

Íslandsmeistaramótið í 25m 2016  
Hafnarfjörður, 18. - 20.11.2016

Sundgrein 1  
18.11.2016 - 9:30

karla, 400m skriðsund

Opinn  
Úrslitalistar

ÍSL Opinn	3:48.83	Anton Sveinn McKee	Ægir	Istanbul (TUR)	14.12.2012
ÍSL 11 - 12	4:36.46				
ÍSL 13 - 14	4:08.18				
ÍSL 15 - 17	3:53.50				

HM25 2016 16 +: 3:53.14 / NM 2016 18 +: 4:04.49; 16 - 17: 4:09.04; 14 - 15: 4:14.72 / Ím25 : 4:45.81

Stig: FINA 2016

Sæti			Aldur				Tími		Stig	
1.	Pröstur Bjarnason		19	ÍRB			<b>4:00.01</b>	691	NM	
	50m:	27.19 27.19	150m:	1:27.50 30.12	250m:	2:28.16 29.79	350m:	3:29.67 31.16		
	100m:	57.38 30.19	200m:	1:58.37 30.87	300m:	2:58.51 30.35	400m:	4:00.01 30.34		
2.	Hafþór Jón Sigurðsson		19	SH			<b>4:00.46</b>	687	NM	
	50m:	28.09 28.09	150m:	1:28.60 30.38	250m:	2:29.26 30.30	350m:	3:30.73 30.68		
	100m:	58.22 30.13	200m:	1:58.96 30.36	300m:	3:00.05 30.79	400m:	4:00.46 29.73		
3.	Ólafur Sigurðsson		17	SH			<b>4:05.50</b>	646	NM	
	50m:	28.30 28.30	150m:	1:30.05 31.11	250m:	2:33.09 31.48	350m:	3:35.83 30.63		
	100m:	58.94 30.64	200m:	2:01.61 31.56	300m:	3:05.20 32.11	400m:	4:05.50 29.67		
4.	Huginn Hilmarsson		21	Breiðablik			<b>4:05.51</b>	646		
	50m:	27.89 27.89	150m:	1:29.70 30.92	250m:	2:32.52 31.55	350m:	3:35.80 31.42		
	100m:	58.78 30.89	200m:	2:00.97 31.27	300m:	3:04.38 31.86	400m:	4:05.51 29.71		
5.	Hallgrímur Kjartansson		18	Breiðablik			<b>4:11.91</b>	598		
	50m:	28.36 28.36	150m:	1:31.81 31.98	250m:	2:36.15 31.80	350m:	3:40.40 32.16		
	100m:	59.83 31.47	200m:	2:04.35 32.54	300m:	3:08.24 32.09	400m:	4:11.91 31.51		
6.	Bjartur Þórhallsson		16	Ægir			<b>4:11.98</b>	597		
	50m:	27.71 27.71	150m:	1:31.10 32.22	250m:	2:35.24 32.04	350m:	3:40.53 32.71		
	100m:	58.88 31.17	200m:	2:03.20 32.10	300m:	3:07.82 32.58	400m:	4:11.98 31.45		
7.	Björgvin Theodór Hilmarsson		18	ÍRB			<b>4:14.48</b>	580		
	50m:	28.74 28.74	150m:	1:32.15 31.96	250m:	2:36.81 32.34	350m:	3:42.33 32.94		
	100m:	1:00.19 31.45	200m:	2:04.47 32.32	300m:	3:09.39 32.58	400m:	4:14.48 32.15		
8.	Jón Tumi Dagsson		15	SH			<b>4:16.58</b>	566		
	50m:	29.31 29.31	150m:	1:33.01 32.29	250m:	2:39.21 33.01	350m:	3:45.00 32.73		
	100m:	1:00.72 31.41	200m:	2:06.20 33.19	300m:	3:12.27 33.06	400m:	4:16.58 31.58		
9.	Patrik Viggó Vilbergsson		14	Breiðablik			<b>4:17.08</b>	562		
	50m:	28.71 28.71	150m:	1:33.60 32.95	250m:	2:39.49 32.91	350m:	3:44.99 32.48		
	100m:	1:00.65 31.94	200m:	2:06.58 32.98	300m:	3:12.51 33.02	400m:	4:17.08 32.09		
10.	Kári Sölvi Nielsen		16	SH			<b>4:20.11</b>	543		
	50m:	27.94 27.94	150m:	1:32.52 32.88	250m:	2:40.12 34.05	350m:	3:47.34 33.11		
	100m:	59.64 31.70	200m:	2:06.07 33.55	300m:	3:14.23 34.11	400m:	4:20.11 32.77		
11.	Hilmir Örn Ólafsson		15	Ægir			<b>4:25.83</b>	509		
	50m:	30.23 30.23	150m:	1:36.79 33.80	250m:	2:44.88 34.02	350m:	3:52.93 33.87		
	100m:	1:02.99 32.76	200m:	2:10.86 34.07	300m:	3:19.06 34.18	400m:	4:25.83 32.90		
12.	Óskar Gauti Lund		17	Breiðablik			<b>4:26.20</b>	506		
	50m:	29.45 29.45	150m:	1:37.40 34.37	250m:	2:45.37 33.14	350m:	3:52.70 34.43		
	100m:	1:03.03 33.58	200m:	2:12.23 34.83	300m:	3:18.27 32.90	400m:	4:26.20 33.50		
13.	Baldur Logi Gautason		16	Óðinn			<b>4:27.30</b>	500		
	50m:	30.14 30.14	150m:		250m:		350m:	3:54.61		
	100m:	1:03.11 32.97	200m:		300m:		400m:	4:27.30 32.69		
14.	Björgvin Árni Júlíusson		15	Reykjavík			<b>4:27.65</b>	498		
	50m:	29.19 29.19	150m:	1:35.63 33.69	250m:	2:45.05 34.88	350m:	3:54.52 34.67		
	100m:	1:01.94 32.75	200m:	2:10.17 34.54	300m:	3:19.85 34.80	400m:	4:27.65 33.13		
15.	Hafsteinn Ari Ágústsson		16	Breiðablik			<b>4:29.07</b>	490		
	50m:	30.71 30.71	150m:	1:38.13 33.89	250m:	2:46.16 33.97	350m:	3:55.39 34.46		
	100m:	1:04.24 33.53	200m:	2:12.19 34.06	300m:	3:20.93 34.77	400m:	4:29.07 33.68		
16.	Benedikt Hjaltason		14	Breiðablik			<b>4:32.67</b>	471		
	50m:	30.88 30.88	150m:	1:39.72 34.82	250m:	2:49.97 35.36	350m:	3:59.31 34.62		
	100m:	1:04.90 34.02	200m:	2:14.61 34.89	300m:	3:24.69 34.72	400m:	4:32.67 33.36		

Íslandsmeistaramótið í 25m 2016  
Hafnarfjörður, 18. - 20.11.2016

Sundgrein 1, karla, 400m skriðsund, Opinn

Sæti			Aldur							Tími	Stig	
17.	Jón Klausen		16		Reykjavík					<b>4:34.00</b>	464	
	50m:	30.65	30.65	150m:	1:40.07	35.14	250m:	2:50.31	35.44	350m:	4:00.39	34.77
	100m:	1:04.93	34.28	200m:	2:14.87	34.80	300m:	3:25.62	35.31	400m:	4:34.00	33.61
18.	Björn Axel Agnarsson		14		Breiðablik					<b>4:35.63</b>	456	
	50m:	31.43	31.43	150m:	1:40.89	35.27	250m:	2:51.25	34.95	350m:	4:02.20	35.39
	100m:	1:05.62	34.19	200m:	2:16.30	35.41	300m:	3:26.81	35.56	400m:	4:35.63	33.43
19.	Hákon Alexander Magnússon		16		Óðinn					<b>4:35.73</b>	456	
	50m:	30.40	30.40	150m:	1:38.74	34.62	250m:	2:49.84	35.86	350m:	4:01.34	35.66
	100m:	1:04.12	33.72	200m:	2:13.98	35.24	300m:	3:25.68	35.84	400m:	4:35.73	34.39
20.	Kristófer Atli Andersen		14		Breiðablik					<b>4:39.12</b>	439	
	50m:	31.37	31.37	150m:	1:42.14	36.23	250m:	2:53.94	36.05	350m:	4:05.51	35.75
	100m:	1:05.91	34.54	200m:	2:17.89	35.75	300m:	3:29.76	35.82	400m:	4:39.12	33.61
21.	Halldór Björn Kristinsson		14		Ægir					<b>4:39.90</b>	436	
	50m:	30.62	30.62	150m:	1:39.79	35.10	250m:	2:52.07	36.20	350m:	4:04.56	36.10
	100m:	1:04.69	34.07	200m:	2:15.87	36.08	300m:	3:28.46	36.39	400m:	4:39.90	35.34
22.	Róbert Andri Pálmason		14		Reykjavík					<b>4:40.24</b>	434	
	50m:	31.28	31.28	150m:	1:41.37	35.56	250m:	2:53.48	35.97	350m:	4:05.27	36.00
	100m:	1:05.81	34.53	200m:	2:17.51	36.14	300m:	3:29.27	35.79	400m:	4:40.24	34.97
23.	Erlend Magnússon		15		ÍA					<b>4:49.34</b>	394 ÍM	
	50m:			150m:	1:42.51	36.50	250m:			350m:		
	100m:	1:06.01		200m:			300m:			400m:	4:49.34	

Sundgrein 2  
18.11.2016 - 9:41

kvenna, 400m skriðsund

Opinn  
Úrslitalistar

ÍSL Opinn	4:11.61	Inga Elín Cryer	Ægir	Doha (QAT)	05.12.2014
ÍSL 11 - 12	4:39.08				
ÍSL 13 - 14	4:21.52				
ÍSL 15 - 17	4:14.60				

HM25 2016 16 +: 4:16.05 / NM 2016 15 - 16: 4:24.02; 17 +: 4:21.59; 13 - 14: 4:31.32 / Ím25 : 5:03.89

Stig: FINA 2016

Sæti			Aldur							Tími	Stig	
1.	Sunneva Dögg Robertson		17		ÍRB					<b>4:21.29</b>	723 NM	
	50m:	28.90	28.90	150m:	1:32.35	32.15	250m:	2:38.83	33.48	350m:	3:47.64	34.11
	100m:	1:00.20	31.30	200m:	2:05.35	33.00	300m:	3:13.53	34.70	400m:	4:21.29	33.65
2.	Bryndís Bolladóttir		17		Breiðablik					<b>4:23.90</b>	701	
	50m:	29.24	29.24	150m:	1:34.22	33.02	250m:	2:41.63	33.70	350m:	3:49.94	34.25
	100m:	1:01.20	31.96	200m:	2:07.93	33.71	300m:	3:15.69	34.06	400m:	4:23.90	33.96
3.	Brynhildur Traustadóttir		15		ÍA					<b>4:30.17</b>	654	
	50m:	31.26	31.26	150m:	1:39.23	34.28	250m:	2:47.93	34.29	350m:	3:57.12	34.57
	100m:	1:04.95	33.69	200m:	2:13.64	34.41	300m:	3:22.55	34.62	400m:	4:30.17	33.05
4.	Bára Kristín Björgvinsdóttir		21		SH					<b>4:31.10</b>	647	
	50m:	30.82	30.82	150m:	1:38.66	34.16	250m:	2:47.97	34.69	350m:	3:58.60	35.29
	100m:	1:04.50	33.68	200m:	2:13.28	34.62	300m:	3:23.31	35.34	400m:	4:31.10	32.50
5.	Ragna Sigríður Ragnarsdóttir		15		Reykjavík					<b>4:35.69</b>	615	
	50m:	31.69	31.69	150m:	1:41.78	35.17	250m:	2:51.61	34.58	350m:	4:01.31	34.95
	100m:	1:06.61	34.92	200m:	2:17.03	35.25	300m:	3:26.36	34.75	400m:	4:35.69	34.38
6.	Ragnheiður Karlsdóttir		17		Breiðablik					<b>4:40.01</b>	587	
	50m:	31.12	31.12	150m:	1:40.23	35.16	250m:	2:52.19	36.07	350m:	4:04.37	35.98
	100m:	1:05.07	33.95	200m:	2:16.12	35.89	300m:	3:28.39	36.20	400m:	4:40.01	35.64
7.	Adele Alexandra Pálsson		13		SH					<b>4:43.34</b>	567	
	50m:	31.44	31.44	150m:	1:42.29	35.74	250m:	2:54.72	36.06	350m:	4:07.76	36.49
	100m:	1:06.55	35.11	200m:	2:18.66	36.37	300m:	3:31.27	36.55	400m:	4:43.34	35.58

Íslandsmeistaramótið i 25m 2016  
Hafnarfjörður, 18. - 20.11.2016

Sundgrein 2, kvenna, 400m skriðsund, Opinn

Sæti					Aldur					Tími	Stig	
8.	Regína Lilja Gunnlaugsdóttir				14	Breiðablik				<b>4:43.88</b>	563	
	50m:	31.66	31.66	150m:	1:41.53	35.59	250m:	2:54.25	36.45	350m:	4:07.52	36.42
	100m:	1:05.94	34.28	200m:	2:17.80	36.27	300m:	3:31.10	36.85	400m:	4:43.88	36.36
9.	Embla Sól Garðarsdóttir				15	Óðinn				<b>4:46.86</b>	546	
	50m:	31.94	31.94	150m:	1:43.05	35.94	250m:	2:56.55	36.85	350m:	4:11.27	37.44
	100m:	1:07.11	35.17	200m:	2:19.70	36.65	300m:	3:33.83	37.28	400m:	4:46.86	35.59
10.	Birna Hilmarsdóttir				14	ÍRB				<b>4:48.21</b>	538	
	50m:	32.33	32.33	150m:	1:44.76	36.46	250m:	2:58.62	36.66	350m:	4:12.39	36.66
	100m:	1:08.30	35.97	200m:	2:21.96	37.20	300m:	3:35.73	37.11	400m:	4:48.21	35.82
11.	Ylfa Finnbogadóttir				14	SH				<b>4:52.49</b>	515	
	50m:	32.99	32.99	150m:	1:46.36	37.24	250m:	3:01.39	37.79	350m:	4:16.34	37.27
	100m:	1:09.12	36.13	200m:	2:23.60	37.24	300m:	3:39.07	37.68	400m:	4:52.49	36.15
12.	Kolbrún Eva Pálmadóttir				14	ÍRB				<b>4:52.55</b>	515	
	50m:	32.99	32.99	150m:	1:46.30	36.88	250m:	3:01.11	37.34	350m:	4:16.03	37.64
	100m:	1:09.42	36.43	200m:	2:23.77	37.47	300m:	3:38.39	37.28	400m:	4:52.55	36.52
13.	Gabriela Machlowiec				18	Reykjavík				<b>4:56.54</b>	494	
	50m:	32.95	32.95	150m:	1:47.43	37.78	250m:	3:04.20	38.31	350m:	4:19.89	37.80
	100m:	1:09.65	36.70	200m:	2:25.89	38.46	300m:	3:42.09	37.89	400m:	4:56.54	36.65
14.	Jóhanna Alba Martel				16	Reykjavík				<b>4:57.02</b>	492	
	50m:	32.70	32.70	150m:	1:46.61	37.42	250m:	3:03.22	38.47	350m:	4:20.39	38.34
	100m:	1:09.19	36.49	200m:	2:24.75	38.14	300m:	3:42.05	38.83	400m:	4:57.02	36.63
15.	Eva Sól Garðarsdóttir				13	Óðinn				<b>4:57.33</b>	490	
	50m:	33.03	33.03	150m:	1:47.43	37.88	250m:	3:03.50	37.81	350m:	4:21.20	38.92
	100m:	1:09.55	36.52	200m:	2:25.69	38.26	300m:	3:42.28	38.78	400m:	4:57.33	36.13
	Ingibjörg Erla Garðarsdóttir				16	Ægir				<b>4:57.33</b>	490	
	50m:	33.17	33.17	150m:	1:47.65	37.66	250m:	3:03.77	38.26	350m:	4:19.66	37.74
	100m:	1:09.99	36.82	200m:	2:25.51	37.86	300m:	3:41.92	38.15	400m:	4:57.33	37.67
17.	Þórkatla Björg Ómarsdóttir				15	Óðinn				<b>4:57.89</b>	487	
	50m:	32.84	32.84	150m:	1:45.66	37.28	250m:	3:02.56	38.95	350m:	4:19.96	38.43
	100m:	1:08.38	35.54	200m:	2:23.61	37.95	300m:	3:41.53	38.97	400m:	4:57.89	37.93
18.	Kristín Ylfa Guðmundsdóttir				14	SH				<b>5:00.94</b>	473	
	50m:	33.28	33.28	150m:	1:49.49	38.59	250m:	3:07.19	39.36	350m:	4:25.75	39.14
	100m:	1:10.90	37.62	200m:	2:27.83	38.34	300m:	3:46.61	39.42	400m:	5:00.94	35.19
19.	Hildur Elísabet Hálfðanardóttir				18	SH				<b>5:01.26</b>	471	
	50m:	33.50	33.50	150m:	1:49.66	38.56	250m:	3:06.99	38.94	350m:	4:24.62	38.72
	100m:	1:11.10	37.60	200m:	2:28.05	38.39	300m:	3:45.90	38.91	400m:	5:01.26	36.64
20.	Rebekka Sif Ómarsdóttir				13	Óðinn				<b>5:02.81</b>	464	
	50m:	33.98	33.98	150m:	1:49.68	38.29	250m:	3:06.70	38.58	350m:	4:24.35	38.80
	100m:	1:11.39	37.41	200m:	2:28.12	38.44	300m:	3:45.55	38.85	400m:	5:02.81	38.46
21.	Klara Sif Sverrisdóttir				16	Breiðablik				<b>5:02.90</b>	464	
	50m:	34.40	34.40	150m:	1:49.71	38.09	250m:	3:07.07	39.02	350m:	4:24.81	38.94
	100m:	1:11.62	37.22	200m:	2:28.05	38.34	300m:	3:45.87	38.80	400m:	5:02.90	38.09
22.	Guðný Birna Falsdóttir				13	ÍRB				<b>5:04.92</b>	454	ÍM
	50m:	34.25	34.25	150m:	1:51.07	38.83	250m:	3:08.88	39.20	350m:	4:27.13	39.31
	100m:	1:12.24	37.99	200m:	2:29.68	38.61	300m:	3:47.82	38.94	400m:	5:04.92	37.79
23.	Íris Edda Garðarsdóttir				13	Ægir				<b>5:07.61</b>	443	ÍM
	50m:	34.36	34.36	150m:	1:51.06	38.00	250m:	3:09.43	39.20	350m:	4:28.32	39.77
	100m:	1:13.06	38.70	200m:	2:30.23	39.17	300m:	3:48.55	39.12	400m:	5:07.61	39.29

Íslandsmeistaramótið í 25m 2016  
Hafnarfjörður, 18. - 20.11.2016

Sundgrein 3

karla, 200m baksund

Opinn

18.11.2016 - 9:53

Úrslitalistar Undanrásir

ÍSL Opinn	1:52.90	Örn Arnarson	SH	Valencia (ESP)	14.12.2000
ÍSL 11 - 12	2:19.16				
ÍSL 13 - 14	2:06.72				
ÍSL 15 - 17	1:55.16				

HM25 2016 16 +: 2:01.14 / NM 2016 18 +: 2:06.40; 16 - 17: 2:08.75; 14 - 15: 2:11.69 / Ím25 : 2:27.52

Stig: FINA 2016

Sæti	Aldur		Tími	Stig		50m	100m	150m	200m	
1.	Kristinn Þórarinnsson	20	Reykjavík	<b>2:02.46</b>	641	A NM	28.44	31.49	31.09	31.44
2.	Brynjólfur Óli Karlsson	15	Breiðablik	<b>2:08.78</b>	551	A NM	29.33	32.63	32.87	33.95
3.	Tómas Magnússon	14	Reykjavík	<b>2:11.81</b>	514	A	31.22	33.64	33.52	33.43
4.	Hafsteinn Ari Ágústsson	16	Breiðablik	<b>2:13.37</b>	496	A	32.08	33.83	33.74	33.72
5.	Patrik Viggó Vilbergsson	14	Breiðablik	<b>2:14.98</b>	479	A	31.20	34.28	34.75	34.75
6.	Kristján Gylfi Þórisson	16	Ægir	<b>2:15.51</b>	473	A	31.34	34.69	35.91	33.57
ÓG.	Benedikt Frank Pálmason	15	Reykjavík							

*D10 - Was completely submerged when touching the wall at the finish (SW 6.3)*

Sundgrein 4

kvenna, 200m baksund

Opinn

18.11.2016 - 9:56

Úrslitalistar Undanrásir

ÍSL Opinn	2:03.53	Eygló Ósk Gústafsdóttir	Ægir	Netanya (ISR)	04.12.2015
ÍSL 11 - 12	2:27.28				
ÍSL 13 - 14	2:14.18				
ÍSL 15 - 17	2:07.10				

NM 2016 15 - 16: 2:21.79; 17 +: 2:20.48; 13 - 14: 2:25.71 / HM25 2016 16 +: 2:14.40 / Ím25 : 2:39.47

Stig: FINA 2016

Sæti	Aldur		Tími	Stig		50m	100m	150m	200m	
1.	Eygló Ósk Gústafsdóttir	21	Ægir	<b>2:17.03</b>	658	A NM	31.34	33.95	35.32	36.42
2.	Katarína Róbertsdóttir	16	SH	<b>2:22.22</b>	589	A	32.59	36.43	37.15	36.05
3.	Stefanía Sigurþórsdóttir	15	ÍRB	<b>2:25.40</b>	551	A	34.40	36.84	37.29	36.87
4.	Íris Ósk Hilmarsdóttir	18	ÍRB	<b>2:27.69</b>	526	A	33.92	37.74	38.39	37.64
5.	Una Lára Lárusdóttir	17	ÍA	<b>2:28.17</b>	521	A	33.76	37.27	38.75	38.39
6.	Þura Snorradóttir	13	Óðinn	<b>2:32.63</b>	476	A	35.67	38.41	39.50	39.05
7.	Eva Sól Garðarsdóttir	13	Óðinn	<b>2:33.64</b>	467	A	36.18	38.77	39.76	38.93
8.	Embla Sól Garðarsdóttir	15	Óðinn	<b>2:34.42</b>	460	A	35.20	38.93	40.85	39.44
9.	Diljá Rún Ívarsdóttir	14	ÍRB	<b>2:34.80</b>	456	R	37.13	39.07	39.77	38.83
10.	María Amarsdóttir	14	Óðinn	<b>2:37.41</b>	434	R	36.53	39.49	41.11	40.28
11.	Guðný Birna Sigurðardóttir	17	Breiðablik	<b>2:37.43</b>	434		36.52	40.24	41.14	39.53
12.	Arey Rakel Guðnadóttir	14	Reykjavík	<b>2:41.43</b>	402	ÍM	37.32	40.59	41.83	41.69
ÓG.	Ásta Kristín Jónsdóttir	16	Reykjavík							

*D6 - The turning action wasn't executed continuously acc. to the rules (SW 6.4)*

ÓG. Alexandra Tómasdóttir 15 Óðinn

*D6 - The turning action wasn't executed continuously acc. to the rules (SW 6.4)*

Íslandsmeistaramótið i 25m 2016  
Hafnarfjörður, 18. - 20.11.2016

Sundgrein 5 karla, 100m bringusund Opinn  
18.11.2016 - 10:02 Úrslitalistar Undanrásir

ÍSL Opinn	58.90	Jakob Jóhann Sveinsson	Ægir	Reykjavík	22.11.2009
ÍSL 11 - 12	1:16.23				
ÍSL 13 - 14	1:08.69				
ÍSL 15 - 17	1:02.99				

HM25 2016 16 +: 1:01.67 / NM 2016 18 +: 1:04.78; 16 - 17: 1:05.98; 14 - 15: 1:07.49 / Ím25 : 1:15.78

Stig: FINA 2016

Sæti	Aldur		Tími	Stig		50m	100m
1.	Aron Örn Stefánsson	21	GEST	<b>1:05.56</b>	610 A	30.31	35.25
2.	Sævar Berg Sigurðsson	21	ÍA	<b>1:07.55</b>	557 A	31.97	35.58
3.	Ólafur Sigurðsson	17	SH	<b>1:08.08</b>	545 A	32.21	35.87
4.	Kristján Ari Heimisson	18	Breiðablik	<b>1:09.01</b>	523 A	32.57	36.44
5.	Snævar Atli Halldórsson	16	Óðinn	<b>1:09.11</b>	520 A	32.80	36.31
6.	Hólmsteinn Skorri Hallgrímsson	16	Ægir	<b>1:09.22</b>	518 A	32.47	36.75
7.	Hallgrímur Kjartansson	18	Breiðablik	<b>1:09.58</b>	510 A	32.72	36.86
8.	Arnór Stefánsson	19	SH	<b>1:11.13</b>	477 A	33.05	38.08
9.	Óskar Gauti Lund	17	Breiðablik	<b>1:12.44</b>	452 R	34.15	38.29
10.	Róbert Ísak Jónsson	15	SH	<b>1:13.12</b>	439 R	34.19	38.93
11.	Þorbjörn Andrason	15	Reykjavík	<b>1:14.02</b>	424	34.72	39.30

Sundgrein 6 kvenna, 100m bringusund Opinn  
18.11.2016 - 10:06 Úrslitalistar Undanrásir

ÍSL Opinn	1:06.12	Hrafnhildur Lúthersdóttir	SH	Hafnarfjörður	13.11.2015
ÍSL 11 - 12	1:17.05				
ÍSL 13 - 14	1:11.91				
ÍSL 15 - 17	1:09.07				

NM 2016 15 - 16: 1:12.93; 17 +: 1:12.26; 13 - 14: 1:14.95 / HM25 2016 16 +: 1:09.06 / Ím25 : 1:23.49

Stig: FINA 2016

Sæti	Aldur		Tími	Stig		50m	100m
1.	Karen Mist Arngeirsdóttir	16	ÍRB	<b>1:13.72</b>	605 A	34.81	38.91
2.	Sunna Svanlaug Vilhjálmsdóttir	16	SH	<b>1:15.27</b>	568 A	35.13	40.14
3.	Jóhanna Elín Guðmundsdóttir	15	SH	<b>1:18.71</b>	497 A	36.77	41.94
4.	Natalia Cecylia Wojdat	18	SH	<b>1:19.20</b>	488 A	37.41	41.79
5.	Brynhildur Traustadóttir	15	ÍA	<b>1:19.71</b>	478 A	37.34	42.37
6.	Ásgerður Jing Laufeyjardóttir	14	ÍA	<b>1:22.62</b>	429 A	38.54	44.08
7.	Eva Margrét Falsdóttir	11	ÍRB	<b>1:22.83</b>	426 A	38.64	44.19
8.	Amalía Nanna Júlíusdóttir	14	Rán	<b>1:22.98</b>	424 A	38.33	44.65
9.	Ágústa Bergrós Jakobsdóttir	14	Reykjavík	<b>1:23.05</b>	423 R	39.70	43.35
10.	Sigurjóna Ragnheiðardóttir	13	Óðinn	<b>1:23.31</b>	419 R	38.70	44.61
11.	Líf Þrastardóttir	16	Breiðablik	<b>1:28.01</b>	355 ÍM	41.72	46.29

Sundgrein 7 karla, 200m flugsund Opinn  
18.11.2016 - 10:11 Úrslitalistar Undanrásir

ÍSL Opinn	1:57.21	Sindri Þór Jakobsson	ÍRB	Istanbul (TUR)	12.12.2009
ÍSL 11 - 12	2:25.08				
ÍSL 13 - 14	2:11.58				
ÍSL 15 - 17	2:01.95				

HM25 2016 16 +: 1:59.84 / NM 2016 18 +: 2:05.47; 16 - 17: 2:07.81; 14 - 15: 2:10.73 / Ím25 : 2:25.72

Stig: FINA 2016

Sæti	Aldur		Tími	Stig		50m	100m	150m	200m
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Íslandsmeistaramótið í 25m 2016  
Hafnarfjörður, 18. - 20.11.2016

Sundgrein 7, karla, 200m flugsund, Undanrásir

1. Baldvin Sigmarsson	19	ÍRB	<b>2:09.33</b>	591	A	29.34	32.49	33.70	33.80
2. Hafþór Jón Sigurðsson	19	SH	<b>2:14.90</b>	521	A	29.54	34.04	35.12	36.20
3. Brynjólfur Óli Karlsson	15	Breiðablik	<b>2:15.00</b>	520	A	30.14	34.37	35.37	35.12
4. Sveinbjörn Pálmi Karlsson	21	Breiðablik	<b>2:18.55</b>	481	A	30.91	34.59	35.60	37.45
5. Ingi Þór Ólafsson	17	ÍRB	<b>2:19.15</b>	474	A	29.93	35.49	36.65	37.08
6. Jökull Ýmir Guðmundsson	16	SH	<b>2:19.59</b>	470	A	29.68	35.22	36.73	37.96
7. Hilmir Örn Ólafsson	15	Ægir	<b>2:19.91</b>	467	A	30.97	35.58	37.47	35.89

Sundgrein 8

kvenna, 200m flugsund

Opinn

18.11.2016 - 10:14

Úrslitalistar Undanrásir

ÍSL Opinn	2:12.95	Inga Elín Cryer	Ægir	Netanya (ISR)	04.12.2015
ÍSL 11 - 12	2:33.98				
ÍSL 13 - 14	2:18.77				
ÍSL 15 - 17	2:16.90				

NM 2016 15 - 16: 2:20.19; 17 +: 2:18.90; 13 - 14: 2:24.07 / HM25 2016 16 +: 2:12.61 / Ím25 : 2:37.39

Stig: FINA 2016

Sæti	Aldur		Tími	Stig	50m	100m	150m	200m	
1. Gunnhildur Björg Baldursdóttir	16	ÍRB	<b>2:22.73</b>	588	A	31.48	35.67	37.12	38.46
2. María Fanney Kristjánsdóttir	16	SH	<b>2:26.10</b>	548	A	32.31	37.27	38.05	38.47
3. Sylwia Sienkiewicz	17	ÍRB	<b>2:32.70</b>	480	A	32.67	39.01	39.97	41.05
4. Rannveig Katrín Arnarsdóttir	15	Óðinn	<b>2:34.29</b>	465	A	34.55	39.06	40.02	40.66
5. Sólrún Sigþórsdóttir	19	ÍA	<b>2:34.75</b>	461	A	34.55	38.87	40.06	41.27

Sundgrein 9

karla, 50m skriðsund

Opinn

18.11.2016 - 10:17

Úrslitalistar Undanrásir

ÍSL Opinn	22.29	Árni Már Árnason	ÍRB	Reykjavík	22.11.2009
ÍSL 11 - 12	27.42				
ÍSL 13 - 14	25.47				
ÍSL 15 - 17	23.29				

HM25 2016 16 +: 22.96 / NM 2016 18 +: 23.76; 16 - 17: 24.20; 14 - 15: 24.20 / Ím25 : 27.57

Stig: FINA 2016

Sæti	Aldur		Tími	Stig
1. Aron Örn Stefánsson	21	GEST	<b>23.26</b>	660 A NM
2. Þröstur Bjarnason	19	ÍRB	<b>23.54</b>	637 A NM
3. Predrag Milos	21	SH	<b>23.89</b>	609 A
4. Hilmar Smári Jónsson	22	Reykjavík	<b>23.96</b>	604 A
5. Ágúst Júlíusson	27	ÍA	<b>24.80</b>	545 A
6. Davíð Fannar Ragnarsson	18	Breiðablik	<b>24.90</b>	538 A
7. Daníel Már Kristinsson	18	Breiðablik	<b>24.95</b>	535 A
8. Hólmsteinn Skorri Hallgrímsson	16	Ægir	<b>25.14</b>	523 A
9. Björgvin Theodór Hilmarsson	18	ÍRB	<b>25.44</b>	505 R
10. Sævar Berg Sigurðsson	21	ÍA	<b>25.88</b>	479 R
11. Kristján Gylfi Þórisson	16	Ægir	<b>26.01</b>	472
12. Kristján Ari Heimisson	18	Breiðablik	<b>26.04</b>	470
13. Arnór Stefánsson	19	SH	<b>26.11</b>	467
14. Bjartur Þórhallsson	16	Ægir	<b>26.20</b>	462
15. Jón Klausen	16	Reykjavík	<b>26.39</b>	452
16. Kári Sölvi Nielsen	16	SH	<b>26.44</b>	449
17. Hafsteinn Hákonarson	16	Reykjavík	<b>26.95</b>	424
18. Erlend Magnússon	15	ÍA	<b>27.03</b>	421
19. Tómas Magnússon	14	Reykjavík	<b>27.04</b>	420
20. Vikar Máni Þórisson	14	Reykjavík	<b>27.20</b>	413
21. Sigurður Ingi Sigurðarson	15	Reykjavík	<b>27.25</b>	410
22. Jón Tumi Dagsson	15	SH	<b>27.49</b>	400

Íslandsmeistaramótið í 25m 2016  
Hafnarfjörður, 18. - 20.11.2016

Sundgrein 10

kvenna, 50m skriðsund

Opinn

18.11.2016 - 10:21

Úrslitalistar Undanrásir

ÍSL Opinn	24.94	Ragnheiður Ragnarsdóttir	KR	Reykjavík	16.12.2010
ÍSL 11 - 12	28.50				
ÍSL 13 - 14	26.57				
ÍSL 15 - 17	25.71				

NM 2016 15 - 16: 26.93; 17 +: 26.68; 13 - 14: 26.93 / HM25 2016 16 +: 25.73 / Ím25 : 30.09

Stig: FINA 2016

Sæti	Aldur		Tími	Stig	
1.	32	Reykjavík	<b>26.50</b>	674	A NM
2.	15	SH	<b>26.96</b>	640	A
3.	17	Breiðablik	<b>27.20</b>	623	A
4.	17	ÍRB	<b>27.27</b>	618	A
5.	23	Ægir	<b>27.39</b>	610	A
6.	20	Breiðablik	<b>28.22</b>	558	A
7.	17	Breiðablik	<b>28.39</b>	548	A
	17	ÍA	<b>28.39</b>	548	A
9.	29	Reykjavík	<b>28.48</b>	543	R
10.	17	Breiðablik	<b>28.57</b>	538	?
	15	ÍA	<b>28.57</b>	538	?
12.	14	Breiðablik	<b>28.98</b>	515	
13.	17	Ægir	<b>28.99</b>	515	
14.	15	Óðinn	<b>29.02</b>	513	
15.	17	ÍRB	<b>29.08</b>	510	
16.	16	Ægir	<b>29.23</b>	502	
17.	14	Ægir	<b>29.24</b>	502	
18.	15	Reykjavík	<b>29.68</b>	480	
19.	14	ÍRB	<b>29.70</b>	479	
20.	14	ÍA	<b>29.82</b>	473	
21.	13	Óðinn	<b>29.91</b>	469	
22.	18	UMFA	<b>29.93</b>	468	
23.	15	ÍA	<b>30.22</b>	454	ÍM
M/Æekki	16	Reykjavík			

