

LÁGMÖRK Á SUNDMÓT SSÍ | SEPTEMBER 2022 - ÁGÚST 2024

KARLAR	Grunntími Topp 30 Afrekaskrá	ÍM Opinn Flokkur	ÍM Unglingar 18 & yngri	ISM Opinn Flokkur	ISM Unglingar 16-18 ára	RISM Opinn Flokkur
50m skriðsund	00:24,69	00:28,15		00:29,63		00:29,63
100m skriðsund	00:53,75	01:01,28	01:02,35	01:04,50	01:05,58	01:04,50
200m skriðsund	01:59,88	02:16,66	02:19,06	02:23,86	02:26,25	02:23,86
400m skriðsund	04:16,37	04:52,26	04:57,39	05:07,64	05:12,77	05:07,64
800m skriðsund	09:08,39	10:25,16	10:36,13	10:58,07	11:09,04	10:58,07
1500m skriðsund	17:16,13	19:41,19	20:01,91	20:43,36	21:04,08	20:43,36
50m baksund	00:29,70	00:33,86		00:35,64		00:35,64
100m baksund	01:03,36	01:12,23	01:13,50	01:16,03	01:17,30	01:16,03
200m baksund	02:19,40	02:38,92	02:41,70	02:47,28	02:50,07	02:47,28
50m bringusund	00:31,94	00:36,41		00:38,33		00:38,33
100m bringusund	01:10,15	01:19,97	01:21,37	01:24,18	01:25,58	01:24,18
200m bringusund	02:33,73	02:55,25	02:58,33	03:04,48	03:07,55	03:04,48
50m flugsund	00:26,59	00:30,31		00:31,91		00:31,91
100m flugsund	00:59,84	01:08,22	01:09,41	01:11,81	01:13,00	01:11,81
200m flugsund	02:17,79	02:37,08	02:39,84	02:45,35	02:48,10	02:45,35
200m fjórsund	02:15,35	02:34,30	02:37,01	02:42,42	02:45,13	02:42,42
400m fjórsund	04:54,12	05:35,30	05:41,18	05:52,94	05:58,83	05:52,94

KARLAR	Grunntími Topp 30 Afrekaskrá	ÍM Opinn Flokkur	ÍM Unglingar 18 & yngri	ISM Opinn Flokkur	ISM Unglingar 16-18 ára	RISM Opinn Flokkur
50m skriðsund	00:24,00	00:27,36		00:28,80		00:28,80
100m skriðsund	00:52,25	00:59,57	01:00,61	01:02,70	01:03,75	01:02,70
200m skriðsund	01:55,70	02:11,90	02:14,21	02:18,84	02:21,15	02:18,84
400m skriðsund	04:07,73	04:42,41	04:47,37	04:57,28	05:02,23	04:57,28
800m skriðsund	08:44,76	09:58,23	10:08,72	10:29,71	10:40,21	10:29,71
1500m skriðsund	16:38,61	18:58,42	19:18,39	19:58,33	20:18,30	19:58,33
50m baksund	00:28,25	00:32,21		00:33,90		00:33,90
100m baksund	01:00,18	01:08,61	01:09,81	01:12,22	01:13,42	01:12,22
200m baksund	02:12,35	02:30,88	02:33,53	02:38,82	02:41,47	02:38,82
50m bringusund	00:30,61	00:34,90		00:36,73		00:36,73
100m bringusund	01:06,95	01:16,32	01:17,66	01:20,34	01:21,68	01:20,34
200m bringusund	02:27,05	02:47,64	02:50,58	02:56,46	02:59,40	02:56,46
50m flugsund	00:26,22	00:29,89		00:31,46		00:31,46
100m flugsund	00:58,17	01:06,31	01:07,48	01:09,80	01:10,97	01:09,80
200m flugsund	02:12,23	02:30,74	02:33,39	02:38,68	02:41,32	02:38,68
100m fjórsund	01:00,13	01:08,55	01:09,75	01:12,16	01:13,36	01:12,16
200m fjórsund	02:10,45	02:28,71	02:31,32	02:36,54	02:39,15	02:36,54
400m fjórsund	04:43,69	05:23,41	05:29,08	05:40,43	05:46,10	05:40,43

