM : 27.60

Stig: FINA 2018

Sæti	F.ár	Tími	Stig	
1.	Dadó Fenrir Jasminuson	95 SH	22.62	718 NM
2.	Aron Örn Stefánsson	95 SH	23.70	624 ÍM
3.	Davíð Fannar Ragnarsson	98 BREI	24.51	564 ÍM
4.	Ólafur Árdal Sigurðsson	99 SH	25.17	521 ÍM
5.	Hólmsteinn Skorri Hallgrímsson	00 FJÖL	25.69	490 ÍM
6.	Bjartur Þórhallsson	00 FJÖL	26.14	465 ÍM
7.	Aron Bjarki Jónsson	01 SH	26.31	456 ÍM
8.	Sigurður Ingi Sigurðarson	01 KR	26.35	454 ÍM
9.	Ómar Þór Ómarsson	93 Stjarnan	26.36	454 ÍM
10.	Ingvar Orri Jóhannesson	04 FJÖL	26.46	448 ÍM
11.	Tómas Magnússon	02 KR	26.48	447 ÍM
12.	Fannar Snævar Hauksson	04 ÍRB	26.75	434 ÍM
13.	Hringur Birgir Kristinsson	04 FJÖL	27.19	413 ÍM
14.	Skúli Thor Ásgeirsson	02 Ægir	27.36	406 ÍM
15.	Gunnar Bjarki Jónsson	98 BREI	27.38	405 ÍM
16.	Ásgrímur Þór Kjartansson	00 Óðinn	27.52	399 ÍM
17.	Runólfur Þorláksson	02 Ármann	27.56	397 ÍM
18.	Sveinn Elí Helgason	04 Ægir	27.67	392
19.	Aron Fannar Kristínarson	03 ÍRB	27.82	386
20.	Tómas Hlynur Schopka	03 Stjarnan	27.91	382
21.	Tristan Þór K Wium	02 ÍRB	28.29	367
22.	Viktor Emil Sigtryggsson	00 Óðinn	28.69	352
23.	Þorsteinn Karl Arnarsson	04 Stjarnan	28.81	347
24.	Ólafur Breki Guðnason	03 Ægir	29.15	335
25.	Ýmir Chatenay Sölvason	06 Ármann	29.32	329
26.	Kristján Magnússon	05 ÍA	29.35	328
27.	Ragnar Magnússon	92 FJÖRÐ	29.36	328
28.	Haldór Óskar Eiríksson	02 FJÖL	29.69	317
29.	Rafael Andri Williamsson	04 ÍA	30.12	304
30.	Kári Steinn Kjartansson	03 Ægir	30.20	301
31.	Stefán Elías Davíðsson	03 ÍRB	30.25	300
32.	Sigurður Þráinn Sigurðsson	02 UMFA	30.34	297
33.	Davíð Smári Andrésson	03 Stjarnan	30.75	286
34.	Kári Snær Halldórsson	04 ÍRB	31.03	278
35.	Sigmundur Þór Sigurmundarson	05 ÍRB	33.20	227
36.	Ásmundur Þór Ásmundsson	87 FJÖRÐ	34.51	202
37.	Adrian Erwin	88 FJÖRÐ	36.64	169 *
38.	Pétur Ingi Egilsson	06 BREI	36.82	166 *
39.	Árni Kristinn Hilmarsson	05 BREI	36.99	164 *
40.	Breki Arnarsson	96 KR	39.08	139 *
41.	Róbert Erwin	97 FJÖRÐ	41.47	116 *
42.	Hjörtur Ingvarsson	95 FJÖRÐ	43.13	103 *
MÆekki	Daði Björnsson	04 SH		
MÆekki	Kristófer Óli Birkisson	04 Óðinn		



Extramót SH 2018
Hafnarfjörður, 20. - 21.10.2018

Sundgrein 9, karla, 50m skriðsund, Opinn

Sæti		F.ár		Tími	Stig
MÆekki	Daníel Steinn Davíðsson	03	BREI		
MÆekki	Kolbeinn Hrafnkelsson	94	SH		
MÆekki	Héðinn Höskuldsson	04	FJÖL		

Sundgrein 10

kvenna, 50m skriðsund

Opinn
Úrslitalistar

20.10.2018 - 12:04

Mótsmet	25.50				31.10.2011
Íslandsmet Opinn	24.94	Ragnheiður Ragnarsdóttir	KR	Reykjavík	16.12.2010
Íslandsmet 15 - 17	25.71				
Íslandsmet 13 - 14	26.57				
Íslandsmet 11 - 12	28.50				

HM 16 +: 25.46 / NM 17 +: 25.80; 15 - 16: 25.80; 13 - 14: 25.80 / ÍM : 30.10

Stig: FINA 2018

Sæti		F.ár		Tími	Stig
1.	Jóhanna Elín Guðmundsdóttir	01	SH	26.11	677 ÍM
2.	Steingerður Hauksdóttir	96	SH	26.71	632 ÍM
3.	Katarína Róbertsdóttir	00	SH	27.17	601 ÍM
4.	Guðný Birna Sigurðardóttir	99	BREI	27.43	584 ÍM
5.	Inga Elin Cryer	93	FJÖL	27.53	577 ÍM
6.	Jóhanna Gerða Gústafsdóttir	90	GEST	27.90	555 ÍM
7.	Stefanía Sigurþórsdóttir	01	ÍRB	28.13	541 ÍM
8.	Brynildur Traustadóttir	01	ÍA	28.30	531 ÍM
9.	Fanney Lind Jóhannsdóttir	02	Ægir	28.72	508 ÍM
10.	Fatemeh Zarabi	02	SH	28.99	494 ÍM
11.	Emilía Sól Guðmundsdóttir	02	Ægir	29.05	491 ÍM
12.	Ragnheiður Karen Ólafsdóttir	04	ÍA	29.46	471 ÍM
13.	Rebekka Sif Ómarsdóttir	03	Óðinn	29.57	466 ÍM
14.	Alexandra Tómasdóttir	01	Óðinn	29.60	464 ÍM
15.	Guðbjörg Bjartey Guðmundsdóttir	05	ÍA	29.68	461 ÍM
16.	Sigurjóna Ragnheiðardóttir	03	Óðinn	29.73	458 ÍM
17.	Aþena Arnarsdóttir	03	Óðinn	29.83	454 ÍM
18.	Aþena Karaolani	00	BREI	29.89	451 ÍM
19.	Þórunn Kolbrún Árnadóttir	02	Óðinn	29.90	451 ÍM
20.	Ingibjörg Erla Garðarsdóttir	00	FJÖL	29.91	450 ÍM
21.	Katrín Eva Jóhannesdóttir	01	Óðinn	30.68	417
22.	Eydís Vala Júlíusdóttir	05	FJÖL	31.00	404
23.	Ingibjörg Svava Magnúsdóttir	05	ÍA	31.06	402
24.	Svanhildur M. Valdimarsdóttir	03	Óðinn	31.21	396
25.	Dagbjört Lilja Danielsdóttir	04	VÖLS	31.23	395
26.	Elísa Björnsdóttir	05	Ægir	31.31	392
27.	Birta Rún Smáradóttir	04	UMFA	31.38	390
	Guðrún Lilja Kristmannsdóttir	04	FJÖL	31.38	390
29.	Bríet Björk Pálsdóttir	04	Óðinn	31.57	383
30.	Sif Grímsdóttir	03	KR	31.58	382
31.	Embla Karen Sævarsdóttir	04	Óðinn	31.70	378
32.	Nadja Djurovic	07	BREI	31.84	373
33.	Jóhanna Alba Martel	00	Ármann	31.89	371
34.	Amalia Nanna Juliusdóttir	02	Óðinn	31.96	369
35.	Hafdís Guðlaugsdóttir	02	KR	32.16	362
36.	Kolbrún Jónsdóttir	03	UMFA	32.22	360



Extramót SH 2018
Hafnarfjörður, 20. - 21.10.2018

Sundgrein 10, kvenna, 50m skriðsund, Opinn

Sæti	F.ár	Tími	Stig
37. Lára Jakobína Gunnarsdóttir	03	ÍA	32.36 355
38. Þórey Ísafold Magnúsdóttir	99	KR	32.41 354
39. Kristína Bragadóttir	00	Ármann	32.68 345
40. Elín Eir Andersen	04	KR	33.04 334
41. Guðný Birna Falsdóttir	03	ÍRB	33.16 330
42. Aníta Hrafnisdóttir	94	FJÖRÐ	33.25 327
43. Ester Eva Ingimarsdóttir	04	VÖLS	33.35 325
44. Kolbrún Ósk Vilhjálmsdóttir	06	Óðinn	33.56 318
45. Arndís Magnúsdóttir	04	UMFB	33.67 315
46. Agnes Fjóla Flosadóttir	02	Óðinn	33.86 310
47. Þórdís M Aðalsteinsdóttir	03	ÍRB	33.89 309
48. Iðunn María Gunnarsdóttir	04	Ármann	34.47 294
49. Hjördís Freyja Kjartansdóttir	05	Ægir	35.40 271 *
50. Agnes Eva Hjartardóttir	06	UMFB	36.19 254 *
51. Hrefna María Heiðarsdóttir	05	BREI	38.65 208 *
MÆekki Þórunn María Hilmarisdóttir	05	BREI	
MÆekki Guðrún Ásta Þórarinsdóttir	00	FJÖL	
MÆekki Heiður Egilsdóttir	04	FJÖRÐ	
MÆekki Tanya Jóhannsdóttir	03	FJÖRÐ	
MÆekki Kolbrá Sölva Leifsdóttir	05	KR	
MÆekki Ingibjörg Fríða Margeirsdóttir S14	99	NES	

Sundgrein 11

karla, 200m fjórsund

Opinn

20.10.2018 - 12:12

Úrslitalistar

Íslandsmet Opinn	1:57.91	Örn Arnarson	ÍRB	Vestmannaeyjar	21.3.2003
Íslandsmet 15 - 17	2:00.70				
Íslandsmet 13 - 14	2:11.40				
Íslandsmet 11 - 12	2:19.41				
Mótsmet	2:04.30				31.10.2014

HM 16 +: 2:00.77 / NM 18 +: 2:08.95; 16 - 17: 2:10.50; 14 - 15: 2:12.42 / ÍM : 2:29.40

Stig: FINA 2018

Sæti	F.ár	Tími	Stig	50m	100m	150m	200m
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Frantið

1. Birnir Freyr Hálfánarsson	06	SH	2:24.03	440	ÍM	30.98	37.11	42.53	33.41
2. Snorri Dagur Einarsson	05	SH	2:29.71	392		32.77	41.98	42.42	32.54
3. Veigar Hrafn Sigþórsson	05	SH	2:29.78	392		32.66	37.82	46.20	33.10
4. Markús Már Hilmarsson	05	SH	2:52.39	257		37.15	46.61	49.47	39.16
5. Ýmir Chatenay Sölvason	06	Ármann	2:52.54	256		37.86	44.96	52.64	37.08
6. Andri Már Kristjánsson	06	SH	2:57.61	235		41.94	46.16	51.15	38.36
7. Eggert Sigtryggsson	05	SH	3:00.63	223		39.71	47.72	54.32	38.88
8. Björn Yngvi Guðmundsson	07	SH	3:08.68	196		40.29	51.73	56.71	39.95
9. Kacper Kogut	06	BREI	3:09.80	192		42.63	50.26	56.95	39.96

MÆekki Ævar Örn Ingólfsson 05 SH

óg.ífullri stærð Magnús Víðir Jónsson 08 SH
6.5 - Keppendai ekki kominn í bakstöðu þegar spynt er frá bakka

óg.ífullri stærð Örn Kató Arnarsson 05 Óðinn
6.5 - Snúningur er ekki samfelldur



Extramót SH 2018
Hafnarfjörður, 20. - 21.10.2018

Sundgrein 12, Stúlkur, 200m fjórsund, Æskunnar

Sæti	F.ár	Tími	Stig	50m	100m	150m	200m
12. Ester Eva Ingimarsdóttir	04	3:04.51	288	46.70	42.08	54.56	41.17
13. Elín Eir Andersen	04	3:06.06	280	45.21	48.74	52.23	39.88
14. Emma Kolbrún Garðarsdóttir	04	3:06.74	277	43.81	48.52	53.03	41.38
15. Sólveig Ágústa Aradóttir	05	3:18.92	229	48.56	50.32	58.51	41.53

Unglinga

1. Pura Snorradóttir	03	Óðinn	2:29.62	540	ÍM	31.90	38.02	43.69	36.01
2. Adele Alexandra Pálsson	03	SH	2:31.81	517	ÍM	33.51	38.34	45.25	34.71
3. Birna Hilmarsdóttir	02	ÍRB	2:38.02	458	ÍM	35.55	41.41	47.03	34.03
4. Svava Björg Lárusdóttir	03	Ármann	2:39.08	449	ÍM	33.94	43.68	46.00	35.46
5. Sigurjóna Ragnheiðardóttir	03	Óðinn	2:39.87	442	ÍM	34.75	44.51	43.81	36.80
6. Kristín Ylfa Guðmundsdóttir	02	SH	2:42.29	423	ÍM	33.05	45.08	46.62	37.54
7. Ágústa Bergrós Jakobsdóttir	02	Ármann	2:44.31	407		37.05	42.97	46.27	38.02
8. Íris Edda Garðarsdóttir	03	FJÖL	2:44.46	406		36.44	43.74	46.66	37.62
9. Aþena Arnarsdóttir	03	Óðinn	2:45.10	402		35.52	41.40	52.08	36.10
10. Ylfa Finnbogadóttir	02	SH	2:45.19	401		36.58	43.44	48.62	36.55
11. Arianna Steinarsdóttir	03	Ármann	2:45.77	397		38.54	41.74	47.79	37.70
12. Amalia Nanna Juliusdóttir	02	Óðinn	2:48.48	378		37.07	45.30	47.03	39.08
13. Sif Grímsdóttir	03	KR	2:57.02	326		39.65	44.62	53.23	39.52
14. Svanhildur M. Valdimarsdóttir	03	Óðinn	3:01.03	305		41.95	49.54	50.53	39.01
óg.ífullri stærð	Sandra Dögg Kristjánsdóttir	03	SH		ÍM				
	<i>8.3 - Hreyfing fóta ósamhæfð</i>								
óg.ífullri stærð	Kotryna Zaliaduonyte	03	Ægir						
	<i>6.6 - Keppandi lauk ekki sundinu á bakinu</i>								

Opinn

1. María Fanney Kristjánsdóttir	00	SH	2:23.61	610	NM	31.49	38.34	40.36	33.42
2. Pura Snorradóttir	03	Óðinn	2:29.62	540	ÍM	31.90	38.02	43.69	36.01
3. Elín Kata Sigurgeirsdóttir	99	Óðinn	2:30.67	529	ÍM	31.15	38.08	45.64	35.80
4. Adele Alexandra Pálsson	03	SH	2:31.81	517	ÍM	33.51	38.34	45.25	34.71
5. Aþena Jónsdóttir	04	SH	2:33.24	502	ÍM	33.95	39.88	44.70	34.71
6. Sunna Svanlaug V.	00	SH	2:33.77	497	ÍM	32.00	40.56	44.53	36.68
7. Alexandra Tómasdóttir	01	Óðinn	2:36.33	473	ÍM	34.34	40.81	46.16	35.02
8. Eva Margrét Falsdóttir	05	ÍRB	2:37.77	460	ÍM	35.32	41.43	44.31	36.71
9. Birna Hilmarsdóttir	02	ÍRB	2:38.02	458	ÍM	35.55	41.41	47.03	34.03
10. Ólöf Kristín Isaksen	05	Óðinn	2:38.35	455	ÍM	34.97	42.01	46.02	35.35
11. Svava Björg Lárusdóttir	03	Ármann	2:39.08	449	ÍM	33.94	43.68	46.00	35.46
12. Sigurjóna Ragnheiðardóttir	03	Óðinn	2:39.87	442	ÍM	34.75	44.51	43.81	36.80
13. Bríet Dalla Gunnarsdóttir	04	SH	2:41.49	429	ÍM	36.58	40.51	48.34	36.06
14. Kristín Ylfa Guðmundsdóttir	02	SH	2:42.29	423	ÍM	33.05	45.08	46.62	37.54
15. Dagbjörg Hlíf Ólafsdóttir	05	SH	2:44.11	409	ÍM	37.01	43.08	48.53	35.49
16. Ágústa Bergrós Jakobsdóttir	02	Ármann	2:44.31	407		37.05	42.97	46.27	38.02
17. Íris Edda Garðarsdóttir	03	FJÖL	2:44.46	406		36.44	43.74	46.66	37.62
18. Aþena Arnarsdóttir	03	Óðinn	2:45.10	402		35.52	41.40	52.08	36.10
19. Ylfa Finnbogadóttir	02	SH	2:45.19	401		36.58	43.44	48.62	36.55
20. Hafðís Eva Pálsdóttir	04	ÍRB	2:45.71	397		35.70	42.51	48.21	39.29
21. Arianna Steinarsdóttir	03	Ármann	2:45.77	397		38.54	41.74	47.79	37.70
22. Katja Lilja Andriyasdóttir	06	SH	2:47.37	385		37.62	45.38	46.58	37.79
23. Elísabet Jóhannesdóttir	06	ÍRB	2:47.55	384		36.31	42.15	51.21	37.88
24. Amalia Nanna Juliusdóttir	02	Óðinn	2:48.48	378		37.07	45.30	47.03	39.08
25. Embla Karen Sævarsdóttir	04	Óðinn	2:50.24	366		35.66	43.82	50.52	40.24
26. Natalia Jónsdóttir	04	SH	2:51.48	358		35.71	42.44	54.60	38.73
27. Jóhanna Brynja Rúnarsdóttir	06	SH	2:54.38	341		39.03	43.80	52.64	38.91



Extramót SH 2018
Hafnarfjörður, 20. - 21.10.2018

Sundgrein 12, kvenna, 200m fjórsund, Opinn

Sæti	F.ár		Tími	Stig	50m	100m	150m	200m
28.	Sif Grímsdóttir	03 KR	2:57.02	326	39.65	44.62	53.23	39.52
29.	Helga Sigurlaug Helgadóttir	07 SH	2:59.28	314	39.54	48.15	52.28	39.31
30.	Ylfa Ásgerður Eyjólfadóttir	06 Ármann	3:00.01	310	43.12	46.80	53.26	36.83
31.	Hildur Valsdóttir	04 SH	3:00.70	306	40.86	48.08	53.46	38.30
32.	Svanhildur M. Valdimarsdóttir	03 Óðinn	3:01.03	305	41.95	49.54	50.53	39.01
33.	Ziza Alomerovik	07 Ármann	3:02.30	298	42.62	46.20	53.32	40.16
34.	Rán Björnsdóttir	05 Ægir	3:03.10	294	41.99	46.13	50.66	44.32
35.	Guðbjörg Eyvindardóttir	04 SH	3:03.14	294	40.80	47.15	56.59	38.60
36.	Nadja Djurovic	07 BREI	3:04.37	288	43.47	47.77	54.07	39.06
37.	Ester Eva Ingimarsdóttir	04 VÖLS	3:04.51	288	46.70	42.08	54.56	41.17
38.	Þórey Ísafold Magnúsdóttir	09 KR	3:05.34	284	38.71	58.97	48.49	39.17
39.	Elín Eir Andersen	04 KR	3:06.06	280	45.21	48.74	52.23	39.88
40.	Otylia Lis	06 Ægir	3:06.43	279	45.82	47.14	50.02	43.45
41.	Emma Kolbrún Garðarsdóttir	04 Ægir	3:06.74	277	43.81	48.52	53.03	41.38
42.	Karen Ósk Gísladóttir	06 BREI	3:08.00	272	49.25	43.78	53.08	41.89
43.	Júlíana Björt Hjaltsted	06 UMFA	3:11.36	258	43.53	53.88	52.10	41.85
44.	Katla Mist Bragadóttir	07 Ármann	3:11.41	258	44.93	49.53	53.56	43.39
45.	Matthildur Eir Valdimarsdóttir	06 Óðinn	3:12.38	254	45.07	51.49	52.44	43.38
46.	Hulda Þorkelsdóttir	06 Ægir	3:15.04	243	43.63	58.24	51.06	42.11
47.	Sólveig Ágústa Aradóttir	05 Ármann	3:18.92	229	48.56	50.32	58.51	41.53
48.	Agnes Eva Hjartardóttir	06 UMFB	3:20.90	223	47.69	50.56	58.08	44.57
49.	Naomí Arnarsdóttir	07 Óðinn	3:20.95	223	47.75	50.45	58.43	44.32
50.	Arna Rut Stefánsdóttir	07 SH	3:21.00	222	49.31	52.21	54.34	45.14
51.	Elín Rósa Ragnarsdóttir	06 Óðinn	3:25.25	209	48.08	50.92	57.65	48.60
MÆekki	Ásta Kristín Jónsdóttir	00 Ármann						
óg.ífullri stærð	Sandra Dögg Kristjánsdóttir	03 SH						ÍM
	<i>8.3 - Hreyfing fóta ósamhæfð</i>							
óg.ífullri stærð	Ástrós Halla Jónsdóttir	06 Ægir						
	<i>6.5 - Snúningur er ekki samfelldur</i>							
óg.ífullri stærð	Kotryna Zaliaduonyte	03 Ægir						
	<i>6.6 - Keppandi lauk ekki sundinu á bakinu</i>							
óg.ífullri stærð	Juliane Liv Sörensen	07 Óðinn						*
	<i>4.4 - Keppandi startar áður en rásmerki er gefið (þjófstart)</i>							