Sundgrein 11

karla, 200m fjórsund

Opinn

18.11.2016 - 10:25

Úrslitalistar Undanrásir

ÍSL Opinn	1:57.91	Örn Arnarson	ÍRB	Vestmannaeyjar	21.03.2003
ÍSL 11 - 12	2:30.52				
ÍSL 13 - 14	2:11.40				
ÍSL 15 - 17	2:00.70				

HM25 2016 16 +: 2:02.85 / NM 2016 18 +: 2:08.75; 16 - 17: 2:11.15; 14 - 15: 2:14.14 / Ím25 : 2:29.40

Stig: FINA 2016

Sæti	Aldur		Tími	Stig	50m	100m	150m	200m	
1.	20	Reykjavík	<b>2:03.67</b>	696	A NM	26.45	31.66	35.85	29.71
2.	19	ÍRB	<b>2:13.43</b>	554	A	29.21	35.50	38.54	30.18
3.	21	Breiðablik	<b>2:16.37</b>	519	A	29.99	36.22	41.06	29.10
4.	17	ÍRB	<b>2:19.17</b>	488	A	28.85	35.06	41.70	33.56
5.	14	Breiðablik	<b>2:19.38</b>	486	A	29.89	35.52	42.11	31.86
6.	15	SH	<b>2:22.83</b>	452	A	30.74	38.57	40.68	32.84
7.	16	Óðinn	<b>2:23.14</b>	449	A	30.15	40.20	39.61	33.18
8.	16	SH	<b>2:23.24</b>	448	A	30.07	39.49	41.22	32.46
9.	16	Breiðablik	<b>2:25.36</b>	428	R	32.45	36.45	44.65	31.81
10.	16	Óðinn	<b>2:25.71</b>	425	R	31.69	39.03	42.27	32.72
11.	15	ÍA	<b>2:35.55</b>	350	ÍM	32.75	39.11	47.16	36.53

Íslandsmeistaramótið í 25m 2016  
Hafnarfjörður, 18. - 20.11.2016

Sundgrein 12

18.11.2016 - 10:31

kvenna, 200m fjórsund

Opinn  
Úrslitalistar Undanrásir

ÍSL Opinn	2:11.57	Hrafnhildur Lúthersdóttir	SH	Hafnarfjörður	13.11.2015
ÍSL 11 - 12	2:29.75				
ÍSL 13 - 14	2:20.10				
ÍSL 15 - 17	2:15.10				

NM 2016 15 - 16: 2:24.32; 17 +: 2:22.99; 13 - 14: 2:28.31 / HM25 2016 16 +: 2:16.33 / Ím25 : 2:44.19

Stig: FINA 2016

Sæti	Aldur	Tími	Stig	50m	100m	150m	200m		
1. Eydís Ósk Kolbeinsdóttir	16	ÍRB	<b>2:22.92</b>	619	A NM	30.56	36.70	42.82	32.84
2. Jóhanna Gerða Gústafsdóttir	26	Ægir	<b>2:23.05</b>	618	A	30.91	36.21	41.38	34.55
3. María Fanney Kristjánsdóttir	16	SH	<b>2:25.82</b>	583	A	32.22	37.15	42.24	34.21
4. Katarína Róbertsdóttir	16	SH	<b>2:29.86</b>	537	A	31.84	37.53	45.80	34.69
5. Stefanía Sigurbórsdóttir	15	ÍRB	<b>2:30.07</b>	535	A	32.80	39.08	42.95	35.24
6. Karen Mist Arngeirsdóttir	16	ÍRB	<b>2:33.60</b>	499	A	33.30	41.16	42.17	36.97
7. Sólrún Sigbórsdóttir	19	ÍA	<b>2:34.37</b>	491	A	34.41	40.10	46.14	33.72
8. Bjarkey Jónasdóttir	17	Ægir	<b>2:35.22</b>	483	A	34.61	39.88	45.94	34.79
9. Pura Snorraddóttir	13	Óðinn	<b>2:35.99</b>	476	R	34.39	39.24	46.32	36.04
10. Diljá Rún Ívarsdóttir	14	ÍRB	<b>2:36.59</b>	471	R	33.51	39.90	46.04	37.14
11. Svava Þóra Árnadóttir	13	Reykjavík	<b>2:38.49</b>	454		35.16	40.09	46.36	36.88
12. Adele Alexandra Pálsson	13	SH	<b>2:39.20</b>	448		34.85	40.81	48.23	35.31
13. Ástrós Elísa Eypórsdóttir	14	ÍRB	<b>2:40.04</b>	441		35.04	43.16	45.50	36.34
14. Alexandra Tómasdóttir	15	Óðinn	<b>2:40.13</b>	440		36.40	40.47	46.71	36.55
15. Berglind Bjarnadóttir	15	Reykjavík	<b>2:40.72</b>	435		34.10	41.97	47.79	36.86
16. Kristín Ylfa Guðmundsdóttir	14	SH	<b>2:41.56</b>	429		34.06	44.52	46.23	36.75
17. Júlía Helga Högnadóttir	14	Ægir	<b>2:42.00</b>	425		34.64	41.17	48.61	37.58
18. Kolbrún Eva Pálmadóttir	14	ÍRB	<b>2:42.33</b>	423		36.54	42.59	45.92	37.28
19. Ágústa Bergrós Jakobsdóttir	14	Reykjavík	<b>2:42.52</b>	421		37.10	43.33	44.04	38.05
20. María Arnarsdóttir	14	Óðinn	<b>2:43.52</b>	413		35.37	41.41	49.17	37.57
21. Apena Karaolani	16	UMFA	<b>2:43.73</b>	412		35.42	40.31	48.33	39.67
22. Eva Margrét Falsdóttir	11	ÍRB	<b>2:43.90</b>	411		36.60	43.30	46.57	37.43
23. Hafdís Eva Pálsdóttir	12	ÍRB	<b>2:44.17</b>	408		34.14	40.86	49.03	40.14
24. Klaudia Malesa	15	ÍRB	<b>2:44.92</b>	403	ÍM	35.42	43.99	47.53	37.98
25. Rannveig Katrín Arnarsdóttir	15	Óðinn	<b>2:45.88</b>	396	ÍM	35.65	45.06	47.09	38.08
26. Líf Þrastardóttir	16	Breiðablik	<b>2:46.33</b>	393	ÍM	36.22	45.22	47.98	36.91
27. Birna Hilmarsdóttir	14	ÍRB	<b>2:48.31</b>	379	ÍM	38.33	43.56	50.20	36.22
ÓG. Ylfa Finnbogadóttir	14	SH							

B13 - Touching the wall with hands not simultaneously and separated with both hands at turn/finish (SW 7.6)

Sundgrein 1

18.11.2016 - 16:30

karla, 400m skriðsund

Opinn  
Úrslitalistar

ÍSL Opinn	3:48.83	Anton Sveinn McKee	Ægir	Istanbul (TUR)	14.12.2012
ÍSL 11 - 12	4:36.46				
ÍSL 13 - 14	4:08.18				
ÍSL 15 - 17	3:53.50				

HM25 2016 16 +: 3:53.14 / NM 2016 18 +: 4:04.49; 16 - 17: 4:09.04; 14 - 15: 4:14.72 / Ím25 : 4:45.81

Stig: FINA 2016

Sæti	Aldur	Tími	Stig
1. Þröstur Bjarnason	19	ÍRB	<b>4:00.01</b>
50m:	27.19	27.19	150m: 1:27.50
100m:	57.38	30.19	200m: 1:58.37
			250m: 2:28.16
			300m: 2:58.51
			350m: 3:29.67
			400m: 4:00.01
2. Hafþór Jón Sigurðsson	19	SH	<b>4:00.46</b>
50m:	28.09	28.09	150m: 1:28.60
100m:	58.22	30.13	200m: 1:58.96
			250m: 2:29.26
			300m: 3:00.05
			350m: 3:30.73
			400m: 4:00.46
3. Ólafur Sigurðsson	17	SH	<b>4:05.50</b>
50m:	28.30	28.30	150m: 1:30.05
100m:	58.94	30.64	200m: 2:01.61
			250m: 2:33.09
			300m: 3:05.20
			350m: 3:35.83
			400m: 4:05.50



Íslandsmeistaramótið í 25m 2016  
Hafnarfjörður, 18. - 20.11.2016

Sundgrein 1, karla, 400m skriðsund, Opinn

Sæti	Aldur						Tími	Stig
4.	Huginn Hilmarsson 21 Breiðablik						<b>4:05.51</b>	646
	50m: 27.89	27.89	150m: 1:29.70	30.92	250m: 2:32.52	31.55	350m: 3:35.80	31.42
	100m: 58.78	30.89	200m: 2:00.97	31.27	300m: 3:04.38	31.86	400m: 4:05.51	29.71
5.	Hallgrímur Kjartansson 18 Breiðablik						<b>4:11.91</b>	598
	50m: 28.36	28.36	150m: 1:31.81	31.98	250m: 2:36.15	31.80	350m: 3:40.40	32.16
	100m: 59.83	31.47	200m: 2:04.35	32.54	300m: 3:08.24	32.09	400m: 4:11.91	31.51
6.	Bjartur Þórhallsson 16 Ægir						<b>4:11.98</b>	597
	50m: 27.71	27.71	150m: 1:31.10	32.22	250m: 2:35.24	32.04	350m: 3:40.53	32.71
	100m: 58.88	31.17	200m: 2:03.20	32.10	300m: 3:07.82	32.58	400m: 4:11.98	31.45
7.	Björgvin Theodór Hilmarsson 18 ÍRB						<b>4:14.48</b>	580
	50m: 28.74	28.74	150m: 1:32.15	31.96	250m: 2:36.81	32.34	350m: 3:42.33	32.94
	100m: 1:00.19	31.45	200m: 2:04.47	32.32	300m: 3:09.39	32.58	400m: 4:14.48	32.15
8.	Jón Tumi Dagsson 15 SH						<b>4:16.58</b>	566
	50m: 29.31	29.31	150m: 1:33.01	32.29	250m: 2:39.21	33.01	350m: 3:45.00	32.73
	100m: 1:00.72	31.41	200m: 2:06.20	33.19	300m: 3:12.27	33.06	400m: 4:16.58	31.58
9.	Patrik Viggó Vilbergsson 14 Breiðablik						<b>4:17.08</b>	562
	50m: 28.71	28.71	150m: 1:33.60	32.95	250m: 2:39.49	32.91	350m: 3:44.99	32.48
	100m: 1:00.65	31.94	200m: 2:06.58	32.98	300m: 3:12.51	33.02	400m: 4:17.08	32.09
10.	Kári Sölvi Nielsen 16 SH						<b>4:20.11</b>	543
	50m: 27.94	27.94	150m: 1:32.52	32.88	250m: 2:40.12	34.05	350m: 3:47.34	33.11
	100m: 59.64	31.70	200m: 2:06.07	33.55	300m: 3:14.23	34.11	400m: 4:20.11	32.77
11.	Hilmir Örn Ólafsson 15 Ægir						<b>4:25.83</b>	509
	50m: 30.23	30.23	150m: 1:36.79	33.80	250m: 2:44.88	34.02	350m: 3:52.93	33.87
	100m: 1:02.99	32.76	200m: 2:10.86	34.07	300m: 3:19.06	34.18	400m: 4:25.83	32.90
12.	Óskar Gauti Lund 17 Breiðablik						<b>4:26.20</b>	506
	50m: 29.45	29.45	150m: 1:37.40	34.37	250m: 2:45.37	33.14	350m: 3:52.70	34.43
	100m: 1:03.03	33.58	200m: 2:12.23	34.83	300m: 3:18.27	32.90	400m: 4:26.20	33.50
13.	Baldur Logi Gautason 16 Óðinn						<b>4:27.30</b>	500
	50m: 30.14	30.14	150m:		250m:		350m: 3:54.61	
	100m: 1:03.11	32.97	200m:		300m:		400m: 4:27.30	32.69
14.	Björgvin Árni Júlíusson 15 Reykjavík						<b>4:27.65</b>	498
	50m: 29.19	29.19	150m: 1:35.63	33.69	250m: 2:45.05	34.88	350m: 3:54.52	34.67
	100m: 1:01.94	32.75	200m: 2:10.17	34.54	300m: 3:19.85	34.80	400m: 4:27.65	33.13
15.	Hafsteinn Ari Ágústsson 16 Breiðablik						<b>4:29.07</b>	490
	50m: 30.71	30.71	150m: 1:38.13	33.89	250m: 2:46.16	33.97	350m: 3:55.39	34.46
	100m: 1:04.24	33.53	200m: 2:12.19	34.06	300m: 3:20.93	34.77	400m: 4:29.07	33.68
16.	Benedikt Hjaltason 14 Breiðablik						<b>4:32.67</b>	471
	50m: 30.88	30.88	150m: 1:39.72	34.82	250m: 2:49.97	35.36	350m: 3:59.31	34.62
	100m: 1:04.90	34.02	200m: 2:14.61	34.89	300m: 3:24.69	34.72	400m: 4:32.67	33.36
17.	Jón Klausen 16 Reykjavík						<b>4:34.00</b>	464
	50m: 30.65	30.65	150m: 1:40.07	35.14	250m: 2:50.31	35.44	350m: 4:00.39	34.77
	100m: 1:04.93	34.28	200m: 2:14.87	34.80	300m: 3:25.62	35.31	400m: 4:34.00	33.61
18.	Björn Axel Agnarsson 14 Breiðablik						<b>4:35.63</b>	456
	50m: 31.43	31.43	150m: 1:40.89	35.27	250m: 2:51.25	34.95	350m: 4:02.20	35.39
	100m: 1:05.62	34.19	200m: 2:16.30	35.41	300m: 3:26.81	35.56	400m: 4:35.63	33.43
19.	Hákon Alexander Magnússon 16 Óðinn						<b>4:35.73</b>	456
	50m: 30.40	30.40	150m: 1:38.74	34.62	250m: 2:49.84	35.86	350m: 4:01.34	35.66
	100m: 1:04.12	33.72	200m: 2:13.98	35.24	300m: 3:25.68	35.84	400m: 4:35.73	34.39
20.	Kristófer Atli Andersen 14 Breiðablik						<b>4:39.12</b>	439
	50m: 31.37	31.37	150m: 1:42.14	36.23	250m: 2:53.94	36.05	350m: 4:05.51	35.75
	100m: 1:05.91	34.54	200m: 2:17.89	35.75	300m: 3:29.76	35.82	400m: 4:39.12	33.61
21.	Halldór Björn Kristinsson 14 Ægir						<b>4:39.90</b>	436
	50m: 30.62	30.62	150m: 1:39.79	35.10	250m: 2:52.07	36.20	350m: 4:04.56	36.10
	100m: 1:04.69	34.07	200m: 2:15.87	36.08	300m: 3:28.46	36.39	400m: 4:39.90	35.34

Íslandsmeistaramótið í 25m 2016  
Hafnarfjörður, 18. - 20.11.2016

Sundgrein 1, karla, 400m skriðsund, Opinn

Sæti	Aldur		Tími		Stig
22.	Róbert Andri Pálmason	14	Reykjavík	<b>4:40.24</b>	434
	50m: 31.28 31.28	150m: 1:41.37 35.56	250m: 2:53.48 35.97	350m: 4:05.27 36.00	
	100m: 1:05.81 34.53	200m: 2:17.51 36.14	300m: 3:29.27 35.79	400m: 4:40.24 34.97	
23.	Erlend Magnússon	15	ÍA	<b>4:49.34</b>	394 ÍM
	50m:	150m: 1:42.51 36.50	250m:	350m:	
	100m: 1:06.01	200m:	300m:	400m: 4:49.34	

Sundgrein 2

kvenna, 400m skriðsund

Opinn  
Úrslitalistar

18.11.2016 - 16:36

ÍSL Opinn	4:11.61	Inga Elín Cryer	Ægir	Doha (QAT)	05.12.2014
ÍSL 11 - 12	4:39.08				
ÍSL 13 - 14	4:21.52				
ÍSL 15 - 17	4:14.60				

NM 2016 15 - 16: 4:24.02; 17 +: 4:21.59; 13 - 14: 4:31.32 / HM25 2016 16 +: 4:16.05 / Ím25 : 5:03.89

Stig: FINA 2016

Sæti	Aldur		Tími		Stig
1.	Sunneva Dögg Robertson	17	ÍRB	<b>4:21.29</b>	723 NM
	50m: 28.90 28.90	150m: 1:32.35 32.15	250m: 2:38.83 33.48	350m: 3:47.64 34.11	
	100m: 1:00.20 31.30	200m: 2:05.35 33.00	300m: 3:13.53 34.70	400m: 4:21.29 33.65	
2.	Bryndís Bolladóttir	17	Breiðablik	<b>4:23.90</b>	701
	50m: 29.24 29.24	150m: 1:34.22 33.02	250m: 2:41.63 33.70	350m: 3:49.94 34.25	
	100m: 1:01.20 31.96	200m: 2:07.93 33.71	300m: 3:15.69 34.06	400m: 4:23.90 33.96	
3.	Brynhildur Traustadóttir	15	ÍA	<b>4:30.17</b>	654
	50m: 31.26 31.26	150m: 1:39.23 34.28	250m: 2:47.93 34.29	350m: 3:57.12 34.57	
	100m: 1:04.95 33.69	200m: 2:13.64 34.41	300m: 3:22.55 34.62	400m: 4:30.17 33.05	
4.	Bára Kristín Björgvinsdóttir	21	SH	<b>4:31.10</b>	647
	50m: 30.82 30.82	150m: 1:38.66 34.16	250m: 2:47.97 34.69	350m: 3:58.60 35.29	
	100m: 1:04.50 33.68	200m: 2:13.28 34.62	300m: 3:23.31 35.34	400m: 4:31.10 32.50	
5.	Ragna Sigríður Ragnarsdóttir	15	Reykjavík	<b>4:35.69</b>	615
	50m: 31.69 31.69	150m: 1:41.78 35.17	250m: 2:51.61 34.58	350m: 4:01.31 34.95	
	100m: 1:06.61 34.92	200m: 2:17.03 35.25	300m: 3:26.36 34.75	400m: 4:35.69 34.38	
6.	Ragnheiður Karlsdóttir	17	Breiðablik	<b>4:40.01</b>	587
	50m: 31.12 31.12	150m: 1:40.23 35.16	250m: 2:52.19 36.07	350m: 4:04.37 35.98	
	100m: 1:05.07 33.95	200m: 2:16.12 35.89	300m: 3:28.39 36.20	400m: 4:40.01 35.64	
7.	Adele Alexandra Pálsson	13	SH	<b>4:43.34</b>	567
	50m: 31.44 31.44	150m: 1:42.29 35.74	250m: 2:54.72 36.06	350m: 4:07.76 36.49	
	100m: 1:06.55 35.11	200m: 2:18.66 36.37	300m: 3:31.27 36.55	400m: 4:43.34 35.58	
8.	Regína Lilja Gunnlaugsdóttir	14	Breiðablik	<b>4:43.88</b>	563
	50m: 31.66 31.66	150m: 1:41.53 35.59	250m: 2:54.25 36.45	350m: 4:07.52 36.42	
	100m: 1:05.94 34.28	200m: 2:17.80 36.27	300m: 3:31.10 36.85	400m: 4:43.88 36.36	
9.	Embla Sól Garðarsdóttir	15	Óðinn	<b>4:46.86</b>	546
	50m: 31.94 31.94	150m: 1:43.05 35.94	250m: 2:56.55 36.85	350m: 4:11.27 37.44	
	100m: 1:07.11 35.17	200m: 2:19.70 36.65	300m: 3:33.83 37.28	400m: 4:46.86 35.59	
10.	Birna Hilmarsdóttir	14	ÍRB	<b>4:48.21</b>	538
	50m: 32.33 32.33	150m: 1:44.76 36.46	250m: 2:58.62 36.66	350m: 4:12.39 36.66	
	100m: 1:08.30 35.97	200m: 2:21.96 37.20	300m: 3:35.73 37.11	400m: 4:48.21 35.82	
11.	Ylfa Finnbogadóttir	14	SH	<b>4:52.49</b>	515
	50m: 32.99 32.99	150m: 1:46.36 37.24	250m: 3:01.39 37.79	350m: 4:16.34 37.27	
	100m: 1:09.12 36.13	200m: 2:23.60 37.24	300m: 3:39.07 37.68	400m: 4:52.49 36.15	
12.	Kolbrún Eva Pálmadóttir	14	ÍRB	<b>4:52.55</b>	515
	50m: 32.99 32.99	150m: 1:46.30 36.88	250m: 3:01.11 37.34	350m: 4:16.03 37.64	
	100m: 1:09.42 36.43	200m: 2:23.77 37.47	300m: 3:38.39 37.28	400m: 4:52.55 36.52	

Íslandsmeistaramótið í 25m 2016  
Hafnarfjörður, 18. - 20.11.2016

Sundgrein 2, kvenna, 400m skriðsund, Opinn

Sæti	Aldur		Tími		Stig
13. Gabriela Machlowiec	18	Reykjavík	<b>4:56.54</b>	494	
50m: 32.95 32.95	150m: 1:47.43 37.78	250m: 3:04.20 38.31	350m: 4:19.89 37.80		
100m: 1:09.65 36.70	200m: 2:25.89 38.46	300m: 3:42.09 37.89	400m: 4:56.54 36.65		
14. Jóhanna Alba Martel	16	Reykjavík	<b>4:57.02</b>	492	
50m: 32.70 32.70	150m: 1:46.61 37.42	250m: 3:03.22 38.47	350m: 4:20.39 38.34		
100m: 1:09.19 36.49	200m: 2:24.75 38.14	300m: 3:42.05 38.83	400m: 4:57.02 36.63		
15. Eva Sól Garðarsdóttir	13	Óðinn	<b>4:57.33</b>	490	
50m: 33.03 33.03	150m: 1:47.43 37.88	250m: 3:03.50 37.81	350m: 4:21.20 38.92		
100m: 1:09.55 36.52	200m: 2:25.69 38.26	300m: 3:42.28 38.78	400m: 4:57.33 36.13		
Ingibjörg Erla Garðarsdóttir	16	Ægir	<b>4:57.33</b>	490	
50m: 33.17 33.17	150m: 1:47.65 37.66	250m: 3:03.77 38.26	350m: 4:19.66 37.74		
100m: 1:09.99 36.82	200m: 2:25.51 37.86	300m: 3:41.92 38.15	400m: 4:57.33 37.67		
17. Þórkatla Björg Ómarsdóttir	15	Óðinn	<b>4:57.89</b>	487	
50m: 32.84 32.84	150m: 1:45.66 37.28	250m: 3:02.56 38.95	350m: 4:19.96 38.43		
100m: 1:08.38 35.54	200m: 2:23.61 37.95	300m: 3:41.53 38.97	400m: 4:57.89 37.93		
18. Kristín Ylfa Guðmundsdóttir	14	SH	<b>5:00.94</b>	473	
50m: 33.28 33.28	150m: 1:49.49 38.59	250m: 3:07.19 39.36	350m: 4:25.75 39.14		
100m: 1:10.90 37.62	200m: 2:27.83 38.34	300m: 3:46.61 39.42	400m: 5:00.94 35.19		
19. Hildur Elísabet Hálfanardóttir	18	SH	<b>5:01.26</b>	471	
50m: 33.50 33.50	150m: 1:49.66 38.56	250m: 3:06.99 38.94	350m: 4:24.62 38.72		
100m: 1:11.10 37.60	200m: 2:28.05 38.39	300m: 3:45.90 38.91	400m: 5:01.26 36.64		
20. Rebekka Sif Ómarsdóttir	13	Óðinn	<b>5:02.81</b>	464	
50m: 33.98 33.98	150m: 1:49.68 38.29	250m: 3:06.70 38.58	350m: 4:24.35 38.80		
100m: 1:11.39 37.41	200m: 2:28.12 38.44	300m: 3:45.55 38.85	400m: 5:02.81 38.46		
21. Klara Sif Sverrisdóttir	16	Breiðablik	<b>5:02.90</b>	464	
50m: 34.40 34.40	150m: 1:49.71 38.09	250m: 3:07.07 39.02	350m: 4:24.81 38.94		
100m: 1:11.62 37.22	200m: 2:28.05 38.34	300m: 3:45.87 38.80	400m: 5:02.90 38.09		
22. Guðný Birna Falsdóttir	13	ÍRB	<b>5:04.92</b>	454	ÍM
50m: 34.25 34.25	150m: 1:51.07 38.83	250m: 3:08.88 39.20	350m: 4:27.13 39.31		
100m: 1:12.24 37.99	200m: 2:29.68 38.61	300m: 3:47.82 38.94	400m: 5:04.92 37.79		
23. Íris Edda Garðarsdóttir	13	Ægir	<b>5:07.61</b>	443	ÍM
50m: 34.36 34.36	150m: 1:51.06 38.00	250m: 3:09.43 39.20	350m: 4:28.32 39.77		
100m: 1:13.06 38.70	200m: 2:30.23 39.17	300m: 3:48.55 39.12	400m: 5:07.61 39.29		

Sundgrein 3

karla, 200m baksund

Opinn

18.11.2016 - 16:42

Úrslitalistar Úrslitsund

ÍSL Opinn	1:52.90	Örn Arnarson	SH	Valencia (ESP)	14.12.2000
ÍSL 11 - 12	2:19.16				
ÍSL 13 - 14	2:06.72				
ÍSL 15 - 17	1:55.16				

HM25 2016 16 +: 2:01.14 / NM 2016 18 +: 2:06.40; 16 - 17: 2:08.75; 14 - 15: 2:11.69 / Ím25 : 2:27.52

Stig: FINA 2016

Sæti	Aldur	Tími	Stig	50m	100m	150m	200m		
Úrslitasund									
1. Kristinn Þórarinsson	20	Reykjavík	<b>1:58.11</b>	715	HM	27.36	29.94	30.04	30.77
2. Brynjólfur Óli Karlsson	15	Breiðablik	<b>2:02.74</b>	637	NM	28.29	31.08	30.93	32.44
3. Tómas Magnússon	14	Reykjavík	<b>2:11.50</b>	518	NM	30.93	33.33	34.05	33.19
4. Kristján Gylfi Þórisson	16	Ægir	<b>2:11.68</b>	516		31.04	34.57	34.52	31.55
5. Hafsteinn Ari Ágústsson	16	Breiðablik	<b>2:14.42</b>	485		32.06	34.10	34.25	34.01
6. Patrik Viggó Vilbergsson	14	Breiðablik	<b>2:15.65</b>	472		31.57	34.26	35.15	34.67

Íslandsmeistaramótið í 25m 2016  
Hafnarfjörður, 18. - 20.11.2016

Sundgrein 4 kvenna, 200m baksund Opinn  
18.11.2016 - 16:53 Úrslitalistar Úrslitsund

ÍSL Opinn	2:03.53	Eygló Ósk Gústafsdóttir	Ægir	Netanya (ISR)	04.12.2015
ÍSL 11 - 12	2:27.28				
ÍSL 13 - 14	2:14.18				
ÍSL 15 - 17	2:07.10				

NM 2016 15 - 16: 2:21.79; 17 +: 2:20.48; 13 - 14: 2:25.71 / HM25 2016 16 +: 2:14.40 / Ím25 : 2:39.47

Stig: FINA 2016

Sæti	Aldur		Tími	Stig	50m	100m	150m	200m	
Úrslitasund									
1.	21	Ægir	<b>2:07.04</b>	826	HM	29.90	32.19	32.58	32.37
2.	16	SH	<b>2:19.89</b>	619	NM	32.46	35.74	36.78	34.91
3.	18	ÍRB	<b>2:23.14</b>	577		33.08	36.68	36.72	36.66
4.	15	ÍRB	<b>2:24.32</b>	563		34.09	36.92	37.08	36.23
5.	15	Óðinn	<b>2:29.11</b>	511		34.38	37.64	39.40	37.69
6.	17	ÍA	<b>2:29.64</b>	505		34.44	38.10	38.04	39.06
7.	13	Óðinn	<b>2:30.76</b>	494		34.47	37.35	39.82	39.12
8.	13	Óðinn	<b>2:35.86</b>	447		35.83	38.99	40.76	40.28

Sundgrein 5 karla, 100m bringusund Opinn  
18.11.2016 - 16:57 Úrslitalistar Úrslitsund

ÍSL Opinn	58.90	Jakob Jóhann Sveinsson	Ægir	Reykjavík	22.11.2009
ÍSL 11 - 12	1:16.23				
ÍSL 13 - 14	1:08.69				
ÍSL 15 - 17	1:02.99				

HM25 2016 16 +: 1:01.67 / NM 2016 18 +: 1:04.78; 16 - 17: 1:05.98; 14 - 15: 1:07.49 / Ím25 : 1:15.78

Stig: FINA 2016

Sæti	Aldur		Tími	Stig	50m	100m	
Úrslitasund							
1.	21	GEST	<b>1:04.62</b>	637	NM	29.71	34.91
2.	17	SH	<b>1:06.95</b>	573		32.03	34.92
3.	21	ÍA	<b>1:06.99</b>	572		31.57	35.42
4.	18	Breiðablik	<b>1:08.06</b>	545		32.16	35.90
5.	18	Breiðablik	<b>1:08.61</b>	532		32.48	36.13
6.	16	Óðinn	<b>1:09.42</b>	514		32.77	36.65
7.	19	SH	<b>1:10.04</b>	500		32.78	37.26
8.	17	Breiðablik	<b>1:13.76</b>	428		34.28	39.48

Sundgrein 6 kvenna, 100m bringusund Opinn  
18.11.2016 - 17:07 Úrslitalistar Úrslitsund

ÍSL Opinn	1:06.12	Hrafnhildur Lúthersdóttir	SH	Hafnarfjörður	13.11.2015
ÍSL 11 - 12	1:17.05				
ÍSL 13 - 14	1:11.91				
ÍSL 15 - 17	1:09.07				

NM 2016 15 - 16: 1:12.93; 17 +: 1:12.26; 13 - 14: 1:14.95 / HM25 2016 16 +: 1:09.06 / Ím25 : 1:23.49

Stig: FINA 2016

Sæti	Aldur		Tími	Stig	50m	100m	
Úrslitasund							
1.	16	ÍRB	<b>1:13.14</b>	619		34.57	38.57
2.	16	SH	<b>1:14.61</b>	583		35.17	39.44
3.	18	SH	<b>1:17.64</b>	518		36.54	41.10
4.	15	ÍA	<b>1:18.34</b>	504		36.43	41.91
5.	14	ÍA	<b>1:21.53</b>	447		38.23	43.30
6.	11	ÍRB	<b>1:21.66</b>	445		38.56	43.10
7.	14	Reykjavík	<b>1:22.40</b>	433		39.34	43.06
8.	13	Óðinn	<b>1:23.05</b>	423		38.79	44.26

Íslandsmeistaramótið í 25m 2016  
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Sundgrein 7 karla, 200m flugsund Opinn  
18.11.2016 - 17:10 Úrslitalistar Úrslitsund

ÍSL Opinn	1:57.21	Sindri Þór Jakobsson	ÍRB	Istanbul (TUR)	12.12.2009
ÍSL 11 - 12	2:25.08				
ÍSL 13 - 14	2:11.58				
ÍSL 15 - 17	2:01.95				

HM25 2016 16 +: 1:59.84 / NM 2016 18 +: 2:05.47; 16 - 17: 2:07.81; 14 - 15: 2:10.73 / Ím25 : 2:25.72

Stig: FINA 2016

Sæti	Aldur		Tími	Stig	50m	100m	150m	200m		
Úrslitasund										
1.	Baldvin Sigmarsson	19	ÍRB	<b>2:05.83</b>	642	28.05	31.41	32.57	33.80	
2.	Brynjólfur Óli Karlsson	15	Breiðablik	<b>2:07.15</b>	622	NM	28.48	32.39	32.68	33.60
3.	Hafþór Jón Sigurðsson	19	SH	<b>2:13.90</b>	532	29.46	33.66	35.07	35.71	
4.	Hilmir Örn Ólafsson	15	Ægir	<b>2:17.74</b>	489	30.38	35.09	35.97	36.30	
5.	Jökull Ýmir Guðmundsson	16	SH	<b>2:17.79</b>	489	29.41	35.35	36.29	36.74	
6.	Sveinbjörn Pálmi Karlsson	21	Breiðablik	<b>2:17.98</b>	487	30.28	35.02	36.08	36.60	

Sundgrein 8 kvenna, 200m flugsund Opinn  
18.11.2016 - 17:21 Úrslitalistar Úrslitsund

ÍSL Opinn	2:12.95	Inga Elín Cryer	Ægir	Netanya (ISR)	04.12.2015
ÍSL 11 - 12	2:33.98				
ÍSL 13 - 14	2:18.77				
ÍSL 15 - 17	2:16.90				

NM 2016 15 - 16: 2:20.19; 17 +: 2:18.90; 13 - 14: 2:24.07 / HM25 2016 16 +: 2:12.61 / Ím25 : 2:37.39

Stig: FINA 2016

Sæti	Aldur		Tími	Stig	50m	100m	150m	200m	
Úrslitasund									
1.	Gunnhildur Björg Baldursdóttir	16	ÍRB	<b>2:23.52</b>	578	31.45	36.31	37.23	38.53
2.	María Fanney Kristjánsdóttir	16	SH	<b>2:23.76</b>	575	32.18	36.78	37.80	37.00
3.	Sylwia Sienkiewicz	17	ÍRB	<b>2:29.91</b>	507	32.48	37.68	39.39	40.36
4.	Rannveig Katrín Arnarsdóttir	15	Óðinn	<b>2:33.13</b>	476	33.81	38.36	39.92	41.04
5.	Sólrún Sigþórsdóttir	19	ÍA	<b>2:35.27</b>	457	34.27	38.89	40.37	41.74

Sundgrein 9 karla, 50m skriðsund Opinn  
18.11.2016 - 17:25 Úrslitalistar Úrslitsund

ÍSL Opinn	22.29	Árni Már Árnason	ÍRB	Reykjavík	22.11.2009
ÍSL 11 - 12	27.42				
ÍSL 13 - 14	25.47				
ÍSL 15 - 17	23.29				

HM25 2016 16 +: 22.96 / NM 2016 18 +: 23.76; 16 - 17: 24.20; 14 - 15: 24.20 / Ím25 : 27.57

Stig: FINA 2016

Sæti	Aldur		Tími	Stig
Úrslitasund				
1.	Aron Örn Stefánsson	21	GEST	<b>23.05</b> 679 NM
2.	Ágúst Júlíusson	27	ÍA	<b>23.42</b> 647 NM
3.	Hilmar Smári Jónsson	22	Reykjavík	<b>23.76</b> 619 NM
4.	Predrag Milos	21	SH	<b>24.49</b> 566
5.	Davíð Fannar Ragnarsson	18	Breiðablik	<b>24.52</b> 564
6.	Daníel Már Kristinsson	18	Breiðablik	<b>24.86</b> 541
7.	Hólmsteinn Skorri Hallgrímsson	16	Ægir	<b>25.06</b> 528
8.	Sævar Berg Sigurðsson	21	ÍA	<b>25.73</b> 488

