

1 - 3. May 2024

3.5.2024 - 18:00

Event 1	Men, 800m Freestyle					20 - 84 years
3.5.2024 - 18:00						Results
Garpamet 80 - 84	18:04.81	Ragnar G Kvaran	UMSK	Hafnarfjoerdur	4.10.2008	
Garpamet 75 - 79	17:05.90	Páll G. Sigurþórsson	SELF	Vestmannaeyjar	24.4.2015	
Garpamet 70 - 74	13:10.36	Kári Geirlaugsson	IA	Reykjavik	3.5.2019	
Garpamet 65 - 69	12:26.70	Kári Geirlaugsson	IA	Hafnarfjoerdur	29.4.2016	
Garpamet 60 - 64	12:22.32	Sigmundur Stefánsson	SELF	Hafnarfjoerdur	3.5.2013	
Garpamet 55 - 59	11:07.12	Steinn Jóhannsson	SH	Kopavogur	5.5.2023	
Garpamet 50 - 54	10:51.69	Jón Hugi S Harðarson	IA	Hafnarfjoerdur	3.5.2013	
Garpamet 45 - 49	11:05.37	Elvar Nielsson	UBK	Hafnarfjoerdur	6.5.2022	
Garpamet 40 - 44	10:03.68	Halldor Kristiansen	ARM	Reykjavik	8.5.1998	
Garpamet 35 - 39	9:35.59	Omar Fridriksson	SH	Hafnarfjoerdur	29.4.2016	
Garpamet 30 - 34	9:08.60	Omar Fridriksson	SH	Kopavogur	3.5.2014	
Garpamet 25 - 29	8:42.09	Sigurður Örn Ragnarsson	SH	Reykjavik	3.5.2019	

Rank	Age		Time		Stig
75 - 79 years					
1.	Kari Geirlaugsson	75	IA	14:49.77	9,00
	<i>Garpamet</i>				
	100m: 1:35.50	1:35.50	300m: 5:21.12	500m: 9:12.55	1:56.04
	200m:		400m: 7:16.51	1:55.39	600m: 11:07.93
					1:55.38
					700m: 13:01.36
					1:53.43
					800m: 14:49.77
					1:48.41

70 - 74 years					
1.	Thorhallur Johannesson	71	SH	14:48.25	9,00
	<i>Garpamet</i>				
	100m: 1:41.49	1:41.49	300m: 5:28.10	1:53.88	500m: 9:16.05
	200m: 3:34.22	1:52.73	400m: 7:22.94	1:54.84	600m: 11:10.74
					1:54.69
					700m: 13:03.29
					1:52.55
					800m: 14:48.25
					1:44.96

65 - 69 years					
1.	Jon Hestoy	65	Havnar	11:35.12	9,00
	<i>Garpamet</i>				
	100m: 1:25.15	1:25.15	300m: 4:25.23	1:29.10	500m: 7:21.24
	200m: 2:56.13	1:30.98	400m: 5:53.48	1:28.25	600m: 8:47.46
					1:26.22
					700m: 10:13.53
					1:26.07
					800m: 11:35.12
					1:21.59
2.	Einar Hauksson	66	Breiðablik	12:34.84	7,00
	<i>Garpamet</i>				
	100m: 1:23.95	1:23.95	300m: 4:31.64	1:34.38	500m: 7:42.99
	200m: 2:57.26	1:33.31	400m: 6:06.51	1:34.87	600m: 9:20.98
					1:37.99
					700m: 10:59.03
					1:38.05
					800m: 12:34.84
					1:35.81

DSQ	Birgir Thor Josafatsson	67	Breiðablik		-
	<i>G11 - The indicated distance or correct style were not accomplished</i>				
	100m: 1:54.35	1:54.35	300m:	500m:	700m:
	200m:		400m:	600m:	800m:

60 - 64 years					
1.	Eydun Husgard	62	Havnar	12:20.55	9,00
	<i>Garpamet</i>				
	100m: 1:21.97	1:21.97	300m: 4:23.98	1:32.71	500m: 7:32.88
	200m: 2:51.27	1:29.30	400m: 5:57.72	1:33.74	600m: 9:07.13
					1:34.25
					700m: 10:44.92
					1:37.79
					800m: 12:20.55
					1:35.63
2.	Samal Olsen	63	Havnar	12:41.54	7,00
	<i>Garpamet</i>				
	100m: 1:30.25	1:30.25	300m: 4:45.01	1:37.59	500m: 8:00.09
	200m: 3:07.42	1:37.17	400m: 6:22.67	1:37.66	600m: 9:35.68
					1:35.59
					700m: 11:11.41
					1:35.73
					800m: 12:41.54
					1:30.13

Event 1, Men, 800m Freestyle, 60 - 64 years

Rank			Age			Time	Stig	
3.	Sigurjon Thordarson		60	Tindastoll		12:54.79	6,00	
	100m:	1:25.69 1:25.69	300m:	4:42.68 1:39.13	500m:	8:02.97 1:40.08	700m:	11:22.49 1:40.18
	200m:	3:03.55 1:37.86	400m:	6:22.89 1:40.21	600m:	9:42.31 1:39.34	800m:	12:54.79 1:32.30
4.	Sveinn Simonarson		62	SH		13:59.18	5,00	
	100m:	1:31.02 1:31.02	300m:	4:57.04 1:44.84	500m:	8:34.18 1:50.85	700m:	12:13.91 1:50.67
	200m:	3:12.20 1:41.18	400m:	6:43.33 1:46.29	600m:	10:23.24 1:49.06	800m:	13:59.18 1:45.27

55 - 59 years

1.	Steinn Johannsson		56	SH		10:52.30	9,00	
	<i>Garpamet</i>							
	100m:	1:14.01 1:14.01	300m:	3:55.33 1:21.75	500m:	6:41.02 1:23.43	700m:	9:28.80 1:24.16
	200m:	2:33.58 1:19.57	400m:	5:17.59 1:22.26	600m:	8:04.64 1:23.62	800m:	10:52.30 1:23.50
2.	Birgir Gislason		58	Breiðablik		11:59.09	7,00	
	100m:	1:20.76 1:20.76	300m:	4:14.78 1:27.54	500m:	7:12.38 1:29.39	700m:	10:22.61 1:36.99
	200m:	2:47.24 1:26.48	400m:	5:42.99 1:28.21	600m:	8:45.62 1:33.24	800m:	11:59.09 1:36.48
3.	Bergthor Johannsson		55	SH		14:16.35	6,00	
	100m:	1:32.32 1:32.32	300m:	5:14.80 1:51.84	500m:	8:56.60 1:50.09	700m:	12:34.99 1:49.69
	200m:	3:22.96 1:50.64	400m:	7:06.51 1:51.71	600m:	10:45.30 1:48.70	800m:	14:16.35 1:41.36
4.	Agust Hilmarsson		55	SH		15:13.30	5,00	
	100m:	1:44.21 1:44.21	300m:	5:34.90 1:57.08	500m:	9:30.87 1:59.92	700m:	13:25.64 1:57.24
	200m:	3:37.82 1:53.61	400m:	7:30.95 1:56.05	600m:	11:28.40 1:57.53	800m:	15:13.30 1:47.66

50 - 54 years

1.	Hakon Hrafn Sigurdsson		50	Breiðablik		11:29.43	9,00	
	100m:	1:20.56 1:20.56	300m:	4:14.72 1:27.16	500m:	7:09.18 1:27.46	700m:	10:04.60 1:27.54
	200m:	2:47.56 1:27.00	400m:	5:41.72 1:27.00	600m:	8:37.06 1:27.88	800m:	11:29.43 1:24.83
2.	Erling Eidesgaard		53	Havnar		11:35.90	7,00	
	100m:	1:25.66 1:25.66	300m:	4:25.05 1:29.28	500m:	7:21.44 1:27.92	700m:	10:14.80 1:27.01
	200m:	2:55.77 1:30.11	400m:	5:53.52 1:28.47	600m:	8:47.79 1:26.35	800m:	11:35.90 1:21.10
3.	Richard Lee Blurton		52	SH		11:35.91	6,00	
	100m:	1:19.49 1:19.49	300m:	4:13.68 1:28.54	500m:	7:10.85 1:28.32	700m:	10:10.46 1:28.80
	200m:	2:45.14 1:25.65	400m:	5:42.53 1:28.85	600m:	8:41.66 1:30.81	800m:	11:35.91 1:25.45
4.	Magnus Palmi Ornlófsson		53	Breiðablik		14:39.54	5,00	
	100m:	1:33.43 1:33.43	300m:	5:13.47 1:53.07	500m:	9:02.17 1:53.93	700m:	12:49.33 1:54.22
	200m:	3:20.40 1:46.97	400m:	7:08.24 1:54.77	600m:	10:55.11 1:52.94	800m:	14:39.54 1:50.21
5.	Sverrir Oskarsson		53	Breiðablik		15:51.78	4,00	
	100m:	1:45.83 1:45.83	300m:	5:48.93 2:00.63	500m:	9:51.23 2:02.23	700m:	13:54.72 2:00.40
	200m:	3:48.30 2:02.47	400m:	7:49.00 2:00.07	600m:	11:54.32 2:03.09	800m:	15:51.78 1:57.06

45 - 49 years

1.	Peter Garajszki		46	Breiðablik		9:46.33	9,00	
	<i>Garpamet</i>							
	100m:	1:07.93 1:07.93	300m:	3:34.89 1:13.87	500m:	6:03.65 1:14.23	700m:	8:32.61 1:14.76
	200m:	2:21.02 1:13.09	400m:	4:49.42 1:14.53	600m:	7:17.85 1:14.20	800m:	9:46.33 1:13.72

Event 1, Men, 800m Freestyle, 45 - 49 years

Rank			Age						Time	Stig		
2.	Marteinn Thor Hardarson		45	SH					13:26.25	7,00		
	100m:	1:29.91	1:29.91	300m:	4:48.41	1:40.48	500m:	8:16.94	1:45.20	700m:	11:45.90	1:44.21
	200m:	3:07.93	1:38.02	400m:	6:31.74	1:43.33	600m:	10:01.69	1:44.75	800m:	13:26.25	1:40.35

40 - 44 years

1.	Stefan Karl Savarsson		41	Breiðablik					10:59.89	9,00		
	100m:	1:15.79	1:15.79	300m:	4:05.13	1:25.86	500m:	6:52.94	1:23.58	700m:	9:39.17	1:23.05
	200m:	2:39.27	1:23.48	400m:	5:29.36	1:24.23	600m:	8:16.12	1:23.18	800m:	10:59.89	1:20.72
2.	Gudgeir Gudmundsson		42	IA					12:26.73	7,00		
	100m:	1:19.57	1:19.57	300m:	4:24.13	1:34.42	500m:	7:38.23	1:37.60	700m:	10:51.73	1:36.59
	200m:	2:49.71	1:30.14	400m:	6:00.63	1:36.50	600m:	9:15.14	1:36.91	800m:	12:26.73	1:35.00

35 - 39 years

1.	Hakon Jonsson		39	Breiðablik					11:24.84	9,00		
	100m:	1:17.65	1:17.65	300m:	4:10.05	1:26.56	500m:	7:04.39	1:27.20	700m:	9:58.39	1:26.95
	200m:	2:43.49	1:25.84	400m:	5:37.19	1:27.14	600m:	8:31.44	1:27.05	800m:	11:24.84	1:26.45

30 - 34 years

1.	Arkadiusz Przybyla		32	Breiðablik					9:57.17	9,00		
	100m:	1:07.84	1:07.84	300m:	3:35.32	1:14.32	500m:	6:06.35	1:16.13	700m:	8:40.68	1:17.32
	200m:	2:21.00	1:13.16	400m:	4:50.22	1:14.90	600m:	7:23.36	1:17.01	800m:	9:57.17	1:16.49
2.	Gudmundur Brynjar Juliusson		30	IA					11:35.54	7,00		
	100m:	1:13.26	1:13.26	300m:	4:02.84	1:27.78	500m:	7:05.68	1:31.70	700m:	10:08.73	1:32.11
	200m:	2:35.06	1:21.80	400m:	5:33.98	1:31.14	600m:	8:36.62	1:30.94	800m:	11:35.54	1:26.81
3.	Bjorgvin Gudmundur Bjorgvinsson		32	SH					12:09.65	6,00		
	100m:	1:16.07	1:16.07	300m:	4:12.82	1:30.66	500m:	7:25.73	1:37.11	700m:	10:37.69	1:35.91
	200m:	2:42.16	1:26.09	400m:	5:48.62	1:35.80	600m:	9:01.78	1:36.05	800m:	12:09.65	1:31.96

25 - 29 years

1.	Hamed Salimishahraki		25	Breiðablik					11:27.73	9,00		
	100m:	1:08.20	1:08.20	300m:	3:51.57	1:26.06	500m:	6:53.91	1:31.82	700m:	9:58.77	1:32.20
	200m:	2:25.51	1:17.31	400m:	5:22.09	1:30.52	600m:	8:26.57	1:32.66	800m:	11:27.73	1:28.96

Event 2
 3.5.2024 - 18:45
 Women, 800m Freestyle
 20 - 84 years
 Results

Garpamet 75 - 79										
Garpamet 70 - 74	15:57.94	Guðmunda Ólöf Jónasdóttir	UMSB	Reykjavík						18.9.2021
Garpamet 65 - 69	14:08.46	Vilborg Sverrisdóttir	SH	Kopavogur						5.5.2023
Garpamet 60 - 64	16:25.25	Ingibjörg Svala Ólafsdóttir	SH	Hafnarfjörður						3.5.2013
Garpamet 55 - 59	12:50.51	Sarah Buckley	FJOL	Reykjavík						9.10.2021
Garpamet 50 - 54	12:46.26	Elisabet Böðvarsdóttir	UMSK	Reykjavík						20.4.2007
Garpamet 45 - 49	11:05.38	Helga Sigurdardóttir	AEGIR	Kopavogur						3.5.2014
Garpamet 40 - 44	11:27.73	Helga Sigurdardóttir	AEGIR	Hafnarfjörður						6.5.2011
Garpamet 35 - 39	11:08.42	Gudlaug Thora Marinósóttir	AEGIR	Kopavogur						3.5.2014
Garpamet 30 - 34	11:21.32	Hildur Sigurdardóttir	AEGIR	Hafnarfjörður						6.5.2011
Garpamet 25 - 29	10:27.24	Amanda Ágústsdóttir	UBK	Hafnarfjörður						4.5.2018

Rank	Age	Time	Stig
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75 - 79 years

1. Gudmunda Olof Jonasdottir	75	Skallagrimur	15:50.19	9,00							
<i>Garpamet</i>											
100m:	1:48.54	1:48.54	300m:	5:47.60	2:00.07	500m:	9:49.18	2:01.70	700m:	13:53.17	2:02.54
200m:	3:47.53	1:58.99	400m:	7:47.48	1:59.88	600m:	11:50.63	2:01.45	800m:	15:50.19	1:57.02

65 - 69 years

1. Brynja Gudmundsdottir	69	Breiðablik	18:47.16	9,00							
100m:	2:04.59	2:04.59	300m:	6:53.94	2:24.42	500m:	11:38.05	2:22.40	700m:	16:26.16	2:25.22
200m:	4:29.52	2:24.93	400m:	9:15.65	2:21.71	600m:	14:00.94	2:22.89	800m:	18:47.16	2:21.00

60 - 64 years

1. Asta Th. Olafsdottir	61	Breiðablik	13:54.67	9,00							
<i>Garpamet</i>											
100m:	1:33.41	1:33.41	300m:	5:05.47	1:47.52	500m:	8:40.35	1:47.00	700m:	12:12.71	1:45.43
200m:	3:17.95	1:44.54	400m:	6:53.35	1:47.88	600m:	10:27.28	1:46.93	800m:	13:54.67	1:41.96

50 - 54 years

1. Berglind Sigurdardottir	50	SH	15:28.78	9,00							
100m:	1:45.03	1:45.03	300m:	5:37.53	1:56.37	500m:	9:33.26	1:58.25	700m:	13:33.28	1:59.90
200m:	3:41.16	1:56.13	400m:	7:35.01	1:57.48	600m:	11:33.38	2:00.12	800m:	15:28.78	1:55.50

45 - 49 years

1. Berglind Valdimarsdottir	49	Breiðablik	11:47.78	9,00							
100m:	1:22.49	1:22.49	300m:	4:19.61	1:28.41	500m:	7:18.03	1:29.33	700m:	10:17.70	1:30.89
200m:	2:51.20	1:28.71	400m:	5:48.70	1:29.09	600m:	8:46.81	1:28.78	800m:	11:47.78	1:30.08

40 - 44 years

1. Steinunn Skuladottir	41	Breiðablik	11:59.84	9,00							
100m:	1:24.95	1:24.95	300m:	4:26.80	1:31.69	500m:	7:29.57	1:31.07	700m:	10:31.52	1:30.70
200m:	2:55.11	1:30.16	400m:	5:58.50	1:31.70	600m:	9:00.82	1:31.25	800m:	11:59.84	1:28.32
2. Friederike Dima Danneil	43	Skallagrimur	13:43.21	7,00							
100m:	1:34.97	1:34.97	300m:	5:02.97	1:44.32	500m:	8:32.18	1:44.41	700m:	12:00.73	1:44.62
200m:	3:18.65	1:43.68	400m:	6:47.77	1:44.80	600m:	10:16.11	1:43.93	800m:	13:43.21	1:42.48

Event 2, Women, 800m Freestyle

35 - 39 years

1. Sarah Cushing	39	Breiðablik						11:07.49	9,00		
<i>Garpamet</i>											
100m:	1:15.35	1:15.35	300m:	4:04.97	1:24.90	500m:	6:55.23	1:25.28	700m:	9:44.69	1:24.63
200m:	2:40.07	1:24.72	400m:	5:29.95	1:24.98	600m:	8:20.06	1:24.83	800m:	11:07.49	1:22.80
2. Juliana Thora Halfdanardottir	36	Skallagrimur						12:32.20	7,00		
100m:	1:27.57	1:27.57	300m:	4:38.55	1:36.45	500m:	7:50.37	1:36.30	700m:	11:01.64	1:34.17
200m:	3:02.10	1:34.53	400m:	6:14.07	1:35.52	600m:	9:27.47	1:37.10	800m:	12:32.20	1:30.56

