

Bikarkeppni SSÍ 2015 - 1. deild
Reykjavík, 20. - 21.11.2015

Sundgrein 1
20.11.2015 - 19:00

karla, 200m fjórsund

Opinn
Úrslitalistar

Stig: FINA 2015

| Sæti | F.ár | | Tími | Stig | 50m | 100m | 150m | 200m | |
|------|---------------------------|----|----------------------------|----------------|-----|-------|-------|-------|-------|
| 1. | Kristinn Þórarinsson | 96 | Reykjavík | 2:03.55 | 698 | 26.43 | 32.24 | 35.45 | 29.43 |
| 2. | Viktor Máni Vilbergsson | 92 | Sh | 2:08.68 | 618 | 28.22 | 33.79 | 35.22 | 31.45 |
| 3. | Baldvin Sigmarsson | 97 | Íþróttabandalag Reykjaness | 2:11.98 | 573 | 28.37 | 34.38 | 37.81 | 31.42 |
| 4. | Sveinbjörn Pálmi Karlsson | 95 | Umsk | 2:14.47 | 541 | 28.00 | 36.54 | 38.15 | 31.78 |
| 5. | Ingi Þór Ólafsson | 99 | Íþróttabandalag Reykjaness | 2:17.64 | 505 | 28.82 | 35.98 | 41.81 | 31.03 |
| 6. | Hallgrímur Kjartansson | 98 | Umsk | 2:18.31 | 497 | 30.32 | 36.63 | 40.21 | 31.15 |
| 7. | Jón Margeir Sverrisson | 92 | Reykjavík | 2:18.98 | 490 | 27.64 | 36.41 | 41.66 | 33.27 |
| 8. | Jökull Ýmir Guðmundsson | 00 | Sh | 2:25.53 | 427 | 29.69 | 39.31 | 42.61 | 33.92 |
| 9. | Erlend Magnússon | 01 | Sundfélag Akraness | 2:38.84 | 328 | 33.33 | 41.13 | 45.91 | 38.47 |
| 10. | Leonardo Þór Williams | 01 | Sundfélag Akraness | 2:53.77 | 251 | 36.10 | 44.03 | 55.77 | 37.87 |

Sundgrein 2
20.11.2015 - 19:08

kvenna, 200m fjórsund

Opinn
Úrslitalistar

Stig: FINA 2015

| Sæti | F.ár | | Tími | Stig | 50m | 100m | 150m | 200m | |
|------|------------------------------|----|----------------------------|----------------|-----|-------|-------|-------|-------|
| 1. | Eydís Ósk Kolbeinsdóttir | 00 | Íþróttabandalag Reykjaness | 2:24.17 | 603 | 30.93 | 36.46 | 42.86 | 33.92 |
| 2. | María Fanney Kristjánsdóttir | 00 | Sh | 2:27.76 | 560 | 31.72 | 38.74 | 42.80 | 34.50 |
| 3. | S. Vilhjálmsson | 00 | Sh | 2:31.01 | 525 | 33.16 | 40.66 | 42.18 | 35.01 |
| 4. | Karen Mist Arngeirsdóttir | 00 | Íþróttabandalag Reykjaness | 2:31.74 | 517 | 32.51 | 40.12 | 42.56 | 36.55 |
| 5. | Athena Neve Leex | 97 | Umsk | 2:33.04 | 504 | 30.93 | 37.96 | 47.15 | 37.00 |
| 6. | Ágústa Rós Róbertsdóttir | 98 | Reykjavík | 2:34.40 | 491 | 32.80 | 39.03 | 45.73 | 36.84 |
| 7. | Brynhildur Traustadóttir | 01 | Sundfélag Akraness | 2:36.05 | 476 | 31.42 | 41.77 | 47.86 | 35.00 |
| 8. | Berglind Bjarnadóttir | 01 | Reykjavík | 2:38.52 | 454 | 32.64 | 41.05 | 47.73 | 37.10 |
| 9. | Á. Laufeyjardóttir | 02 | Sundfélag Akraness | 2:46.41 | 392 | 36.85 | 42.52 | 48.49 | 38.55 |
| 10. | Gunnlaug Margrét Ólafsdóttir | 97 | Umsk | 2:47.48 | 385 | 34.91 | 41.72 | 52.16 | 38.69 |