Íslandsmeistaramótið í 25m 2016  
Hafnarfjörður, 18. - 20.11.2016

Sundgrein 10 kvenna, 50m skriðsund Opinn  
18.11.2016 - 17:34 Úrslitalistar Úrslitsund

ÍSL Opinn	24.94	Ragnheiður Ragnarsdóttir	KR	Reykjavík	16.12.2010
ÍSL 11 - 12	28.50				
ÍSL 13 - 14	26.57				
ÍSL 15 - 17	25.71				

NM 2016 15 - 16: 26.93; 17 +: 26.68; 13 - 14: 26.93 / HM25 2016 16 +: 25.73 / Ím25 : 30.09

Stig: FINA 2016

Sæti	Aldur			Tími	Stig	
<b>Úrslitasund</b>						
1.	Ragnheiður Ragnarsdóttir	32	Reykjavík	<b>26.49</b>	675	NM
2.	Jóhanna Elín Guðmundsdóttir	15	SH	<b>26.52</b>	672	NM
3.	Bryndís Bolladóttir	17	Breiðablik	<b>27.09</b>	631	
4.	Inga Elin Cryer	23	Ægir	<b>27.72</b>	589	
5.	Líney Ragna Ólafsdóttir	20	Breiðablik	<b>28.09</b>	566	
6.	Elín Ylfa Viðarsdóttir	17	Breiðablik	<b>28.25</b>	556	
7.	Una Lára Lárusdóttir	17	ÍA	<b>28.28</b>	554	
8.	Guðný Birna Sigurðardóttir	17	Breiðablik	<b>28.51</b>	541	

Sundgrein 11 karla, 200m fjórsund Opinn  
18.11.2016 - 17:36 Úrslitalistar Úrslitsund

ÍSL Opinn	1:57.91	Örn Arnarson	ÍRB	Vestmannaeyjar	21.03.2003
ÍSL 11 - 12	2:30.52				
ÍSL 13 - 14	2:11.40				
ÍSL 15 - 17	2:00.70				

HM25 2016 16 +: 2:02.85 / NM 2016 18 +: 2:08.75; 16 - 17: 2:11.15; 14 - 15: 2:14.14 / Ím25 : 2:29.40

Stig: FINA 2016

Sæti	Aldur		Tími	Stig	50m	100m	150m	200m		
<b>Úrslitasund</b>										
1.	Kristinn Þórarinsson	20	Reykjavík	<b>2:00.34</b>	756	HM	25.90	30.08	35.26	29.10
2.	Ingi Þór Ólafsson	17	ÍRB	<b>2:13.58</b>	552		28.86	35.75	38.56	30.41
3.	Huginn Hilmarsson	21	Breiðablik	<b>2:13.63</b>	552		30.01	34.69	39.34	29.59
4.	Patrik Viggó Vilbergsson	14	Breiðablik	<b>2:19.17</b>	488		29.66	35.54	42.24	31.73
5.	Róbert Ísak Jónsson	15	SH	<b>2:21.85</b>	461		29.80	37.68	41.04	33.33
6.	Snævar Atli Halldórsson	16	Óðinn	<b>2:23.70</b>	444		30.55	39.94	39.86	33.35
7.	Jökull Ýmir Guðmundsson	16	SH	<b>2:23.89</b>	442		30.21	39.07	40.77	33.84
8.	Hafsteinn Ari Ágústsson	16	Breiðablik	<b>2:26.92</b>	415		32.83	36.53	44.58	32.98

Sundgrein 12 kvenna, 200m fjórsund Opinn  
18.11.2016 - 17:40 Úrslitalistar Úrslitsund

ÍSL Opinn	2:11.57	Hrafnhildur Lúthersdóttir	SH	Hafnarfjörður	13.11.2015
ÍSL 11 - 12	2:29.75				
ÍSL 13 - 14	2:20.10				
ÍSL 15 - 17	2:15.10				

NM 2016 15 - 16: 2:24.32; 17 +: 2:22.99; 13 - 14: 2:28.31 / HM25 2016 16 +: 2:16.33 / Ím25 : 2:44.19

Stig: FINA 2016

Sæti	Aldur		Tími	Stig	50m	100m	150m	200m		
<b>Úrslitasund</b>										
1.	Jóhanna Gerða Gústafsdóttir	26	Ægir	<b>2:16.00</b>	719	HM	29.22	33.43	40.47	32.88
2.	Eydís Ósk Kolbeinsdóttir	16	ÍRB	<b>2:22.91</b>	620	NM	30.04	35.81	43.23	33.83
3.	María Fanney Kristjánsdóttir	16	SH	<b>2:23.23</b>	615	NM	31.73	37.55	41.59	32.36
4.	Stefanía Sigurþórsdóttir	15	ÍRB	<b>2:24.08</b>	605	NM	32.38	37.37	41.53	32.80
5.	Katarína Róbertsdóttir	16	SH	<b>2:27.99</b>	558		31.94	37.17	45.04	33.84
6.	Sólrun Sigþórsdóttir	19	ÍA	<b>2:32.89</b>	506		33.88	39.59	45.57	33.85
7.	Bjarkey Jónasdóttir	17	Ægir	<b>2:33.25</b>	502		33.00	39.13	45.94	35.18
8.	Pura Snorraddóttir	13	Óðinn	<b>2:34.28</b>	492		34.27	38.65	45.84	35.52

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Sundgrein 13  
18.11.2016 - 17:56

karla, 4 x 200m skriðsund

Opinn  
Úrslitalistar

ÍSL 7:33.98 Sveit ÍRB ÍRB Hafnarfjörður 12.12.2014

Stig: FINA 2016

Sæti							Timi	Stig
1.	ÍRB 1		ÍRB				<b>7:34.64</b>	728
	Kristófer Sigurðsson	21	+0,68	24.94	27.49	28.62	30.61	1:51.66
	Baldvin Sigmarsson	19	+0,31	26.42	29.41	30.68	30.98	1:57.49
	Davíð Hildiberg Aðalsteinsson	26	+0,14	25.23	28.30	29.22	29.14	1:51.89
	Þröstur Bjarnason	19	+0,23	25.22	28.35	29.63	30.40	1:53.60
2.	Breiðablik 1		Breiðablik				<b>7:51.47</b>	653
	Huginn Hilmarrsson	21	+0,78	27.08	30.56	29.95	29.61	1:57.20
	Brynjólfur Óli Karlsson	15	+0,31	26.27	29.54	30.50	29.87	1:56.18
	Davíð Fannar Ragnarsson	18	+0,40	26.26	29.93	30.68	30.54	1:57.41
	Hallgrímur Kjartansson	18	+0,05	27.43	31.01	31.21	31.03	2:00.68
3.	Reykjavík 1		Reykjavík				<b>7:59.50</b>	620
	Kristinn Þórarinnsson	20	+0,71	25.55	27.88	29.55	30.80	1:53.78
	Hilmar Smári Jónsson	22	+0,37	25.91	28.84	29.54	29.73	1:54.02
	Jón Klausen	16	+0,51	28.53	32.82	34.49	31.17	2:07.01
	Björgvin Árni Júlíusson	15	+0,25	27.88	31.63	32.82	32.36	2:04.69
4.	SH 1		SH				<b>8:00.93</b>	615
	Halþór Jón Sigurðsson	19	+0,72	27.20	29.52	30.17	29.68	1:56.57
	Ólafur Sigurðsson	17	-0,03	26.97	30.03	30.26	29.58	1:56.84
	Kári Sölvi Nielsen	16	+0,11	27.01	31.43	31.64	31.17	2:01.25
	Jón Tumi Dagsson	15	+0,25	28.37	32.19	33.14	32.57	2:06.27
5.	Ægir 1		Ægir				<b>8:08.73</b>	586
	Bjartur Þórhallsson	16	+0,67	27.35	30.92	32.05	31.81	2:02.13
	Hólmsteinn Skorri Hallgrímsson	16	+0,17	27.01	30.80	31.29	31.04	2:00.14
	Kristján Gylfi Þórisson	16	+0,17	27.13	30.38	31.54	31.17	2:00.22
	Hilmir Örn Ólafsson	15	+0,36	28.52	32.32	33.40	32.00	2:06.24
6.	Óðinn 1		Óðinn				<b>8:40.01</b>	486
	Snævar Atli Halldórsson	16	+0,95	29.30	33.19	34.20	33.83	2:10.52
	Hákon Alexander Magnússon	16	+0,36	29.41	32.86	34.11	33.50	2:09.88
	Aron Bjarki Jónsson	15	+0,21	28.98	33.72	34.86	34.37	2:11.93
	Baldur Logi Gautason	16	+0,36	29.03	32.54	33.60	32.51	2:07.68

Sundgrein 14  
18.11.2016 - 18:05

kvenna, 4 x 200m skriðsund

Opinn  
Úrslitalistar

ÍSL 8:21.88 Sveit Ægis Ægir Reykjavík 19.11.2009

Stig: FINA 2016

Sæti							Timi	Stig
1.	Ægir 1		Ægir				<b>8:25.69</b>	718
	Eygló Ósk Gústafsdóttir	21	+0,77	28.10	30.39	31.02	30.88	2:00.39
	Inga Elin Cryer	23	+0,22	28.31	31.61	33.21	33.45	2:06.58
	Bjarkey Jónasdóttir	17	+0,50	30.21	34.45	35.78	34.98	2:15.42
	Jóhanna Gerða Gústafsdóttir	26	+0,50	28.54	31.10	31.60	32.06	2:03.30
2.	ÍRB 1		ÍRB				<b>8:36.79</b>	672
	Eydis Ósk Kolbeinsdóttir	16	+0,51	28.73	31.84	32.95	33.26	2:06.78
	Sylwia Sienkiewicz	17		29.36	33.62	34.65	34.40	2:12.03
	Sunneva Dögg Robertsson	17	+0,34	28.53	31.07	32.48	32.06	2:04.14
	Stefanía Sigurþórsdóttir	15		30.04	34.10	35.03	34.67	2:13.84
3.	SH 1		SH				<b>8:45.48</b>	640
	Jóhanna Elín Guðmundsdóttir	15	+0,78	28.91	33.11	35.25	34.96	2:12.23
	Katarína Róbertsdóttir	16	+0,35	29.78	33.96	34.84	33.67	2:12.25
	María Fanney Kristjánsdóttir	16	+0,38	30.07	33.11	33.79	33.52	2:10.49
	Bára Kristín Björgvinsdóttir	21	+0,39	30.16	32.99	34.27	33.09	2:10.51

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Sundgrein 14, kvenna, 4 x 200m skriðsund, Opinn

Sæti							Tími	Stig
4.	ÍA 1	ÍA					<b>9:07.78</b>	564
	Brynhildur Traustadóttir	15	+0,81	30.86	34.31	34.69	33.11	2:12.97
	Una Lára Lárusdóttir	17	+0,58	31.63	35.42	35.04	34.72	2:16.81
	Ásgerður Jing Laufeyjardóttir	14	+0,61	31.44	35.55	37.53	36.87	2:21.39
	Sólrún Sigþórsdóttir	19	+0,42	31.19	34.50	35.51	35.41	2:16.61
5.	Reykjavík 1	Reykjavík					<b>9:17.69</b>	535
	Ragna Sigríður Ragnarsdóttir	15	+0,74	30.21	32.39	33.56	34.02	2:10.18
	Berglind Bjarnadóttir	15	+0,33	30.73	35.16	37.26	37.40	2:20.55
	Heiður Kristín Sigurgeirsdóttir	15	+0,37	31.74	36.36	38.65	38.05	2:24.80
	Svava Þóra Árnadóttir	13	+0,51	32.08	36.34	36.92	36.82	2:22.16
6.	Óðinn 1	Óðinn					<b>9:22.40</b>	522
	Embla Sól Garðarsdóttir	15	+0,85	30.53	35.09	36.44	35.52	2:17.58
	Alexandra Tómasdóttir	15	+0,44	31.35	34.90	36.90	36.34	2:19.49
	Þórkatla Björg Ómarsdóttir	15	+0,16	30.88	36.24	37.74	37.21	2:22.07
	María Arnarsdóttir	14	+0,48	31.55	35.77	38.18	37.76	2:23.26
7.	Óðinn 2	Óðinn					<b>9:40.89</b>	473
	Eva Sól Garðarsdóttir	13	+0,77	32.81	37.18	38.19	37.66	2:25.84
	Pura Snorradóttir	13	+0,56	32.94	36.89	37.76	37.19	2:24.78
	Aþena Arnarsdóttir	13	+0,44	33.10	37.18	37.96	37.43	2:25.67
	Rebekka Sif Ómarsdóttir	13	+0,46	32.16	37.15	37.93	37.36	2:24.60
ÓG.	Breiðablik 1	Breiðablik						
	<i>G2 - Starting before the start signal (SW 4.4)</i>							
	Regína Lilja Gunnlaugsdóttir, Ragnheiður Karlsdóttir, Elín Ylfa Viðarsdóttir, Bryndís Bolladóttir							
ÓG.	Ægir 2	Ægir						
	<i>G2 - Starting before the start signal (SW 4.4)</i>							
	Júlía Helga Högnadóttir, Telma Brá Gunnarsdóttir, Ingibjörg Erla Garðarsdóttir, Fanney Lind Jóhannsdóttir							

Sundgrein 15

kvenna, 200m skriðsund

Opinn

19.11.2016 - 9:30

Úrslitalistar Undanrásir

ÍSL Opinn	1:59.45	Sigrún Brá Sverrisdóttir	Fjölpir	Rijeka (CRO)	14.12.2008
ÍSL 11 - 12	2:14.57				
ÍSL 13 - 14	2:03.78				
ÍSL 15 - 17	1:59.57				

HM25 2016 16 +: 2:01.27 / NM 2016 15 - 16: 2:07.75; 17 +: 2:06.57; 13 - 14: 2:11.28 / Ím25 : 2:24.44

Stig: FINA 2016

Sæti	Aldur		Tími	Stig		50m	100m	150m	200m	
1.	Bryndís Bolladóttir	17	Breiðablik	<b>2:07.14</b>	661	A	29.66	32.24	32.57	32.67
2.	Sunneva Dögg Robertson	17	ÍRB	<b>2:09.42</b>	627	A	29.58	32.70	33.52	33.62
3.	Ragna Sigríður Ragnarsdóttir	15	Reykjavík	<b>2:11.21</b>	601	A	30.73	33.31	33.60	33.57
4.	Stefanía Sigurþórsdóttir	15	ÍRB	<b>2:12.94</b>	578	A	30.50	33.00	34.52	34.92
	Bára Kristín Björgvinsdóttir	21	SH	<b>2:12.94</b>	578	A	31.38	33.51	34.40	33.65
6.	Ragnheiður Karlsdóttir	17	Breiðablik	<b>2:13.00</b>	577	A	31.01	33.45	34.54	34.00
7.	Una Lára Lárusdóttir	17	ÍA	<b>2:14.42</b>	559	A	30.51	33.69	35.24	34.98
8.	Adele Alexandra Pálsson	13	SH	<b>2:14.43</b>	559	A	31.41	34.34	34.82	33.86
9.	Regína Lilja Gunnlaugsdóttir	14	Breiðablik	<b>2:15.60</b>	545	R	31.17	34.27	35.35	34.81
10.	Sólrún Sigþórsdóttir	19	ÍA	<b>2:16.35</b>	536	R	31.74	34.15	34.97	35.49
11.	Fanney Lind Jóhannsdóttir	14	Ægir	<b>2:16.74</b>	531		32.32	35.20	35.43	33.79
12.	Bjarkey Jónasdóttir	17	Ægir	<b>2:17.34</b>	524		31.61	35.20	35.66	34.87
13.	Embla Sól Garðarsdóttir	15	Óðinn	<b>2:18.07</b>	516		32.12	35.67	36.19	34.09
14.	Telma Brá Gunnarsdóttir	16	Ægir	<b>2:18.09</b>	516		31.97	35.61	35.38	35.13
15.	Svava Þóra Árnadóttir	13	Reykjavík	<b>2:18.68</b>	509		32.75	35.76	35.47	34.70
16.	Þura Snorradóttir	13	Óðinn	<b>2:19.45</b>	501		32.71	35.51	35.99	35.24
17.	Kolbrún Eva Pálmadóttir	14	ÍRB	<b>2:19.57</b>	500		33.07	35.52	35.88	35.10
18.	Ylfa Finnbogadóttir	14	SH	<b>2:19.76</b>	498		32.48	35.82	36.06	35.40
19.	Kristín Helga Hákonardóttir	12	Breiðablik	<b>2:20.55</b>	489		32.48	36.21	36.71	35.15
20.	Eva Sól Garðarsdóttir	13	Óðinn	<b>2:20.81</b>	486		32.48	36.12	36.47	35.74



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Sundgrein 15, kvenna, 200m skriðsund, Undanrásir, Opinn

Sæti	Aldur		Tími	Stig	50m	100m	150m	200m		
21.	Alexandra Tómasdóttir	15	Óðinn	<b>2:21.25</b>	482	32.27	35.80	37.30	35.88	
22.	Birna Hilmarsdóttir	14	ÍRB	<b>2:21.54</b>	479	32.28	36.41	37.42	35.43	
23.	Ásgerður Jing Laufeyjardóttir	14	ÍA	<b>2:21.77</b>	477	32.98	35.93	36.69	36.17	
24.	Klaudia Malesa	15	ÍRB	<b>2:22.31</b>	471	32.93	36.60	36.74	36.04	
25.	Eyrún Sigbórsdóttir	15	ÍA	<b>2:23.56</b>	459	33.41	37.14	37.26	35.75	
26.	Heiður Kristín Sigurgeirsdóttir	15	Reykjavík	<b>2:24.14</b>	453	33.03	36.20	37.67	37.24	
27.	Aþena Arnarsdóttir	13	Óðinn	<b>2:24.26</b>	452	32.82	36.46	37.96	37.02	
28.	Rebekka Sif Ómarsdóttir	13	Óðinn	<b>2:24.56</b>	450	ÍM	33.16	36.31	37.99	37.10
29.	Jóhanna Alba Martel	16	Reykjavík	<b>2:24.74</b>	448	ÍM	32.71	37.18	38.14	36.71
30.	Svava Björg Lárusdóttir	13	Reykjavík	<b>2:24.77</b>	448	ÍM	31.97	37.18	38.41	37.21
31.	Arey Rakel Guðnadóttir	14	Reykjavík	<b>2:24.79</b>	447	ÍM	32.77	36.11	37.61	38.30
32.	Klara Sif Sverrisdóttir	16	Breiðablik	<b>2:26.09</b>	436	ÍM	33.77	36.59	38.16	37.57

Sundgrein 16

karla, 200m skriðsund

Opinn

19.11.2016 - 9:47

Úrslitalistar Undanrásir

ÍSL Opinn	1:46.72	Örn Arnarson	SH	Lissabon (POR)	10.12.1999
ÍSL 11 - 12	2:15.01				
ÍSL 13 - 14	1:57.42				
ÍSL 15 - 17	1:48.65				

HM25 2016 16 +: 1:50.09 / NM 2016 18 +: 1:55.19; 16 - 17: 1:57.33; 14 - 15: 2:00.01 / Ím25 : 2:14.99

Stig: FINA 2016

Sæti	Aldur		Tími	Stig	50m	100m	150m	200m		
1.	Pröstur Bjarnason	19	ÍRB	<b>1:55.96</b>	629	A	27.41	29.70	29.42	29.43
2.	Huginn Hilmarsson	21	Breiðablik	<b>1:56.80</b>	615	A	26.91	29.27	30.35	30.27
3.	Hafþór Jón Sigurðsson	19	SH	<b>1:57.93</b>	598	A	27.44	30.10	30.77	29.62
4.	Ólafur Sigurðsson	17	SH	<b>1:58.92</b>	583	A	27.82	30.10	30.63	30.37
5.	Davíð Fannar Ragnarsson	18	Breiðablik	<b>1:58.93</b>	583	A	27.28	30.03	30.71	30.91
6.	Björgvin Theodór Hilmarsson	18	ÍRB	<b>2:00.52</b>	560	A	27.55	30.44	31.53	31.00
7.	Bjartur Þórhallsson	16	Ægir	<b>2:00.59</b>	559	A	27.54	30.65	31.34	31.06
8.	Sigurður Örn Ragnarsson	25	Ægir	<b>2:00.61</b>	559	A	27.99	30.52	31.12	30.98
9.	Hólmsteinn Skorri H.	16	Ægir	<b>2:02.00</b>	540	R	28.12	31.32	31.64	30.92
10.	Jón Tumi Dagsson	15	SH	<b>2:05.35</b>	498	R	28.48	31.67	33.03	32.17
11.	Hilmir Örn Ólafsson	15	Ægir	<b>2:06.12</b>	489		29.06	32.13	32.87	32.06
12.	Björgvin Árni Júlíusson	15	Reykjavík	<b>2:06.25</b>	487		28.86	31.91	32.92	32.56
13.	Hafsteinn Hákonarson	16	Reykjavík	<b>2:07.56</b>	472		29.32	31.83	33.49	32.92
14.	Jón Klausen	16	Reykjavík	<b>2:07.87</b>	469		29.36	32.86	33.06	32.59
15.	Baldur Logi Gautason	16	Óðinn	<b>2:08.42</b>	463		29.61	32.82	33.42	32.57
16.	Hafsteinn Ari Ágústsson	16	Breiðablik	<b>2:09.55</b>	451		29.88	33.37	33.95	32.35
17.	Hákon Alexander Magnússon	16	Óðinn	<b>2:10.52</b>	441		29.84	33.19	33.98	33.51
18.	Erlend Magnússon	15	ÍA	<b>2:10.55</b>	440		29.50	32.89	34.18	33.98
19.	Benedikt Hjaltason	14	Breiðablik	<b>2:10.76</b>	438		29.25	33.33	34.29	33.89
20.	Aron Bjarki Jónsson	15	Óðinn	<b>2:10.96</b>	436		29.81	33.45	34.95	32.75
21.	Óskar Gauti Lund	17	Breiðablik	<b>2:13.52</b>	412		31.00	33.93	34.66	33.93
22.	Halldór Björn Kristinsson	14	Ægir	<b>2:14.22</b>	405		31.42	34.15	34.79	33.86
23.	Róbert Andri Pálmason	14	Reykjavík	<b>2:15.02</b>	398	ÍM	30.74	35.25	35.04	33.99
ÓG.	Kári Sölvi Nielsen	16	SH							

G2 - Starting before the start signal (SW 4.4)

veikindi Hilmar Smári Jónsson 22 Reykjavík

Íslandsmeistaramótið i 25m 2016  
Hafnarfjörður, 18. - 20.11.2016

Sundgrein 17 kvenna, 100m flugsund Opinn  
19.11.2016 - 10:01 Úrslitalistar Undanrásir

ÍSL Opinn	1:00.25	Bryndís Rún Hansen	NOR	Szczecin (POL)	12.09.2011
ÍSL 11 - 12	1:10.91				
ÍSL 13 - 14	1:05.71				
ÍSL 15 - 17	1:01.81				

HM25 2016 16 +: 59.76 / NM 2016 15 - 16: 1:03.09; 17 +: 1:02.51; 13 - 14: 1:04.84 / Ím25 : 1:11.64

Stig: FINA 2016

Sæti	Aldur		Tími	Stig	50m	100m
1.	Inga Elin Cryer	23 Ægir	<b>1:04.59</b>	604 A	30.37	34.22
2.	Jóhanna Gerða Gústafsdóttir	26 Ægir	<b>1:06.00</b>	566 A	30.81	35.19
3.	Sylwia Sienkiewicz	17 ÍRB	<b>1:07.84</b>	521 A	31.47	36.37
4.	María Fanney Kristjánsdóttir	16 SH	<b>1:07.97</b>	518 A	31.74	36.23
5.	Gunnhildur Björg Baldursdóttir	16 ÍRB	<b>1:08.11</b>	515 A	31.43	36.68
6.	Brynhildur Traustadóttir	15 ÍA	<b>1:08.31</b>	510 A	31.95	36.36
7.	Jóhanna Elín Guðmundsdóttir	15 SH	<b>1:09.35</b>	488 A	32.23	37.12
8.	Elín Ylfa Viðarsdóttir	17 Breiðablik	<b>1:10.69</b>	461 A	32.86	37.83
9.	Ragnheiður Karlsdóttir	17 Breiðablik	<b>1:11.13</b>	452 R	32.79	38.34
10.	Berglind Bjarnadóttir	15 Reykjavík	<b>1:13.80</b>	405 R ÍM	34.39	39.41

Sundgrein 18 karla, 100m flugsund Opinn  
19.11.2016 - 10:06 Úrslitalistar Undanrásir

ÍSL Opinn	52.53	Örn Arnarson	SH	Debrecen (HUN)	13.12.2007
ÍSL 11 - 12	1:08.39				
ÍSL 13 - 14	1:00.10				
ÍSL 15 - 17	55.77				

HM25 2016 16 +: 53.43 / NM 2016 18 +: 55.99; 16 - 17: 57.03; 14 - 15: 58.33 / Ím25 : 1:05.46

Stig: FINA 2016

Sæti	Aldur		Tími	Stig	50m	100m
1.	Ágúst Júlíusson	27 ÍA	<b>55.14</b>	677 A NM	25.56	29.58
2.	Aron Örn Stefánsson	21 GEST	<b>57.37</b>	601 A	26.14	31.23
3.	Brynjólfur Óli Karlsson	15 Breiðablik	<b>59.92</b>	528 A	27.78	32.14
4.	Baldvín Sigmarsson	19 ÍRB	<b>1:00.31</b>	518 A	27.97	32.34
5.	Ingi Þór Ólafsson	17 ÍRB	<b>1:01.04</b>	499 A	28.38	32.66
6.	Davíð Hildiberg Aðalsteinsson	26 ÍRB	<b>1:01.74</b>	482 A	29.31	32.43
7.	Jökull Ýmir Guðmundsson	16 SH	<b>1:03.97</b>	434 A	30.44	33.53
8.	Sævar Berg Sigurðsson	21 ÍA	<b>1:04.03</b>	432 A	29.34	34.69

Sundgrein 19 kvenna, 50m baksund Opinn  
19.11.2016 - 10:08 Úrslitalistar Undanrásir

ÍSL Opinn	27.45	Ingibjörg Kristín Jónsdóttir	SH	Szczecin (POL)	10.12.2011
ÍSL 11 - 12	32.21				
ÍSL 13 - 14	30.04				
ÍSL 15 - 17	28.23				

HM25 2016 16 +: 29.14 / NM 2016 15 - 16: 30.94; 17 +: 30.66; 13 - 14: 30.94 / Ím25 : 35.08

Stig: FINA 2016

Sæti	Aldur		Tími	Stig	
1.	Eygló Ósk Gústafsdóttir	21 Ægir	<b>28.29</b>	747 A	HM
2.	Katarína Róbertsdóttir	16 SH	<b>29.94</b>	630 A	NM
3.	Steingerður Hauksdóttir	20 Reykjavík	<b>30.54</b>	593 A	NM
4.	Eydís Ósk Kolbeinsdóttir	16 ÍRB	<b>31.31</b>	551 A	
5.	Íris Ósk Hilmarsdóttir	18 ÍRB	<b>31.53</b>	539 A	
6.	Una Lára Lárusdóttir	17 ÍA	<b>31.83</b>	524 A	
7.	Embla Sól Garðarsdóttir	15 Óðinn	<b>31.92</b>	520 A	
8.	Guðný Birna Sigurðardóttir	17 Breiðablik	<b>32.43</b>	495 A	
9.	Gunnlaug Margrét Ólafsdóttir	19 Breiðablik	<b>32.99</b>	471 R	
10.	María Arnarsdóttir	14 Óðinn	<b>33.09</b>	466 R	
11.	Aþena Karaolani	16 UMFA	<b>33.35</b>	456	

Íslandsmeistaramótið i 25m 2016  
Hafnarfjörður, 18. - 20.11.2016

Sundgrein 19, kvenna, 50m baksund, Undanrásir, Opinn

Sæti	Aldur	Tími	Stig
12. Sylwia Sienkiewicz	17 ÍRB	<b>33.49</b>	450
13. Þóra Snorradóttir	13 Óðinn	<b>33.62</b>	445
14. Eva Sól Garðarsdóttir	13 Óðinn	<b>33.64</b>	444
15. Alexandra Tómasdóttir	15 Óðinn	<b>33.92</b>	433
16. Hafdís Eva Pálsdóttir	12 ÍRB	<b>35.02</b>	393
17. Guðrún Ásta Þórarinsdóttir	16 Reykjavík	<b>35.27</b>	385 ÍM
18. Melkorka Assa Arnadóttir	15 SH	<b>35.94</b>	364 ÍM

Sundgrein 20 karla, 50m baksund Opinn  
19.11.2016 - 10:14 Úrslitalistar Undanrásir

ÍSL Opinn	24.05	Örn Arnarson	SH	Debrecen (HUN)	14.12.2007
ÍSL 11 - 12	30.10				
ÍSL 13 - 14	27.21				
ÍSL 15 - 17	25.42				

HM25 2016 16 +: 25.85 / NM 2016 18 +: 27.19; 16 - 17: 27.69; 14 - 15: 27.69 / Ím25 : 31.66

Stig: FINA 2016

Sæti	Aldur	Tími	Stig
1. Kristinn Þórarinsson	20 Reykjavík	<b>25.03</b>	699 A HM
2. Kolbeinn Hrafnkelsson	22 SH	<b>25.44</b>	666 A HM
3. Brynjólfur Óli Karlsson	15 Breiðablik	<b>27.26</b>	541 A NM
4. Predrag Milos	21 SH	<b>28.13</b>	492 A
5. Kristján Gylfi Þórisson	16 Ægir	<b>28.45</b>	476 A
6. Tómas Magnússon	14 Reykjavík	<b>29.21</b>	440 A

Sundgrein 21 kvenna, 100m fjórsund Opinn  
19.11.2016 - 10:16 Úrslitalistar Undanrásir

ÍSL Opinn	1:00.63	Hrafnhildur Lúthersdóttir	SH	Hafnarfjörður	14.11.2015
ÍSL 11 - 12	1:08.35				
ÍSL 13 - 14	1:06.64				
ÍSL 15 - 17	1:02.00				

HM25 2016 16 +: 1:05.05 / Ím25 : 1:14.19

Stig: FINA 2016

Sæti	Aldur	Tími	Stig	50m	100m
1. Jóhanna Gerða Gústafsdóttir	26 Ægir	<b>1:05.08</b>	660 A	29.77	35.31
2. Ragnheidur Ragnarsdóttir	32 Reykjavík	<b>1:07.17</b>	600 A	30.56	36.61
3. Jóhanna Elín Guðmundsdóttir	15 SH	<b>1:07.44</b>	593 A	31.04	36.40
4. Inga Elin Cryer	23 Ægir	<b>1:08.05</b>	577 A	32.08	35.97
5. Katarína Róbertsdóttir	16 SH	<b>1:08.36</b>	569 A	31.15	37.21
6. Gunnhildur Björg Baldursdóttir	16 ÍRB	<b>1:11.85</b>	490 A	33.38	38.47
7. Bjarkey Jónasdóttir	17 Ægir	<b>1:11.92</b>	489 A	33.29	38.63
8. Sylwia Sienkiewicz	17 ÍRB	<b>1:11.97</b>	488 A	33.19	38.78
9. Brynhildur Traustadóttir	15 ÍA	<b>1:12.50</b>	477 R	34.21	38.29
10. Ásgerður Jing Laufeyjardóttir	14 ÍA	<b>1:13.94</b>	450 R	35.11	38.83
11. Þóra Snorradóttir	13 Óðinn	<b>1:14.29</b>	443 ÍM	34.83	39.46
12. María Arnarsdóttir	14 Óðinn	<b>1:19.70</b>	359 ÍM	36.39	43.31

Íslandsmeistaramótið í 25m 2016  
Hafnarfjörður, 18. - 20.11.2016

Sundgrein 22  
19.11.2016 - 10:20

karla, 400m fjórsund

Opinn  
Úrslitalistar

ÍSL Opinn	4:11.78	Örn Arnarson	SH	Vestmannaeyjar	17.03.2001
ÍSL 11 - 12	5:08.87				
ÍSL 15 - 17	4:25.53				

HM25 2016 16 +: 4:23.54 / NM 2016 18 +: 4:37.22; 16 - 17: 4:42.38; 14 - 15: 4:48.83 / Ím25 : 5:22.46

Stig: FINA 2016

Sæti	Aldur		Tími						Stig		
1. Baldvin Sigmarsson	19	ÍRB	<b>4:38.21</b>						606		
50m:	29.46	29.46	150m:	1:38.66	36.01	250m:	2:53.55	39.15	350m:	4:05.97	32.44
100m:	1:02.65	33.19	200m:	2:14.40	35.74	300m:	3:33.53	39.98	400m:	4:38.21	32.24
2. Hallgrímur Kjartansson	18	Breiðablik	<b>4:43.86</b>						571		
50m:	31.02	31.02	150m:	1:44.76	37.76	250m:	2:59.75	38.14	350m:	4:11.33	32.82
100m:	1:07.00	35.98	200m:	2:21.61	36.85	300m:	3:38.51	38.76	400m:	4:43.86	32.53
3. Patrik Viggó Vilbergsson	14	Breiðablik	<b>4:46.39</b>						556 NM		
50m:	29.98	29.98	150m:	1:40.82	36.16	250m:	2:59.11	43.09	350m:	4:14.51	32.98
100m:	1:04.66	34.68	200m:	2:16.02	35.20	300m:	3:41.53	42.42	400m:	4:46.39	31.88
4. Ingi Þór Ólafsson	17	ÍRB	<b>4:47.02</b>						552		
50m:	29.20	29.20	150m:	1:40.24	36.48	250m:	2:58.89	40.90	350m:	4:14.47	33.11
100m:	1:03.76	34.56	200m:	2:17.99	37.75	300m:	3:41.36	42.47	400m:	4:47.02	32.55
5. Hilmir Örn Ólafsson	15	Ægir	<b>4:52.39</b>						522		
50m:	30.94	30.94	150m:	1:44.72	38.36	250m:	3:04.71	41.73	350m:	4:20.12	33.10
100m:	1:06.36	35.42	200m:	2:22.98	38.26	300m:	3:47.02	42.31	400m:	4:52.39	32.27
6. Snævar Atli Halldórsson	16	Óðinn	<b>5:06.49</b>						453		
50m:	32.00	32.00	150m:	1:52.79	42.66	250m:	3:15.51	41.34	350m:	4:32.68	35.53
100m:	1:10.13	38.13	200m:	2:34.17	41.38	300m:	3:57.15	41.64	400m:	5:06.49	33.81
7. Baldur Logi Gautason	16	Óðinn	<b>5:06.79</b>						452		
50m:	31.37	31.37	150m:	1:51.38	41.97	250m:	3:13.88	42.51	350m:	4:33.47	35.78
100m:	1:09.41	38.04	200m:	2:31.37	39.99	300m:	3:57.69	43.81	400m:	5:06.79	33.32
veikindi Hilmar Smári Jónsson	22	Reykjavík									