30 - 34 years

1. Ewa Przybyla	32	Breiðablik						13:27.52	9,00		
100m:	1:34.16	1:34.16	300m:	4:57.32	1:41.81	500m:	8:21.44	1:42.90	700m:	11:46.32	1:41.38
200m:	3:15.51	1:41.35	400m:	6:38.54	1:41.22	600m:	10:04.94	1:43.50	800m:	13:27.52	1:41.20

Event 3

Men, 50m Butterfly

20 - 84 years

3.5.2024 - 19:22

Results

Garpamet 75 - 79	1:17.82	Guðni Þorvarður Sigurðsson	UMSK	Kopavogur	1.5.2009
Garpamet 70 - 74	50.75	Sigurbjörn Einarsson	AEGIR	Torshavn (FRO)	30.9.2022
Garpamet 65 - 69	37.90	Remi Spillaert	AEGIR	Copenhagen (DEN)	30.9.2023
Garpamet 60 - 64	34.42	Guðni Guðnason	SH	Hafnarfjoerdur	6.5.2022
Garpamet 55 - 59	32.08	Jóhann Björnsson	UBK	Copenhagen (DEN)	30.9.2023
Garpamet 50 - 54	31.29	Jóhann Björnsson	IRB	Hafnarfjoerdur	29.4.2016
Garpamet 45 - 49	27.53	Magnus Konradsson	UBK	Hafnarfjoerdur	6.5.2022
Garpamet 40 - 44	27.67	Mladen Tepavcevic	SH	Hafnarfjoerdur	5.5.2017
Garpamet 35 - 39	27.96	Omar Fridriksson	SH	Hafnarfjoerdur	5.5.2017
Garpamet 30 - 34	25.39	Már Árni Arnason	AEGIR	Hafnarfjoerdur	5.5.2017
Garpamet 25 - 29	25.01	Ágúst Júlíusson	IA	Hafnarfjoerdur	4.5.2018

Rank	Age	Time	Stig
70 - 74 years			
1. Gudjon Gudnason	70	SH	45.83 9,00
<i>Garpamet</i>			
2. Sigurbjoern Einarsson	72	Ægir	52.80 7,00
65 - 69 years			
1. Jon Hestoy	65	Havnar	35.85 9,00
60 - 64 years			
1. Gudni Gudnason	62	SH	34.53 9,00
55 - 59 years			
1. Johann Bjornsson	58	Breiðablik	33.23 9,00
2. Johann Samsonarsson	55	SH	36.17 7,00
3. Birgir Gislason	58	Breiðablik	36.18 6,00

Event 3, Men, 50m Butterfly

50 - 54 years

1. Magni Thor Samsonarsson	54	SH	32.28	9,00
2. Arni Runar Arnason	51	SH	32.99	7,00
3. Thorsteinn Gislason	51	SH	37.61	6,00
4. Alexander Eck	53	IA	43.61	5,00

45 - 49 years

1. Magnus Konradsson	49	Breiðablik	28.20	9,00
2. Albert Thor Kristjánsson	47	SH	31.80	7,00
DSQ Johann Pall Ingimarsson	46	Breiðablik	45.40	-

P3 - Leg movements not simultaneous, alternating or breaststroke kick (SW 8.3)

40 - 44 years

1. Stefan Karl Savarsson	41	Breiðablik	32.42	9,00
2. Gudgeir Gudmundsson	42	IA	36.70	7,00

35 - 39 years

1. Bragi Thorsteinsson	36	SH	28.54	9,00
2. Julio Cesar Leon Verdugo	38	Breiðablik	30.64	7,00
3. Hakon Jonsson	39	Breiðablik	34.12	6,00
4. Arnar Gudmundsson	35	SH	35.01	5,00

30 - 34 years

1. Einar Helgi Gudlaugsson	33	Ægjur	27.49	9,00
2. Arni Gudnason	33	SH	27.69	7,00
3. Arkadiusz Przybyla	32	Breiðablik	29.54	6,00
4. Gudmundur Brynjar Juliusson	30	IA	31.48	5,00
5. Bjorgvin Gudmundur Bjorgvinsson	32	SH	32.86	4,00
6. Valdimar Ingi Brynjarsson	30	IA	37.72	3,00

25 - 29 years

1. Ingimar Logi Gudlaugsson	28	Breiðablik	29.22	9,00
DSQ Hamed Salimishahraki	25	Breiðablik	32.20	-

G2 - Starting before the start signal (SW 4.4)

Event 4 Women, 50m Butterfly 20 - 84 years
 3.5.2024 - 19:29 Results

Garpamet 65 - 69	1:03.64	Ingibjörg Svala Ólafsdóttir	SH	Hafnarfjoerdur	4.5.2018
Garpamet 60 - 64	38.95	Elin Vidarsdottir	UBK	Kopavogur	23.2.2024
Garpamet 55 - 59	39.68	Elin Vidarsdottir	UBK	Copenhagen (DEN)	30.9.2023
Garpamet 50 - 54	36.20	Pálína Björnsdóttir	AEGIR	Kopavogur	24.2.2023
Garpamet 45 - 49	34.95	Sigurlín Garðarsdóttir	UMFS	Copenhagen (DEN)	30.9.2023
Garpamet 40 - 44	32.19	Þuríður Eiríksdóttir	UBK	Kopavogur	23.2.2024
Garpamet 35 - 39	31.94	Elin Sigurdardóttir	SH	Hafnarfjoerdur	3.10.2008
Garpamet 30 - 34	34.84	Kristín L. Steinadóttir	SH	Hafnarfjoerdur	6.5.2011
Garpamet 25 - 29	28.77	Jóhanna Gústafsdóttir	AEGIR	Hafnarfjoerdur	5.5.2017

Rank	Age	Time	Stig
60 - 64 years			
1. Elin Vidarsdottir <i>Garpamet</i>	60 Breiðablik	38.27	9,00
50 - 54 years			
1. Johanna Benediktsdottir	53 Breiðablik	39.57	9,00
2. Kristjana Thorvaldsdottir	52 IA	42.48	7,00
45 - 49 years			
1. Berglind Valdimarsdottir	49 Breiðablik	37.47	9,00
2. Maria Fanndal Birkisdottir	49 Breiðablik	39.87	7,00
3. Maria Jonsdottir	47 Breiðablik	43.51	6,00
4. Isey Greta Thorgrimsdottir	48 Breiðablik	51.86	5,00
40 - 44 years			
1. Thuridur Eiríksdottir <i>Garpamet</i>	40 Breiðablik	31.77	9,00
2. Steinunn Skuladottir	41 Breiðablik	38.89	7,00
35 - 39 years			
1. Heidrun Ingólfssdottir	36 Breiðablik	34.52	9,00
2. Harpa Drofn Skuladottir	39 Skallagrimur	37.67	7,00
3. Thelma Olafsdottir	38 Breiðablik	50.30	6,00
30 - 34 years			
1. Judith Schuijs <i>Garpamet</i>	30 SH	34.73	9,00

Event 5 Men, 100m Breaststroke 20 - 84 years
 3.5.2024 - 19:42 Results

Rank	Time	Name	Club	Age	50m	100m
	2:15.36	Jon Oern Bogason	ARM			24.4.2015
	1:56.82	Óli G H Þórðarson	SH			3.5.2014
	1:36.74	Kári Kaaber	SH			8.10.2021
	1:32.13	Kári Kaaber	SH			24.4.2015
	1:27.38	Örn Ólafson	SH			29.4.2016
	1:23.97	Steinn Jóhannsson	SH			24.2.2023
	1:22.24	Steinn Jóhannsson	SH			3.5.2019
	1:10.26	Magnus Konradsson	UBK			6.5.2022
	1:07.93	Arnar Felix Einarsson	UBK			6.5.2022
	1:10.33	Arnar Felix Einarsson	UBK			29.4.2016
	1:10.17	Leifur Guðni Grétarsson	UBK			30.9.2023
	1:06.01	Hjalti Gudmundsson	ARM			30.4.2004

Points:

Rank	Age	Time	Pts	50m	100m
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75 - 79 years

1.	Arni Winther	75	Havnar	1:53.36	51.77	1:01.59
DSQ	Jon Halldor Bjarnason	75	SH		1:32.96	
<i>B13 - Touching the wall with hands not simultaneously and separated with both hands at turn/finish (SW 7.6)</i>						
DSQ	Thorsteinn Ingimundarsson	78	SH	3:48.14	1:45.67	2:02.47
<i>B11 - Leg movements not simultaneously, not in the same horiz. plan, or alternating downward butterfly kick (SW 7.5)</i>						

70 - 74 years

1.	Kristinn Jonsson	72	Breiðablik	1:58.76	52.59	1:06.17
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65 - 69 years

1.	Bjorgvin Bjorgvinsson	69	SH	1:58.81	55.71	1:03.10
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60 - 64 years

1.	Eythor R Gissurarson	62	Breiðablik	1:55.40	55.16	1:00.24
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55 - 59 years

1.	Steinn Johannsson	56	SH	1:24.37	40.52	43.85
2.	Johann Samsonarsson	55	SH	1:27.02	41.35	45.67
3.	Birkir Marteinnsson	59	SH	1:48.26	50.87	57.39
4.	Agust Hilmarsson	55	SH	1:55.51	56.66	58.85

50 - 54 years

1.	Simon Thor Jonsson	54	UMFB	1:23.02	38.67	44.35
2.	Omar Gisli Savarsson	52	SH	1:37.28	44.85	52.43
3.	Alexander Eck	53	IA	1:39.78	47.53	52.25
4.	Boerkur Jonsson	52	SH	1:45.42	50.55	54.87
5.	Gudmundur Sigurdsson	52	SH	1:51.58	50.30	1:01.28
6.	Hrafn Sveinbjarnarson	51	Breiðablik	2:00.23	55.91	1:04.32

Event 5, Men, 100m Breaststroke

45 - 49 years

1.	Magnus Konradsson	49	Breiðablik	1:09.34	32.50	36.84
	<i>Garpamet</i>					
2.	Mladen Tepavcevic	48	SH	1:12.63	33.40	39.23
3.	Marteinn Thor Hardarson	45	SH	1:40.70	46.90	53.80
DSQ	Johann Pall Ingimarsson	46	Breiðablik	1:58.86	53.78	1:05.08
	<i>B11 - Leg movements not simultaneously, not in the same horiz. plan, or alternating downward butterfly kick (SW 7.5)</i>					

40 - 44 years

1.	Gudgeir Gudmundsson	42	IA	1:36.35	46.50	49.85
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30 - 34 years

1.	Arni Gudnason	33	SH	1:18.26	37.59	40.67
2.	Gudmundur Brynjar Juliusson	30	IA	1:22.60	39.03	43.57
3.	Bjorgvin Gudmundur B.	32	SH	1:28.52	40.46	48.06

Event 6

Women, 100m Breaststroke

20 - 84 years

3.5.2024 - 19:55

Results

Garpamet 75 - 79	2:27.25	Sigurbjörg Sigurpáldóttir	FJOL	Kopavogur	26.2.2022
Garpamet 70 - 74	2:02.30	Björg H. Kristófersdóttir	UMSB	Torshavn (FRO)	30.9.2022
Garpamet 65 - 69	1:56.53	Björg H. Kristófersdóttir	UMSB	Reykjavik	3.5.2019
Garpamet 60 - 64	1:38.68	Ásta Þ. Ólafsdóttir	UBK	Copenhagen (DEN)	30.9.2023
Garpamet 55 - 59	1:38.22	Ásta Þ. Ólafsdóttir	UBK	Hafnarfjoerdur	6.5.2022
Garpamet 50 - 54	1:32.96	Elisabet Böðvarsdóttir	UMSK	Reykjavik	2.5.2008
Garpamet 45 - 49	1:32.18	Elisabet Böðvarsdóttir	UMSK	Hafnarfjoerdur	21.4.2006
Garpamet 40 - 44	1:17.88	Ragnheidur Ronolfsdottir	IA	Bollnaes (SWE)	5.10.2007
Garpamet 35 - 39	1:23.60	Þuríður Eiríksdóttir	UBK	Copenhagen (DEN)	30.9.2023
Garpamet 30 - 34	1:17.30	Ragnheiður Runólfsdóttir	ODINN	Reykjavik	4.5.1996
Garpamet 25 - 29	1:12.92	Jóhanna Gústafsdóttir	AEGIR	Hafnarfjoerdur	5.5.2017

Points:

Rank	Age		Time	Pts	50m	100m
75 - 79 years						
1.	Ragna Maria Ragnarsdottir	76	Ægir	3:06.50	1:28.50	1:38.00
65 - 69 years						
1.	Hallbera Johannesdottir	68	IA	1:52.80	53.00	59.80
	<i>Garpamet</i>					
2.	Solborg Gunnbjornsdottir	65	Njardvik	2:13.73	1:02.90	1:10.83
60 - 64 years						
1.	Asta Th. Olafsdottir	61	Breiðablik	1:40.24	47.89	52.35
55 - 59 years						
1.	Ulfhildur Haraldsdottir	57	Breiðablik	2:30.66	1:11.29	1:19.37

Event 6, Women, 100m Breaststroke

45 - 49 years

1.	Sadis Savarsdottir	49	Breiðablik	1:39.48	45.57	53.91
2.	Maria Jonsdottir	47	Breiðablik	1:42.92	48.62	54.30
3.	Isey Greta Thorgrimsdottir	48	Breiðablik	1:48.31	49.92	58.39

40 - 44 years

1.	Thuridur Eiriksদottir	40	Breiðablik	1:19.84	39.08	40.76
2.	Silja Eyrún Steingrimsdottir	42	Skallagrimur	1:50.72	52.69	58.03
3.	Heidrun Helga Bjarnadóttir	42	Skallagrimur	1:52.70	53.22	59.48

35 - 39 years

1.	Sarah Cushing	39	Breiðablik	1:28.15	41.37	46.78
2.	Salvor Egilsdottir	39	Breiðablik	1:36.44	46.27	50.17
3.	Harpa Drofn Skuladóttir	39	Skallagrimur	1:38.81	45.97	52.84
4.	Thelma Olafsdottir	38	Breiðablik	1:56.88	54.69	1:02.19

30 - 34 years

1.	Erla Sif Arnardottir	30	SH	1:29.93	43.23	46.70
DSQ	Hrafnhildur Luthersdottir	33	SH	1:14.70	35.42	39.28

B1 - More than one single dolphinkick before first breaststroke kick (SW 7.1)

Event 7

Men, 50m Freestyle

20 - 84 years

3.5.2024 - 20:06

Results

Garpamet 80 - 84	48.72	Jon Oern Bogason	ARM	Vestmannaeyjar	24.4.2015
Garpamet 75 - 79	42.56	Trausti Sveinbjörnsson	SH	Reykjavík	18.9.2021
Garpamet 70 - 74	32.87	Kári Geirlaugsson	IA	Reykjavík	3.5.2019
Garpamet 65 - 69	32.69	Remi Spillaert	AEGIR	Copenhagen (DEN)	1.10.2023
Garpamet 60 - 64	31.49	Ragnar Marteinsson	STAR	Reykjavík	3.5.2019
Garpamet 55 - 59	29.28	Birgir Gíslason	UBK	Reykjavík	9.10.2021
Garpamet 50 - 54	27.54	Nenad Milos	SH	Reykjavík	2.5.2008
Garpamet 45 - 49	25.30	Peter Garajszki	UBK	Kopavogur	5.5.2023
Garpamet 40 - 44	24.96	Peter Garajszki	UBK	Hafnarfjoerdur	6.5.2022
Garpamet 35 - 39	25.83	Georg Leite	SH	Hafnarfjoerdur	4.5.2018
Garpamet 30 - 34	23.29	Már Árne Árnason	AEGIR	Hafnarfjoerdur	5.5.2017
Garpamet 25 - 29	23.40	Már Árne Árnason	IRB	Kopavogur	3.5.2014

Rank		Age		Time	Stig
75 - 79 years					
1.	Kari Geirlaugsson	75	IA	35.33	9,00
	<i>Garpamet</i>				
2.	Arni Winther	75	Havnar	44.18	7,00
3.	Trausti Sveinbjörnsson	78	SH	47.65	6,00
4.	Jon Gudmundsson	75	SH	52.57	5,00
5.	Thorsteinn Ingimundarsson	78	SH	1:27.21	4,00

Event 7, Men, 50m Freestyle

70 - 74 years

1. Thorhallur Johannesson	71	SH	37.58	9,00
2. Sigurbjoern Einarsson	72	Ægir	37.86	7,00
3. Kristinn Jonsson	72	Breiðablik	46.76	6,00

65 - 69 years

1. Jon Hestoy	65	Havnar	32.92	9,00
2. Einar Hauksson	66	Breiðablik	33.41	7,00
3. Jakup Enni	67	Havnar	41.89	6,00
4. Jon Valdimar Gunnbjornsson	67	SH	43.33	5,00
5. Ragnar Johannsson	66	SH	47.35	4,00

60 - 64 years

1. Gudni Gudnason	62	SH	32.15	9,00
2. Aksel Haraldsen	63	Havnar	32.41	7,00
3. Eydun Husgard	62	Havnar	34.17	6,00
4. Samal Olsen	63	Havnar	35.22	5,00
5. Sveinn Simonarson	62	SH	36.01	4,00
6. Eythor R Gissurarson	62	Breiðablik	40.51	3,00

55 - 59 years

1. Borgar Thor Bragason	55	Njardvik	29.95	9,00
2. Birgir Gislason	58	Breiðablik	30.48	7,00
3. Johann Samsonarsson	55	SH	30.93	6,00
4. Theodor Olafsson	59	SH	31.89	5,00
5. Karl Georg Klein	55	SH	34.39	4,00
6. Birkir Marteinsson	59	SH	43.63	3,00
7. Arnar Thorsteinsson	57	Breiðablik	48.63	2,00

50 - 54 years

1. Hafthor Hafsteinsson	54	Breiðablik	29.46	9,00
Halfdan Freyr Ornlófsson	51	SH	29.46	9,00
3. Arni Runar Arnason	51	SH	29.81	6,00
4. Magni Thor Samsonarsson	54	SH	30.49	5,00
5. Thorsteinn Gislason	51	SH	31.20	4,00
6. Richard Lee Blurton	52	SH	31.26	3,00
7. Erling Eidesgaard	53	Havnar	32.39	2,00
8. Magnus Palmi Ornlófsson	53	Breiðablik	32.59	1,00
9. Mikkjal Helmsdal	50	Havnar	34.17	-
10. Boerkur Jonsson	52	SH	35.74	-
11. Mark Andrew Zimmer	53	Breiðablik	35.92	-
12. Omar Gisli Savarsson	52	SH	38.96	-
13. Gudmundur Sigurdsson	52	SH	43.42	-
14. Hrafn Sveinbjarnarson	51	Breiðablik	55.77	-