Extramót SH 2018
Hafnarfjörður, 20. - 21.10.2018

Sundgrein 13, kvenna, 200m skriðsund, Opinn

Sæti	F.ár	Tími	Stig	50m	100m	150m	200m	
38. Ester Eva Ingimarsdóttir	04	VÖLS	2:39.57	331	35.62	40.28	42.36	41.31
39. Eyrún Anna Jóhannesdóttir	06	FJÖL	2:40.54	325	35.47	41.88	43.16	40.03
40. Emma Kolbrún Garðarsdóttir	04	Ægir	2:40.83	323	37.04	41.52	42.71	39.56
41. Lára Jakobína Gunnarsdóttir	03	ÍA	2:41.39	320	34.45	40.65	43.40	42.89
42. Júlíana Björt Hjaltested	06	UMFA	2:41.88	317	36.07	42.01	42.38	41.42
43. Kolbrún Ósk Vilhjálmsdóttir	06	Óðinn	2:43.22	309	37.72	41.77	43.15	40.58
44. Auður Halla Rögnvaldsdóttir	03	KR	2:44.22	304	36.91	41.86	43.22	42.23
45. Hjördís Freyja Kjartansdóttir	05	Ægir	2:45.21	298	37.59	42.14	42.81	42.67
46. Ragnheiður Gunnsteinsdóttir	07	Stjarnan	2:47.68	285	37.58	42.17	44.13	43.80
47. Matthildur Eir Valdimarsdóttir	06	Óðinn	2:48.12	283	37.61	42.99	44.56	42.96
48. Kotryna Zaliaduonyte	03	Ægir	2:48.34	282	37.01	42.42	45.37	43.54
49. Kolbrá Sölva Leifsdóttir	05	KR	2:48.85	279	38.18			
50. Katrín Tinna Andrésdóttir	06	Stjarnan	2:51.18	268	38.47	43.37	45.02	44.32
51. Ingibjörg Anna Qi Skúladóttir	06	UMFB	2:52.59	261	38.30	43.61	46.38	44.30
52. Arndís Magnúsdóttir	04	UMFB	2:53.19	259	38.53	43.95	46.65	44.06
53. Katla Mist Bragadóttir	07	Ármann	2:53.99	255	39.44	44.03	46.39	44.13
54. Sólveig Ágústa Aradóttir	05	Ármann	2:55.75	248				
55. Iðunn María Gunnarsdóttir	04	Ármann	2:55.88	247	39.30	44.54	46.89	45.15
56. Hrefna María Heiðarsdóttir	05	BREI	2:56.58	244	40.29	45.07	1:31.22	
57. Agnes Eva Hjartardóttir	06	UMFB	2:59.16	234	38.96	46.39	48.22	45.59
58. Arna Rut Stefánsdóttir	07	SH	2:59.93	231	41.36	46.16	47.23	45.18
59. Ólöf María Guðmundsdóttir	05	UMFB	3:00.78	227	39.42	45.30	49.30	46.76
60. Eydís Birta Ingólfsdóttir	05	UMFB	3:02.91	220	41.83	46.60	47.88	46.60
61. María Skorastein S.	07	SH	3:03.33	218	40.38	46.43	49.08	47.44
MÆekki Þórunn María Hilmarsdóttir	05	BREI						
MÆekki Kristína Bragadóttir	00	Ármann						
LAUKekki Sif Grímsdóttir	03	KR						

10.2 - Vegalendð sunds verður að ljúka til að sund sé gilt (hætti)

Sundgrein 14

karla, 200m skriðsund

20.10.2018 - 16:24

Opinn

Úrslitalistar

Íslandsmet Opinn	1:46.72	Örn Arnarson	SH	Lissabon (POR)	16.3.2013
Íslandsmet 15 - 17	1:48.65				
Íslandsmet 13 - 14	1:56.94				
Íslandsmet 11 - 12	2:15.01				
Mótsmet	1:52.86				28.10.2017

HM 16 +: 1:48.70 / NM 18 +: 1:54.74; 16 - 17: 1:56.46; 14 - 15: 1:58.80 / ÍM : 2:15.00

Stig: FINA 2018

Sæti	F.ár	Tími	Stig	50m	100m	150m	200m	
Framtið								
1. Snorri Dagur Einarsson	05	SH	2:12.94	417	30.47	34.25	34.57	33.65
2. Veigar Hrafn Sigþórsson	05	SH	2:13.95	408	30.61	34.18	34.84	34.32
3. Ýmir Chatenay Sölvason	06	Ármann	2:21.74	344	32.24	36.99	37.35	35.16
4. Stefán Ingi Ólafsson	06	Ægir	2:26.67	310	34.07	37.94	37.82	36.84
5. Pétur Alfreðsson	06	BREI	2:28.55	299	35.12	38.46	38.10	36.87
6. Andri Már Kristjánsson	06	SH	2:33.23	272	35.65	39.76	39.25	38.57
7. Kacper Kogut	06	BREI	2:35.31	261	37.11	40.46	40.06	37.68
8. Eggert Sigtryggsson	05	SH	2:35.78	259	34.67	39.59	41.56	39.96
9. Sigmundur Þór S.	05	ÍRB	2:36.32	256	36.54	40.36	40.64	38.78
10. Kolbeinn Kári Jónsson	06	Ægir	2:44.81	219	38.74	43.55	42.05	40.47
11. Örn Kató Arnarsson	05	Óðinn	2:48.26	205	37.93	43.55	43.85	42.93
12. Egill Jónsson	06	FJÖL	2:50.20	199	38.67	42.97	45.01	43.55
13. Kristinn Viðar Tómasson	06	Óðinn	2:52.02	192	38.66	44.12	46.32	42.92



Extramót SH 2018
Hafnarfjörður, 20. - 21.10.2018

Sundgrein 14, karla, 200m skriðsund, Opinn

Sæti	F.ár		Tími	Stig	50m	100m	150m	200m
24.	Andri Már Kristjánsson	06 SH	2:33.23	272	35.65	39.76	39.25	38.57
25.	Kacper Kogut	06 BREI	2:35.31	261	37.11	40.46	40.06	37.68
26.	Eggert Sigtryggsson	05 SH	2:35.78	259	34.67	39.59	41.56	39.96
27.	Rafael Andri Williamsson	04 ÍA	2:35.85	259	34.12	40.23	41.67	39.83
28.	Sigmundur Þór S.	05 ÍRB	2:36.32	256	36.54	40.36	40.64	38.78
29.	Arnar Már Birgisson	04 SH	2:38.38	246	35.60	40.50	42.62	39.66
30.	Kolbeinn Kári Jónsson	06 Ægir	2:44.81	219	38.74	43.55	42.05	40.47
31.	Guðfinnur Karlsson	88 FJÖRÐ	2:46.40	212	38.88	42.96	43.17	41.39
32.	Örn Kató Arnarsson	05 Óðinn	2:48.26	205	37.93	43.55	43.85	42.93
33.	Egill Jónasson	06 FJÖL	2:50.20	199	38.67	42.97	45.01	43.55
34.	Kristinn Viðar Tómasson	06 Óðinn	2:52.02	192	38.66	44.12	46.32	42.92
35.	Árni Kristinn Hilmarsson	05 BREI	2:56.74	177			46.53	42.74
36.	Magnús Víðir Jónsson	08 SH	2:59.73	169	40.88	46.29	48.12	44.44
37.	Ásmundur Þór Ásmundsson	87 FJÖRÐ	3:05.75	153	38.78	48.54	50.10	48.33
38.	Hjörtur Ingvarsson	95 FJÖRÐ	3:08.35	146	44.82	47.01	48.90	47.62
39.	Ari Eyvindarsson	07 SH	3:11.40	139	41.91	50.73		
40.	Breki Arnarsson	96 KR	3:35.96	97 *	48.50	54.91	55.98	56.57
41.	Róbert Erwin	97 FJÖRÐ	4:01.11	70 *	43.36	54.43	1:28.34	54.98
MÆekki	Daði Björnsson	04 SH						
MÆekki	Pétur Ingi Egilsson	06 BREI						
MÆekki	Míkael Lárus Thorarensen	05 SH						

Sundgrein 15

20.10.2018 - 16:42

kvenna, 100m flugsund

Opinn
Úrslitalistar

Mótsmet	1:02.60						31.10.2014
Íslandsmet Opinn	59.95	Bryndís Rún Hansen	Óðinn	Windsor (CAN)			10.12.2016
Íslandsmet 15 - 17	1:01.81						
Íslandsmet 13 - 14	1:05.71						
Íslandsmet 11 - 12	1:10.91						

HM 16 +: 1:00.31 / NM 17 +: 1:04.04; 15 - 16: 1:04.88; 13 - 14: 1:06.50 / ÍM : 1:11.60

Stig: FINA 2018

Sæti	F.ár		Tími	Stig	50m	100m
Framtið						
1.	Freyja Birkisdóttir	06 BREI	1:15.98	371	35.36	40.62
2.	Elísabet Jóhannesdóttir	06 ÍRB	1:18.11	341	35.90	42.21
3.	Katja Lilja Andriyasdóttir	06 SH	1:20.61	310	38.16	42.45
4.	Jóhanna Brynja Rúnarsdóttir	06 SH	1:21.01	306	37.83	43.18
5.	Ástrós Halla Jónsdóttir	06 Ægir	1:27.68	241	40.88	46.80
6.	Elín Rósa Ragnarsdóttir	06 Óðinn	1:46.18	136 *	47.78	58.40

Æskunnar

1.	Ásta Kamilla Sigurðardóttir	04 ÍRB	1:11.59	443	ÍM	33.37	38.22
2.	Natalia Jónsdóttir	04 SH	1:15.93	372		34.79	41.14
3.	Bríet Björk Pálsdóttir	04 Óðinn	1:20.91	307		36.71	44.20
4.	Bríet Natallía Tómasdóttir	04 FJÖL	1:25.47	260		38.96	46.51



Extramót SH 2018
Hafnarfjörður, 20. - 21.10.2018

Sundgrein 15, kvenna, 100m flugsund

Unglinga

1.	Kristín Ylfa Guðmundsdóttir	02	SH	1:08.92	497	ÍM	32.23	36.69
	Þóra Snorradóttir	03	Óðinn	1:08.92	497	ÍM	31.96	36.96
3.	Eva Sól Garðarsdóttir	03	Óðinn	1:09.81	478	ÍM	32.72	37.09
4.	Una Hlynsdóttir	02	SH	1:13.29	413		34.26	39.03
5.	Þena Arnarsdóttir	03	Óðinn	1:14.66	391		34.76	39.90
6.	Svava Björg Lárusdóttir	03	Ármann	1:14.75	389		33.13	41.62
7.	Sigurjóna Ragnheiðardóttir	03	Óðinn	1:14.85	388		34.79	40.06
8.	Diljá Dröfn Jóhannesdóttir	03	SH	1:18.45	337		36.60	41.85

Opinn

1.	Katarína Róbertsdóttir	00	SH	1:03.48	636	NM	29.63	33.85
2.	Jóhanna Elín Guðmundsdóttir	01	SH	1:04.10	618	ÍM	30.03	34.07
3.	Inga Elin Cryer	93	FJÖL	1:04.92	595	ÍM	30.24	34.68
4.	Elín Kata Sigurgeirsdóttir	99	Óðinn	1:05.25	586	ÍM	30.59	34.66
5.	Kristín Ylfa Guðmundsdóttir	02	SH	1:08.92	497	ÍM	32.23	36.69
	Þóra Snorradóttir	03	Óðinn	1:08.92	497	ÍM	31.96	36.96
7.	Eva Sól Garðarsdóttir	03	Óðinn	1:09.81	478	ÍM	32.72	37.09
8.	Ásta Kamilla Sigurðardóttir	04	ÍRB	1:11.59	443	ÍM	33.37	38.22
9.	Alexandra Tómasdóttir	01	Óðinn	1:12.70	423		34.02	38.68
10.	Una Hlynsdóttir	02	SH	1:13.29	413		34.26	39.03
11.	Þena Arnarsdóttir	03	Óðinn	1:14.66	391		34.76	39.90
12.	Svava Björg Lárusdóttir	03	Ármann	1:14.75	389		33.13	41.62
13.	Sigurjóna Ragnheiðardóttir	03	Óðinn	1:14.85	388		34.79	40.06
14.	Natalía Jónsdóttir	04	SH	1:15.93	372		34.79	41.14
15.	Freyja Birkisdóttir	06	BREI	1:15.98	371		35.36	40.62
16.	Elísabet Jóhannesdóttir	06	ÍRB	1:18.11	341		35.90	42.21
17.	Diljá Dröfn Jóhannesdóttir	03	SH	1:18.45	337		36.60	41.85
18.	Katja Lilja Andriysdóttir	06	SH	1:20.61	310		38.16	42.45
19.	Bríet Björk Pálsdóttir	04	Óðinn	1:20.91	307		36.71	44.20
20.	Jóhanna Brynja Rúnarsdóttir	06	SH	1:21.01	306		37.83	43.18
21.	Bríet Natalía Tómasdóttir	04	FJÖL	1:25.47	260		38.96	46.51
22.	Ástrós Halla Jónsdóttir	06	Ægir	1:27.68	241		40.88	46.80
23.	Elín Rósa Ragnarsdóttir	06	Óðinn	1:46.18	136	*	47.78	58.40



Extramót SH 2018
Hafnarfjörður, 20. - 21.10.2018

Sundgrein 16
20.10.2018 - 16:48

karla, 100m flugsund

Opinn
Úrslitalistar

Íslandsmet Opinn	52.53	Örn Arnarson	SH	Debrecen (HUN)	13.12.2007
Íslandsmet 15 - 17	55.77				
Íslandsmet 13 - 14	1:00.10				
Íslandsmet 11 - 12	1:08.39				
Mótsmet	56.22				31.10.2016

HM 16 +: 53.36 / NM 18 +: 56.44; 16 - 17: 57.00; 14 - 15: 57.57 / ÍM : 1:05.50

Stig: FINA 2018

Sæti	F.ár		Tími	Stig	50m	100m
Framtið						
1.	Birnir Freyr Hálfðánarsson	06 SH	1:07.03	369	30.66	36.37
2.	Guðmundur Karl Karlsson	05 BREI	1:10.03	323	32.37	37.66
3.	Markús Már Hilmarsson	05 SH	1:17.08	242	35.78	41.30
4.	Kacper Kogut	06 BREI	1:26.44	172	41.39	45.05
5.	Kolbeinn Kári Jónsson	06 Ægir	1:40.74	108	47.75	52.99
MÆekki	Björn Yngvi Guðmundsson	07 SH				

Æskunnar

1.	Fannar Snævar Hauksson	04 ÍRB	1:04.76	409	ÍM	29.58	35.18
2.	Jónas Atli Pálsson	03 SH	1:10.96	311		32.20	38.76
3.	Hilmir Snær Lunddal Rúnarsson	03 SH	1:11.42	305		33.68	37.74
4.	Edward Jensson	04 SH	1:12.48	291		32.55	39.93
5.	Jón Ingi Halldórsson	04 BREI	1:13.06	285		34.63	38.43
6.	Flosi Ómarsson	03 ÍRB	1:18.02	234		35.61	42.41
7.	Gabriel Þór Sigurmundsson	03 ÍRB	1:19.95	217		35.75	44.20
8.	Alex Benjamín Bjarnason	04 ÍA	1:21.32	206		36.00	45.32
9.	Rafael Andri Williamsson	04 ÍA	1:29.84	153		40.04	49.80

Unglinga

1.	Róbert Ísak Jónsson	S01 SH	59.66	523	ÍM	27.97	31.69
2.	Aron Bjarki Jónsson	01 SH	1:04.96	405	ÍM	30.00	34.96
3.	Tómas Magnússon	02 KR	1:06.77	373		29.64	37.13
4.	Halldór Björn Kristinsson	02 FJÖL	1:08.90	339		31.63	37.27
5.	Tristan Þór K Wium	02 ÍRB	1:14.90	264		34.03	40.87

Opinn

1.	Róbert Ísak Jónsson	S01 SH	59.66	523	ÍM	27.97	31.69
2.	Ólafur Árdal Sigurðsson	99 SH	1:00.27	507	ÍM	28.03	32.24
3.	Jökull Ýmir Guðmundsson	00 SH	1:02.43	456	ÍM	28.94	33.49
4.	Fannar Snævar Hauksson	04 ÍRB	1:04.76	409	ÍM	29.58	35.18
5.	Aron Bjarki Jónsson	01 SH	1:04.96	405	ÍM	30.00	34.96
6.	Baldur Logi Gautason	00 Óðinn	1:05.76	390		30.26	35.50
7.	Tómas Magnússon	02 KR	1:06.77	373		29.64	37.13
8.	Birnir Freyr Hálfðánarsson	06 SH	1:07.03	369		30.66	36.37
9.	Halldór Björn Kristinsson	02 FJÖL	1:08.90	339		31.63	37.27
10.	Guðmundur Karl Karlsson	05 BREI	1:10.03	323		32.37	37.66
11.	Jónas Atli Pálsson	03 SH	1:10.96	311		32.20	38.76
12.	Ásgrímur Þór Kjartansson	00 Óðinn	1:10.97	310		32.43	38.54
13.	Hilmir Snær Lunddal Rúnarsson	03 SH	1:11.42	305		33.68	37.74
14.	Edward Jensson	04 SH	1:12.48	291		32.55	39.93
15.	Jón Ingi Halldórsson	04 BREI	1:13.06	285		34.63	38.43
16.	Tristan Þór K Wium	02 ÍRB	1:14.90	264		34.03	40.87
17.	Markús Már Hilmarsson	05 SH	1:17.08	242		35.78	41.30
18.	Flosi Ómarsson	03 ÍRB	1:18.02	234		35.61	42.41



Extramót SH 2018
Hafnarfjörður, 20. - 21.10.2018

Sundgrein 16, karla, 100m flugsund, Opinn

Sæti	F.ár	Tími	Stig	50m	100m
19. Gabríel Þór Sigurmundsson	03 ÍRB	1:19.95	217	35.75	44.20
20. Alex Benjamín Bjarnason	04 ÍA	1:21.32	206	36.00	45.32
21. Kacper Kogut	06 BREI	1:26.44	172	41.39	45.05
22. Rafael Andri Williamsson	04 ÍA	1:29.84	153	40.04	49.80
23. Kolbeinn Kári Jónsson	06 Ægir	1:40.74	108	47.75	52.99
MÆekki Björn Yngvi Guðmundsson	07 SH				

Sundgrein 17

kvenna, 50m baksund

Opinn

20.10.2018 - 16:56

Úrslitalistar

Mótsmet	28.11				31.10.2011
Íslandsmet Opinn	27.40	Eygló Ósk Gústafsdóttir	Ægir	Windsor (CAN)	7.12.2016
Íslandsmet 15 - 17	28.23				
Íslandsmet 13 - 14	30.04				
Íslandsmet 11 - 12	32.21				

HM 16 +: 27.96 / NM 17 +: 29.79; 15 - 16: 29.79; 13 - 14: 29.79 / ÍM : 35.10

Stig: FINA 2018

Sæti	F.ár	Tími	Stig	
1. Katarína Róbertsdóttir	00 SH	29.86	635	ÍM
2. Steingerður Hauksdóttir	96 SH	30.17	615	ÍM
3. Þóra Snorradóttir	03 Óðinn	31.30	551	ÍM
4. Emilía Sól Guðmundsdóttir	02 Ægir	31.86	523	ÍM
5. Gunnlaug Margrét Ólafsdóttir	97 BREI	32.13	509	ÍM
6. Stefanía Sigurþórsdóttir	01 ÍRB	32.74	481	ÍM
7. Fatemeh Zarabi	02 SH	32.95	472	ÍM
8. Apena Karaolani	00 BREI	33.95	432	ÍM
9. Arianna Steinarsdóttir	03 Ármann	35.59	375	
10. Birta Rún Smáradóttir	04 UMFA	35.63	373	
11. Diljá Rún Ívarsdóttir	02 ÍRB	35.74	370	
12. Kristina Bragadóttir	00 Ármann	35.92	364	
13. Ingibjörg Svava Magnúsdóttir	05 ÍA	37.46	321	
14. Jóhanna Alba Martel	00 Ármann	37.63	317	
15. Ester Eva Ingimarsdóttir	04 VÖLS	38.16	304	
16. Lára Jakobína Gunnarsdóttir	03 ÍA	38.28	301	
17. Karen Ósk Gísladóttir	06 BREI	38.40	298	
18. Kolbrún Jónsdóttir	03 UMFA	38.64	293	
19. Ylfa Ásgerður Eyjólfsdóttir	06 Ármann	39.39	276	
20. Bríet Natalía Tómasdóttir	04 FJÖL	39.43	275	
21. Ziza Alomerovik	07 Ármann	40.12	261	*
22. Iðunn María Gunnarsdóttir	04 Ármann	42.98	213	*
23. Naomí Arnarsdóttir	07 Óðinn	44.58	190	*
24. Sólveig Ágústa Aradóttir	05 Ármann	45.38	181	*
25. Jórunn Inga Sigurgeirsdóttir	06 UMFB	48.05	152	*