Sundgrein 3
20.11.2015 - 19:15

karla, 100m skriðsund

Opinn
Úrslitalistar

Stig: FINA 2015

| Sæti | F.ár | | Tími | Stig | 50m | 100m | |
|------|-----------------------------|----|---------------------------------|----------------|-----|-------|-------|
| 1. | Aron Örn Stefánsson | 95 | Sh | 51.23 | 675 | 24.36 | 26.87 |
| 2. | Alexander Jóhannesson | 92 | Reykjavík | 52.51 | 626 | 24.75 | 27.76 |
| 3. | Kristófer Sigurðsson | 95 | Íþróttabandalag Reykjanessbæjar | 52.72 | 619 | 25.12 | 27.60 |
| 4. | Þröstur Bjarnason | 97 | Íþróttabandalag Reykjanessbæjar | 53.16 | 604 | 25.67 | 27.49 |
| 5. | Davíð Fannar Ragnarsson | 98 | Umsk | 54.62 | 556 | 26.20 | 28.42 |
| 6. | Sveinn Ólafur Lúðvíksson | 96 | Sh | 56.42 | 505 | 26.27 | 30.15 |
| 7. | Ásgeir Beinteinn Árnason | 99 | Reykjavík | 56.88 | 493 | 27.19 | 29.69 |
| 8. | Daníel Már Kristinsson | 98 | Umsk | 56.91 | 492 | 26.74 | 30.17 |
| 9. | Guðmundur Brynjar Júlíusson | 94 | Sundfélag Akraness | 59.66 | 427 | 28.29 | 31.37 |
| 10. | Kolbeinn Tumi Kristjánsson | 02 | Sundfélag Akraness | 1:13.11 | 232 | 34.99 | 38.12 |

Bikarkeppni SSÍ 2015 - 1. deild
Reykjavík, 20. - 21.11.2015

Sundgrein 4 kvenna, 100m skriðsund Opinn
20.11.2015 - 19:19 Úrslitalistar

Stig: FINA 2015

| Sæti | F.ár | | Tími | Stig | 50m | 100m |
|------|------|--------------------------------|----------------|------|-------|-------|
| 1. | 93 | Sh | 57.61 | 694 | 27.54 | 30.07 |
| 2. | 99 | Íþróttabandalag Reykjanesbæjar | 57.65 | 692 | 28.00 | 29.65 |
| 3. | 94 | Sh | 1:00.73 | 592 | 29.00 | 31.73 |
| 4. | 00 | Reykjavík | 1:01.38 | 573 | 29.26 | 32.12 |
| 5. | 99 | Umsk | 1:02.12 | 553 | 29.51 | 32.61 |
| 6. | 98 | Íþróttabandalag Reykjanesbæjar | 1:03.15 | 527 | 29.91 | 33.24 |
| 7. | 01 | Sundfélag Akraness | 1:04.60 | 492 | 30.86 | 33.74 |
| 8. | 02 | Reykjavík | 1:05.51 | 472 | 30.99 | 34.52 |
| 9. | 02 | Umsk | 1:08.92 | 405 | 33.90 | 35.02 |
| 10. | 02 | Sundfélag Akraness | 1:10.94 | 371 | 34.15 | 36.79 |