Event 7, Men, 50m Freestyle

45 - 49 years

1. Peter Garajszki	46	Breiðablik	25.33	9,00
2. Magnus Konradsson	49	Breiðablik	26.26	7,00
3. Albert Thor Kristjansson	47	SH	29.95	6,00
4. Marteinn Thor Hardarson	45	SH	36.17	5,00
5. Johann Pall Ingimarsson	46	Breiðablik	37.17	4,00
6. Kristinn Sverrisson	45	Breiðablik	37.19	3,00

40 - 44 years

1. Gudmundur Hafthorsson	44	Ægir	26.96	9,00
2. Gudgeir Gudmundsson	42	IA	34.06	7,00

35 - 39 years

1. Bragi Thorsteinsson	36	SH	25.84	9,00
2. Arni Pall Hafthorsson	35	Ægir	26.56	7,00
3. Julio Cesar Leon Verdugo	38	Breiðablik	28.01	6,00
4. Hakon Jonsson	39	Breiðablik	29.85	5,00
5. Arnar Gudmundsson	35	SH	30.79	4,00

30 - 34 years

1. Einar Helgi Gudlaugsson	33	Ægir	25.43	9,00
2. Arni Gudnason	33	SH	25.50	7,00
3. Arkadiusz Przybyla	32	Breiðablik	27.00	6,00
4. Gudmundur Brynjar Juliusson	30	IA	29.19	5,00
5. Bjorgvin Gudmundur Bjorgvinsson	32	SH	30.14	4,00
6. Valdimar Ingi Brynjarsson	30	IA	30.96	3,00
7. Alexander Arnason	32	SH	34.44	2,00

25 - 29 years

1. Kristinn Thorarinsson	28	Fjoelnir	26.04	9,00
2. Ingimar Logi Gudlaugsson	28	Breiðablik	26.16	7,00

Event 8 Women, 50m Freestyle 20 - 84 years
 3.5.2024 - 20:20 Results

Garpamet 75 - 79	51.13	Guðmunda Ólöf Jónasdóttir	UMFS	Hafnarfjörður	3.5.2024
Garpamet 70 - 74	44.55	Björg H. Kristófersdóttir	UMSB	Kopavogur	26.2.2022
Garpamet 65 - 69	38.40	Vilborg Sverrisdóttir	SH	Kopavogur	5.5.2023
Garpamet 60 - 64	34.70	Ásta Þ. Ólafsdóttir	UBK	Copenhagen (DEN)	1.10.2023
Garpamet 55 - 59	34.44	Ásta Þ. Ólafsdóttir	UBK	Reykjavík	9.10.2021
Garpamet 50 - 54	30.63	Pálína Björnsdóttir	AEGIR	Kopavogur	24.2.2023
Garpamet 45 - 49	30.07	Pálína Björnsdóttir	AEGIR	Reykjavík	15.3.2014
Garpamet 40 - 44	29.33	Þuríður Eiríksdóttir	UBK	Kopavogur	23.2.2024
Garpamet 35 - 39	29.28	Elin Sigurdardóttir	SH	Reykjavík	10.3.2012
Garpamet 30 - 34	30.30	Pálína Björnsdóttir	FJOL	Reykjavík	1.5.2005
Garpamet 25 - 29	27.22	Elin Sigurdardóttir	SH	Reykjavík	5.5.2000

Rank	Age	Time	Stig
75 - 79 years			
1.	75	Skallagrímur	47.02 9,00
		<i>Garpamet</i>	
2.	76	Ægir	1:08.85 7,00
70 - 74 years			
1.	72	Breiðablik	46.84 9,00
2.	71	SH	50.59 7,00
65 - 69 years			
1.	68	IA	41.09 9,00
2.	65	Njardvík	44.85 7,00
3.	69	Breiðablik	54.85 6,00
60 - 64 years			
1.	61	Breiðablik	36.14 9,00
2.	60	Breiðablik	39.52 7,00
55 - 59 years			
1.	57	Breiðablik	45.12 9,00
2.	57	Breiðablik	56.47 7,00
3.	58	Breiðablik	1:07.64 6,00
50 - 54 years			
1.	53	Breiðablik	34.80 9,00
2.	52	IA	37.33 7,00
3.	50	Breiðablik	42.57 6,00
4.	52	Breiðablik	45.46 5,00

Event 8, Women, 50m Freestyle

45 - 49 years

1. Berglind Valdimarsdóttir	49	Breiðablik	34.18	9,00
2. María Jónsdóttir	47	Breiðablik	35.63	7,00
3. María Fanndal Birkisdóttir	49	Breiðablik	36.61	6,00
4. Silvia Llorens	46	IA	36.83	5,00
5. Isey Greta Thorgrímsdóttir	48	Breiðablik	38.38	4,00
6. Sadi Savarsdóttir	49	Breiðablik	39.27	3,00
7. Johanna Sveinsdóttir	45	Breiðablik	56.43	2,00

40 - 44 years

1. Thuridur Eiríksdóttir <i>Garpamet</i>	40	Breiðablik	28.33	9,00
2. Steinunn Skuladóttir	41	Breiðablik	33.05	7,00
3. Friederike Dima Danneil	43	Skallagrimur	38.64	6,00
4. Silja Eyrun Steingrímsdóttir	42	Skallagrimur	38.85	5,00
5. Heidrun Helga Bjarnadóttir	42	Skallagrimur	41.89	4,00

35 - 39 years

1. Eva Hannesdóttir	37	KR	31.47	9,00
2. Heidrun Ingólfssdóttir	36	Breiðablik	31.52	7,00
3. Sarah Cushing	39	Breiðablik	31.70	6,00
4. Harpa Döfn Skuladóttir	39	Skallagrimur	33.46	5,00
5. Juliana Thora Halfdanardóttir	36	Skallagrimur	33.81	4,00
6. Salvor Egílsdóttir	39	Breiðablik	34.78	3,00
7. Stefania Ósk Arnardóttir	38	Breiðablik	35.35	2,00
8. Thelma Ólafsdóttir	38	Breiðablik	39.21	1,00

30 - 34 years

1. Hrafnhildur Luthersdóttir <i>Garpamet</i>	33	SH	28.04	9,00
2. Judith Schuijs	30	SH	31.78	7,00
3. Erla Sif Arnardóttir	30	SH	32.90	6,00

25 - 29 years

1. Kristin Jóna Skuladóttir	28	SH	40.05	9,00
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Event 9 Men, 4 x 50m Freestyle AG 100 and older
 3.5.2024 - 20:40 Results

Garpamet 280 +	2:54.65	SH	SH	Hafnarfjörður	29.4.2016
Garpamet 240 - 279	2:19.41	Ægir	Ægir	Hafnarfjörður	4.5.2018
Garpamet 200 - 239	1:57.65	Ægir	Ægir	Hafnarfjörður	17.5.2013
Garpamet 160 - 199	1:46.66	Breiðablik	Breiðablik	Hafnarfjörður	7.5.2022
Garpamet 120 - 159	1:41.45	Sunddeild Breiðabliks	BREI	Bellahøj (DEN)	30.9.2023
Garpamet 100 - 119	1:43.80	SH	SH	Reykjavík	

Rank					Time	Stig
AG 280 and older						
1.	SH 1		SH		2:44.31	18,00
	<i>Garpamet</i>					
	Gudjon Gudnason	70	+0,92	37.82	Trausti Sveinbjornsson	78 +0,62 45.10
	Thorhallur Johannesson	71	+0,74	38.55	Jon Valdimar Gunnbjornsson	67 +0,57 42.84
2.	SH 2		SH		4:01.77	14,00
	Bjorgvin Bjorgvinsson	69		54.77	Ragnar Johannsson	66 46.38
	Jon Gudmundsson	75		54.93	Jon Halldor Bjarnason	75 1:25.69
AG 240 - 279						
1.	HS 1		Havnar		2:12.15	18,00
	Aksel Haraldsen	63	+0,75	33.09	Erling Eidesgaard	53 +0,47 32.06
	Eydun Husgard	62	+0,52	34.07	Jon Hestoy	65 +0,63 32.93
2.	SH 6		SH		2:24.40	14,00
	Sveinn Simonarson	62		36.20	Theodor Olafsson	59 +0,50 32.77
	Gudni Gudnason	62	+0,78	33.02	Birkir Marteinsson	59 +0,63 42.41
3.	Breiðablik 6		Breiðablik		2:33.70	12,00
	Kristinn Jonsson	72	+0,76	44.55	Eythor R Gissurarson	62 +0,91 40.37
	Hakon Hrafn Sigurdsson	50	+0,24	34.34	Einar Hauksson	66 +0,35 34.44
4.	HS 2		Havnar		2:36.00	10,00
	Mikkjal Helmsdal	50		34.29	Arni Winther	75 +0,48 43.49
	Jakup Enni	67	+0,93	42.21	Samal Olsen	63 +0,36 36.01
AG 200 - 239						
1.	SH 8		SH		1:58.03	18,00
	Mladen Tepavcevic	48	+0,85	27.20	Halfdan Freyr Ornlolfsson	51 +0,35 29.20
	Thorsteinn Gislason	51	+0,42	30.74	Johann Samsonarsson	55 +0,44 30.89
2.	Breiðablik 5		Breiðablik		2:04.62	14,00
	Johann Bjornsson	58	+0,81	30.94	Birgir Gislason	58 +0,55 31.74
	Hafthor Hafsteinsson	54	+0,35	29.19	Magnus Palmi Ornlolfsson	53 +0,52 32.75
3.	SH 4		SH		2:19.87	12,00
	Omar Gisli Savarsson	52		38.83	Richard Lee Blurton	52 +0,41 31.65
	Bjorkur Jonsson	52	+0,83	33.61	Marteinn Thor Hardarson	45 +0,86 35.78
4.	SH 7		SH		2:31.95	10,00
	Karl Georg Klein	55	+0,72	35.25	Bergthor Johannsson	55 +0,63 35.09
	Agust Hilmarsson	55	+0,91	38.73	Gudmundur Sigurdsson	52 42.88
5.	Breiðablik 4		Breiðablik		3:00.49	8,00
	Hrafn Sveinbjarnarson	51		52.91	Sverrir Oskarsson	53 +0,72 45.24
	Mark Andrew Zimmer	53	+0,58	35.54	Arnar Thorsteinsson	57 46.80

Event 9, Men, 4 x 50m Freestyle

AG 160 - 199

1. Breiðablik 2	Breiðablik				1:46.14	18,00
<i>Garpamet</i>						
Arnar Felix Einarsson	43	+0,69	26.43	Magnus Konradsson	49	+0,40 26.26
Julio Cesar Leon Verdugo	38	+0,50	27.63	Peter Garajszki	46	+0,39 25.82
2. Breiðablik 3	Breiðablik				2:12.86	14,00
Stefan Karl Svarsson	41	+0,75	29.96	Kristinn Sverrisson	45	+0,67 37.26
Hakon Jonsson	39	+0,29	29.83	Johann Pall Ingimarsson	46	+0,42 35.81
DSQ SH 5	SH				2:05.01	-
<i>G2 - Starting before the start signal (SW 4.4)</i>						
Arni Runar Arnason	51	+0,85	31.31	Arnar Gudmundsson	35	+0,71 30.79
Magni Thor Samsonarsson	54	+0,55	31.98	Albert Thor Kristjansson	47	+0,65 30.93

AG 120 - 159

1. SH 3	SH				1:58.75	18,00
Arni Gudnason	33	+0,71	26.81	Alexander Arnason	32	+0,79 34.63
Bragi Thorsteinsson	36	+0,51	26.47	Bjorgvin Gudmundur Bjorgvinsson	32	+0,56 30.84
2. ÍA 1	IA				2:10.61	14,00
Alexander Eck	53	+0,80	34.16	Valdimar Ingi Brynjarsson	30	+0,61 30.89
Gudgeir Gudmundsson	42	+0,51	34.47	Gudmundur Brynjar Juliusson	30	+0,57 31.09

AG 100 - 119

1. Breiðablik 1	Breiðablik				1:45.63	18,00
Hamed Salimishahraki	25	+0,72	27.43	Arkadiusz Przybyla	32	+0,44 26.95
Ingimar Logi Gudlaugsson	28	+0,17	26.31	Leifur Gudni Gretarsson	34	+0,31 24.94

Event 10

3.5.2024 - 20:50

Women, 4 x 50m Freestyle

AG 100 and older

						Results
Garpamet 240 - 279	2:44.35	SH	SH	Hafnarfjörður		3.5.2013
Garpamet 200 - 239	2:23.76	Breiðablik	Breiðablik	Reykjavík		8.10.2021
Garpamet 160 - 199	2:09.71	Ægir	Ægir	Hafnarfjörður		6.5.2017
Garpamet 120 - 159	2:04.09	Ægir	Ægir	Kópavogur		3.5.2014
Garpamet 100 - 119	2:11.18	SH	SH	Hafnarfjörður		6.5.2011

Rank

Time

Stig

AG 240 - 279

1. Breiðablik 5	Breiðablik				2:41.46	18,00
<i>Garpamet</i>						
Berta Sveinbjarnardóttir	72		48.05	Sarah Buckley	60	+0,72 40.74
Asta Th. Olafsdóttir	61	+0,64	35.55	Elin Vidarsdóttir	60	+0,50 37.12

Event 10, Women, 4 x 50m Freestyle

AG 200 - 239

1. ÍA 1			IA		2:35.33	18,00
Kristjana Thorvaldsdottir	52		37.55	Arnheidur Hjorleifsdottir	49	+0,89 39.47
Hallbera Johannesdottir	68	+0,70	40.62	Silvia Llorens	46	+0,40 37.69
2. Breiðablik 4			Breiðablik		3:09.04	14,00
Brynja Gudmundsdottir	69		59.56	Johanna Rakel Sveinbjornsdottir	52	+0,87 45.85
Sigrun Halldorsdottir	57		44.98	Sadis Savarsdottir	49	+0,66 38.65

AG 160 - 199

1. Breiðablik 2			Breiðablik		2:06.79	18,00
<i>Garpamet</i>						
Berglind Valdimarsdottir	49	+0,86	33.90	Sarah Cushing	39	+0,30 31.06
Steinunn Skuladottir	41	+0,86	33.29	Thuridur Eiriksottir	40	+0,49 28.54
2. Breiðablik 3			Breiðablik		2:27.80	14,00
Maria Fanndal Birkisdottir	49	+0,75	36.13	Isey Greta Thorgrimsdottir	48	+0,88 39.94
Maria Jonsdottir	47	+0,58	36.09	Johanna Benediktsdottir	53	+0,78 35.64
3. Skallagrímur 1			Skallagrímur		2:33.51	12,00
<i>Garpamet</i>						
Gudmunda Olof Jonasdottir	75		46.82	Juliana Thora Halfdanardottir	36	+0,65 34.47
Friederike Dima Danneil	43	+0,62	38.27	Harpa Drofn Skuladottir	39	+0,63 33.95
4. SH 2			SH		3:16.19	10,00
Berglind Sigurdardottir	50		43.36	Solveig Hlin Sigurdardottir	33	+0,31 23.58
Helena Dogg Olgeirsdottir	44	+0,69	1:05.95	Elisabet Ingibergsdottir	71	1:03.30

AG 120 - 159

1. SH 1			SH		2:13.85	18,00
Judith Schuijs	30	+0,66	32.02	Kristin Jona Skuladottir	28	+0,46 40.37
Erla Sif Arnardottir	30	+0,55	33.07	Hrafnhildur Luthersdottir	33	+0,45 28.39
2. Breiðablik 1			Breiðablik		2:21.77	14,00
Thelma Olafsdottir	38		39.26	Salvor Egilsdottir	39	+0,76 35.69
Stefania Osk Arnardottir	38	+0,86	35.48	Heidrun Ingolfssdottir	36	+0,63 31.34

2 - 4. May 2024

4.5.2024 - 9:00

Event 11	Women, 400m Freestyle					20 - 84 years
4.5.2024 - 9:00						Results
Garpamet 75 - 79	7:47.48	Guðmunda Ólöf Jónasdóttir	UMFS	Hafnarfjörður		3.5.2024
Garpamet 70 - 74	7:48.11	Guðmunda Ólöf Jónasdóttir	UMSB	Reykjavík		8.10.2021
Garpamet 65 - 69	6:59.62	Vilborg Sverrisdóttir	SH	Kopavogur		5.5.2023
Garpamet 60 - 64	6:53.35	Ásta Þ. Ólafsdóttir	BREI	Hafnarfjörður		3.5.2024
Garpamet 55 - 59	6:17.40	Sarah Buckley	FJOL	Reykjavík		9.10.2021
Garpamet 50 - 54	5:50.81	Birna Íris Jónsdóttir	UBK	Kopavogur		6.5.2023
Garpamet 45 - 49	5:20.09	Helga Sigurdardóttir	AEGIR	Kopavogur		3.5.2014
Garpamet 40 - 44	5:24.99	Helga Sigurdardóttir	AEGIR	Hafnarfjörður		6.5.2011
Garpamet 35 - 39	5:19.22	Gudlaug Thora Marinisdóttir	AEGIR	Kopavogur		3.5.2014
Garpamet 30 - 34	5:25.10	Hildur Sigurdardóttir	AEGIR	Hafnarfjörður		6.5.2011
Garpamet 25 - 29	5:10.34	Amanda Ágústsdóttir	UBK	Hafnarfjörður		4.5.2018

