

Bikarkeppni SSÍ 2018
Kópavogur, 5. - 6.10.2018

1 - BIKAR 2018 - 1. hluti

5.10.2018 - 17:30

Sundgrein 1 karla, 200m fjórsund Opinn
5.10.2018 - 17:30 Úrslitalistar

Stig: FINA 2018

Sæti	F.ár	Tími	Stig	50m	100m	150m	200m	
1.	Anton Sveinn McKee 93	Sh	2:04.31	685	26.92	32.95	33.73	30.71
2.	Kristinn Þórarinnsson 96	lbr	2:07.73	632	26.57	31.81	37.30	32.05
3.	Róbert Ísak Jónsson 01	Sh	2:17.59	505	27.67	36.89	40.04	32.99
4.	Björgvin Árni Júlíusson 01	lbr	2:20.53	474	30.25	35.12	43.30	31.86
5.	Snær Llorens Sigurðsson 02	Sundfélag Akraness	2:26.54	418	31.49	40.01	42.28	32.76
6.	Flosi Ómarsson 03	Íþróttabandalag Reykjanes	2:27.34	411	31.40	38.35	43.01	34.58
7.	Kári Steinn Kjartansson 03	Sundfélagið Ægir	2:32.38	372	33.85	36.54	47.29	34.70
8.	Andri Bergmann Ísaksen 04	Umsk	2:33.90	361	33.96	40.26	45.28	34.40
9.	Kári Snær Halldórsson 04	Íþróttabandalag Reykjanes	2:34.79	355	34.57	41.25	40.32	38.65
	Teitur Þór Ólafsson 04	Sundfélagið Ægir	2:34.79	355	33.84	40.72	46.45	33.78
11.	Pétur Alfreðsson 06	Umsk	2:55.58	243	42.42	43.11	52.67	37.38
12.	Guðbjarni Sigþórsson 06	Sundfélag Akraness	3:07.11	201	39.96	48.28	55.32	43.55

Sundgrein 101 karla, 200m fjórsund Opinn
5.10.2018 - 17:38 Úrslitalistar

Stig: FINA 2018

Sæti	F.ár	Tími	Stig	50m	100m	150m	200m	
1.	Hallgrímur Kjartansson 98	Sunddeild Breiðabliks	2:18.80	492	30.65	37.36	38.94	31.85
2.	Birnir Freyr Hálfðánarsson 06	SH - B	2:19.41	486	29.12	36.34	41.23	32.72
3.	Kristófer Atli Andersen 02	Sunddeild Breiðabliks	2:21.26	467	29.88	36.42	43.66	31.30
4.	Símon Elías Statkevicius 03	SH - B	2:21.95	460	30.04	37.49	41.83	32.59
5.	Runólfur Þorláksson 02	ÍBR - B	2:28.32	403	33.67	37.52	41.77	35.36
6.	Hringur Birgir Kristinsson 04	ÍBR - B	2:29.22	396	32.61	40.26	42.06	34.29
7.	Kristófer Óli Birkisson 04	Sundfélagið Óðinn	2:47.48	280	34.94	43.68	49.49	39.37
ÓG.	Órn Kató Arnarsson 05	Sundfélagið Óðinn						

N1 - Didn't swim the four styles in the correct order or distance (SW 9.1)

Sundgrein 2 kvenna, 200m fjórsund Opinn
5.10.2018 - 17:47 Úrslitalistar

Stig: FINA 2018

Sæti	F.ár	Tími	Stig	50m	100m	150m	200m	
1.	María Fanney Kristjánsdóttir 00	Sh	2:24.51	599	30.81	37.37	41.70	34.63
2.	Gunnhildur Björg B. 00	Íþróttabandalag Reykjanes	2:32.77	507	31.99	40.07	46.06	34.65
3.	Diljá Rún Ívarsdóttir 02	Íþróttabandalag Reykjanes	2:34.33	492	32.16	40.90	45.19	36.08
4.	Þorgerður Ósk Jónsdóttir 03	Sh	2:34.38	491	33.15	39.13	47.98	34.12
5.	Herdís Birna Viggósdóttir 04	lbr	2:35.72	479	33.18	42.36	42.73	37.45
6.	Halla Margrét Baldursdóttir 02	lbr	2:36.59	471	32.70	40.46	47.53	35.90
7.	Guðbjörg Bjartey G. 05	Sundfélag Akraness	2:41.26	431	34.69	42.85	45.79	37.93
8.	Elísa Björnsdóttir 05	Sundfélagið Ægir	3:00.10	309	39.56	47.13	52.74	40.67
9.	Otylia Lis 06	Sundfélagið Ægir	3:07.52	274	46.77	46.27	51.71	42.77
10.	Ragnheiður Milla B. 06	Umsk	3:13.17	251	46.17	53.42	52.43	41.15
ÓG.	Ragnheiður Karen Ólafsdóttir 04r	Sundfélag Akraness						

D3 - Leaving the position of the back during the race except within the turn (SW 6.2)

