

# LANDSLIÐSLÁGMÖRK SSÍ - SUNDÁRIÐ 2022-2023

KONUR 50M LAUG	FRAMTÍÐARHÓPUR			UNGLINGALANDSLIÐ			ÚRVALSHÓPUR			A-LANDSLIÐ Opinn	GRUNNTÍMI (Base Time)
	2011	2010	2009	2008	2007	2006	2005	2004	2003		
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
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
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
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
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
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
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
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
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
50 BRINGA				0:35,10	0:34,65	0:34,20	0:33,95	0:33,65	0:33,34	0:33,04	0:31,02
100 BRINGA	1:25,06	1:20,36	1:17,82	1:16,20	1:15,23	1:14,25	1:13,72	1:13,06	1:12,39	1:11,73	1:07,35
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
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
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
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
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
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
KONUR 25M LAUG	FRAMTÍÐARHÓPUR			UNGLINGALANDSLIÐ			ÚRVALSHÓPUR			A-LANDSLIÐ Opinn	GRUNNTÍMI (Base Time)
2011	2010	2009	2008	2007	2006	2005	2004	2003			
50 SKRÍÐ				0:27,65	0:27,30	0:26,94	0:26,75	0:26,51	0:26,27	0:26,03	0:24,44
100 SKRÍÐ	1:07,92	1:04,17	1:02,14	1:00,85	1:00,07	0:59,29	0:58,87	0:58,34	0:57,81	0:57,28	0:53,78
200 SKRÍÐ	2:26,00	2:17,92	2:13,58	2:10,80	2:09,12	2:07,45	2:06,54	2:05,40	2:04,26	2:03,11	1:55,60
400 SKRÍÐ	5:11,89	4:54,64	4:45,36	4:39,41	4:35,84	4:32,26	4:30,31	4:27,89	4:25,45	4:23,00	4:06,95
800 SKRÍÐ	10:43,07	10:07,50	9:48,36	9:36,10	9:28,73	9:21,35	9:17,34	9:12,35	9:07,31	9:02,27	8:29,17
1500 SKRÍÐ	20:31,75	19:23,61	18:46,95	18:23,48	18:09,35	17:55,22	17:47,54	17:37,98	17:28,32	17:18,66	16:15,27
50 BAK				0:30,33	0:29,95	0:29,56	0:29,35	0:29,08	0:28,82	0:28,55	0:26,81
100 BAK	1:13,35	1:09,30	1:07,11	1:05,71	1:04,87	1:04,03	1:03,57	1:03,01	1:02,43	1:01,86	0:58,08
200 BAK	2:40,64	2:31,75	2:26,97	2:23,91	2:22,07	2:20,23	2:19,22	2:17,98	2:16,72	2:15,46	2:07,19
50 BRINGA				0:34,45	0:34,01	0:33,57	0:33,33	0:33,03	0:32,73	0:32,43	0:30,45
100 BRINGA	1:23,58	1:18,96	1:16,47	1:14,88	1:13,92	1:12,96	1:12,44	1:11,79	1:11,14	1:10,48	1:06,18
200 BRINGA	3:01,09	2:51,07	2:45,68	2:42,23	2:40,15	2:38,07	2:36,94	2:35,54	2:34,12	2:32,70	2:23,38
50 FLUG				0:29,21	0:28,84	0:28,47	0:28,26	0:28,01	0:27,75	0:27,50	0:25,82
100 FLUG	1:12,50	1:08,49	1:06,33	1:04,95	1:04,11	1:03,28	1:02,83	1:02,27	1:01,70	1:01,13	0:57,40
200 FLUG	2:42,74	2:33,73	2:28,89	2:25,79	2:23,92	2:22,06	2:21,04	2:19,78	2:18,50	2:17,23	2:08,85
100 FJÓR				1:07,49	1:06,63	1:05,76	1:05,29	1:04,71	1:04,12	1:03,53	0:59,65
200 FJÓR	2:44,39	2:35,30	2:30,40	2:27,27	2:25,39	2:23,50	2:22,47	2:21,20	2:19,91	2:18,62	2:10,16
400 FJÓR	5:50,53	5:31,14	5:20,70	5:14,02	5:10,00	5:05,98	5:03,80	5:01,08	4:58,33	4:55,58	4:37,54

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)