Rank			Age			Time	Stig	
65 - 69 years								
1.	Brynja Gudmundsdóttir		69	Breiðablik		9:20.93	9,00	
	50m:	57.59 57.59	150m:	3:15.87 1:12.28	250m:	5:42.15 1:12.39	350m:	8:08.40 1:12.24
	100m:	2:03.59 1:06.00	200m:	4:29.76 1:13.89	300m:	6:56.16 1:14.01	400m:	9:20.93 1:12.53
50 - 54 years								
1.	Kristjana Thorvaldsdóttir		52	IA		6:17.40	9,00	
	50m:	40.46 40.46	150m:	2:15.16 48.60	250m:	3:53.25 49.07	350m:	5:30.46 48.45
	100m:	1:26.56 46.10	200m:	3:04.18 49.02	300m:	4:42.01 48.76	400m:	6:17.40 46.94
2.	Berglind Sigurdardóttir		50	SH		7:21.41	7,00	
	50m:	47.84 47.84	150m:	2:39.73 57.90	250m:	4:35.33 57.55	350m:	6:28.79 56.86
	100m:	1:41.83 53.99	200m:	3:37.78 58.05	300m:	5:31.93 56.60	400m:	7:21.41 52.62
45 - 49 years								
1.	Berglind Valdimarsdóttir		49	Breiðablik		5:45.41	9,00	
	50m:	38.98 38.98	150m:	2:06.00 44.02	250m:	3:34.21 43.91	350m:	5:00.53 42.92
	100m:	1:21.98 43.00	200m:	2:50.30 44.30	300m:	4:17.61 43.40	400m:	5:45.41 44.88
2.	María Jónsdóttir		47	Breiðablik		6:09.52	7,00	
	50m:	40.28 40.28	150m:	2:12.27 46.81	250m:	3:47.83 47.79	350m:	5:22.72 47.43
	100m:	1:25.46 45.18	200m:	3:00.04 47.77	300m:	4:35.29 47.46	400m:	6:09.52 46.80
40 - 44 years								
1.	Steinunn Skuladóttir		41	Breiðablik		5:49.09	9,00	
	50m:	40.30 40.30	150m:	2:07.67 44.18	250m:	3:37.13 44.60	350m:	5:06.97 44.87
	100m:	1:23.49 43.19	200m:	2:52.53 44.86	300m:	4:22.10 44.97	400m:	5:49.09 42.12
35 - 39 years								
1.	Sarah Cushing		39	Breiðablik		5:27.67	9,00	
	50m:	34.66 34.66	150m:	1:57.10 42.26	250m:	3:21.86 42.33	350m:	4:47.23 41.75
	100m:	1:14.84 40.18	200m:	2:39.53 42.43	300m:	4:05.48 43.62	400m:	5:27.67 40.44
2.	Juliana Thora Halfdanardóttir		36	Skallagrimur		6:03.83	7,00	
	50m:	38.59 38.59	150m:	2:07.96 45.83	250m:	3:41.61 47.35	350m:	5:17.35 47.84
	100m:	1:22.13 43.54	200m:	2:54.26 46.30	300m:	4:29.51 47.90	400m:	6:03.83 46.48

Event 11, Women, 400m Freestyle

30 - 34 years

1. Judith Schuijs	30	SH							5:37.37	9,00					
50m: 34.70	34.70	150m: 1:58.34	43.00	250m: 3:26.23	44.08	350m: 4:54.74	44.09	100m: 1:15.34	40.64	200m: 2:42.15	43.81	300m: 4:10.65	44.42	400m: 5:37.37	42.63
2. Ewa Przybyla	32	Breiðablik							6:29.76	7,00					
50m: 43.23	43.23	150m: 2:19.68	49.32	250m: 4:00.48	51.16	350m: 5:40.93	50.13	100m: 1:30.36	47.13	200m: 3:09.32	49.64	300m: 4:50.80	50.32	400m: 6:29.76	48.83

Event 12

Men, 400m Freestyle

20 - 84 years

4.5.2024 - 9:17

Results

Garpamet 80 - 84	8:31.80	Ragnar G Kvaran	UMSK	Hafnarfjoerdur	3.10.2008
Garpamet 75 - 79	7:16.51	Kári Geirlaugsson	ÍA	Hafnarfjörður	3.5.2024
Garpamet 70 - 74	6:20.65	Kári Geirlaugsson	ÍA	Reykjavik	4.5.2019
Garpamet 65 - 69	6:06.51	Einar Hauksson	BREI	Hafnarfjörður	3.5.2024
Garpamet 60 - 64	5:29.29	Guðni Guðnason	SH	Torshavn (FRO)	30.9.2022
Garpamet 55 - 59	5:17.59	Steinn Jóhannsson	SH	Hafnarfjörður	3.5.2024
Garpamet 50 - 54	5:09.46	Steinn Jóhannsson	SH	Hafnarfjoerdur	5.5.2018
Garpamet 45 - 49	4:41.67	Peter Garajszki	UBK	Kopavogur	6.5.2023
Garpamet 40 - 44	4:41.38	Peter Garajszki	UBK	Hafnarfjoerdur	7.5.2022
Garpamet 35 - 39	4:39.68	Omar Fridriksson	SH	Hafnarfjoerdur	29.4.2016
Garpamet 30 - 34	4:21.47	Przemysław Puławski	UBK	Copenhagen (DEN)	30.9.2023
Garpamet 25 - 29	4:16.83	Sigurður Örn Ragnarsson	GEST	Hafnarfjoerdur	30.4.2016

Rank		Age			Time	Stig
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75 - 79 years

1. Kari Geirlaugsson	75	IA							7:22.46	9,00					
<i>Garpamet</i>															
50m:		150m: 2:34.78		250m: 4:30.13	59.45	350m: 6:25.85	57.72	100m:		200m: 3:30.68	55.90	300m: 5:28.13	58.00	400m: 7:22.46	56.61

70 - 74 years

1. Thorhallur Johannesson	71	SH							7:15.46	9,00					
50m: 44.58	44.58	150m: 2:34.28	56.33	250m: 4:28.45	57.14	350m: 6:22.74	56.82	100m: 1:37.95	53.37	200m: 3:31.31	57.03	300m: 5:25.92	57.47	400m: 7:15.46	52.72

65 - 69 years

1. Jon Hestoy	65	Havnar							5:33.89	9,00					
50m: 38.57	38.57	150m: 2:02.88	42.77	250m: 3:28.78	42.72	350m: 4:53.73	42.02	100m: 1:20.11	41.54	200m: 2:46.06	43.18	300m: 4:11.71	42.93	400m: 5:33.89	40.16
2. Einar Hauksson	66	Breiðablik							6:08.50	7,00					
50m: 39.49	39.49	150m: 2:12.62	47.76	250m: 3:47.59	47.38	350m: 5:21.92	47.39	100m: 1:24.86	45.37	200m: 3:00.21	47.59	300m: 4:34.53	46.94	400m: 6:08.50	46.58
3. Jakup Enni	67	Havnar							7:16.36	6,00					
50m: 46.40	46.40	150m: 2:37.00	56.60	250m: 4:31.38	57.15	350m: 6:23.53	55.39	100m: 1:40.40	54.00	200m: 3:34.23	57.23	300m: 5:28.14	56.76	400m: 7:16.36	52.83
4. Ragnar Marteinson	67	Stjarnan							9:16.96	5,00					
50m: 34.22	34.22	150m: 2:58.11	1:23.33	250m: 5:34.63	1:20.78	350m: 8:04.00	1:15.46	100m: 1:34.78	1:00.56	200m: 4:13.85	1:15.74	300m: 6:48.54	1:13.91	400m: 9:16.96	1:12.96

Event 12, Men, 400m Freestyle

60 - 64 years

1.	Eyðun Husgard	62	Havnar	5:58.83	9,00
	50m: 38.85 38.85	150m: 2:05.66 44.51	250m: 3:39.16 47.05	350m: 5:13.13 47.19	
	100m: 1:21.15 42.30	200m: 2:52.11 46.45	300m: 4:25.94 46.78	400m: 5:58.83 45.70	
2.	Sigurjon Thordarson	60	Tindastoll	6:08.97	7,00
	50m: 39.89 39.89	150m: 2:10.30 46.38	250m: 3:47.30 49.49	350m: 5:24.46 48.01	
	100m: 1:23.92 44.03	200m: 2:57.81 47.51	300m: 4:36.45 49.15	400m: 6:08.97 44.51	
3.	Samal Olsen	63	Havnar	6:15.33	6,00
	50m: 39.01 39.01	150m: 2:10.45 47.98	250m: 3:50.08 50.32	350m: 5:27.26 48.11	
	100m: 1:22.47 43.46	200m: 2:59.76 49.31	300m: 4:39.15 49.07	400m: 6:15.33 48.07	
4.	Sveinn Simonarson	62	SH	6:35.02	5,00
	50m: 43.74 43.74	150m: 2:20.72 50.38	250m: 4:03.06 51.51	350m: 5:45.34 51.34	
	100m: 1:30.34 46.60	200m: 3:11.55 50.83	300m: 4:54.00 50.94	400m: 6:35.02 49.68	

55 - 59 years

1.	Steinn Johannsson <i>Garpamet</i>	56	SH	5:13.40	9,00
	50m: 35.34 35.34	150m: 1:53.38 39.36	250m: 3:13.87 40.33	350m: 4:34.47 39.84	
	100m: 1:14.02 38.68	200m: 2:33.54 40.16	300m: 3:54.63 40.76	400m: 5:13.40 38.93	
2.	Birgir Gislason	58	Breiðablik	5:53.33	7,00
	50m: 39.34 39.34	150m: 2:09.29 45.78	250m: 3:40.00 45.17	350m: 5:09.65 44.56	
	100m: 1:23.51 44.17	200m: 2:54.83 45.54	300m: 4:25.09 45.09	400m: 5:53.33 43.68	
3.	Karl Georg Klein	55	SH	7:01.96	6,00
	50m: 42.32 42.32	150m: 2:17.35 45.91	250m: 4:13.26 55.91	350m: 6:07.24 57.39	
	100m: 1:30.52 48.20	200m: 3:17.35 49.00	300m: 5:09.85 56.59	400m: 7:01.96 54.72	
4.	Agust Hilmarrsson	55	SH	7:23.71	5,00
	50m: 47.88 47.88	150m: 2:39.24 56.79	250m: 4:35.22 58.90	350m: 6:30.07 57.71	
	100m: 1:42.45 54.57	200m: 3:36.32 57.08	300m: 5:32.36 57.14	400m: 7:23.71 53.64	
5.	Birkir Marteinsson	59	SH	7:53.37	4,00
	50m: 53.61 53.61	150m: 2:52.91 1:00.21	250m: 4:51.87 59.10	350m: 6:48.80 1:02.10	
	100m: 1:52.70 59.09	200m: 3:52.77 59.86	300m: 5:46.70 54.83	400m: 7:53.37 1:04.57	

50 - 54 years

1.	Richard Lee Blurton	52	SH	5:37.83	9,00
	50m: 37.73 37.73	150m: 2:01.57 42.87	250m: 3:28.67 43.83	350m: 4:56.79 44.17	
	100m: 1:18.70 40.97	200m: 2:44.84 43.27	300m: 4:12.62 43.95	400m: 5:37.83 41.04	
2.	Hakon Hrafn Sigurdsson	50	Breiðablik	5:39.55	7,00
	50m: 38.40 38.40	150m: 2:02.31 42.89	250m: 3:29.51 43.59	350m: 4:56.67 43.67	
	100m: 1:19.42 41.02	200m: 2:45.92 43.61	300m: 4:13.00 43.49	400m: 5:39.55 42.88	
3.	Erling Eidesgaard	53	Havnar	5:42.19	6,00
	50m: 39.95 39.95	150m: 2:07.42 43.99	250m: 3:35.71 43.68	350m: 5:02.13 42.75	
	100m: 1:23.43 43.48	200m: 2:52.03 44.61	300m: 4:19.38 43.67	400m: 5:42.19 40.06	
4.	Alexander Eck	53	IA	6:20.16	5,00
	50m: 41.80 41.80	150m: 2:18.93 49.12	250m: 3:57.94 49.24	350m: 5:34.53 47.81	
	100m: 1:29.81 48.01	200m: 3:08.70 49.77	300m: 4:46.72 48.78	400m: 6:20.16 45.63	
5.	Mikkjal Helmsdal	50	Havnar	6:50.72	4,00
	50m: 41.98 41.98	150m: 2:20.55 50.93	250m: 4:07.36 54.31	350m: 5:56.42 53.96	
	100m: 1:29.62 47.64	200m: 3:13.05 52.50	300m: 5:02.46 55.10	400m: 6:50.72 54.30	

Event 12, Men, 400m Freestyle, 50 - 54 years

Rank			Age			Time	Stig	
6.	Magnus Palmi Ornlófsson		53	Breiðablik		7:01.26	3,00	
	50m:	42.90 42.90	150m:	2:24.19 52.91	250m:	4:13.67 55.50	350m:	6:06.79 56.78
	100m:	1:31.28 48.38	200m:	3:18.17 53.98	300m:	5:10.01 56.34	400m:	7:01.26 54.47
7.	Omar Gisli Savarsson		52	SH		7:12.96	2,00	
	50m:	45.59 45.59	150m:	2:32.79 55.40	250m:	4:24.65 55.81	350m:	6:17.49 56.03
	100m:	1:37.39 51.80	200m:	3:28.84 56.05	300m:	5:21.46 56.81	400m:	7:12.96 55.47
45 - 49 years								
1.	Peter Garajszki <i>Garpamet</i>		46	Breiðablik		4:36.25	9,00	
	50m:	30.65 30.65	150m:	1:39.13 34.98	250m:	2:49.53 35.47	350m:	4:00.73 35.87
	100m:	1:04.15 33.50	200m:	2:14.06 34.93	300m:	3:24.86 35.33	400m:	4:36.25 35.52
40 - 44 years								
1.	Stefan Karl Savarsson		41	Breiðablik		5:22.43	9,00	
	50m:	35.67 35.67	150m:	1:57.40 41.54	250m:	3:20.67 41.12	350m:	4:41.42 39.79
	100m:	1:15.86 40.19	200m:	2:39.55 42.15	300m:	4:01.63 40.96	400m:	5:22.43 41.01
35 - 39 years								
1.	Hakon Jonsson		39	Breiðablik		5:29.90	9,00	
	50m:	36.32 36.32	150m:	1:59.45 42.30	250m:	3:24.49 42.58	350m:	4:48.78 41.99
	100m:	1:17.15 40.83	200m:	2:41.91 42.46	300m:	4:06.79 42.30	400m:	5:29.90 41.12
2.	Leifur Gunnarsson		39	Breiðablik		7:12.57	7,00	
	50m:		150m:	3:16.66 44.06	250m:	4:49.30 46.75	350m:	6:24.21 47.66
	100m:	2:32.60	200m:	4:02.55 45.89	300m:	5:36.55 47.25	400m:	7:12.57 48.36
30 - 34 years								
1.	Arkadiusz Przybyla		32	Breiðablik		4:46.59	9,00	
	50m:	31.64 31.64	150m:	1:41.03 34.95	250m:	2:54.05 36.83	350m:	4:09.57 37.74
	100m:	1:06.08 34.44	200m:	2:17.22 36.19	300m:	3:31.83 37.78	400m:	4:46.59 37.02
25 - 29 years								
1.	Hamed Salimishahraki		25	Breiðablik		5:20.47	9,00	
	50m:	35.72 35.72	150m:	1:53.51 39.66	250m:	3:14.93 40.64	350m:	4:38.69 42.38
	100m:	1:13.85 38.13	200m:	2:34.29 40.78	300m:	3:56.31 41.38	400m:	5:20.47 41.78

Event 13 Women, 100m Butterfly 20 - 84 years
 4.5.2024 - 9:49 Results

Garpamet 60 - 64	1:50.29	Elín Björk Unnarsdóttir	RAN	Kopavogur	6.5.2023
Garpamet 55 - 59	1:36.59	Elín Björk Unnarsdóttir	RAN	Hafnarfjoerdur	5.5.2018
Garpamet 50 - 54	1:39.51	Elisabet Böðvarsdóttir	UMSK	Reykjavik	3.5.2008
Garpamet 45 - 49	1:25.05	Elin Vidarsdottir	FJOL	Hafnarfjoerdur	6.5.2011
Garpamet 40 - 44	1:18.67	Arna Thorey Sveinbjornsdottir	UBK	Hafnarfjoerdur	5.5.2017
Garpamet 35 - 39	1:18.06	Elin Sigurdardottir	SH	Sundlaug Vestmannaey	5.5.2012
Garpamet 30 - 34	1:20.25	Berglind Valdimarsdóttir	FJOL	Hafnarfjoerdur	4.10.2008
Garpamet 25 - 29	1:07.71	Jóhanna Gústafsdóttir	AEIR	Hafnarfjoerdur	5.5.2017

Points:

Rank	Age		Time	Pts	50m	100m
60 - 64 years						
1.	Elin Vidarsdottir	60	Breiðablik	1:30.94	40.95	49.99
	<i>Garpamet</i>					
50 - 54 years						
1.	Johanna Benediktsdottir	53	Breiðablik	1:42.04	42.68	59.36
45 - 49 years						
1.	Berglind Valdimarsdottir	49	Breiðablik	1:27.95	40.23	47.72
40 - 44 years						
1.	Thuridur Eiriksdottir	40	Breiðablik	1:13.39	34.75	38.64
	<i>Garpamet</i>					

 Event 14 Men, 100m Butterfly 20 - 84 years
 4.5.2024 - 9:51 Results

Garpamet 75 - 79					
Garpamet 70 - 74	2:05.48	Sigurbjörn Einarsson	AEIR	Hafnarfjoerdur	7.5.2022
Garpamet 65 - 69	1:45.30	Remi Spillaert	AEIR	Copenhagen (DEN)	1.10.2023
Garpamet 60 - 64	1:24.39	Guðni Guðnason	SH	Hafnarfjoerdur	7.5.2022
Garpamet 55 - 59	1:17.23	Jóhann Björnsson	UBK	Copenhagen (DEN)	30.9.2023
Garpamet 50 - 54	1:14.62	Steinn Jóhannsson	SH	Reykjavik	4.5.2019
Garpamet 45 - 49	1:04.30	Magnus Konradsson	UBK	Reykjavik	9.10.2021
Garpamet 40 - 44	1:04.55	Magnus Konradsson	SH	Reykjavik	4.5.2019
Garpamet 35 - 39	1:02.71	Omar Fridriksson	SH	Hafnarfjoerdur	5.5.2017
Garpamet 30 - 34	1:02.31	Przemysław Puławski	UBK	Copenhagen (DEN)	30.9.2023
Garpamet 25 - 29	57.09	Ágúst Júlíusson	IA	Hafnarfjoerdur	5.5.2018