Sundgrein 5 karla, 100m baksund Opinn
20.11.2015 - 19:24 Úrslitalistar

Stig: FINA 2015

| Sæti | F.ár | | Tími | Stig | 50m | 100m |
|------|------|--------------------------------|----------------|------|-------|-------|
| 1. | 94 | Sh | 55.65 | 680 | 27.04 | 28.61 |
| 2. | 95 | Sh | 59.32 | 561 | 28.95 | 30.37 |
| 3. | 01 | Umsk | 59.93 | 544 | 28.32 | 31.61 |
| 4. | 94 | Reykjavík | 1:03.62 | 455 | 29.18 | 34.44 |
| 5. | 97 | Sundfélag Akraness | 1:05.72 | 412 | 31.10 | 34.62 |
| 6. | 98 | Umsk | 1:08.40 | 366 | 32.64 | 35.76 |
| 7. | 95 | Íþróttabandalag Reykjanesbæjar | 1:08.49 | 364 | 33.81 | 34.68 |
| 8. | 99 | Íþróttabandalag Reykjanesbæjar | 1:08.80 | 359 | 33.23 | 35.57 |
| 9. | 02 | Reykjavík | 1:09.10 | 355 | 33.23 | 35.87 |
| 10. | 01 | Sundfélag Akraness | 1:17.29 | 253 | 35.87 | 41.42 |

Sundgrein 6 kvenna, 100m baksund Opinn
20.11.2015 - 19:28 Úrslitalistar

Stig: FINA 2015

| Sæti | F.ár | | Tími | Stig | 50m | 100m |
|------|------|--------------------------------|----------------|------|-------|-------|
| 1. | 00 | Sh | 1:05.76 | 586 | 31.59 | 34.17 |
| 2. | 97 | Umsk | 1:06.87 | 557 | 32.11 | 34.76 |
| 3. | 96 | Sh | 1:07.37 | 545 | 32.43 | 34.94 |
| 4. | 96 | Reykjavík | 1:08.01 | 529 | 32.19 | 35.82 |
| 5. | 98 | Íþróttabandalag Reykjanesbæjar | 1:08.75 | 512 | 32.97 | 35.78 |
| 6. | 99 | Sundfélag Akraness | 1:08.76 | 512 | 32.84 | 35.92 |
| 7. | 00 | Reykjavík | 1:09.13 | 504 | 33.55 | 35.58 |
| 8. | 01 | Íþróttabandalag Reykjanesbæjar | 1:09.57 | 494 | 34.14 | 35.43 |
| 9. | 97 | Umsk | 1:13.76 | 415 | 34.83 | 38.93 |
| 10. | 03 | Sundfélag Akraness | 1:23.98 | 281 | 40.55 | 43.43 |