Sundgrein 23  
19.11.2016 - 10:27

kvenna, 200m bringusund

Opinn  
Úrslitalistar Undanrásir

ÍSL Opinn	2:22.69	Hrafnhildur Lúthersdóttir	SH	Doha (QAT)	07.12.2014
ÍSL 11 - 12	2:44.39				
ÍSL 13 - 14	2:35.23				
ÍSL 15 - 17	2:31.51				

HM25 2016 16 +: 2:29.10 / NM 2016 17 +: 2:37.57; 15 - 16: 2:39.04; 13 - 14: 2:43.44 / Ím25 : 2:59.89

Stig: FINA 2016

Sæti	Aldur		Tími		Stig	50m	100m	150m	200m
1. Sunna Svanlaug V.	16	SH	<b>2:41.50</b>	578	A	35.53	40.31	42.86	42.80
2. Karen Mist Arngæisdóttir	16	ÍRB	<b>2:42.94</b>	563	A	35.36	41.53	42.82	43.23
3. Stefánía Sigurbjörnsdóttir	15	ÍRB	<b>2:46.73</b>	525	A	37.47	42.28	43.71	43.27
4. Natalia Cecylia Wojdat	18	SH	<b>2:50.58</b>	490	A	37.55	43.59	44.52	44.92
5. Ástrós Elísa Eypórsdóttir	14	ÍRB	<b>2:55.37</b>	451	A	40.45	44.80	44.91	45.21
6. Ásgerður Jíng Laufeyjardóttir	14	ÍA	<b>2:56.22</b>	445	A	39.97	44.65	45.92	45.68
7. Eva Margrét Falsdóttir	11	ÍRB	<b>2:57.11</b>	438	A	40.32	45.86	46.87	44.06
8. Ágústa Bergrós Jakobsdóttir	14	Reykjavík	<b>2:57.35</b>	436	A	40.86	45.72	45.61	45.16
9. Kolbrún Eva Pálmadóttir	14	ÍRB	<b>2:59.46</b>	421	R	41.37	45.65	46.21	46.23
10. Berglind Bjarnadóttir	15	Reykjavík	<b>3:01.04</b>	410	R ÍM	40.97	45.76	46.88	47.43
11. Guðný Birna Falsdóttir	13	ÍRB	<b>3:03.59</b>	393	ÍM	42.96	46.87	47.63	46.13
veikindi Amalía Nanna Júlíusdóttir	14	Rán							

Íslandsmeistaramótið í 25m 2016  
Hafnarfjörður, 18. - 20.11.2016

Sundgrein 24

19.11.2016 - 10:36

karla, 200m bringusund

Opinn  
Úrslitalistar Undanrásir

ÍSL Opinn	2:07.75	Jakob Jóhann Sveinsson	Ægir	Reykjavík	20.11.2009
ÍSL 11 - 12	2:42.53				
ÍSL 13 - 14	2:26.98				
ÍSL 15 - 17	2:14.52				

HM25 2016 16 +: 2:13.98 / NM 2016 18 +: 2:21.10; 16 - 17: 2:23.73; 14 - 15: 2:27.01 / Ím25 : 2:45.33

Stig: FINA 2016

Sæti	Aldur	Tími	Stig	50m	100m	150m	200m		
1. Sævar Berg Sigurðsson	21	ÍA	<b>2:27.53</b>	544	A	32.90	37.09	38.56	38.98
Baldvin Sigmarsson	19	ÍRB	<b>2:27.53</b>	544	A	35.34	38.72	36.14	37.33
3. Hallgrímur Kjartansson	18	Breiðablik	<b>2:28.21</b>	537	A	33.23	37.60	38.34	39.04
4. Ólafur Sigurðsson	17	SH	<b>2:30.12</b>	516	A	34.87	38.43	38.80	38.02
5. Snævar Atli Halldórsson	16	Óðinn	<b>2:30.79</b>	510	A	33.66	38.85	39.68	38.60
6. Röbert Ísak Jónsson	15	SH	<b>2:37.02</b>	451	A	34.90	40.23	41.95	39.94
7. Óskar Gauti Lund	17	Breiðablik	<b>2:38.71</b>	437	A	35.05	40.06	41.72	41.88
8. Þorbjörn Andrasón	15	Reykjavík	<b>2:43.17</b>	402	A	35.43	41.72	43.04	42.98

Sundgrein 25

19.11.2016 - 10:40

kvenna, 800m skriðsund

Opinn  
Úrslitalistar

ÍSL Opinn	8:38.79	Inga Elín Cryer	Ægir	Doha (QAT)	04.12.2014
ÍSL 11 - 12	9:33.04				
ÍSL 13 - 14	8:52.21				
ÍSL 15 - 17	8:46.57				

HM25 2016 16 +: 8:49.90 / NM 2016 17 +: 9:12.17; 15 - 16: 9:17.31; 13 - 14: 9:32.72 / Ím25 : 10:25.67

Stig: FINA 2016

Sæti	Aldur	Tími	Stig				
1. Eydís Ósk Kolbeinsdóttir	16	ÍA	<b>9:08.80</b>	666	NM		
50m: 30.73	30.73	250m: 2:47.19	34.68	450m: 5:06.36	34.93	650m: 7:25.93	35.06
100m: 1:04.04	33.31	300m: 3:21.75	34.56	500m: 5:41.15	34.79	700m: 8:00.51	34.58
150m: 1:38.01	33.97	350m: 3:56.74	34.99	550m: 6:16.04	34.89	750m: 8:35.42	34.91
200m: 2:12.51	34.50	400m: 4:31.43	34.69	600m: 6:50.87	34.83	800m: 9:08.80	33.38
2. Bára Kristín Björgvinsdóttir	21	SH	<b>9:19.52</b>	628			
50m: 31.33	31.33	250m: 2:48.45	34.90	450m: 5:10.10	35.86	650m: 7:33.23	35.74
100m: 1:04.89	33.56	300m: 3:23.48	35.03	500m: 5:45.57	35.47	700m: 8:09.07	35.84
150m: 1:39.10	34.21	350m: 3:58.98	35.50	550m: 6:21.44	35.87	750m: 8:45.04	35.97
200m: 2:13.55	34.45	400m: 4:34.24	35.26	600m: 6:57.49	36.05	800m: 9:19.52	34.48
3. Stefanía Sigurpórsdóttir	15	ÍRB	<b>9:24.48</b>	612			
50m: 31.38	31.38	250m: 2:53.17	35.90	450m: 5:16.18	35.93	650m: 7:38.79	35.63
100m: 1:06.26	34.88	300m: 3:28.82	35.65	500m: 5:51.70	35.52	700m: 8:14.44	35.65
150m: 1:41.75	35.49	350m: 4:04.56	35.74	550m: 6:27.49	35.79	750m: 8:49.74	35.30
200m: 2:17.27	35.52	400m: 4:40.25	35.69	600m: 7:03.16	35.67	800m: 9:24.48	34.74
4. Adele Alexandra Pálsson	13	SH	<b>9:30.71</b>	592	NM		
50m: 32.65	32.65	250m: 2:56.17	36.08	450m: 5:20.47	35.81	650m: 7:45.14	35.87
100m: 1:08.15	35.50	300m: 3:32.59	36.42	500m: 5:56.56	36.09	700m: 8:21.89	36.75
150m: 1:44.16	36.01	350m: 4:08.70	36.11	550m: 6:32.78	36.22	750m: 8:57.65	35.76
200m: 2:20.09	35.93	400m: 4:44.66	35.96	600m: 7:09.27	36.49	800m: 9:30.71	33.06
5. Ragna Sigríður Ragnarsdóttir	15	Reykjavík	<b>9:33.22</b>	584			
50m: 33.41	33.41	250m: 2:57.65	35.96	450m: 5:21.37	35.41	650m: 7:43.84	35.89
100m: 1:09.24	35.83	300m: 3:33.75	36.10	500m: 5:56.77	35.40	700m: 8:20.34	36.50
150m: 1:45.34	36.10	350m: 4:09.95	36.20	550m: 6:32.49	35.72	750m: 8:57.43	37.09
200m: 2:21.69	36.35	400m: 4:45.96	36.01	600m: 7:07.95	35.46	800m: 9:33.22	35.79
6. Birna Hilmarsdóttir	14	ÍRB	<b>9:40.43</b>	563			
50m: 32.76	32.76	250m: 2:58.64	36.70	450m: 5:25.61	36.89	650m: 7:51.91	36.49
100m: 1:08.62	35.86	300m: 3:35.15	36.51	500m: 6:02.27	36.66	700m: 8:28.43	36.52
150m: 1:45.05	36.43	350m: 4:11.80	36.65	550m: 6:38.99	36.72	750m: 9:05.03	36.60
200m: 2:21.94	36.89	400m: 4:48.72	36.92	600m: 7:15.42	36.43	800m: 9:40.43	35.40

Íslandsmeistaramótið í 25m 2016  
Hafnarfjörður, 18. - 20.11.2016

Sundgrein 25, kvenna, 800m skriðsund, Opinn

Sæti			Aldur				Tími		Stig
7.	Diljá Rún Ívarsdóttir		14		ÍRB		<b>9:49.33</b>		538
	50m:	33.43 33.43	250m:	3:01.46 37.29	450m:	5:30.41 37.26	650m:	7:59.06 37.16	
	100m:	1:10.15 36.72	300m:	3:38.77 37.31	500m:	6:07.50 37.09	700m:	8:36.21 37.15	
	150m:	1:46.91 36.76	350m:	4:16.15 37.38	550m:	6:44.76 37.26	750m:	9:13.05 36.84	
	200m:	2:24.17 37.26	400m:	4:53.15 37.00	600m:	7:21.90 37.14	800m:	9:49.33 36.28	
8.	Ylfa Finnbogadóttir		14		SH		<b>9:56.17</b>		519
	50m:	33.35 33.35	250m:	3:02.18 37.48	450m:	5:34.51 38.02	650m:	8:05.94 37.77	
	100m:	1:09.77 36.42	300m:	3:39.94 37.76	500m:	6:12.34 37.83	700m:	8:43.05 37.11	
	150m:	1:46.89 37.12	350m:	4:18.06 38.12	550m:	6:50.10 37.76	750m:	9:20.55 37.50	
	200m:	2:24.70 37.81	400m:	4:56.49 38.43	600m:	7:28.17 38.07	800m:	9:56.17 35.62	
9.	Regína Lilja Gunnlaugsdóttir		14		Breiðablik		<b>10:01.39</b>		506
	50m:	32.40 32.40	250m:	2:59.51 37.49	450m:	5:32.81 38.88	650m:	8:06.60 38.61	
	100m:	1:08.42 36.02	300m:	3:37.34 37.83	500m:	6:10.81 38.00	700m:	8:45.29 38.69	
	150m:	1:45.07 36.65	350m:	4:15.55 38.21	550m:	6:49.39 38.58	750m:	9:23.79 38.50	
	200m:	2:22.02 36.95	400m:	4:53.93 38.38	600m:	7:27.99 38.60	800m:	10:01.39 37.60	
10.	Þórkatla Björg Ómarsdóttir		15		Óðinn		<b>10:07.51</b>		491
	50m:	34.87 34.87	250m:	3:05.01 37.72	450m:	5:39.25 38.69	650m:	8:15.19 39.23	
	100m:	1:11.45 36.58	300m:	3:43.40 38.39	500m:	6:18.06 38.81	700m:	8:54.29 39.10	
	150m:	1:49.01 37.56	350m:	4:21.62 38.22	550m:	6:57.35 39.29	750m:	9:31.96 37.67	
	200m:	2:27.29 38.28	400m:	5:00.56 38.94	600m:	7:35.96 38.61	800m:	10:07.51 35.55	
11.	Ingibjörg Erla Garðarsdóttir		16		Ægir		<b>10:11.89</b>		480
	50m:	32.95 32.95	250m:	3:04.88 38.93	450m:	5:40.44 38.74	650m:	8:16.51 38.58	
	100m:	1:09.98 37.03	300m:	3:43.75 38.87	500m:	6:20.10 39.66	700m:	8:55.76 39.25	
	150m:	1:47.89 37.91	350m:	4:22.54 38.79	550m:	6:59.04 38.94	750m:	9:34.77 39.01	
	200m:	2:25.95 38.06	400m:	5:01.70 39.16	600m:	7:37.93 38.89	800m:	10:11.89 37.12	
12.	Þorgerður Ósk Jónsdóttir		13		SH		<b>10:12.98</b>		478
	50m:	34.23 34.23	250m:	3:08.74 39.06	450m:	5:43.92 38.83	650m:	8:20.19 38.92	
	100m:	1:12.31 38.08	300m:	3:47.26 38.52	500m:	6:22.93 39.01	700m:	8:58.91 38.72	
	150m:	1:50.72 38.41	350m:	4:26.10 38.84	550m:	7:02.14 39.21	750m:	9:37.36 38.45	
	200m:	2:29.68 38.96	400m:	5:05.09 38.99	600m:	7:41.27 39.13	800m:	10:12.98 35.62	
13.	Guðný Birna Falsdóttir		13		ÍRB		<b>10:13.19</b>		477
	50m:	35.56 35.56	250m:	3:08.64 38.14	450m:	5:44.24 39.32	650m:	8:20.49 38.76	
	100m:	1:13.37 37.81	300m:	3:47.31 38.67	500m:	6:23.41 39.17	700m:	8:58.99 38.50	
	150m:	1:51.55 38.18	350m:	4:26.26 38.95	550m:	7:02.42 39.01	750m:	9:37.66 38.67	
	200m:	2:30.50 38.95	400m:	5:04.92 38.66	600m:	7:41.73 39.31	800m:	10:13.19 35.53	
14.	Hildur Elísabet Hálfðanardóttir		18		SH		<b>10:15.22</b>		472
	50m:	34.50 34.50	250m:	3:09.94 39.29	450m:	5:47.52 40.27	650m:	8:22.92 39.24	
	100m:	1:12.62 38.12	300m:	3:49.73 39.79	500m:	6:26.74 39.22	700m:	9:00.85 37.93	
	150m:	1:51.39 38.77	350m:	4:28.41 38.68	550m:	7:04.40 37.66	750m:	9:39.09 38.24	
	200m:	2:30.65 39.26	400m:	5:07.25 38.84	600m:	7:43.68 39.28	800m:	10:15.22 36.13	
15.	Gabriela Machlowiec		18		Reykjavík		<b>10:16.33</b>		470
	50m:	33.94 33.94	250m:	3:05.94 38.76	450m:	5:43.42 39.09	650m:	8:21.80 39.73	
	100m:	1:11.15 37.21	300m:	3:45.47 39.53	500m:	6:22.59 39.17	700m:	9:00.83 39.03	
	150m:	1:48.72 37.57	350m:	4:25.00 39.53	550m:	7:02.26 39.67	750m:	9:39.76 38.93	
	200m:	2:27.18 38.46	400m:	5:04.33 39.33	600m:	7:42.07 39.81	800m:	10:16.33 36.57	
16.	Þórdís Anita Björnsdóttir		14		SH		<b>10:20.57</b>		460
	50m:	33.64 33.64	250m:	3:09.78 39.42	450m:	5:47.74 39.57	650m:	8:26.23 39.61	
	100m:	1:11.88 38.24	300m:	3:48.85 39.07	500m:	6:27.56 39.82	700m:	9:05.43 39.20	
	150m:	1:51.12 39.24	350m:	4:28.96 40.11	550m:	7:07.20 39.64	750m:	9:43.74 38.31	
	200m:	2:30.36 39.24	400m:	5:08.17 39.21	600m:	7:46.62 39.42	800m:	10:20.57 36.83	
17.	Aþena Arnarsdóttir		13		Óðinn		<b>10:26.14</b>		448 ÍM
	50m:	35.67 35.67	250m:	3:14.02 39.99	450m:	5:53.83 39.58	650m:	8:31.30 39.30	
	100m:	1:14.58 38.91	300m:	3:53.98 39.96	500m:	6:32.97 39.14	700m:	9:10.58 39.28	
	150m:	1:54.18 39.60	350m:	4:34.11 40.13	550m:	7:12.67 39.70	750m:	9:49.49 38.91	
	200m:	2:34.03 39.85	400m:	5:14.25 40.14	600m:	7:52.00 39.33	800m:	10:26.14 36.65	
18.	Ágústa Berggrós Jakobsdóttir		14		Reykjavík		<b>10:29.30</b>		441 ÍM
	50m:	35.95 35.95	250m:	3:13.85 39.16	450m:	5:52.74 39.86	650m:	8:32.06 39.80	
	100m:	1:15.36 39.41	300m:	3:53.50 39.65	500m:	6:32.52 39.78	700m:	9:12.05 39.99	
	150m:	1:55.22 39.86	350m:	4:33.34 39.84	550m:	7:12.28 39.76	750m:	9:51.38 39.33	
	200m:	2:34.69 39.47	400m:	5:12.88 39.54	600m:	7:52.26 39.98	800m:	10:29.30 37.92	

Íslandsmeistaramótið í 25m 2016  
Hafnarfjörður, 18. - 20.11.2016

Sundgrein 25, kvenna, 800m skriðsund, Opinn

Sæti			Aldur		Tími						Stig		
19.	Klara Sif Sverrisdóttir		16		Breiðablik						<b>10:29.42</b>	441	ÍM
	50m:	36.22	36.22	250m:	3:13.06	39.62	450m:	5:51.68	39.76	650m:	8:31.56	39.58	
	100m:	1:15.14	38.92	300m:	3:52.33	39.27	500m:	6:31.66	39.98	700m:	9:11.26	39.70	
	150m:	1:54.17	39.03	350m:	4:32.20	39.87	550m:	7:11.54	39.88	750m:	9:51.36	40.10	
	200m:	2:33.44	39.27	400m:	5:11.92	39.72	600m:	7:51.98	40.44	800m:	10:29.42	38.06	
veikindi	Rebekka Sif Ómarsdóttir		13		Óðinn								

Sundgrein 26

19.11.2016 - 11:03

karla, 800m skriðsund

Opinn  
Úrslitalistar

ÍSL Opinn	7:52.84	Anton Sveinn McKee	Ægir	Istanbul (TUR)	16.12.2012
ÍSL 11 - 12	9:24.91				
ÍSL 13 - 14	8:31.56				
ÍSL 15 - 17	8:16.04				

HM25 2016 16 +: 8:04.69 / Ím25 : 9:56.48

Stig: FINA 2016

Sæti			Aldur		Tími						Stig	
1.	Þröstur Bjarnason		19		ÍRB						<b>8:22.64</b>	686
	50m:	28.46	28.46	250m:	2:37.89	32.71	450m:	4:45.97	31.19	650m:	6:52.95	31.51
	100m:	1:00.09	31.63	300m:	3:10.00	32.11	500m:	5:17.41	31.44	700m:	7:24.44	31.49
	150m:	1:32.79	32.70	350m:	3:42.25	32.25	550m:	5:49.12	31.71	750m:	7:55.28	30.84
	200m:	2:05.18	32.39	400m:	4:14.78	32.53	600m:	6:21.44	32.32	800m:	8:22.64	27.36
2.	Hafþór Jón Sigurðsson		19		SH						<b>8:23.87</b>	681
	50m:	28.79	28.79	250m:	2:37.45	32.45	450m:	4:46.54	32.07	650m:	6:52.71	31.29
	100m:	1:00.42	31.63	300m:	3:09.83	32.38	500m:	5:18.20	31.66	700m:	7:23.82	31.11
	150m:	1:32.64	32.22	350m:	3:42.11	32.28	550m:	5:49.81	31.61	750m:	7:54.99	31.17
	200m:	2:05.00	32.36	400m:	4:14.47	32.36	600m:	6:21.42	31.61	800m:	8:23.87	28.88
3.	Ólafur Sigurðsson		17		SH						<b>8:49.03</b>	588
	50m:	30.15	30.15	250m:	2:43.32	33.39	450m:	4:58.09	32.82	650m:	7:11.17	32.45
	100m:	1:02.76	32.61	300m:	3:17.08	33.76	500m:	5:31.12	33.03	700m:	7:44.33	33.16
	150m:	1:36.27	33.51	350m:	3:51.13	34.05	550m:	6:04.84	33.72	750m:	8:17.31	32.98
	200m:	2:09.93	33.66	400m:	4:25.27	34.14	600m:	6:38.72	33.88	800m:	8:49.03	31.72
4.	Patrik Viggó Vilbergsson		14		Breiðablik						<b>8:52.36</b>	577
	50m:	29.48	29.48	250m:	2:43.75	33.95	450m:	4:59.11	33.84	650m:	7:14.12	33.82
	100m:	1:02.57	33.09	300m:	3:17.31	33.56	500m:	5:32.79	33.68	700m:	7:47.61	33.49
	150m:	1:36.16	33.59	350m:	3:51.32	34.01	550m:	6:06.64	33.85	750m:	8:20.61	33.00
	200m:	2:09.80	33.64	400m:	4:25.27	33.95	600m:	6:40.30	33.66	800m:	8:52.36	31.75
5.	Björgvin Árni Júlíusson		15		Reykjavík						<b>9:07.81</b>	530
	50m:	30.43	30.43	250m:	2:46.84	34.34	450m:	5:05.64	34.99	650m:	7:25.55	34.77
	100m:	1:03.89	33.46	300m:	3:21.63	34.79	500m:	5:40.51	34.87	700m:	8:00.48	34.93
	150m:	1:37.90	34.01	350m:	3:55.95	34.32	550m:	6:15.90	35.39	750m:	8:35.10	34.62
	200m:	2:12.50	34.60	400m:	4:30.65	34.70	600m:	6:50.78	34.88	800m:	9:07.81	32.71
6.	Baldur Logi Gautason		16		Óðinn						<b>9:17.78</b>	502
	50m:	31.55	31.55	250m:	2:52.57	35.60	450m:	5:14.79	35.41	650m:	7:34.92	34.57
	100m:	1:06.08	34.53	300m:	3:28.24	35.67	500m:	5:49.82	35.03	700m:	8:10.19	35.27
	150m:	1:41.22	35.14	350m:	4:03.73	35.49	550m:	6:24.92	35.10	750m:	8:44.14	33.95
	200m:	2:16.97	35.75	400m:	4:39.38	35.65	600m:	7:00.35	35.43	800m:	9:17.78	33.64
7.	Benedikt Hjaltason		14		Breiðablik						<b>9:20.33</b>	495
	50m:	31.29	31.29	250m:	2:52.60	35.53	450m:	5:14.45	35.31	650m:	7:36.11	35.15
	100m:	1:06.13	34.84	300m:	3:28.15	35.55	500m:	5:49.87	35.42	700m:	8:11.28	35.17
	150m:	1:41.60	35.47	350m:	4:03.67	35.52	550m:	6:25.38	35.51	750m:	8:46.78	35.50
	200m:	2:17.07	35.47	400m:	4:39.14	35.47	600m:	7:00.96	35.58	800m:	9:20.33	33.55
8.	Róbert Andri Pálmason		14		Reykjavík						<b>9:31.36</b>	467
	50m:	31.86	31.86	250m:	2:56.38	36.83	450m:	5:20.68	36.44	650m:	7:46.35	36.41
	100m:	1:07.38	35.52	300m:	3:32.38	36.00	500m:	5:57.03	36.35	700m:	8:22.45	36.10
	150m:	1:43.41	36.03	350m:	4:07.84	35.46	550m:	6:33.51	36.48	750m:	8:57.58	35.13
	200m:	2:19.55	36.14	400m:	4:44.24	36.40	600m:	7:09.94	36.43	800m:	9:31.36	33.78

Íslandsmeistaramótið í 25m 2016  
Hafnarfjörður, 18. - 20.11.2016

Sundgrein 26, karla, 800m skriðsund, Opinn

Sæti	Aldur								Tími	Stig		
9.	Kristófer Atli Andersen								14	Breiðablik	<b>9:35.46</b>	457
	50m:	31.29	31.29	250m:	2:56.46	36.54	450m:	5:23.97	37.84	650m:	7:49.51	35.76
	100m:	1:07.52	36.23	300m:	3:33.02	36.56	500m:	6:01.17	37.20	700m:	8:25.49	35.98
	150m:	1:43.82	36.30	350m:	4:09.47	36.45	550m:	6:37.07	35.90	750m:	9:01.43	35.94
	200m:	2:19.92	36.10	400m:	4:46.13	36.66	600m:	7:13.75	36.68	800m:	9:35.46	34.03
10.	Björn Axel Agnarsson								14	Breiðablik	<b>9:39.71</b>	447
	50m:	32.28	32.28	250m:	2:56.13	36.67	450m:	5:22.57	36.90	650m:	7:50.31	36.64
	100m:	1:07.07	34.79	300m:	3:32.48	36.35	500m:	5:59.50	36.93	700m:	8:27.34	37.03
	150m:	1:43.66	36.59	350m:	4:08.81	36.33	550m:	6:36.60	37.10	750m:	9:03.85	36.51
	200m:	2:19.46	35.80	400m:	4:45.67	36.86	600m:	7:13.67	37.07	800m:	9:39.71	35.86
11.	Halldór Björn Kristinsson								14	Ægir	<b>9:53.55</b>	416
	50m:	32.05	32.05	250m:	2:58.24	37.39	450m:	5:28.85	37.77	650m:	8:01.06	38.26
	100m:	1:07.55	35.50	300m:	3:35.78	37.54	500m:	6:06.60	37.75	700m:	8:39.18	38.12
	150m:	1:44.05	36.50	350m:	4:13.39	37.61	550m:	6:44.52	37.92	750m:	9:16.69	37.51
	200m:	2:20.85	36.80	400m:	4:51.08	37.69	600m:	7:22.80	38.28	800m:	9:53.55	36.86

Sundgrein 27  
19.11.2016 - 11:15

blandað, 4 x 100m fjórsund

Opinn  
Úrslitalistar

ÍSL Hafnarfjörður 14.11.2015

Stig: FINA 2016

Sæti	Aldur								Tími	Stig	
1.	ÍRB 1								ÍRB	<b>3:59.69</b>	573
	Davíð Hildiberg Aðalsteinsson	+0,56	26.21	54.76	Sunneva Dögg Robertson	+0,39	29.78	1:04.78			
	Ámi Már Árnason	+0,31	28.59	1:01.18	Eydís Ósk Kolbeinsdóttir	+0,28	27.81	58.97			
2.	Ægir 1								Ægir	<b>4:08.74</b>	513
	Eygló Ósk Gústafsdóttir	+0,77	29.38	1:00.51	Inga Elin Cryer	+0,31	29.54	1:03.85			
	Hólmsteinn Skorri Hallgrímsson	+0,19	31.92	1:09.61	Bjartur Þórhallsson	0.00	25.56	54.77			
3.	SH 1								SH	<b>4:12.43</b>	491
	Katarína Róbertsdóttir	+0,63	31.79	1:05.62	Hafþór Jón Sigurðsson	+0,24	27.54	1:00.20			
	Ólafur Sigurðsson	+0,11	31.64	1:07.86	Jóhanna Elín Guðmundsdóttir	+0,18	27.96	58.75			
4.	Reykjavík 1								Reykjavík	<b>4:13.46</b>	485
	Tómas Magnússon		30.19	1:03.32	Steingerður Hauksdóttir	+0,19	29.94	1:07.24			
	Kristinn Þórarinnsson	+0,40	29.22	1:02.29	Ragnheiður Ragnarsdóttir	+0,15	28.24	1:00.61			
5.	Breiðablik 1								Breiðablik	<b>4:16.02</b>	470
	Guðný Birna Sigurðardóttir	+0,65	33.36	1:09.87	Brynjólfur Óli Karlsson	+0,15	26.57	59.00			
	Hallgrímur Kjartansson		32.36	1:08.65	Bryndís Bolladóttir	+0,24	27.55	58.50			
6.	Ægir 2								Ægir	<b>4:21.24</b>	443
	Kristján Gylfi Þórisson	+0,63	29.26	1:00.66	Hilmir Örn Ólafsson	+0,39	29.31	1:03.91			
	Jóhanna Gerða Gústafsdóttir	+0,48	34.64	1:14.13	Bjarkey Jónasdóttir	+0,51	29.96	1:02.54			
7.	Óðinn 1								Óðinn	<b>4:32.26</b>	391
	Baldur Logi Gautason	+0,60	33.30	1:09.44	Rannveig Katrín Arnarsdóttir	+0,52	32.98	1:11.17			
	Snævar Atli Halldórsson	+0,59	32.25	1:08.59	Embla Sól Garðarsdóttir	+0,68	29.75	1:03.06			
8.	ÍA 1								ÍA	<b>4:37.39</b>	370
	Erlend Magnússon	+0,69	31.89	1:07.39	Atli Víkar Ingimundarson	+0,42	27.26	1:00.42			
	Brynhildur Traustadóttir	+0,37	38.70	1:23.99	Eyrún Sigþórsdóttir	+0,41	31.19	1:05.59			
9.	Reykjavík 2								Reykjavík	<b>4:42.20</b>	351
	Arey Rake Guðnadóttir	+0,70	36.20	1:16.10	Berglind Bjarnadóttir	+0,42	33.42	1:13.13			
	Þorbjörn Andrason	+0,23	34.25	1:14.41	Jón Klausen	+0,36	28.13	58.56			

ÓG. SH 2

SH

R1 - Swimmer started before the preciding touched the wall (SW 10.11)

María Fanney Kristjánsdóttir, Sunna Svanlaug Vilhjámsdóttir, Jökull Ýmir Guðmundsson, Kári Sólvi Nielsen



Íslandsmeistaramótið í 25m 2016  
Hafnarfjörður, 18. - 20.11.2016

Sundgrein 15 kvenna, 200m skriðsund Opinn  
19.11.2016 - 16:30 Úrslitalistar Úrslitsund

ÍSL Opinn	1:59.45	Sigrún Brá Sverrisdóttir	Fjölpir	Rijeka (CRO)	14.12.2008
ÍSL 11 - 12	2:14.57				
ÍSL 13 - 14	2:03.78				
ÍSL 15 - 17	1:59.57				

HM25 2016 16 +: 2:01.27 / NM 2016 17 +: 2:06.57; 15 - 16: 2:07.75; 13 - 14: 2:11.28 / Ím25 : 2:24.44

Stig: FINA 2016

Sæti	Aldur		Tími	Stig	50m	100m	150m	200m		
Úrslitasund										
1.	Sunneva Dögg Robertson	17	ÍRB	<b>2:03.31</b>	725	NM	28.83	31.01	31.75	31.72
2.	Bryndís Bolladóttir	17	Breiðablik	<b>2:05.30</b>	691	NM	28.72	31.40	32.39	32.79
3.	Ragna Sigríður Ragnarsdóttir	15	Reykjavík	<b>2:11.31</b>	600		30.02	32.91	34.39	33.99
4.	Regína Lilja Gunnlaugsdóttir	14	Breiðablik	<b>2:13.15</b>	575		30.50	33.18	34.66	34.81
5.	Adele Alexandra Pálsson	13	SH	<b>2:14.09</b>	563		30.96	34.10	34.81	34.22
6.	Una Lára Lárusdóttir	17	ÍA	<b>2:15.49</b>	546		30.48	33.92	35.61	35.48
7.	Fanney Lind Jóhannsdóttir	14	Ægir	<b>2:16.58</b>	533		31.97	34.62	35.35	34.64
8.	Ragnheiður Karlsdóttir	17	Breiðablik	<b>2:17.17</b>	526		30.66	34.20	35.71	36.60

Sundgrein 16 karla, 200m skriðsund Opinn  
19.11.2016 - 16:34 Úrslitalistar Úrslitsund

ÍSL Opinn	1:46.72	Örn Arnarson	SH	Lissabon (POR)	10.12.1999
ÍSL 11 - 12	2:15.01				
ÍSL 13 - 14	1:57.42				
ÍSL 15 - 17	1:48.65				

HM25 2016 16 +: 1:50.09 / NM 2016 18 +: 1:55.19; 16 - 17: 1:57.33; 14 - 15: 2:00.01 / Ím25 : 2:14.99

Stig: FINA 2016

Sæti	Aldur		Tími	Stig	50m	100m	150m	200m		
Úrslitasund										
1.	Pröstur Bjarnason	19	ÍRB	<b>1:53.10</b>	678	NM	26.76	29.68	28.97	27.69
2.	Huginn Hilmarsson	21	Breiðablik	<b>1:55.15</b>	642	NM	26.80	28.94	29.59	29.82
3.	Ólafur Sigurðsson	17	SH	<b>1:56.50</b>	620	NM	27.40	29.21	29.63	30.26
4.	Davíð Fannar Ragnarsson	18	Breiðablik	<b>1:56.95</b>	613		27.46	29.86	30.68	28.95
5.	Hafþór Jón Sigurðsson	19	SH	<b>1:58.67</b>	587		27.54	29.88	30.71	30.54
6.	Hólmsteinn Skorri H.	16	Ægir	<b>2:01.05</b>	553		27.42	30.45	31.52	31.66
7.	Bjartur Þórhallsson	16	Ægir	<b>2:01.88</b>	541		27.70	30.82	31.95	31.41
8.	Björgvin Theodór Hilmarsson	18	ÍRB	<b>2:02.19</b>	537		27.26	30.74	32.06	32.13

Sundgrein 17 kvenna, 100m flugsund Opinn  
19.11.2016 - 16:38 Úrslitalistar Úrslitsund

ÍSL Opinn	1:00.25	Bryndís Rún Hansen	NOR	Szczecin (POL)	12.09.2011
ÍSL 11 - 12	1:10.91				
ÍSL 13 - 14	1:05.71				
ÍSL 15 - 17	1:01.81				

HM25 2016 16 +: 59.76 / NM 2016 17 +: 1:02.51; 15 - 16: 1:03.09; 13 - 14: 1:04.84 / Ím25 : 1:11.64

Stig: FINA 2016

Sæti	Aldur		Tími	Stig	50m	100m		
Úrslitasund								
1.	Jóhanna Gerða Gústafsdóttir	26	Ægir	<b>1:01.87</b>	687	NM	29.09	32.78
2.	Inga Elin Cryer	23	Ægir	<b>1:03.20</b>	645		29.88	33.32
3.	Sylwia Sienkiewicz	17	ÍRB	<b>1:06.50</b>	553		30.90	35.60
4.	Gunnhildur Björg Baldursdóttir	16	ÍRB	<b>1:07.07</b>	539		31.31	35.76
5.	Brynhildur Traustadóttir	15	ÍA	<b>1:07.27</b>	534		31.10	36.17
6.	María Fanney Kristjánsdóttir	16	SH	<b>1:07.87</b>	520		32.06	35.81
7.	Elín Yífa Viðarsdóttir	17	Breiðablik	<b>1:09.33</b>	488		31.57	37.76
MÆekki	Ragnheiður Karlsdóttir	17	Breiðablik					

