

LÁGMÖRK Á ALPJÓÐLEG MEISTARAMÓT (50M BRAUT)

KONUR	NÆM 2023 50 METRA 2008-20010	EYOF 2023 50 METRA 2008-2009	EMU 2023 50 METRA 2006-2008	GSSE 2023	HM50 2023	
					FINA B 50 METRA ÓPIÐ	FINA A 50 METRA ÓPIÐ
50 SKRÍÐ	NT	NT	0:27,05		0:25,92	0:25,04
100 SKRÍÐ	1:01,38	1:00,15	0:58,61		0:56,15	0:54,25
200 SKRÍÐ	2:14,26	2:11,57	2:08,20		2:02,81	1:58,66
400 SKRÍÐ	4:43,51	4:37,84	4:30,73		4:19,34	4:10,57
800 SKRÍÐ	9:45,98	9:34,26	9:19,56		8:56,03	8:37,90
1500 SKRÍÐ	NT	NT	17:49,17		17:04,20	16:29,57
50 BAK	NT	NT	0:30,49		0:29,21	0:28,22
100 BAK	1:08,55	1:07,18	1:05,46		1:02,71	1:00,59
200 BAK	2:28,31	2:25,35	2:21,62		2:15,67	2:11,08
50 BRINGA	NT	NT	0:33,52		0:32,11	0:31,02
100 BRINGA	1:16,20	1:14,68	1:12,77		1:09,71	1:07,35
200 BRINGA	2:45,09	2:41,79	2:37,65		2:31,02	2:25,91
50 FLUG	NT	NT	0:28,44		0:27,24	0:26,32
100 FLUG	1:06,00	1:04,68	1:03,02		1:00,37	0:58,33
200 FLUG	2:26,20	2:23,27	2:19,60		2:13,73	2:09,21
200 FJÓR	2:30,46	2:27,45	2:23,68		2:17,63	2:12,98
400 FJÓR	5:20,27	5:13,86	5:05,83		4:52,97	4:43,06
KARLAR	NÆM 2023 50 METRA 2007-2009	EYOF 2023 50 METRA 2007-2009	EMU 2023 50 METRA 2005-2007	GSSE 2023	HM50 2023	
					FINA B 50 METRA ÓPIÐ	FINA A 50 METRA ÓPIÐ
50 SKRÍÐ	NT	NT	0:23,79		0:22,89	0:22,12
100 SKRÍÐ	0:54,95	0:53,86	0:52,16		0:50,21	0:48,51
200 SKRÍÐ	2:01,28	1:58,86	1:55,12		1:50,81	1:47,06
400 SKRÍÐ	4:18,46	4:13,29	4:05,34		3:56,14	3:48,15
800 SKRÍÐ	NT	NT	8:28,75		8:09,67	7:53,11
1500 SKRÍÐ	17:04,81	16:44,32	16:12,78		15:36,30	15:04,64
50 BAK	NT	NT	0:27,06		0:26,04	0:25,16
100 BAK	1:01,21	1:00,00	0:58,10		0:55,92	0:54,03
200 BAK	2:13,75	2:11,08	2:06,96		2:02,20	1:58,07
50 BRINGA	NT	NT	0:29,39		0:28,29	0:27,33
100 BRINGA	1:07,69	1:06,33	1:04,25		1:01,84	0:59,75
200 BRINGA	2:27,63	2:24,68	2:20,14		2:14,88	2:10,32
50 FLUG	NT	NT	0:25,30		0:24,35	0:23,53
100 FLUG	0:58,86	0:57,69	0:55,87		0:53,78	0:51,96
200 FLUG	2:12,21	2:09,57	2:05,50		2:00,79	1:56,71
200 FJÓR	2:15,41	2:12,70	2:08,53		2:03,71	1:59,53
400 FJÓR	4:51,68	4:45,85	4:36,87		4:26,49	4:17,48