Points:

Rank	Age		Time	Pts	50m	100m
70 - 74 years						
1.	Sigurbjoern Einarsson	72	Ægir	2:17.18	58.31	1:18.87
60 - 64 years						
1.	Gudni Gudnason	62	SH	1:27.86	40.07	47.79

Event 14, Men, 100m Butterfly

55 - 59 years

1. Johann Bjornsson	58	Breiðablik	1:24.94	39.17	45.77
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50 - 54 years

1. Arni Runar Arnason	51	SH	1:19.29	36.71	42.58
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45 - 49 years

1. Magnus Konradsson <i>Garpamet</i>	49	Breiðablik	1:04.09	29.53	34.56
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40 - 44 years

1. Stefan Karl Savarsson	41	Breiðablik	1:13.87	34.97	38.90
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35 - 39 years

1. Hakon Jonsson	39	Breiðablik	1:24.24	39.57	44.67
DSQ Asgeir Haukur Einarsson	39	Breiðablik	1:21.39	37.67	43.72

P3 - Leg movements not simultaneous, alternating or breaststroke kick (SW 8.3)

30 - 34 years

1. Einar Helgi Gudlaugsson	33	Ægir	1:02.37	28.49	33.88
2. Arkadiusz Przybyla	32	Breiðablik	1:15.26	34.63	40.63

Event 15

Women, 50m Breaststroke

20 - 84 years

4.5.2024 - 10:06

Results

Garpamet 75 - 79	1:03.41	Sigurbjörg Sigurpálsdóttir	FJOL	Kopavogur	26.2.2022
Garpamet 70 - 74	53.55	Björg H. Kristófersdóttir	UMSB	Torshavn (FRO)	1.10.2022
Garpamet 65 - 69	51.49	Björg H. Kristófersdóttir	UMSB	Reykjavik	4.5.2019
Garpamet 60 - 64	45.29	Ásta Þ. Ólafsdóttir	UBK	Kopavogur	6.5.2023
Garpamet 55 - 59	44.90	Ásta Þ. Ólafsdóttir	UBK	Hafnarfjoerdur	7.5.2022
Garpamet 50 - 54	43.76	Elisabet Böðvarsdóttir	UMSK	Reykjavik	3.5.2008
Garpamet 45 - 49	41.60	Sigurlín Garðarsdóttir	SELF	Hafnarfjoerdur	7.5.2022
Garpamet 40 - 44	35.13	Ragnheidur Ronólfsdottir	IA	Bollnaes (SWE)	5.10.2007
Garpamet 35 - 39	37.76	Þuríður Eiríksdóttir	UBK	Copenhagen (DEN)	30.9.2023
Garpamet 30 - 34	33.55	Ragnheiður Runólfsdóttir	ODINN	Reykjavik	4.5.1996
Garpamet 25 - 29	31.88	Hrafnhildur Luthersdóttir	SH	Hafnarfjoerdur	5.5.2018

Rank

Age

Time

Stig

75 - 79 years

1. Ragna Maria Ragnarsdottir	76	Ægir	1:26.34	9,00
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70 - 74 years

1. Elisabet Ingibergsdottir	71	SH	1:07.25	9,00
2. Kristin Solvadottir	71	SH	1:13.98	7,00
3. Ingibjorg Bjartmarz	72	Breiðablik	1:16.94	6,00

Event 15, Women, 50m Breaststroke

65 - 69 years

1. Hallbera Johannesdottir <i>Garpamet</i>	68	IA	49.70	9,00
2. Solborg Gunnbjørnsdottir	65	Njardvik	57.88	7,00

60 - 64 years

1. Asta Th. Olafsdottir	61	Breiðablik	46.70	9,00
2. Sarah Buckley	60	Breiðablik	47.57	7,00

55 - 59 years

1. Berglind Arndal	58	Breiðablik	1:06.69	9,00
2. Ulfhildur Haraldsdottir	57	Breiðablik	1:09.67	7,00

50 - 54 years

1. Johanna Rakei Sveinbjørnsdottir	52	Breiðablik	59.14	9,00
2. Gyða Ros Flosadottir	50	Breiðablik	1:00.73	7,00

45 - 49 years

1. Sadi Savarsdottir	49	Breiðablik	45.44	9,00
2. María Jónsdottir	47	Breiðablik	47.33	7,00
3. Isey Greta Thorgrímsdottir	48	Breiðablik	48.31	6,00

40 - 44 years

1. Thuridur Eiríksdottir	40	Breiðablik	35.70	9,00
2. Silja Eyrun Steingrímisdottir	42	Skallagrimur	51.04	7,00
3. Solveig Edda Ingvarsdottir	43	Breiðablik	52.78	6,00

35 - 39 years

1. Juliana Thora Halfdanardottir	36	Skallagrimur	44.81	9,00
2. Harpa Drofn Skuladottir	39	Skallagrimur	46.09	7,00
3. Stefania Osk Arnardottir	38	Breiðablik	46.81	6,00
4. Thelma Olafsdottir	38	Breiðablik	52.67	5,00

30 - 34 years

1. Hrafnhildur Luthersdottir	33	SH	34.09	9,00
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25 - 29 years

1. Kristin Jona Skuladottir	28	SH	50.88	9,00
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Event 16 Men, 50m Breaststroke 20 - 84 years
 4.5.2024 - 10:12 Results

Garpamet 80 - 84	57.57	Jon Oern Bogason	ARM	Vestmannaeyjar	24.4.2015
Garpamet 75 - 79	48.49	Trausti Sveinbjörnsson	SH	Reykjavik	18.9.2021
Garpamet 70 - 74	43.88	Kári Kaaber	SH	Hafnarfjoerdur	7.5.2022
Garpamet 65 - 69	41.95	Árni Kristjánsson	ARM	Hafnarfjoerdur	4.10.2008
Garpamet 60 - 64	38.74	Örn Ólafson	SH	Hafnarfjoerdur	30.4.2016
Garpamet 55 - 59	38.27	Örn Ólafson	SH	Hafnarfjorður	6.5.2011
Garpamet 50 - 54	35.30	Finnbjörn Aðalheiðarson	AEGIR	Reykjavik	4.5.2019
Garpamet 45 - 49	31.65	Mladen Tepavcevic	SH	Reykjavik	18.9.2021
Garpamet 40 - 44	31.01	Arnar Felix Einarsson	UBK	Hafnarfjoerdur	7.5.2022
Garpamet 35 - 39	31.87	Arnar Felix Einarsson	UBK	Hafnarfjoerdur	30.4.2016
Garpamet 30 - 34	30.91	Leifur Guðni Grétarsson	UBK	Copenhagen (DEN)	30.9.2023
Garpamet 25 - 29	28.78	Már Árni Árnason	IRB	Kopavogur	3.5.2014

Rank	Age	Time	Stig
75 - 79 years			
1.	Arni Winther 75 Havnar	48.23	9,00
2.	Trausti Sveinbjornsson 78 SH	52.47	7,00
3.	Jon Gudmundsson 75 SH	1:01.58	6,00
4.	Jon Halldor Bjarnason 75 SH	1:28.82	5,00
5.	Thorsteinn Ingimundarsson 78 SH	1:38.35	4,00
70 - 74 years			
1.	Gudjon Gudnason 70 SH	45.09	9,00
2.	Thorhallur Johannesson 71 SH	48.26	7,00
3.	Kristinn Jonsson 72 Breiðablik	49.82	6,00
65 - 69 years			
1.	Ragnar Marteinson 67 Stjarnan	47.25	9,00
2.	Bjorgvin Bjorgvinsson 69 SH	52.62	7,00
3.	Jon Valdimar Gunnbjornsson 67 SH	54.30	6,00
4.	Jakup Enni 67 Havnar	56.30	5,00
60 - 64 years			
1.	Eydun Husgard 62 Havnar	45.46	9,00
2.	Eythor R Gissurarson 62 Breiðablik	49.58	7,00
3.	Samal Olsen 63 Havnar	51.42	6,00
55 - 59 years			
1.	Johann Samsonarsson 55 SH	39.19	9,00
2.	Johann Bjornsson 58 Breiðablik	40.34	7,00
3.	Birkir Marteinson 59 SH	49.21	6,00

Event 16, Men, 50m Breaststroke

50 - 54 years

1.	Simon Thor Jonsson	54	UMFB	37.78	9,00
2.	Hafthor Hafsteinsson	54	Breiðablik	40.57	7,00
3.	Magni Thor Samsonarsson	54	SH	41.37	6,00
4.	Thorsteinn Gislason	51	SH	41.97	5,00
5.	Omar Gisli Savarsson	52	SH	43.90	4,00
6.	Alexander Eck	53	IA	44.84	3,00
7.	Boerkur Jonsson	52	SH	46.52	2,00
8.	Mark Andrew Zimmer	53	Breiðablik	47.76	1,00
9.	Sverrir Oskarsson	53	Breiðablik	53.97	-
10.	Mikkjal Helmsdal	50	Havnar	54.07	-
11.	Hrafn Sveinbjarnarson	51	Breiðablik	55.33	-

45 - 49 years

1.	Magnus Konradsson <i>Garpamet</i>	49	Breiðablik	31.49	9,00
2.	Peter Garajszki	46	Breiðablik	32.28	7,00
3.	Albert Thor Kristjansson	47	SH	40.09	6,00
4.	Johann Pall Ingimarsson	46	Breiðablik	55.28	5,00

40 - 44 years

1.	Arnar Felix Einarsson	43	Breiðablik	31.73	9,00
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35 - 39 years

1.	Leifur Gunnarsson	39	Breiðablik	37.84	9,00
2.	Arnar Gudmundsson	35	SH	38.21	7,00
3.	Asgeir Haukur Einarsson	39	Breiðablik	43.92	6,00

30 - 34 years

1.	Arni Gudnason	33	SH	33.84	9,00
2.	Alexander Arnason	32	SH	41.73	7,00

25 - 29 years

1.	Kristinn Thorarinsson	28	Fjoelnir	32.87	9,00
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Event 17 Women, 100m Backstroke 20 - 84 years
 4.5.2024 - 10:21 Results

Age Group	Time	Name	Club	Location	Date
Garpamet 75 - 79					
Garpamet 70 - 74	2:01.27	Guðmunda Ólöf Jónasdóttir	UMSB	Torshavn (FRO)	30.9.2022
Garpamet 65 - 69	1:59.18	Guðmunda Ólöf Jónasdóttir	UMSB	Hafnarfjoerdur	5.5.2017
Garpamet 60 - 64	1:50.62	Sigríður Sigurðardóttir	ARM	Vestmannaeyjar	24.4.2015
Garpamet 55 - 59	1:29.91	Elin Vidarsdóttir	UBK	Copenhagen (DEN)	30.9.2023
Garpamet 50 - 54	1:27.71	Elin Vidarsdóttir	FJOLN	Hafnarfjoerdur	5.5.2017
Garpamet 45 - 49	1:25.25	Elin Vidarsdóttir	FJOL	Siglufjoerdur	1.5.2010
Garpamet 40 - 44	1:14.54	Ragnheiður Runólfsdóttir	IA	Hafnarfjoerdur	3.10.2008
Garpamet 35 - 39	1:18.59	Heiðrún Ingófsdóttir	UBK	Copenhagen (DEN)	30.9.2023
Garpamet 30 - 34	1:22.60	Berglind Valdemarsdóttir	FJOLN	Bollnaes (SWE)	5.10.2007
Garpamet 25 - 29	1:06.94	Jóhanna Gústafsdóttir	AEGIR	Hafnarfjoerdur	5.5.2017

Points:

Rank	Age	Name	Club	Time	Pts	50m	100m
75 - 79 years							
1.	75	Gudmunda Olof Jonasdottir	Skallagrimur	2:02.43		59.07	1:03.36
		<i>Garpamet</i>					
60 - 64 years							
DSQ	60	Elin Vidarsdottir	Breiðablik	1:30.80		44.20	46.60
		<i>D6 - The turning action wasn't executed continuously acc. to the rules (SW 6.4)</i>					
55 - 59 years							
1.	58	Agota Joo	Breiðablik	1:49.77		50.68	59.09
45 - 49 years							
1.	49	Berglind Valdimarsdottir	Breiðablik	1:29.68		44.29	45.39
2.	49	Arnheidur Hjorleifsdottir	IA	1:40.41		48.47	51.94
40 - 44 years							
1.	41	Steinunn Skuladottir	Breiðablik	1:29.62		44.17	45.45
35 - 39 years							
1.	36	Heidrun Ingolfsdottir	Breiðablik	1:15.26		35.73	39.53
		<i>Garpamet</i>					
2.	39	Harpa Drofn Skuladottir	Skallagrimur	1:30.37		43.57	46.80

Event 18 Men, 100m Backstroke 20 - 84 years
 4.5.2024 - 10:24 Results

Garpamet	Time	Name	Age	Club	City	Date
Garpamet 75 - 79	1:42.54	Kári Geirlaugsson	75	IA	Reykjavik	4.5.2019
Garpamet 70 - 74	1:39.08	Kári Geirlaugsson	70	IA	Hafnarfjoerdur	30.4.2016
Garpamet 65 - 69	1:28.16	Guðni Guðnason	65	SH	Kopavogur	6.5.2023
Garpamet 60 - 64	1:22.88	Steinn Jóhannsson	60	SH	Kopavogur	6.5.2023
Garpamet 55 - 59	1:18.47	Jón Hugi S Harðarson	55	IA	Kopavogur	3.5.2014
Garpamet 45 - 49	1:07.17	Magnus Konradsson	45	UBK	Reykjavik	8.10.2021
Garpamet 40 - 44	1:08.01	Mladen Tepavcevic	40	SH	Hafnarfjoerdur	4.5.2018
Garpamet 35 - 39	1:04.00	Eðvarð Þór Eðvarðsson	35	IRB	Hafnarfjoerdur	3.10.2003
Garpamet 30 - 34	1:02.29	Przemysław Puławski	30	UBK	Copenhagen (DEN)	30.9.2023
Garpamet 25 - 29	1:02.83	Guðmundur Sveinn Hafþórsson	25	KR	Hafnarfjoerdur	3.10.2008

Points:

Rank	Name	Age	Club	Time	Pts	50m	100m
75 - 79 years							
1.	Kari Geirlaugsson <i>Garpamet</i>	75	IA	1:55.00		55.09	59.91
60 - 64 years							
1.	Aksel Haraldsen	63	Havnar	1:30.42		44.18	46.24
2.	Guðni Guðnason	62	SH	1:31.17		44.07	47.10
3.	Eythor R Gissurarson	62	Breiðablik	2:03.42		1:00.06	1:03.36
55 - 59 years							
1.	Johann Samsonarsson	55	SH	1:26.55		40.70	45.85
2.	Birkir Marteinnsson	59	SH	2:04.84		1:00.24	1:04.60
50 - 54 years							
1.	Elvar Nielsson	50	Breiðablik	1:21.97		40.07	41.90
2.	Sigurdur Gíslason	54	SH	2:00.28		58.41	1:01.87
45 - 49 years							
1.	Magnus Konradsson	49	Breiðablik	1:13.45		35.36	38.09
2.	Johann Pall Ingimarsson	46	Breiðablik	1:58.58		52.46	1:06.12
40 - 44 years							
1.	Guðmundur Hafthorsson	44	Ægir	1:09.69		32.85	36.84
35 - 39 years							
1.	Leifur Gunnarsson	39	Breiðablik	1:20.89		38.16	42.73
2.	Asgeir Haukur Einarsson	39	Breiðablik	1:27.37		42.49	44.88
30 - 34 years							
1.	Arkadiusz Przybyła	32	Breiðablik	1:15.10		37.23	37.87
2.	Arni Guðnason	33	SH	1:20.06		38.82	41.24

Event 19 Women, 200m Freestyle 20 - 84 years
 4.5.2024 - 10:40 Results

Event	Time	Name	Club	Location	Results
Garpamet 80 - 84					
Garpamet 75 - 79	3:47.53	Guðmunda Ólöf Jónasdóttir	UMFS	Hafnarfjörður	3.5.2024
Garpamet 70 - 74	3:45.73	Guðmunda Ólöf Jónasdóttir	UMSB	Hafnarfjörður	7.5.2022
Garpamet 65 - 69	3:21.71	Vilborg Sverrisdóttir	SH	Kopavogur	5.5.2023
Garpamet 60 - 64	3:17.95	Ásta Þ. Ólafsdóttir	BREI	Hafnarfjörður	3.5.2024
Garpamet 55 - 59	2:56.69	Sarah Buckley	FJOL	Reykjavík	8.10.2021
Garpamet 50 - 54	2:46.61	Birna Íris Jónsdóttir	UBK	Kopavogur	6.5.2023
Garpamet 45 - 49	2:29.06	Helga Sigurdardóttir	AEGIR	Kopavogur	3.5.2014
Garpamet 40 - 44	2:30.74	Helga Sigurdardóttir	AEGIR	Hafnarfjörður	6.5.2011
Garpamet 35 - 39	2:37.94	Sigríður Lár Guðmundsdóttir	UBK	Hafnarfjörður	6.5.2011
Garpamet 30 - 34	2:30.12	Snæfríður Jóhannsdóttir	AEGIR	Reykjavík	8.10.2021
Garpamet 25 - 29	2:14.13	Lára Hrund Bjargardóttir	UMSK	Reykjavík	20.4.2007

Points:

Rank	Age	Time	Pts	50m	100m	150m	200m
75 - 79 years							
1.	Ragna Maria Ragnarsdóttir 76	Ægir	4:58.36	1:10.21	1:15.70	1:17.39	1:15.06
65 - 69 years							
1.	Brynja Guðmundsdóttir 69	Breiðablik	4:33.21	58.77	1:08.65	1:14.44	1:11.35
DSQ	Solborg Gunnbjörnsdóttir 65	Njardvík	3:41.91	48.80	56.25	59.17	57.69
<i>G2 - Starting before the start signal (SW 4.4)</i>							
60 - 64 years							
1.	Asta Th. Ólafsdóttir 61	Breiðablik	3:06.80	41.85	47.68	49.89	47.38
<i>Garpamet</i>							
2.	Sarah Buckley 60	Breiðablik	3:07.78	41.75	45.88	49.90	50.25
55 - 59 years							
1.	Ulfhildur Haraldsdóttir 57	Breiðablik	4:32.91	1:01.50	1:08.46	1:12.91	1:10.04
50 - 54 years							
1.	Johanna Benediktsdóttir 53	Breiðablik	2:54.07	39.96	44.22	44.84	45.05
2.	Kristjana Thorvaldsdóttir 52	IA	3:04.78	39.80	47.28	49.57	48.13
45 - 49 years							
1.	Maria Jonsdóttir 47	Breiðablik	3:00.40	39.10	44.22	48.83	48.25
DSQ	Silvia Llorens 46	IA	3:12.82	41.98	47.46	51.37	52.01
<i>G2 - Starting before the start signal (SW 4.4)</i>							
40 - 44 years							
1.	Steinunn Skuladóttir 41	Breiðablik	2:45.47	39.36	41.83	43.17	41.11