Íslandsmeistaramótið i 25m 2016  
Hafnarfjörður, 18. - 20.11.2016

Sundgrein 18 karla, 100m flugsund Opinn  
19.11.2016 - 16:50 Úrslitalistar Úrslitsund

ÍSL Opinn	52.53	Örn Arnarson	SH	Debrecen (HUN)	13.12.2007
ÍSL 11 - 12	1:08.39				
ÍSL 13 - 14	1:00.10				
ÍSL 15 - 17	55.77				

HM25 2016 16 +: 53.43 / NM 2016 18 +: 55.99; 16 - 17: 57.03; 14 - 15: 58.33 / Ím25 : 1:05.46

Stig: FINA 2016

Sæti	Aldur		Tími	Stig	50m	100m
Úrslitasund						
1.	Ágúst Júlíusson	27	ÍA	<b>54.55</b>	700 NM	25.08 29.47
2.	Davíð Hildiberg Aðalsteinsson	26	ÍRB	<b>54.72</b>	693 NM	25.33 29.39
3.	Aron Örn Stefánsson	21	GEST	<b>56.74</b>	622	25.87 30.87
4.	Brynjólfur Óli Karlsson	15	Breiðablik	<b>58.17</b>	577 NM	27.06 31.11
5.	Jökull Ýmir Guðmundsson	16	SH	<b>1:03.28</b>	448	29.42 33.86
MÆekki	Ingi Þór Ólafsson	17	ÍRB			

Sundgrein 19 kvenna, 50m baksund Opinn  
19.11.2016 - 16:53 Úrslitalistar Úrslitsund

ÍSL Opinn	27.45	Ingibjörg Kristín Jónsdóttir	SH	Szczecin (POL)	10.12.2011
ÍSL 11 - 12	32.21				
ÍSL 13 - 14	30.04				
ÍSL 15 - 17	28.23				

HM25 2016 16 +: 29.14 / NM 2016 17 +: 30.66; 15 - 16: 30.94; 13 - 14: 30.94 / Ím25 : 35.08

Stig: FINA 2016

Sæti	Aldur		Tími	Stig
Úrslitasund				
1.	Eygló Ósk Gústafsdóttir	21	Ægir	<b>28.13</b> 759 HM
2.	Katarína Róbertsdóttir	16	SH	<b>29.64</b> 649 NM
3.	Steingerður Hauksdóttir	20	Reykjavík	<b>30.07</b> 622 NM
4.	Íris Ósk Hilmarsdóttir	18	ÍRB	<b>31.04</b> 565
5.	Una Lára Lárusdóttir	17	ÍA	<b>31.90</b> 521
6.	Embla Sól Garðarsdóttir	15	Óðinn	<b>32.25</b> 504
7.	Guðný Birna Sigurðardóttir	17	Breiðablik	<b>32.52</b> 491
8.	Gunnlaug Margrét Ólafsdóttir	19	Breiðablik	<b>33.26</b> 459

Sundgrein 20 karla, 50m baksund Opinn  
19.11.2016 - 17:02 Úrslitalistar Úrslitsund

ÍSL Opinn	24.05	Örn Arnarson	SH	Debrecen (HUN)	14.12.2007
ÍSL 11 - 12	30.10				
ÍSL 13 - 14	27.21				
ÍSL 15 - 17	25.42				

HM25 2016 16 +: 25.85 / NM 2016 18 +: 27.19; 16 - 17: 27.69; 14 - 15: 27.69 / Ím25 : 31.66

Stig: FINA 2016

Sæti	Aldur		Tími	Stig
Úrslitasund				
1.	Kristinn Þórarinsson	20	Reykjavík	<b>25.12</b> 692 HM
2.	Kolbeinn Hrafnkelsson	22	SH	<b>25.27</b> 679 HM
3.	Brynjólfur Óli Karlsson	15	Breiðablik	<b>26.48</b> 590 NM
4.	Kristján Gylfi Þórisson	16	Ægir	<b>28.14</b> 492
5.	Tómas Magnússon	14	Reykjavík	<b>29.43</b> 430

Íslandsmeistaramótið i 25m 2016  
Hafnarfjörður, 18. - 20.11.2016

Sundgrein 21 kvenna, 100m fjórsund Opinn  
19.11.2016 - 17:04 Úrslitalistar Úrslitsund

ÍSL Opinn	1:00.63	Hrafnhildur Lúthersdóttir	SH	Hafnarfjörður	14.11.2015
ÍSL 11 - 12	1:08.35				
ÍSL 13 - 14	1:06.64				
ÍSL 15 - 17	1:02.00				

HM25 2016 16 +: 1:05.05 / Ím25 : 1:14.19

Stig: FINA 2016

Sæti	Aldur		Tími	Stig	50m	100m		
Úrslitasund								
1.	Jóhanna Gerða Gústafsdóttir	26	Ægir	<b>1:03.48</b>	711	HM	29.07	34.41
2.	Katarína Róbertsdóttir	16	SH	<b>1:06.86</b>	608		30.94	35.92
3.	Inga Elin Cryer	23	Ægir	<b>1:06.98</b>	605		32.06	34.92
4.	Jóhanna Elín Guðmundsdóttir	15	SH	<b>1:07.33</b>	596		31.09	36.24
5.	Bjarkey Jónasdóttir	17	Ægir	<b>1:11.95</b>	488		32.99	38.96
6.	Brynhildur Traustadóttir	15	ÍA	<b>1:13.00</b>	467		34.68	38.32

Sundgrein 22 karla, 400m fjórsund Opinn  
19.11.2016 - 17:14 Úrslitalistar

ÍSL Opinn	4:11.78	Örn Arnarson	SH	Vestmannaeyjar	17.03.2001
ÍSL 11 - 12	5:08.87				
ÍSL 15 - 17	4:25.53				

HM25 2016 16 +: 4:23.54 / NM 2016 18 +: 4:37.22; 16 - 17: 4:42.38; 14 - 15: 4:48.83 / Ím25 : 5:22.46

Stig: FINA 2016

Sæti	Aldur		Tími	Stig
1.	Baldvin Sigmarsson	19	ÍRB	<b>4:38.21</b> 606
	50m: 29.46 29.46	150m: 1:38.66 36.01	250m: 2:53.55 39.15	350m: 4:05.97 32.44
	100m: 1:02.65 33.19	200m: 2:14.40 35.74	300m: 3:33.53 39.98	400m: 4:38.21 32.24
2.	Hallgrímur Kjartansson	18	Breiðablik	<b>4:43.86</b> 571
	50m: 31.02 31.02	150m: 1:44.76 37.76	250m: 2:59.75 38.14	350m: 4:11.33 32.82
	100m: 1:07.00 35.98	200m: 2:21.61 36.85	300m: 3:38.51 38.76	400m: 4:43.86 32.53
3.	Patrik Viggó Vilbergsson	14	Breiðablik	<b>4:46.39</b> 556 NM
	50m: 29.98 29.98	150m: 1:40.82 36.16	250m: 2:59.11 43.09	350m: 4:14.51 32.98
	100m: 1:04.66 34.68	200m: 2:16.02 35.20	300m: 3:41.53 42.42	400m: 4:46.39 31.88
4.	Ingi Þór Ólafsson	17	ÍRB	<b>4:47.02</b> 552
	50m: 29.20 29.20	150m: 1:40.24 36.48	250m: 2:58.89 40.90	350m: 4:14.47 33.11
	100m: 1:03.76 34.56	200m: 2:17.99 37.75	300m: 3:41.36 42.47	400m: 4:47.02 32.55
5.	Hilmir Örn Ólafsson	15	Ægir	<b>4:52.39</b> 522
	50m: 30.94 30.94	150m: 1:44.72 38.36	250m: 3:04.71 41.73	350m: 4:20.12 33.10
	100m: 1:06.36 35.42	200m: 2:22.98 38.26	300m: 3:47.02 42.31	400m: 4:52.39 32.27
6.	Snævar Atli Halldórsson	16	Óðinn	<b>5:06.49</b> 453
	50m: 32.00 32.00	150m: 1:52.79 42.66	250m: 3:15.51 41.34	350m: 4:32.68 35.53
	100m: 1:10.13 38.13	200m: 2:34.17 41.38	300m: 3:57.15 41.64	400m: 5:06.49 33.81
7.	Baldur Logi Gautason	16	Óðinn	<b>5:06.79</b> 452
	50m: 31.37 31.37	150m: 1:51.38 41.97	250m: 3:13.88 42.51	350m: 4:33.47 35.78
	100m: 1:09.41 38.04	200m: 2:31.37 39.99	300m: 3:57.69 43.81	400m: 5:06.79 33.32
veikindi	Hilmar Smári Jónsson	22	Reykjavík	

Íslandsmeistaramótið í 25m 2016  
Hafnarfjörður, 18. - 20.11.2016

Sundgrein 23 kvenna, 200m bringusund Opinn  
19.11.2016 - 17:20 Úrslitalistar Úrslitsund

ÍSL Opinn	2:22.69	Hrafnhildur Lúthersdóttir	SH	Doha (QAT)	07.12.2014
ÍSL 11 - 12	2:44.39				
ÍSL 13 - 14	2:35.23				
ÍSL 15 - 17	2:31.51				

HM25 2016 16 +: 2:29.10 / NM 2016 17 +: 2:37.57; 15 - 16: 2:39.04; 13 - 14: 2:43.44 / Ím25 : 2:59.89

Stig: FINA 2016

Sæti	Aldur		Tími	Stig	50m	100m	150m	200m		
Úrslitasund										
1.	Karen Mist Arngeirsdóttir	16	ÍRB	<b>2:37.81</b>	620	NM	35.14	39.44	41.24	41.99
2.	Sunna Svanlaug V.	16	SH	<b>2:41.39</b>	579		35.35	40.09	42.53	43.42
3.	Natalia Cecylia Wojdat	18	SH	<b>2:48.38</b>	510		37.38	42.30	44.05	44.65
4.	Ástrós Elísa Eypórsdóttir	14	ÍRB	<b>2:52.18</b>	477		39.57	43.04	44.00	45.57
5.	Eva Margrét Falsdóttir	11	ÍRB	<b>2:54.74</b>	456		39.09	45.07	46.00	44.58
6.	Ágústa Bergrós Jakobsdóttir	14	Reykjavík	<b>2:55.04</b>	454		39.70	44.71	45.89	44.74
7.	Ásgerður Jing Laufeyjardóttir	14	ÍA	<b>2:57.92</b>	432		39.34	44.66	46.39	47.53

Sundgrein 24 karla, 200m bringusund Opinn  
19.11.2016 - 17:32 Úrslitalistar Úrslitsund

ÍSL Opinn	2:07.75	Jakob Jóhann Sveinsson	Ægir	Reykjavík	20.11.2009
ÍSL 11 - 12	2:42.53				
ÍSL 13 - 14	2:26.98				
ÍSL 15 - 17	2:14.52				

HM25 2016 16 +: 2:13.98 / NM 2016 18 +: 2:21.10; 16 - 17: 2:23.73; 14 - 15: 2:27.01 / Ím25 : 2:45.33

Stig: FINA 2016

Sæti	Aldur		Tími	Stig	50m	100m	150m	200m		
Úrslitasund										
1.	Baldvin Sigmarsson	19	ÍRB	<b>2:21.80</b>	613		33.43	36.34	35.96	36.07
2.	Sævar Berg Sigurðsson	21	ÍA	<b>2:21.82</b>	613		32.46	35.49	36.53	37.34
3.	Ólafur Sigurðsson	17	SH	<b>2:27.35</b>	546		33.40	37.12	38.28	38.55
4.	Hallgrímur Kjartansson	18	Breiðablik	<b>2:27.39</b>	546		33.24	37.03	37.86	39.26
5.	Snævar Atli Halldórsson	16	Óðinn	<b>2:30.53</b>	512		33.68	38.41	39.56	38.88
6.	Óskar Gauti Lund	17	Breiðablik	<b>2:30.67</b>	511		33.80	38.60	39.37	38.90
7.	Róbert Ísak Jónsson	15	SH	<b>2:38.13</b>	442		35.08	41.10	41.28	40.67
8.	Þorbjörn Andrasón	15	Reykjavík	<b>2:42.56</b>	407		35.58	41.83	43.16	41.99

Sundgrein 25 kvenna, 800m skriðsund Opinn  
19.11.2016 - 17:36 Úrslitalistar

ÍSL Opinn	8:38.79	Inga Elín Cryer	Ægir	Doha (QAT)	04.12.2014
ÍSL 11 - 12	9:33.04				
ÍSL 13 - 14	8:52.21				
ÍSL 15 - 17	8:46.57				

HM25 2016 16 +: 8:49.90 / NM 2016 17 +: 9:12.17; 15 - 16: 9:17.31; 13 - 14: 9:32.72 / Ím25 : 10:25.67

Stig: FINA 2016

Sæti	Aldur		Tími	Stig
1. Eydís Ósk Kolbeinsdóttir				
	16	ÍRB	<b>9:08.80</b>	666
				NM
50m:	30.73	30.73	250m:	2:47.19
100m:	1:04.04	33.31	300m:	3:21.75
150m:	1:38.01	33.97	350m:	3:56.74
200m:	2:12.51	34.50	400m:	4:31.43
450m:	5:06.36	34.93	500m:	5:41.15
550m:	6:16.04	34.89	600m:	6:50.87
650m:	7:25.93	35.06	700m:	8:00.51
750m:	8:35.42	34.91	800m:	9:08.80
800m:	9:08.80	33.38		
2. Bára Kristín Björgvinsdóttir				
	21	SH	<b>9:19.52</b>	628
50m:	31.33	31.33	250m:	2:48.45
100m:	1:04.89	33.56	300m:	3:23.48
150m:	1:39.10	34.21	350m:	3:58.98
200m:	2:13.55	34.45	400m:	4:34.24
450m:	5:10.10	35.86	500m:	5:45.57
550m:	6:21.44	35.87	600m:	6:57.49
650m:	7:33.23	35.74	700m:	8:09.07
750m:	8:45.04	35.97	800m:	9:19.52
800m:	9:19.52	34.48		

Íslandsmeistaramótið í 25m 2016  
Hafnarfjörður, 18. - 20.11.2016

Sundgrein 25, kvenna, 800m skriðsund, Opinn

Sæti			Aldur				Tími		Stig
3.	Stefanía Sigurþórsdóttir		15	ÍRB			<b>9:24.48</b>	612	
	50m:	31.38 31.38	250m:	2:53.17 35.90	450m:	5:16.18 35.93	650m:	7:38.79 35.63	
	100m:	1:06.26 34.88	300m:	3:28.82 35.65	500m:	5:51.70 35.52	700m:	8:14.44 35.65	
	150m:	1:41.75 35.49	350m:	4:04.56 35.74	550m:	6:27.49 35.79	750m:	8:49.74 35.30	
	200m:	2:17.27 35.52	400m:	4:40.25 35.69	600m:	7:03.16 35.67	800m:	9:24.48 34.74	
4.	Adele Alexandra Pálsson		13	SH			<b>9:30.71</b>	592	NM
	50m:	32.65 32.65	250m:	2:56.17 36.08	450m:	5:20.47 35.81	650m:	7:45.14 35.87	
	100m:	1:08.15 35.50	300m:	3:32.59 36.42	500m:	5:56.56 36.09	700m:	8:21.89 36.75	
	150m:	1:44.16 36.01	350m:	4:08.70 36.11	550m:	6:32.78 36.22	750m:	8:57.65 35.76	
	200m:	2:20.09 35.93	400m:	4:44.66 35.96	600m:	7:09.27 36.49	800m:	9:30.71 33.06	
5.	Ragna Sigríður Ragnarsdóttir		15	Reykjavík			<b>9:33.22</b>	584	
	50m:	33.41 33.41	250m:	2:57.65 35.96	450m:	5:21.37 35.41	650m:	7:43.84 35.89	
	100m:	1:09.24 35.83	300m:	3:33.75 36.10	500m:	5:56.77 35.40	700m:	8:20.34 36.50	
	150m:	1:45.34 36.10	350m:	4:09.95 36.20	550m:	6:32.49 35.72	750m:	8:57.43 37.09	
	200m:	2:21.69 36.35	400m:	4:45.96 36.01	600m:	7:07.95 35.46	800m:	9:33.22 35.79	
6.	Birna Hilmarsdóttir		14	ÍRB			<b>9:40.43</b>	563	
	50m:	32.76 32.76	250m:	2:58.64 36.70	450m:	5:25.61 36.89	650m:	7:51.91 36.49	
	100m:	1:08.62 35.86	300m:	3:35.15 36.51	500m:	6:02.27 36.66	700m:	8:28.43 36.52	
	150m:	1:45.05 36.43	350m:	4:11.80 36.65	550m:	6:38.99 36.72	750m:	9:05.03 36.60	
	200m:	2:21.94 36.89	400m:	4:48.72 36.92	600m:	7:15.42 36.43	800m:	9:40.43 35.40	
7.	Diljá Rún Ívarsdóttir		14	ÍRB			<b>9:49.33</b>	538	
	50m:	33.43 33.43	250m:	3:01.46 37.29	450m:	5:30.41 37.26	650m:	7:59.06 37.16	
	100m:	1:10.15 36.72	300m:	3:38.77 37.31	500m:	6:07.50 37.09	700m:	8:36.21 37.15	
	150m:	1:46.91 36.76	350m:	4:16.15 37.38	550m:	6:44.76 37.26	750m:	9:13.05 36.84	
	200m:	2:24.17 37.26	400m:	4:53.15 37.00	600m:	7:21.90 37.14	800m:	9:49.33 36.28	
8.	Ylfa Finnbogadóttir		14	SH			<b>9:56.17</b>	519	
	50m:	33.35 33.35	250m:	3:02.18 37.48	450m:	5:34.51 38.02	650m:	8:05.94 37.77	
	100m:	1:09.77 36.42	300m:	3:39.94 37.76	500m:	6:12.34 37.83	700m:	8:43.05 37.11	
	150m:	1:46.89 37.12	350m:	4:18.06 38.12	550m:	6:50.10 37.76	750m:	9:20.55 37.50	
	200m:	2:24.70 37.81	400m:	4:56.49 38.43	600m:	7:28.17 38.07	800m:	9:56.17 35.62	
9.	Regína Lilja Gunnlaugsdóttir		14	Breiðablik			<b>10:01.39</b>	506	
	50m:	32.40 32.40	250m:	2:59.51 37.49	450m:	5:32.81 38.88	650m:	8:06.60 38.61	
	100m:	1:08.42 36.02	300m:	3:37.34 37.83	500m:	6:10.81 38.00	700m:	8:45.29 38.69	
	150m:	1:45.07 36.65	350m:	4:15.55 38.21	550m:	6:49.39 38.58	750m:	9:23.79 38.50	
	200m:	2:22.02 36.95	400m:	4:53.93 38.38	600m:	7:27.99 38.60	800m:	10:01.39 37.60	
10.	Þórkatla Björg Ómarsdóttir		15	Óðinn			<b>10:07.51</b>	491	
	50m:	34.87 34.87	250m:	3:05.01 37.72	450m:	5:39.25 38.69	650m:	8:15.19 39.23	
	100m:	1:11.45 36.58	300m:	3:43.40 38.39	500m:	6:18.06 38.81	700m:	8:54.29 39.10	
	150m:	1:49.01 37.56	350m:	4:21.62 38.22	550m:	6:57.35 39.29	750m:	9:31.96 37.67	
	200m:	2:27.29 38.28	400m:	5:00.56 38.94	600m:	7:35.96 38.61	800m:	10:07.51 35.55	
11.	Ingibjörg Erla Garðarsdóttir		16	Ægir			<b>10:11.89</b>	480	
	50m:	32.95 32.95	250m:	3:04.88 38.93	450m:	5:40.44 38.74	650m:	8:16.51 38.58	
	100m:	1:09.98 37.03	300m:	3:43.75 38.87	500m:	6:20.10 39.66	700m:	8:55.76 39.25	
	150m:	1:47.89 37.91	350m:	4:22.54 38.79	550m:	6:59.04 38.94	750m:	9:34.77 39.01	
	200m:	2:25.95 38.06	400m:	5:01.70 39.16	600m:	7:37.93 38.89	800m:	10:11.89 37.12	
12.	Þorgerður Ósk Jónsdóttir		13	SH			<b>10:12.98</b>	478	
	50m:	34.23 34.23	250m:	3:08.74 39.06	450m:	5:43.92 38.83	650m:	8:20.19 38.92	
	100m:	1:12.31 38.08	300m:	3:47.26 38.52	500m:	6:22.93 39.01	700m:	8:58.91 38.72	
	150m:	1:50.72 38.41	350m:	4:26.10 38.84	550m:	7:02.14 39.21	750m:	9:37.36 38.45	
	200m:	2:29.68 38.96	400m:	5:05.09 38.99	600m:	7:41.27 39.13	800m:	10:12.98 35.62	
13.	Guðný Birna Falsdóttir		13	ÍRB			<b>10:13.19</b>	477	
	50m:	35.56 35.56	250m:	3:08.64 38.14	450m:	5:44.24 39.32	650m:	8:20.49 38.76	
	100m:	1:13.37 37.81	300m:	3:47.31 38.67	500m:	6:23.41 39.17	700m:	8:58.99 38.50	
	150m:	1:51.55 38.18	350m:	4:26.26 38.95	550m:	7:02.42 39.01	750m:	9:37.66 38.67	
	200m:	2:30.50 38.95	400m:	5:04.92 38.66	600m:	7:41.73 39.31	800m:	10:13.19 35.53	
14.	Hildur Elísabet Hálfðanardóttir		18	SH			<b>10:15.22</b>	472	
	50m:	34.50 34.50	250m:	3:09.94 39.29	450m:	5:47.52 40.27	650m:	8:22.92 39.24	
	100m:	1:12.62 38.12	300m:	3:49.73 39.79	500m:	6:26.74 39.22	700m:	9:00.85 37.93	
	150m:	1:51.39 38.77	350m:	4:28.41 38.68	550m:	7:04.40 37.66	750m:	9:39.09 38.24	
	200m:	2:30.65 39.26	400m:	5:07.25 38.84	600m:	7:43.68 39.28	800m:	10:15.22 36.13	

Íslandsmeistaramótið í 25m 2016  
Hafnarfjörður, 18. - 20.11.2016

Sundgrein 25, kvenna, 800m skriðsund, Opinn

Sæti			Aldur				Tími		Stig
15.	Gabriela Machlowiec		18		Reykjavík		<b>10:16.33</b>		470
	50m:	33.94 33.94	250m:	3:05.94 38.76	450m:	5:43.42 39.09	650m:	8:21.80 39.73	
	100m:	1:11.15 37.21	300m:	3:45.47 39.53	500m:	6:22.59 39.17	700m:	9:00.83 39.03	
	150m:	1:48.72 37.57	350m:	4:25.00 39.53	550m:	7:02.26 39.67	750m:	9:39.76 38.93	
	200m:	2:27.18 38.46	400m:	5:04.33 39.33	600m:	7:42.07 39.81	800m:	10:16.33 36.57	
16.	Þórdís Anita Björnsdóttir		14		SH		<b>10:20.57</b>		460
	50m:	33.64 33.64	250m:	3:09.78 39.42	450m:	5:47.74 39.57	650m:	8:26.23 39.61	
	100m:	1:11.88 38.24	300m:	3:48.85 39.07	500m:	6:27.56 39.82	700m:	9:05.43 39.20	
	150m:	1:51.12 39.24	350m:	4:28.96 40.11	550m:	7:07.20 39.64	750m:	9:43.74 38.31	
	200m:	2:30.36 39.24	400m:	5:08.17 39.21	600m:	7:46.62 39.42	800m:	10:20.57 36.83	
17.	Aþena Arnarsdóttir		13		Óðinn		<b>10:26.14</b>		448 ÍM
	50m:	35.67 35.67	250m:	3:14.02 39.99	450m:	5:53.83 39.58	650m:	8:31.30 39.30	
	100m:	1:14.58 38.91	300m:	3:53.98 39.96	500m:	6:32.97 39.14	700m:	9:10.58 39.28	
	150m:	1:54.18 39.60	350m:	4:34.11 40.13	550m:	7:12.67 39.70	750m:	9:49.49 38.91	
	200m:	2:34.03 39.85	400m:	5:14.25 40.14	600m:	7:52.00 39.33	800m:	10:26.14 36.65	
18.	Ágústa Bergrós Jakobsdóttir		14		Reykjavík		<b>10:29.30</b>		441 ÍM
	50m:	35.95 35.95	250m:	3:13.85 39.16	450m:	5:52.74 39.86	650m:	8:32.06 39.80	
	100m:	1:15.36 39.41	300m:	3:53.50 39.65	500m:	6:32.52 39.78	700m:	9:12.05 39.99	
	150m:	1:55.22 39.86	350m:	4:33.34 39.84	550m:	7:12.28 39.76	750m:	9:51.38 39.33	
	200m:	2:34.69 39.47	400m:	5:12.88 39.54	600m:	7:52.26 39.98	800m:	10:29.30 37.92	
19.	Klara Sif Sverrisdóttir		16		Breiðablik		<b>10:29.42</b>		441 ÍM
	50m:	36.22 36.22	250m:	3:13.06 39.62	450m:	5:51.68 39.76	650m:	8:31.56 39.58	
	100m:	1:15.14 38.92	300m:	3:52.33 39.27	500m:	6:31.66 39.98	700m:	9:11.26 39.70	
	150m:	1:54.17 39.03	350m:	4:32.20 39.87	550m:	7:11.54 39.88	750m:	9:51.36 40.10	
	200m:	2:33.44 39.27	400m:	5:11.92 39.72	600m:	7:51.98 40.44	800m:	10:29.42 38.06	
veikindi	Rebekka Sif Ómarsdóttir		13		Óðinn				

Sundgrein 26

19.11.2016 - 17:47

karla, 800m skriðsund

Opinn  
Úrslitalistar

ÍSL Opinn	7:52.84	Anton Sveinn McKee	Ægir	Istanbul (TUR)	16.12.2012
ÍSL 11 - 12	9:24.91				
ÍSL 13 - 14	8:31.56				
ÍSL 15 - 17	8:16.04				

HM25 2016 16 +: 8:04.69 / Ím25 : 9:56.48

Stig: FINA 2016

Sæti			Aldur				Tími		Stig
1.	Þröstur Bjarnason		19		ÍRB		<b>8:22.64</b>		686
	50m:	28.46 28.46	250m:	2:37.89 32.71	450m:	4:45.97 31.19	650m:	6:52.95 31.51	
	100m:	1:00.09 31.63	300m:	3:10.00 32.11	500m:	5:17.41 31.44	700m:	7:24.44 31.49	
	150m:	1:32.79 32.70	350m:	3:42.25 32.25	550m:	5:49.12 31.71	750m:	7:55.28 30.84	
	200m:	2:05.18 32.39	400m:	4:14.78 32.53	600m:	6:21.44 32.32	800m:	8:22.64 27.36	
2.	Hafþór Jón Sigurðsson		19		SH		<b>8:23.87</b>		681
	50m:	28.79 28.79	250m:	2:37.45 32.45	450m:	4:46.54 32.07	650m:	6:52.71 31.29	
	100m:	1:00.42 31.63	300m:	3:09.83 32.38	500m:	5:18.20 31.66	700m:	7:23.82 31.11	
	150m:	1:32.64 32.22	350m:	3:42.11 32.28	550m:	5:49.81 31.61	750m:	7:54.99 31.17	
	200m:	2:05.00 32.36	400m:	4:14.47 32.36	600m:	6:21.42 31.61	800m:	8:23.87 28.88	
3.	Ólafur Sigurðsson		17		SH		<b>8:49.03</b>		588
	50m:	30.15 30.15	250m:	2:43.32 33.39	450m:	4:58.09 32.82	650m:	7:11.17 32.45	
	100m:	1:02.76 32.61	300m:	3:17.08 33.76	500m:	5:31.12 33.03	700m:	7:44.33 33.16	
	150m:	1:36.27 33.51	350m:	3:51.13 34.05	550m:	6:04.84 33.72	750m:	8:17.31 32.98	
	200m:	2:09.93 33.66	400m:	4:25.27 34.14	600m:	6:38.72 33.88	800m:	8:49.03 31.72	
4.	Patrik Viggó Vilbergsson		14		Breiðablik		<b>8:52.36</b>		577
	50m:	29.48 29.48	250m:	2:43.75 33.95	450m:	4:59.11 33.84	650m:	7:14.12 33.82	
	100m:	1:02.57 33.09	300m:	3:17.31 33.56	500m:	5:32.79 33.68	700m:	7:47.61 33.49	
	150m:	1:36.16 33.59	350m:	3:51.32 34.01	550m:	6:06.64 33.85	750m:	8:20.61 33.00	
	200m:	2:09.80 33.64	400m:	4:25.27 33.95	600m:	6:40.30 33.66	800m:	8:52.36 31.75	

Íslandsmeistaramótið í 25m 2016  
Hafnarfjörður, 18. - 20.11.2016

Sundgrein 26, karla, 800m skriðsund, Opinn

Sæti			Aldur				Tími		Stig
5.	Björgvin Árni Júlíusson		15		Reykjavík		<b>9:07.81</b>		530
	50m:	30.43 30.43	250m:	2:46.84 34.34	450m:	5:05.64 34.99	650m:	7:25.55 34.77	
	100m:	1:03.89 33.46	300m:	3:21.63 34.79	500m:	5:40.51 34.87	700m:	8:00.48 34.93	
	150m:	1:37.90 34.01	350m:	3:55.95 34.32	550m:	6:15.90 35.39	750m:	8:35.10 34.62	
	200m:	2:12.50 34.60	400m:	4:30.65 34.70	600m:	6:50.78 34.88	800m:	9:07.81 32.71	
6.	Baldur Logi Gautason		16		Óðinn		<b>9:17.78</b>		502
	50m:	31.55 31.55	250m:	2:52.57 35.60	450m:	5:14.79 35.41	650m:	7:34.92 34.57	
	100m:	1:06.08 34.53	300m:	3:28.24 35.67	500m:	5:49.82 35.03	700m:	8:10.19 35.27	
	150m:	1:41.22 35.14	350m:	4:03.73 35.49	550m:	6:24.92 35.10	750m:	8:44.14 33.95	
	200m:	2:16.97 35.75	400m:	4:39.38 35.65	600m:	7:00.35 35.43	800m:	9:17.78 33.64	
7.	Benedikt Hjaltason		14		Breiðablik		<b>9:20.33</b>		495
	50m:	31.29 31.29	250m:	2:52.60 35.53	450m:	5:14.45 35.31	650m:	7:36.11 35.15	
	100m:	1:06.13 34.84	300m:	3:28.15 35.55	500m:	5:49.87 35.42	700m:	8:11.28 35.17	
	150m:	1:41.60 35.47	350m:	4:03.67 35.52	550m:	6:25.38 35.51	750m:	8:46.78 35.50	
	200m:	2:17.07 35.47	400m:	4:39.14 35.47	600m:	7:00.96 35.58	800m:	9:20.33 33.55	
8.	Róbert Andri Pálmason		14		Reykjavík		<b>9:31.36</b>		467
	50m:	31.86 31.86	250m:	2:56.38 36.83	450m:	5:20.68 36.44	650m:	7:46.35 36.41	
	100m:	1:07.38 35.52	300m:	3:32.38 36.00	500m:	5:57.03 36.35	700m:	8:22.45 36.10	
	150m:	1:43.41 36.03	350m:	4:07.84 35.46	550m:	6:33.51 36.48	750m:	8:57.58 35.13	
	200m:	2:19.55 36.14	400m:	4:44.24 36.40	600m:	7:09.94 36.43	800m:	9:31.36 33.78	
9.	Kristófer Atli Andersen		14		Breiðablik		<b>9:35.46</b>		457
	50m:	31.29 31.29	250m:	2:56.46 36.54	450m:	5:23.97 37.84	650m:	7:49.51 35.76	
	100m:	1:07.52 36.23	300m:	3:33.02 36.56	500m:	6:01.17 37.20	700m:	8:25.49 35.98	
	150m:	1:43.82 36.30	350m:	4:09.47 36.45	550m:	6:37.07 35.90	750m:	9:01.43 35.94	
	200m:	2:19.92 36.10	400m:	4:46.13 36.66	600m:	7:13.75 36.68	800m:	9:35.46 34.03	
10.	Björn Axel Agnarsson		14		Breiðablik		<b>9:39.71</b>		447
	50m:	32.28 32.28	250m:	2:56.13 36.67	450m:	5:22.57 36.90	650m:	7:50.31 36.64	
	100m:	1:07.07 34.79	300m:	3:32.48 36.35	500m:	5:59.50 36.93	700m:	8:27.34 37.03	
	150m:	1:43.66 36.59	350m:	4:08.81 36.33	550m:	6:36.60 37.10	750m:	9:03.85 36.51	
	200m:	2:19.46 35.80	400m:	4:45.67 36.86	600m:	7:13.67 37.07	800m:	9:39.71 35.86	
11.	Halldór Björn Kristinsson		14		Ægir		<b>9:53.55</b>		416
	50m:	32.05 32.05	250m:	2:58.24 37.39	450m:	5:28.85 37.77	650m:	8:01.06 38.26	
	100m:	1:07.55 35.50	300m:	3:35.78 37.54	500m:	6:06.60 37.75	700m:	8:39.18 38.12	
	150m:	1:44.05 36.50	350m:	4:13.39 37.61	550m:	6:44.52 37.92	750m:	9:16.69 37.51	
	200m:	2:20.85 36.80	400m:	4:51.08 37.69	600m:	7:22.80 38.28	800m:	9:53.55 36.86	

Sundgrein 28

19.11.2016 - 18:10

kvenna, 4 x 100m fjórsund

Opinn  
Úrslitalistar

ÍSL 4:17.43 Sveit SH SH Hafnarfjörður 14.11.2015

Stig: FINA 2016

Sæti							Tími		Stig
1.	Ægir 1		Ægir				<b>4:14.82</b>		690
	Eygló Ósk Gústafsdóttir	+0,68 28.90	59.38	Inga Elin Cryer	+0,33 29.24	1:03.18			
	Jóhanna Gerða Gústafsdóttir	+0,34 32.92	1:10.35	Bjarkey Jónasdóttir	+0,38 29.22	1:01.91			
2.	SH 1		SH				<b>4:24.35</b>		618
	Katarína Róbertsdóttir	+0,69 31.63	1:05.58	María Fanney Kristjánsdóttir	+0,27 30.44	1:06.21			
	Sunna Svanlaug Vilhjálmisdóttir	+0,42 34.71	1:14.64	Jóhanna Elín Guðmundsdóttir	+0,29 27.67	57.92			
3.	ÍRB 1		ÍRB				<b>4:26.01</b>		606
	Eydís Ósk Kolbeinsdóttir	+0,67 31.75	1:06.85	Gunnhildur Björg Baldursdóttir	+0,27 30.73	1:07.66			
	Karen Mist Arngeirsdóttir	+0,23 33.99	1:14.03	Sunneva Dögg Robertson	+0,28 27.63	57.47			
4.	Breiðablik 1		Breiðablik				<b>4:42.46</b>		506
	Guðný Birna Sigurðardóttir	+0,70 33.02	1:10.11	Elín Ylfa Viðarsdóttir	+0,15 31.47	1:11.05			
	Bryndís Bolladóttir	35.73	1:18.32	Ragnheiður Karlsdóttir	+0,29 29.62	1:02.98			
5.	Reykjavík 1		Reykjavík				<b>4:46.94</b>		483
	Steingerður Hauksdóttir	+0,66 32.57	1:08.27	Berglind Bjarnadóttir	32.82	1:12.58			
	Ágústa Berggrós Jakobsdóttir	+0,59 39.31	1:24.36	Ragna Sigríður Ragnarsdóttir	+0,27 29.39	1:01.73			