Extramót SH 2018
Hafnarfjörður, 20. - 21.10.2018

Sundgrein 18 karla, 50m baksund Opinn
20.10.2018 - 17:00 Úrslitalistar

Íslandsmet Opinn	24.05	Örn Arnarson	SH	Debrecen (HUN)	14.12.2007
Íslandsmet 15 - 17	25.42				
Íslandsmet 13 - 14	27.21				
Íslandsmet 11 - 12	30.10				
Mótsmet	25.54				31.10.2015

HM 16 +: 24.82 / NM 18 +: 25.50; 16 - 17: 25.50; 14 - 15: 25.50 / ÍM : 31.70

Stig: FINA 2018

Sæti	F.ár	Tími	Stig
1. Kristinn Þórarinsson	96 FJÖL	25.18	687 NM
2. Dadó Fenrir Jasminuson	95 SH	26.11	616 ÍM
3. Tómas Magnússon	02 KR	28.40	478 ÍM
4. Gabriel Ari Tryggvarson	03 ÍRB	30.82	374 ÍM
5. Aron Bjarki Jónsson	01 SH	30.94	370 ÍM
6. Aron Fannar Kristínarson	03 ÍRB	31.14	363 ÍM
7. Júlíus Karl Maier	02 SH	31.35	356 ÍM
8. Sveinn Elí Helgason	04 Ægir	31.55	349 ÍM
9. Aron Valgeirsson	03 BREI	32.01	334
10. Hringur Birgir Kristinsson	04 FJÖL	32.68	314
11. Skúli Thor Ásgeirsson	02 Ægir	33.06	303
12. Kristján Magnússon	05 ÍA	33.38	294
13. Már Gunnarsson S12	99 ÍRB	34.56	265
14. Viktor Emil Sigtryggsson	00 Óðinn	35.00	255
15. Ýmir Chatenay Sölvason	06 Ármann	35.53	244
16. Tristan Þór K Wium	02 ÍRB	36.05	234
17. Andri Bergmann Ísaksen	04 BREI	36.22	230
18. Bjarki B Ísaksen	06 BREI	37.11	214
19. Sigurður Þráinn Sigurðsson	02 UMFA	37.83	202
20. Pétur Alfreðsson	06 BREI	38.68	189
21. Guðfinnur Karlsson	88 FJÖRÐ	40.53	164 *
22. Ásmundur Þór Ásmundsson	87 FJÖRÐ	45.24	118 *
23. Hjörtur Ingvarsson	95 FJÖRÐ	49.52	90 *
24. Adrian Erwin	88 FJÖRÐ	49.56	90 *
25. Róbert Erwin	97 FJÖRÐ	54.09	69 *
26. Breki Arnarsson	96 KR	54.26	68 *



Extramót SH 2018
Hafnarfjörður, 20. - 21.10.2018

Sundgrein 19
20.10.2018 - 17:04

kvenna, 100m fjórsund

Opinn
Úrslitalistar

Mótsmet	1:01.35					29.10.2017
Íslandsmet Opinn	1:00.31	Hrafnhildur Lúthersdóttir	SH	Windsor (CAN)		8.12.2016
Íslandsmet 15 - 17	1:02.00					
Íslandsmet 13 - 14	1:06.64					
Íslandsmet 11 - 12	1:08.35					

HM 16 +: 1:03.35 / ÍM : 1:14.20

Stig: FINA 2018

Sæti	F.ár		Tími	Stig	50m	100m
Framtið						
1.	Vigdís Tinna Hákonardóttir	06 BREI	1:21.07	338	39.36	41.71
2.	Jóhanna Brynja Rúnarsdóttir	06 SH	1:22.54	320	38.55	43.99
3.	Helga Sigurlaug Helgadóttir	07 SH	1:23.14	314	38.65	44.49
4.	Nadja Djurovic	07 BREI	1:24.30	301	40.23	44.07
5.	Karen Ósk Gísladóttir	06 BREI	1:25.20	291	41.06	44.14
6.	Otylia Lis	06 Ægir	1:26.54	278	40.97	45.57
7.	Júlíana Björt Hjaltested	06 UMFA	1:27.75	267	42.60	45.15
8.	Ástrós Halla Jónsdóttir	06 Ægir	1:28.33	261	40.85	47.48
9.	Ziza Alomerovic	07 Ármann	1:29.07	255	41.75	47.32
10.	Ingibjörg Anna Qi Skúladóttir	06 UMFB	1:29.85	248	42.73	47.12
11.	Kolbrún Ósk Vilhjálmsdóttir	06 Óðinn	1:30.46	243	42.37	48.09
12.	Matthildur Eir Valdimarsdóttir	06 Óðinn	1:31.02	239	43.72	47.30
13.	Hulda Þorkelsdóttir	06 Ægir	1:31.82	233	45.14	46.68
14.	Sunna Björg Harðardóttir	06 Ægir	1:33.35	221	45.58	47.77
15.	Ragnheiður Gunnsteinsdóttir	07 Stjarnan	1:34.16	216	47.03	47.13
16.	Elín Rósa Ragnarsdóttir	06 Óðinn	1:35.19	209	44.76	50.43
17.	María Sól Jósepsdóttir	08 GEST	1:36.65	199	44.37	52.28
18.	Arna Rut Stefánsdóttir	07 SH	1:37.26	196	48.10	49.16
19.	Margrét Gunnarsdóttir	06 UMFB	1:43.71	161 *	51.69	52.02
20.	Jórunn Inga Sigurgeirsdóttir	06 UMFB	1:45.47	153 *	50.22	55.25
óg.ífullri stærð	Naomí Arnarsdóttir	07 Óðinn				

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

Æskunnar

1.	Aþena Jónsdóttir	04 SH	1:11.20	499	ÍM	33.40	37.80
2.	Kristín Helga Hákonardóttir	04 BREI	1:11.92	485	ÍM	32.76	39.16
3.	Guðbjörg Bjartey Guðmundsdóttir	05 ÍA	1:14.14	442	ÍM	34.95	39.19
4.	Ólöf Kristín Isaksen	05 Óðinn	1:14.36	438		35.58	38.78
5.	Bríet Dalla Gunnarsdóttir	04 SH	1:14.53	435		35.15	39.38
6.	Hafdís Eva Pálsdóttir	04 ÍRB	1:16.23	407		34.76	41.47
7.	Ásta Kamilla Sigurðardóttir	04 ÍRB	1:16.84	397		36.44	40.40
8.	Guðrún Lilja Kristmannsdóttir	04 FJÖL	1:18.74	369		37.15	41.59
9.	Embla Karen Sævarsdóttir	04 Óðinn	1:19.11	364		36.67	42.44
10.	Birta Rún Smáradóttir	04 UMFA	1:19.46	359		36.56	42.90
11.	Dagbjörg Hlíf Ólafsdóttir	05 SH	1:19.75	355		39.21	40.54
12.	Natalia Jónsdóttir	04 SH	1:21.82	329		37.33	44.49
13.	Bríet Björk Pálsdóttir	04 Óðinn	1:22.08	326		39.34	42.74
14.	Rán Björnsdóttir	05 Ægir	1:24.36	300		40.73	43.63
15.	Arndís Magnúsdóttir	04 UMFB	1:31.69	234		45.24	46.45
16.	Sólveig Ágústa Aradóttir	05 Ármann	1:34.72	212		44.32	50.40
17.	Eydís Birta Ingólfssdóttir	05 UMFB	1:35.85	204		47.38	48.47
18.	Hrefna María Heiðarsdóttir	05 BREI	1:39.40	183		46.91	52.49
ÓG.	Guðbjörg Eyvindardóttir	04 SH					

6.5 - Keppendai ekki kominn í bakstöðu þegar spyrt er frá bakka



Extramót SH 2018
Hafnarfjörður, 20. - 21.10.2018

Sundgrein 19, kvenna, 100m fjórsund

Unglinga

1.	Pura Snorradóttir	03	Óðinn	1:10.13	523	ÍM	31.49	38.64
2.	Adele Alexandra Pálsson	03	SH	1:10.34	518	ÍM	33.09	37.25
3.	Fanney Lind Jóhannsdóttir	02	Ægir	1:13.53	453	ÍM	34.29	39.24
4.	Svava Björg Lárusdóttir	03	Ármann	1:13.70	450	ÍM	34.22	39.48
5.	Diljá Rún Ívarsdóttir	02	ÍRB	1:14.72	432		34.51	40.21
6.	Kristín Ylfa Guðmundsdóttir	02	SH	1:14.93	428		35.66	39.27
7.	Eva Sól Garðarsdóttir	03	Óðinn	1:15.30	422		34.58	40.72
8.	Rebekka Sif Ómarsdóttir	03	Óðinn	1:15.43	420		35.72	39.71
9.	Aþena Arnarsdóttir	03	Óðinn	1:17.01	395		36.26	40.75
10.	Amalia Nanna Juliusdóttir	02	Óðinn	1:17.55	386		37.24	40.31
11.	Íris Edda Garðarsdóttir	03	FJÖL	1:18.12	378		37.22	40.90
12.	Svanhildur M. Valdimarsdóttir	03	Óðinn	1:24.21	302		41.67	42.54
13.	Agnes Fjóra Flosadóttir	02	Óðinn	1:24.29	301		42.00	42.29
14.	Auður Halla Rögnvaldsdóttir	03	KR	1:26.34	280		41.12	45.22
óg.ífullri stærð	Una Hlynisdóttir	02	SH					

Opinn

1.	Katarína Róbertsdóttir	00	SH	1:05.22	650	ÍM	30.00	35.22
2.	Jóhanna Gerða Gústafsdóttir	90	GEST	1:06.46	614	ÍM	30.59	35.87
3.	Jóhanna Elín Guðmundsdóttir	01	SH	1:07.05	598	ÍM	31.39	35.66
4.	Elín Kata Sigurgeirsdóttir	99	Óðinn	1:09.94	527	ÍM	31.38	38.56
5.	Pura Snorradóttir	03	Óðinn	1:10.13	523	ÍM	31.49	38.64
6.	Adele Alexandra Pálsson	03	SH	1:10.34	518	ÍM	33.09	37.25
7.	Aþena Jónsdóttir	04	SH	1:11.20	499	ÍM	33.40	37.80
8.	Kristín Helga Hákonardóttir	04	BREI	1:11.92	485	ÍM	32.76	39.16
9.	Alexandra Tómasdóttir	01	Óðinn	1:12.80	467	ÍM	34.35	38.45
10.	Fanney Lind Jóhannsdóttir	02	Ægir	1:13.53	453	ÍM	34.29	39.24
11.	Svava Björg Lárusdóttir	03	Ármann	1:13.70	450	ÍM	34.22	39.48
12.	Brynhildur Traustadóttir	01	ÍA	1:13.80	448	ÍM	34.75	39.05
13.	Guðbjörg Bjartey Guðmundsdóttir	05	ÍA	1:14.14	442	ÍM	34.95	39.19
14.	Ólöf Kristín Isaksen	05	Óðinn	1:14.36	438		35.58	38.78
15.	Bríet Dalla Gunnarsdóttir	04	SH	1:14.53	435		35.15	39.38
16.	Diljá Rún Ívarsdóttir	02	ÍRB	1:14.72	432		34.51	40.21
17.	Kristín Ylfa Guðmundsdóttir	02	SH	1:14.93	428		35.66	39.27
18.	Eva Sól Garðarsdóttir	03	Óðinn	1:15.30	422		34.58	40.72
19.	Rebekka Sif Ómarsdóttir	03	Óðinn	1:15.43	420		35.72	39.71
20.	Aþena Karaolani	00	BREI	1:16.09	409		35.45	40.64
21.	Ingibjörg Erla Garðarsdóttir	00	FJÖL	1:16.19	408		36.42	39.77
22.	Hafdís Eva Pálsdóttir	04	ÍRB	1:16.23	407		34.76	41.47
23.	Ásta Kamilla Sigurðardóttir	04	ÍRB	1:16.84	397		36.44	40.40
24.	Aþena Arnarsdóttir	03	Óðinn	1:17.01	395		36.26	40.75
25.	Amalia Nanna Juliusdóttir	02	Óðinn	1:17.55	386		37.24	40.31
26.	Íris Edda Garðarsdóttir	03	FJÖL	1:18.12	378		37.22	40.90
27.	Katrín Eva Jóhannsdóttir	01	Óðinn	1:18.53	372		38.01	40.52
28.	Guðrún Lilja Kristmannsdóttir	04	FJÖL	1:18.74	369		37.15	41.59
29.	Embla Karen Sævarsdóttir	04	Óðinn	1:19.11	364		36.67	42.44
30.	Birta Rún Smáradóttir	04	UMFA	1:19.46	359		36.56	42.90
31.	Dagbjörg Hlíf Ólafsdóttir	05	SH	1:19.75	355		39.21	40.54
32.	Vigdís Tinna Hákonardóttir	06	BREI	1:21.07	338		39.36	41.71
33.	Natalia Jónsdóttir	04	SH	1:21.82	329		37.33	44.49
34.	Bríet Björk Pálsdóttir	04	Óðinn	1:22.08	326		39.34	42.74
35.	Jóhanna Brynja Rúnarsdóttir	06	SH	1:22.54	320		38.55	43.99
36.	Helga Sigurlaug Helgadóttir	07	SH	1:23.14	314		38.65	44.49
37.	Svanhildur M. Valdimarsdóttir	03	Óðinn	1:24.21	302		41.67	42.54
38.	Agnes Fjóra Flosadóttir	02	Óðinn	1:24.29	301		42.00	42.29



Extramót SH 2018
Hafnarfjörður, 20. - 21.10.2018

Sundgrein 19, kvenna, 100m fjórsund, Opinn

Sæti	F.ár		Tími	Stig	50m	100m
39.	Nadja Djurovic	07 BREI	1:24.30	301	40.23	44.07
40.	Rán Björnsdóttir	05 Ægir	1:24.36	300	40.73	43.63
41.	Karen Ósk Gísladóttir	06 BREI	1:25.20	291	41.06	44.14
42.	Auður Halla Rögnvaldsdóttir	03 KR	1:26.34	280	41.12	45.22
43.	Otylia Lis	06 Ægir	1:26.54	278	40.97	45.57
44.	Aníta Hrafnsdóttir	S9414 FJÖRÐ	1:27.55	268	39.95	47.60
45.	Júlíana Björt Hjaltsted	06 UMFA	1:27.75	267	42.60	45.15
46.	Ástrós Halla Jónsdóttir	06 Ægir	1:28.33	261	40.85	47.48
47.	Ziza Alomerovic	07 Ármann	1:29.07	255	41.75	47.32
48.	Ingibjörg Anna Qi Skúladóttir	06 UMFB	1:29.85	248	42.73	47.12
49.	Kolbrún Ósk Vilhjálmsdóttir	06 Óðinn	1:30.46	243	42.37	48.09
50.	Matthildur Eir Valdimarsdóttir	06 Óðinn	1:31.02	239	43.72	47.30
51.	Arndís Magnúsdóttir	04 UMFB	1:31.69	234	45.24	46.45
52.	Hulda Þorkelsdóttir	06 Ægir	1:31.82	233	45.14	46.68
53.	Sunna Björg Harðardóttir	06 Ægir	1:33.35	221	45.58	47.77
54.	Ragnheiður Gunnsteinsdóttir	07 Stjarnan	1:34.16	216	47.03	47.13
55.	Sólveig Ágústa Aradóttir	05 Ármann	1:34.72	212	44.32	50.40
56.	Elín Rósa Ragnarsdóttir	06 Óðinn	1:35.19	209	44.76	50.43
57.	Eydís Birta Ingólfssdóttir	05 UMFB	1:35.85	204	47.38	48.47
58.	María Sól Jósepsdóttir	08 GEST	1:36.65	199	44.37	52.28
59.	Arna Rut Stefánsdóttir	07 SH	1:37.26	196	48.10	49.16
60.	Hrefna María Heiðarsdóttir	05 BREI	1:39.40	183	46.91	52.49
61.	Margrét Gunnarsdóttir	06 UMFB	1:43.71	161 *	51.69	52.02
62.	Jórunn Inga Sigurgeirsdóttir	06 UMFB	1:45.47	153 *	50.22	55.25
ÓG.	Guðbjörg Eyvindardóttir	04 SH				

6.5 - Keppendai ekki kominn í bakstöðu þegar spyrrt er frá bakka

óg.ífullri stærð Una Hlynsdóttir 02 SH
óg.ífullri stærð Naomí Arnarsdóttir 07 Óðinn

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

Sundgrein 20

karla, 400m fjórsund

Opinn

20.10.2018 - 17:20

Úrslitalistar

Íslandsmet Opinn	4:11.78	Örn Arnarson	SH	Vestmannaeyjar	17.3.2001
Íslandsmet 15 - 17	4:25.53				
Íslandsmet 13 - 14	4:41.69				
Íslandsmet 11 - 12	5:08.87				
Mótsmet	4:32.99				31.10.2014

HM 16 +: 4:19.03 / NM 18 +: 4:41.00; 16 - 17: 4:44.11; 14 - 15: 4:47.50 / ÍM : 5:22.50

Stig: FINA 2018

Sæti	F.ár		Tími	Stig
1. Patrik Viggó Vilbergsson	02 BREI		4:34.68	630 NM
50m: 28.80 28.80	150m: 1:37.46 35.18	250m: 2:51.85 39.85	350m: 4:04.13 32.05	
100m: 1:02.28 33.48	200m: 2:12.00 34.54	300m: 3:32.08 40.23	400m: 4:34.68 30.55	
2. Aron Þór Jónsson	02 SH		4:44.83	565 ÍM
50m: 31.16 31.16	150m: 1:45.03 38.67	250m: 3:00.72 38.21	350m: 4:13.14 33.16	
100m: 1:06.36 35.20	200m: 2:22.51 37.48	300m: 3:39.98 39.26	400m: 4:44.83 31.69	
3. Kristófer Atli Andersen	02 BREI		4:53.23	518 ÍM
50m: 30.27 30.27	150m: 1:44.60 37.74	250m: 3:04.71 42.74	350m: 4:21.13 32.60	
100m: 1:06.86 36.59	200m: 2:21.97 37.37	300m: 3:48.53 43.82	400m: 4:53.23 32.10	
4. Birnir Freyr Hálfánarsson	06 SH		5:11.04	434 ÍM
50m: 32.95 32.95	150m: 1:52.58 40.64	250m: 3:16.95 44.47	350m: 4:37.82 35.19	
100m: 1:11.94 38.99	200m: 2:32.48 39.90	300m: 4:02.63 45.68	400m: 5:11.04 33.22	



Extramót SH 2018
Hafnarfjörður, 20. - 21.10.2018

Sundgrein 20, karla, 400m fjórsund, Opinn

Sæti			F.ár				Tími				Stig		
5.	Veigar Hrafn Sigþórsson		05	SH							5:14.11	421	ÍM
	50m: 34.27 34.27		150m: 1:52.49	40.07	250m: 3:18.60	46.50	350m: 4:40.34	34.88					
	100m: 1:12.42 38.15		200m: 2:32.10	39.61	300m: 4:05.46	46.86	400m: 5:14.11	33.77					
6.	Snorri Dagur Einarsson		05	SH							5:14.12	421	ÍM
	50m: 33.29 33.29		150m: 1:58.37	44.37	250m: 3:22.62	42.20	350m: 4:40.77	35.62					
	100m: 1:14.00 40.71		200m: 2:40.42	42.05	300m: 4:05.15	42.53	400m: 5:14.12	33.35					
7.	Kári Steinn Kjartansson		03	Ægir							5:17.04	409	ÍM
	50m: 34.63 34.63		150m: 1:55.75	39.36	250m: 3:21.03	46.98	350m: 4:43.67	34.73					
	100m: 1:16.39 41.76		200m: 2:34.05	38.30	300m: 4:08.94	47.91	400m: 5:17.04	33.37					
8.	Ólafur Breki Guðnason		03	Ægir							5:20.72	395	ÍM
	50m: 34.21 34.21		150m: 1:57.88	42.00	250m: 3:23.41	45.10	350m: 4:45.43	35.68					
	100m: 1:15.88 41.67		200m: 2:38.31	40.43	300m: 4:09.75	46.34	400m: 5:20.72	35.29					
9.	Kári Snær Halldórsson		04	ÍRB							5:22.96	387	
	50m: 36.55 36.55		150m: 2:02.22	42.93	250m: 3:24.36	40.72	350m: 4:46.37	39.41					
	100m: 1:19.29 42.74		200m: 2:43.64	41.42	300m: 4:06.96	42.60	400m: 5:22.96	36.59					
10.	Alexander Logi Jónsson		04	ÍRB							5:23.67	385	
	50m: 35.42 35.42		150m: 1:56.45	41.65	250m: 3:22.48	44.66	350m: 4:47.05	39.11					
	100m: 1:14.80 39.38		200m: 2:37.82	41.37	300m: 4:07.94	45.46	400m: 5:23.67	36.62					
11.	Hilmir Snær Lunddal Rúnarsson		03	SH							5:28.81	367	
	50m: 33.77 33.77		150m: 1:56.08	42.79	250m: 3:25.03	47.52	350m: 4:51.84	38.60					
	100m: 1:13.29 39.52		200m: 2:37.51	41.43	300m: 4:13.24	48.21	400m: 5:28.81	36.97					
12.	Edward Jensson		04	SH							5:34.21	349	
	50m: 35.41 35.41		150m: 1:58.85	40.69	250m: 3:29.70	49.13	350m: 4:57.72	37.37					
	100m: 1:18.16 42.75		200m: 2:40.57	41.72	300m: 4:20.35	50.65	400m: 5:34.21	36.49					
13.	Daníel Patrick Riley		03	ÍRB							5:44.48	319	
	50m: 34.82 34.82		150m: 2:03.17	48.41	250m: 3:39.30	48.61	350m: 5:06.89	39.19					
	100m: 1:14.76 39.94		200m: 2:50.69	47.52	300m: 4:27.70	48.40	400m: 5:44.48	37.59					
14.	Markús Már Hilmarsson		05	SH							5:55.02	291	
	50m: 36.88 36.88		150m: 2:10.93	49.90	250m: 3:45.31	48.22	350m: 5:15.97	40.11					
	100m: 1:21.03 44.15		200m: 2:57.09	46.16	300m: 4:35.86	50.55	400m: 5:55.02	39.05					
15.	Dagur Snær Hilmarsson		03	SH							6:00.27	279	
	50m: 38.30 38.30		150m: 2:14.11	47.86	250m: 3:52.57	53.17	350m: 5:22.52	38.45					
	100m: 1:26.25 47.95		200m: 2:59.40	45.29	300m: 4:44.07	51.50	400m: 6:00.27	37.75					
Óg.ífullri stærð	Símon Elías Statkevicius		03	SH									ÍM
	<i>6.6 - Keppendi lauk ekki sundinu á bakinu</i>												