Bikarkeppni SSÍ 2018
Kópavogur, 5. - 6.10.2018

Sundgrein 102
5.10.2018 - 17:55

kvenna, 200m fjórsund
2. DEILD

Opinn
Úrslitalistar

Stig: FINA 2018

Sæti	F.ár		Tími	Stig	50m	100m	150m	200m	
1.	Elín Kata Sigurgeirsdóttir	99	Sundfélagið Óðinn	2:27.64	562	30.16	36.88	44.95	35.65
2.	Pura Snorradóttir	03	Sundfélagið Óðinn	2:28.91	548	31.72	37.85	44.38	34.96
3.	Sandra Dögg Kristjánsdóttir	03	SH - B	2:38.71	452	34.71	41.50	46.66	35.84
4.	Freyja Birkisdóttir	06	Sunddeild Breiðabliks	2:39.82	443	34.94	42.45	45.33	37.10
5.	Sara Rut Sigurðardóttir	03	SH - B	2:43.19	416	35.25	43.21	45.75	38.98
6.	Sif Grímsdóttir	03	ÍBR - B	2:47.83	382	35.39	42.18	52.12	38.14
7.	Katrín Eva Jóhannesdóttir	01	Óðinn - B	2:48.07	381	36.91	43.85	48.90	38.41
8.	Vigdís Tinna Hákonardóttir	06	Sunddeild Breiðabliks	2:51.97	355	39.25	46.91	47.89	37.92
9.	Marta Magnúsdóttir	05	ÍBR - B	2:57.83	321	39.46	45.19	55.41	37.77
10.	Olga María Valdimarsdóttir	05	Óðinn - B	3:08.34	270	43.48	47.00	56.02	41.84

Sundgrein 3
5.10.2018 - 18:04

karla, 100m skriðsund

Opinn
Úrslitalistar

Stig: FINA 2018

Sæti	F.ár		Tími	Stig	50m	100m	
1.	Predrag Milos	95	Sh	51.18	677	24.51	26.67
2.	Aron Örn Stefánsson	95	Sh	52.70	620	25.17	27.53
3.	Davíð Hildiberg Aðalsteinsson	90	Íþróttabandalag Reykjanesbæjar	54.58	558	25.45	29.13
4.	Björgvin Theodor Hilmarsson	98	Íþróttabandalag Reykjanesbæjar	57.78	470	26.20	31.58
5.	Jón Klausen	00	Ibr	57.91	467	27.35	30.56
6.	Sævar Berg Sigurðsson	95	Sundfélag Akraness	58.34	457	27.46	30.88
7.	Sigurður Ingi Sigurðarson	01	Ibr	58.74	447	27.66	31.08
8.	Atli Vikar Ingimundarson	97	Sundfélag Akraness	59.10	439	27.13	31.97
9.	Aron Valgeirsson	03	Umsk	59.70	426	28.82	30.88
10.	Sveinn Elí Helgason	04	Sundfélagið Ægir	1:01.21	395	29.05	32.16
11.	Einar Atli Guðnason	03	Sundfélagið Ægir	1:08.20	286	32.40	35.80
12.	Bjarki B Isaksen	06	Umsk	1:10.38	260	33.63	36.75

Sundgrein 103
5.10.2018 - 18:08

karla, 100m skriðsund
2. DEILD

Opinn
Úrslitalistar

Stig: FINA 2018

Sæti	F.ár		Tími	Stig	50m	100m	
1.	Davíð Fannar Ragnarsson	98	Sunddeild Breiðabliks	53.77	583	25.87	27.90
2.	Kristján Ari Heimisson	98	Sunddeild Breiðabliks	57.79	470	26.75	31.04
3.	Kári Sölvi Nielsen	00	SH - B	57.88	468	27.69	30.19
4.	Vikar Máni Þórsson	02	ÍBR - B	58.56	451	26.92	31.64
5.	Davíð Jónatansson	88	SH - B	59.41	432	28.52	30.89
6.	Ásgrímur Þór Kjartansson	00	Sundfélagið Óðinn	59.93	421	28.68	31.25
7.	Runólfur Þorláksson	02	ÍBR - B	1:00.36	412	28.88	31.48
8.	Örn Kató Arnarsson	05	Sundfélagið Óðinn	1:20.69	172	38.34	42.35

Bikarkeppni SSÍ 2018
Kópavogur, 5. - 6.10.2018

Sundgrein 4
5.10.2018 - 18:13

kvenna, 100m skriðsund

Opinn
Úrslitalistar

Stig: FINA 2018

Sæti	F.ár		Tími	Stig	50m	100m
1.	Jóhanna Elín Guðmundsdóttir	01 Sh	58.85	622	27.91	30.94
2.	Inga Elin Cryer	93 lbr	1:00.27	579	28.82	31.45
3.	Sylwia Sienkiewicz	99 Íþróttabandalag Reykjaneshæjar	1:03.04	506	30.17	32.87
	Sunna Svanlaug Vilhjálmsdóttir	00 Sh	1:03.04	506	29.68	33.36
5.	Halla Margrét Baldursdóttir	02 lbr	1:04.04	483	30.85	33.19
6.	Fanney Lind Jóhannsdóttir	02 Sundfélagið Ægir	1:04.07	482	30.84	33.23
7.	Ásta Kamilla Sigurðardóttir	04 Íþróttabandalag Reykjaneshæjar	1:04.70	468	30.80	33.90
8.	Ngozi Jóhanna Eze	03 Sundfélag Akraness	1:06.24	436	31.03	35.21
9.	Angelina Anna Zogaj	05 Sundfélagið Ægir	1:10.56	361	33.31	37.25
10.	Eyrún Sigþórsdóttir	01 Sundfélag Akraness	1:11.70	344	34.24	37.46
11.	Þórunn María Hilmarsdóttir	05 Umsk	1:24.01	214	40.44	43.57
12.	Ragna Sigriður Benonýsdóttir	06 Umsk	1:24.88	207	40.40	44.48