Event 19, Women, 200m Freestyle

35 - 39 years

1. Sarah Cushing	39	Breiðablik	2:33.87	33.73	38.61	41.24	40.29
<i>Garpamet</i>							
2. Harpa Drofn Skuladottir	39	Skallagrimur	2:45.42	39.08	41.56	42.63	42.15
3. Idunn Asa Oladottir	38	Breiðablik	3:07.26	41.35	47.68	49.89	48.34
4. Salvor Egilsdottir	39	Breiðablik	3:08.15	44.94	48.96	48.52	45.73
5. Stefania Osk Arnardottir	38	Breiðablik	3:11.91	40.39	45.89	53.73	51.90

30 - 34 years

1. Judith Schuijs	30	SH	2:40.03	34.64	40.41	42.87	42.11
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Event 20

4.5.2024 - 10:56

Men, 200m Freestyle

20 - 84 years

Results

Garpamet 80 - 84	4:11.56	Óli G H Þórðarson	SH	Hafnarfjoerdur	30.4.2016
Garpamet 75 - 79	3:30.68	Kári Geirlaugsson	ÍA	Hafnarfjörður	4.5.2024
Garpamet 70 - 74	2:57.23	Kári Geirlaugsson	IA	Reykjavik	4.5.2019
Garpamet 65 - 69	2:53.09	Kári Geirlaugsson	IA	Hafnarfjoerdur	30.4.2016
Garpamet 60 - 64	2:37.31	Guðni Guðnason	SH	Hafnarfjoerdur	7.5.2022
Garpamet 55 - 59	2:28.68	Steinn Jóhannsson	SH	Kopavogur	6.5.2023
Garpamet 50 - 54	2:25.12	Steinn Jóhannsson	SH	Hafnarfjoerdur	17.3.2018
Garpamet 45 - 49	2:14.06	Peter Garajszki	BREI	Hafnarfjörður	4.5.2024
Garpamet 40 - 44	2:11.33	Peter Garajszki	UBK	Reykjavik	8.10.2021
Garpamet 35 - 39	2:12.05	Guðni Guðnason	SH	Reykjavik	5.5.2000
Garpamet 30 - 34	2:03.96	Przemysław Puławski	UBK	Kopavogur	6.5.2023
Garpamet 25 - 29	2:02.85	Sigurður Örn Ragnarsson	AEGIR	Reykjavik	10.12.2016

Points:

Rank	Age		Time	Pts	50m	100m	150m	200m
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75 - 79 years

1. Kari Geirlaugsson	75	IA	3:21.02		43.82	51.82	53.98	51.40
<i>Garpamet</i>								

70 - 74 years

1. Thorhallur Johannesson	71	SH	3:21.81		44.61	52.13	53.60	51.47
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65 - 69 years

1. Jon Hestoy	65	Havnar	2:44.35		38.30	40.84	42.61	42.60
2. Einar Hauksson	66	Breiðablik	2:51.67		36.86	43.28	46.65	44.88
<i>Garpamet</i>								
3. Jakup Enni	67	Havnar	3:32.48		45.16	53.67	57.57	56.08

60 - 64 years

1. Gudni Gudnason	62	SH	2:37.92		35.25	40.30	42.04	40.33
2. Eydun Husgard	62	Havnar	2:48.64		38.58	41.88	44.77	43.41
3. Samal Olsen	63	Havnar	2:56.24		41.95	44.72	45.84	43.73
4. Sveinn Simonarson	62	SH	3:04.59		40.16	45.95	50.98	47.50

Event 20, Men, 200m Freestyle

55 - 59 years

1. Steinn Johannsson	56	SH	2:28.87	34.37	37.27	38.68	38.55
2. Birgir Gislason	58	Breiðablik	2:38.56	35.70	38.63	41.29	42.94
3. Karl Georg Klein	55	SH	3:04.26	40.31	46.37	49.49	48.09
4. Gunnar Gylfason	59	Breiðablik	3:06.31	38.03	45.53	50.85	51.90
5. Agust Hilmarsson	55	SH	3:30.91	46.39	52.87	56.89	54.76
6. Birkir Marteinson	59	SH	3:37.63	47.53	55.47	59.23	55.40

50 - 54 years

1. Erling Eidesgaard	53	Havnar	2:33.45	35.74	38.64	39.71	39.36
2. Richard Lee Blurton	52	SH	2:35.97	35.23	39.48	41.43	39.83
3. Arni Runar Arnason	51	SH	2:37.27	36.18	39.44	41.55	40.10
4. Hakon Hrafn Sigurdsson	50	Breiðablik	2:44.74	37.26	40.83	43.33	43.32
5. Magnus Palmi Ornlófsson	53	Breiðablik	3:04.35	39.35	45.18	49.29	50.53
6. Mikkjal Helmsdal	50	Havnar	3:05.10	41.67	47.68	50.03	45.72
7. Sverrir Oskarsson	53	Breiðablik	3:45.14	50.69	57.15	58.30	59.00

45 - 49 years

1. Peter Garajszki	46	Breiðablik	2:08.67	29.41	32.58	33.57	33.11
<i>Garpamet</i>							
2. Johann Pall Ingimarsson	46	Breiðablik	3:25.47	42.86	50.47	56.49	55.65
DNF Kristinn Sverrisson	45	Breiðablik		39.40	49.76		
<i>G11 - The indicated distance or correct style were not accomplished</i>							

35 - 39 years

1. Hakon Jonsson	39	Breiðablik	2:29.57	34.30	38.21	39.32	37.74
2. Leifur Gunnarsson	39	Breiðablik	2:41.21	34.52	39.37	42.99	44.33

30 - 34 years

1. Arkadiusz Przybyla	32	Breiðablik	2:14.37	30.42	33.43	35.45	35.07
2. Arni Gudnason	33	SH	2:18.09	31.78	35.31	35.99	35.01

25 - 29 years

1. Hamed Salimishahraki	25	Breiðablik	2:21.56	31.74	35.33	36.77	37.72
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Event 21 Women, 100m Medley 20 - 84 years
 4.5.2024 - 11:12 Results

Garpamet 75 - 79						
Garpamet 70 - 74	2:03.57	Guðmunda Ólöf Jónasdóttir	UMSB	Reykjavík		4.5.2019
Garpamet 65 - 69	1:57.47	Guðmunda Ólöf Jónasdóttir	UMSB	Hafnarfjoerdur		5.5.2018
Garpamet 60 - 64	1:29.87	Elin Vidarsdottir	UBK	Kopavogur		23.2.2024
Garpamet 55 - 59	1:31.46	Ásta Þ. Ólafsdóttir	UBK	Reykjavík		4.5.2019
Garpamet 50 - 54	1:21.91	Kristgerður Garðarsdóttir	SELF	Hafnarfjoerdur		7.5.2022
Garpamet 45 - 49	1:18.53	Sigurlín Garðarsdóttir	UMFS	Copenhagen (DEN)		30.9.2023
Garpamet 40 - 44	1:11.97	Ragnheiður Ronólfsdottir	IA	Bollnaes (SWE)		5.10.2007
Garpamet 35 - 39	1:14.41	Þuríður Eiríksdóttir	UBK	Copenhagen (DEN)		30.9.2023
Garpamet 30 - 34	1:11.11	Ragnheiður Runólfsdóttir	ODINN	Reykjavík		4.5.1996
Garpamet 25 - 29	1:04.10	Hrafnhildur Luthersdóttir	SH	Hafnarfjoerdur		5.5.2018

Points:

Rank	Age		Time	Pts	50m	100m
75 - 79 years						
1.	75	Skallagrimur	2:04.99		1:00.12	1:04.87
		<i>Garpamet</i>				
70 - 74 years						
1.	72	Breiðablik	2:17.84		1:06.68	1:11.16
65 - 69 years						
1.	68	IA	1:47.09		51.67	55.42
		<i>Garpamet</i>				
60 - 64 years						
1.	60	Breiðablik	1:31.05		41.57	49.48
45 - 49 years						
1.	47	Breiðablik	1:38.01		48.05	49.96
2.	49	IA	1:43.12		49.33	53.79
40 - 44 years						
1.	40	Breiðablik	1:13.00		33.87	39.13
2.	41	Breiðablik	1:31.50		42.89	48.61
3.	42	Skallagrimur	1:42.98		47.65	55.33
35 - 39 years						
1.	36	Breiðablik	1:17.25		34.90	42.35
2.	39	Breiðablik	1:19.81		37.61	42.20
3.	36	Skallagrimur	1:23.40		39.33	44.07
4.	39	Skallagrimur	1:28.19		41.80	46.39
5.	39	Breiðablik	1:30.47		43.94	46.53
6.	38	Breiðablik	1:33.42		43.04	50.38
7.	38	Breiðablik	1:47.66		50.40	57.26

Event 21, Women, 100m Medley

30 - 34 years

1. Hrafnhildur Luthersdóttir <i>Garpamet</i>	33	SH	1:10.06	32.58	37.48
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Event 22

Men, 100m Medley

20 - 84 years

4.5.2024 - 11:20

Results

Garpamet 75 - 79					
Garpamet 70 - 74	1:35.36	Kári Geirlaugsson	IA	Reykjavik	4.5.2019
Garpamet 65 - 69	1:30.36	Remi Spillaert	AEGIR	Copenhagen (DEN)	30.9.2023
Garpamet 60 - 64	1:22.77	Guðjón Guðnason	SH	Kopavogur	14.5.2003
Garpamet 55 - 59	1:16.98	Steinn Jóhannsson	SH	Kopavogur	24.2.2023
Garpamet 50 - 54	1:13.81	Steinn Jóhannsson	SH	Hafnarfjoerdur	17.3.2018
Garpamet 45 - 49	1:03.91	Magnus Konradsson	UBK	Reykjavik	9.10.2021
Garpamet 40 - 44	1:04.13	Magnus Konradsson	SH	Reykjavik	4.5.2019
Garpamet 35 - 39	1:04.81	Omar Fridriksson	SH	Hafnarfjoerdur	30.4.2016
Garpamet 30 - 34	59.04	Már Árni Árnason	AEGIR	Hafnarfjoerdur	5.5.2017
Garpamet 25 - 29	1:02.87	Hjalti Guðmundsson	SH	Hafnarfjoerdur	3.10.2004

Points:

Rank	Age		Time	Pts	50m	100m
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75 - 79 years

DSQ Kari Geirlaugsson	75	IA	1:46.44		53.08	53.36
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P4 - Didn't touch the wall with both hands simultaneously and separated at turn/finish (SW 8.4)

70 - 74 years

1. Gudjon Gudnason	70	SH	1:38.79		46.54	52.25
2. Sigurbjoern Einarsson	72	Ægir	1:51.23		57.99	53.24
3. Kristinn Jonsson	72	Breiðablik	2:00.05		1:01.36	58.69

60 - 64 years

1. Gudni Gudnason	62	SH	1:27.72		40.88	46.84
2. Aksel Haraldsen	63	Havnar	1:27.81		41.53	46.28
3. Sigurjon Thordarson	60	Tindastoll	1:32.20		42.93	49.27

55 - 59 years

1. Steinn Johannsson	56	SH	1:17.23		36.99	40.24
2. Johann Samsonarsson	55	SH	1:19.67		37.25	42.42
3. Johann Bjornsson	58	Breiðablik	1:21.69		37.84	43.85
4. Birgir Gislason	58	Breiðablik	1:24.71		40.66	44.05

50 - 54 years

1. Magni Thor Samsonarsson	54	SH	1:19.36		37.34	42.02
2. Elvar Nielsson	50	Breiðablik	1:19.56		37.65	41.91
3. Simon Thor Jonsson	54	UMFB	1:20.45		38.41	42.04
4. Arni Runar Arnason	51	SH	1:27.38		39.99	47.39
5. Alexander Eck	53	IA	1:36.27		47.14	49.13

Event 22, Men, 100m Medley

45 - 49 years

1.	Magnus Konradsson	49	Breiðablik	1:06.80	32.40	34.40
2.	Albert Thor Kristjánsson	47	SH	1:16.95	35.88	41.07
DSQ	Johann Pall Ingimarsson	46	Breiðablik	1:52.61		

B11 - Leg movements not simultaneously, not in the same horiz. plan, or alternating downward butterfly kick (SW 7.5)

35 - 39 years

1.	Julio Cesar Leon Verdugo	38	Breiðablik	1:11.99	34.20	37.79
2.	Asgeir Haukur Einarsson	39	Breiðablik	1:17.20	35.33	41.87
3.	Leifur Gunnarsson	39	Breiðablik	1:20.27	36.30	43.97

30 - 34 years

1.	Arkadiusz Przybyla	32	Breiðablik	1:10.97	32.72	38.25
2.	Arni Gudnason	33	SH	1:15.37	34.53	40.84

25 - 29 years

1.	Ingimar Logi Gudlaugsson	28	Breiðablik	1:11.95	32.03	39.92
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Event 23

Mixed, 4 x 50m Medley

AG 100 and older

4.5.2024 - 11:40

Results

Garpamet 280 +	3:26.22	SH	SH	Reykjavík	19.9.2021
Garpamet 240 - 279	2:17.48	Sunddeild Breiðabliks	BREI	Bellahoj (DEN)	1.10.2023
Garpamet 200 - 239	2:30.08	Sunddeild Breiðabliks	BREI	Kópavogur	6.5.2023
Garpamet 160 - 199	2:06.14	Breiðablik	Breiðablik	Reykjavík	19.9.2021
Garpamet 120 - 159	2:09.58	Sunddeild Breiðabliks	BREI	Kópavogur	6.5.2023
Garpamet 100 - 119	1:58.90	Ægir	Ægir	Hafnarfjörður	6.5.2017

Rank

Time Stig

AG 280 and older

 1. SH 3 SH **3:22.07** 18,00

Garpamet

Kristin Solvadottir	71	1:04.98	Gudni Gudnason	62	36.64
Trausti Sveinbjornsson	78	51.24	Elisabet Ingibergsdottir	71	49.21

AG 240 - 279

 1. Breiðablik 11 Breiðablik **3:05.92** 18,00

Agota Joo	58	+0,83	49.04	Birgir Gislason	58	38.18
Einar Hauksson	66		45.12	Brynja Gudmundsdottir	69	53.58

Event 23, Mixed, 4 x 50m Medley

AG 200 - 239

1.	Breiðablik 7			Breiðablik		2:41.14	18,00
	Maria Jonsdottir	47	+0,86	45.73	Johann Bjornsson	58	34.59
	Hafthor Hafsteinsson	54		41.69	Sadis Savarsdottir	49	39.13
2.	Breiðablik 9			Breiðablik		2:53.22	14,00
	Johann Pall Ingimarsson	46	+0,77	50.45	Elin Vidarsdottir	60	40.58
	Asta Th. Olafsdottir	61		46.31	Gunnar Gylfason	59	35.88
3.	ÍA 1			IA		2:59.33	12,00
	<i>Garpamet</i>						
	Kari Geirlaugsson	75	+0,99	51.53	Kristjana Thorvaldsdottir	52	43.13
	Alexander Eck	53		46.59	Silvia Llorens	46	38.08
DSQ	Breiðablik 10			Breiðablik		3:40.79	-
	<i>D3 - Leaving the position of the back during the race except within the turn (SW 6.2)</i>						
	Hrafn Sveinbjarnarson	51		1:13.10	Sarah Buckley	60	46.81
	Sverrir Oskarsson	53		55.14	Johanna Rakel Sveinbjornsdottir	52	45.74

AG 160 - 199

1.	Breiðablik 8			Breiðablik		2:17.40	18,00
	Berglind Valdimarsdottir	49	+0,79	40.70	Johanna Benediktsdottir	53	39.81
	Magnus Konradsson	49		31.53	Peter Garajszki	46	25.36
2.	Breiðablik 5			Breiðablik		2:18.19	14,00
	Steinunn Skuladottir	41	+0,82	42.17	Stefan Karl Savarsson	41	31.78
	Arnar Felix Einarsson	43		31.66	Arna Bjorg Arnarsdottir	41	32.58
3.	SH 2			SH		2:43.78	12,00
	Johann Samsonarsson	55	+0,69	38.17	Magni Thor Samsonarsson	54	33.65
	Kristin Jona Skuladottir	28		50.14	Berglind Sigurdardottir	50	41.82
4.	Breiðablik 6			Breiðablik		2:44.03	10,00
	Maria Fanndal Birkisdottir	49	+0,90	44.64	Leifur Gunnarsson	39	36.62
	Isey Greta Thorgrimsdottir	48		50.30	Magnus Palmi Ormolfsson	53	32.47

AG 120 - 159

1.	Breiðablik 1			Breiðablik		2:07.23	18,00
	<i>Garpamet</i>						
	Heidrun Ingolfsdottir	36	+0,72	34.71	Ingimar Logi Gudlaugsson	28	+0,21 29.33
	Thuridur Eiriksdomttir	40	+0,33	36.01	Hamed Salimishahraki	25	+0,64 27.18
2.	SH 1			SH		2:10.33	14,00
	Judith Schuijs	30	+0,74	38.16	Arni Gudnason	33	+0,61 27.92
	Hrafnhildur Luthersdottir	33	+0,52	34.54	Arnar Gudmundsson	35	+0,58 29.71
3.	Breiðablik 2			Breiðablik		2:30.99	12,00
	Sarah Cushing	39	+0,80	38.33	Arkadiusz Przybyla	32	+0,28 29.46
	Stefania Osk Arnardottir	38	+0,95	46.69	Kristinn Sverrisson	45	+0,59 36.51
4.	Breiðablik 4			Breiðablik		2:32.37	10,00
	Leifur Gudni Gretarsson	34	+0,78	31.95	Julio Cesar Leon Verdugo	38	+0,22 30.71
	Idunn Asa Oladottir	38		46.02	Solveig Edda Ingvarsdottir	43	43.69
5.	Breiðablik 3			Breiðablik		2:33.96	8,00
	Asgeir Haukur Einarsson	39	+0,86	37.45	Hakon Jonsson	39	+0,24 33.20
	Salvor Egilsdottir	39	+0,71	44.17	Thelma Olafsdottir	38	+0,70 39.14