Íslandsmeistaramótið í 25m 2016  
Hafnarfjörður, 18. - 20.11.2016

Sundgrein 28, kvenna, 4 x 100m fjórsund, Opinn

Sæti						Tími	Stig
6.	<b>Óðinn 1</b>			<b>Óðinn</b>		<b>4:49.46</b>	470
	Alexandra Tómasdóttir	+0,69	34.68	1:11.95	Rannveig Katrín Arnarsdóttir	+0,35	32.81 1:10.75
	Þórkatla Björg Ómarsdóttir	+0,15	38.65	1:23.31	Embla Sól Garðarsdóttir	+0,51	30.02 1:03.45
7.	<b>Óðinn 2</b>			<b>Óðinn</b>		<b>4:56.01</b>	440
	Pura Snorradóttir	+0,54	33.93	1:10.50	Eva Sól Garðarsdóttir	+0,63	34.96 1:14.80
	Sigurjóna Ragnheiðardóttir	+0,36	38.80	1:24.25	Ápena Arnarsdóttir	+0,42	31.88 1:06.46
8.	<b>ÍRB 2</b>			<b>ÍRB</b>		<b>4:59.52</b>	425
	Hafðís Eva Pálsdóttir	+0,67	36.15	1:14.89	Sólveig María Baldursdóttir		34.70 1:14.57
	Eva Margrét Falsdóttir	+0,22	38.16	1:21.80	Ásta Kamilla Sigurðardóttir	+0,45	32.36 1:08.26
9.	<b>Ægir 2</b>			<b>Ægir</b>		<b>5:04.69</b>	403
	Telma Brá Gunnarsdóttir	+0,58	35.23	1:13.35	Íris Edda Garðarsdóttir	+0,14	37.99 1:23.89
	Ingibjörg Erla Garðarsdóttir	+0,07	38.72	1:24.31	Faney Lind Jóhannsdóttir	+0,59	30.55 1:03.14

ÓG. ÍA 1

ÍA

*R1 - Swimmer started before the preciding touched the wall (SW 10.11)*

Una Lára Lárusdóttir, Ásgerður Jing Laufeyjardóttir, Brynhildur Traustadóttir, Sólrún Sigþórsdóttir

Sundgrein 29  
19.11.2016 - 18:22

karla, 4 x 100m skriðsund

Opinn  
Úrslitalistar

ÍSL	3:23.49	Sveit ÍRB	ÍRB	Reykjanesbæ	01.10.2016
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Stig: FINA 2016

Sæti						Tími	Stig
1.	<b>ÍRB 1</b>			<b>ÍRB</b>		<b>3:22.49</b>	741
	Davíð Hildiberg Aðalsteinsson	+0,76	24.40	50.82	Kristófer Sigurðsson	+0,19	23.54 49.77
	Árni Már Árnason	+0,19	24.06	50.37	Þróstur Bjarnason	+0,22	24.13 51.53
2.	<b>SH 1</b>			<b>SH</b>		<b>3:31.15</b>	654
	Kolbeinn Hrafnkelsson	+0,69	25.07	51.54	Ólafur Sigurðsson	+0,08	26.10 54.25
	Predrag Milos	+0,31	24.64	51.82	Hafþór Jón Sigurðsson	+0,33	25.72 53.54
3.	<b>Breiðablik 1</b>			<b>Breiðablik</b>		<b>3:34.69</b>	622
	Brynjólfur Óli Karlsson	+0,72	25.47	53.56	Huginn Hilmarsson	+0,19	25.25 53.53
	Daníel Már Kristinsson	+0,36	25.56	54.35	Davíð Fannar Ragnarsson	+0,38	25.46 53.25
4.	<b>Ægir 1</b>			<b>Ægir</b>		<b>3:38.39</b>	591
	Hólmsteinn Skorri Hallgrímsson	+0,63	25.93	54.28	Bjartur Þórhallsson	+0,35	25.94 55.16
	Kristján Gylfi Þórisson	+0,12	24.90	52.30	Hilmir Öm Ólafsson	+0,31	26.86 56.65
5.	<b>ÍA 1</b>			<b>ÍA</b>		<b>3:41.74</b>	564
	Ágúst Júlíusson	+0,71	24.54	52.24	Sævar Berg Sigurðsson	+0,56	26.78 55.99
	Atli Víkar Ingimundarson		26.23	55.30	Erlend Magnússon	+0,52	27.03 58.21
6.	<b>Reykjavík 1</b>			<b>Reykjavík</b>		<b>3:41.99</b>	562
	Kristinn Þórarinsson	+0,70	23.93	49.95	Hafsteinn Hákonarson	+0,73	27.12 57.44
	Jón Klausen	+0,63	27.00	56.41	Björgvin Árni Júlíusson	+0,39	27.55 58.19
7.	<b>Óðinn 1</b>			<b>Óðinn</b>		<b>3:59.34</b>	449
	Hákon Alexander Magnússon	+0,75	28.60	59.94	Aron Bjarki Jónsson	+0,30	28.21 59.24
	Snævar Atli Halldórsson	+0,41	28.40	1:00.31	Baldur Logi Gautason	+0,51	28.74 59.85

MÆekki Ægir 2

Ægir



Íslandsmeistaramótið í 25m 2016  
Hafnarfjörður, 18. - 20.11.2016

Sundgrein 30

karla, 100m skriðsund

Opinn

20.11.2016 - 9:30

Úrslitalistar Undanrásir

ÍSL Opinn	48.42	Örn Arnarson	SH	Reykjavík	16.11.2007
ÍSL 11 - 12	59.56				
ÍSL 13 - 14	54.57				
ÍSL 15 - 17	49.71				

HM25 2016 16 +: 50.00 / NM 2016 18 +: 52.22; 16 - 17: 53.20; 14 - 15: 54.41 / Ím25 : 1:00.92

Stig: FINA 2016

Sæti	Aldur		Tími	Stig		50m	100m	
1.	Aron Örn Stefánsson	21	GEST	<b>51.01</b>	683	A NM	24.57	26.44
2.	Davíð Fannar Ragnarsson	18	Breiðablik	<b>53.80</b>	582	A	26.05	27.75
3.	Kristján Gylfi Þórisson	16	Ægir	<b>53.88</b>	580	A	25.81	28.07
4.	Kristófer Sigurðsson	21	ÍRB	<b>54.42</b>	563	A	26.67	27.75
5.	Hólmsteinn Skorri Hallgrímsson	16	Ægir	<b>54.49</b>	560	A	26.05	28.44
6.	Ólafur Sigurðsson	17	SH	<b>54.77</b>	552	A	26.75	28.02
7.	Daníel Már Kristinsson	18	Breiðablik	<b>54.90</b>	548	A	26.16	28.74
8.	Hafþór Jón Sigurðsson	19	SH	<b>54.99</b>	545	A	26.57	28.42
9.	Bjartur Þórhallsson	16	Ægir	<b>55.95</b>	518	R	26.80	29.15
10.	Arnór Stefánsson	19	SH	<b>56.32</b>	508	R	26.81	29.51
11.	Björgvin Theodór Hilmarsson	18	ÍRB	<b>56.47</b>	504		26.38	30.09
12.	Ingi Þór Ólafsson	17	ÍRB	<b>56.57</b>	501		26.77	29.80
13.	Sævar Berg Sigurðsson	21	ÍA	<b>56.63</b>	499		26.98	29.65
14.	Jón Klausen	16	Reykjavík	<b>56.89</b>	492		27.70	29.19
15.	Kári Sölvi Nielsen	16	SH	<b>56.94</b>	491		27.36	29.58
16.	Hilmir Örn Ólafsson	15	Ægir	<b>57.61</b>	474		27.78	29.83
17.	Björgvin Árni Júlíusson	15	Reykjavík	<b>58.50</b>	453		28.20	30.30
18.	Erlend Magnússon	15	ÍA	<b>58.65</b>	449		27.99	30.66
19.	Hafsteinn Hákonarson	16	Reykjavík	<b>58.78</b>	446		27.81	30.97
20.	Jón Tumi Dagsson	15	SH	<b>59.16</b>	438		28.33	30.83
21.	Aron Bjarki Jónsson	15	Óðinn	<b>59.19</b>	437		28.39	30.80
22.	Sigurður Ingi Sigurðarson	15	Reykjavík	<b>59.43</b>	432		28.71	30.72
23.	Hákon Alexander Magnússon	16	Óðinn	<b>59.50</b>	430		28.81	30.69
24.	Baldur Logi Gautason	16	Óðinn	<b>59.57</b>	429		28.86	30.71
25.	Benedikt Frank Pálmason	15	Reykjavík	<b>1:00.48</b>	410		28.37	32.11
26.	Jökull Ýmir Guðmundsson	16	SH	<b>1:00.60</b>	407		28.15	32.45
veikindi	Hilmar Smári Jónsson	22	Reykjavík					

Sundgrein 31

kvenna, 100m skriðsund

Opinn

20.11.2016 - 9:38

Úrslitalistar Undanrásir

ÍSL Opinn	54.44	Ragnheiður Ragnarsdóttir	KR	Dubai (UAE)	11.11.2010
ÍSL 11 - 12	1:01.38				
ÍSL 13 - 14	57.31				
ÍSL 15 - 17	55.02				

HM25 2016 16 +: 56.10 / NM 2016 17 +: 58.59; 15 - 16: 59.13; 13 - 14: 1:00.77 / Ím25 : 1:06.18

Stig: FINA 2016

Sæti	Aldur		Tími	Stig		50m	100m	
1.	Eygló Ósk Gústafsdóttir	21	Ægir	<b>57.88</b>	680	A NM	27.89	29.99
2.	Sunneva Dögg Robertson	17	ÍRB	<b>58.36</b>	663	A NM	28.30	30.06
3.	Inga Elin Cryer	23	Ægir	<b>58.46</b>	660	A NM	28.31	30.15
4.	Jóhanna Elín Guðmundsdóttir	15	SH	<b>58.78</b>	649	A NM	28.37	30.41
5.	Bryndís Bolladóttir	17	Breiðablik	<b>59.22</b>	635	A	28.43	30.79
6.	Eydís Ósk Kolbeinsdóttir	16	ÍRB	<b>1:00.07</b>	608	A	28.84	31.23
7.	Brynhildur Traustadóttir	15	ÍA	<b>1:00.81</b>	586	A	29.39	31.42
8.	Sylwia Sienkiewicz	17	ÍRB	<b>1:01.41</b>	569	A	29.44	31.97
9.	Stefanía Sigurþórsdóttir	15	ÍRB	<b>1:01.67</b>	562	R	29.62	32.05
10.	Ragna Sigríður Ragnarsdóttir	15	Reykjavík	<b>1:01.95</b>	554	R	30.13	31.82
11.	Ragnheiður Karlsdóttir	17	Breiðablik	<b>1:02.28</b>	546		29.91	32.37
12.	Bjarkey Jónasdóttir	17	Ægir	<b>1:02.98</b>	528		30.17	32.81
13.	Embla Sól Garðarsdóttir	15	Óðinn	<b>1:03.07</b>	525		30.30	32.77
14.	Fanney Lind Jóhannsdóttir	14	Ægir	<b>1:03.24</b>	521		30.63	32.61

Íslandsmeistaramótið í 25m 2016  
Hafnarfjörður, 18. - 20.11.2016

Sundgrein 31, kvenna, 100m skriðsund, Undanrásir, Opinn

Sæti	Aldur		Tími	Stig	50m	100m	
15.	Regína Lilja Gunnlaugsdóttir	14	Breiðablik	<b>1:03.35</b>	519	30.70	32.65
16.	Elín Ylfa Viðarsdóttir	17	Breiðablik	<b>1:03.37</b>	518	29.96	33.41
17.	Sólrún Sigþórsdóttir	19	ÍA	<b>1:03.72</b>	510	30.90	32.82
18.	Adele Alexandra Pálsson	13	SH	<b>1:03.99</b>	503	30.70	33.29
19.	Ásgerður Jing Laufeyjardóttir	14	ÍA	<b>1:04.48</b>	492	30.72	33.76
20.	Kristín Helga Hákonardóttir	12	Breiðablik	<b>1:04.52</b>	491	30.69	33.83
21.	Telma Brá Gunnarsdóttir	16	Ægir	<b>1:04.76</b>	485	30.98	33.78
22.	Birna Hilmarsdóttir	14	ÍRB	<b>1:04.81</b>	484	30.44	34.37
23.	Berglind Bjarnadóttir	15	Reykjavík	<b>1:05.20</b>	476	31.22	33.98
24.	Eyrún Sigþórsdóttir	15	ÍA	<b>1:05.21</b>	475	31.53	33.68
25.	Klaudia Malesa	15	ÍRB	<b>1:06.10</b>	456	31.74	34.36
26.	Þórkatla Björg Ómarsdóttir	15	Óðinn	<b>1:06.29</b>	452	31.70	34.59
27.	María Hrunð Kristjánsdóttir	15	Reykjavík	<b>1:06.48</b>	449	31.53	34.95
28.	Ástrós Elísa Eypórsdóttir	14	ÍRB	<b>1:06.75</b>	443	32.08	34.67

Sundgrein 32

karla, 100m baksund

Opinn

20.11.2016 - 9:46

Úrslitalistar Undanrásir

ÍSL Opinn	51.74	Örn Arnarson	SH	Dublin (IRL)	14.12.2003
ÍSL 11 - 12	1:03.92				
ÍSL 13 - 14	58.45				
ÍSL 15 - 17	53.71				

HM25 2016 16 +: 55.24 / NM 2016 18 +: 58.04; 16 - 17: 59.12; 14 - 15: 1:00.47 / Ím25 : 1:07.78

Stig: FINA 2016

Sæti	Aldur		Tími	Stig	50m	100m	
1.	Kristinn Þórarinsson	20	Reykjavík	<b>55.65</b>	679 A NM	27.18	28.47
2.	Kolbeinn Hrafnkelsson	22	SH	<b>55.99</b>	667 A NM	28.36	27.63
3.	Brynjólfur Óli Karlsson	15	Breiðablik	<b>59.66</b>	551 A NM	28.47	31.19
4.	Kristján Gylfi Þórisson	16	Ægir	<b>1:01.31</b>	508 A	29.93	31.38
5.	Tómas Magnússon	14	Reykjavík	<b>1:03.66</b>	453 A	30.94	32.72
6.	Hafsteinn Ari Ágústsson	16	Breiðablik	<b>1:04.60</b>	434 A	31.48	33.12
7.	Davíð Hildiberg Aðalsteinsson	26	ÍRB	<b>1:04.66</b>	433 A	31.45	33.21
8.	Ingi Þór Ólafsson	17	ÍRB	<b>1:06.51</b>	397 A	31.92	34.59
9.	Benedikt Frank Pálmason	15	Reykjavík	<b>1:10.28</b>	337 R ÍM	34.40	35.88

Sundgrein 33

kvenna, 100m baksund

Opinn

20.11.2016 - 9:50

Úrslitalistar Undanrásir

ÍSL Opinn	57.42	Eygló Ósk Gústafsdóttir	Ægir	Netanya (ISR)	03.02.2015
ÍSL 11 - 12	1:08.69				
ÍSL 13 - 14	1:03.10				
ÍSL 15 - 17	59.75				

HM25 2016 16 +: 1:01.93 / NM 2016 17 +: 1:05.46; 15 - 16: 1:06.07; 13 - 14: 1:07.89 / Ím25 : 1:14.68

Stig: FINA 2016

Sæti	Aldur		Tími	Stig	50m	100m	
1.	Eygló Ósk Gústafsdóttir	21	Ægir	<b>1:05.47</b>	593 A	30.93	34.54
2.	Katarína Róbertsdóttir	16	SH	<b>1:05.91</b>	582 A NM	31.83	34.08
3.	Steingerður Hauksdóttir	20	Reykjavík	<b>1:06.90</b>	556 A	31.95	34.95
4.	María Fanney Kristjánsdóttir	16	SH	<b>1:08.66</b>	514 A	33.57	35.09
5.	Íris Ósk Hilmarsdóttir	18	ÍRB	<b>1:08.74</b>	513 A	33.26	35.48
6.	Guðný Birna Sigurðardóttir	17	Breiðablik	<b>1:09.76</b>	490 A	33.58	36.18
7.	María Arnarsdóttir	14	Óðinn	<b>1:10.24</b>	480 A	33.79	36.45
8.	Þóra Snorradóttir	13	Óðinn	<b>1:10.68</b>	471 A	34.39	36.29
9.	Embla Sól Garðarsdóttir	15	Óðinn	<b>1:10.79</b>	469 R	34.20	36.59
10.	Alexandra Tómasdóttir	15	Óðinn	<b>1:12.44</b>	438 R	35.46	36.98
11.	Aþena Karaolani	16	UMFA	<b>1:12.84</b>	431	34.96	37.88
12.	Gunnlaug Margrét Ólafsdóttir	19	Breiðablik	<b>1:14.16</b>	408	35.37	38.79
13.	Diljá Rún Ívarsdóttir	14	ÍRB	<b>1:14.37</b>	405	35.63	38.74

Íslandsmeistaramótið i 25m 2016  
Hafnarfjörður, 18. - 20.11.2016

Sundgrein 33, kvenna, 100m baksund, Undanrásir, Opinn

Sæti	Aldur	Tími	Stig	50m	100m
14. Arey Raket Guðnadóttir	14 Reykjavík	<b>1:15.75</b>	383 ÍM	36.02	39.73
veikindi Una Lára Lárusdóttir	17 ÍA				

Sundgrein 34 karla, 50m bringusund Opinn  
20.11.2016 - 9:55 Úrslitalistar Undanrásir

ÍSL Opinn	27.37	Jakob Jóhann Sveinsson	Ægir	Reykjavík	22.11.2009
ÍSL 11 - 12	35.77				
ÍSL 13 - 14	31.69				
ÍSL 15 - 17	28.47				

HM25 2016 16 +: 28.11 / NM 2016 18 +: 29.57; 16 - 17: 30.12; 14 - 15: 30.12 / Ím25 : 34.86

Stig: FINA 2016

Sæti	Aldur	Tími	Stig	
1. Aron Örn Stefánsson	21 GEST	<b>29.52</b>	625	A NM
2. Birgir Viktor Hannesson	22 Óðinn	<b>30.61</b>	561	A
3. Sævar Berg Sigurðsson	21 ÍA	<b>31.71</b>	504	A
4. Baldvin Sigmarsson	19 ÍRB	<b>31.75</b>	502	A
5. Hallgrímur Kjartansson	18 Breiðablik	<b>32.51</b>	468	A
6. Hólmsteinn Skorri Hallgrímsson	16 Ægir	<b>32.52</b>	468	A
7. Arnór Stefánsson	19 SH	<b>32.53</b>	467	A
8. Kristján Ari Heimisson	18 Breiðablik	<b>32.54</b>	467	A
9. Snævar Atli Halldórsson	16 Óðinn	<b>32.59</b>	465	R
10. Óskar Gauti Lund	17 Breiðablik	<b>33.58</b>	425	R
11. Aron Bjarki Jónsson	15 Óðinn	<b>33.67</b>	421	
12. Þorbjörn Andrason	15 Reykjavík	<b>33.90</b>	413	
13. Runólfur Þorláksson	14 Reykjavík	<b>36.97</b>	318	ÍM

Sundgrein 35 kvenna, 50m bringusund Opinn  
20.11.2016 - 9:59 Úrslitalistar Undanrásir

ÍSL Opinn	30.67	Hrafnhildur Lúthersdóttir	SH	Doha (QAT)	28.08.2014
ÍSL 11 - 12	36.24				
ÍSL 13 - 14	33.54				
ÍSL 15 - 17	32.24				

HM25 2016 16 +: 31.90 / NM 2016 17 +: 33.56; 15 - 16: 33.87; 13 - 14: 33.87 / Ím25 : 38.93

Stig: FINA 2016

Sæti	Aldur	Tími	Stig	
1. Jóhanna Gerða Gústafsdóttir	26 Ægir	<b>33.72</b>	623	A
2. Karen Mist Arngæisdóttir	16 ÍRB	<b>34.72</b>	570	A
3. Sunna Svanlaug Vilhjálmsdóttir	16 SH	<b>35.49</b>	534	A
4. Natalia Cecylia Wojdat	18 SH	<b>36.88</b>	476	A
5. Sigurjóna Ragnheiðardóttir	13 Óðinn	<b>38.29</b>	425	A
6. Ásgerður Jing Laufeyjardóttir	14 ÍA	<b>38.42</b>	421	A
7. Una Margrét Reynisdóttir	14 Reykjavík	<b>38.61</b>	415	A
8. Eva Margrét Falsdóttir	11 ÍRB	<b>38.73</b>	411	A
9. Amalía Nanna Júlíusdóttir	14 Rán	<b>38.81</b>	408	R
10. Herdís B Viggósdóttir	12 Reykjavík	<b>39.02</b>	402	R ÍM
11. Þórkatla Björg Ómarsdóttir	15 Óðinn	<b>39.50</b>	387	ÍM
12. Líf Þrastardóttir	16 Breiðablik	<b>40.40</b>	362	ÍM

Íslandsmeistaramótið i 25m 2016  
Hafnarfjörður, 18. - 20.11.2016

Sundgrein 36

karla, 100m fjörsund

Opinn

20.11.2016 - 10:02

Úrslitalistar Undanrásir

ÍSL Opinn	54.30	Örn Arnarson	SH	Helsinki (FIN)	09.12.2006
ÍSL 11 - 12	1:08.71				
ÍSL 13 - 14	1:01.73				
ÍSL 15 - 17	56.09				

HM25 2016 16 +: 57.01 / Ím25 : 1:06.60

Stig: FINA 2016

Sæti	Aldur		Tími	Stig	50m	100m
1. Kristinn Þórarinnsson	20	Reykjavík	<b>57.53</b>	682 A	26.37	31.16
2. Aron Örn Stefánsson	21	GEST	<b>1:00.46</b>	588 A	27.54	32.92
3. Hólmsteinn Skorri Hallgrímsson	16	Ægir	<b>1:04.13</b>	492 A	29.58	34.55
4. Baldvin Sigmarsson	19	ÍRB	<b>1:04.15</b>	492 A	29.52	34.63
5. Hallgrímur Kjartansson	18	Breiðablik	<b>1:04.53</b>	483 A	31.19	33.34
6. Ingi Þór Ólafsson	17	ÍRB	<b>1:05.27</b>	467 A	31.34	33.93
7. Róbert Ísak Jónsson	15	SH	<b>1:05.75</b>	457 A	30.89	34.86
veikindi Hilmar Smári Jónsson	22	Reykjavík				

Sundgrein 37

kvenna, 400m fjörsund

Opinn

20.11.2016 - 10:05

Úrslitalistar

ÍSL Opinn	4:43.56	Hrafnhildur Lúthersdóttir	SH	Hafnarfjörður	13.11.2015
ÍSL 11 - 12	5:13.93				
ÍSL 13 - 14	4:53.67				
ÍSL 15 - 17	4:50.96				

HM25 2016 16 +: 4:49.25 / NM 2016 17 +: 4:59.83; 15 - 16: 5:02.62; 13 - 14: 5:10.98 / Ím25 : 5:39.50

Stig: FINA 2016

Sæti	Aldur		Tími	Stig
1. Sunneva Dögg Robertson	17	ÍRB	<b>4:57.53</b>	663 NM
50m: 31.26 31.26	150m: 1:45.79 38.88	250m: 3:07.81 44.03	350m: 4:25.54 33.70	
100m: 1:06.91 35.65	200m: 2:23.78 37.99	300m: 3:51.84 44.03	400m: 4:57.53 31.99	
2. María Fanney Kristjánsdóttir	16	SH	<b>5:02.77</b>	629
50m: 32.54 32.54	150m: 1:49.12 39.30	250m: 3:10.98 43.16	350m: 4:29.10 34.53	
100m: 1:09.82 37.28	200m: 2:27.82 38.70	300m: 3:54.57 43.59	400m: 5:02.77 33.67	
3. Stefania Sigurþórsdóttir	15	ÍRB	<b>5:11.25</b>	579
50m: 33.11 33.11	150m: 1:51.99 39.56	250m: 3:14.59 43.01	350m: 4:35.93 36.45	
100m: 1:12.43 39.32	200m: 2:31.58 39.59	300m: 3:59.48 44.89	400m: 5:11.25 35.32	
4. Gunnhildur Björg Baldursdóttir	16	ÍRB	<b>5:14.13</b>	563
50m: 31.53 31.53	150m: 1:50.17 41.72	250m: 3:16.47 45.36	350m: 4:39.33 36.11	
100m: 1:08.45 36.92	200m: 2:31.11 40.94	300m: 4:03.22 46.75	400m: 5:14.13 34.80	
5. Diljá Rún Ívarsdóttir	14	ÍRB	<b>5:22.49</b>	520
50m: 33.96 33.96	150m: 1:55.47 42.38	250m: 3:23.33 46.27	350m: 4:46.59 36.82	
100m: 1:13.09 39.13	200m: 2:37.06 41.59	300m: 4:09.77 46.44	400m: 5:22.49 35.90	
6. Sólrún Sigþórsdóttir	19	ÍA	<b>5:22.97</b>	518
50m: 34.88 34.88	150m: 1:55.69 41.57	250m: 3:23.68 47.31	350m: 4:47.33 35.73	
100m: 1:14.12 39.24	200m: 2:36.37 40.68	300m: 4:11.60 47.92	400m: 5:22.97 35.64	
7. Þura Snorradóttir	13	Óðinn	<b>5:28.57</b>	492
50m: 35.78 35.78	150m: 1:57.51 40.68	250m: 3:25.63 47.90	350m: 4:51.41 38.03	
100m: 1:16.83 41.05	200m: 2:37.73 40.22	300m: 4:13.38 47.75	400m: 5:28.57 37.16	
8. Alexandra Tómasdóttir	15	Óðinn	<b>5:33.14</b>	472
50m: 36.20 36.20	150m: 2:02.00 41.89	250m: 3:30.21 46.94	350m: 4:56.69 38.54	
100m: 1:20.11 43.91	200m: 2:43.27 41.27	300m: 4:18.15 47.94	400m: 5:33.14 36.45	
9. Ágústa Bergrós Jakobsdóttir	14	Reykjavík	<b>5:37.57</b>	454
50m: 37.43 37.43	150m: 2:05.44 44.04	250m: 3:33.76 45.40	350m: 4:59.67 39.38	
100m: 1:21.40 43.97	200m: 2:48.36 42.92	300m: 4:20.29 46.53	400m: 5:37.57 37.90	
10. Eva Margrét Falsdóttir	11	ÍRB	<b>5:41.32</b>	439 ÍM
50m: 36.99 36.99	150m: 2:06.20 45.15	250m: 3:37.37 45.87	350m: 5:04.18 40.42	
100m: 1:21.05 44.06	200m: 2:51.50 45.30	300m: 4:23.76 46.39	400m: 5:41.32 37.14	

Íslandsmeistaramótið í 25m 2016  
Hafnarfjörður, 18. - 20.11.2016

Sundgrein 38

karla, 50m flugsund

Opinn

20.11.2016 - 10:12

Úrslitalistar Undanrásir

ÍSL Opinn	23.55	Örn Arnarson	SH	Helsinki (FIN)	10.12.2006
ÍSL 11 - 12	31.02				
ÍSL 13 - 14	26.88				
ÍSL 15 - 17	25.42				

HM25 2016 16 +: 24.19 / NM 2016 18 +: 25.45; 16 - 17: 25.92; 14 - 15: 25.92 / Ím25 : 29.83

Stig: FINA 2016

Sæti	Aldur			Tími	Stig	
1.	Ágúst Júlíusson	27	ÍA	<b>24.75</b>	683	A NM
2.	Aron Örn Stefánsson	21	GEST	<b>25.42</b>	630	A NM
3.	Kolbeinn Hrafnkelsson	22	SH	<b>25.54</b>	621	A
4.	Predrag Milos	21	SH	<b>25.67</b>	612	A
5.	Birgir Viktor Hannesson	22	Óðinn	<b>26.38</b>	564	A
6.	Brynjólfur Óli Karlsson	15	Breiðablik	<b>26.91</b>	531	A
7.	Kári Sölvi Nielsen	16	SH	<b>28.39</b>	452	A
8.	Kristján Ari Heimisson	18	Breiðablik	<b>28.51</b>	447	A
9.	Sævar Berg Sigurðsson	21	ÍA	<b>28.59</b>	443	R
10.	Kristján Gylfi Þórisson	16	Ægir	<b>28.62</b>	441	R
11.	Jón Klausen	16	Reykjavík	<b>29.47</b>	404	
12.	Jökull Ýmir Guðmundsson	16	SH	<b>29.58</b>	400	
13.	Vikar Máni Þórisson	14	Reykjavík	<b>29.64</b>	397	
14.	Snævar Atli Halldórsson	16	Óðinn	<b>29.89</b>	387	ÍM

Sundgrein 39

kvenna, 50m flugsund

Opinn

20.11.2016 - 10:15

Úrslitalistar Undanrásir

ÍSL Opinn	26.70	Bryndís Rún Hansen	NOR	Szczecin (POL)	12.09.2011
ÍSL 11 - 12	31.81				
ÍSL 13 - 14	29.17				
ÍSL 15 - 17	27.24				

HM25 2016 16 +: 27.07 / NM 2016 17 +: 28.48; 15 - 16: 28.74; 13 - 14: 28.74 / Ím25 : 32.64

Stig: FINA 2016

Sæti	Aldur			Tími	Stig	
1.	Eygló Ósk Gústafsdóttir	21	Ægir	<b>28.50</b>	625	A
2.	Jóhanna Gerða Gústafsdóttir	26	Ægir	<b>28.83</b>	604	A
3.	Inga Elin Cryer	23	Ægir	<b>29.30</b>	576	A
4.	Jóhanna Elín Guðmundsdóttir	15	SH	<b>29.84</b>	545	A
5.	Katarína Róbertsdóttir	16	SH	<b>30.10</b>	531	A
6.	Líney Ragna Ólafsdóttir	20	Breiðablik	<b>30.58</b>	506	A
7.	Brynhildur Traustadóttir	15	ÍA	<b>30.62</b>	504	A
8.	Steingerður Hauksdóttir	20	Reykjavík	<b>30.74</b>	498	A
9.	Sylwia Sienkiewicz	17	ÍRB	<b>30.80</b>	495	R
10.	Gunnhildur Björg Baldursdóttir	16	ÍRB	<b>31.11</b>	481	R
11.	Elín Ylfa Viðarsdóttir	17	Breiðablik	<b>31.33</b>	471	
12.	Natalia Cecylia Wojdat	18	SH	<b>31.82</b>	449	
13.	Guðný Birna Sigurðardóttir	17	Breiðablik	<b>31.85</b>	448	
14.	Rannveig Katrín Arnarsdóttir	15	Óðinn	<b>33.44</b>	387	ÍM
ÓG.	Berglind Bjarnadóttir	15	Reykjavík			
	<i>G2 - Starting before the start signal (SW 4.4)</i>					
veikindi	Una Lára Lárusdóttir	17	ÍA			

Íslandsmeistaramótið í 25m 2016  
Hafnarfjörður, 18. - 20.11.2016

Sundgrein 40  
20.11.2016 - 10:18

karla, 1500m skriðsund

Opinn  
Úrslitalistar

ÍSL Opinn	15:00.51	Anton Sveinn McKee	Ægir	Istanbul (TUR)	16.12.2012
ÍSL 11 - 12	17:46.07				
ÍSL 13 - 14	16:15.94				
ÍSL 15 - 17	15:41.96				

