

# LANDSLIÐSLÁGMÖRK SSÍ - SUNDÁRIÐ 2020-2021

KARLAR 50M LAUG	FRAMTÍÐARHÓPUR			UNGLINGALANDSLIÐ			ÚRVALGSHÓPUR			A-LANDSLIÐ Opinn	HM-50M 2021	
	2008	2007	2006	2005	2004	2003	2002	2001	2000		FINA A	FINA B
50 SKRIÐ				0:25,13	0:24,71	0:24,34	0:24,16	0:23,98	0:23,80	0:23,62	0:22,18	0:22,96
100 SKRIÐ	1:02,61	0:59,23	0:56,98	0:55,25	0:54,32	0:53,51	0:53,12	0:52,72	0:52,33	0:51,94	0:48,77	0:50,48
200 SKRIÐ	2:17,45	2:10,02	2:05,09	2:01,28	1:59,25	1:57,47	1:56,61	1:55,74	1:54,89	1:54,02	1:47,06	1:50,81
400 SKRIÐ	4:52,91	4:37,07	4:26,57	4:18,46	4:14,13	4:10,34	4:08,50	4:06,65	4:04,83	4:02,98	3:48,15	3:56,14
800 SKRIÐ	10:07,41	9:34,55	9:12,79	8:55,96	8:46,99	8:39,13	8:35,30	8:31,47	8:27,69	8:23,86	7:53,11	8:09,67
1500 SKRIÐ	19:21,43	18:18,61	17:36,99	17:04,81	16:47,66	16:32,63	16:25,31	16:17,99	16:10,76	16:03,44	15:04,64	15:36,30
50 BAK				0:28,51	0:28,04	0:27,62	0:27,41	0:27,21	0:27,01	0:26,81	0:25,17	0:26,05
100 BAK	1:09,37	1:05,62	1:03,13	1:01,21	1:00,18	0:59,29	0:58,85	0:58,41	0:57,98	0:57,54	0:54,03	0:55,92
200 BAK	2:31,59	2:23,39	2:17,95	2:13,75	2:11,52	2:09,55	2:08,60	2:07,64	2:06,70	2:05,74	1:58,07	2:02,20
50 BRINGA				0:30,96	0:30,44	0:29,99	0:29,77	0:29,55	0:29,33	0:29,11	0:27,33	0:28,29
100 BRINGA	1:16,71	1:12,56	1:09,81	1:07,69	1:06,55	1:05,56	1:05,08	1:04,59	1:04,12	1:03,63	0:59,75	1:01,84
200 BRINGA	2:47,31	2:38,26	2:32,27	2:27,63	2:25,16	2:23,00	2:21,94	2:20,89	2:19,85	2:18,79	2:10,32	2:14,88
50 FLUG				0:26,77	0:26,32	0:25,93	0:25,74	0:25,55	0:25,36	0:25,17	0:23,63	0:24,46
100 FLUG	1:06,71	1:03,10	1:00,71	0:58,86	0:57,88	0:57,01	0:56,59	0:56,17	0:55,76	0:55,34	0:51,96	0:53,78
200 FLUG	2:29,84	2:21,73	2:16,37	2:12,21	2:10,00	2:08,06	2:07,12	2:06,17	2:05,24	2:04,30	1:56,71	2:00,79
200 FJÓR	2:33,75	2:25,44	2:19,93	2:15,67	2:13,40	2:11,41	2:10,44	2:09,47	2:08,51	2:07,54	1:59,76	2:03,95
400 FJÓR	5:30,57	5:12,69	5:00,84	4:51,68	4:46,80	4:42,52	4:40,44	4:38,36	4:36,30	4:34,22	4:17,48	4:26,49
KARLAR 25M LAUG	FRAMTÍÐARHÓPUR			UNGLINGALANDSLIÐ			ÚRVALSHÓPUR			A-LANDSLIÐ Opinn	UMREIKNARIR TÍMAR 50M > 25M	
2008	2007	2006	2005	2004	2003	2002	2001	2000	2021		2020	
50 SKRIÐ				0:24,02	0:23,61	0:23,26	0:23,09	0:22,92	0:22,75	0:22,58	0:21,20	0:21,94
100 SKRIÐ	1:00,34	0:57,08	0:54,92	0:53,24	0:52,35	0:51,57	0:51,19	0:50,81	0:50,44	0:50,05	0:47,00	0:48,64
200 SKRIÐ	2:15,32	2:08,00	2:03,15	1:59,40	1:57,40	1:55,65	1:54,80	1:53,95	1:53,10	1:52,25	1:45,40	1:49,09
400 SKRIÐ	4:44,89	4:29,48	4:19,27	4:11,38	4:07,17	4:03,48	4:01,69	3:59,89	3:58,12	3:56,32	3:41,90	3:49,67
800 SKRIÐ	9:51,60	9:19,60	8:58,40	8:42,01	8:33,28	8:25,62	8:21,89	8:18,16	8:14,48	8:10,75	7:40,80	7:56,93
1500 SKRIÐ	18:51,85	17:50,63	17:10,07	16:38,71	16:22,00	16:07,35	16:00,22	15:53,08	15:46,04	15:38,90	14:41,60	15:12,46
50 BAK				0:27,64	0:27,18	0:26,77	0:26,58	0:26,38	0:26,18	0:25,99	0:24,40	0:25,25
100 BAK	1:07,40	1:03,76	1:01,34	0:59,47	0:58,48	0:57,61	0:57,18	0:56,76	0:56,34	0:55,91	0:52,50	0:54,34
200 BAK	2:27,90	2:19,90	2:14,60	2:10,50	2:08,32	2:06,41	2:05,47	2:04,54	2:03,62	2:02,69	1:55,20	1:59,23
50 BRINGA				0:29,68	0:29,18	0:28,75	0:28,54	0:28,32	0:28,12	0:27,90	0:26,20	0:27,12
100 BRINGA	1:13,95	1:09,95	1:07,30	1:05,25	1:04,16	1:03,20	1:02,74	1:02,27	1:01,81	1:01,34	0:57,60	0:59,62
200 BRINGA	2:42,02	2:33,26	2:27,45	2:22,96	2:20,57	2:18,48	2:17,45	2:16,43	2:15,42	2:14,40	2:06,20	2:10,62
50 FLUG				0:25,83	0:25,40	0:25,02	0:24,83	0:24,65	0:24,47	0:24,28	0:22,80	0:23,60
100 FLUG	1:04,83	1:01,33	0:59,00	0:57,21	0:56,25	0:55,41	0:55,00	0:54,59	0:54,19	0:53,78	0:50,50	0:52,27
200 FLUG	2:26,36	2:18,44	2:13,20	2:09,14	2:06,98	2:05,09	2:04,17	2:03,24	2:02,33	2:01,41	1:54,00	1:57,99
100 FJÓR				1:00,46	0:59,45	0:58,56	0:58,13	0:57,70	0:57,27	0:56,84	0:53,37	0:55,24
200 FJÓR	2:29,44	2:21,36	2:16,00	2:11,86	2:09,66	2:07,72	2:06,78	2:05,84	2:04,91	2:03,97	1:56,40	2:00,47
400 FJÓR	5:21,73	5:04,33	4:52,80	4:43,89	4:39,14	4:34,98	4:32,95	4:30,92	4:28,92	4:26,89	4:10,60	4:19,37

Umreiknarir tímar: Upplýsingar er að finna á [www.swimmingresults.org/downloads/equivalent-time-share](http://www.swimmingresults.org/downloads/equivalent-time-share) - 100 metra fjórsund, sami fjöldi FINA stiga og 200 fjórsund í 25m laug.