Event 23, Mixed, 4 x 50m Medley, AG 120 - 159

Rank						Time	Stig
DSQ	Skallagrímur 1			Skallagrímur		2:41.00	-
	<i>B13 - Touching the wall with hands not simultaneously and separated with both hands at turn/finish (SW 7.6)</i>						
	Harpa Drofn Skuladóttir	39	+0,75	43.06	Juliana Thora Halfdanardóttir	36	38.92
	Arnar Smari Bjarnason	24	+0,67	44.66	Sigurkarl Gustavsson	39	+0,96 34.36

3 - 4. May 2024

4.5.2024 - 15:00

 Event 24
 4.5.2024 - 15:00
 Men, 200m Medley
 20 - 84 years
 Results

Garpamet 75 - 79							
Garpamet 70 - 74	3:56.36	Sigurbjörn Einarsson	AEGIR	Hafnarfjoerdur			7.5.2022
Garpamet 65 - 69	3:54.17	Kári Kaaber	SH	Hafnarfjoerdur			5.5.2018
Garpamet 60 - 64	3:06.67	Guðni Guðnason	SH	Hafnarfjoerdur			7.5.2022
Garpamet 55 - 59	2:46.75	Steinn Jóhannsson	SH	Kopavogur			6.5.2023
Garpamet 50 - 54	2:40.25	Steinn Jóhannsson	SH	Reykjavik			4.5.2019
Garpamet 45 - 49	2:23.83	Magnus Konradsson	UBK	Reykjavik			9.10.2021
Garpamet 40 - 44	2:30.79	Mladen Tepavcevic	SH	Hafnarfjoerdur			30.4.2016
Garpamet 35 - 39	2:22.62	Omar Fridriksson	SH	Hafnarfjoerdur			30.4.2016
Garpamet 30 - 34	2:29.91	Oddur Örnólfsson	AEGIR	Hafnarfjoerdur			5.5.2017
Garpamet 25 - 29	2:23.39	Hákon Jónsson	UBK	Hafnarfjoerdur			3.10.2004

Points:

Rank		Age		Time	Pts	50m	100m	150m	200m
70 - 74 years									
1.	Sigurbjoern Einarsson	72	Ægir	3:58.26		53.87	1:12.63	1:02.65	49.11
60 - 64 years									
1.	Gudni Gudnason	62	SH	3:17.63		40.57	52.50	1:03.91	40.65
2.	Sigurjon Thordarson	60	Tindastoll	3:22.66		43.61	52.49	1:00.19	46.37
55 - 59 years									
1.	Steinn Johannsson	56	SH	2:43.31		36.25	43.87	45.73	37.46
	<i>Garpamet</i>								
2.	Birgir Gislason	58	Breiðablik	3:11.86		39.04	52.50	54.65	45.67
45 - 49 years									
1.	Magnus Konradsson	49	Breiðablik	2:28.97		31.25	39.91	41.96	35.85
35 - 39 years									
1.	Hakon Jonsson	39	Breiðablik	2:46.21		36.31	46.51	44.92	38.47
2.	Leifur Gunnarsson	39	Breiðablik	2:53.93		35.04	44.71	48.96	45.22

Event 24, Men, 200m Medley

30 - 34 years

1. Arkadiusz Przybyla	32	Breiðablik	2:35.85	32.39	42.95	45.48	35.03
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Event 25

Women, 200m Medley

20 - 84 years

4.5.2024 - 15:10

Results

Garpamet 75 - 79							
Garpamet 60 - 64	3:27.39	Ásta Þ. Ólafsdóttir	UBK	Kopavogur			6.5.2023
Garpamet 55 - 59	3:19.23	Elin Vidarsdóttir	FJOL	Reykjavik			9.10.2021
Garpamet 50 - 54	3:15.02	Elin Vidarsdóttir	FJOLN	Hafnarfjoerdur			5.5.2018
Garpamet 45 - 49	3:04.60	Elin Vidarsdóttir	FJOL	Siglufoerdur			1.5.2010
Garpamet 40 - 44	2:50.67	Sigurlín Garðarsdóttir	UMFS	Reykjavik			15.3.2015
Garpamet 35 - 39	2:44.16	Hafdis Erla Hafsteinsdóttir	AEGIR	Reykjavik			9.10.2021
Garpamet 30 - 34	2:52.51	Snæfríður Jóhannsdóttir	AEGIR	Reykjavik			9.10.2021
Garpamet 25 - 29	2:29.14	Jóhanna Gústafsdóttir	AEGIR	Hafnarfjoerdur			5.5.2017

Points:

Rank	Age		Time	Pts	50m	100m	150m	200m
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60 - 64 years

1. Elin Vidarsdóttir	60	Breiðablik	3:13.71		41.82	49.71	56.55	45.63
<i>Garpamet</i>								

55 - 59 years

1. Thordis Hronn Palsdóttir	58	Breiðablik	3:58.37		54.28	1:04.67	1:07.18	52.24
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40 - 44 years

1. Thuridur Eiriksdóttir	40	Breiðablik	2:43.69		36.24	42.48	47.15	37.82
<i>Garpamet</i>								

35 - 39 years

1. Sarah Cushing	39	Breiðablik	2:58.38		38.35	46.45	50.58	43.00
2. Juliana Thora H.	36	Skallagrimur	3:07.99		40.87	48.28	56.82	42.02
3. Harpa Drofn Skuladóttir	39	Skallagrimur	3:11.87		40.76	50.59	57.13	43.39

Event 26 Men, 50m Backstroke 20 - 84 years
 4.5.2024 - 15:15 Results

Garpamet 75 - 79	51.53	Kári Geirlaugsson	ÍA	Hafnarfjörður	4.5.2024
Garpamet 70 - 74	44.06	Kári Geirlaugsson	IA	Reykjavík	4.5.2019
Garpamet 65 - 69	43.54	Kári Geirlaugsson	IA	Hafnarfjoerdur	5.5.2018
Garpamet 60 - 64	39.02	Guðni Guðnason	SH	Hafnarfjoerdur	7.5.2022
Garpamet 55 - 59	38.07	Steinn Jóhannsson	SH	Kopavogur	23.2.2024
Garpamet 50 - 54	35.54	Jón Hugi S Harðarson	IA	Hafnarfjoerdur	3.5.2013
Garpamet 45 - 49	31.38	Magnus Konradsson	UBK	Kopavogur	6.5.2023
Garpamet 40 - 44	29.44	Logi Kristjansson	IBV	Sundlaug Vestmannaey	5.5.2012
Garpamet 35 - 39	29.56	Eðvarð Þór Eðvarðsson	IRB	Hafnarfjoerdur	3.10.2004
Garpamet 30 - 34	28.77	Przemysław Puławski	UBK	Copenhagen (DEN)	1.10.2023
Garpamet 25 - 29	28.08	Ágúst Júlíusson	IA	Hafnarfjoerdur	5.5.2018

Rank		Age		Time	Stig
75 - 79 years					
1.	Kari Geirlaugsson <i>Garpamet</i>	75	IA	49.05	9,00
2.	Arni Winther	75	Havnar	59.33	7,00
3.	Jon Gudmundsson	75	SH	1:08.45	6,00
4.	Thorsteinn Ingimundarsson	78	SH	1:47.98	5,00
70 - 74 years					
1.	Gudjon Gudnason	70	SH	46.56	9,00
DSQ	Thorhallur Johannesson <i>D7 - Didn't return to a position on the back upon leaving the wall (SW 6.4)</i>	71	SH	47.31	-
60 - 64 years					
1.	Aksel Haraldsen	63	Havnar	40.01	9,00
2.	Gudni Gudnason	62	SH	41.55	7,00
3.	Eydun Husgard	62	Havnar	49.43	6,00
55 - 59 years					
1.	Johann Samsonarsson <i>Garpamet</i>	55	SH	37.69	9,00
2.	Birgir Gislason	58	Breiðablik	47.61	7,00
3.	Birkir Marteinnsson	59	SH	54.90	6,00
50 - 54 years					
1.	Thorsteinn Gislason	51	SH	39.89	9,00
2.	Arni Runar Arnason	51	SH	40.01	7,00
3.	Magni Thor Samsonarsson	54	SH	40.99	6,00
4.	Torben Gregersen	50	SH	41.29	5,00
5.	Mikkjal Helmsdal	50	Havnar	53.09	4,00
6.	Sigurður Gíslason	54	SH	54.02	3,00
7.	Sverrir Oskarsson	53	Breiðablik	1:01.93	2,00

Event 26, Men, 50m Backstroke

45 - 49 years

1. Magnus Konradsson	49	Breiðablik	34.21	9,00
2. Albert Thor Kristjansson	47	SH	38.28	7,00

40 - 44 years

1. Gudmundur Hafthorsson	44	Ægir	31.34	9,00
2. Arnar Felix Einarsson	43	Breiðablik	31.38	7,00

35 - 39 years

1. Arni Pall Hafthorsson	35	Ægir	31.59	9,00
2. Leifur Gunnarsson	39	Breiðablik	37.68	7,00

30 - 34 years

1. Arni Gudnason	33	SH	32.74	9,00
2. Arkadiusz Przybyla	32	Breiðablik	32.88	7,00

Event 27

4.5.2024 - 15:23

Women, 50m Backstroke

20 - 84 years

Results

Garpamet 80 - 84	2:03.34	Rannveig Palmadóttir	AEGIR	Hafnarfjoerdur	5.5.2017
Garpamet 75 - 79	59.07	Guðmunda Ólöf Jónasdóttir	UMFS	Hafnarfjörður	4.5.2024
Garpamet 70 - 74	53.08	Guðmunda Ólöf Jónasdóttir	UMSB	Torshavn (FRO)	1.10.2022
Garpamet 65 - 69	54.44	Guðmunda Ólöf Jónasdóttir	UMSB	Vestmannaeyjar	28.4.2018
Garpamet 60 - 64	41.32	Elin Vidarsdóttir	UBK	Kopavogur	23.2.2024
Garpamet 55 - 59	41.81	Elin Vidarsdóttir	UBK	Copenhagen (DEN)	1.10.2023
Garpamet 50 - 54	38.97	Pálína Björnsdóttir	AEGIR	Kopavogur	24.2.2023
Garpamet 45 - 49	37.37	Sigurlín Garðarsdóttir	UMFS	Copenhagen (DEN)	1.10.2023
Garpamet 40 - 44	34.13	Ragnheiður Runólfsdóttir	IA	Kopavogur	1.5.2009
Garpamet 35 - 39	34.69	Elin Sigurdardóttir	SH	Hafnarfjoerdur	4.10.2008
Garpamet 30 - 34	33.55	Ragnheiður Runólfsdóttir	KEF	Reykjavik	4.5.1997
Garpamet 25 - 29	29.09	Ingibjörg Kristí Jónsdóttir	SH	Hafnarfjoerdur	5.5.2018

Rank	Age	Time	Stig
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75 - 79 years

1. Gudmunda Olof Jonasdottir	75	Skallagrimur	54.89	9,00
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Garpamet

70 - 74 years

1. Kristin Solvadottir	71	SH	1:38.84	9,00
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60 - 64 years

DSQ Elin Vidarsdottir	60	Breiðablik	42.41	-
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D8 - Didn't touch the wall at the finish while on the back position (SW 6.5)

Event 27, Women, 50m Backstroke

55 - 59 years

1. Thordis Hronn Palsdottir	58	Breiðablik	55.76	9,00
2. Sigrun Halldorsdottir	57	Breiðablik	59.30	7,00

50 - 54 years

1. Johanna Rakel Sveinbjornsdottir	52	Breiðablik	56.56	9,00
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45 - 49 years

1. Berglind Valdimarsdottir	49	Breiðablik	40.66	9,00
2. Maria Fanndal Birkisdottir	49	Breiðablik	43.65	7,00
3. Arnheidur Hjorleifsdottir	49	IA	44.84	6,00
DSQ Rakel Dogg Sigurgeirsdottir	48	Skallagrimur	41.07	-

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

40 - 44 years

1. Steinunn Skuladottir	41	Breiðablik	40.89	9,00
2. Silja Eyrun Steingrimsdottir	42	Skallagrimur	49.40	7,00

35 - 39 years

1. Heidrun Ingolfsdottir	36	Breiðablik	34.89	9,00
2. Juliana Thora Halfdanardottir	36	Skallagrimur	40.03	7,00
3. Harpa Drofn Skuladottir	39	Skallagrimur	42.18	6,00
DSQ Stefania Osk Arnardottir	38	Breiðablik	42.14	-

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

DSQ Thelma Olafsdottir	38	Breiðablik	49.22	-
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D6 - The turning action wasn't executed continuously acc. to the rules (SW 6.4)

30 - 34 years

1. Judith Schuijs	30	SH	37.59	9,00
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25 - 29 years

1. Kristin Jona Skuladottir	28	SH	51.06	9,00
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Event 28	Men, 200m Breaststroke				20 - 84 years
4.5.2024 - 15:38					Results
Garpamet 80 - 84	5:07.91	Óli G H Þórðarson	SH	Hafnarfjoerdur	30.4.2016
Garpamet 75 - 79	4:16.72	Óli G H Þórðarson	SH	Sundlaug Vestmannaey	5.5.2012
Garpamet 70 - 74	3:43.35	Kári Kaaber	SH	Reykjavik	19.9.2021
Garpamet 65 - 69	3:24.96	Kári Kaaber	SH	Hafnarfjoerdur	30.4.2016
Garpamet 60 - 64	3:17.66	Kári Kaaber	SH	Hafnarfjoerdur	16.4.2011
Garpamet 55 - 59	3:02.88	Steinn Jóhannsson	SH	Kopavogur	6.5.2023
Garpamet 50 - 54	2:57.97	Steinn Jóhannsson	SH	Reykjavik	4.5.2019
Garpamet 45 - 49	2:38.22	Magnus Konradsson	UBK	Hafnarfjoerdur	7.5.2022
Garpamet 40 - 44	2:38.05	Mladen Tepavcevic	SH	Hafnarfjoerdur	30.4.2016
Garpamet 35 - 39	2:49.07	Steinn Jóhannsson	SH	Hafnarfjoerdur	19.5.2007
Garpamet 30 - 34	2:33.29	Leifur Guðni Grétarsson	UBK	Copenhagen (DEN)	30.9.2023
Garpamet 25 - 29	2:35.22	Hjalti Gudmundsson	SH	Siglufoerdur	3.5.2003

Points:

Rank	Age		Time	Pts	50m	100m	150m	200m
70 - 74 years								
1.	Kristinn Jonsson	72	Breiðablik	4:02.82	53.77	1:01.09	1:04.83	1:03.13
60 - 64 years								
1.	Eythor R Gissurarson	62	Breiðablik	4:30.51	1:01.86	1:07.89	1:10.21	1:10.55
55 - 59 years								
1.	Johann Samsonarsson	55	SH	3:20.64	44.21	50.70	53.13	52.60
2.	Birkir Marteinnsson	59	SH	4:01.13	54.48	1:01.52	1:02.69	1:02.44
50 - 54 years								
1.	Simon Thor Jonsson	54	UMFB	3:10.10	42.22	48.44	50.19	49.25
2.	Thorsteinn Gislason	51	SH	3:28.50	45.64	53.09	54.35	55.42
3.	Omar Gisli Savarsson	52	SH	3:33.88	47.58	54.80	56.19	55.31
4.	Hrafn Sveinbjarnarson	51	Breiðablik	4:28.14	56.00	1:06.77	1:11.23	1:14.14
45 - 49 years								
1.	Magnus Konradsson	49	Breiðablik	2:37.24	36.09	40.88	40.24	40.03
	<i>Garpamet</i>							
35 - 39 years								
1.	Leifur Gunnarsson	39	Breiðablik	3:11.64	40.81	46.43	50.94	53.46

Event 29 Women, 200m Breaststroke 20 - 84 years
 4.5.2024 - 15:49 Results

Garpamet 70 - 74	4:36.64	Guðmunda Ólöf Jónasdóttir	UMSB	Reykjavik	4.5.2019
Garpamet 65 - 69	4:27.77	Björg H. Kristófersdóttir	UMSB	Reykjavik	19.9.2021
Garpamet 60 - 64	3:56.27	Birna Jóhanna Ólafsdóttir	SH	Kopavogur	6.5.2023
Garpamet 55 - 59	3:41.03	Birna Jóhanna Ólafsdóttir	SH	Reykjavik	4.5.2019
Garpamet 50 - 54	3:25.61	Guðrún Ágústsdóttir	AEGIR	Hafnarfjoerdur	5.5.2017
Garpamet 45 - 49	3:22.53	Birna Jóhanna Ólafsdóttir	SH	Kopavogur	1.5.2009
Garpamet 40 - 44	3:22.14	Bryndís Erntsdóttir	AEGIR	Sundlaug Vestmannaey	5.5.2012
Garpamet 35 - 39	3:07.44	Sigríður Lár Guðmundsdóttir	UBK	Hafnarfjordur	6.5.2011
Garpamet 30 - 34	3:10.63	Jóna Dögg Sveinbjörnsdóttir	UBK	Sundlaug Vestmannaey	5.5.2012
Garpamet 25 - 29	2:37.84	Hrafnhildur Luthersdóttir	SH	Hafnarfjoerdur	5.5.2018

Points:

Rank	Age		Time	Pts	50m	100m	150m	200m
60 - 64 years								
1.	Asta Th. Olafsdottir	61	Breiðablik	3:41.41	50.98	55.28	58.32	56.83
	<i>Garpamet</i>							
2.	Sarah Buckley	60	Breiðablik	3:56.09	52.52	59.75	1:01.75	1:02.07
45 - 49 years								
1.	Sadis Savarsdottir	49	Breiðablik	3:36.60	49.16	55.25	57.06	55.13
2.	Maria Jonsdottir	47	Breiðablik	3:44.68	50.35	57.35	58.90	58.08
3.	Isey Greta Thorgrimsdottir	48	Breiðablik	4:03.10	56.85	1:03.53	1:04.57	58.15
35 - 39 years								
1.	Salvor Egilsdottir	39	Breiðablik	3:30.88	48.43	54.08	54.76	53.61
2.	Harpa Drofn Skuladottir	39	Skallagrimur	3:33.34	48.41	53.44	55.82	55.67
30 - 34 years								
1.	Hrafnhildur Luthersdottir	33	SH	2:47.80	36.63	40.93	44.67	45.57
	<i>Garpamet</i>							