Extramót SH 2018
Hafnarfjörður, 20. - 21.10.2018

Sundgrein 21
20.10.2018 - 17:32

kvenna, 200m bringusund

Opinn
Úrslitalistar

Mótsmet	2:28.07				29.10.2017
Íslandsmet Opinn	2:22.69	Hrafnhildur Lúthersdóttir	SH	Doha (QAT)	7.12.2014
Íslandsmet 15 - 17	2:31.51				
Íslandsmet 13 - 14	2:35.23				
Íslandsmet 11 - 12	2:42.79				

HM 16 +: 2:29.66 / NM 17 +: 2:36.83; 15 - 16: 2:42.37; 13 - 14: 2:45.37 / ÍM : 2:59.90

Stig: FINA 2018

Sæti	F.ár	Tími	Stig	50m	100m	150m	200m		
Framtíð									
1.	Vigdís Tinna Hákonardóttir	06	BREI	3:08.20	365	43.19	47.74	49.35	47.92
2.	Otylía Lis	06	Ægir	3:20.40	302	46.08	51.10	52.16	51.06
3.	Júlíana Björt Hjaltsted	06	UMFA	3:20.97	300	46.77	50.68	51.63	51.89
4.	Hulda Þorkeldsdóttir	06	Ægir	3:21.08	299	45.66	52.30	52.63	50.49
5.	Sunna Björg Harðardóttir	06	Ægir	3:23.14	290	48.24	51.32	52.22	51.36
6.	Matthildur Eir Valdimarsdóttir	06	Óðinn	3:28.35	269	46.57	53.24	54.50	54.04
7.	Ágústa Inga Arnarsdóttir	06	Stjarnan	3:29.37	265	47.45	53.05	54.94	53.93
8.	Katla Mist Bragadóttir	07	Ármann	3:32.91	252	49.23	54.38	55.50	53.80
9.	Katrín Tinna Andrésdóttir	06	Stjarnan	3:35.24	244	49.10	54.43	56.15	55.56
10.	Elín Rósa Ragnarsdóttir	06	Óðinn	3:39.41	230	49.96	56.36	56.69	56.40
11.	Kolbrún Ósk Vilhjálmsdóttir	06	Óðinn	3:45.76	211 *	50.60	57.07	59.58	58.51
12.	Naomí Arnarsdóttir	07	Óðinn	3:48.44	204 *	52.18	58.69	58.72	58.85

Æskunnar

1.	Ragnheiður Karen Ólafsdóttir	04	ÍA	2:53.66	465	ÍM	39.14	43.90	45.35	45.27
2.	Guðbjörg Bjartey G.	05	ÍA	2:58.50	428	ÍM	39.25	45.76	47.16	46.33
3.	Briét Natalía Tómasdóttir	04	FJÖL	3:09.71	356		44.42	48.83	49.35	47.11
4.	Kolbrá Sölva Leifsdóttir	05	KR	3:11.31	348		42.67	49.94	49.25	49.45
5.	Rán Björnsdóttir	05	Ægir	3:15.39	326		45.31	49.41	50.91	49.76
6.	Dagbjört Lilja Daníelsdóttir	04	VÖLS	3:19.85	305		45.58	52.75	52.00	49.52
7.	Emma Kolbrún Garðarsdóttir	04	Ægir	3:27.61	272		46.93	53.17	54.15	53.36
8.	Hjördís Freyja Kjartansdóttir	05	Ægir	3:37.99	235		49.52	56.21	57.08	55.18

óg.ífullri stærð

Thelma Lind Einarsdóttir 05 ÍRB ÍM
7.6 - Önnur hönd í bakka eða hendur snerta ekki bakkan samtímis í snúningi eða við lok

Unglinga

1.	Sigurjóna Ragnheiðardóttir	03	Óðinn	2:52.16	477	ÍM	38.18	44.00	44.90	45.08
2.	Birna Hilmarsdóttir	02	ÍRB	3:08.88	361		42.07	47.87	49.16	49.78
3.	Guðný Birna Falsdóttir	03	ÍRB	3:10.18	354		43.42	48.41	48.78	49.57
4.	Agnes Fjóla Flosadóttir	02	Óðinn	3:12.41	342		44.55	49.49	49.18	49.19
5.	Amelía Björk Davíðsdóttir	03	ÍRB	3:13.11	338		44.08	48.91	50.14	49.98

Opinn

1.	María Fanney Kristjánsdóttir	00	SH	2:36.71	633	NM	35.54	39.89	40.61	40.67
2.	Sunna Svanlaug V.	00	SH	2:42.71	565	ÍM	35.88	40.85	42.40	43.58
3.	Sigurjóna Ragnheiðardóttir	03	Óðinn	2:52.16	477	ÍM	38.18	44.00	44.90	45.08
4.	Ragnheiður Karen Ólafsdóttir	04	ÍA	2:53.66	465	ÍM	39.14	43.90	45.35	45.27
5.	Guðbjörg Bjartey G.	05	ÍA	2:58.50	428	ÍM	39.25	45.76	47.16	46.33
6.	Kristína Bragadóttir	00	Ármann	3:07.56	369		41.74	48.28	48.05	49.49
7.	Vigdís Tinna Hákonardóttir	06	BREI	3:08.20	365		43.19	47.74	49.35	47.92
8.	Birna Hilmarsdóttir	02	ÍRB	3:08.88	361		42.07	47.87	49.16	49.78
9.	Briét Natalía Tómasdóttir	04	FJÖL	3:09.71	356		44.42	48.83	49.35	47.11
10.	Guðný Birna Falsdóttir	03	ÍRB	3:10.18	354		43.42	48.41	48.78	49.57



Extramót SH 2018
Hafnarfjörður, 20. - 21.10.2018

Sundgrein 21, kvenna, 200m bringusund, Opinn

Sæti	F.ár	Tími Stig	50m	100m	150m	200m
11. Kolbrá Sölva Leifsdóttir	05 KR	3:11.31 348	42.67	49.94	49.25	49.45
12. Agnes Fjöla Flosadóttir	02 Óðinn	3:12.41 342	44.55	49.49	49.18	49.19
13. Amelía Björk Davíðsdóttir	03 ÍRB	3:13.11 338	44.08	48.91	50.14	49.98
14. Rán Björnsdóttir	05 Ægir	3:15.39 326	45.31	49.41	50.91	49.76
15. Dagbjört Lilja Daníelsdóttir	04 VÖLS	3:19.85 305	45.58	52.75	52.00	49.52
16. Otylia Lis	06 Ægir	3:20.40 302	46.08	51.10	52.16	51.06
17. Júlíana Björt Hjaltsted	06 UMFA	3:20.97 300	46.77	50.68	51.63	51.89
18. Hulda Þorkeldsdóttir	06 Ægir	3:21.08 299	45.66	52.30	52.63	50.49
19. Sunna Björg Harðardóttir	06 Ægir	3:23.14 290	48.24	51.32	52.22	51.36
20. Emma Kolbrún Garðarsdóttir	04 Ægir	3:27.61 272	46.93	53.17	54.15	53.36
21. Matthildur Eir Valdimarsdóttir	06 Óðinn	3:28.35 269	46.57	53.24	54.50	54.04
22. Ágústa Inga Arnarsdóttir	06 Stjarnan	3:29.37 265	47.45	53.05	54.94	53.93
23. Katla Mist Bragadóttir	07 Ármann	3:32.91 252	49.23	54.38	55.50	53.80
24. Katrín Tinna Andrésdóttir	06 Stjarnan	3:35.24 244	49.10	54.43	56.15	55.56
25. Hjördís Freyja Kjartansdóttir	05 Ægir	3:37.99 235	49.52	56.21	57.08	55.18
26. Elín Rósa Ragnarsdóttir	06 Óðinn	3:39.41 230	49.96	56.36	56.69	56.40
27. Kolbrún Ósk Vilhjálmsdóttir	06 Óðinn	3:45.76 211 *	50.60	57.07	59.58	58.51
28. Naomí Arnarsdóttir	07 Óðinn	3:48.44 204 *	52.18	58.69	58.72	58.85

óg.ífullri stærð Thelma Lind Einarsdóttir 05 ÍRB ÍM

7.6 - Önnur hönd í bakka eða hendur snerta ekki bakkan samtímis í snúningi eða við lok

Sundgrein 22
20.10.2018 - 17:46

karla, 200m bringusund

Opinn
Úrslitalistar

Íslandsmet Opinn	2:07.75	Jakob Jóhann Sveinsson	Ægir	Reykjavík	20.11.2009
Íslandsmet 15 - 17	2:14.52				
Íslandsmet 13 - 14	2:26.98				
Íslandsmet 11 - 12	2:42.53				
Mótsmet	2:17.75				31.10.2008
HM 16 +: 2:11.27 / NM 18 +: 2:20.60; 16 - 17: 2:21.40; 14 - 15: 2:22.38 / ÍM : 2:45.30					

Stig: FINA 2018

Sæti	F.ár	Tími Stig	50m	100m	150m	200m
Framtíð						
1. Stefán Ingi Ólafsson	06 Ægir	3:15.61 233	44.05	50.62	51.40	49.54
2. Andri Már Kristjánsson	06 SH	3:22.87 209	46.07	52.41	52.13	52.26
3. Björn Yngvi Guðmundsson	07 SH	3:29.62 189	48.95	54.66	53.25	52.76
Æskunnar						
1. Hringur Birgir Kristinsson	04 FJÖL	2:46.60 377	37.77	42.92	43.47	42.44
2. Daníel Steinn Davíðsson	03 BREI	2:54.03 331	37.83	44.31	46.25	45.64
3. Flosi Ómarsson	03 ÍRB	2:57.61 311	39.27	45.08	46.27	46.99
4. Andri Bergmann Ísaksen	04 BREI	3:00.20 298	41.47	45.81	46.47	46.45
5. Andri Stefánsson	04 SH	3:03.27 283	41.98	47.02	47.11	47.16
6. Alex Benjamín Bjarnason	04 ÍA	3:20.76 215	43.49	51.11	53.20	52.96

óg.ífullri stærð MÆekki Daði Björnsson 04 SH

Stefán Elías Davíðsson 03 ÍRB

7.6 - Önnur hönd í bakka eða hendur snerta ekki bakkan samtímis í snúningi eða við lok



Extramót SH 2018
Hafnarfjörður, 20. - 21.10.2018

Sundgrein 22, karla, 200m bringusund

Unglinga

1.	Róbert Ísak Jónsson	01	SH	2:35.46	465	ÍM	34.30	39.77	40.92	40.47
2.	Aron Bjarki Jónsson	01	SH	2:37.86	444	ÍM	34.05	39.70	41.99	42.12
3.	Skúli Thor Ásgeirsson	02	Ægir	2:41.68	413	ÍM	36.44	41.16	41.76	42.32
4.	Runólfur Þorláksson	02	Ármann	2:47.53	371		37.23	42.62	43.67	44.01
5.	Halldór Björn Kristinsson	02	FJÖL	2:49.02	361		37.18	42.52	44.70	44.62
MÆekki	Gústav Ragnar Kristjánss02		BREI							

Opinn

1.	Óskar Gauti Lund	99	BREI	2:27.66	542	ÍM	33.78	37.33	38.55	38.00
2.	Hallgrímur Kjartansson	98	BREI	2:28.72	531	ÍM	32.56	37.58	38.82	39.76
3.	Róbert Ísak Jónsson	01	SH	2:35.46	465	ÍM	34.30	39.77	40.92	40.47
4.	Aron Bjarki Jónsson	01	SH	2:37.86	444	ÍM	34.05	39.70	41.99	42.12
5.	Skúli Thor Ásgeirsson	02	Ægir	2:41.68	413	ÍM	36.44	41.16	41.76	42.32
6.	Hringur Birgir Kristinsson	04	FJÖL	2:46.60	377		37.77	42.92	43.47	42.44
7.	Runólfur Þorláksson	02	Ármann	2:47.53	371		37.23	42.62	43.67	44.01
8.	Halldór Björn Kristinsson	02	FJÖL	2:49.02	361		37.18	42.52	44.70	44.62
9.	Daníel Steinn Davíðsson	03	BREI	2:54.03	331		37.83	44.31	46.25	45.64
10.	Flosi Ómarsson	03	ÍRB	2:57.61	311		39.27	45.08	46.27	46.99
11.	Andri Bergmann Ísaksen	04	BREI	3:00.20	298		41.47	45.81	46.47	46.45
12.	Andri Stefánsson	04	SH	3:03.27	283		41.98	47.02	47.11	47.16
13.	Stefán Ingi Ólafsson	06	Ægir	3:15.61	233		44.05	50.62	51.40	49.54
14.	Guðfinnur Karlsson	88	FJÖRÐ	3:16.67	229		46.13	50.23	51.02	49.29
15.	Alex Benjamín Bjarnason	04	ÍA	3:20.76	215		43.49	51.11	53.20	52.96
16.	Andri Már Kristjánsson	06	SH	3:22.87	209		46.07	52.41	52.13	52.26
17.	Björn Yngvi Guðmundsson	07	SH	3:29.62	189		48.95	54.66	53.25	52.76
MÆekki	Daði Björnsson	04	SH							
MÆekki	Gústav Ragnar Kristjánss02		BREI							
óg.ífullri stærð	Stefán Elías Davíðsson	03	ÍRB							

7.6 - Önnur hönd í bakka eða hendur snerta ekki bakkan samtímis í snúningi eða við lok

Sundgrein 23

20.10.2018 - 17:54

kvenna, 800m skriðsund

Opinn

Úrslitalistar

Mótsmet	8:54.86											31.10.2009
Íslandsmet Opinn	8:38.79	Inga Elín Cryer	Ægir	Doha (QAT)								4.12.2014
Íslandsmet 15 - 17	8:46.57											
Íslandsmet 13 - 14	8:52.21											
Íslandsmet 11 - 12	9:33.04											

HM 16 +: 8:53.74 / NM 17 +: 9:12.30; 15 - 16: 9:14.50; 13 - 14: 9:25.64 / ÍM : 10:25.70

Stig: FINA 2018

Sæti	F.ár		Tími								Stig		
1.	Ragna Sigríður Ragnarsdóttir	01	BREI	9:18.60								631	ÍM
	100m: 1:07.73	1:07.73	300m: 3:29.07	1:10.43	500m: 5:50.06	1:10.15	700m: 8:10.14	1:10.02					
	200m: 2:18.64	1:10.91	400m: 4:39.91	1:10.84	600m: 7:00.12	1:10.06	800m: 9:18.60	1:08.46					
2.	Freyja Birkisdóttir	06	BREI	9:44.54								551	ÍM
	100m: 1:09.23	1:09.23	300m: 3:36.64	1:14.20	500m: 6:04.46	1:13.71	700m: 8:32.40	1:14.05					
	200m: 2:22.44	1:13.21	400m: 4:50.75	1:14.11	600m: 7:18.35	1:13.89	800m: 9:44.54	1:12.14					
3.	Ylfa Finnbogadóttir	02	SH	9:50.61								534	ÍM
	100m: 1:09.66	1:09.66	300m: 3:39.44	1:15.44	500m: 6:07.32	1:14.06	700m: 8:36.66	1:14.07					
	200m: 2:24.00	1:14.34	400m: 4:53.26	1:13.82	600m: 7:22.59	1:15.27	800m: 9:50.61	1:13.95					
4.	Ólöf Kristín Isaksen	05	Óðinn	9:52.52								529	ÍM
	100m: 1:10.37	1:10.37	300m: 3:39.64	1:14.92	500m: 6:09.43	1:15.04	700m: 8:39.90	1:15.05					
	200m: 2:24.72	1:14.35	400m: 4:54.39	1:14.75	600m: 7:24.85	1:15.42	800m: 9:52.52	1:12.62					



Extramót SH 2018
Hafnarfjörður, 20. - 21.10.2018

Sundgrein 23, kvenna, 800m skriðsund, Opinn

Sæti	F.ár	Tími	Stig
21. Ylfa Ásgerður Eyjólfsdóttir	06 Ármann	11:14.63	358
100m: 2:45.23	300m: 4:10.06 1:24.83	500m: 7:02.66 1:26.75	700m: 9:55.59 1:26.10
200m: 2:45.23	400m: 5:35.91 1:25.85	600m: 8:29.49 1:26.83	800m: 11:14.63 1:19.04
22. Elín Eir Andersen	04 KR	11:36.50	325 *
100m: 1:21.01 1:21.01	300m: 4:17.65 1:28.29	500m: 7:14.02 1:27.91	700m: 10:11.20 1:28.79
200m: 2:49.36 1:28.35	400m: 5:46.11 1:28.46	600m: 8:42.41 1:28.39	800m: 11:36.50 1:25.30
MÆekki Þórunn Kolbrún Árnadóttir	02 Óðinn		
MÆekki Arianna Steinarsdóttir	03 Ármann		

Sundgrein 24

karla, 800m skriðsund

Opinn
Úrslitalistar

20.10.2018 - 18:28

Íslandsmet Opinn	7:52.84	Anton Sveinn McKee	Ægir	Istanbul (TUR)	16.12.2012
Íslandsmet 15 - 17	8:16.04				
Íslandsmet 13 - 14	8:31.56				
Íslandsmet 11 - 12	9:24.91				
Mótsmet	8:17.74				31.10.2012
ÍM : 9:56.50					

Stig: FINA 2018

Sæti	F.ár	Tími	Stig
1. Patrik Viggó Vilbergsson	02 BREI	8:29.68	658 ÍM
100m: 1:00.07 1:00.07	300m: 3:10.31 1:04.93	500m: 5:19.98 1:04.74	700m: 7:28.55 1:03.72
200m: 2:05.38 1:05.31	400m: 4:15.24 1:04.93	600m: 6:24.83 1:04.85	800m: 8:29.68 1:01.13
2. Kristófer Atli Andersen	02 BREI	8:49.71	586 ÍM
100m: 1:01.29 1:01.29	300m: 3:13.94 1:06.74	500m: 5:30.12 1:07.96	700m: 7:45.14 1:06.53
200m: 2:07.20 1:05.91	400m: 4:22.16 1:08.22	600m: 6:38.61 1:08.49	800m: 8:49.71 1:04.57
3. Óskar Gauti Lund	99 BREI	8:54.40	571 ÍM
100m: 1:03.85 1:03.85	300m: 3:20.28 1:08.70	500m: 5:36.86 1:08.00	700m: 7:51.39 1:07.26
200m: 2:11.58 1:07.73	400m: 4:28.86 1:08.58	600m: 6:44.13 1:07.27	800m: 8:54.40 1:03.01
4. Baldur Logi Gautason	00 Óðinn	9:14.76	510 ÍM
100m: 1:03.64 1:03.64	300m: 3:23.38 1:09.98	500m: 5:45.15 1:10.83	700m: 8:06.55 1:10.20
200m: 2:13.40 1:09.76	400m: 4:34.32 1:10.94	600m: 6:56.35 1:11.20	800m: 9:14.76 1:08.21
5. Jónas Atli Pálsson	03 SH	9:31.13	467 ÍM
100m: 1:05.80 1:05.80	300m: 3:28.98 1:12.19	500m: 5:54.76 1:12.75	700m: 8:20.63 1:12.74
200m: 2:16.79 1:10.99	400m: 4:42.01 1:13.03	600m: 7:07.89 1:13.13	800m: 9:31.13 1:10.50
6. Guðmundur Halldórsson	04 BREI	9:47.10	430 ÍM
100m: 1:09.40 1:09.40	300m: 3:38.41 1:15.05	500m: 6:07.90 1:14.57	700m: 8:35.93 1:13.83
200m: 2:23.36 1:13.96	400m: 4:53.33 1:14.92	600m: 7:22.10 1:14.20	800m: 9:47.10 1:11.17
7. Kristján Magnússon	05 ÍA	9:47.41	430 ÍM
100m: 1:08.05 1:08.05	300m: 3:38.19 1:15.13	500m: 6:08.19 1:14.79	700m: 8:36.80 1:13.90
200m: 2:23.06 1:15.01	400m: 4:53.40 1:15.21	600m: 7:22.90 1:14.71	800m: 9:47.41 1:10.61
8. Sölvi Bjartur Ingólfsson	03 Stjarnan	9:49.26	426 ÍM
100m: 1:08.86 1:08.86	300m: 3:38.04 1:14.75	500m: 6:08.96 1:15.50	700m: 8:38.77 1:14.33
200m: 2:23.29 1:14.43	400m: 4:53.46 1:15.42	600m: 7:24.44 1:15.48	800m: 9:49.26 1:10.49
9. Guðmundur Karl Karlsson	05 BREI	9:57.93	407
100m: 1:09.27 1:09.27	300m: 3:39.24 1:14.85	500m: 6:12.59 1:16.66	700m: 8:44.84 1:15.39
200m: 2:24.39 1:15.12	400m: 4:55.93 1:16.69	600m: 7:29.45 1:16.86	800m: 9:57.93 1:13.09
10. Jón Ingi Halldórsson	04 BREI	10:04.08	395
100m: 1:10.70 1:10.70	300m: 3:43.31 1:16.58	500m: 6:16.80 1:16.99	700m: 8:49.29 1:16.10
200m: 2:26.73 1:16.03	400m: 4:59.81 1:16.50	600m: 7:33.19 1:16.39	800m: 10:04.08 1:14.79