Bikarkeppni SSÍ 2015 - 1. deild
Reykjavík, 20. - 21.11.2015

Sundgrein 7
20.11.2015 - 19:33

karla, 400m skriðsund

Opinn
Úrslitalistar

Stig: FINA 2015

| Sæti | | | F.ár | | | | | | | Tími | Stig | |
|------|-----------------------------|---------|-------|--------------------------------|---------|-------|-------|---------|-------|----------------|---------|-------|
| 1. | Daniel Hannes Pálsson | | 95 | Reykjavík | | | | | | 4:03.45 | 662 | |
| | 50m: | 26.59 | 26.59 | 150m: | 1:28.36 | 31.32 | 250m: | 2:31.41 | 31.44 | 350m: | 3:34.23 | 31.18 |
| | 100m: | 57.04 | 30.45 | 200m: | 1:59.97 | 31.61 | 300m: | 3:03.05 | 31.64 | 400m: | 4:03.45 | 29.22 |
| 2. | Hilmar Smári Jónsson | | 94 | Reykjavík | | | | | | 4:07.84 | 628 | |
| | 50m: | 27.51 | 27.51 | 150m: | 1:29.86 | 31.53 | 250m: | 2:33.66 | 32.04 | 350m: | 3:37.06 | 31.46 |
| | 100m: | 58.33 | 30.82 | 200m: | 2:01.62 | 31.76 | 300m: | 3:05.60 | 31.94 | 400m: | 4:07.84 | 30.78 |
| 3. | Huginn Hilmarsson | | 95 | Umsk | | | | | | 4:08.49 | 623 | |
| | 50m: | 27.68 | 27.68 | 150m: | 1:30.69 | 31.81 | 250m: | 2:34.61 | 32.03 | 350m: | 3:38.49 | 31.70 |
| | 100m: | 58.88 | 31.20 | 200m: | 2:02.58 | 31.89 | 300m: | 3:06.79 | 32.18 | 400m: | 4:08.49 | 30.00 |
| 4. | Ólafur Sigurðsson | | 99 | Sh | | | | | | 4:09.70 | 614 | |
| | 50m: | 27.99 | 27.99 | 150m: | 1:30.88 | 32.03 | 250m: | 2:35.59 | 32.33 | 350m: | 3:38.99 | 31.70 |
| | 100m: | 58.85 | 30.86 | 200m: | 2:03.26 | 32.38 | 300m: | 3:07.29 | 31.70 | 400m: | 4:09.70 | 30.71 |
| 5. | Björgvin Theodór Hilmarsson | | 98 | Íþróttabandalag Reykjanesbæjar | | | | | | 4:13.91 | 584 | |
| | 50m: | 28.64 | 28.64 | 150m: | 1:32.56 | 32.12 | 250m: | 2:37.15 | 32.29 | 350m: | 3:42.23 | 32.80 |
| | 100m: | 1:00.44 | 31.80 | 200m: | 2:04.86 | 32.30 | 300m: | 3:09.43 | 32.28 | 400m: | 4:13.91 | 31.68 |
| 6. | Kári Sölvi Nielsen | | 00 | Sh | | | | | | 4:22.19 | 530 | |
| | 50m: | 28.74 | 28.74 | 150m: | 1:34.14 | 33.70 | 250m: | 2:41.89 | 34.37 | 350m: | 3:49.70 | 34.27 |
| | 100m: | 1:00.44 | 31.70 | 200m: | 2:07.52 | 33.38 | 300m: | 3:15.43 | 33.54 | 400m: | 4:22.19 | 32.49 |
| 7. | Gunnar Bjarki Jónsson | | 98 | Umsk | | | | | | 4:25.05 | 513 | |
| | 50m: | 29.17 | 29.17 | 150m: | 1:35.68 | 33.26 | 250m: | 2:43.29 | 34.04 | 350m: | 3:51.64 | 34.20 |
| | 100m: | 1:02.42 | 33.25 | 200m: | 2:09.25 | 33.57 | 300m: | 3:17.44 | 34.15 | 400m: | 4:25.05 | 33.41 |
| 8. | Eiríkur Ingi Ólafsson | | 99 | Íþróttabandalag Reykjanesbæjar | | | | | | 4:34.75 | 461 | |
| | 50m: | 29.98 | 29.98 | 150m: | 1:37.96 | 34.24 | 250m: | 2:48.31 | 35.63 | 350m: | 4:00.12 | 35.62 |
| | 100m: | 1:03.72 | 33.74 | 200m: | 2:12.68 | 34.72 | 300m: | 3:24.50 | 36.19 | 400m: | 4:34.75 | 34.63 |
| 9. | Ágúst Júlíusson | | 89 | Sundfélag Akraness | | | | | | 4:35.32 | 458 | |
| | 50m: | 29.01 | 29.01 | 150m: | 1:35.74 | 33.85 | 250m: | 2:45.78 | 35.36 | 350m: | 3:59.49 | 37.17 |
| | 100m: | 1:01.89 | 32.88 | 200m: | 2:10.42 | 34.68 | 300m: | 3:22.32 | 36.54 | 400m: | 4:35.32 | 35.83 |
| 10. | Sindri Andreas Bjarnason | | 01 | Sundfélag Akraness | | | | | | 4:53.49 | 378 | |
| | 50m: | 32.86 | 32.86 | 150m: | 1:46.16 | 37.32 | 250m: | 3:01.05 | 37.72 | 350m: | 4:16.97 | 38.04 |
| | 100m: | 1:08.84 | 35.98 | 200m: | 2:23.33 | 37.17 | 300m: | 3:38.93 | 37.88 | 400m: | 4:53.49 | 36.52 |