Sundgrein 104
5.10.2018 - 18:18

kvenna, 100m skriðsund
2. DEILD

Opinn
Úrslitalistar

Stig: FINA 2018

Sæti	F.ár		Tími	Stig	50m	100m
1.	Kristín Helga Hákonardóttir	04 Sunddeild Breiðabliks	1:00.30	578	28.81	31.49
2.	Guðný Birna Sigurðardóttir	99 Sunddeild Breiðabliks	1:00.42	575	29.59	30.83
3.	Bríet Dalla Gunnarsdóttir	04 SH - B	1:03.89	486	31.11	32.78
4.	Alexandra Tómasdóttir	01 Sundfélagið Óðinn	1:04.31	477	31.22	33.09
5.	Aþena Jónsdóttir	04 SH - B	1:04.48	473	30.00	34.48
6.	Aþena Arnarsdóttir	03 Sundfélagið Óðinn	1:04.57	471	30.86	33.71
7.	Helena Rún Gylfadóttir	03 ÍBR - B	1:05.78	445	31.16	34.62
8.	Eydís Vala Júlíusdóttir	05 ÍBR - B	1:07.24	417	32.38	34.86
9.	Katrín Eva Jóhannesdóttir	01 Óðinn - B	1:08.57	393	32.76	35.81
10.	Katrín Magnea Finnsdóttir	04 Óðinn - B	1:14.89	302	35.51	39.38

Sundgrein 5
5.10.2018 - 18:23

karla, 100m baksund

Opinn
Úrslitalistar

Stig: FINA 2018

Sæti	F.ár		Tími	Stig	50m	100m
1.	Kolbeinn Hrafnkelsson	94 Sh	56.31	654	26.79	29.52
2.	Tómas Magnússon	02 lbr	1:01.93	492	29.59	32.34
3.	Daði Björnsson	04 Sh	1:04.33	439	30.83	33.50
4.	Hólmsteinn Skorri Hallgrímsson	00 lbr	1:04.42	437	30.92	33.50
5.	Erlend Magnússon	01 Sundfélag Akraness	1:04.85	428	30.88	33.97
6.	Flosi Ómarsson	03 Íþróttabandalag Reykjaneshæjar	1:06.70	394	32.02	34.68
7.	Aron Valgeirsson	03 Umsk	1:09.50	348	34.43	35.07
8.	Már Gunnarsson S12	99 Íþróttabandalag Reykjaneshæjar	1:11.38	321	34.66	36.72
9.	Bjarki B Isaksen	06 Umsk	1:18.88	238	38.84	40.04
10.	Alex Benjamín Bjarnason	04 Sundfélag Akraness	1:20.35	225	38.46	41.89
11.	Stefán Ingi Ólafsson	06 Sundfélagið Ægir	1:21.94	212	39.72	42.22
12.	Kolbeinn Kári Jónsson	06 Sundfélagið Ægir	1:30.87	155	44.68	46.19

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Sundgrein 105
5.10.2018 - 18:28

karla, 100m baksund
2. DEILD

Opinn
Úrslitalistar

Stig: FINA 2018

Sæti	F.ár		Tími	Stig	50m	100m
1.	95	Huginn Hilmarsson Sunddeild Breiðabliks	1:03.65	453	31.29	32.36
2.	01	Aron Bjarki Jónsson SH - B	1:05.99	406	31.76	34.23
3.	02	Júlíus Karl Maier SH - B	1:07.24	384	32.56	34.68
4.	02	Kristófer Atli Andersen Sunddeild Breiðabliks	1:07.36	382	32.03	35.33
5.	04	Ingvar Orri Jóhannesson ÍBR - B	1:10.57	332	33.79	36.78
6.	00	Hákon Alexander Magnússon Sundfélagið Óðinn	1:13.74	291	35.78	37.96
7.	00	Viktor Emil Sigtryggsson Sundfélagið Óðinn	1:17.96	246	37.06	40.90
8.	05	Loftur Þór Arnarsson ÍBR - B	1:18.68	240	37.73	40.95

Sundgrein 6
5.10.2018 - 18:33

kvenna, 100m baksund

Opinn
Úrslitalistar

Stig: FINA 2018

Sæti	F.ár		Tími	Stig	50m	100m
1.	95	Eygló Ósk Gústafsdóttir lbr	1:02.43	684	30.24	32.19
2.	00	Katarína Róbertsdóttir Sh	1:04.38	624	31.10	33.28
3.	96	Steingerður Hauksdóttir Sh	1:06.66	562	31.81	34.85
4.	00	Ásta Kristín Jónsdóttir lbr	1:06.69	561	31.97	34.72
5.	01	Stefanía Sigurpórsdóttir Íþróttabandalag Reykjanesbæjar	1:06.74	560	32.87	33.87
6.	02	Emilía Sól Guðmundsdóttir Sundfélagið Ægir	1:10.77	470	33.50	37.27
7.	04	Hafdís Eva Pálsdóttir Íþróttabandalag Reykjanesbæjar	1:11.51	455	34.26	37.25
8.	02	Ásgerður Jing Laufeyjardóttir Sundfélag Akraness	1:11.89	448	34.38	37.51
9.	06	Karen Ósk Gísladóttir Umsk	1:22.85	293	40.43	42.42
10.	05	Rán Björnsdóttir Sundfélagið Ægir	1:27.18	251	41.58	45.60
11.	06	Aldís Thea Danielsdóttir Glad Sundfélag Akraness	1:35.28	192	47.57	47.71
12.	05	Hrefna María Heiðarsdóttir Umsk	1:36.99	182	45.92	51.07

