

LÁGMÖRK Á ALPJÓÐLEG MEISTARAMÓT (25M BRAUT)

KONUR	NM 2022 UNGLINGAR 2006 - 2008		NM 2022 FULLORÐNIR 2005 OG ELÐRI		HM25 2022 OPINN FLOKKUR	
	B-Lágmark	A-Lágmark	B-Lágmark	A-Lágmark	B-Lágmark 1 keppandi	A-Lágmark 2 keppendur
50 SKRIÐ	0:26,27	0:25,88	0:26,27	0:25,88	0:25,30	0:24,44
100 SKRIÐ	0:59,29	0:58,40	0:57,81	0:56,94	0:55,66	0:53,78
200 SKRIÐ	2:07,45	2:05,54	2:04,26	2:02,40	1:59,65	1:55,60
400 SKRIÐ	4:32,26	4:28,18	4:25,45	4:21,47	4:15,59	4:06,95
800 SKRIÐ	9:21,35	9:12,93	9:07,31	8:59,10	8:46,99	8:29,17
1500 SKRIÐ	NT	NT	NT	NT	16:49,40	16:15,27
50 BAK	0:28,82	0:28,39	0:28,82	0:28,39	0:27,75	0:26,81
100 BAK	1:04,03	1:03,07	1:02,43	1:01,49	1:00,11	0:58,08
200 BAK	2:20,23	2:18,12	2:16,72	2:14,67	2:11,64	2:07,19
50 BRINGA	0:32,73	0:32,24	0:32,73	0:32,24	0:31,52	0:30,45
100 BRINGA	1:12,96	1:11,87	1:11,14	1:10,07	1:08,50	1:06,18
200 BRINGA	2:38,07	2:35,70	2:34,12	2:31,81	2:28,40	2:23,38
50 FLUG	0:27,75	0:27,34	0:27,75	0:27,34	0:26,72	0:25,82
100 FLUG	1:03,28	1:02,33	1:01,70	1:00,77	0:59,41	0:57,40
200 FLUG	2:22,06	2:19,92	2:18,50	2:16,42	2:13,36	2:08,85
100 FJÖR	NT	NT	NT	NT	1:01,74	0:59,65
200 FJÖR	2:23,50	2:21,35	2:19,91	2:17,81	2:14,72	2:10,16
400 FJÖR	5:05,98	5:01,39	4:58,33	4:53,85	4:47,25	4:37,54
KARLAR	NM 2022 UNGLINGAR 2005 - 2007		NM 2022 FULLORÐNIR 2004 OG ELÐRI		HM25 2022 OPINN FLOKKUR	
	B-Lágmark	A-Lágmark	B-Lágmark	A-Lágmark	B-Lágmark 1 keppandi	A-Lágmark 2 keppendur
50 SKRIÐ	0:22,96	0:22,62	0:22,96	0:22,62	0:22,15	0:21,40
100 SKRIÐ	0:51,82	0:51,05	0:50,68	0:49,92	0:48,88	0:47,23
200 SKRIÐ	1:54,20	1:52,49	1:51,69	1:50,01	1:47,72	1:44,08
400 SKRIÐ	4:04,14	4:00,48	3:58,76	3:55,18	3:50,29	3:42,50
800 SKRIÐ	NT	NT	NT	NT	8:01,30	7:45,02
1500 SKRIÐ	16:15,79	16:01,15	15:54,29	15:39,98	15:20,42	14:49,29
50 BAK	0:25,49	0:25,10	0:25,49	0:25,10	0:24,58	0:23,75
100 BAK	0:56,29	0:55,45	0:55,05	0:54,22	0:53,10	0:51,30
200 BAK	2:03,62	2:01,76	2:00,89	1:59,08	1:56,60	1:52,66
50 BRINGA	0:28,51	0:28,08	0:28,51	0:28,08	0:27,50	0:26,57
100 BRINGA	1:03,24	1:02,29	1:01,84	1:00,91	0:59,65	0:57,63
200 BRINGA	2:18,51	2:16,43	2:15,46	2:13,42	2:10,65	2:06,23
50 FLUG	0:24,58	0:24,22	0:24,58	0:24,22	0:23,71	0:22,91
100 FLUG	0:55,49	0:54,66	0:54,27	0:53,45	0:52,34	0:50,57
200 FLUG	2:04,66	2:02,79	2:01,91	2:00,09	1:57,59	1:53,61
100 FJÖR	NT	NT	NT	NT	0:54,83	0:52,98
200 FJÖR	2:06,46	2:04,56	2:03,67	2:01,82	1:59,28	1:55,25
400 FJÖR	4:33,43	4:29,33	4:27,40	4:23,39	4:17,91	4:09,19