Sundgrein 8
20.11.2015 - 19:44

kvenna, 400m skriðsund

Opinn
Úrslitalistar

Stig: FINA 2015

| Sæti | | | F.ár | | | | | | | Tími | Stig | |
|------|------------------------------|---------|-------|--------------------------------|---------|-------|-------|---------|-------|----------------|---------|-------|
| 1. | Sunneva Dögg Friðriksdóttir | | 99 | Íþróttabandalag Reykjanesbæjar | | | | | | 4:20.97 | 725 | |
| | 50m: | 29.20 | 29.20 | 150m: | 1:34.16 | 33.00 | 250m: | 2:41.23 | 33.49 | 350m: | 3:48.62 | 33.68 |
| | 100m: | 1:01.16 | 31.96 | 200m: | 2:07.74 | 33.58 | 300m: | 3:14.94 | 33.71 | 400m: | 4:20.97 | 32.35 |
| 2. | Bára Kristín Björgvinsdóttir | | 95 | Sh | | | | | | 4:25.31 | 690 | |
| | 50m: | 30.29 | 30.29 | 150m: | 1:36.64 | 33.65 | 250m: | 2:44.50 | 34.18 | 350m: | 3:52.72 | 33.79 |
| | 100m: | 1:02.99 | 32.70 | 200m: | 2:10.32 | 33.68 | 300m: | 3:18.93 | 34.43 | 400m: | 4:25.31 | 32.59 |
| 3. | Stefanía Sigurpórsdóttir | | 01 | Íþróttabandalag Reykjanesbæjar | | | | | | 4:34.02 | 626 | |
| | 50m: | 30.75 | 30.75 | 150m: | 1:38.08 | 33.90 | 250m: | 2:48.08 | 35.08 | 350m: | 3:59.17 | 35.76 |
| | 100m: | 1:04.18 | 33.43 | 200m: | 2:13.00 | 34.92 | 300m: | 3:23.41 | 35.33 | 400m: | 4:34.02 | 34.85 |
| 4. | Eyrún Agla Friðriksdóttir | | 99 | Sh | | | | | | 4:38.11 | 599 | |
| | 50m: | 31.07 | 31.07 | 150m: | 1:39.97 | 35.02 | 250m: | 2:51.43 | 35.73 | 350m: | 4:02.86 | 35.63 |
| | 100m: | 1:04.95 | 33.88 | 200m: | 2:15.70 | 35.73 | 300m: | 3:27.23 | 35.80 | 400m: | 4:38.11 | 35.25 |
| 5. | Ragna Sigríður Ragnarsdóttir | | 01 | Reykjavík | | | | | | 4:44.52 | 560 | |
| | 50m: | 32.27 | 32.27 | 150m: | 1:44.34 | 36.11 | 250m: | 2:56.71 | 36.32 | 350m: | 4:09.22 | 36.31 |
| | 100m: | 1:08.23 | 35.96 | 200m: | 2:20.39 | 36.05 | 300m: | 3:32.91 | 36.20 | 400m: | 4:44.52 | 35.30 |

