

# Lágmörk Íslandsmeistaramót

## ÍM25 og ÍM50

Lágmörk í 25m laug gilda sem slík fyrir ÍM50 og lágmörk í 50m laug gilda sem slík fyrir ÍM25.

|                 | ÍM 50    | ÍM25     |                 |
|-----------------|----------|----------|-----------------|
| Konur           | 50m laug | 25m laug | Konur           |
| 50m skriðsund   | 00:30:84 | 00:30:09 | 50m skriðsund   |
| 100m skriðsund  | 01:07:83 | 01:06:18 | 100m skriðsund  |
| 200m skriðsund  | 02:28:05 | 02:24:44 | 200m skriðsund  |
| 400m skriðsund  | 05:11:48 | 05:03:89 | 400m skriðsund  |
| 800m skriðsund  | 10:41:31 | 10:25:67 | 800m skriðsund  |
| 1500m skriðsund | 20:29:88 | 19:59:88 | 1500m skriðsund |
| 50m baksund     | 00:35:96 | 00:35:08 | 50m baksund     |
| 100m baksund    | 01:16:55 | 01:14:68 | 100m baksund    |
| 200m baksund    | 02:43:45 | 02:39:47 | 200m baksund    |
| 50m bringusund  | 00:39:99 | 00:38:93 | 50m bringusund  |
| 100m bringusund | 01:25:57 | 01:23:49 | 100m bringusund |
| 200m bringusund | 03:04:39 | 02:59:89 | 200m bringusund |
| 50m flugsund    | 00:33:45 | 00:32:64 | 50m flugsund    |
| 100m flugsund   | 01:13:43 | 01:11:64 | 100m flugsund   |
| 200m flugsund   | 02:41:32 | 02:37:39 | 200m flugsund   |
| 100m fjórsund   |          | 01:14:19 | 100m fjórsund   |
| 200m fjórsund   | 02:48:29 | 02:44:19 | 200m fjórsund   |
| 400m fjórsund   | 05:48:78 | 05:39:50 | 400m fjórsund   |
|                 |          |          |                 |
| Karlar          | 50m laug | 25m laug | Karlar          |
| 50m skriðsund   | 00:28:12 | 00:27:57 | 50m skriðsund   |
| 100m skriðsund  | 01:02:54 | 01:00:92 | 100m skriðsund  |
| 200m skriðsund  | 02:16:95 | 02:14:99 | 200m skriðsund  |
| 400m skriðsund  | 04:53:41 | 04:45:81 | 400m skriðsund  |
| 800m skriðsund  | 10:12:33 | 09:56:48 | 800m skriðsund  |
| 1500m skriðsund | 19:28:75 | 18:57:47 | 1500m skriðsund |
| 50m baksund     | 00:32:50 | 00:31:66 | 50m baksund     |
| 100m baksund    | 01:09:57 | 01:07:78 | 100m baksund    |
| 200m baksund    | 02:31:44 | 02:27:52 | 200m baksund    |
| 50m bringusund  | 00:35:79 | 00:34:86 | 50m bringusund  |
| 100m bringusund | 01:17:79 | 01:15:78 | 100m bringusund |
| 200m bringusund | 02:49:72 | 02:45:33 | 200m bringusund |
| 50m flugsund    | 00:30:63 | 00:29:83 | 50m flugsund    |
| 100m flugsund   | 01:07:19 | 01:05:46 | 100m flugsund   |
| 200m flugsund   | 02:29:59 | 02:25:72 | 200m flugsund   |
| 100m fjórsund   |          | 01:06:60 | 100m fjórsund   |
| 200m fjórsund   | 02:33:37 | 02:29:40 | 200m fjórsund   |
| 400m fjórsund   | 05:31:04 | 05:22:46 | 400m fjórsund   |