Sundgrein 106
5.10.2018 - 18:38

kvenna, 100m baksund
2. DEILD

Opinn
Úrslitalistar

Stig: FINA 2018

Sæti	F.ár		Tími	Stig	50m	100m
1.	03	Þóra Snorradóttir Sundfélagið Óðinn	1:07.81	534	32.53	35.28
2.	99	Guðný Birna Sigurðardóttir Sunddeild Breiðabliks	1:09.80	490	33.52	36.28
3.	00	Aþena Karaolani Sunddeild Breiðabliks	1:10.97	466	34.10	36.87
4.	03	Eva Sól Garðarsdóttir Sundfélagið Óðinn	1:13.27	423	35.43	37.84
5.	03	Diljá Dröfn Jóhannesdóttir SH - B	1:16.07	378	36.82	39.25
6.	03	Arianna Steinarsdóttir ÍBR - B	1:16.24	376	36.83	39.41
7.	00	Kristina Bragadóttir ÍBR - B	1:16.63	370	36.76	39.87
8.	05	Dagbjörg Hlíf Ólafsdóttir SH - B	1:16.91	366	37.30	39.61
9.	04	Embla Karen Sævarsdóttir Óðinn - B	1:17.27	361	36.94	40.33
10.	06	Kolbrún Ósk Vilhjámsdóttir Óðinn - B	1:29.85	229	43.95	45.90

Bikarkeppni SSÍ 2018
Kópavogur, 5. - 6.10.2018

Sundgrein 7
5.10.2018 - 18:44

karla, 400m skriðsund

Opinn
Úrslitalistar

Stig: FINA 2018

Sæti			F.ár						Tími	Stig
1.	Hafþór Jón Sigurðsson		97	Sh					4:08.45	623
	50m:	27.66 27.66	150m:	1:29.17 31.13	250m:	2:33.16 32.10	350m:	3:37.67 32.42	400m:	4:08.45 30.78
	100m:	58.04 30.38	200m:	2:01.06 31.89	300m:	3:05.25 32.09	400m:	4:08.45 30.78		
2.	Aron Þór Jónsson		02	Sh					4:23.88	520
	50m:	29.15 29.15	150m:	1:34.27 33.23	250m:	2:41.97 33.95	350m:	3:50.84 34.30	400m:	4:23.88 33.04
	100m:	1:01.04 31.89	200m:	2:08.02 33.75	300m:	3:16.54 34.57	400m:	4:23.88 33.04		
3.	Sindri Andreas Bjarnason		01	Sundfélag Akraness					4:28.17	495
	50m:	29.90 29.90	150m:	1:36.02 33.37	250m:	2:44.30 34.35	350m:	3:54.50 35.31	400m:	4:28.17 33.67
	100m:	1:02.65 32.75	200m:	2:09.95 33.93	300m:	3:19.19 34.89	400m:	4:28.17 33.67		
4.	Fannar Snævar Hauksson		04	Íþróttabandalag Reykjanesbæjar					4:29.03	491
	50m:	29.23 29.23	150m:	1:35.82 34.18	250m:	2:45.12 34.80	350m:	3:55.53 35.18	400m:	4:29.03 33.50
	100m:	1:01.64 32.41	200m:	2:10.32 34.50	300m:	3:20.35 35.23	400m:	4:29.03 33.50		
5.	Bjartur Þórhallsson		00	lbr					4:29.74	487
	50m:	28.78 28.78	150m:	1:34.22 33.35	250m:	2:44.05 35.02	350m:	3:55.20 35.55	400m:	4:29.74 34.54
	100m:	1:00.87 32.09	200m:	2:09.03 34.81	300m:	3:19.65 35.60	400m:	4:29.74 34.54		
6.	Skúli Thor Ásgeirsson		02	Sundfélagið Ægir					4:30.49	483
	50m:	29.86 29.86	150m:	1:38.35 34.76	250m:	2:48.07 35.29	350m:	3:57.33 34.93	400m:	4:30.49 33.16
	100m:	1:03.59 33.73	200m:	2:12.78 34.43	300m:	3:22.40 34.33	400m:	4:30.49 33.16		
7.	Gústav Ragnar Kristjánsson		02	Umsk					4:31.55	477
	50m:	29.85 29.85	150m:	1:38.24 34.80	250m:	2:47.71 34.76	350m:	3:57.59 34.85	400m:	4:31.55 33.96
	100m:	1:03.44 33.59	200m:	2:12.95 34.71	300m:	3:22.74 35.03	400m:	4:31.55 33.96		
8.	Aron Fannar Kristínarson		03	Íþróttabandalag Reykjanesbæjar					4:32.09	474
	50m:	29.61 29.61	150m:	1:37.40 34.19	250m:	2:47.61 35.14	350m:	3:57.84 34.71	400m:	4:32.09 34.25
	100m:	1:03.21 33.60	200m:	2:12.47 35.07	300m:	3:23.13 35.52	400m:	4:32.09 34.25		
9.	Logi Freyr Arnarsson		03	lbr					4:36.69	451
	50m:	30.59 30.59	150m:	1:40.07 34.82	250m:	2:50.90 35.40	350m:	4:01.91 35.31	400m:	4:36.69 34.78
	100m:	1:05.25 34.66	200m:	2:15.50 35.43	300m:	3:26.60 35.70	400m:	4:36.69 34.78		
10.	Guðmundur Halldórsson		04	Umsk					4:44.90	413
	50m:	32.67 32.67	150m:	1:44.59 36.28	250m:	2:57.45 36.44	350m:	4:10.33 36.58	400m:	4:44.90 34.57
	100m:	1:08.31 35.64	200m:	2:21.01 36.42	300m:	3:33.75 36.30	400m:	4:44.90 34.57		
11.	Ólafur Breki Guðnason		03	Sundfélagið Ægir					4:46.35	407
	50m:	32.35 32.35	150m:	1:44.84 36.50	250m:	2:58.66 37.10	350m:	4:12.31 36.55	400m:	4:46.35 34.04
	100m:	1:08.34 35.99	200m:	2:21.56 36.72	300m:	3:35.76 37.10	400m:	4:46.35 34.04		
12.	Kristján Magnússon		05	Sundfélag Akraness					4:48.33	398
	50m:	32.10 32.10	150m:	1:44.54 36.83	250m:	2:59.13 37.38	350m:	4:13.61 37.16	400m:	4:48.33 34.72
	100m:	1:07.71 35.61	200m:	2:21.75 37.21	300m:	3:36.45 37.32	400m:	4:48.33 34.72		

