

LANDSLIÐSLÁGMÖRK SSÍ - SUNDÁRIÐ 2022-2023

KARLAR 50M LAUG	FRAMTÍÐARHÓPUR			UNGLINGALANDSLIÐ			ÚRVALGHÓPUR			A-LANDSLIÐ Opinn	GRUNNTÍMI (Base Time)
	2010	2009	2008	2007	2006	2005	2004	2003	2002		
50 SKRIÐ				0:25,06	0:24,64	0:24,27	0:24,09	0:23,91	0:23,74	0:23,56	0:22,12
100 SKRIÐ	1:02,28	0:58,91	0:56,68	0:54,95	0:54,03	0:53,23	0:52,84	0:52,44	0:52,06	0:51,66	0:48,51
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
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
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
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
50 BAK				0:28,50	0:28,03	0:27,61	0:27,40	0:27,20	0:27,00	0:26,80	0:25,16
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
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
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
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
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
50 FLUG				0:26,66	0:26,21	0:25,82	0:25,63	0:25,44	0:25,25	0:25,06	0:23,53
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
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
200 FJÓR	2:33,46	2:25,16	2:19,66	2:15,41	2:13,14	2:11,16	2:10,19	2:09,22	2:08,27	2:07,30	1:59,53
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
KARLAR 25M LAUG	FRAMTÍÐARHÓPUR			UNGLINGALANDSLIÐ			ÚRVALSHÓPUR			A-LANDSLIÐ Opinn	GRUNNTÍMI (Base Time)
2010	2009	2008	2007	2006	2005	2004	2003	2002			
50 SKRIÐ				0:24,24	0:23,84	0:23,48	0:23,31	0:23,14	0:22,96	0:22,79	0:21,40
100 SKRIÐ	1:00,64	0:57,36	0:55,18	0:53,50	0:52,61	0:51,82	0:51,44	0:51,06	0:50,68	0:50,30	0:47,23
200 SKRIÐ	2:13,62	2:06,40	2:01,61	1:57,91	1:55,93	1:54,20	1:53,36	1:52,52	1:51,69	1:50,85	1:44,08
400 SKRIÐ	4:45,66	4:30,21	4:19,97	4:12,06	4:07,84	4:04,14	4:02,34	4:00,54	3:58,76	3:56,96	3:42,50
800 SKRIÐ	9:57,02	9:24,73	9:03,33	8:46,79	8:37,98	8:30,25	8:26,49	8:22,72	8:19,01	8:15,25	7:45,02
1500 SKRIÐ	19:01,72	17:59,97	17:19,06	16:47,42	16:30,57	16:15,79	16:08,59	16:01,39	15:54,29	15:47,09	14:49,29
50 BAK				0:26,90	0:26,45	0:26,06	0:25,87	0:25,68	0:25,49	0:25,29	0:23,75
100 BAK	1:05,86	1:02,30	0:59,94	0:58,11	0:57,14	0:56,29	0:55,87	0:55,46	0:55,05	0:54,63	0:51,30
200 BAK	2:24,64	2:16,82	2:11,63	2:07,63	2:05,49	2:03,62	2:02,71	2:01,79	2:00,89	1:59,98	1:52,66
50 BRINGA				0:30,10	0:29,60	0:29,15	0:28,94	0:28,72	0:28,51	0:28,30	0:26,57
100 BRINGA	1:13,99	1:09,99	1:07,34	1:05,29	1:04,19	1:03,24	1:02,77	1:02,30	1:01,84	1:01,38	0:57,63
200 BRINGA	2:42,06	2:33,30	2:27,49	2:23,00	2:20,61	2:18,51	2:17,49	2:16,46	2:15,46	2:14,43	2:06,23
50 FLUG				0:25,95	0:25,52	0:25,14	0:24,95	0:24,77	0:24,58	0:24,40	0:22,91
100 FLUG	1:04,92	1:01,41	0:59,09	0:57,29	0:56,33	0:55,49	0:55,08	0:54,67	0:54,27	0:53,86	0:50,57
200 FLUG	2:25,86	2:17,97	2:12,74	2:08,70	2:06,55	2:04,66	2:03,74	2:02,82	2:01,91	2:00,99	1:53,61
100 FJÓR				1:00,02	0:59,01	0:58,13	0:57,70	0:57,28	0:56,85	0:56,42	0:52,98
200 FJÓR	2:27,96	2:19,96	2:14,66	2:10,56	2:08,38	2:06,46	2:05,53	2:04,59	2:03,67	2:02,74	1:55,25
400 FJÓR	5:19,92	5:02,62	4:51,16	4:42,29	4:37,57	4:33,43	4:31,41	4:29,39	4:27,40	4:25,39	4:09,19

Grunntíminn (Base Time) í 50 metra laug er FINA A-lágmark fyrir Heimsmeistaramótið í 50m laug fyrir árið 2023 (Fukuoka, JAP)

Grunntíminn (Base Time) í 25 metra laug er FINA A-lágmark fyrir Heimsmeistaramótið í 25m laug fyrir árið 2022 (Melbourne, AUS)