HM25 2016 16 +: 15:32.76 / NM 2016 18 +: 16:09.62; 16 - 17: 16:27.44; 14 - 15: 16:50.21 / Ím25 : 18:58.75

Stig: FINA 2016

Sæti			Aldur					Timi	Stig	
<b>1.</b>	<b>Pröstur Bjarnason</b>		<b>19</b>			<b>ÍRB</b>		<b>15:45.88</b>	<b>720</b>	<b>NM</b>
	50m:	27.35 27.35	450m:	4:36.49 31.68	850m:	8:50.89 31.27	1250m:	13:09.63 32.77		
	100m:	56.79 29.44	500m:	5:08.37 31.88	900m:	9:22.58 31.69	1300m:	13:40.77 31.14		
	150m:	1:27.17 30.38	550m:	5:40.36 31.99	950m:	9:55.15 32.57	1350m:	14:11.70 30.93		
	200m:	1:57.85 30.68	600m:	6:12.31 31.95	1000m:	10:27.84 32.69	1400m:	14:43.48 31.78		
	250m:	2:29.09 31.24	650m:	6:44.10 31.79	1050m:	10:59.83 31.99	1450m:	15:16.07 32.59		
	300m:	3:00.88 31.79	700m:	7:16.08 31.98	1100m:	11:32.13 32.30	1500m:	15:45.88 29.81		
	350m:	3:32.64 31.76	750m:	7:48.25 32.17	1150m:	12:04.51 32.38				
	400m:	4:04.81 32.17	800m:	8:19.62 31.37	1200m:	12:36.86 32.35				
<b>2.</b>	<b>Hafþór Jón Sigurðsson</b>		<b>19</b>			<b>SH</b>		<b>15:46.67</b>	<b>718</b>	<b>NM</b>
	50m:	27.89 27.89	450m:	4:39.31 31.82	850m:	8:54.52 32.03	1250m:	13:09.57 31.86		
	100m:	58.63 30.74	500m:	5:11.11 31.80	900m:	9:26.14 31.62	1300m:	13:41.30 31.73		
	150m:	1:29.73 31.10	550m:	5:43.09 31.98	950m:	9:57.85 31.71	1350m:	14:13.11 31.81		
	200m:	2:01.08 31.35	600m:	6:14.91 31.82	1000m:	10:29.75 31.90	1400m:	14:44.93 31.82		
	250m:	2:32.54 31.46	650m:	6:46.84 31.93	1050m:	11:01.48 31.73	1450m:	15:16.78 31.85		
	300m:	3:04.21 31.67	700m:	7:18.74 31.90	1100m:	11:33.37 31.89	1500m:	15:46.67 29.89		
	350m:	3:35.88 31.67	750m:	7:50.74 32.00	1150m:	12:05.43 32.06				
	400m:	4:07.49 31.61	800m:	8:22.49 31.75	1200m:	12:37.71 32.28				
<b>3.</b>	<b>Ólafur Sigurðsson</b>		<b>17</b>			<b>SH</b>		<b>16:17.57</b>	<b>652</b>	<b>NM</b>
	50m:	28.65 28.65	450m:	4:50.10 32.99	850m:	9:15.49 32.86	1250m:	13:39.18 33.04		
	100m:	1:00.33 31.68	500m:	5:23.31 33.21	900m:	9:48.52 33.03	1300m:	14:12.24 33.06		
	150m:	1:32.42 32.09	550m:	5:56.81 33.50	950m:	10:21.53 33.01	1350m:	14:44.43 32.19		
	200m:	2:05.26 32.84	600m:	6:29.69 32.88	1000m:	10:55.08 33.55	1400m:	15:16.74 32.31		
	250m:	2:38.06 32.80	650m:	7:02.80 33.11	1050m:	11:28.34 33.26	1450m:	15:48.64 31.90		
	300m:	3:11.28 33.22	700m:	7:36.30 33.50	1100m:	12:00.93 32.59	1500m:	16:17.57 28.93		
	350m:	3:44.18 32.90	750m:	8:09.22 32.92	1150m:	12:33.28 32.35				
	400m:	4:17.11 32.93	800m:	8:42.63 33.41	1200m:	13:06.14 32.86				
<b>4.</b>	<b>Huginn Hilmarsson</b>		<b>21</b>			<b>Breiðablik</b>		<b>16:19.56</b>	<b>648</b>	
	50m:	28.25 28.25	450m:	4:49.69 32.99	850m:	9:15.42 33.07	1250m:	13:39.32 33.06		
	100m:	59.61 31.36	500m:	5:23.09 33.40	900m:	9:48.39 32.97	1300m:	14:12.58 33.26		
	150m:	1:31.88 32.27	550m:	5:56.19 33.10	950m:	10:21.38 32.99	1350m:	14:45.08 32.50		
	200m:	2:04.53 32.65	600m:	6:29.34 33.15	1000m:	10:54.66 33.28	1400m:	15:17.39 32.31		
	250m:	2:37.63 33.10	650m:	7:02.44 33.10	1050m:	11:27.65 32.99	1450m:	15:49.11 31.72		
	300m:	3:10.74 33.11	700m:	7:35.74 33.30	1100m:	12:00.43 32.78	1500m:	16:19.56 30.45		
	350m:	3:43.84 33.10	750m:	8:09.07 33.33	1150m:	12:33.44 33.01				
	400m:	4:16.70 32.86	800m:	8:42.35 33.28	1200m:	13:06.26 32.82				
<b>5.</b>	<b>Jón Tumi Dagsson</b>		<b>15</b>			<b>SH</b>		<b>16:40.65</b>	<b>608</b>	<b>NM</b>
	50m:	29.38 29.38	450m:	4:57.13 34.01	850m:	9:26.34 33.70	1250m:	13:57.75 34.12		
	100m:	1:02.11 32.73	500m:	5:30.29 33.16	900m:	10:00.01 33.67	1300m:	14:31.53 33.78		
	150m:	1:35.53 33.42	550m:	6:03.82 33.53	950m:	10:34.37 34.36	1350m:	15:04.79 33.26		
	200m:	2:09.22 33.69	600m:	6:37.59 33.77	1000m:	11:08.56 34.19	1400m:	15:37.73 32.94		
	250m:	2:42.67 33.45	650m:	7:11.11 33.52	1050m:	11:42.44 33.88	1450m:	16:10.98 33.25		
	300m:	3:15.98 33.31	700m:	7:44.73 33.62	1100m:	12:15.82 33.38	1500m:	16:40.65 29.67		
	350m:	3:49.81 33.83	750m:	8:18.43 33.70	1150m:	12:50.00 34.18				
	400m:	4:23.12 33.31	800m:	8:52.64 34.21	1200m:	13:23.63 33.63				
<b>6.</b>	<b>Patrik Viggó Vilbergsson</b>		<b>14</b>			<b>Breiðablik</b>		<b>16:48.00</b>	<b>595</b>	<b>NM</b>
	50m:	29.19 29.19	450m:	4:58.09 33.98	850m:	9:29.40 33.70	1250m:	14:00.55 33.58		
	100m:	1:01.85 32.66	500m:	5:32.13 34.04	900m:	10:03.36 33.96	1300m:	14:34.25 33.70		
	150m:	1:35.49 33.64	550m:	6:05.98 33.85	950m:	10:37.36 34.00	1350m:	15:07.96 33.71		
	200m:	2:09.23 33.74	600m:	6:39.79 33.81	1000m:	11:11.25 33.89	1400m:	15:41.76 33.80		
	250m:	2:43.07 33.84	650m:	7:13.93 34.14	1050m:	11:45.11 33.86	1450m:	16:15.34 33.58		
	300m:	3:16.55 33.48	700m:	7:47.88 33.95	1100m:	12:19.21 34.10	1500m:	16:48.00 32.66		
	350m:	3:50.33 33.78	750m:	8:21.78 33.90	1150m:	12:53.06 33.85				
	400m:	4:24.11 33.78	800m:	8:55.70 33.92	1200m:	13:26.97 33.91				

Íslandsmeistaramótið í 25m 2016  
Hafnarfjörður, 18. - 20.11.2016

Sundgrein 40, karla, 1500m skriðsund, Opinn

Sæti				Aldur				Tími	Stig			
7.	Björgvin Theodór Hilmarsson			18	ÍRB			<b>16:53.75</b>	585			
	50m:	29.32	29.32	450m:	4:58.04	34.25	850m:	9:33.60	34.32	1250m:	14:08.95	34.18
	100m:	1:02.00	32.68	500m:	5:32.54	34.50	900m:	10:08.90	35.30	1300m:	14:43.33	34.38
	150m:	1:34.92	32.92	550m:	6:06.20	33.66	950m:	10:43.70	34.80	1350m:	15:16.91	33.58
	200m:	2:08.30	33.38	600m:	6:40.85	34.65	1000m:	11:18.13	34.43	1400m:	15:49.59	32.68
	250m:	2:41.94	33.64	650m:	7:15.78	34.93	1050m:	11:52.71	34.58	1450m:	16:21.23	31.64
	300m:	3:15.81	33.87	700m:	7:50.44	34.66	1100m:	12:26.90	34.19	1500m:	16:53.75	32.52
	350m:	3:49.84	34.03	750m:	8:24.89	34.45	1150m:	13:01.32	34.42			
	400m:	4:23.79	33.95	800m:	8:59.28	34.39	1200m:	13:34.77	33.45			
8.	Óskar Gauti Lund			17	Breiðablik			<b>16:56.21</b>	581			
	50m:	29.43	29.43	450m:	5:00.73	34.32	850m:	9:34.19	32.23	1250m:	14:07.53	32.78
	100m:	1:01.91	32.48	500m:	5:35.15	34.42	900m:	10:07.86	33.67	1300m:	14:42.22	34.69
	150m:	1:35.77	33.86	550m:	6:09.83	34.68	950m:	10:42.40	34.54	1350m:	15:16.37	34.15
	200m:	2:10.02	34.25	600m:	6:44.08	34.25	1000m:	11:16.84	34.44	1400m:	15:50.27	33.90
	250m:	2:43.95	33.93	650m:	7:18.38	34.30	1050m:	11:51.40	34.56	1450m:	16:23.29	33.02
	300m:	3:18.26	34.31	700m:	7:53.35	34.97	1100m:	12:25.63	34.23	1500m:	16:56.21	32.92
	350m:	3:52.16	33.90	750m:	8:27.47	34.12	1150m:	13:00.30	34.67			
	400m:	4:26.41	34.25	800m:	9:01.96	34.49	1200m:	13:34.75	34.45			
9.	Sigurður Örn Ragnarsson			25	Ægir			<b>17:14.98</b>	550			
	50m:	30.05	30.05	450m:	5:00.83	34.72	850m:	9:40.56	34.89	1250m:	14:20.86	35.10
	100m:	1:02.65	32.60	500m:	5:35.88	35.05	900m:	10:15.57	35.01	1300m:	14:56.15	35.29
	150m:	1:35.80	33.15	550m:	6:10.65	34.77	950m:	10:50.69	35.12	1350m:	15:31.15	35.00
	200m:	2:09.52	33.72	600m:	6:45.73	35.08	1000m:	11:25.61	34.92	1400m:	16:06.18	35.03
	250m:	2:43.40	33.88	650m:	7:20.61	34.88	1050m:	12:00.69	35.08	1450m:	16:41.11	34.93
	300m:	3:17.32	33.92	700m:	7:55.66	35.05	1100m:	12:35.92	35.23	1500m:	17:14.98	33.87
	350m:	3:51.47	34.15	750m:	8:30.72	35.06	1150m:	13:10.89	34.97			
	400m:	4:26.11	34.64	800m:	9:05.67	34.95	1200m:	13:45.76	34.87			
10.	Kristófer Atli Andersen			14	Breiðablik			<b>18:16.20</b>	463			
	50m:	32.51	32.51	450m:	5:28.76	36.91	850m:	10:22.53	37.29	1250m:	15:15.52	36.48
	100m:	1:09.66	37.15	500m:	6:05.76	37.00	900m:	10:58.43	35.90	1300m:	15:52.13	36.61
	150m:	1:47.07	37.41	550m:	6:42.40	36.64	950m:	11:34.98	36.55	1350m:	16:28.65	36.52
	200m:	2:24.32	37.25	600m:	7:18.88	36.48	1000m:	12:11.15	36.17	1400m:	17:04.99	36.34
	250m:	3:01.50	37.18	650m:	7:55.41	36.53	1050m:	12:48.38	37.23	1450m:	17:41.51	36.52
	300m:	3:38.32	36.82	700m:	8:32.06	36.65	1100m:	13:24.81	36.43	1500m:	18:16.20	34.69
	350m:	4:14.81	36.49	750m:	9:08.37	36.31	1150m:	14:02.15	37.34			
	400m:	4:51.85	37.04	800m:	9:45.24	36.87	1200m:	14:39.04	36.89			
11.	Björn Axel Agnarsson			14	Breiðablik			<b>18:29.12</b>	447			
	50m:	33.06	33.06	450m:	5:28.61	37.14	850m:	10:25.21	37.67	1250m:	15:25.75	37.77
	100m:	1:09.18	36.12	500m:	6:05.80	37.19	900m:	11:02.83	37.62	1300m:	16:03.57	37.82
	150m:	1:46.88	37.70	550m:	6:42.42	36.62	950m:	11:40.42	37.59	1350m:	16:40.93	37.36
	200m:	2:24.37	37.49	600m:	7:19.27	36.85	1000m:	12:17.85	37.43	1400m:	17:18.52	37.59
	250m:	3:01.62	37.25	650m:	7:55.80	36.53	1050m:	12:55.68	37.83	1450m:	17:54.96	36.44
	300m:	3:38.81	37.19	700m:	8:32.65	36.85	1100m:	13:33.28	37.60	1500m:	18:29.12	34.16
	350m:	4:15.30	36.49	750m:	9:10.05	37.40	1150m:	14:10.58	37.30			
	400m:	4:51.47	36.17	800m:	9:47.54	37.49	1200m:	14:47.98	37.40			
12.	Halldór Björn Kristinsson			14	Ægir			<b>18:36.89</b>	437			
	50m:	32.35	32.35	450m:	5:28.63	37.44	850m:	10:26.69	37.00	1250m:	15:29.17	38.05
	100m:	1:08.42	36.07	500m:	6:06.21	37.58	900m:	11:04.28	37.59	1300m:	16:07.57	38.40
	150m:	1:45.54	37.12	550m:	6:43.20	36.99	950m:	11:42.03	37.75	1350m:	16:45.55	37.98
	200m:	2:22.61	37.07	600m:	7:20.49	37.29	1000m:	12:19.42	37.39	1400m:	17:23.16	37.61
	250m:	2:59.89	37.28	650m:	7:58.20	37.71	1050m:	12:57.21	37.79	1450m:	18:00.33	37.17
	300m:	3:36.96	37.07	700m:	8:35.45	37.25	1100m:	13:35.13	37.92	1500m:	18:36.89	36.56
	350m:	4:14.04	37.08	750m:	9:12.70	37.25	1150m:	14:13.36	38.23			
	400m:	4:51.19	37.15	800m:	9:49.69	36.99	1200m:	14:51.12	37.76			

Íslandsmeistaramótið í 25m 2016  
Hafnarfjörður, 18. - 20.11.2016

Sundgrein 41  
20.11.2016 - 10:39

kvenna, 1500m skriðsund

Opinn  
Úrslitalistar

ÍSL Opinn	16:46.95	Eygló Ósk Gústafsdóttir	Ægir	Hafnarfjörður	27.10.2012
ÍSL 11 - 12	18:31.29				
ÍSL 13 - 14	17:16.94				
ÍSL 15 - 17	16:46.95				

HM25 2016 16 +: 16:53.74 / Ím25 : 19:59.88

Stig: FINA 2016

Sæti			Aldur							Tími	Stig	
<b>1.</b>	<b>Eydís Ósk Kolbeinsdóttir</b>		<b>16</b>		<b>ÍRB</b>					<b>17:30.97</b>	<b>670</b>	
	50m:	30.93	30.93	450m:	5:08.27	34.99	850m:	9:51.55	35.56	1250m:	14:37.49	35.86
	100m:	1:04.17	33.24	500m:	5:43.34	35.07	900m:	10:27.24	35.69	1300m:	15:13.25	35.76
	150m:	1:38.55	34.38	550m:	6:18.63	35.29	950m:	11:03.13	35.89	1350m:	15:48.53	35.28
	200m:	2:13.40	34.85	600m:	6:54.07	35.44	1000m:	11:38.85	35.72	1400m:	16:24.03	35.50
	250m:	2:48.58	35.18	650m:	7:29.47	35.40	1050m:	12:14.21	35.36	1450m:	16:58.88	34.85
	300m:	3:23.68	35.10	700m:	8:04.97	35.50	1100m:	12:49.85	35.64	1500m:	17:30.97	32.09
	350m:	3:58.27	34.59	750m:	8:40.50	35.53	1150m:	13:25.63	35.78			
	400m:	4:33.28	35.01	800m:	9:15.99	35.49	1200m:	14:01.63	36.00			
<b>2.</b>	<b>Bára Kristín Björgvinsdóttir</b>		<b>21</b>		<b>SH</b>					<b>18:06.13</b>	<b>607</b>	
	50m:	32.09	32.09	450m:	5:17.38	36.34	850m:	10:10.06	36.87	1250m:	15:06.41	37.31
	100m:	1:06.67	34.58	500m:	5:53.67	36.29	900m:	10:46.81	36.75	1300m:	15:42.91	36.50
	150m:	1:42.13	35.46	550m:	6:29.95	36.28	950m:	11:23.76	36.95	1350m:	16:19.23	36.32
	200m:	2:17.97	35.84	600m:	7:06.55	36.60	1000m:	12:00.74	36.98	1400m:	16:55.36	36.13
	250m:	2:53.56	35.59	650m:	7:43.11	36.56	1050m:	12:37.74	37.00	1450m:	17:31.08	35.72
	300m:	3:29.49	35.93	700m:	8:19.91	36.80	1100m:	13:15.10	37.36	1500m:	18:06.13	35.05
	350m:	4:05.14	35.65	750m:	8:56.60	36.69	1150m:	13:52.32	37.22			
	400m:	4:41.04	35.90	800m:	9:33.19	36.59	1200m:	14:29.10	36.78			
<b>3.</b>	<b>Birna Hilmarsdóttir</b>		<b>14</b>		<b>ÍRB</b>					<b>18:18.81</b>	<b>586</b>	
	50m:	32.87	32.87	450m:	5:24.50	36.79	850m:	10:18.90	36.91	1250m:	15:15.64	37.31
	100m:	1:08.74	35.87	500m:	6:01.15	36.65	900m:	10:55.61	36.71	1300m:	15:52.54	36.90
	150m:	1:45.46	36.72	550m:	6:37.94	36.79	950m:	11:32.44	36.83	1350m:	16:29.89	37.35
	200m:	2:22.31	36.85	600m:	7:14.90	36.96	1000m:	12:09.72	37.28	1400m:	17:06.90	37.01
	250m:	2:58.86	36.55	650m:	7:51.93	37.03	1050m:	12:46.50	36.78	1450m:	17:43.70	36.80
	300m:	3:34.91	36.05	700m:	8:28.80	36.87	1100m:	13:23.51	37.01	1500m:	18:18.81	35.11
	350m:	4:11.19	36.28	750m:	9:05.37	36.57	1150m:	14:01.12	37.61			
	400m:	4:47.71	36.52	800m:	9:41.99	36.62	1200m:	14:38.33	37.21			
<b>4.</b>	<b>Ylfa Finnbogadóttir</b>		<b>14</b>		<b>SH</b>					<b>18:32.32</b>	<b>565</b>	
	50m:	32.66	32.66	450m:	5:25.30	36.60	850m:	10:22.33	37.42	1250m:	15:24.91	37.71
	100m:	1:08.40	35.74	500m:	6:02.22	36.92	900m:	11:00.23	37.90	1300m:	16:02.67	37.76
	150m:	1:44.76	36.36	550m:	6:39.03	36.81	950m:	11:37.76	37.53	1350m:	16:40.34	37.67
	200m:	2:21.60	36.84	600m:	7:16.01	36.98	1000m:	12:15.35	37.59	1400m:	17:18.02	37.68
	250m:	2:58.63	37.03	650m:	7:53.06	37.05	1050m:	12:52.72	37.37	1450m:	17:56.36	38.34
	300m:	3:35.15	36.52	700m:	8:30.26	37.20	1100m:	13:30.63	37.91	1500m:	18:32.32	35.96
	350m:	4:11.94	36.79	750m:	9:07.35	37.09	1150m:	14:08.65	38.02			
	400m:	4:48.70	36.76	800m:	9:44.91	37.56	1200m:	14:47.20	38.55			
<b>5.</b>	<b>Hildur Elísabet Hálfðanardóttir</b>		<b>18</b>		<b>SH</b>					<b>19:16.84</b>	<b>502</b>	
	50m:	34.45	34.45	450m:	5:40.63	38.40	850m:	10:53.42	38.14	1250m:	16:04.66	39.54
	100m:	1:11.92	37.47	500m:	6:19.63	39.00	900m:	11:32.29	38.87	1300m:	16:44.30	39.64
	150m:	1:49.92	38.00	550m:	6:59.35	39.72	950m:	12:11.60	39.31	1350m:	17:23.38	39.08
	200m:	2:28.73	38.81	600m:	7:38.68	39.33	1000m:	12:50.61	39.01	1400m:	18:03.22	39.84
	250m:	3:06.51	37.78	650m:	8:17.84	39.16	1050m:	13:29.07	38.46	1450m:	18:42.61	39.39
	300m:	3:45.49	38.98	700m:	8:56.41	38.57	1100m:	14:07.32	38.25	1500m:	19:16.84	34.23
	350m:	4:23.81	38.32	750m:	9:35.97	39.56	1150m:	14:45.61	38.29			
	400m:	5:02.23	38.42	800m:	10:15.28	39.31	1200m:	15:25.12	39.51			



Íslandsmeistaramótið i 25m 2016  
Hafnarfjörður, 18. - 20.11.2016

Sundgrein 42  
20.11.2016 - 10:39

blandað, 4 x 100m skriðsund

Opinn  
Úrslitalistar

ÍSL Hafnarfjörður 16.11.2014

Stig: FINA 2016

Sæti						Tími	Stig	
1.	ÍRB 1		ÍRB			<b>3:39.86</b>	579	
	Árni Már Árnason	+0,73	24.55	51.18	Sunneva Dögg Robertson	+0,29	27.99	58.49
	Kristófer Sigurðsson	+0,15	23.88	50.25	Eydís Ósk Kolbeinsdóttir	+0,39	28.38	59.94
2.	Breiðablik 1		Breiðablik			<b>3:48.63</b>	515	
	Huginn Hilmarsson	+0,75	25.85	53.91	Ragnheiður Karlsdóttir	+0,47	29.55	1:02.33
	Bryndís Bolladóttir	+0,28	27.89	59.06	Davíð Fannar Ragnarsson	+0,13	25.64	53.33
3.	SH 1		SH			<b>3:49.28</b>	510	
	Halþór Jón Sigurðsson	+0,71	26.42	54.61	Jóhanna Elín Guðmundsdóttir	+0,47	28.33	59.73
	Ólafur Sigurðsson	+0,06	26.43	54.62	Katarína Róbertsdóttir	+0,34	28.43	1:00.32
4.	Ægir 1		Ægir			<b>3:55.25</b>	473	
	Fanney Lind Jóhannsdóttir	+0,55	30.79	1:04.12	Kristján Gylfi Þórisson	+0,20	25.37	53.40
	Bjarkey Jónasdóttir	+0,31	30.34	1:03.71	Hólmsteinn Skorri Hallgrímsson	+0,22	25.56	54.02
5.	SH 2		SH			<b>3:58.40</b>	454	
	Jökull Ýmir Guðmundsson	+0,75	27.82	58.91	María Fanney Kristjánsdóttir	+0,37	29.50	1:01.20
	Kári Sölvi Nielsen	+0,09	26.89	56.49	Sunna Svanlaug Vilhjálmsdóttir	+0,30	29.29	1:01.80
6.	Reykjavík 1		Reykjavík			<b>4:01.31</b>	438	
	Jón Klausen	+0,77	27.91	58.45	Hafsteinn Hákonarson	+0,71	27.89	59.38
	Ragna Sigríður Ragnarsdóttir	+0,39	29.36	1:01.47	Steingerður Hauksdóttir	+0,08	28.75	1:02.01
7.	Ægir 2		Ægir			<b>4:02.33</b>	432	
	Hilmir Örn Ólafsson	+0,75	27.60	57.42	Telma Brá Gunnarsdóttir	+0,41	29.92	1:02.97
	Bjartur Þórhallsson	+0,43	26.49	55.70	Ingibjörg Erla Garðarsdóttir	+0,17	31.25	1:06.24
8.	ÍA 1		ÍA			<b>4:04.29</b>	422	
	Atli Vikar Ingimundarson	+0,70	26.30	55.60	Ásgerður Jing Laufeyjardóttir	+0,67	30.90	1:04.10
	Eyrún Sigþórsdóttir	+0,59	32.05	1:06.24	Erlend Magnússon	+0,45	27.47	58.35
9.	Reykjavík 2		Reykjavík			<b>4:08.83</b>	399	
	Svava Þóra Árnadóttir	+0,77	30.64	1:05.05	Berglind Bjarnadóttir	+0,47	30.72	1:05.13
	Sigurður Ingi Sigurðarson	+0,41	29.01	1:00.31	Björgvin Árni Júlíusson	+0,29	27.66	58.34
ÓG.	Óðinn 1		Óðinn					
	<i>G2 - Starting before the start signal (SW 4.4)</i>							
	Baldur Logi Gautason, María Arnarsdóttir, Hákon Alexander Magnússon, Embla Sól Garðarsdóttir							

Sundgrein 30  
20.11.2016 - 16:30

karla, 100m skriðsund

Opinn  
Úrslitalistar Úrslitsund

ÍSL Opinn	48.42	Örn Arnarson	SH	Reykjavík	16.11.2007
ÍSL 11 - 12	59.56				
ÍSL 13 - 14	54.57				
ÍSL 15 - 17	49.71				

HM25 2016 16 +: 50.00 / NM 2016 18 +: 52.22; 16 - 17: 53.20; 14 - 15: 54.41 / Ím25 : 1:00.92

Stig: FINA 2016

Sæti	Aldur		Tími	Stig	50m	100m		
1.	Aron Örn Stefánsson	21	GEST	<b>49.91</b>	730	HM	23.98	25.93
2.	Kristófer Sigurðsson	21	ÍRB	<b>50.00</b>	726	HM	23.88	26.12
3.	Davíð Fannar Ragnarsson	18	Breiðablik	<b>52.74</b>	618		25.51	27.23
4.	Kristján Gylfi Þórisson	16	Ægir	<b>53.71</b>	585		25.89	27.82
5.	Hólmsteinn Skorri Hallgrímsson	16	Ægir	<b>54.19</b>	570		26.10	28.09
6.	Daníel Már Kristinsson	18	Breiðablik	<b>54.27</b>	567		25.97	28.30
7.	Bjartur Þórhallsson	16	Ægir	<b>56.00</b>	516		26.60	29.40
8.	Björgvin Theodór Hilmarsson	18	ÍRB	<b>1:02.52</b>	371	ÍM	29.86	32.66

Íslandsmeistaramótið i 25m 2016  
Hafnarfjörður, 18. - 20.11.2016

Sundgrein 31 kvenna, 100m skriðsund Opinn  
20.11.2016 - 16:32 Úrslitalistar Úrslitsund

ÍSL Opinn	54.44	Ragnheiður Ragnarsdóttir	KR	Dubai (UAE)	11.11.2010
ÍSL 11 - 12	1:01.38				
ÍSL 13 - 14	57.31				
ÍSL 15 - 17	55.02				

HM25 2016 16 +: 56.10 / NM 2016 17 +: 58.59; 15 - 16: 59.13; 13 - 14: 1:00.77 / Ím25 : 1:06.18

Stig: FINA 2016

Sæti	Aldur		Tími	Stig		50m	100m
Úrslitasund							
1.	Eygló Ósk Gústafsdóttir	21	Ægir	<b>55.36</b>	777	HM	26.88 28.48
2.	Inga Elin Cryer	23	Ægir	<b>57.50</b>	694	NM	27.97 29.53
3.	Sunneva Dögg Robertson	17	ÍRB	<b>57.78</b>	684	NM	28.14 29.64
4.	Bryndís Bolladóttir	17	Breiðablik	<b>59.01</b>	642		28.06 30.95
5.	Jóhanna Elín Guðmundsdóttir	15	SH	<b>59.32</b>	632		28.65 30.67
6.	Sylwia Sienkiewicz	17	ÍRB	<b>1:01.41</b>	569		29.30 32.11
7.	Brynhildur Traustadóttir	15	ÍA	<b>1:01.44</b>	568		29.81 31.63
8.	Ragna Sigríður Ragnarsdóttir	15	Reykjavík	<b>1:01.49</b>	567		30.13 31.36

Sundgrein 32 karla, 100m baksund Opinn  
20.11.2016 - 16:35 Úrslitalistar Úrslitsund

ÍSL Opinn	51.74	Örn Arnarson	SH	Dublin (IRL)	14.12.2003
ÍSL 11 - 12	1:03.92				
ÍSL 13 - 14	58.45				
ÍSL 15 - 17	53.71				

HM25 2016 16 +: 55.24 / NM 2016 18 +: 58.04; 16 - 17: 59.12; 14 - 15: 1:00.47 / Ím25 : 1:07.78

Stig: FINA 2016

Sæti	Aldur		Tími	Stig		50m	100m
Úrslitasund							
1.	Davíð Hildiberg Aðalsteinsson	26	ÍRB	<b>54.24</b>	733	HM	26.11 28.13
2.	Kristinn Þórarinsson	20	Reykjavík	<b>54.47</b>	724	HM	26.48 27.99
3.	Kolbeinn Hrafnkelsson	22	SH	<b>55.14</b>	698	HM	27.22 27.92
4.	Brynjólfur Óli Karlsson	15	Breiðablik	<b>56.89</b>	635	NM	27.19 29.70
5.	Kristján Gylfi Þórisson	16	Ægir	<b>1:00.68</b>	523		29.90 30.78
6.	Tómas Magnússon	14	Reykjavík	<b>1:02.80</b>	472		30.46 32.34
7.	Hafsteinn Ari Ágústsson	16	Breiðablik	<b>1:04.08</b>	444		31.30 32.78

Sundgrein 33 kvenna, 100m baksund Opinn  
20.11.2016 - 16:48 Úrslitalistar Úrslitsund

ÍSL Opinn	57.42	Eygló Ósk Gústafsdóttir	Ægir	Netanya (ISR)	03.02.2015
ÍSL 11 - 12	1:08.69				
ÍSL 13 - 14	1:03.10				
ÍSL 15 - 17	59.75				

HM25 2016 16 +: 1:01.93 / NM 2016 17 +: 1:05.46; 15 - 16: 1:06.07; 13 - 14: 1:07.89 / Ím25 : 1:14.68

Stig: FINA 2016

Sæti	Aldur		Tími	Stig		50m	100m
Úrslitasund							
1.	Eygló Ósk Gústafsdóttir	21	Ægir	<b>1:00.33</b>	758	HM	29.15 31.18
2.	Katarína Róbertsdóttir	16	SH	<b>1:04.23</b>	628	NM	31.14 33.09
3.	Íris Ósk Hilmarsdóttir	18	ÍRB	<b>1:05.33</b>	597	NM	31.87 33.46
4.	Steingerður Hauksdóttir	20	Reykjavík	<b>1:06.00</b>	579		31.93 34.07
5.	María Fanney Kristjánsdóttir	16	SH	<b>1:07.51</b>	541		32.98 34.53
6.	Guðný Birna Sigurðardóttir	17	Breiðablik	<b>1:08.39</b>	520		33.32 35.07
7.	Þóra Snorradóttir	13	Óðinn	<b>1:10.22</b>	481		34.08 36.14
8.	María Arnarsdóttir	14	Óðinn	<b>1:10.44</b>	476		34.19 36.25

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Sundgrein 34 karla, 50m bringusund Opinn  
20.11.2016 - 16:50 Úrslitalistar Úrslitsund

ÍSL Opinn	27.37	Jakob Jóhann Sveinsson	Ægir	Reykjavík	22.11.2009
ÍSL 11 - 12	35.77				
ÍSL 13 - 14	31.69				
ÍSL 15 - 17	28.47				

HM25 2016 16 +: 28.11 / NM 2016 18 +: 29.57; 16 - 17: 30.12; 14 - 15: 30.12 / Ím25 : 34.86

Stig: FINA 2016

Sæti	Aldur			Tími	Stig	
Úrslitasund						
1.	Aron Örn Stefánsson	21	GEST	<b>29.28</b>	641	NM
2.	Birgir Viktor Hannesson	22	Óðinn	<b>30.01</b>	595	
3.	Baldvin Sigmarsson	19	ÍRB	<b>30.59</b>	562	
4.	Sævar Berg Sigurðsson	21	ÍA	<b>30.84</b>	548	
5.	Snævar Atli Halldórsson	16	Óðinn	<b>31.86</b>	497	
6.	Hallgrímur Kjartansson	18	Breiðablik	<b>31.93</b>	494	
7.	Arnór Stefánsson	19	SH	<b>31.94</b>	494	
8.	Kristján Ari Heimisson	18	Breiðablik	<b>32.36</b>	475	

Sundgrein 35 kvenna, 50m bringusund Opinn  
20.11.2016 - 17:00 Úrslitalistar Úrslitsund

ÍSL Opinn	30.67	Hrafnhildur Lúthersdóttir	SH	Doha (QAT)	28.08.2014
ÍSL 11 - 12	36.24				
ÍSL 13 - 14	33.54				
ÍSL 15 - 17	32.24				

HM25 2016 16 +: 31.90 / NM 2016 17 +: 33.56; 15 - 16: 33.87; 13 - 14: 33.87 / Ím25 : 38.93

Stig: FINA 2016

Sæti	Aldur			Tími	Stig	
Úrslitasund						
1.	Jóhanna Gerða Gústafsdóttir	26	Ægir	<b>32.86</b>	673	NM
2.	Karen Mist Arngæisdóttir	16	ÍRB	<b>34.04</b>	605	
3.	Sunna Svanlaug Vilhjálmsdóttir	16	SH	<b>35.30</b>	543	
4.	Natalia Cecylia Wojdat	18	SH	<b>36.17</b>	504	
5.	Eva Margrét Falsdóttir	11	ÍRB	<b>37.60</b>	449	
6.	Ásgerður Jing Laufeyjardóttir	14	ÍA	<b>38.20</b>	428	
7.	Sigurjóna Ragnheiðardóttir	13	Óðinn	<b>38.23</b>	427	
8.	Una Margrét Reynisdóttir	14	Reykjavík	<b>38.96</b>	403	ÍM

Sundgrein 36 karla, 100m fjósund Opinn  
20.11.2016 - 17:02 Úrslitalistar Úrslitsund

ÍSL Opinn	54.30	Örn Arnarson	SH	Helsinki (FIN)	09.12.2006
ÍSL 11 - 12	1:08.71				
ÍSL 13 - 14	1:01.73				
ÍSL 15 - 17	56.09				

HM25 2016 16 +: 57.01 / Ím25 : 1:06.60

Stig: FINA 2016

Sæti	Aldur		Tími	Stig	50m	100m
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Íslandsmeistaramótið i 25m 2016  
Hafnarfjörður, 18. - 20.11.2016

Sundgrein 36, karla, 100m fjórsund, Úrslitsund

Úrslitasund

1. Kristinn Þórarinsson	20	Reykjavík	<b>56.12</b>	735	HM	25.89	30.23
2. Aron Örn Stefánsson	21	GEST	<b>59.98</b>	602		27.50	32.48
3. Baldvín Sigmarsson	19	ÍRB	<b>1:00.90</b>	575		28.48	32.42
4. Hólmsteinn Skorri Hallgrímsson	16	Ægir	<b>1:02.78</b>	525		29.24	33.54
5. Hallgrímur Kjartansson	18	Breiðablik	<b>1:03.54</b>	506		30.86	32.68
6. Ingi Þór Ólafsson	17	ÍRB	<b>1:03.98</b>	496		30.02	33.96

Sundgrein 37

kvenna, 400m fjórsund

Opinn  
Úrslitalistar

20.11.2016 - 17:11

ÍSL Opinn	4:43.56	Hrafnhildur Lúthersdóttir	SH	Hafnarfjörður	13.11.2015
ÍSL 11 - 12	5:13.93				
ÍSL 13 - 14	4:53.67				
ÍSL 15 - 17	4:50.96				