Sundgrein 107
5.10.2018 - 18:56

karla, 400m skriðsund
2. DEILD

Opinn
Úrslitalistar

Stig: FINA 2018

Sæti			F.ár						Tími	Stig
1.	Óskar Gauti Lund		99	Sunddeild Breiðabliks					4:18.28	554
	50m:	28.82 28.82	150m:	1:33.28 32.66	250m:	2:39.03 32.87	350m:	3:45.46 33.07	400m:	4:18.28 32.82
	100m:	1:00.62 31.80	200m:	2:06.16 32.88	300m:	3:12.39 33.36	400m:	4:18.28 32.82		
2.	Hallgrímur Kjartansson		98	Sunddeild Breiðabliks					4:24.87	514
	50m:	29.82 29.82	150m:	1:36.54 33.86	250m:	2:44.96 33.64	350m:	3:52.21 33.54	400m:	4:24.87 32.66
	100m:	1:02.68 32.86	200m:	2:11.32 34.78	300m:	3:18.67 33.71	400m:	4:24.87 32.66		
3.	Baldur Logi Gautason		00	Sundfélagið Óðinn					4:25.48	511
	50m:	29.29 29.29	150m:	1:35.57 33.83	250m:	2:43.97 34.25	350m:	3:52.47 34.00	400m:	4:25.48 33.01
	100m:	1:01.74 32.45	200m:	2:09.72 34.15	300m:	3:18.47 34.50	400m:	4:25.48 33.01		

Bikarkeppni SSÍ 2018
Kópavogur, 5. - 6.10.2018

Sundgrein 107, karla, 400m skriðsund, Opinn

Sæti			F.ár					Tími	Stig			
4.	Jónas Atli Pálsson		03	SH - B				4:38.94	440			
	50m:	30.10	30.10	150m:	1:39.22	35.11	250m:	2:50.69	35.87	350m:	4:03.41	36.47
	100m:	1:04.11	34.01	200m:	2:14.82	35.60	300m:	3:26.94	36.25	400m:	4:38.94	35.53
5.	Veigar Hrafn Sigbórsson		05	SH - B				4:40.18	434			
	50m:	31.13	31.13	150m:	1:41.40	35.65	250m:	2:53.00	35.61	350m:	4:05.07	35.71
	100m:	1:05.75	34.62	200m:	2:17.39	35.99	300m:	3:29.36	36.36	400m:	4:40.18	35.11
6.	Úlfur Páll Andrason		04	ÍBR - B				4:40.34	433			
	50m:	31.00	31.00	150m:	1:40.53	35.47	250m:	2:53.39	36.26	350m:	4:06.42	36.19
	100m:	1:05.06	34.06	200m:	2:17.13	36.60	300m:	3:30.23	36.84	400m:	4:40.34	33.92
7.	Tristan Tómasson Manoury		04	ÍBR - B				4:49.74	393			
	50m:	31.68	31.68	150m:	1:43.50	36.69	250m:	2:57.65	37.25	350m:	4:12.67	37.52
	100m:	1:06.81	35.13	200m:	2:20.40	36.90	300m:	3:35.15	37.50	400m:	4:49.74	37.07

