

LANDSLIÐSLÁGMÖRK SSÍ - SUNDÁRIÐ 2020-2021

KVENNA 50M LAUG	FRAMTÍÐARHÓPUR			UNGLINGALANDSLIÐ			ÚRVALSHÓPUR			A-LANDSLIÐ Opinn	HM-50M 2021	
	2009	2008	2007	2006	2005	2004	2003	2002	2001		FINA A	FINA B
50 SKRÍÐ				0:28,33	0:27,97	0:27,61	0:27,41	0:27,16	0:26,92	0:26,67	0:25,04	0:25,92
100 SKRÍÐ	1:08,52	1:04,73	1:02,69	1:01,38	1:00,60	0:59,81	0:59,38	0:58,85	0:58,31	0:57,78	0:54,25	0:56,15
200 SKRÍÐ	2:29,87	2:21,58	2:17,11	2:14,26	2:12,54	2:10,82	2:09,89	2:08,72	2:07,55	2:06,37	1:58,66	2:02,81
400 SKRÍÐ	5:16,47	4:58,96	4:49,54	4:43,51	4:39,88	4:36,25	4:34,28	4:31,82	4:29,34	4:26,86	4:10,57	4:19,34
800 SKRÍÐ	10:54,10	10:17,92	9:58,45	9:45,98	9:38,48	9:30,98	9:26,90	9:21,82	9:16,69	9:11,56	8:37,90	8:56,03
1500 SKRÍÐ	20:49,81	19:40,68	19:03,47	18:39,65	18:25,32	18:10,99	18:03,19	17:53,49	17:43,69	17:33,89	16:29,57	17:24,20
50 BAK				0:31,93	0:31,52	0:31,11	0:30,89	0:30,61	0:30,33	0:30,05	0:28,22	0:29,21
100 BAK	1:16,52	1:12,29	1:10,01	1:08,55	1:07,68	1:06,80	1:06,32	1:05,73	1:05,13	1:04,53	1:00,59	1:02,71
200 BAK	2:45,55	2:36,39	2:31,47	2:28,31	2:26,41	2:24,51	2:23,48	2:22,20	2:20,90	2:19,60	2:11,08	2:15,67
50 BRINGA				0:35,32	0:34,87	0:34,42	0:34,17	0:33,87	0:33,56	0:33,25	0:31,22	0:32,31
100 BRINGA	1:25,16	1:20,45	1:17,92	1:16,29	1:15,32	1:14,34	1:13,81	1:13,15	1:12,48	1:11,81	1:07,43	1:09,79
200 BRINGA	3:04,28	2:54,09	2:48,60	2:45,09	2:42,98	2:40,86	2:39,71	2:38,28	2:36,84	2:35,39	2:25,91	2:31,02
50 FLUG				0:29,78	0:29,40	0:29,02	0:28,81	0:28,55	0:28,29	0:28,03	0:26,32	0:27,24
100 FLUG	1:13,67	1:09,59	1:07,40	1:06,00	1:05,15	1:04,31	1:03,85	1:03,28	1:02,70	1:02,12	0:58,33	1:00,37
200 FLUG	2:43,19	2:34,16	2:29,31	2:26,20	2:24,32	2:22,45	2:21,43	2:20,17	2:18,89	2:17,61	2:09,21	2:13,73
200 FJÓR	2:47,95	2:38,66	2:33,66	2:30,46	2:28,53	2:26,61	2:25,56	2:24,26	2:22,94	2:21,62	2:12,98	2:17,63
400 FJÓR	5:57,50	5:37,72	5:27,08	5:20,27	5:16,17	5:12,07	5:09,84	5:07,07	5:04,26	5:01,46	4:43,06	4:52,97
KVENNA 25M LAUG	FRAMTÍÐARHÓPUR			UNGLINGALANDSLIÐ			ÚRVALSHÓPUR			A-LANDSLIÐ Opinn	UMREIKNARIR TÍMAR 50M > 25M	
2009	2008	2007	2006	2005	2004	2003	2002	2001	FINA A		FINA B	
50 SKRÍÐ				0:27,38	0:27,03	0:26,68	0:26,49	0:26,25	0:26,01	0:25,77	0:24,20	0:25,05
100 SKRÍÐ	1:06,56	1:02,88	1:00,90	0:59,63	0:58,86	0:58,10	0:57,69	0:57,17	0:56,65	0:56,13	0:52,70	0:54,54
200 SKRÍÐ	2:26,13	2:18,04	2:13,69	2:10,91	2:09,23	2:07,56	2:06,65	2:05,51	2:04,37	2:03,22	1:55,70	1:59,75
400 SKRÍÐ	5:09,30	4:52,19	4:42,99	4:37,09	4:33,55	4:30,00	4:28,07	4:25,67	4:23,24	4:20,82	4:04,90	4:13,47
800 SKRÍÐ	10:39,83	10:04,43	9:45,39	9:33,20	9:25,86	9:18,52	9:14,53	9:09,56	9:04,55	8:59,53	8:26,60	8:44,33
1500 SKRÍÐ	20:23,33	19:15,66	18:39,24	18:15,93	18:01,90	17:47,87	17:40,24	17:30,75	17:21,15	17:11,56	16:08,60	16:42,50
50 BAK				0:31,12	0:30,72	0:30,32	0:30,10	0:29,83	0:29,56	0:29,29	0:27,50	0:28,46
100 BAK	1:14,89	1:10,75	1:08,52	1:07,10	1:06,24	1:05,38	1:04,91	1:04,33	1:03,74	1:03,15	0:59,30	1:01,38
200 BAK	2:42,29	2:33,32	2:28,48	2:25,39	2:23,53	2:21,67	2:20,66	2:19,40	2:18,13	2:16,85	2:08,50	2:13,00
50 BRINGA				0:34,17	0:33,73	0:33,30	0:33,06	0:32,76	0:32,46	0:32,16	0:30,20	0:31,26
100 BRINGA	1:22,73	1:18,15	1:15,69	1:14,11	1:13,16	1:12,21	1:11,70	1:11,05	1:10,41	1:09,76	1:05,50	1:07,79
200 BRINGA	2:59,72	2:49,78	2:44,43	2:41,01	2:38,95	2:36,88	2:35,76	2:34,37	2:32,96	2:31,55	2:22,30	2:27,28
50 FLUG				0:28,97	0:28,59	0:28,22	0:28,02	0:27,77	0:27,52	0:27,26	0:25,60	0:26,50
100 FLUG	1:11,99	1:08,01	1:05,86	1:04,49	1:03,67	1:02,84	1:02,39	1:01,83	1:01,27	1:00,70	0:57,00	0:58,99
200 FLUG	2:40,02	2:31,17	2:26,41	2:23,36	2:21,52	2:19,69	2:18,69	2:17,45	2:16,19	2:14,94	2:06,70	2:11,13
100 FJÓR				1:08,23	1:07,35	1:06,48	1:06,00	1:05,41	1:04,82	1:04,22	1:00,30	1:02,41
200 FJÓR	2:44,19	2:35,11	2:30,22	2:27,09	2:25,21	2:23,32	2:22,30	2:21,03	2:19,74	2:18,45	2:10,00	2:14,55
400 FJÓR	5:49,59	5:30,26	5:19,85	5:13,19	5:09,18	5:05,17	5:02,99	5:00,28	4:57,53	4:54,79	4:36,80	4:46,49

Umreiknarðir tímar: Upplýsingar er að finna á www.swimmingresults.org/downloads/equivalent-time-share-100-metra-fjorsund-sami-fjoldi-fina-stiga-og-200-fjorsund-125m-laug.