Event 30	Men, 100m Freestyle				20 - 84 years
4.5.2024 - 15:54					Results
Garpamet 80 - 84	1:51.88	Jon Oern Bogason	ARM	Vestmannaeyjar	24.4.2015
Garpamet 75 - 79	1:35.50	Kári Geirlaugsson	ÍA	Hafnarfjörður	3.5.2024
Garpamet 70 - 74	1:16.12	Kári Geirlaugsson	IA	Reykjavik	4.5.2019
Garpamet 65 - 69	1:13.91	Remi Spillaert	AEGIR	Copenhagen (DEN)	30.9.2023
Garpamet 60 - 64	1:10.39	Guðni Guðnason	SH	Hafnarfjoerdur	7.5.2022
Garpamet 55 - 59	1:05.79	Birgir Gíslason	UBK	Reykjavik	9.10.2021
Garpamet 50 - 54	1:05.27	Ragnar Marteinson	UMSK	Reykjavik	3.5.2008
Garpamet 45 - 49	56.86	Peter Garajszki	UBK	Kopavogur	6.5.2023
Garpamet 40 - 44	56.22	Peter Garajszki	UBK	Torshavn (FRO)	1.10.2022
Garpamet 35 - 39	57.01	Ægir Sigurðsson	SELF	???	4.5.2013
Garpamet 30 - 34	52.86	Már Árni Árnason	IRB	Hafnarfjoerdur	5.5.2017
Garpamet 25 - 29	53.63	Rikardur Rikardsson	AEGIR	Odense (DEN)	1.1.2002

Points:

Rank	Age		Time	Pts	50m	100m
75 - 79 years						
1.	Kari Geirlaugsson	75	IA	1:25.45	40.66	44.79
	<i>Garpamet</i>					
2.	Thorsteinn Ingimundarsson	78	SH	3:29.99	1:38.02	1:51.97
70 - 74 years						
1.	Thorhallur Johannesson	71	SH	1:27.61	40.64	46.97
2.	Sigurbjoern Einarsson	72	Ægir	1:27.91	42.77	45.14
65 - 69 years						
1.	Jon Hestoy	65	Havnar	1:11.62	34.95	36.67
2.	Einar Hauksson	66	Breiðablik	1:14.59	36.40	38.19
3.	Jakup Enni	67	Havnar	1:36.21	44.00	52.21
60 - 64 years						
1.	Gudni Gudnason	62	SH	1:11.70	34.49	37.21
2.	Aksel Haraldsen	63	Havnar	1:13.41	35.00	38.41
3.	Eydun Husgard	62	Havnar	1:15.25	35.52	39.73
4.	Samal Olsen	63	Havnar	1:17.36	37.01	40.35
5.	Sigurjon Thordarson	60	Tindastoll	1:17.54	38.40	39.14
6.	Sveinn Simonarson	62	SH	1:23.26	40.49	42.77
55 - 59 years						
1.	Borgar Thor Bragason	55	Njardvik	1:07.60	32.68	34.92
2.	Steinn Johannsson	56	SH	1:08.65	33.73	34.92
3.	Birgir Gislason	58	Breiðablik	1:09.09	32.71	36.38
4.	Johann Bjornsson	58	Breiðablik	1:10.14	33.19	36.95
5.	Karl Georg Klein	55	SH	1:21.21	36.95	44.26
6.	Gunnar Gylfason	59	Breiðablik	1:22.54	38.76	43.78
7.	Agust Hilmarsson	55	SH	1:31.44	43.32	48.12
8.	Birkir Marteinson	59	SH	1:36.30	44.79	51.51
9.	Arnar Thorsteinsson	57	Breiðablik	1:45.44	49.24	56.20

Event 30, Men, 100m Freestyle

50 - 54 years

1.	Elvar Nielsson <i>Garpamet</i>	50	Breiðablik	1:05.16	31.01	34.15
2.	Hafthor Hafsteinsson	54	Breiðablik	1:07.09	31.37	35.72
3.	Arni Runar Arnason	51	SH	1:08.19	32.29	35.90
4.	Magni Thor Samsonarsson	54	SH	1:08.26	33.01	35.25
5.	Erling Eidesgaard	53	Havnar	1:09.09	33.30	35.79
6.	Richard Lee Blurton	52	SH	1:10.51	34.35	36.16
7.	Magnus Palmi Ornlófsson	53	Breiðablik	1:17.17	35.73	41.44
8.	Mikkjal Helmsdal	50	Havnar	1:18.66	36.70	41.96
9.	Boerkur Jonsson	52	SH	1:19.67	38.08	41.59
10.	Mark Andrew Zimmer	53	Breiðablik	1:24.70	39.49	45.21
11.	Sverrir Oskarsson	53	Breiðablik	1:45.50	48.59	56.91

45 - 49 years

1.	Peter Garajszki <i>Garpamet</i>	46	Breiðablik	56.34	26.75	29.59
2.	Magnus Konradsson	49	Breiðablik	59.45	28.74	30.71
3.	Kristinn Sverrisson	45	Breiðablik	1:25.30	39.26	46.04

35 - 39 years

1.	Bragi Thorsteinsson	36	SH	58.83	27.53	31.30
2.	Julio Cesar Leon Verdugo	38	Breiðablik	1:00.76	29.07	31.69
3.	Hakon Jonsson	39	Breiðablik	1:05.96	31.86	34.10
4.	Leifur Gunnarsson	39	Breiðablik	1:14.68	34.78	39.90

30 - 34 years

1.	Arni Gudnason	33	SH	56.83	27.29	29.54
2.	Arkadiusz Przybyla	32	Breiðablik	1:01.04	28.79	32.25

25 - 29 years

1.	Kristinn Thorarinsson	28	Fjoelnir	58.95	27.87	31.08
2.	Ingimar Logi Gudlaugsson	28	Breiðablik	59.25	27.94	31.31

Event 31 Women, 100m Freestyle 20 - 84 years
 4.5.2024 - 16:09 Results

Garpamet 75 - 79	1:48.54	Guðmunda Ólöf Jónasdóttir	UMFS	Hafnarfjörður	3.5.2024
Garpamet 70 - 74	1:40.73	Guðmunda Ólöf Jónasdóttir	UMSB	Reykjavík	4.5.2019
Garpamet 65 - 69	1:36.05	Vilborg Sverrisdóttir	SH	Kopavogur	5.5.2023
Garpamet 60 - 64	1:20.03	Ásta Þ. Ólafsdóttir	UBK	Kopavogur	24.2.2023
Garpamet 55 - 59	1:17.76	Ásta Þ. Ólafsdóttir	UBK	Reykjavík	4.5.2019
Garpamet 50 - 54	1:14.35	Vilborg Sverrisdóttir	SH	Reykjavík	3.5.2008
Garpamet 45 - 49	1:07.54	Helga Sigurdardóttir	AEGIR	Kopavogur	3.5.2014
Garpamet 40 - 44	1:06.24	Sigurlín Garðarsdóttir	UMFS	Hafnarfjoerdur	30.4.2016
Garpamet 35 - 39	1:07.18	Sigurlín Garðarsdóttir	UMFS	Hafnarfjoerdur	3.5.2013
Garpamet 30 - 34	1:06.85	Snæfríður Jóhannsdóttir	AEGIR	Reykjavík	9.10.2021
Garpamet 25 - 29	59.43	Jóhanna Gústafsdóttir	AEGIR	Hafnarfjoerdur	5.5.2017

Points:

Rank	Age		Time	Pts	50m	100m
75 - 79 years						
1.	75	Skallagrimur	1:43.73		49.17	54.56
		<i>Garpamet</i>				
2.	76	Ægir	2:21.04		1:07.23	1:13.81
70 - 74 years						
1.	72	Breiðablik	1:56.91		53.09	1:03.82
DSQ	72	Breiðablik				
		<i>G11 - The indicated distance or correct style were not accomplished</i>				
65 - 69 years						
1.	68	IA	1:35.88		45.63	50.25
		<i>Garpamet</i>				
2.	65	Njardvik	1:40.52		47.54	52.98
3.	69	Breiðablik	2:02.71		56.98	1:05.73
55 - 59 years						
1.	58	Breiðablik	1:36.26		44.81	51.45
2.	57	Breiðablik	2:03.68		58.79	1:04.89
50 - 54 years						
1.	53	Breiðablik	1:17.37		35.95	41.42
2.	52	IA	1:23.91		39.15	44.76
3.	50	SH	1:35.27		45.67	49.60
45 - 49 years						
1.	47	Breiðablik	1:20.72		38.65	42.07
2.	48	Skallagrimur	1:23.80		38.58	45.22
3.	49	Breiðablik	1:25.57		41.19	44.38
4.	46	IA	1:25.70		39.09	46.61

Event 31, Women, 100m Freestyle

40 - 44 years

1.	Thuridur Eiríksdóttir <i>Garpamet</i>	40	Breiðablik	1:05.45	30.88	34.57
2.	Steinunn Skuladóttir	41	Breiðablik	1:13.34	35.65	37.69
3.	Silja Eyrun Steingrimsdóttir	42	Skallagrimur	1:31.03	42.87	48.16
4.	Heidrun Helga Bjarnadóttir	42	Skallagrimur	1:34.41	44.17	50.24

35 - 39 years

1.	Heidrun Ingólfssdóttir	36	Breiðablik	1:08.58	33.04	35.54
2.	Sarah Cushing	39	Breiðablik	1:10.21	33.10	37.11
3.	Harpa Drofn Skuladóttir	39	Skallagrimur	1:16.36	37.22	39.14
4.	Juliana Thora Halfdanardóttir	36	Skallagrimur	1:17.80	37.47	40.33
5.	Idunn Asa Óladóttir	38	Breiðablik	1:20.62	38.68	41.94
6.	Salvor Egilsdóttir	39	Breiðablik	1:20.81	40.31	40.50
7.	Stefanía Osk Arnardóttir	38	Breiðablik	1:22.39	38.51	43.88
8.	Thelma Ólafsdóttir	38	Breiðablik	1:31.07	44.14	46.93

30 - 34 years

1.	Judith Schuijs	30	SH	1:12.91	33.94	38.97
2.	Hrefna Marin Sigurdardóttir	32	SH	1:39.06	44.02	55.04

Event 32

Men, 4 x 50m Medley

AG 100 and older

4.5.2024 - 16:30

Results

Garpamet 280 +	3:24.04	SH	SH	Hafnarfjörður	6.5.2017
Garpamet 240 - 279	2:12.50	SH	SH	Reykjavík	8.5.2019
Garpamet 200 - 239	2:15.13	ÍBR	ÍBR	Reykjavík	8.5.2019
Garpamet 160 - 199	2:02.21	Breiðablik	Breiðablik	Hafnarfjörður	8.5.2022
Garpamet 120 - 159	1:54.57	Sunddeild Breiðabliks	BREI	Kópavogur	6.5.2023
Garpamet 100 - 119	1:43.94	SH	SH	Siglufjörður	3.5.2003

Rank

Time Stig

AG 280 and older

1.	SH 1			SH		3:31.40	18,00
	Jon Gudmundsson	75	+0,81	1:06.87	Thorhallur Johannesson	71	49.36
	Gudjon Gudnason	70		51.74	Jon Valdimar Gunnbjornsson	67	43.43

AG 240 - 279

1.	HS 1			Havnar		2:35.69	18,00
	Aksel Haraldsen	63	+0,74	41.65	Jon Hestoy	65	36.13
	Eyðun Husgard	62		46.26	Erling Eidesgaard	53	31.65
2.	Breiðablik 5			Breiðablik		2:49.78	14,00
	Eythor R Gissurarson	62		51.37	Birgir Gislason	58	36.98
	Einar Hauksson	66		45.62	Gunnar Gylfason	59	35.81

Event 32, Men, 4 x 50m Medley

AG 200 - 239

1.	SH 5			SH			2:24.74	18,00
	Steinn Johannsson	56	+0,77	38.57	Albert Thor Kristjansson	47		31.68
	Richard Lee Blurton	52		40.83	Karl Georg Klein	55		33.66
2.	SH 4			SH			2:26.41	14,00
	<i>Garpamet</i>							
	Johann Samsonarsson	55	+0,62	37.64	Magni Thor Samsonarsson	54		33.06
	Omar Gisli Savarsson	52		44.68	Thorsteinn Gislason	51		31.03
3.	SH 6			SH			2:42.37	12,00
	Torben Gregersen	50	+0,75	41.08	Arni Runar Arnason	51		34.66
	Boerkur Jonsson	52		47.23	Agust Hilmarsson	55		39.40
4.	Breiðablik 3			Breiðablik			2:48.66	10,00
	Sverrir Oskarsson	53	+0,76	1:00.05	Johann Bjornsson	58		34.31
	Hafthor Hafsteinsson	54		40.62	Magnus Palmi Ornlófsson	53		33.68
5.	SH 3			SH			2:56.15	8,00
	Sigurdur Gisslasson	54	+0,84	54.72	Gudni Gudnason	62		37.28
	Birkir Marteinsson	59		47.81	Sveinn Simonarson	62		36.34
6.	HS 2			Havnar			3:17.66	6,00
	Mikkjal Helmsdal	50	+0,79	50.28	Samal Olsen	63		55.80
	Arni Winther	75		50.54	Joannes Hestoy	39		41.04

AG 160 - 199

1.	Breiðablik 2			Breiðablik			1:57.44	18,00
	<i>Garpamet</i>							
	Arnar Felix Einarsson	43	+0,68	31.94	Magnus Konradsson	49	+0,28	28.56
	Peter Garajszki	46	+0,59	31.81	Leifur Gudni Gretarsson	34	+0,41	25.13
2.	Breiðablik 4			Breiðablik			2:44.92	14,00
	Leifur Gunnarsson	39	+0,76	36.56	Elvar Nielsson	50	+0,44	34.68
	Hrafn Sveinbjarnarson	51		57.91	Mark Andrew Zimmer	53	+0,50	35.77

AG 120 - 159

1.	Breiðablik 1			Breiðablik			2:07.37	18,00
	Julio Cesar Leon Verdugo	38	+0,63	34.79	Ingimar Logi Gudlaugsson	28	+0,29	28.80
	Hakon Jonsson	39	+0,32	36.44	Arkadiusz Przybyla	32	+0,25	27.34
2.	SH 2			SH			2:15.48	14,00
	Bragi Thorsteinsson	36	+0,65	33.95	Arni Gudnason	33	+0,41	28.59
	Arnar Gudmundsson	35	+0,65	38.58	Alexander Arnason	32	+0,64	34.36

Event 33 4.5.2024 - 16:33	Women, 4 x 50m Medley					AG 100 and older Results
Garpamet 240 - 279	3:02.82	Breiðablik	Breiðablik	Bellahoj (DEN)	30.9.2023	
Garpamet 200 - 239	2:41.03	Breiðablik	Breiðablik	Helsinki (FIN)	25.10.2019	
Garpamet 160 - 199	2:30.02	Ægir	Ægir	Hafnarfjörður	6.5.2017	
Garpamet 120 - 159	2:29.96	ÍA	ÍA	Hafnarfjörður	4.10.2008	
Garpamet 100 - 119	2:08.89	SH	ISR	Hafnarfjörður	5.5.2017	

Rank					Time	Stig
AG 240 - 279						
1.	Breiðablik 5		Breiðablik		3:03.68	18,00
	Asta Th. Olafsdottir	61	+0,93	46.86	Elin Vidarsdottir	60 +0,73 12.93
	Sarah Buckley	60	+0,86	47.22	Berta Sveinbjarnardottir	72 1:16.67
AG 200 - 239						
1.	ÍA 1		ÍA		2:55.37	18,00
	Arnheidur Hjorleifsdottir	49	+0,92	44.54	Kristjana Thorvaldsdottir	52 +0,61
	Hallbera Johannesdottir	68	+0,72	50.84	Silvia Llorens	46
2.	Breiðablik 4		Breiðablik		3:06.77	14,00
	Sigrun Halldorsdottir	57	+0,96	59.18	Berglind Valdimarsdottir	49 +0,57 37.71
	Johanna Benediktsdottir	53		47.42	Thordis Hronn Palsdottir	58 +0,90 42.46
AG 160 - 199						
1.	Skallagrímur 1		Skallagrímur		2:48.22	18,00
	Harpa Drofn Skuladottir	39	+0,76	42.69	Juliana Thora Halfdanardottir	36 +0,85 40.06
	Rakel Dogg Sigurgeirsdottir	48	+0,64	45.88	Silja Eyrun Steingrimsdottir	42 +0,81 39.59
2.	Breiðablik 3		Breiðablik		2:53.22	14,00
	Maria Fanndal Birkisdottir	49	+0,87	42.83	Maria Jonsdottir	47 +0,76 44.94
	Sadis Savarsdottir	49	+0,41	46.10	Isey Greta Thorgrimsdottir	48 +0,67 39.35
AG 120 - 159						
1.	Breiðablik 2		Breiðablik		2:28.91	18,00
	<i>Garpamet</i>					
	Steinunn Skuladottir	41	+0,80	41.45	Thuridur Eiriksottir	40 +0,63 31.85
	Salvor Egilsdottir	39	+0,71	44.08	Sarah Cushing	39 +0,46 31.53
2.	Breiðablik 1		Breiðablik		2:41.10	14,00
	<i>Garpamet</i>					
	Heidrun Ingolfsdottir	36	+0,71	34.67	Idunn Asa Oladottir	38 +0,47 40.56
	Stefania Osk Arnardottir	38	+0,82	46.69	Thelma Olafsdottir	38 +0,87 39.18
3.	SH 1		SH		2:42.68	12,00
	Judith Schuijs	30	+0,78	38.57	Hrafnhildur Luthersdottir	33 +0,40 30.31
	Kristin Jona Skuladottir	28	+0,50	50.53	Hrefna Marin Sigurdardottir	32 43.27