Sundgrein 8
5.10.2018 - 19:08

kvenna, 400m skriðsund

Opinn
Úrslitalistar

Stig: FINA 2018

Sæti			F.ár					Tími	Stig			
1.	Eydís Ósk Kolbeinsdóttir		00	Íþróttabandalag Reykjanesbæjar				4:28.51	666			
	50m:	29.75	29.75	150m:	1:35.19	33.06	250m:	2:43.97	34.72	350m:	3:54.07	35.26
	100m:	1:02.13	32.38	200m:	2:09.25	34.06	300m:	3:18.81	34.84	400m:	4:28.51	34.44
2.	Brynhildur Traustadóttir		01	Sundfélag Akraness				4:31.65	643			
	50m:	30.86	30.86	150m:	1:39.07	34.48	250m:	2:48.56	34.88	350m:	3:58.50	34.70
	100m:	1:04.59	33.73	200m:	2:13.68	34.61	300m:	3:23.80	35.24	400m:	4:31.65	33.15
3.	Birna Hilmarsdóttir		02	Íþróttabandalag Reykjanesbæjar				4:36.60	609			
	50m:	31.22	31.22	150m:	1:41.14	35.36	250m:	2:52.72	35.77	350m:	4:03.59	35.31
	100m:	1:05.78	34.56	200m:	2:16.95	35.81	300m:	3:28.28	35.56	400m:	4:36.60	33.01
4.	Adele Alexandra Pálsson		03	Sh				4:36.79	608			
	50m:	30.96	30.96	150m:	1:39.90	34.80	250m:	2:50.79	35.72	350m:	4:02.73	35.99
	100m:	1:05.10	34.14	200m:	2:15.07	35.17	300m:	3:26.74	35.95	400m:	4:36.79	34.06
5.	Bára Kristín Björgvinsdóttir		95	Sh				4:38.71	595			
	50m:	31.08	31.08	150m:	1:40.34	35.25	250m:	2:52.11	35.93	350m:	4:04.31	36.09
	100m:	1:05.09	34.01	200m:	2:16.18	35.84	300m:	3:28.22	36.11	400m:	4:38.71	34.40
6.	Ingibjörg Erla Garðarsdóttir		00	lbr				4:51.29	521			
	50m:	32.02	32.02	150m:	1:44.48	37.08	250m:	2:59.79	38.12	350m:	4:15.44	37.54
	100m:	1:07.40	35.38	200m:	2:21.67	37.19	300m:	3:37.90	38.11	400m:	4:51.29	35.85
7.	Svava Björg Lárusdóttir		03	lbr				4:59.17	481			
	50m:	31.82	31.82	150m:	1:44.82	37.18	250m:	3:02.07	38.94	350m:	4:20.79	39.77
	100m:	1:07.64	35.82	200m:	2:23.13	38.31	300m:	3:41.02	38.95	400m:	4:59.17	38.38
8.	Ingibjörg Svava Magnúsdóttir		05	Sundfélag Akraness				5:16.90	405			
	50m:	34.12	34.12	150m:	1:55.43	41.28	250m:	3:17.63	41.03	350m:	4:39.17	40.77
	100m:	1:14.15	40.03	200m:	2:36.60	41.17	300m:	3:58.40	40.77	400m:	5:16.90	37.73
9.	Elísa Björnsdóttir		05	Sundfélagið Ægir				5:28.42	364			
	50m:	36.45	36.45	150m:	1:59.45	41.68	250m:	3:24.62	42.46	350m:	4:49.59	42.00
	100m:	1:17.77	41.32	200m:	2:42.16	42.71	300m:	4:07.59	42.97	400m:	5:28.42	38.83
10.	Nadja Djurovic		07	Umsk				5:29.16	361			
	50m:	37.95	37.95	150m:	2:02.11	42.97	250m:	3:26.98	42.41	350m:	4:50.64	41.24
	100m:	1:19.14	41.19	200m:	2:44.57	42.46	300m:	4:09.40	42.42	400m:	5:29.16	38.52
11.	Emma Kolbrún Garðarsdóttir		04	Sundfélagið Ægir				5:36.93	337			
	50m:	36.78	36.78	150m:	2:01.09	42.55	250m:	3:27.60	43.66	350m:	4:55.96	43.85
	100m:	1:18.54	41.76	200m:	2:43.94	42.85	300m:	4:12.11	44.51	400m:	5:36.93	40.97

LAUKekki Ragna Sigríður Benonýsdóttir 06 Umsk

Bikarkeppni SSÍ 2018
Kópavogur, 5. - 6.10.2018

Sundgrein 108
5.10.2018 - 19:21

kvenna, 400m skriðsund
2. DEILD

Opinn
Úrslitalistar

Stig: FINA 2018

Sæti	F.ár	Timi	Stig
1. Ragna Sigríður Ragnarsdóttir	01 Sunddeild Breiðabliks	4:25.79	686
50m: 30.40 30.40 150m: 1:37.74 33.99 250m: 2:45.11 33.66 350m: 3:52.96 34.08			
100m: 1:03.75 33.35 200m: 2:11.45 33.71 300m: 3:18.88 33.77 400m: 4:25.79 32.83			
2. Kristín Helga Hákonardóttir	04 Sunddeild Breiðabliks	4:35.90	614
50m: 31.22 31.22 150m: 1:40.03 35.05 250m: 2:49.69 34.81 350m: 4:00.64 35.89			
100m: 1:04.98 33.76 200m: 2:14.88 34.85 300m: 3:24.75 35.06 400m: 4:35.90 35.26			
3. Rebekka Sif Ómarsdóttir	03 Sundfélagið Óðinn	4:39.10	593
50m: 31.30 31.30 150m: 1:40.23 34.86 250m: 2:50.96 35.74 350m: 4:04.04 36.79			
100m: 1:05.37 34.07 200m: 2:15.22 34.99 300m: 3:27.25 36.29 400m: 4:39.10 35.06			
4. Ylfa Finnbogadóttir	02 SH - B	4:49.70	530
50m: 32.62 32.62 150m: 1:45.26 36.57 250m: 2:59.33 37.15 350m: 4:13.33 36.88			
100m: 1:08.69 36.07 200m: 2:22.18 36.92 300m: 3:36.45 37.12 400m: 4:49.70 36.37			
5. Íris Edda Garðarsdóttir	03 ÍBR - B	5:00.98	473
50m: 34.22 34.22 150m: 1:48.79 37.88 250m: 3:05.90 38.88 350m: 4:22.49 38.63			
100m: 1:10.91 36.69 200m: 2:27.02 38.23 300m: 3:43.86 37.96 400m: 5:00.98 38.49			
6. Jóhanna Alba Martel	00 ÍBR - B	5:04.00	459
50m: 33.70 33.70 150m: 1:48.79 38.34 250m: 3:07.50 39.62 350m: 4:26.07 39.18			
100m: 1:10.45 36.75 200m: 2:27.88 39.09 300m: 3:46.89 39.39 400m: 5:04.00 37.93			
7. Þórdís Anita Björnsdóttir	02 SH - B	5:10.29	431
50m: 34.51 34.51 150m: 1:52.64 39.74 250m: 3:11.69 39.94 350m: 4:31.74 39.83			
100m: 1:12.90 38.39 200m: 2:31.75 39.11 300m: 3:51.91 40.22 400m: 5:10.29 38.55			
8. Þórunn Kolbrún Árnadóttir	02 Sundfélagið Óðinn	5:10.99	428
50m: 32.46 32.46 150m: 1:48.26 38.62 250m: 3:09.18 41.36 350m: 4:30.99 41.12			
100m: 1:09.64 37.18 200m: 2:27.82 39.56 300m: 3:49.87 40.69 400m: 5:10.99 40.00			
9. Svanhildur M. Valdimarsdóttir	03 Óðinn - B	5:12.75	421
50m: 34.96 34.96 150m: 1:52.91 39.16 250m: 3:12.35 40.40 350m: 4:33.73 40.41			
100m: 1:13.75 38.79 200m: 2:31.95 39.04 300m: 3:53.32 40.97 400m: 5:12.75 39.02			
10. Katrín Magnea Finnsdóttir	04 Óðinn - B	5:43.79	317
50m: 38.10 38.10 150m: 2:03.64 43.49 250m: 3:32.08 44.08 350m: 5:00.98 43.85			
100m: 1:20.15 42.05 200m: 2:48.00 44.36 300m: 4:17.13 45.05 400m: 5:43.79 42.81			