Extramót SH 2018
Hafnarfjörður, 20. - 21.10.2018

Sundgrein 24, karla, 800m skriðsund, Opinn

Sæti			F.ár					Tími	Stig			
11.	Einar Atli Guðnason		03	Ægir				10:12.32	379			
	100m:	1:12.11	1:12.11	300m:	3:46.09	1:17.28	500m:	6:22.34	1:18.61	700m:	8:58.45	1:17.93
	200m:	2:28.81	1:16.70	400m:	5:03.73	1:17.64	600m:	7:40.52	1:18.18	800m:	10:12.32	1:13.87
12.	Halldór Óskar Eiríksson		02	FJÖL				10:17.04	371			
	100m:	1:13.22	1:13.22	300m:	3:48.45	1:18.00	500m:	6:24.25	1:17.83	700m:	9:01.68	1:18.54
	200m:	2:30.45	1:17.23	400m:	5:06.42	1:17.97	600m:	7:43.14	1:18.89	800m:	10:17.04	1:15.36
13.	Bjarki B Isaksen		06	BREI				10:29.50	349			
	100m:	1:14.92	1:14.92	300m:	3:55.84	1:20.58	500m:	6:36.21	1:20.42	700m:	9:14.16	1:18.11
	200m:	2:35.26	1:20.34	400m:	5:15.79	1:19.95	600m:	7:56.05	1:19.84	800m:	10:29.50	1:15.34



Extramót SH 2018
Hafnarfjörður, 20. - 21.10.2018

Sundgrein 25
21.10.2018 - 10:00

karla, 100m skriðsund

Opinn
Úrslitalistar

Íslandsmet Opinn	48.42	Örn Arnarson	SH	Reykjavík	16.11.2007
Íslandsmet 15 - 17	49.71				
Íslandsmet 13 - 14	54.57				
Íslandsmet 11 - 12	58.16				
Mótsmet	49.97				29.10.2017

HM 16 +: 49.45 / NM 18 +: 53.07; 16 - 17: 54.10; 14 - 15: 55.10 / ÍM: 1:00.90

Stig: FINA 2018

Sæti	F.ár	Tími	Stig	50m	100m
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Framtið

1. Birnir Freyr Hálfðánarsson	06	SH	58.94	443	ÍM	27.80	31.14
2. Guðmundur Karl Karlsson	05	BREI	1:00.65	406	ÍM	29.00	31.65
3. Snorri Dagur Einarsson	05	SH	1:01.00	399		29.01	31.99
4. Veigar Hrafn Sigþórsson	05	SH	1:01.98	381		29.98	32.00
5. Pétur Alfreðsson	06	BREI	1:08.52	282		33.68	34.84
6. Stefán Ingi Ólafsson	06	Ægir	1:08.61	281		32.86	35.75
7. Jónatan Freyr Hólmsteinsson	05	Ægir	1:09.85	266		33.27	36.58
8. Eggert Sigtryggsson	05	SH	1:11.21	251		33.74	37.47
9. Andri Már Kristjánsson	06	SH	1:11.46	248		34.94	36.52
10. Míkael Lárus Thorarensen	05	SH	1:11.94	243		33.93	38.01
11. Björn Yngvi Guðmundsson	07	SH	1:12.04	242		34.86	37.18
12. Bjarki B Isaksen	06	BREI	1:14.30	221		32.50	41.80
13. Kacper Kogut	06	BREI	1:15.06	214		36.34	38.72
14. Örn Kató Arnarsson	05	Óðinn	1:18.93	184		37.43	41.50
15. Egill Jónasson	06	FJÖL	1:20.12	176		38.20	41.92
16. Kristinn Viðar Tómasson	06	Óðinn	1:21.12	170		38.94	42.18
17. Árni Kristinn Hilmarsson	05	BREI	1:22.74	160		39.91	42.83
18. Magnús Víðir Jónsson	08	SH	1:23.15	157		39.25	43.90
19. Pétur Ingi Egilsson	06	BREI	1:23.82	154		39.54	44.28
20. Kristófer Andri Jóhannsson	08	SH	1:27.23	136		40.32	46.91
21. Hermann Ingi Eiríksson	05	FJÖL	1:27.33	136		41.68	45.65
22. Ari Eyvindarsson	07	SH	1:29.31	127		41.74	47.57

óg.ífullri stærð

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

Æskunnar

1. Daði Björnsson	04	SH	56.97	490	ÍM	27.06	29.91
2. Símon Elías Statkevicius	03	SH	57.80	470	ÍM	27.61	30.19
3. Ingvar Orri Jóhannesson	04	FJÖL	58.66	449	ÍM	27.53	31.13
4. Aron Valgeirsson	03	BREI	59.31	435	ÍM	28.91	30.40
5. Aron Fannar Kristínarson	03	ÍRB	1:00.29	414	ÍM	28.52	31.77
6. Sveinn Elí Helgason	04	Ægir	1:00.40	411	ÍM	29.17	31.23
7. Tómas Hlynur Schopka	03	Stjarnan	1:02.18	377		28.24	33.94
8. Kári Steinn Kjartansson	03	Ægir	1:02.29	375		30.17	32.12
9. Úlfur Páll Andrason	04	KR	1:02.35	374		29.09	33.26
10. Ólafur Breki Guðnason	03	Ægir	1:02.89	364		30.51	32.38
11. Andri Bergmann Ísaksen	04	BREI	1:03.08	361		29.98	33.10
12. Þorsteinn Karl Arnarsson	04	Stjarnan	1:03.70	351		30.28	33.42
13. Kári Snær Halldórsson	04	ÍRB	1:04.73	334		30.97	33.76
14. Alexander Logi Jónsson	04	ÍRB	1:05.18	327		30.94	34.24
15. Guðmundur Halldórsson	04	BREI	1:05.74	319		32.18	33.56
16. Gabríel Þór Sigurmundsson	03	ÍRB	1:06.14	313		31.85	34.29
17. Jón Ingi Halldórsson	04	BREI	1:06.18	313		31.80	34.38
18. Kristófer Óli Birkisson	04	Óðinn	1:06.21	312		32.04	34.17
19. Stefán Elías Davíðsson	03	ÍRB	1:06.29	311		32.01	34.28



Extramót SH 2018
Hafnarfjörður, 20. - 21.10.2018

Sundgrein 25, Piltar, 100m skriðsund, Æskunnar

Sæti	F.ár		Tími	Stig	50m	100m
20.	Dagur Snær Hilmarsson	03 SH	1:06.49	308	31.98	34.51
21.	Daniel Steinn Davíðsson	03 BREI	1:06.73	305	31.87	34.86
22.	Rafael Andri Williamsson	04 ÍA	1:08.59	281	32.30	36.29
23.	Einar Atli Guðnason	03 Ægir	1:09.04	275	32.83	36.21
24.	Arnar Már Birgisson	04 SH	1:10.53	258	34.34	36.19
MÆekki	Alex Benjamín Bjarnason	04 ÍA				
MÆekki	Davíð Smári Andrésón	03 Stjarnan				

Unglinga

1.	Sindri Andreas Bjarnason	01 ÍA	57.03	489	ÍM	27.10	29.93
2.	Aron Þór Jónsson	02 SH	58.00	465	ÍM	27.77	30.23
3.	Júlíus Karl Maier	02 SH	1:00.42	411	ÍM	29.17	31.25
4.	Tristan Þór K Wium	02 ÍRB	1:01.91	382		29.45	32.46
5.	Sigurður Þráinn Sigurðsson	02 UMFA	1:05.24	326		32.17	33.07
6.	Halldór Óskar Eiríksson	02 FJÖL	1:06.77	304		32.42	34.35
MÆekki	Róbert Andri Pálmason	02 BREI					

Opinn

1.	Dadó Fenrir Jasminuson	95 SH	49.90	730	NM	23.67	26.23
2.	Davíð Fannar Ragnarsson	98 BREI	53.66	587	ÍM	25.81	27.85
3.	Ólafur Árdal Sigurðsson	99 SH	54.48	561	ÍM	26.70	27.78
4.	Daði Björnsson	04 SH	56.97	490	ÍM	27.06	29.91
5.	Sindri Andreas Bjarnason	01 ÍA	57.03	489	ÍM	27.10	29.93
6.	Simon Elías Statkevicius	03 SH	57.80	470	ÍM	27.61	30.19
7.	Aron Þór Jónsson	02 SH	58.00	465	ÍM	27.77	30.23
8.	Baldur Logi Gautason	00 Óðinn	58.36	456	ÍM	28.23	30.13
9.	Ingvar Orri Jóhannesson	04 FJÖL	58.66	449	ÍM	27.53	31.13
10.	Birnir Freyr Hálfðanarsson	06 SH	58.94	443	ÍM	27.80	31.14
11.	Aron Valgeirsson	03 BREI	59.31	435	ÍM	28.91	30.40
12.	Gunnar Bjarki Jónsson	98 BREI	59.37	433	ÍM	28.05	31.32
13.	Jökull Ýmir Guðmundsson	00 SH	59.38	433	ÍM	28.09	31.29
14.	Ásgrímur Þór Kjartansson	00 Óðinn	59.93	421	ÍM	29.48	30.45
15.	Aron Fannar Kristínarson	03 ÍRB	1:00.29	414	ÍM	28.52	31.77
16.	Sveinn Elí Helgason	04 Ægir	1:00.40	411	ÍM	29.17	31.23
17.	Júlíus Karl Maier	02 SH	1:00.42	411	ÍM	29.17	31.25
18.	Guðmundur Karl Karlsson	05 BREI	1:00.65	406	ÍM	29.00	31.65
19.	Snorri Dagur Einarsson	05 SH	1:01.00	399		29.01	31.99
20.	Tristan Þór K Wium	02 ÍRB	1:01.91	382		29.45	32.46
21.	Veigar Hrafn Sigþórsson	05 SH	1:01.98	381		29.98	32.00
22.	Tómas Hlynur Schopka	03 Stjarnan	1:02.18	377		28.24	33.94
23.	Kári Steinn Kjartansson	03 Ægir	1:02.29	375		30.17	32.12
24.	Úlfur Páll Andrason	04 KR	1:02.35	374		29.09	33.26
25.	Ólafur Breki Guðnason	03 Ægir	1:02.89	364		30.51	32.38
26.	Andri Bergmann Ísaksen	04 BREI	1:03.08	361		29.98	33.10
27.	Viktor Emil Sigtryggsson	00 Óðinn	1:03.10	361		30.20	32.90
28.	Þorsteinn Karl Arnarsson	04 Stjarnan	1:03.70	351		30.28	33.42
29.	Kári Snær Halldórsson	04 ÍRB	1:04.73	334		30.97	33.76
30.	Alexander Logi Jónsson	04 ÍRB	1:05.18	327		30.94	34.24
31.	Sigurður Þráinn Sigurðsson	02 UMFA	1:05.24	326		32.17	33.07
32.	Guðmundur Halldórsson	04 BREI	1:05.74	319		32.18	33.56
33.	Gabriel Þór Sigurmundsson	03 ÍRB	1:06.14	313		31.85	34.29
34.	Jón Ingi Halldórsson	04 BREI	1:06.18	313		31.80	34.38
35.	Kristófer Óli Birkisson	04 Óðinn	1:06.21	312		32.04	34.17
36.	Stefán Elías Davíðsson	03 ÍRB	1:06.29	311		32.01	34.28



Extramót SH 2018
Hafnarfjörður, 20. - 21.10.2018

Sundgrein 25, karla, 100m skriðsund, Opinn

Sæti	F.ár		Tími	Stig	50m	100m
37.	Dagur Snær Hilmarsson	03 SH	1:06.49	308	31.98	34.51
38.	Daniel Steinn Davíðsson	03 BREI	1:06.73	305	31.87	34.86
39.	Halldór Óskar Eiríksson	02 FJÖL	1:06.77	304	32.42	34.35
40.	Pétur Alfreðsson	06 BREI	1:08.52	282	33.68	34.84
41.	Rafael Andri Williamsson	04 ÍA	1:08.59	281	32.30	36.29
42.	Stefán Ingi Ólafsson	06 Ægir	1:08.61	281	32.86	35.75
43.	Einar Atli Guðnason	03 Ægir	1:09.04	275	32.83	36.21
44.	Jónatan Freyr Hólmsteinsson	05 Ægir	1:09.85	266	33.27	36.58
45.	Arnar Már Birgisson	04 SH	1:10.53	258	34.34	36.19
46.	Eggert Sigtryggsson	05 SH	1:11.21	251	33.74	37.47
47.	Andri Már Kristjánsson	06 SH	1:11.46	248	34.94	36.52
48.	Míkael Lárus Thorarensen	05 SH	1:11.94	243	33.93	38.01
49.	Björn Yngvi Guðmundsson	07 SH	1:12.04	242	34.86	37.18
50.	Bjarki B Isaksen	06 BREI	1:14.30	221	32.50	41.80
51.	Kacper Kogut	06 BREI	1:15.06	214	36.34	38.72
52.	Örn Kató Arnarsson	05 Óðinn	1:18.93	184	37.43	41.50
53.	Guðfinnur Karlsson	S88 FJÖRÐ	1:19.98	177	38.23	41.75
54.	Egill Jónasson	06 FJÖL	1:20.12	176	38.20	41.92
55.	Kristinn Viðar Tómasson	06 Óðinn	1:21.12	170	38.94	42.18
56.	Adrian Erwin	S88 FJÖRÐ	1:21.72	166	38.01	43.71
57.	Ásmundur Þór Ásmundsson	S87 FJÖRÐ	1:21.93	165	37.97	43.96
58.	Árni Kristinn Hilmarsson	05 BREI	1:22.74	160	39.91	42.83
59.	Magnús Víðir Jónsson	08 SH	1:23.15	157	39.25	43.90
60.	Pétur Ingi Egilsson	06 BREI	1:23.82	154	39.54	44.28
61.	Kristófer Andri Jóhannsson	08 SH	1:27.23	136	40.32	46.91
62.	Hermann Ingi Eiríksson	05 FJÖL	1:27.33	136	41.68	45.65
63.	Hjörtur Ingvarsson	S95 FJÖRÐ	1:28.56	130	43.68	44.88
64.	Ari Eyvindarsson	07 SH	1:29.31	127	41.74	47.57
65.	Breki Arnarsson	96 KR	1:30.33	123	42.18	48.15
66.	Róbert Erwin	S97 FJÖRÐ	1:30.60	122	43.08	47.52
MÆekki	Róbert Andri Pálmason	02 BREI				
MÆekki	Alex Benjamín Bjarnason	04 ÍA				
MÆekki	Davíð Smári Andrússon	03 Stjarnan				
MÆekki	Hólmsteinn Skorri Hallgrímsson	00 FJÖL				
óg.ífullri stærð	Sigmundur Þór Sigurmundarsor	05 ÍRB				

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



Extramót SH 2018
Hafnarfjörður, 20. - 21.10.2018

Sundgrein 26
21.10.2018 - 10:16

kvenna, 100m skriðsund

Opinn
Úrslitalistar

Mótsmet	57.27					31.10.2009
Íslandsmet Opinn	54.44	Ragnheiður Ragnarsdóttir	KR	Dubai (UAE)		11.11.2010
Íslandsmet 15 - 17	55.02					
Íslandsmet 13 - 14	57.31					
Íslandsmet 11 - 12	1:01.38					

HM 16 +: 55.66 / NM 17 +: 58.50; 15 - 16: 59.15; 13 - 14: 1:00.35 / ÍM: 1:06.20

Stig: FINA 2018

Sæti	F.ár		Tími	Stig	50m	100m
Framtið						
1.	Vigdís Tinna Hákonardóttir	06 BREI	1:08.48	395	32.70	35.78
2.	Jóhanna Brynja Rúnarsdóttir	06 SH	1:10.06	368	33.41	36.65
3.	Katja Lilja Andriydsdóttir	06 SH	1:10.57	361	33.21	37.36
4.	Eyrún Anna Jóhannesdóttir	06 FJÖL	1:10.79	357	32.99	37.80
5.	Helga Sigurlaug Helgadóttir	07 SH	1:11.24	350	34.03	37.21
6.	Nadja Djurovic	07 BREI	1:12.25	336	34.62	37.63
7.	Ágústa Inga Arnarsdóttir	06 Stjarnan	1:12.79	328	34.80	37.99
8.	Kolbrún Ósk Vilhjálmsdóttir	06 Óðinn	1:15.24	297	35.81	39.43
9.	Hulda Þorkeldsdóttir	06 Ægir	1:15.25	297	35.82	39.43
10.	Júlíana Björt Hjaltested	06 UMFA	1:16.37	284	35.71	40.66
11.	Ragnheiður Gunnsteinsdóttir	07 Stjarnan	1:17.07	277	36.60	40.47
12.	Ingibjörg Anna Qi Skúladóttir	06 UMFB	1:17.20	275	36.55	40.65
13.	Ástrós Halla Jónsdóttir	06 Ægir	1:18.53	262	38.05	40.48
14.	Dagbjört Höskuldsdóttir	07 FJÖL	1:19.79	249	37.54	42.25
15.	Agnes Eva Hjartardóttir	06 UMFB	1:19.87	249	37.56	42.31
16.	Katrín Tinna Andrésdóttir	06 Stjarnan	1:21.12	237	38.54	42.58
17.	María Skorastein Sigurðardóttir	07 SH	1:22.10	229	39.50	42.60
18.	María Sól Jósepsdóttir	08 GEST	1:22.98	222	39.62	43.36
19.	Arna Rut Stefánsdóttir	07 SH	1:24.77	208	40.45	44.32
20.	Naomí Arnarsdóttir	07 Óðinn	1:25.15	205	40.32	44.83
21.	Elín Rósa Ragnarsdóttir	06 Óðinn	1:25.44	203	39.38	46.06
22.	Margrét Gunnarsdóttir	06 UMFB	1:27.38	190	43.02	44.36
23.	Juliane Liv Sørensen	07 Óðinn	1:29.48	177	41.83	47.65
24.	Jórunn Inga Sigurgeirsdóttir	06 UMFB	1:31.97	163	44.96	47.01

óg.ífullri stærð Matthildur Eir Valdimarsdóttir 06 Óðinn
4.4 - Keppandi startar áður en rásmerki er gefið (þjófstart)

Æskunnar

1.	Aþena Jónsdóttir	04 SH	1:02.49	519	ÍM	30.15	32.34
2.	Dagbjörg Hlíf Ólafsdóttir	05 SH	1:05.35	454	ÍM	31.14	34.21
3.	Guðbjörg Bjartey Guðmundsdóttir	05 ÍA	1:05.63	448	ÍM	31.31	34.32
4.	Ingibjörg Svava Magnúsdóttir	05 ÍA	1:07.45	413		32.25	35.20
5.	Embla Karen Sævarsdóttir	04 Óðinn	1:07.97	404		32.37	35.60
6.	Thelma Lind Einarsdóttir	05 ÍRB	1:07.99	403		32.97	35.02
7.	Eydís Vala Júlíusdóttir	05 FJÖL	1:08.03	403		32.84	35.19
8.	Dagbjört Lilja Daníelsdóttir	04 VÖLS	1:08.79	389		32.79	36.00
9.	Elísa Björnsdóttir	05 Ægir	1:08.82	389		32.91	35.91
10.	Natalia Jónsdóttir	04 SH	1:10.08	368		33.76	36.32
11.	Elín Eir Andersen	04 KR	1:10.88	356		33.55	37.33
12.	Bríet Björk Pálsdóttir	04 Óðinn	1:11.13	352		33.61	37.52
13.	Guðbjörg Eyvindardóttir	04 SH	1:11.70	344		33.76	37.94
14.	Ester Eva Ingimarsdóttir	04 VÖLS	1:12.12	338		34.53	37.59
15.	Emma Kolbrún Garðarsdóttir	04 Ægir	1:13.32	321		34.77	38.55
16.	Bríet Natalia Tómasdóttir	04 FJÖL	1:15.33	296		35.41	39.92
17.	Kolbrá Sölva Leifsdóttir	05 KR	1:15.68	292		36.41	39.27