NM 2016 15 - 16: 5:02.62; 17 +: 4:59.83; 13 - 14: 5:10.98 / HM25 2016 16 +: 4:49.25 / Ím25 : 5:39.50

Stig: FINA 2016

Sæti	Aldur				Tími				Stig		
1. Sunneva Dögg Robertson	17	ÍRB	<b>4:57.53</b>				663	NM			
50m:	31.26	31.26	150m:	1:45.79	38.88	250m:	3:07.81	44.03	350m:	4:25.54	33.70
100m:	1:06.91	35.65	200m:	2:23.78	37.99	300m:	3:51.84	44.03	400m:	4:57.53	31.99
2. María Fanney Kristjánsdóttir	16	SH	<b>5:02.77</b>				629				
50m:	32.54	32.54	150m:	1:49.12	39.30	250m:	3:10.98	43.16	350m:	4:29.10	34.53
100m:	1:09.82	37.28	200m:	2:27.82	38.70	300m:	3:54.57	43.59	400m:	5:02.77	33.67
3. Stefanía Sigurþórsdóttir	15	ÍRB	<b>5:11.25</b>				579				
50m:	33.11	33.11	150m:	1:51.99	39.56	250m:	3:14.59	43.01	350m:	4:35.93	36.45
100m:	1:12.43	39.32	200m:	2:31.58	39.59	300m:	3:59.48	44.89	400m:	5:11.25	35.32
4. Gunnhildur Björg Baldursdóttir	16	ÍRB	<b>5:14.13</b>				563				
50m:	31.53	31.53	150m:	1:50.17	41.72	250m:	3:16.47	45.36	350m:	4:39.33	36.11
100m:	1:08.45	36.92	200m:	2:31.11	40.94	300m:	4:03.22	46.75	400m:	5:14.13	34.80
5. Diljá Rún Ívarsdóttir	14	ÍRB	<b>5:22.49</b>				520				
50m:	33.96	33.96	150m:	1:55.47	42.38	250m:	3:23.33	46.27	350m:	4:46.59	36.82
100m:	1:13.09	39.13	200m:	2:37.06	41.59	300m:	4:09.77	46.44	400m:	5:22.49	35.90
6. Sólrún Sigþórsdóttir	19	ÍA	<b>5:22.97</b>				518				
50m:	34.88	34.88	150m:	1:55.69	41.57	250m:	3:23.68	47.31	350m:	4:47.33	35.73
100m:	1:14.12	39.24	200m:	2:36.37	40.68	300m:	4:11.60	47.92	400m:	5:22.97	35.64
7. Þóra Snorradóttir	13	Óðinn	<b>5:28.57</b>				492				
50m:	35.78	35.78	150m:	1:57.51	40.68	250m:	3:25.63	47.90	350m:	4:51.41	38.03
100m:	1:16.83	41.05	200m:	2:37.73	40.22	300m:	4:13.38	47.75	400m:	5:28.57	37.16
8. Alexandra Tómasdóttir	15	Óðinn	<b>5:33.14</b>				472				
50m:	36.20	36.20	150m:	2:02.00	41.89	250m:	3:30.21	46.94	350m:	4:56.69	38.54
100m:	1:20.11	43.91	200m:	2:43.27	41.27	300m:	4:18.15	47.94	400m:	5:33.14	36.45
9. Ágústa Bergros Jakobsdóttir	14	Reykjavík	<b>5:37.57</b>				454				
50m:	37.43	37.43	150m:	2:05.44	44.04	250m:	3:33.76	45.40	350m:	4:59.67	39.38
100m:	1:21.40	43.97	200m:	2:48.36	42.92	300m:	4:20.29	46.53	400m:	5:37.57	37.90
10. Eva Margrét Falsdóttir	11	ÍRB	<b>5:41.32</b>				439	ÍM			
50m:	36.99	36.99	150m:	2:06.20	45.15	250m:	3:37.37	45.87	350m:	5:04.18	40.42
100m:	1:21.05	44.06	200m:	2:51.50	45.30	300m:	4:23.76	46.39	400m:	5:41.32	37.14

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Sundgrein 38 karla, 50m flugsund Opinn  
20.11.2016 - 17:18 Úrslitalistar Úrslitsund

ÍSL Opinn	23.55	Örn Arnarson	SH	Helsinki (FIN)	10.12.2006
ÍSL 11 - 12	31.02				
ÍSL 13 - 14	26.88				
ÍSL 15 - 17	25.42				

HM25 2016 16 +: 24.19 / NM 2016 18 +: 25.45; 16 - 17: 25.92; 14 - 15: 25.92 / Ím25 : 29.83

Stig: FINA 2016

Sæti	Aldur			Tími	Stig
<b>Úrslitasund</b>					
1.	Ágúst Júlíusson	27	ÍA	<b>24.51</b>	703 NM
2.	Aron Örn Stefánsson	21	GEST	<b>25.21</b>	646 NM
3.	Kolbeinn Hrafnkelsson	22	SH	<b>25.51</b>	624
4.	Predrag Milos	21	SH	<b>25.78</b>	604
5.	Brynjólfur Óli Karlsson	15	Breiðablik	<b>26.30</b>	569
6.	Birgir Viktor Hannesson	22	Óðinn	<b>26.79</b>	538
7.	Kristján Ari Heimisson	18	Breiðablik	<b>28.27</b>	458
8.	Kári Sölvi Nielsen	16	SH	<b>28.48</b>	448

Sundgrein 39 kvenna, 50m flugsund Opinn  
20.11.2016 - 17:27 Úrslitalistar Úrslitsund

ÍSL Opinn	26.70	Bryndís Rún Hansen	NOR	Szczecin (POL)	12.09.2011
ÍSL 11 - 12	31.81				
ÍSL 13 - 14	29.17				
ÍSL 15 - 17	27.24				

HM25 2016 16 +: 27.07 / NM 2016 17 +: 28.48; 15 - 16: 28.74; 13 - 14: 28.74 / Ím25 : 32.64

Stig: FINA 2016

Sæti	Aldur			Tími	Stig
<b>Úrslitasund</b>					
1.	Eygló Ósk Gústafsdóttir	21	Ægir	<b>27.75</b>	678 NM
2.	Jóhanna Gerða Gústafsdóttir	26	Ægir	<b>27.97</b>	662 NM
3.	Inga Elin Cryer	23	Ægir	<b>29.22</b>	580
4.	Katarína Róbertsdóttir	16	SH	<b>29.96</b>	538
5.	Jóhanna Elín Guðmundsdóttir	15	SH	<b>29.97</b>	538
6.	Steingerður Hauksdóttir	20	Reykjavík	<b>30.00</b>	536
7.	Líney Ragna Ólafsdóttir	20	Breiðablik	<b>30.01</b>	536
8.	Brynhildur Traustadóttir	15	ÍA	<b>30.34</b>	518

Sundgrein 40 karla, 1500m skriðsund Opinn  
20.11.2016 - 17:29 Úrslitalistar

ÍSL Opinn	15:00.51	Anton Sveinn McKee	Ægir	Istanbul (TUR)	16.12.2012
ÍSL 11 - 12	17:46.07				
ÍSL 13 - 14	16:15.94				
ÍSL 15 - 17	15:41.96				

HM25 2016 16 +: 15:32.76 / NM 2016 18 +: 16:09.62; 16 - 17: 16:27.44; 14 - 15: 16:50.21 / Ím25 : 18:58.75

Stig: FINA 2016

Sæti	Aldur			Tími	Stig
<b>1. Þröstur Bjarnason</b>					
	19	ÍRB		<b>15:45.88</b>	720 NM
50m:	27.35	27.35	450m:	4:36.49	31.68
100m:	56.79	29.44	500m:	5:08.37	31.88
150m:	1:27.17	30.38	550m:	5:40.36	31.99
200m:	1:57.85	30.68	600m:	6:12.31	31.95
250m:	2:29.09	31.24	650m:	6:44.10	31.79
300m:	3:00.88	31.79	700m:	7:16.08	31.98
350m:	3:32.64	31.76	750m:	7:48.25	32.17
400m:	4:04.81	32.17	800m:	8:19.62	31.37
			850m:	8:50.89	31.27
			900m:	9:22.58	31.69
			950m:	9:55.15	32.57
			1000m:	10:27.84	32.69
			1050m:	10:59.83	31.99
			1100m:	11:32.13	32.30
			1150m:	12:04.51	32.38
			1200m:	12:36.86	32.35
			1250m:	13:09.63	32.77
			1300m:	13:40.77	31.14
			1350m:	14:11.70	30.93
			1400m:	14:43.48	31.78
			1450m:	15:16.07	32.59
			1500m:	15:45.88	29.81

Íslandsmeistaramótið í 25m 2016  
Hafnarfjörður, 18. - 20.11.2016

Sundgrein 40, karla, 1500m skriðsund, Opinn

Sæti			Aldur				Tími		Stig
<b>2.</b>	<b>Hafþór Jón Sigurðsson</b>		<b>19</b>	<b>SH</b>			<b>15:46.67</b>	<b>718</b>	<b>NM</b>
	50m:	27.89 27.89	450m:	4:39.31 31.82	850m:	8:54.52 32.03	1250m:	13:09.57 31.86	
	100m:	58.63 30.74	500m:	5:11.11 31.80	900m:	9:26.14 31.62	1300m:	13:41.30 31.73	
	150m:	1:29.73 31.10	550m:	5:43.09 31.98	950m:	9:57.85 31.71	1350m:	14:13.11 31.81	
	200m:	2:01.08 31.35	600m:	6:14.91 31.82	1000m:	10:29.75 31.90	1400m:	14:44.93 31.82	
	250m:	2:32.54 31.46	650m:	6:46.84 31.93	1050m:	11:01.48 31.73	1450m:	15:16.78 31.85	
	300m:	3:04.21 31.67	700m:	7:18.74 31.90	1100m:	11:33.37 31.89	1500m:	15:46.67 29.89	
	350m:	3:35.88 31.67	750m:	7:50.74 32.00	1150m:	12:05.43 32.06			
	400m:	4:07.49 31.61	800m:	8:22.49 31.75	1200m:	12:37.71 32.28			
<b>3.</b>	<b>Ólafur Sigurðsson</b>		<b>17</b>	<b>SH</b>			<b>16:17.57</b>	<b>652</b>	<b>NM</b>
	50m:	28.65 28.65	450m:	4:50.10 32.99	850m:	9:15.49 32.86	1250m:	13:39.18 33.04	
	100m:	1:00.33 31.68	500m:	5:23.31 33.21	900m:	9:48.52 33.03	1300m:	14:12.24 33.06	
	150m:	1:32.42 32.09	550m:	5:56.81 33.50	950m:	10:21.53 33.01	1350m:	14:44.43 32.19	
	200m:	2:05.26 32.84	600m:	6:29.69 32.88	1000m:	10:55.08 33.55	1400m:	15:16.74 32.31	
	250m:	2:38.06 32.80	650m:	7:02.80 33.11	1050m:	11:28.34 33.26	1450m:	15:48.64 31.90	
	300m:	3:11.28 33.22	700m:	7:36.30 33.50	1100m:	12:00.93 32.59	1500m:	16:17.57 28.93	
	350m:	3:44.18 32.90	750m:	8:09.22 32.92	1150m:	12:33.28 32.35			
	400m:	4:17.11 32.93	800m:	8:42.63 33.41	1200m:	13:06.14 32.86			
<b>4.</b>	<b>Huginn Hilmarsson</b>		<b>21</b>	<b>Breiðablik</b>			<b>16:19.56</b>	<b>648</b>	
	50m:	28.25 28.25	450m:	4:49.69 32.99	850m:	9:15.42 33.07	1250m:	13:39.32 33.06	
	100m:	59.61 31.36	500m:	5:23.09 33.40	900m:	9:48.39 32.97	1300m:	14:12.58 33.26	
	150m:	1:31.88 32.27	550m:	5:56.19 33.10	950m:	10:21.38 32.99	1350m:	14:45.08 32.50	
	200m:	2:04.53 32.65	600m:	6:29.34 33.15	1000m:	10:54.66 33.28	1400m:	15:17.39 32.31	
	250m:	2:37.63 33.10	650m:	7:02.44 33.10	1050m:	11:27.65 32.99	1450m:	15:49.11 31.72	
	300m:	3:10.74 33.11	700m:	7:35.74 33.30	1100m:	12:00.43 32.78	1500m:	16:19.56 30.45	
	350m:	3:43.84 33.10	750m:	8:09.07 33.33	1150m:	12:33.44 33.01			
	400m:	4:16.70 32.86	800m:	8:42.35 33.28	1200m:	13:06.26 32.82			
<b>5.</b>	<b>Jón Tumi Dagsson</b>		<b>15</b>	<b>SH</b>			<b>16:40.65</b>	<b>608</b>	<b>NM</b>
	50m:	29.38 29.38	450m:	4:57.13 34.01	850m:	9:26.34 33.70	1250m:	13:57.75 34.12	
	100m:	1:02.11 32.73	500m:	5:30.29 33.16	900m:	10:00.01 33.67	1300m:	14:31.53 33.78	
	150m:	1:35.53 33.42	550m:	6:03.82 33.53	950m:	10:34.37 34.36	1350m:	15:04.79 33.26	
	200m:	2:09.22 33.69	600m:	6:37.59 33.77	1000m:	11:08.56 34.19	1400m:	15:37.73 32.94	
	250m:	2:42.67 33.45	650m:	7:11.11 33.52	1050m:	11:42.44 33.88	1450m:	16:10.98 33.25	
	300m:	3:15.98 33.31	700m:	7:44.73 33.62	1100m:	12:15.82 33.38	1500m:	16:40.65 29.67	
	350m:	3:49.81 33.83	750m:	8:18.43 33.70	1150m:	12:50.00 34.18			
	400m:	4:23.12 33.31	800m:	8:52.64 34.21	1200m:	13:23.63 33.63			
<b>6.</b>	<b>Patrik Viggó Vilbergsson</b>		<b>14</b>	<b>Breiðablik</b>			<b>16:48.00</b>	<b>595</b>	<b>NM</b>
	50m:	29.19 29.19	450m:	4:58.09 33.98	850m:	9:29.40 33.70	1250m:	14:00.55 33.58	
	100m:	1:01.85 32.66	500m:	5:32.13 34.04	900m:	10:03.36 33.96	1300m:	14:34.25 33.70	
	150m:	1:35.49 33.64	550m:	6:05.98 33.85	950m:	10:37.36 34.00	1350m:	15:07.96 33.71	
	200m:	2:09.23 33.74	600m:	6:39.79 33.81	1000m:	11:11.25 33.89	1400m:	15:41.76 33.80	
	250m:	2:43.07 33.84	650m:	7:13.93 34.14	1050m:	11:45.11 33.86	1450m:	16:15.34 33.58	
	300m:	3:16.55 33.48	700m:	7:47.88 33.95	1100m:	12:19.21 34.10	1500m:	16:48.00 32.66	
	350m:	3:50.33 33.78	750m:	8:21.78 33.90	1150m:	12:53.06 33.85			
	400m:	4:24.11 33.78	800m:	8:55.70 33.92	1200m:	13:26.97 33.91			
<b>7.</b>	<b>Björgvin Theodór Hilmarsson</b>		<b>18</b>	<b>ÍRB</b>			<b>16:53.75</b>	<b>585</b>	
	50m:	29.32 29.32	450m:	4:58.04 34.25	850m:	9:33.60 34.32	1250m:	14:08.95 34.18	
	100m:	1:02.00 32.68	500m:	5:32.54 34.50	900m:	10:08.90 35.30	1300m:	14:43.33 34.38	
	150m:	1:34.92 32.92	550m:	6:06.20 33.66	950m:	10:43.70 34.80	1350m:	15:16.91 33.58	
	200m:	2:08.30 33.38	600m:	6:40.85 34.65	1000m:	11:18.13 34.43	1400m:	15:49.59 32.68	
	250m:	2:41.94 33.64	650m:	7:15.78 34.93	1050m:	11:52.71 34.58	1450m:	16:21.23 31.64	
	300m:	3:15.81 33.87	700m:	7:50.44 34.66	1100m:	12:26.90 34.19	1500m:	16:53.75 32.52	
	350m:	3:49.84 34.03	750m:	8:24.89 34.45	1150m:	13:01.32 34.42			
	400m:	4:23.79 33.95	800m:	8:59.28 34.39	1200m:	13:34.77 33.45			
<b>8.</b>	<b>Óskar Gauti Lund</b>		<b>17</b>	<b>Breiðablik</b>			<b>16:56.21</b>	<b>581</b>	
	50m:	29.43 29.43	450m:	5:00.73 34.32	850m:	9:34.19 32.23	1250m:	14:07.53 32.78	
	100m:	1:01.91 32.48	500m:	5:35.15 34.42	900m:	10:07.86 33.67	1300m:	14:42.22 34.69	
	150m:	1:35.77 33.86	550m:	6:09.83 34.68	950m:	10:42.40 34.54	1350m:	15:16.37 34.15	
	200m:	2:10.02 34.25	600m:	6:44.08 34.25	1000m:	11:16.84 34.44	1400m:	15:50.27 33.90	
	250m:	2:43.95 33.93	650m:	7:18.38 34.30	1050m:	11:51.40 34.56	1450m:	16:23.29 33.02	
	300m:	3:18.26 34.31	700m:	7:53.35 34.97	1100m:	12:25.63 34.23	1500m:	16:56.21 32.92	
	350m:	3:52.16 33.90	750m:	8:27.47 34.12	1150m:	13:00.30 34.67			
	400m:	4:26.41 34.25	800m:	9:01.96 34.49	1200m:	13:34.75 34.45			

Íslandsmeistaramótið í 25m 2016  
Hafnarfjörður, 18. - 20.11.2016

Sundgrein 40, karla, 1500m skriðsund, Opinn

Sæti			Aldur						Tími	Stig		
9.	Sigurður Örn Ragnarsson		25		Ægir				<b>17:14.98</b>	550		
	50m:	30.05	30.05	450m:	5:00.83	34.72	850m:	9:40.56	34.89	1250m:	14:20.86	35.10
	100m:	1:02.65	32.60	500m:	5:35.88	35.05	900m:	10:15.57	35.01	1300m:	14:56.15	35.29
	150m:	1:35.80	33.15	550m:	6:10.65	34.77	950m:	10:50.69	35.12	1350m:	15:31.15	35.00
	200m:	2:09.52	33.72	600m:	6:45.73	35.08	1000m:	11:25.61	34.92	1400m:	16:06.18	35.03
	250m:	2:43.40	33.88	650m:	7:20.61	34.88	1050m:	12:00.69	35.08	1450m:	16:41.11	34.93
	300m:	3:17.32	33.92	700m:	7:55.66	35.05	1100m:	12:35.92	35.23	1500m:	17:14.98	33.87
	350m:	3:51.47	34.15	750m:	8:30.72	35.06	1150m:	13:10.89	34.97			
	400m:	4:26.11	34.64	800m:	9:05.67	34.95	1200m:	13:45.76	34.87			
10.	Kristófer Atli Andersen		14		Breiðablik				<b>18:16.20</b>	463		
	50m:	32.51	32.51	450m:	5:28.76	36.91	850m:	10:22.53	37.29	1250m:	15:15.52	36.48
	100m:	1:09.66	37.15	500m:	6:05.76	37.00	900m:	10:58.43	35.90	1300m:	15:52.13	36.61
	150m:	1:47.07	37.41	550m:	6:42.40	36.64	950m:	11:34.98	36.55	1350m:	16:28.65	36.52
	200m:	2:24.32	37.25	600m:	7:18.88	36.48	1000m:	12:11.15	36.17	1400m:	17:04.99	36.34
	250m:	3:01.50	37.18	650m:	7:55.41	36.53	1050m:	12:48.38	37.23	1450m:	17:41.51	36.52
	300m:	3:38.32	36.82	700m:	8:32.06	36.65	1100m:	13:24.81	36.43	1500m:	18:16.20	34.69
	350m:	4:14.81	36.49	750m:	9:08.37	36.31	1150m:	14:02.15	37.34			
	400m:	4:51.85	37.04	800m:	9:45.24	36.87	1200m:	14:39.04	36.89			
11.	Björn Axel Agnarsson		14		Breiðablik				<b>18:29.12</b>	447		
	50m:	33.06	33.06	450m:	5:28.61	37.14	850m:	10:25.21	37.67	1250m:	15:25.75	37.77
	100m:	1:09.18	36.12	500m:	6:05.80	37.19	900m:	11:02.83	37.62	1300m:	16:03.57	37.82
	150m:	1:46.88	37.70	550m:	6:42.42	36.62	950m:	11:40.42	37.59	1350m:	16:40.93	37.36
	200m:	2:24.37	37.49	600m:	7:19.27	36.85	1000m:	12:17.85	37.43	1400m:	17:18.52	37.59
	250m:	3:01.62	37.25	650m:	7:55.80	36.53	1050m:	12:55.68	37.83	1450m:	17:54.96	36.44
	300m:	3:38.81	37.19	700m:	8:32.65	36.85	1100m:	13:33.28	37.60	1500m:	18:29.12	34.16
	350m:	4:15.30	36.49	750m:	9:10.05	37.40	1150m:	14:10.58	37.30			
	400m:	4:51.47	36.17	800m:	9:47.54	37.49	1200m:	14:47.98	37.40			
12.	Halldór Björn Kristinsson		14		Ægir				<b>18:36.89</b>	437		
	50m:	32.35	32.35	450m:	5:28.63	37.44	850m:	10:26.69	37.00	1250m:	15:29.17	38.05
	100m:	1:08.42	36.07	500m:	6:06.21	37.58	900m:	11:04.28	37.59	1300m:	16:07.57	38.40
	150m:	1:45.54	37.12	550m:	6:43.20	36.99	950m:	11:42.03	37.75	1350m:	16:45.55	37.98
	200m:	2:22.61	37.07	600m:	7:20.49	37.29	1000m:	12:19.42	37.39	1400m:	17:23.16	37.61
	250m:	2:59.89	37.28	650m:	7:58.20	37.71	1050m:	12:57.21	37.79	1450m:	18:00.33	37.17
	300m:	3:36.96	37.07	700m:	8:35.45	37.25	1100m:	13:35.13	37.92	1500m:	18:36.89	36.56
	350m:	4:14.04	37.08	750m:	9:12.70	37.25	1150m:	14:13.36	38.23			
	400m:	4:51.19	37.15	800m:	9:49.69	36.99	1200m:	14:51.12	37.76			

Sundgrein 41  
20.11.2016 - 17:48

kvenna, 1500m skriðsund

Opinn  
Úrslitalistar

ÍSL Opinn	16:46.95	Eygló Ósk Gústafsdóttir	Ægir	Hafnarfjörður	27.10.2012
ÍSL 11 - 12	18:31.29				
ÍSL 13 - 14	17:16.94				
ÍSL 15 - 17	16:46.95				

HM25 2016 16 +: 16:53.74 / Ím25 : 19:59.88

Stig: FINA 2016

Sæti			Aldur						Tími	Stig		
1.	Eyðís Ósk Kolbeinsdóttir		16		ÍRB				<b>17:30.97</b>	670		
	50m:	30.93	30.93	450m:	5:08.27	34.99	850m:	9:51.55	35.56	1250m:	14:37.49	35.86
	100m:	1:04.17	33.24	500m:	5:43.34	35.07	900m:	10:27.24	35.69	1300m:	15:13.25	35.76
	150m:	1:38.55	34.38	550m:	6:18.63	35.29	950m:	11:03.13	35.89	1350m:	15:48.53	35.28
	200m:	2:13.40	34.85	600m:	6:54.07	35.44	1000m:	11:38.85	35.72	1400m:	16:24.03	35.50
	250m:	2:48.58	35.18	650m:	7:29.47	35.40	1050m:	12:14.21	35.36	1450m:	16:58.88	34.85
	300m:	3:23.68	35.10	700m:	8:04.97	35.50	1100m:	12:49.85	35.64	1500m:	17:30.97	32.09
	350m:	3:58.27	34.59	750m:	8:40.50	35.53	1150m:	13:25.63	35.78			
	400m:	4:33.28	35.01	800m:	9:15.99	35.49	1200m:	14:01.63	36.00			

Íslandsmeistaramótið í 25m 2016  
Hafnarfjörður, 18. - 20.11.2016

Sundgrein 41, kvenna, 1500m skriðsund, Opinn

Sæti			Aldur				Tími		Stig			
2.	Bára Kristín Björgvinsdóttir		21	SH			<b>18:06.13</b>		607			
	50m:	32.09	32.09	450m:	5:17.38	36.34	850m:	10:10.06	36.87	1250m:	15:06.41	37.31
	100m:	1:06.67	34.58	500m:	5:53.67	36.29	900m:	10:46.81	36.75	1300m:	15:42.91	36.50
	150m:	1:42.13	35.46	550m:	6:29.95	36.28	950m:	11:23.76	36.95	1350m:	16:19.23	36.32
	200m:	2:17.97	35.84	600m:	7:06.55	36.60	1000m:	12:00.74	36.98	1400m:	16:55.36	36.13
	250m:	2:53.56	35.59	650m:	7:43.11	36.56	1050m:	12:37.74	37.00	1450m:	17:31.08	35.72
	300m:	3:29.49	35.93	700m:	8:19.91	36.80	1100m:	13:15.10	37.36	1500m:	18:06.13	35.05
	350m:	4:05.14	35.65	750m:	8:56.60	36.69	1150m:	13:52.32	37.22			
	400m:	4:41.04	35.90	800m:	9:33.19	36.59	1200m:	14:29.10	36.78			
3.	Birna Hilmarsdóttir		14	ÍRB			<b>18:18.81</b>		586			
	50m:	32.87	32.87	450m:	5:24.50	36.79	850m:	10:18.90	36.91	1250m:	15:15.64	37.31
	100m:	1:08.74	35.87	500m:	6:01.15	36.65	900m:	10:55.61	36.71	1300m:	15:52.54	36.90
	150m:	1:45.46	36.72	550m:	6:37.94	36.79	950m:	11:32.44	36.83	1350m:	16:29.89	37.35
	200m:	2:22.31	36.85	600m:	7:14.90	36.96	1000m:	12:09.72	37.28	1400m:	17:06.90	37.01
	250m:	2:58.86	36.55	650m:	7:51.93	37.03	1050m:	12:46.50	36.78	1450m:	17:43.70	36.80
	300m:	3:34.91	36.05	700m:	8:28.80	36.87	1100m:	13:23.51	37.01	1500m:	18:18.81	35.11
	350m:	4:11.19	36.28	750m:	9:05.37	36.57	1150m:	14:01.12	37.61			
	400m:	4:47.71	36.52	800m:	9:41.99	36.62	1200m:	14:38.33	37.21			
4.	Ylfa Finnbogadóttir		14	SH			<b>18:32.32</b>		565			
	50m:	32.66	32.66	450m:	5:25.30	36.60	850m:	10:22.33	37.42	1250m:	15:24.91	37.71
	100m:	1:08.40	35.74	500m:	6:02.22	36.92	900m:	11:00.23	37.90	1300m:	16:02.67	37.76
	150m:	1:44.76	36.36	550m:	6:39.03	36.81	950m:	11:37.76	37.53	1350m:	16:40.34	37.67
	200m:	2:21.60	36.84	600m:	7:16.01	36.98	1000m:	12:15.35	37.59	1400m:	17:18.02	37.68
	250m:	2:58.63	37.03	650m:	7:53.06	37.05	1050m:	12:52.72	37.37	1450m:	17:56.36	38.34
	300m:	3:35.15	36.52	700m:	8:30.26	37.20	1100m:	13:30.63	37.91	1500m:	18:32.32	35.96
	350m:	4:11.94	36.79	750m:	9:07.35	37.09	1150m:	14:08.65	38.02			
	400m:	4:48.70	36.76	800m:	9:44.91	37.56	1200m:	14:47.20	38.55			
5.	Hildur Elísabet Hálfanardóttir		18	SH			<b>19:16.84</b>		502			
	50m:	34.45	34.45	450m:	5:40.63	38.40	850m:	10:53.42	38.14	1250m:	16:04.66	39.54
	100m:	1:11.92	37.47	500m:	6:19.63	39.00	900m:	11:32.29	38.87	1300m:	16:44.30	39.64
	150m:	1:49.92	38.00	550m:	6:59.35	39.72	950m:	12:11.60	39.31	1350m:	17:23.38	39.08
	200m:	2:28.73	38.81	600m:	7:38.68	39.33	1000m:	12:50.61	39.01	1400m:	18:03.22	39.84
	250m:	3:06.51	37.78	650m:	8:17.84	39.16	1050m:	13:29.07	38.46	1450m:	18:42.61	39.39
	300m:	3:45.49	38.98	700m:	8:56.41	38.57	1100m:	14:07.32	38.25	1500m:	19:16.84	34.23
	350m:	4:23.81	38.32	750m:	9:35.97	39.56	1150m:	14:45.61	38.29			
	400m:	5:02.23	38.42	800m:	10:15.28	39.31	1200m:	15:25.12	39.51			

Sundgrein 43  
20.11.2016 - 18:21

karla, 4 x 100m fjórsund

Opinn  
Úrslitalistar

ÍSL	3:45.00	Sveit SH	SH	Hafnarfjörður	15.11.2015
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Stig: FINA 2016

Sæti							Tími		Stig
1.	ÍRB 1		ÍRB				<b>3:43.22</b>		710
	Davíð Hildiberg Aðalsteinsson	+0,56	26.22	54.39	Þröstur Bjarnason	+0,38	26.88	57.57	
	Árni Már Árnason	+0,11	28.52	1:01.31	Kristófer Sigurðsson	+0,06	23.72	49.95	
2.	SH 1		SH				<b>3:54.97</b>		608
	Kolbeinn Hrafnkelsson	+0,50	26.80	55.18	Predrag Milos	+0,44	25.89	57.74	
	Ólafur Sigurðsson	+0,28	31.97	1:08.17	Hafþór Jón Sigurðsson	+0,25	25.73	53.88	
3.	Breiðablik 1		Breiðablik				<b>3:59.55</b>		574
	Brynjólfur Óli Karlsson	+0,50	27.53	58.00	Sveinbjörn Pálmi Karlsson	+0,23	27.95	1:00.80	
	Hallgrímur Kjartansson	+0,35	31.97	1:07.95	Davíð Fannar Ragnarsson	+0,10	25.44	52.80	
4.	Ægir 1		Ægir				<b>4:07.65</b>		520
	Kristján Gylfi Þórisson	+0,71	29.11	59.53	Hilmir Öm Ólafsson	+0,47	28.72	1:02.77	
	Hólmsteinn Skorri Hallgrímsson	+0,29	32.12	1:09.95	Bjartur Þórhallsson	+0,26	26.19	55.40	
5.	Reykjavík 1		Reykjavík				<b>4:22.27</b>		437
	Tómas Magnússon	+0,56	30.71	1:03.28	Jón Klausen	+0,29	29.97	1:06.25	
	Þorbjörn Andrasen	+0,42	34.34	1:14.38	Hafsteinn Hákonarson	+0,69	27.77	58.36	



Íslandsmeistaramótið i 25m 2016  
Hafnarfjörður, 18. - 20.11.2016

Sundgrein 43, karla, 4 x 100m fjórsund, Opinn

Sæti						Tími	Stig	
6.	Óðinn 1		Óðinn			<b>4:29.75</b>	402	
	Baldur Logi Gautason	+0,67	33.08	1:09.58	Snævar Atli Halldórsson	+0,56	29.77	1:05.19
	Aron Bjarki Jónsson	+0,45	34.52	1:15.33	Hákon Alexander Magnússon	+0,27	28.78	59.65

ÓG. ÍA 1 ÍA  
C2 - *Didn't break the surface of the water at or before the 15m mark after start or turns (SW 5.3)*  
Atli Vikar Ingimundarson, Sævar Berg Sigurðsson, Ágúst Júlíusson, Erlend Magnússon

Sundgrein 44

kvenna, 4 x 100m skriðsund

Opinn

20.11.2016 - 18:27

Úrslitalistar

ÍSL	3:50.80	Sveit Ægis	Ægir	Reykjavík	22.11.2009
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Stig: FINA 2016

Sæti						Tími	Stig	
1.	Ægir 1		Ægir			<b>3:51.88</b>	706	
	Inga Elin Cryer	+0,77	28.09	58.06	Bjarkey Jónasdóttir	+0,54	29.63	1:02.80
	Eygló Ósk Gústafsdóttir	+0,08	26.43	55.10	Jóhanna Gerða Gústafsdóttir	+0,31	26.79	55.92
2.	ÍRB 1		ÍRB			<b>3:59.00</b>	645	
	Stefanía Sigurbórsdóttir	+0,82	29.01	1:00.27	Eydís Ósk Kolbeinsdóttir	+0,49	28.39	59.76
	Sylwia Sienkiewicz	+0,48	28.87	1:00.75	Sunneva Dögg Robertson	+0,46	28.03	58.22
3.	SH 1		SH			<b>4:02.34</b>	618	
	Jóhanna Elín Guðmundsdóttir	+0,75	28.97	1:00.35	Sunna Svanlaug Vilhjálmisdóttir	+0,32	29.15	1:00.97
	María Fanney Kristjánsdóttir	+0,34	29.53	1:01.51	Katarína Róbertsdóttir	+0,15	28.13	59.51
4.	Breiðablik 1		Breiðablik			<b>4:03.86</b>	607	
	Bryndís Bolladóttir	+0,58	28.35	59.55	Regína Lilja Gunnlaugsdóttir	+0,40	29.10	1:01.04
	Ragnheiður Karlsdóttir	+0,41	29.17	1:02.00	Elín Ylfa Viðarsdóttir	+0,33	28.43	1:01.27
5.	Reykjavík 1		Reykjavík			<b>4:12.80</b>	545	
	Steingerður Hauksdóttir	+0,74	28.79	1:01.53	Berglind Bjarnadóttir	+0,26	29.61	1:03.84
	Ragna Sigríður Ragnarsdóttir	+0,66	29.94	1:02.09	Svava Þóra Árnadóttir	+0,44	31.16	1:05.34
6.	ÍA 1		ÍA			<b>4:15.44</b>	528	
	Brynhildur Traustadóttir	+0,81	29.71	1:01.47	Eyrún Sigbórsdóttir	+0,26	31.42	1:06.04
	Ásgerður Jing Laufeyjardóttir	+0,69	30.39	1:03.95	Sólrun Sigbórsdóttir	+0,41	30.75	1:03.98
7.	Óðinn 1		Óðinn			<b>4:18.81</b>	508	
	Alexandra Tómasdóttir	+0,78	30.67	1:04.16	María Arnarsdóttir	+0,29	30.94	1:05.78
	Embla Sól Garðarsdóttir	+0,61	30.06	1:03.15	Þórkatla Björg Ómarsdóttir	+0,29	31.34	1:05.72
8.	Ægir 2		Ægir			<b>4:20.00</b>	501	
	Fanney Lind Jóhannsdóttir	+0,56	31.11	1:03.47	Íris Edda Garðarsdóttir	+0,26	32.34	1:08.02
	Ingibjörg Erla Garðarsdóttir	+0,27	31.55	1:06.35	Telma Brá Gunnarsdóttir	+0,32	29.39	1:02.16
9.	Óðinn 2		Óðinn			<b>4:25.27</b>	471	
	Aþena Arnarsdóttir	+0,71	31.96	1:06.20	Rebekka Sif Ómarsdóttir	+0,46	31.97	1:06.80
	Sigurjóna Ragnheiðardóttir	+0,57	31.43	1:07.51	Þóra Snorradóttir	+0,51	30.75	1:04.76