KONUR	Grunntími Topp 30 Afrekaskrá	ÍM Opinn Flokkur	ÍM Unglingar 17 & yngri	ISM Opinn Flokkur	ISM Unglingar 15-17 ára	RISM Opinn Flokkur
50m skriðsund	00:27,88	00:31,78		00:33,46		00:33,46
100m skriðsund	01:00,23	01:08,66	01:09,87	01:12,28	01:13,48	01:12,28
200m skriðsund	02:10,29	02:28,53	02:31,14	02:36,35	02:38,95	02:36,35
400m skriðsund	04:38,79	05:17,82	05:23,40	05:34,55	05:40,12	05:34,55
800m skriðsund	09:37,79	10:58,68	11:10,24	11:33,35	11:44,90	11:33,35
1500m skriðsund	19:00,96	21:40,69	22:03,51	22:49,15	23:11,97	22:49,15
50m baksund	00:32,48	00:37,03		00:38,98		00:38,98
100m baksund	01:09,55	01:19,29	01:20,68	01:23,46	01:24,85	01:23,46
200m baksund	02:31,58	02:52,80	02:55,83	03:01,90	03:04,93	03:01,90
50m bringusund	00:35,52	00:40,49		00:42,62		00:42,62
100m bringusund	01:17,75	01:28,63	01:30,19	01:33,30	01:34,85	01:33,30
200m bringusund	02:48,57	03:12,17	03:15,54	03:22,28	03:25,66	03:22,28
50m flugsund	00:29,95	00:34,14		00:35,94		00:35,94
100m flugsund	01:06,93	01:16,30	01:17,64	01:20,32	01:21,65	01:20,32
200m flugsund	02:31,24	02:52,41	02:55,44	03:01,49	03:04,51	03:01,49
200m fjórsund	02:29,15	02:50,03	02:53,01	02:58,98	03:01,96	02:58,98
400m fjórsund	05:20,21	06:05,04	06:11,44	06:24,25	06:30,66	06:24,25

KONUR	Grunntími Topp 30 Afrekaskrá	ÍM Opinn Flokkur	ÍM Unglingar 17 & yngri	ISM Opinn Flokkur	ISM Unglingar 15-17 ára	RISM Opinn Flokkur
50m skriðsund	00:27,25	00:31,06		00:32,70		00:32,70
100m skriðsund	00:58,91	01:07,16	01:08,34	01:10,69	01:11,87	01:10,69
200m skriðsund	02:07,92	02:25,83	02:28,39	02:33,50	02:36,06	02:33,50
400m skriðsund	04:30,66	05:08,55	05:13,97	05:24,79	05:30,21	05:24,79
800m skriðsund	09:19,77	10:38,14	10:49,33	11:11,72	11:22,92	11:11,72
1500m skriðsund	18:13,14	20:46,18	21:08,04	21:51,77	22:13,63	21:51,77
50m baksund	00:31,05	00:35,40		00:37,26		00:37,26
100m baksund	01:06,85	01:16,21	01:17,55	01:20,22	01:21,56	01:20,22
200m baksund	02:25,18	02:45,51	02:48,41	02:54,22	02:57,12	02:54,22
50m bringusund	00:34,98	00:39,88		00:41,98		00:41,98
100m bringusund	01:15,66	01:26,25	01:27,77	01:30,79	01:32,31	01:30,79
200m bringusund	02:45,12	03:08,24	03:11,54	03:18,14	03:21,45	03:18,14
50m flugsund	00:29,57	00:33,71		00:35,48		00:35,48
100m flugsund	01:05,41	01:14,57	01:15,88	01:18,49	01:19,80	01:18,49
200m flugsund	02:28,11	02:48,85	02:51,81	02:57,73	03:00,69	02:57,73
100m fjórsund	01:07,57	01:17,03	01:18,38	01:21,08	01:22,44	01:21,08
200m fjórsund	02:24,85	02:45,13	02:48,03	02:53,82	02:56,72	02:53,82
400m fjórsund	05:08,50	05:51,69	05:57,86	06:10,20	06:16,37	06:10,20