Extramót SH 2018
Hafnarfjörður, 20. - 21.10.2018

Sundgrein 26, Stúlkur, 100m skriðsund, Æskunnar

Sæti	F.ár		Tími	Stig	50m	100m
18.	Hjördís Freyja Kjartansdóttir	05 Ægir	1:16.51	283	36.99	39.52
19.	Arndís Magnúsdóttir	04 UMFB	1:16.83	279	36.77	40.06
20.	Ólöf María Guðmundsdóttir	05 UMFB	1:18.37	263	36.95	41.42
21.	Eydís Birta Ingólfssdóttir	05 UMFB	1:19.60	251	37.26	42.34
22.	Masa Dedeic	05 SH	1:22.24	228	38.73	43.51
23.	Hrefna María Heiðarsdóttir	05 BREI	1:23.14	220	39.98	43.16
MÆekki	Þórunn María Hilmarsdóttir	05 BREI				

Unglinga

1.	Adele Alexandra Pálsson	03 SH	1:01.48	546	ÍM	29.28	32.20
2.	Fanney Lind Jóhannsdóttir	02 Ægir	1:03.23	501	ÍM	30.55	32.68
3.	Rebekka Sif Ómarsdóttir	03 Óðinn	1:03.49	495	ÍM	30.81	32.68
4.	Sandra Dögg Kristjánsdóttir	03 SH	1:04.43	474	ÍM	31.12	33.31
5.	Kristín Ylfa Guðmundsdóttir	02 SH	1:05.53	450	ÍM	31.47	34.06
6.	Sigurjóna Ragnheiðardóttir	03 Óðinn	1:05.59	449	ÍM	31.23	34.36
7.	Þórunn Kolbrún Árnadóttir	02 Óðinn	1:05.65	448	ÍM	31.36	34.29
8.	Fatemeh Zarabi	02 SH	1:05.82	444	ÍM	30.67	35.15
9.	Ylfa Finnbogadóttir	02 SH	1:06.47	432		31.95	34.52
10.	Una Hlynisdóttir	02 SH	1:07.12	419		31.94	35.18
11.	Svanhildur M. Valdimarsdóttir	03 Óðinn	1:07.56	411		32.51	35.05
12.	Amalía Nanna Juliusdóttir	02 Óðinn	1:08.04	402		32.81	35.23
13.	Íris Edda Garðarsdóttir	03 FJÖL	1:08.29	398		32.64	35.65
14.	Sif Grímsdóttir	03 KR	1:08.31	398		33.21	35.10
15.	Diljá Rún Ívarsdóttir	02 ÍRB	1:09.30	381		33.06	36.24
16.	Hafdís Guðlaugsdóttir	02 KR	1:10.18	367		33.20	36.98
17.	Guðný Birna Falsdóttir	03 ÍRB	1:10.62	360		33.66	36.96
18.	Lára Jakóbína Gunnarsdóttir	03 ÍA	1:11.06	353		33.19	37.87
19.	Agnes Fjóra Flosadóttir	02 Óðinn	1:11.32	349		34.82	36.50
20.	Þórdís M Aðalsteinsdóttir	03 ÍRB	1:11.88	341		34.70	37.18
21.	Kotryna Zaliaduonyte	03 Ægir	1:16.98	278		36.35	40.63
22.	Tanya Jóhannsdóttir	S03 FJÖRÐ	1:28.01	186		43.44	44.57
MÆekki	Auður Halla Rögnvaldsdóttir	03 KR					

Opinn

1.	Jóhanna Elín Guðmundsdóttir	01 SH	57.35	672	NM	27.36	29.99
2.	Inga Elin Cryer	93 FJÖL	59.56	600	ÍM	28.62	30.94
3.	Stefanía Sigurþórsdóttir	01 ÍRB	59.71	596	ÍM	28.98	30.73
4.	Ragna Sigríður Ragnarsdóttir	01 BREI	1:00.46	574	ÍM	28.85	31.61
5.	Guðný Birna Sigurðardóttir	99 BREI	1:00.58	570	ÍM	29.20	31.38
6.	Brynildur Traustadóttir	01 ÍA	1:01.32	550	ÍM	29.63	31.69
7.	Adele Alexandra Pálsson	03 SH	1:01.48	546	ÍM	29.28	32.20
8.	Elín Kata Sigurgeirsdóttir	99 Óðinn	1:02.09	530	ÍM	29.92	32.17
9.	Aþena Jónsdóttir	04 SH	1:02.49	519	ÍM	30.15	32.34
10.	Fanney Lind Jóhannsdóttir	02 Ægir	1:03.23	501	ÍM	30.55	32.68
11.	Rebekka Sif Ómarsdóttir	03 Óðinn	1:03.49	495	ÍM	30.81	32.68
12.	Karen Mist Arngeirsdóttir	00 ÍRB	1:03.56	494	ÍM	29.85	33.71
13.	Ingibjörg Erla Garðarsdóttir	00 FJÖL	1:03.69	491	ÍM	30.86	32.83
14.	Alexandra Tómasdóttir	01 Óðinn	1:04.03	483	ÍM	30.78	33.25
15.	Sandra Dögg Kristjánsdóttir	03 SH	1:04.43	474	ÍM	31.12	33.31
16.	Dagbjörg Hlíf Ólafsdóttir	05 SH	1:05.35	454	ÍM	31.14	34.21
17.	Kristín Ylfa Guðmundsdóttir	02 SH	1:05.53	450	ÍM	31.47	34.06
18.	Sigurjóna Ragnheiðardóttir	03 Óðinn	1:05.59	449	ÍM	31.23	34.36
19.	Guðbjörg Bjartey Guðmundsdóttir	05 ÍA	1:05.63	448	ÍM	31.31	34.32
20.	Þórunn Kolbrún Árnadóttir	02 Óðinn	1:05.65	448	ÍM	31.36	34.29



Extramót SH 2018
Hafnarfjörður, 20. - 21.10.2018

Sundgrein 26, kvenna, 100m skriðsund, Opinn

Sæti	F.ár		Tími	Stig		50m	100m
21.	02	SH	1:05.82	444	ÍM	30.67	35.15
22.	02	SH	1:06.47	432		31.95	34.52
23.	01	Óðinn	1:06.71	427		32.12	34.59
24.	02	SH	1:07.12	419		31.94	35.18
25.	05	ÍA	1:07.45	413		32.25	35.20
26.	03	Óðinn	1:07.56	411		32.51	35.05
27.	00	BREI	1:07.69	409		31.53	36.16
28.	04	Óðinn	1:07.97	404		32.37	35.60
29.	05	ÍRB	1:07.99	403		32.97	35.02
30.	05	FJÖL	1:08.03	403		32.84	35.19
31.	02	Óðinn	1:08.04	402		32.81	35.23
32.	00	Ármann	1:08.26	398		32.86	35.40
33.	03	FJÖL	1:08.29	398		32.64	35.65
34.	03	KR	1:08.31	398		33.21	35.10
35.	06	BREI	1:08.48	395		32.70	35.78
36.	04	VÖLS	1:08.79	389		32.79	36.00
37.	05	Ægir	1:08.82	389		32.91	35.91
38.	02	ÍRB	1:09.30	381		33.06	36.24
39.	06	SH	1:10.06	368		33.41	36.65
40.	04	SH	1:10.08	368		33.76	36.32
41.	02	KR	1:10.18	367		33.20	36.98
42.	06	SH	1:10.57	361		33.21	37.36
43.	03	ÍRB	1:10.62	360		33.66	36.96
44.	06	FJÖL	1:10.79	357		32.99	37.80
45.	04	KR	1:10.88	356		33.55	37.33
46.	03	ÍA	1:11.06	353		33.19	37.87
47.	04	Óðinn	1:11.13	352		33.61	37.52
48.	07	SH	1:11.24	350		34.03	37.21
49.	02	Óðinn	1:11.32	349		34.82	36.50
50.	04	SH	1:11.70	344		33.76	37.94
51.	03	ÍRB	1:11.88	341		34.70	37.18
52.	04	VÖLS	1:12.12	338		34.53	37.59
53.	07	BREI	1:12.25	336		34.62	37.63
54.	06	Stjarnan	1:12.79	328		34.80	37.99
55.	04	Ægir	1:13.32	321		34.77	38.55
56.	S94	FJÖRÐ	1:14.22	310		34.62	39.60
57.	06	Óðinn	1:15.24	297		35.81	39.43
58.	06	Ægir	1:15.25	297		35.82	39.43
59.	04	FJÖL	1:15.33	296		35.41	39.92
60.	05	KR	1:15.68	292		36.41	39.27
61.	06	UMFA	1:16.37	284		35.71	40.66
62.	05	Ægir	1:16.51	283		36.99	39.52
63.	04	UMFB	1:16.83	279		36.77	40.06
64.	03	Ægir	1:16.98	278		36.35	40.63
65.	07	Stjarnan	1:17.07	277		36.60	40.47
66.	06	UMFB	1:17.20	275		36.55	40.65
67.	05	UMFB	1:18.37	263		36.95	41.42
68.	06	Ægir	1:18.53	262		38.05	40.48
69.	05	UMFB	1:19.60	251		37.26	42.34
70.	07	FJÖL	1:19.79	249		37.54	42.25
71.	06	UMFB	1:19.87	249		37.56	42.31
72.	06	Stjarnan	1:21.12	237		38.54	42.58
73.	07	SH	1:22.10	229		39.50	42.60
74.	05	SH	1:22.24	228		38.73	43.51
75.	08	GEST	1:22.98	222		39.62	43.36
76.	05	BREI	1:23.14	220		39.98	43.16



Extramót SH 2018
Hafnarfjörður, 20. - 21.10.2018

Sundgrein 26, kvenna, 100m skriðsund, Opinn

Sæti	F.ár		Tími	Stig	50m	100m
77.	Arna Rut Stefánsdóttir	07 SH	1:24.77	208	40.45	44.32
78.	Naomí Arnarsdóttir	07 Óðinn	1:25.15	205	40.32	44.83
79.	Elín Rósa Ragnarsdóttir	06 Óðinn	1:25.44	203	39.38	46.06
80.	Margrét Gunnarsdóttir	06 UMFB	1:27.38	190	43.02	44.36
81.	Tanya Jóhannsdóttir	S03 FJÖRÐ	1:28.01	186	43.44	44.57
82.	Juliane Liv Sörensen	07 Óðinn	1:29.48	177	41.83	47.65
83.	Jórunn Inga Sigurgeirsdóttir	06 UMFB	1:31.97	163	44.96	47.01
MÆekki	Þórunn María Hilmarsdóttir	05 BREI				
MÆekki	Auður Halla Rögnvaldsdóttir	03 KR				
óg.ífullri stærð	Matthildur Eir Valdimarsdóttir	06 Óðinn				

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

Sundgrein 27

karla, 100m baksund

Opinn

21.10.2018 - 10:34

Úrslitalistar

Íslandsmet Opinn	51.74	Örn Arnarson	SH	Dublin (IRL)	14.12.2003
Íslandsmet 15 - 17	53.71				
Íslandsmet 13 - 14	58.45				
Íslandsmet 11 - 12	1:03.92				
Mótsmet	55.16				31.10.2015

HM 16 +: 53.42 / NM 18 +: 58.80; 16 - 17: 59.60; 14 - 15: 1:00.90 / ÍM : 1:07.80

Stig: FINA 2018

Sæti	F.ár		Tími	Stig	50m	100m
Framtið						
1.	Veigar Hrafn Sigbórsson	05 SH	1:07.52	379	ÍM	33.28 34.24
2.	Kristján Magnússon	05 ÍA	1:10.90	328		34.59 36.31
3.	Pétur Alfreðsson	06 BREI	1:22.29	209		41.36 40.93
4.	Andri Már Kristjánsson	06 SH	1:22.94	204		40.68 42.26
5.	Eggert Sigtryggsson	05 SH	1:24.79	191		41.30 43.49
6.	Markús Már Hilmarsson	05 SH	1:25.28	188		41.40 43.88
7.	Kristinn Viðar Tómasson	06 Óðinn	1:27.93	171		43.41 44.52
8.	Björn Yngvi Guðmundsson	07 SH	1:28.35	169		43.65 44.70
9.	Kolbeinn Kári Jónsson	06 Ægir	1:31.02	155		45.42 45.60
10.	Magnús Víðir Jónsson	08 SH	1:32.56	147		44.44 48.12
11.	Ari Eyvindarsson	07 SH	1:42.94	107		51.24 51.70

Æskunnar

1.	Fannar Snævar Hauksson	04 ÍRB	1:03.51	456	ÍM	29.77 33.74
2.	Aron Fannar Kristínarson	03 ÍRB	1:06.34	400	ÍM	32.15 34.19
3.	Flosi Ómarsson	03 ÍRB	1:08.04	371		33.02 35.02
4.	Jónas Atli Pálsson	03 SH	1:08.46	364		32.51 35.95
5.	Gabriel Ari Tryggvarson	03 ÍRB	1:10.36	335		33.31 37.05
6.	Edward Jensson	04 SH	1:11.48	320		34.45 37.03
7.	Andri Stefánsson	04 SH	1:14.50	282		36.00 38.50
8.	Dagur Snær Hilmarsson	03 SH	1:21.37	217		38.39 42.98
9.	Rafael Andri Williamsson	04 ÍA	1:28.17	170		42.86 45.31

Unglinga

1.	Brynjólfur Óli Karlsson	01 BREI	57.76	606	NM	27.27 30.49
2.	Júlíus Karl Maier	02 SH	1:06.28	401	ÍM	31.93 34.35
3.	Skúli Thor Ásgeirsson	02 Ægir	1:08.90	357		33.24 35.66
4.	Sigurður Þráinn Sigurðsson	02 UMFA	1:16.50	261		38.17 38.33



Extramót SH 2018
Hafnarfjörður, 20. - 21.10.2018

Sundgrein 27, karla, 100m baksund

Opinn

1.	Kristinn Þórarinnsson	96	FJÖL	56.56	646	NM	27.74	28.82
2.	Brynjólfur Óli Karlsson	01	BREI	57.76	606	NM	27.27	30.49
3.	Fannar Snævar Hauksson	04	ÍRB	1:03.51	456	ÍM	29.77	33.74
4.	Júlíus Karl Maier	02	SH	1:06.28	401	ÍM	31.93	34.35
5.	Aron Fannar Kristínarson	03	ÍRB	1:06.34	400	ÍM	32.15	34.19
6.	Veigar Hrafn Sigþórsson	05	SH	1:07.52	379	ÍM	33.28	34.24
7.	Flosi Ómarsson	03	ÍRB	1:08.04	371		33.02	35.02
8.	Jónas Atli Pálsson	03	SH	1:08.46	364		32.51	35.95
9.	Skúli Thor Ásgeirsson	02	Ægir	1:08.90	357		33.24	35.66
10.	Gabriel Ari Tryggvarson	03	ÍRB	1:10.36	335		33.31	37.05
11.	Kristján Magnússon	05	ÍA	1:10.90	328		34.59	36.31
12.	Már Gunnarsson S12	S99	ÍRB	1:11.14	324		34.79	36.35
13.	Edward Jensson	04	SH	1:11.48	320		34.45	37.03
14.	Andri Stefánsson	04	SH	1:14.50	282		36.00	38.50
15.	Sigurður Þráinn Sigurðsson	02	UMFA	1:16.50	261		38.17	38.33
16.	Dagur Snær Hilmarsson	03	SH	1:21.37	217		38.39	42.98
17.	Pétur Alfreðsson	06	BREI	1:22.29	209		41.36	40.93
18.	Andri Már Kristjánsson	06	SH	1:22.94	204		40.68	42.26
19.	Eggert Sigtryggsson	05	SH	1:24.79	191		41.30	43.49
20.	Markús Már Hilmarsson	05	SH	1:25.28	188		41.40	43.88
21.	Kristinn Viðar Tómasson	06	Óðinn	1:27.93	171		43.41	44.52
22.	Rafael Andri Williamsson	04	ÍA	1:28.17	170		42.86	45.31
23.	Björn Yngvi Guðmundsson	07	SH	1:28.35	169		43.65	44.70
24.	Guðfinnur Karlsson	S88	FJÖRD	1:30.76	156		43.92	46.84
25.	Kolbeinn Kári Jónsson	06	Ægir	1:31.02	155		45.42	45.60
26.	Magnús Víðir Jónsson	08	SH	1:32.56	147		44.44	48.12
27.	Ásmundur Þór Ásmundsson	S87	FJÖRD	1:36.26	131		45.66	50.60
28.	Hjörtur Ingvarsson	S95	FJÖRD	1:41.10	113		49.68	51.42
29.	Ari Eyvindarsson	07	SH	1:42.94	107		51.24	51.70
30.	Róbert Erwin	S97	FJÖRD	1:55.89	75	*	57.56	58.33

Sundgrein 28

kvenna, 100m baksund

Opinn

21.10.2018 - 10:42

Úrslitalistar

Mótsmet	58.86					31.10.2015
Íslandsmet Opinn	57.42	Eygló Ósk Gústafsdóttir	Ægir	Netanya (ISR)		3.12.2015
Íslandsmet 15 - 17	59.75					
Íslandsmet 13 - 14	1:03.10					
Íslandsmet 11 - 12	1:08.69					

HM 16 +: 1:00.11 / NM 17 +: 1:07.14; 15 - 16: 1:07.50; 13 - 14: 1:09.14 / ÍM : 1:14.70

Stig: FINA 2018

Sæti	F.ár		Tími	Stig	50m	100m
Framtið						
1.	Freyja Birkisdóttir	06	BREI	1:15.19	392	36.56 38.63
2.	Jóhanna Arna Gunnarsdóttir	06	ÍRB	1:19.07	337	37.94 41.13
3.	Jóhanna Brynja Rúnarsdóttir	06	SH	1:21.27	310	39.71 41.56
4.	Karen Ósk Gísladóttir	06	BREI	1:21.56	307	40.08 41.48
5.	Helga Sigurlaug Helgadóttir	07	SH	1:23.14	289	42.18 40.96
6.	Otylía Lis	06	Ægir	1:23.43	286	41.10 42.33
7.	Kolbrún Ósk Vilhjálmsdóttir	06	Óðinn	1:29.60	231	44.96 44.64
8.	Naomí Arnarsdóttir	07	Óðinn	1:35.03	194	46.87 48.16
9.	María Sól Jósepsdóttir	08	GEST	1:35.28	192	46.32 48.96
10.	Arna Rut Stefánsdóttir	07	SH	1:37.00	182	47.45 49.55
11.	María Skorastein Sigurðardóttir	07	SH	1:40.01	166	49.94 50.07



Extramót SH 2018
Hafnarfjörður, 20. - 21.10.2018

Sundgrein 28, Stúlkur, 100m baksund, Framtið

Sæti	F.ár		Tími	Stig		50m	100m	
12.	Juliane Liv Sörensen	07	Óðinn	1:43.34	151		50.11	53.23
13.	Jórunn Inga Sigurgeirsdóttir	06	UMFB	1:45.83	140	*	50.62	55.21
óg.ífullri stærð	Sunna Björg Harðardóttir	06	Ægir					
	<i>6.5 - Snúningur er ekki samfelldur</i>							

Æskunnar

1.	Kristín Helga Hákonardóttir	04	BREI	1:07.91	532	NM	32.64	35.27
2.	Hafdís Eva Pálsdóttir	04	ÍRB	1:10.24	480	ÍM	33.77	36.47
3.	Bríet Dalla Gunnarsdóttir	04	SH	1:12.10	444	ÍM	35.17	36.93
4.	Eva Margrét Falsdóttir	05	ÍRB	1:13.76	415	ÍM	35.23	38.53
5.	Embla Karen Sævarsdóttir	04	Óðinn	1:16.67	369		37.06	39.61
6.	Birta Rún Smáradóttir	04	UMFA	1:16.84	367		37.43	39.41
7.	Ragnheiður Karen Ólafsdóttir	04	ÍA	1:17.38	359		37.52	39.86
8.	Ester Eva Ingimarsdóttir	04	VÖLS	1:18.90	339		38.52	40.38
9.	Rán Björnsdóttir	05	Ægir	1:24.37	277		41.37	43.00
10.	Guðbjörg Eyvindardóttir	04	SH	1:24.40	277		41.44	42.96
11.	Ólöf María Guðmundsdóttir	05	UMFB	1:39.97	166		48.61	51.36

Unglinga

1.	Þura Snorradóttir	03	Óðinn	1:07.66	538	ÍM	32.30	35.36
2.	Emilía Sól Guðmundsdóttir	02	Ægir	1:09.54	495	ÍM	32.81	36.73
3.	Eva Sól Garðarsdóttir	03	Óðinn	1:11.93	447	ÍM	34.84	37.09
4.	Fatemeh Zarabi	02	SH	1:13.08	426	ÍM	34.60	38.48
5.	Aþena Arnarsdóttir	03	Óðinn	1:15.12	393		36.10	39.02
6.	Diljá Rún Ívarsdóttir	02	ÍRB	1:16.49	372		37.43	39.06
7.	Diljá Dröfn Jóhannesdóttir	03	SH	1:17.10	363		37.71	39.39
8.	Þórunn Kolbrún Árnadóttir	02	Óðinn	1:17.71	355		37.75	39.96
9.	Lára Jakobína Gunnarsdóttir	03	ÍA	1:22.37	298		39.24	43.13
10.	Tanya Jóhannsdóttir	S03	FJÖRD	1:43.91	148		51.49	52.42