Sundgrein 9
5.10.2018 - 19:44

karla, 4 x 100m fjórsund

Opinn
Úrslitalistar

Stig: FINA 2018

Sæti	Timi	Stig
1. Sh 1	3:46.04	683
Kolbeinn Hrafnkelsson +0,53 27.74 56.92 Predrag Milos +0,37 25.79 56.58		
Anton Sveinn McKee +0,34 28.32 1:00.53 Aron Örn Stefánsson +0,41 24.63 52.01		
2. lbr 1	4:05.22	535
Tómas Magnússon +0,60 29.58 1:01.65 Bjartur Þórhallsson +0,46 29.87 1:04.38		
Kristinn Þórarinnsson +0,29 29.82 1:03.91 Hólmsteinn Skorri Hallgrímsson +0,35 25.91 55.28		
3. Íþróttabandalag Reykjanesbæjar 1	4:14.07	481
Fannar Snævar Hauksson +0,64 29.45 1:02.24 Baldvin Sigmarsson +0,17 28.57 1:03.69		
Kári Snær Halldórsson +0,55 34.54 1:14.13 Davíð Hildiberg Aðalsteinsson +0,05 25.05 54.01		
4. Sundfélag Akraness 1	4:26.24	418
Erlend Magnússon +0,78 31.35 1:06.65 Atli Vikar Ingimundarson +0,39 29.68 1:04.07		
Sindri Andreas Bjarnason +0,11 35.03 1:15.70 Snær Llorens Sigurðsson +0,08 27.83 59.82		
5. Sundfélagið Ægir 1	4:42.19	351
Sveinn Elí Helgason +0,65 33.31 1:09.68 Kári Steinn Kjartansson +0,50 33.85 1:13.60		
Skúli Thor Ásgeirsson +0,24 35.40 1:16.42 Teitur Þór Ólafsson +0,50 30.04 1:02.49		

Bikarkeppni SSÍ 2018
Kópavogur, 5. - 6.10.2018

Sundgrein 9, karla, 4 x 100m fjórsund, Opinn

Sæti						Tími	Stig	
6.	Umsk 1		Umsk			4:44.28	343	
	Aron Valgeirsson	+0,67	35.31	1:11.74	Guðmundur Karl Karlsson	+0,64	32.21	1:10.46
	Gústav Ragnar Kristjánsson	+0,49	36.61	1:19.15	Andri Bergmann Ísaksen	+0,65	29.85	1:02.93

Sundgrein 109

5.10.2018 - 19:49

karla, 4 x 100m fjórsund

2. DEILD

Opinn

Úrslitalistar

Stig: FINA 2018

Sæti						Tími	Stig	
1.	Sunddeild Breiðabliks 1		Sunddeild Breiðabliks			4:06.90	524	
	Patrik Viggó Vilbergsson	+0,66	29.48	1:01.37	Róbert Andri Pálmason	+0,24	27.86	1:01.49
	Kristján Ari Heimisson	+0,22	31.28	1:08.76	Davíð Fannar Ragnarsson	+0,40	26.92	55.28
2.	SH - B 1		SH - B			4:18.21	458	
	Birnir Freyr Hálfánarsson	+0,58	31.33	1:05.71	Kári Sölvi Nielsen	+0,54	28.48	1:02.69
	Aron Bjarki Jónsson	+0,56	32.75	1:11.08	Davíð Jónatansson	+0,36	27.75	58.73
3.	ÍBR - B 1		ÍBR - B			4:28.54	407	
	Úlfur Páll Andrason	+0,68	33.00	1:09.20	Vikar Máni Þórsson	+0,22	29.47	1:06.33
	Runólfur Þorláksson	+0,51	34.84	1:15.25	Ingvar Orrí Jóhannesson	+0,12	27.11	57.76
4.	Sundfélagið Óðinn 1		Sundfélagið Óðinn			4:45.72	338	
	Víktor Emil Sigtryggsson	+0,68	37.10	1:17.66	Baldur Logi Gautason	+0,27	29.94	1:05.24
	Ásgrímur Þór Kjartansson	+0,73	38.95	1:22.31	Hákon Alexander Magnússon	+0,40	28.57	1:00.51