Bikarkeppni SSÍ 2015 - 1. deild
Reykjavík, 20. - 21.11.2015

Sundgrein 8, kvenna, 400m skriðsund, Opinn

| Sæti | | | F.ár | | | | | | Tími | Stig | | |
|------|------------------------------|---------|-------|-------|--------------------|-------|-------|---------|----------------|-------|---------|-------|
| 6. | Sólrún Sigbórsdóttir | | 97 | | Sundfélag Akraness | | | | 4:45.10 | 556 | | |
| | 50m: | 32.47 | 32.47 | 150m: | 1:43.34 | 35.59 | 250m: | 2:56.02 | 36.19 | 350m: | 4:08.84 | 36.28 |
| | 100m: | 1:07.75 | 35.28 | 200m: | 2:19.83 | 36.49 | 300m: | 3:32.56 | 36.54 | 400m: | 4:45.10 | 36.26 |
| 7. | Líf Þrastardóttir | | 00 | | Umsk | | | | 4:45.61 | 553 | | |
| | 50m: | 31.30 | 31.30 | 150m: | 1:42.32 | 35.86 | 250m: | 2:55.89 | 36.82 | 350m: | 4:09.98 | 37.07 |
| | 100m: | 1:06.46 | 35.16 | 200m: | 2:19.07 | 36.75 | 300m: | 3:32.91 | 37.02 | 400m: | 4:45.61 | 35.63 |
| 8. | Klara Sif Sverrisdóttir | | 00 | | Umsk | | | | 5:03.22 | 462 | | |
| | 50m: | 34.91 | 34.91 | 150m: | 1:51.39 | 38.73 | 250m: | 3:08.62 | 38.36 | 350m: | 4:25.65 | 38.46 |
| | 100m: | 1:12.66 | 37.75 | 200m: | 2:30.26 | 38.87 | 300m: | 3:47.19 | 38.57 | 400m: | 5:03.22 | 37.57 |
| 9. | Droplaug María Hafliðadóttir | | 00 | | Sundfélag Akraness | | | | 5:11.33 | 427 | | |
| | 50m: | 34.32 | 34.32 | 150m: | 1:53.07 | 39.42 | 250m: | 3:12.47 | 39.69 | 350m: | 4:32.51 | 40.19 |
| | 100m: | 1:13.65 | 39.33 | 200m: | 2:32.78 | 39.71 | 300m: | 3:52.32 | 39.85 | 400m: | 5:11.33 | 38.82 |
| 10. | Gabríela Machlowiec | | 98 | | Reykjavík | | | | 5:18.12 | 400 | | |
| | 50m: | 34.14 | 34.14 | 150m: | 1:51.58 | 39.51 | 250m: | 3:13.06 | 41.27 | 350m: | 4:37.54 | 42.40 |
| | 100m: | 1:12.07 | 37.93 | 200m: | 2:31.79 | 40.21 | 300m: | 3:55.14 | 42.08 | 400m: | 5:18.12 | 40.58 |

Sundgrein 9
20.11.2015 - 20:01

karla, 4 x 100m fjórsund

Opinn
Úrslitalistar

Stig: FINA 2015

| Sæti | | | | | | | | | Tími | Stig |
|------|----------------------------------|-------|--------------------------------|---------|-----------------------------|-------|-------|---------|----------------|------|
| 1. | Sh 1 | | Sh | | | | | | 3:49.21 | 656 |
| | Kolbeinn Hrafnkelsson | +0,54 | 27.59 | 55.79 | Predrag Milos | +0,19 | 26.66 | 58.09 | | |
| | Viktor Máni Vilbergsson | +0,18 | 29.47 | 1:03.64 | Aron Örn Stefánsson | +0,32 | 24.54 | 51.69 | | |
| 2. | Reykjavík 1 | | Reykjavík | | | | | | 3:55.59 | 604 |
| | Kristinn Þórarinsson | +0,57 | 26.92 | 55.67 | Daniel Hannes Pálsson | +0,40 | 26.89 | 57.07 | | |
| | Alexander Jóhannesson | +0,23 | 31.09 | 1:08.77 | Hilmar Smári Jónsson | +0,50 | 25.53 | 54.08 | | |
| 3. | Íþróttabandalag Reykjanesbæjar 1 | | Íþróttabandalag Reykjanesbæjar | | | | | | 4:06.46 | 527 |
| | Kristófer Sigurðsson | +0,60 | 30.06 | 1:03.61 | Ingi Þór Ólafsson | +0,41 | 28.42 | 1:01.64 | | |
| | Baldvin Sigmarsson | +0,16 | 31.19 | 1:07.44 | Þróstur Bjarnason | +0,24 | 25.45 | 53.77 | | |
| 4. | Umsk 1 | | Umsk | | | | | | 4:07.98 | 518 |
| | Brynjólfur Óli Karlsson | +0,49 | 29.14 | 1:00.27 | Sveinbjörn Pálmi Karlsson | +0,24 | 27.24 | 59.41 | | |
| | Óskar Gauti Lund | +0,41 | 33.94 | 1:13.09 | Huginn Hilmarsson | +0,10 | 26.25 | 55.21 | | |
| 5. | Sundfélag Akraness 1 | | Sundfélag Akraness | | | | | | 4:58.92 | 295 |
| | Leonardo Þór Williamsson | +0,78 | 40.41 | 1:24.34 | Guðmundur Brynjar Júlíusson | +0,43 | 31.54 | 1:08.23 | | |
| | Sindri Andreas Bjarnason | +0,56 | 37.12 | 1:20.17 | Valdimar Ingi Brynjarsson | +0,28 | 30.67 | 1:06.18 | | |
| ÓG. | Sundfélag Akraness 1 | | Sundfélag Akraness | | | | | | 4:13.60 | |
| | Atli Vikar Ingimundarson | +0,65 | 31.67 | 1:06.26 | Ágúst Júlíusson | +0,34 | 26.89 | 57.66 | | |
| | Sævar Berg Sigurðsson | -0,71 | 30.46 | 1:07.50 | Erlend Magnússon | +0,46 | 29.22 | 1:02.18 | | |