Opinn

1.	Katarína Róbertsdóttir	00	SH	1:04.82	611	NM	31.25	33.57
2.	Stefanía Sigurþórsdóttir	01	ÍRB	1:06.48	567	NM	32.49	33.99
3.	Steingerður Hauksdóttir	96	SH	1:06.67	562	NM	31.69	34.98
4.	Guðný Birna Sigurðardóttir	99	BREI	1:06.92	556	NM	32.08	34.84
5.	Þura Snorradóttir	03	Óðinn	1:07.66	538	ÍM	32.30	35.36
6.	Kristín Helga Hákonardóttir	04	BREI	1:07.91	532	NM	32.64	35.27
7.	Elín Kata Sigurgeirsdóttir	99	Óðinn	1:07.92	531	ÍM	32.66	35.26
8.	María Fanney Kristjánsdóttir	00	SH	1:08.50	518	ÍM	32.80	35.70
9.	Emilía Sól Guðmundsdóttir	02	Ægir	1:09.54	495	ÍM	32.81	36.73
10.	Hafdís Eva Pálsdóttir	04	ÍRB	1:10.24	480	ÍM	33.77	36.47
11.	Eva Sól Garðarsdóttir	03	Óðinn	1:11.93	447	ÍM	34.84	37.09
12.	Bríet Dalla Gunnarsdóttir	04	SH	1:12.10	444	ÍM	35.17	36.93
13.	Fatemeh Zarabi	02	SH	1:13.08	426	ÍM	34.60	38.48
14.	Eva Margrét Falsdóttir	05	ÍRB	1:13.76	415	ÍM	35.23	38.53
15.	Aþena Arnarsdóttir	03	Óðinn	1:15.12	393		36.10	39.02
16.	Freyja Birkisdóttir	06	BREI	1:15.19	392		36.56	38.63
17.	Diljá Rún Ívarsdóttir	02	ÍRB	1:16.49	372		37.43	39.06
18.	Embla Karen Sævarsdóttir	04	Óðinn	1:16.67	369		37.06	39.61
19.	Birta Rún Smáradóttir	04	UMFA	1:16.84	367		37.43	39.41
20.	Diljá Dröfn Jóhannesdóttir	03	SH	1:17.10	363		37.71	39.39
21.	Ragnheiður Karen Ólafsdóttir	04	ÍA	1:17.38	359		37.52	39.86
22.	Þórunn Kolbrún Árnadóttir	02	Óðinn	1:17.71	355		37.75	39.96



Extramót SH 2018
Hafnarfjörður, 20. - 21.10.2018

Sundgrein 28, kvenna, 100m baksund, Opinn

Sæti	F.ár	Tími	Stig	50m	100m		
23.	Ester Eva Ingimarsdóttir	04	VÖLS	1:18.90	339	38.52	40.38
24.	Jóhanna Arna Gunnarsdóttir	06	ÍRB	1:19.07	337	37.94	41.13
25.	Jóhanna Brynja Rúnarsdóttir	06	SH	1:21.27	310	39.71	41.56
26.	Karen Ósk Gísladóttir	06	BREI	1:21.56	307	40.08	41.48
27.	Lára Jakobína Gunnarsdóttir	03	ÍA	1:22.37	298	39.24	43.13
28.	Helga Sigurlaug Helgadóttir	07	SH	1:23.14	289	42.18	40.96
29.	Otylía Lis	06	Ægir	1:23.43	286	41.10	42.33
30.	Rán Björnsdóttir	05	Ægir	1:24.37	277	41.37	43.00
31.	Guðbjörg Eyvindardóttir	04	SH	1:24.40	277	41.44	42.96
32.	Kolbrún Ósk Vilhjálmsdóttir	06	Óðinn	1:29.60	231	44.96	44.64
33.	Naomí Arnarsdóttir	07	Óðinn	1:35.03	194	46.87	48.16
34.	María Sól Jósepsdóttir	08	GEST	1:35.28	192	46.32	48.96
35.	Arna Rut Stefánsdóttir	07	SH	1:37.00	182	47.45	49.55
36.	Ólöf María Guðmundsdóttir	05	UMFB	1:39.97	166	48.61	51.36
37.	María Skorastein Sigurðardóttir	07	SH	1:40.01	166	49.94	50.07
38.	Juliane Liv Sörensen	07	Óðinn	1:43.34	151	50.11	53.23
39.	Tanya Jóhannsdóttir	S03	FJÖRÐ	1:43.91	148	51.49	52.42
40.	Jórunn Inga Sigurgeirsdóttir	06	UMFB	1:45.83	140	50.62	55.21
óg.ífullri stærð	Sunna Björg Harðardóttir	06	Ægir				

6.5 - Snúningur er ekki samfelldur

Sundgrein 29

21.10.2018 - 10:54

karla, 50m bringusund

Opinn
Úrslitalistar

Íslandsmet Opinn	27.37	Jakob Jóhann Sveinsson	Ægir	Reykjavík	22.11.2009
Íslandsmet 15 - 17	28.47				
Íslandsmet 13 - 14	31.69				
Íslandsmet 11 - 12	35.59				
Mótsmet	28.58				31.10.2013

HM 16 +: 27.71 / NM 18 +: 28.77; 16 - 17: 28.77; 14 - 15: 28.77 / ÍM : 34.90

Stig: FINA 2018

Sæti	F.ár	Tími	Stig	ÍM		
1.	Aron Örn Stefánsson	95	SH	29.88	603	ÍM
2.	Aron Bjarki Jónsson	01	SH	31.75	502	ÍM
	Hallgrímur Kjartansson	98	BREI	31.75	502	ÍM
4.	Róbert Ísak Jónsson	01	SH	32.50	468	ÍM
5.	Daði Björnsson	04	SH	33.04	446	ÍM
6.	Óskar Gauti Lund	99	BREI	33.28	436	ÍM
7.	Kári Snær Halldórsson	04	ÍRB	33.63	423	ÍM
8.	Daníel Steinn Davíðsson	03	BREI	35.74	352	
9.	Gústav Ragnar Kristjánsson	02	BREI	36.19	339	
10.	Alexander Logi Jónsson	04	ÍRB	36.65	327	
11.	Stefán Elías Davíðsson	03	ÍRB	38.63	279	
12.	Halldór Óskar Eiríksson	02	FJÖL	44.68	180	
13.	Adrian Erwin	88	FJÖRÐ	45.50	170	*
MÆekki	Alex Benjamín Bjarnason	04	ÍA			
óg.ífullri stærð	Kristján Ari Heimisson	98	BREI			ÍM

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



Extramót SH 2018
Hafnarfjörður, 20. - 21.10.2018

Sundgrein 30
21.10.2018 - 10:56

kvenna, 50m bringusund

Opinn
Úrslitalistar

Mótsmet	30.53				28.10.2017
Íslandsmet Opinn	30.03	Hrafnhildur Lúthersdóttir	SH	Kaupmannahöfn (DEN)	13.12.2007
Íslandsmet 15 - 17	32.24				
Íslandsmet 13 - 14	33.54				
Íslandsmet 11 - 12	36.13				

HM 16 +: 31.77 / NM 17 +: 32.92; 15 - 16: 32.92; 13 - 14: 32.92 / ÍM : 38.90

Stig: FINA 2018

Sæti	F.ár	Tími	Stig	
1.	Karen Mist Arngeirsdóttir	00 ÍRB	34.20	587 ÍM
2.	Sunna Svanlaug Vilhjálmsdóttir	00 SH	34.50	572 ÍM
3.	Jóhanna Elín Guðmundsdóttir	01 SH	34.95	550 ÍM
4.	Sigurjóna Ragnheiðardóttir	03 Óðinn	36.46	484 ÍM
5.	Ragnheiður Karen Ólafsdóttir	04 ÍA	37.15	458 ÍM
6.	Aþena Karaolani	00 BREI	39.53	380
7.	Bríet Natalía Tómasdóttir	04 FJÖL	40.77	346
8.	Kolbrá Sölva Leifsdóttir	05 KR	40.85	344
9.	Thelma Lind Einarsdóttir	05 ÍRB	40.97	341
10.	Svanhildur M. Valdimarsdóttir	03 Óðinn	41.03	340
11.	Bríet Björk Pálsdóttir	04 Óðinn	41.24	334
12.	Dagbjört Lilja Danielsdóttir	04 VÖLS	41.31	333
13.	Vigdís Tinna Hákonardóttir	06 BREI	41.57	327
14.	Guðný Birna Falsdóttir	03 ÍRB	41.74	323
15.	Hafdís Guðlaugsdóttir	02 KR	41.76	322
16.	Birta Rún Smáradóttir	04 UMFA	41.95	318
17.	Amelía Björk Davíðsdóttir	03 ÍRB	42.33	309
18.	Karen Ósk Gísladóttir	06 BREI	42.83	299
19.	Hulda Þorkeldsdóttir	06 Ægir	43.22	290
20.	Matthildur Eir Valdimarsdóttir	06 Óðinn	43.36	288
21.	Emma Kolbrún Garðarsdóttir	04 Ægir	44.98	258
22.	Júlíana Björt Hjaltsted	06 UMFA	45.58	248 *
23.	Elín Rósa Ragnarsdóttir	06 Óðinn	46.97	226 *
24.	Hjördís Freyja Kjartansdóttir	05 Ægir	47.43	220 *
25.	Hrefna María Heiðarsdóttir	05 BREI	52.87	158 *
MÆekki	Jóhanna Gerða Gústafsdóttir	90 GEST		
MÆekki	Auður Halla Rögnvaldsdóttir	03 KR		



Extramót SH 2018
Hafnarfjörður, 20. - 21.10.2018

Sundgrein 31

karla, 100m fjórsund

Opinn
Úrslitalistar

21.10.2018 - 11:02

Íslandsmet Opinn	54.30	Örn Arnarson	SH	Helsinki (FIN)	9.12.2006
Íslandsmet 15 - 17	56.09				
Íslandsmet 13 - 14	1:01.73				
Íslandsmet 11 - 12	1:07.58				
Mótsmet	57.20				28.10.2017

HM 16 +: 55.44 / ÍM : 1:06.60

Stig: FINA 2018

Sæti	F.ár		Tími	Stig	50m	100m
Framtíð						
1.	Birnir Freyr Hálfðánarsson	06 SH	1:07.47	414	31.82	35.65
2.	Snorri Dagur Einarsson	05 SH	1:09.02	387	32.91	36.11
3.	Veigar Hrafn Sigbórsson	05 SH	1:10.50	363	32.53	37.97
4.	Kristján Magnússon	05 ÍA	1:12.18	338	34.26	37.92
5.	Stefán Ingi Ólafsson	06 Ægir	1:20.59	243	38.83	41.76
6.	Markús Már Hilmarsson	05 SH	1:20.79	241	37.64	43.15
7.	Andri Már Kristjánsson	06 SH	1:22.74	224	40.54	42.20
8.	Jónatan Freyr Hólmsteinsson	05 Ægir	1:23.87	215	40.90	42.97
9.	Sigmundur Þór Sigurmundarsor	05 ÍRB	1:24.87	208	40.18	44.69
10.	Björn Yngvi Guðmundsson	07 SH	1:27.72	188	41.17	46.55
11.	Egill Jónasson	06 FJÖL	1:32.92	158	44.74	48.18
12.	Kolbeinn Kári Jónsson	06 Ægir	1:33.65	154	45.05	48.60
13.	Magnús Víðir Jónsson	08 SH	1:33.75	154	44.03	49.72
14.	Árni Kristinn Hilmarsson	05 BREI	1:42.13	119 *	53.01	49.12

óg.ífullri stærð

7.6 - Önnur hönd í bakka eða hendur snerta ekki bakkan samtímis í snúningi eða við lok

Æskunnar

1.	Daði Björnsson	04 SH	1:03.38	499	ÍM	30.00	33.38
2.	Fannar Snævar Hauksson	04 ÍRB	1:04.29	478	ÍM	28.97	35.32
3.	Símon Elías Statkevicius	03 SH	1:05.22	458	ÍM	30.66	34.56
4.	Hringur Birgir Kristinsson	04 FJÖL	1:09.35	381		32.38	36.97
5.	Aron Valgeirsson	03 BREI	1:09.56	378		31.55	38.01
6.	Kári Snær Halldórsson	04 ÍRB	1:10.08	369		34.28	35.80
7.	Alexander Logi Jónsson	04 ÍRB	1:10.37	365		32.98	37.39
8.	Flosi Ómarsson	03 ÍRB	1:11.91	342		32.94	38.97
9.	Edward Jensson	04 SH	1:13.47	320		32.99	40.48
10.	Andri Bergmann Ísaksen	04 BREI	1:14.06	313		34.98	39.08
11.	Andri Stefánsson	04 SH	1:14.11	312		34.97	39.14
12.	Kristófer Óli Birkisson	04 Óðinn	1:17.72	271		36.40	41.32
13.	Dagur Snær Hilmarsson	03 SH	1:20.53	243		37.49	43.04
14.	Arnar Már Birgisson	04 SH	1:21.61	234		38.43	43.18

MÆekki Alex Benjamín Bjarnason 04 ÍA

Unglinga

1.	Brynjólfur Óli Karlsson	01 BREI	1:01.58	544	ÍM	27.19	34.39
2.	Halldór Björn Kristinsson	02 FJÖL	1:07.84	407		31.18	36.66
3.	Júlíus Karl Maier	02 SH	1:10.50	363		33.12	37.38
4.	Sigurður Þráinn Sigurðsson	02 UMFA	1:18.40	264		37.15	41.25



Extramót SH 2018
Hafnarfjörður, 20. - 21.10.2018

Sundgrein 31, karla, 100m fjórsund

Opinn

1.	Kristinn Þórarinnsson	96	FJÖL	56.16	718	ÍM	25.35	30.81
2.	Dadó Fenrir Jasminuson	95	SH	58.57	633	ÍM	25.66	32.91
3.	Brynjólfur Óli Karlsson	01	BREI	1:01.58	544	ÍM	27.19	34.39
4.	Ólafur Árdal Sigurðsson	99	SH	1:02.63	518	ÍM	29.71	32.92
5.	Daði Björnsson	04	SH	1:03.38	499	ÍM	30.00	33.38
6.	Hallgrímur Kjartansson	98	BREI	1:03.70	492	ÍM	30.66	33.04
7.	Fannar Snævar Hauksson	04	ÍRB	1:04.29	478	ÍM	28.97	35.32
8.	Símon Elías Statkevicius	03	SH	1:05.22	458	ÍM	30.66	34.56
9.	Birnir Freyr Hálfðánarsson	06	SH	1:07.47	414		31.82	35.65
10.	Halldór Björn Kristinsson	02	FJÖL	1:07.84	407		31.18	36.66
11.	Snorri Dagur Einarsson	05	SH	1:09.02	387		32.91	36.11
12.	Hringur Birgir Kristinsson	04	FJÖL	1:09.35	381		32.38	36.97
13.	Aron Valgeirsson	03	BREI	1:09.56	378		31.55	38.01
14.	Kári Snær Halldórsson	04	ÍRB	1:10.08	369		34.28	35.80
15.	Alexander Logi Jónsson	04	ÍRB	1:10.37	365		32.98	37.39
16.	Július Karl Maier	02	SH	1:10.50	363		33.12	37.38
	Veigar Hrafn Sigþórsson	05	SH	1:10.50	363		32.53	37.97
18.	Flosi Ómarsson	03	ÍRB	1:11.91	342		32.94	38.97
19.	Kristján Magnússon	05	ÍA	1:12.18	338		34.26	37.92
20.	Ásgrímur Þór Kjartansson	00	Óðinn	1:12.46	334		35.37	37.09
21.	Edward Jensson	04	SH	1:13.47	320		32.99	40.48
22.	Andri Bergmann Ísaksen	04	BREI	1:14.06	313		34.98	39.08
23.	Andri Stefánsson	04	SH	1:14.11	312		34.97	39.14
24.	Már Gunnarsson S12	S99I2	ÍRB	1:14.47	308		33.72	40.75
25.	Viktor Emil Sigtryggsson	00	Óðinn	1:17.23	276		34.84	42.39
26.	Kristófer Óli Birkisson	04	Óðinn	1:17.72	271		36.40	41.32
27.	Sigurður Þráinn Sigurðsson	02	UMFA	1:18.40	264		37.15	41.25
28.	Dagur Snær Hilmarsson	03	SH	1:20.53	243		37.49	43.04
29.	Stefán Ingi Ólafsson	06	Ægir	1:20.59	243		38.83	41.76
30.	Markús Már Hilmarsson	05	SH	1:20.79	241		37.64	43.15
31.	Arnar Már Birgisson	04	SH	1:21.61	234		38.43	43.18
32.	Andri Már Kristjánsson	06	SH	1:22.74	224		40.54	42.20
33.	Jónatan Freyr Hólmsteinsson	05	Ægir	1:23.87	215		40.90	42.97
34.	Sigmundur Þór Sigurmundarsor	05	ÍRB	1:24.87	208		40.18	44.69
35.	Björn Yngvi Guðmundsson	07	SH	1:27.72	188		41.17	46.55
36.	Guðfinnur Karlsson	S88I1	FJÖRÐ	1:29.25	179		44.68	44.57
37.	Egill Jónasson	06	FJÖL	1:32.92	158		44.74	48.18
38.	Kolbeinn Kári Jónsson	06	Ægir	1:33.65	154		45.05	48.60
39.	Magnús Víðir Jónsson	08	SH	1:33.75	154		44.03	49.72
40.	Adrian Erwin	S88I4	FJÖRÐ	1:35.87	144		44.95	50.92
41.	Árni Kristinn Hilmarsson	05	BREI	1:42.13	119	*	53.01	49.12
42.	Hjörtur Ingvarsson	S95I	FJÖRÐ	1:50.77	93	*	51.67	59.10
MÆekki	Alex Benjamín Bjarnason	04	ÍA					
MÆekki	Hólmsteinn Skorri Hallgrímsson	00	FJÖL					
óg.ífullri stærð	Eggert Sigtryggsson	05	SH					

7.6 - Önnur hönd í bakka eða hendur snerta ekki bakkan samtímis í snúningi eða við lok



Extramót SH 2018
Hafnarfjörður, 20. - 21.10.2018

Sundgrein 32
21.10.2018 - 11:12

kvenna, 400m fjórsund

Opinn
Úrslitalistar

Mótsmet	4:53.22					31.10.2009
Íslandsmet Opinn	4:43.56	Hrafnhildur Lúthersdóttir	SH	Hafnarfjörður		13.11.2015
Íslandsmet 15 - 17	4:50.96					
Íslandsmet 13 - 14	4:53.67					
Íslandsmet 11 - 12	5:13.93					