Sundgrein 10

5.10.2018 - 19:55

kvenna, 4 x 100m fjórsund

Opinn

Úrslitalistar

Stig: FINA 2018

Sæti						Tími	Stig	
1.	Sh 1		Sh			4:23.43	624	
	Katarína Róbertsdóttir	+0,59	31.10	1:04.44	María Fanney Kristjánsdóttir	+0,18	30.01	1:05.73
	Sunna Svanlaug Vilhjálmsdóttir	+0,26	34.71	1:14.62	Jóhanna Elín Guðmundsdóttir	+0,28	27.44	58.64
2.	lbr 1		lbr			4:27.19	598	
	Eygló Ósk Gústafsdóttir	+0,66	30.64	1:02.98	Inga Elin Cryer	+0,17	29.75	1:04.67
	Herdís Birna Viggósdóttir	+0,40	36.60	1:19.32	Ásta Kristín Jónsdóttir	+0,22	28.33	1:00.22
3.	Íþróttabandalag Reykjanesbæjar 1		Íþróttabandalag Reykjanesbæjar			4:31.08	573	
	Stefanía Sigurþórsdóttir	+0,72	32.52	1:06.62	Gunnhildur Björg Baldursdóttir	+0,15	31.34	1:08.47
	Eva Margrét Falsdóttir	+0,56	35.19	1:15.74	Eydís Ósk Kolbeinsdóttir	+0,63	28.94	1:00.25
4.	Sundfélag Akraness 1		Sundfélag Akraness			4:52.14	458	
	Ásgerður Jíng Laufeyjardóttir	+0,69	35.16	1:13.49	Brynildur Traustadóttir			56.43
	Ragnheiður Karen Ólafsdóttir	+0,51	37.58	1:36.26	Ngozi Jóhanna Eze	+0,28	30.72	1:05.96
5.	Sundfélagið Ægir 1		Sundfélagið Ægir			5:12.06	375	
	Emilía Sól Guðmundsdóttir	+0,55	34.47	1:10.99	Fanney Lind Jóhannsdóttir	+0,12	33.66	
	Angelina Anna Zogaj	+0,35	43.60	1:34.16	Elísa Björnsdóttir			
6.	Umsk 1		Umsk			5:51.28	263	
	Karen Ósk Gísladóttir	+0,81	40.66	1:23.61	Nadja Djurovic		43.86	1:30.29
	Ragnheiður Milla Bergsveinsdóttir	+0,28	43.48	1:34.20	Þórunn María Hilmarsdóttir	+0,43	38.89	1:23.18

Bikarkeppni SSÍ 2018
Kópavogur, 5. - 6.10.2018

Sundgrein 110 kvenna, 4 x 100m fjórsund Opinn
5.10.2018 - 20:01 2. DEILD Úrslitalistar

Stig: FINA 2018

Sæti					Tími	Stig		
1.	Sundfélagið Óðinn 1		Sundfélagið Óðinn		4:36.36	541		
	Þura Snorradóttir	+0,57	32.19	1:07.44	Elín Kata Sigurgeirsdóttir	+0,58	30.17	1:05.27
	Sigurjóna Ragnheiðardóttir	+0,28	37.06	1:18.38	Þena Arnarsdóttir	+0,36	30.74	1:05.27
2.	Sunddeild Breiðabliks 1		Sunddeild Breiðabliks		4:44.25	497		
	Guðný Birna Sigurðardóttir	+0,64	33.94	1:10.97	Kristín Helga Hákonardóttir	+0,40	32.40	1:09.96
	Freyja Birkisdóttir	+0,21	37.83	1:21.87	Ragna Sigríður Ragnarsdóttir	+0,65	29.21	1:01.45
3.	ÍBR - B 1		ÍBR - B		5:14.53	367		
	Arianna Steinarsdóttir	+0,60	35.78	1:14.55	Marta Magnúsdóttir	+0,23	40.33	1:26.71
	Kristina Bragadóttir	+0,56	40.70	1:27.97	Helena Rún Gylfadóttir	+0,61	31.11	1:05.30
4.	Óðinn - B 1		Óðinn - B		5:14.70	366		
	Embla Karen Sævarsdóttir	+0,64	37.90	1:18.40	Bríet Björk Pálsdóttir	+0,78	35.98	1:21.26
	Svanhildur M. Valdimarsdóttir	+0,10	41.00	1:27.69	Kolbrún Ósk Vilhjálmssdóttir	+0,70	32.07	1:07.35

ÓG. SH - B 1

SH - B

D2 - Toes of both feet didn't touch the end wall or touchpad when using a backstroke ledge at the start (SW 6.2)

Bríet Dalla Gunnarsdóttir, Sara Rut Sigurðardóttir, Sandra Dögg Kristjánsdóttir, Þena Jónsdóttir

4 - 6. október 2018

6.10.2018

Sundgrein 1002 kvenna, 200m fjórsund Opinn
6.10.2018 1. DEILD Úrslitalistar

Stig: FINA 2018

Sæti	F.ár		Tími	Stig	50m	100m	150m	200m
1.	Íris Rakel Aðalsteinsdóttir 05	Sundfélag Akraness	3:27.40	202	46.21	55.46	57.36	48.37

Sundgrein 1108 kvenna, 400m skriðsund Opinn
6.10.2018 2. DEILD Úrslitalistar

Stig: FINA 2018

Sæti		F.ár		Tími	Stig							
1.	Hrefna María Heiðarsdóttir	05	Umsk	6:13.93	246							
	50m:	40.10	40.10	150m:	2:13.97	47.88	250m:	3:50.51	48.13	350m:	5:26.44	48.22
	100m:	1:26.09	45.99	200m:	3:02.38	48.41	300m:	4:38.22	47.71	400m:	6:13.93	47.49

Sundgrein 1110 kvenna, 4 x 100m fjórsund Opinn
6.10.2018 2. DEILD Úrslitalistar

Stig: FINA 2018

Sæti					Tími	Stig		
1.	SH - B 1		SH - B		5:06.26	397		
	Diljá Dröfn Jóhannesdóttir	+0,74	37.01	1:15.94	Dagbjörg Hlíf Ólafsdóttir	+0,68	37.32	1:20.80
	Katja Lilja Andriysdóttir	+0,53	39.73	1:25.10	Ylfa Finnbogadóttir	+0,17	30.38	1:04.42