Sundgrein 10
20.11.2015 - 20:05

kvenna, 4 x 100m fjórsund

Opinn
Úrslitalistar

Stig: FINA 2015

| Sæti | | | | | | | | | Tími | Stig |
|------|--|--|--|--|--|--|--|--|------|------|
|------|--|--|--|--|--|--|--|--|------|------|

Bikarkeppni SSÍ 2015 - 1. deild
Reykjavík, 20. - 21.11.2015

Sundgrein 10, kvenna, 4 x 100m fjórsund

| | | | | | | | | |
|----|----------------------------------|----|-------|--------------------------------|------------------------------|----|----------------|---------|
| 1. | Íþróttabandalag Reykjanesbæjar 1 | | | Íþróttabandalag Reykjanesbæjar | | | 4:24.99 | 616 |
| | Íris Ósk Hilmarsdóttir | 98 | 32.47 | 1:06.18 | Eydís Ósk Kolbeinsdóttir | 00 | 30.66 | 1:07.30 |
| | Karen Mist Arngeirsdóttir | 00 | 34.14 | 1:14.10 | Sunneva Dögg Friðriksdóttir | 99 | 27.89 | 57.41 |
| 2. | Sh 1 | | | Sh | | | 4:25.58 | 612 |
| | Katarína Róbertsdóttir | 00 | 31.77 | 1:05.96 | María Fanney Kristjánsdóttir | 00 | 31.10 | 1:07.81 |
| | Natalia Cecylia Wojdat | 98 | 34.57 | 1:15.04 | Karen Sif Vilhjálmisdóttir | 93 | 27.00 | 56.77 |
| 3. | Reykjavík 1 | | | Reykjavík | | | 4:42.26 | 510 |
| | Steingerður Hauksdóttir | 96 | 31.69 | 1:06.62 | Berglind Bjarnadóttir | 01 | 33.08 | 1:12.94 |
| | Ágústa Rós Róbertsdóttir | 98 | 38.44 | 1:21.03 | Ásta Kristín Jónsdóttir | 00 | 29.61 | 1:01.67 |
| 4. | Umsk 1 | | | Umsk | | | 4:42.78 | 507 |
| | Athena Neve Leex | 97 | 32.26 | 1:06.50 | Elín Ylfa Viðarsdóttir | 99 | 31.34 | 1:10.22 |
| | Líf Þrastardóttir | 00 | 38.45 | 1:20.51 | Regína Lilja Gunnlaugsdóttir | 02 | 31.79 | 1:05.55 |
| 5. | Sundfélag Akraness 1 | | | Sundfélag Akraness | | | 4:55.01 | 446 |
| | Una Lára Lárusdóttir | 99 | 34.25 | 1:11.35 | Brynhildur Traustadóttir | 01 | 34.74 | 1:14.74 |
| | Sólrun Sigbórsdóttir | 97 | 39.34 | 1:22.70 | Eyrún Sigbórsdóttir | 01 | 31.44 | 1:06.22 |