HM 16 +: 4:53.35 / NM 17 +: 5:05.21; 15 - 16: 5:05.73; 13 - 14: 5:11.88 / ÍM : 5:39.50

Stig: FINA 2018

Sæti					F.ár					Tími	Stig	
1.	María Fanney Kristjánsdóttir				00	SH				5:00.41	640	NM
	50m:	32.08	32.08	150m:	1:47.98	39.13	250m:	3:07.98	41.34	350m:	4:25.43	34.74
	100m:	1:08.85	36.77	200m:	2:26.64	38.66	300m:	3:50.69	42.71	400m:	5:00.41	34.98
2.	Eydís Ósk Kolbeinsdóttir				00	ÍRB				5:06.18	604	ÍM
	50m:	30.71	30.71	150m:	1:45.15	38.94	250m:	3:08.20	43.76	350m:	4:30.23	37.45
	100m:	1:06.21	35.50	200m:	2:24.44	39.29	300m:	3:52.78	44.58	400m:	5:06.18	35.95
3.	Kristín Helga Hákonardóttir				04	BREI				5:13.56	563	ÍM
	50m:	33.96	33.96	150m:	1:53.38	40.52	250m:	3:19.09	46.01	350m:	4:40.27	34.49
	100m:	1:12.86	38.90	200m:	2:33.08	39.70	300m:	4:05.78	46.69	400m:	5:13.56	33.29
4.	Adele Alexandra Pálsson				03	SH				5:17.29	543	ÍM
	50m:	33.75	33.75	150m:	1:53.79	40.39	250m:	3:18.49	45.94	350m:	4:42.27	36.23
	100m:	1:13.40	39.65	200m:	2:32.55	38.76	300m:	4:06.04	47.55	400m:	5:17.29	35.02
5.	Alexandra Tómasdóttir				01	Óðinn				5:27.46	494	ÍM
	50m:	35.42	35.42	150m:	1:58.67	42.10	250m:	3:26.80	46.68	350m:	4:52.63	37.80
	100m:	1:16.57	41.15	200m:	2:40.12	41.45	300m:	4:14.83	48.03	400m:	5:27.46	34.83
6.	Aþena Jónsdóttir				04	SH				5:31.19	477	ÍM
	50m:	35.13	35.13	150m:	1:58.63	42.26	250m:	3:28.48	47.54	350m:	4:54.81	37.90
	100m:	1:16.37	41.24	200m:	2:40.94	42.31	300m:	4:16.91	48.43	400m:	5:31.19	36.38
7.	Ólög Kristín Isaksen				05	Óðinn				5:32.91	470	ÍM
	50m:	35.48	35.48	150m:	2:03.04	43.72	250m:	3:31.73	46.35	350m:	4:57.24	38.45
	100m:	1:19.32	43.84	200m:	2:45.38	42.34	300m:	4:18.79	47.06	400m:	5:32.91	35.67
8.	Freyja Birkisdóttir				06	BREI				5:34.75	462	ÍM
	50m:	36.33	36.33	150m:	2:04.33	44.52	250m:	3:32.06	45.81	350m:	4:58.39	38.65
	100m:	1:19.81	43.48	200m:	2:46.25	41.92	300m:	4:19.74	47.68	400m:	5:34.75	36.36
9.	Amalía Nanna Juliusdóttir				02	Óðinn				5:49.13	407	
	50m:	36.68	36.68	150m:	2:10.14	48.89	250m:	3:45.04	48.30	350m:	5:11.79	39.72
	100m:	1:21.25	44.57	200m:	2:56.74	46.60	300m:	4:32.07	47.03	400m:	5:49.13	37.34
10.	Diljá Dröfn Jóhannsdóttir				03	SH				5:49.39	407	
	50m:	37.40	37.40	150m:	2:08.33	46.50	250m:	3:44.56	51.09	350m:	5:12.38	37.28
	100m:	1:21.83	44.43	200m:	2:53.47	45.14	300m:	4:35.10	50.54	400m:	5:49.39	37.01
11.	Kátja Lilja Andriyasdóttir				06	SH				5:52.07	397	
	50m:	38.28	38.28	150m:	2:11.69	46.85	250m:	3:44.62	47.46	350m:	5:14.17	41.22
	100m:	1:24.84	46.56	200m:	2:57.16	45.47	300m:	4:32.95	48.33	400m:	5:52.07	37.90
12.	Dagbjörg Hlíf Ólafsdóttir				05	SH				5:57.74	379	
	50m:	40.36	40.36	150m:	2:14.49	46.27	250m:	3:49.73	48.44	350m:	5:19.08	39.47
	100m:	1:28.22	47.86	200m:	3:01.29	46.80	300m:	4:39.61	49.88	400m:	5:57.74	38.66
13.	Natalía Jónsdóttir				04	SH				6:00.06	371	
	50m:	37.33	37.33	150m:	2:07.83	45.61	250m:	3:46.54	54.30	350m:	5:20.61	39.95
	100m:	1:22.22	44.89	200m:	2:52.24	44.41	300m:	4:40.66	54.12	400m:	6:00.06	39.45
14.	Hafdís Guðlaugsdóttir				02	KR				6:15.16	328	*
	50m:	40.84	40.84	150m:	2:19.38	49.11	250m:	3:58.22	51.53	350m:	5:33.49	42.84
	100m:	1:30.27	49.43	200m:	3:06.69	47.31	300m:	4:50.65	52.43	400m:	6:15.16	41.67



Extramót SH 2018
Hafnarfjörður, 20. - 21.10.2018

Sundgrein 32, kvenna, 400m fjörsund, Opinn

Sæti	F.ár	Tími	Stig
MÆekki Birna Hilmarsdóttir	02 ÍRB		

Sundgrein 33 karla, 1500m skriðsund Opinn
Úrslitalistar

Íslandsmet Opinn	15:00.51	Anton Sveinn McKee	Ægir	Istanbul (TUR)	16.12.2012
Íslandsmet 15 - 17	15:41.96				
Íslandsmet 13 - 14	16:15.94				
Íslandsmet 11 - 12	17:46.07				
Mótsmet	16:06.51				31.10.2012

HM 16 +: 15:20.42 / NM 18 +: 16:07.67; 16 - 17: 16:22.19; 14 - 15: 16:41.93 / ÍM: 18:57.50

Stig: FINA 2018

Sæti	F.ár	Tími	Stig
1. Patrik Viggó Vilbergsson	02 BREI	16:03.64	681 NM
100m: 59.93 59.93	500m: 5:22.30 1:05.04	900m: 9:41.86 1:04.96	1300m: 14:00.81 1:04.40
200m: 2:06.10 1:06.17	600m: 6:27.14 1:04.84	1000m: 10:46.77 1:04.91	1400m: 15:04.26 1:03.45
300m: 3:11.70 1:05.60	700m: 7:32.05 1:04.91	1100m: 11:51.67 1:04.90	1500m: 16:03.64 59.38
400m: 4:17.26 1:05.56	800m: 8:36.90 1:04.85	1200m: 12:56.41 1:04.74	
2. Aron Þór Jónsson	02 SH	17:14.45	550 ÍM
100m: 1:03.26 1:03.26	500m: 5:41.22 1:09.57	900m: 10:19.60 1:09.56	1300m: 14:56.70 1:09.78
200m: 2:12.53 1:09.27	600m: 6:51.04 1:09.82	1000m: 11:28.89 1:09.29	1400m: 16:06.96 1:10.26
300m: 3:21.84 1:09.31	700m: 8:01.02 1:09.98	1100m: 12:38.00 1:09.11	1500m: 17:14.45 1:07.49
400m: 4:31.65 1:09.81	800m: 9:10.04 1:09.02	1200m: 13:46.92 1:08.92	
3. Baldur Logi Gautason	00 Óðinn	17:44.89	505 ÍM
100m: 1:03.52 1:03.52	500m: 5:48.45 1:12.30	900m: 10:38.29 1:12.27	1300m: 15:24.86 1:11.69
200m: 2:13.26 1:09.74	600m: 7:00.61 1:12.16	1000m: 11:49.70 1:11.41	1400m: 16:35.90 1:11.04
300m: 3:24.35 1:11.09	700m: 8:13.51 1:12.90	1100m: 13:01.75 1:12.05	1500m: 17:44.89 1:08.99
400m: 4:36.15 1:11.80	800m: 9:26.02 1:12.51	1200m: 14:13.17 1:11.42	
4. Jónas Atli Pálsson	03 SH	18:01.91	481 ÍM
100m: 1:05.51 1:05.51	500m: 5:54.81 1:12.96	900m: 10:45.56 1:12.97	1300m: 15:37.53 1:13.63
200m: 2:16.97 1:11.46	600m: 7:07.45 1:12.64	1000m: 11:58.40 1:12.84	1400m: 16:50.85 1:13.32
300m: 3:29.33 1:12.36	700m: 8:19.82 1:12.37	1100m: 13:11.29 1:12.89	1500m: 18:01.91 1:11.06
400m: 4:41.85 1:12.52	800m: 9:32.59 1:12.77	1200m: 14:23.90 1:12.61	
5. Þorsteinn Karl Arnarsson	04 Stjarnan	18:36.99	437 ÍM
100m: 1:07.08 1:07.08	500m: 6:05.24 1:14.77	900m: 11:05.79 1:14.47	1300m: 16:08.52 1:15.42
200m: 2:20.92 1:13.84	600m: 7:20.98 1:15.74	1000m: 12:21.13 1:15.34	1400m: 17:23.40 1:14.88
300m: 3:34.97 1:14.05	700m: 8:36.09 1:15.11	1100m: 13:37.21 1:16.08	1500m: 18:36.99 1:13.59
400m: 4:50.47 1:15.50	800m: 9:51.32 1:15.23	1200m: 14:53.10 1:15.89	
6. Sölvi Bjartur Ingólfsson	03 Stjarnan	19:09.06	402
100m: 1:09.05 1:09.05	500m: 6:15.39 1:18.00	900m: 11:24.36 1:17.47	1300m: 16:37.10 1:18.20
200m: 2:24.22 1:15.17	600m: 7:33.04 1:17.65	1000m: 12:42.00 1:17.64	1400m: 17:54.63 1:17.53
300m: 3:40.44 1:16.22	700m: 8:49.80 1:16.76	1100m: 14:00.26 1:18.26	1500m: 19:09.06 1:14.43
400m: 4:57.39 1:16.95	800m: 10:06.89 1:17.09	1200m: 15:18.90 1:18.64	
7. Jón Ingi Halldórsson	04 BREI	19:14.54	396
100m: 1:12.10 1:12.10	500m: 6:22.53 1:18.16	900m: 11:35.12 1:18.03	1300m: 16:44.51 1:17.23
200m: 2:29.12 1:17.02	600m: 7:40.40 1:17.87	1000m: 12:52.59 1:17.47	1400m: 18:01.01 1:16.50
300m: 3:46.39 1:17.27	700m: 8:58.89 1:18.49	1100m: 14:09.95 1:17.36	1500m: 19:14.54 1:13.53
400m: 5:04.37 1:17.98	800m: 10:17.09 1:18.20	1200m: 15:27.28 1:17.33	
8. Hilmir Snær Lunddal Rúnarsson	03 SH	19:26.47	384
100m: 1:10.29 1:10.29	500m: 6:21.74 1:19.07	900m: 11:38.55 1:19.07	1300m: 16:54.66 1:17.88
200m: 2:26.12 1:15.83	600m: 7:41.18 1:19.44	1000m: 12:57.63 1:19.08	1400m: 18:11.70 1:17.04
300m: 3:43.97 1:17.85	700m: 8:59.99 1:18.81	1100m: 14:17.34 1:19.71	1500m: 19:26.47 1:14.77
400m: 5:02.67 1:18.70	800m: 10:19.48 1:19.49	1200m: 15:36.78 1:19.44	



Extramót SH 2018
Hafnarfjörður, 20. - 21.10.2018

Sundgrein 33, karla, 1500m skriðsund, Opinn

Sæti	F.ár		Tími		Stig	
9.	Bjarki B Isaksen	06 BREI	19:39.75	371		
	100m: 1:13.73	1:13.73	500m: 6:28.70	1:18.85	900m: 11:48.12	1:19.13
	200m: 2:32.29	1:18.56	600m: 7:49.99	1:21.29	1000m: 13:07.34	1:19.22
	300m: 3:50.94	1:18.65	700m: 9:09.27	1:19.28	1100m: 14:26.68	1:19.34
	400m: 5:09.85	1:18.91	800m: 10:28.99	1:19.72	1200m: 15:45.28	1:18.60
10.	Einar Atli Guðnason	03 Ægir	19:42.32	369		
	100m: 1:11.58	1:11.58	500m: 6:28.00	1:19.57	900m: 11:47.14	1:19.85
	200m: 2:29.75	1:18.17	600m: 7:47.55	1:19.55	1000m: 13:06.95	1:19.81
	300m: 3:48.74	1:18.99	700m: 9:07.47	1:19.92	1100m: 14:27.42	1:20.47
	400m: 5:08.43	1:19.69	800m: 10:27.29	1:19.82	1200m: 15:47.51	1:20.09

Sundgrein 34

21.10.2018 - 11:46

kvenna, 50m flugsund

Opinn
Úrslitalistar

Mótsmet	27.63					28.10.2017
Íslandsmet Opinn	26.22	Bryndís Rún Hansen	Óðinn	Windsor (CAN)		8.12.2016
Íslandsmet 15 - 17	27.24					
Íslandsmet 13 - 14	29.17					
Íslandsmet 11 - 12	31.81					

HM 16 +: 27.18 / NM 17 +: 28.99; 15 - 16: 28.99; 13 - 14: 28.99 / ÍM : 32.60

Stig: FINA 2018

Sæti	F.ár		Tími		Stig
1.	Jóhanna Elín Guðmundsdóttir	01 SH	28.43	630	NM
2.	Katarína Róbertsdóttir	00 SH	28.87	602	NM
3.	Inga Elin Cryer	93 FJÖL	29.51	563	ÍM
4.	Elín Kata Sigurgeirsdóttir	99 Óðinn	29.67	554	ÍM
5.	Steingerður Hauksdóttir	96 SH	29.70	553	ÍM
6.	Þóra Snorraddóttir	03 Óðinn	30.25	523	ÍM
7.	Sunna Svanlaug Vilhjálmsdóttir	00 SH	31.41	467	ÍM
8.	Kristín Ylfa Guðmundsdóttir	02 SH	31.47	464	ÍM
9.	Emilía Sól Guðmundsdóttir	02 Ægir	31.49	464	ÍM
10.	Eva Sól Garðarsdóttir	03 Óðinn	31.83	449	ÍM
11.	Guðbjörg Bjartey Guðmundsdóttir	05 ÍA	32.14	436	ÍM
12.	Faney Lind Jóhannsdóttir	02 Ægir	32.73	413	
13.	Una Hlynsdóttir	02 SH	32.80	410	
14.	Alexandra Tómasdóttir	01 Óðinn	32.82	409	
15.	Ásta Kamilla Sigurðardóttir	04 ÍRB	33.03	402	
16.	Ragnheiður Karen Ólafsdóttir	04 ÍA	33.39	389	
17.	Sigurjóna Ragnheiðardóttir	03 Óðinn	33.47	386	
18.	Þórunn Kolbrún Árnadóttir	02 Óðinn	33.72	377	
19.	Ingibjörg Erla Garðarsdóttir	00 FJÖL	34.22	361	
20.	Katrín Eva Jóhannesdóttir	01 Óðinn	34.36	357	
21.	Embla Karen Sævarsdóttir	04 Óðinn	35.02	337	
22.	Guðrún Lilja Kristmannsdóttir	04 FJÖL	35.18	332	
23.	Kolbrún Jónsdóttir	03 UMFA	35.28	330	
24.	Elísa Björnsdóttir	05 Ægir	36.03	309	
25.	Bríet Björk Pálsdóttir	04 Óðinn	36.06	309	
26.	Dagbjört Lilja Danielsdóttir	04 VÖLS	36.38	300	
27.	Birta Rún Smáradóttir	04 UMFA	37.19	281	
28.	Guðný Birna Falsdóttir	03 ÍRB	38.07	262	
29.	Nadja Djurovic	07 BREI	38.29	258	
30.	Ástrós Halla Jónsdóttir	06 Ægir	38.38	256	



Extramót SH 2018
Hafnarfjörður, 20. - 21.10.2018

Sundgrein 34, kvenna, 50m flugsund, Opinn

Sæti	F.ár		Tími	Stig
31.	03	ÍRB	38.75	249
32.	94	FJÖRD	39.58	233
33.	06	UMFA	40.50	218 *
34.	03	ÍRB	44.48	164 *
35.	06	UMFB	52.54	99 *
MÆekki	90	GEST		
MÆekki	03	KR		

Sundgrein 35

karla, 50m flugsund

Opinn

21.10.2018 - 11:52

Úrslitalistar

Íslandsmet Opinn	23.55	Örn Arnarson	SH	Helsinki (FIN)	10.12.2006
Íslandsmet 15 - 17	25.71				
Íslandsmet 13 - 14	26.88				
Íslandsmet 11 - 12	30.89				
Mótsmet	24.38				31.10.2008

HM 16 +: 24.03 / NM 18 +: 25.00; 16 - 17: 25.00; 14 - 15: 25.00 / ÍM : 29.80

Stig: FINA 2018

Sæti	F.ár		Tími	Stig
1.	95	SH	25.04	659 ÍM
2.	95	SH	25.47	627 ÍM
3.	01	BREI	26.84	535 ÍM
4.	99	SH	26.99	526 ÍM
5.	01	SH	27.06	522 ÍM
6.	04	ÍRB	27.96	473 ÍM
7.	93	Stjarnan	28.23	460 ÍM
8.	00	SH	28.31	456 ÍM
9.	01	SH	28.89	429 ÍM
10.	02	FJÖL	29.76	393 ÍM
11.	00	Óðinn	30.82	353
12.	03	Ægir	31.08	345
13.	03	ÍRB	31.11	344
14.	04	Ægir	31.25	339
15.	05	BREI	31.31	337
16.	02	ÍRB	31.41	334
17.	02	Ægir	32.04	314
18.	03	Ægir	33.11	285
19.	04	Óðinn	34.03	262
20.	04	BREI	34.95	242
21.	06	BREI	37.69	193



Extramót SH 2018
Hafnarfjörður, 20. - 21.10.2018

Sundgrein 36
21.10.2018 - 11:56

kvenna, 1500m skriðsund

Opinn
Úrslitalistar

Mótsmet	16:46.95				31.10.2012
Íslandsmet Opinn	16:46.95	Eygló Ósk Gústafsdóttir	Ægir	Hafnarfjörður	27.10.2012
Íslandsmet 15 - 17	16:46.95				
Íslandsmet 13 - 14	17:16.94				
Íslandsmet 11 - 12	18:31.29				

ÍM : 19:59.90

Stig: FINA 2018

Sæti		F.ár		Tími	Stig	
1.	Brynhildur Traustadóttir	01	ÍA	17:57.72	621	ÍM
	100m: 1:06.47 1:06.47	500m: 5:57.86 1:12.97	900m: 10:50.78 1:13.61	1300m: 15:41.18 1:11.62		
	200m: 2:18.14 1:11.67	600m: 7:10.50 1:12.64	1000m: 12:04.56 1:13.78	1400m: 16:50.57 1:09.39		
	300m: 3:30.82 1:12.68	700m: 8:23.61 1:13.11	1100m: 13:17.44 1:12.88	1500m: 17:57.72 1:07.15		
	400m: 4:44.89 1:14.07	800m: 9:37.17 1:13.56	1200m: 14:29.56 1:12.12			
2.	Ylfa Finnbogadóttir	02	SH	18:45.92	545	ÍM
	100m: 1:10.96 1:10.96	500m: 6:10.83 1:15.37	900m: 11:12.43 1:15.51	1300m: 16:15.75 1:16.16		
	200m: 2:25.78 1:14.82	600m: 7:26.13 1:15.30	1000m: 12:28.20 1:15.77	1400m: 17:31.45 1:15.70		
	300m: 3:41.02 1:15.24	700m: 8:41.52 1:15.39	1100m: 13:43.52 1:15.32	1500m: 18:45.92 1:14.47		
	400m: 4:55.46 1:14.44	800m: 9:56.92 1:15.40	1200m: 14:59.59 1:16.07			
3.	Sandra Dögg Kristjánsdóttir	03	SH	19:01.63	522	ÍM
	100m: 1:09.80 1:09.80	500m: 6:11.86 1:15.69	900m: 11:17.92 1:17.41	1300m: 16:30.50 1:18.55		
	200m: 2:25.38 1:15.58	600m: 7:27.28 1:15.42	1000m: 12:35.88 1:17.96	1400m: 17:47.68 1:17.18		
	300m: 3:40.74 1:15.36	700m: 8:43.59 1:16.31	1100m: 13:53.73 1:17.85	1500m: 19:01.63 1:13.95		
	400m: 4:56.17 1:15.43	800m: 10:00.51 1:16.92	1200m: 15:11.95 1:18.22			
4.	Aþena Arnarsdóttir	03	Óðinn	19:04.92	518	ÍM
	100m: 1:10.11 1:10.11	500m: 6:17.83 1:17.50	900m: 11:26.40 1:17.38	1300m: 16:34.90 1:17.06		
	200m: 2:26.32 1:16.21	600m: 7:34.73 1:16.90	1000m: 12:43.34 1:16.94	1400m: 17:50.45 1:15.55		
	300m: 3:43.26 1:16.94	700m: 8:52.01 1:17.28	1100m: 14:00.60 1:17.26	1500m: 19:04.92 1:14.47		
	400m: 5:00.33 1:17.07	800m: 10:09.02 1:17.01	1200m: 15:17.84 1:17.24			
5.	Hildur Valsdóttir	04	SH	20:10.56	438	
	100m: 1:16.11 1:16.11	500m: 6:39.80 1:20.89	900m: 12:05.52 1:21.51	1300m: 17:33.40 1:21.95		
	200m: 2:36.89 1:20.78	600m: 8:00.49 1:20.69	1000m: 13:27.84 1:22.32	1400m: 18:53.00 1:19.60		
	300m: 3:57.66 1:20.77	700m: 9:22.35 1:21.86	1100m: 14:50.27 1:22.43	1500m: 20:10.56 1:17.56		
	400m: 5:18.91 1:21.25	800m: 10:44.01 1:21.66	1200m: 16:11.45 1:21.18			
6.	Sif Grímsdóttir	03	KR	20:27.67	420	
	100m: 1:14.31 1:14.31	500m: 6:41.74 1:22.44	900m: 12:13.65 1:21.88	1300m: 17:44.44 1:22.78		
	200m: 2:35.56 1:21.25	600m: 8:04.53 1:22.79	1000m: 13:36.88 1:23.23	1400m: 19:06.86 1:22.42		
	300m: 3:57.53 1:21.97	700m: 9:28.05 1:23.52	1100m: 14:59.19 1:22.31	1500m: 20:27.67 1:20.81		
	400m: 5:19.30 1:21.77	800m: 10:51.77 1:23.72	1200m: 16:21.66 1:22.47			
7.	Ingibjörg Svava Magnúsdóttir	05	ÍA	20:41.89	406	
	100m: 1:15.27 1:15.27	500m: 6:45.56 1:23.46	900m: 12:19.24 1:24.21	1300m: 17:56.71 1:25.30		
	200m: 2:36.68 1:21.41	600m: 8:08.80 1:23.24	1000m: 13:42.47 1:23.23	1400m: 19:21.61 1:24.90		
	300m: 3:58.48 1:21.80	700m: 9:31.61 1:22.81	1100m: 15:06.58 1:24.11	1500m: 20:41.89 1:20.28		
	400m: 5:22.10 1:23.62	800m: 10:55.03 1:23.42	1200m: 16:31.41 1:24.83			
MÆekki	Elín Eir Andersen	04	KR			

