

## Icelandic Masters Open Championships 2013 - 5/3/2013 to 5/4/2013

## Úrslit

## Grein 1 Karlar 30-34 800 . Metra Skriðsund

Nafn	ár	Félag	Tíminn	Tíminn
1 Grétar Snorrason	32	Sundfélag Hafnarfjarðar	12:05.57	11:54.15
37.94	1:21.43 (43.49)	2:06.28 (44.85)	2:51.57 (45.29)	
3:37.18 (45.61)	4:22.88 (45.70)	5:08.50 (45.62)	5:54.42 (45.92)	
6:40.05 (45.63)	7:25.63 (45.58)	8:11.24 (45.61)	8:56.26 (45.02)	
9:41.19 (44.93)	10:26.00 (44.81)	11:10.43 (44.43)	11:54.15 (43.72)	
2 Gunnar Stefánsson	32	Sundfélag Hafnarfjarðar	NT	16:00.47
43.82	1:36.00 (52.18)	2:33.71 (57.71)	3:34.37 (1:00.66)	
4:36.88 (1:02.51)	5:38.56 (1:01.68)	6:39.58 (1:01.02)	7:42.41 (1:02.83)	
8:44.30 (1:01.89)	9:47.39 (1:03.09)	10:50.88 (1:03.49)	11:54.93 (1:04.05)	
12:56.57 (1:01.64)	13:58.44 (1:01.87)	15:00.49 (1:02.05)	16:00.47 (59.98)	

## Grein 1 Karlar 35-39 800 . Metra Skriðsund

1 Elvar Níelsson	39	Sunddeild Breiðabliks	NT	10:48.67
34.29	1:11.56 (37.27)	1:50.64 (39.08)	2:30.91 (40.27)	
3:12.27 (41.36)	3:53.34 (41.07)	4:35.15 (41.81)	5:16.59 (41.44)	
5:59.06 (42.47)	6:41.04 (41.98)	7:23.08 (42.04)	8:05.19 (42.11)	
8:47.06 (41.87)	9:29.07 (42.01)	10:11.63 (42.56)	10:48.67 (37.04)	
2 Hákon Sigurðsson	39	Sundfélag Hafnarfjarðar	12:53.38	11:39.23
39.29	1:21.84 (42.55)	2:05.49 (43.65)	2:49.35 (43.86)	
3:32.79 (43.44)	4:16.73 (43.94)	5:01.15 (44.42)	5:45.95 (44.80)	
6:30.79 (44.84)	7:15.22 (44.43)	7:59.97 (44.75)	8:44.84 (44.87)	
9:28.68 (43.84)	10:13.12 (44.44)	10:57.10 (43.98)	11:39.23 (42.13)	

## Grein 1 Karlar 40-44 800 . Metra Skriðsund

1 Viðar Þorsteinsson	40	Sunddeild Breiðabliks	12:08.09	11:18.57
39.42	1:21.30 (41.88)	2:03.09 (41.79)	2:45.76 (42.67)	
3:28.18 (42.42)	4:11.74 (43.56)	4:54.83 (43.09)	5:38.26 (43.43)	
6:20.25 (41.99)	7:02.59 (42.34)	7:45.40 (42.81)	8:27.96 (42.56)	
9:10.08 (42.12)	9:53.39 (43.31)	10:36.36 (42.97)	11:18.57 (42.21)	
2 Hálfán Freyr Örnólfsson	40	Sundfélag Hafnarfjarðar	11:11.79	12:14.94
35.84	1:20.61 (44.77)	2:07.05 (46.44)	2:54.98 (47.93)	
3:43.29 (48.31)	4:31.77 (48.48)	5:19.91 (48.14)	6:06.69 (46.78)	
6:53.37 (46.68)	7:40.85 (47.48)	8:27.27 (46.42)	9:14.86 (47.59)	
10:01.89 (47.03)	10:48.78 (46.89)	11:34.54 (45.76)	12:14.94 (40.40)	
3 Árni Þór Árnason	44	Sundfélag Hafnarfjarðar	NT	12:51.58
41.84	1:27.79 (45.95)	2:16.66 (48.87)	3:05.60 (48.94)	
3:54.96 (49.36)	4:43.12 (48.16)	5:32.42 (49.30)	6:21.12 (48.70)	
7:09.94 (48.82)	7:59.61 (49.67)	8:49.04 (49.43)	9:38.39 (49.35)	
10:27.73 (49.34)	11:17.30 (49.57)	12:06.83 (49.53)	12:51.58 (44.75)	
4 Alexander Arnarson	40	Sunddeild Breiðabliks	NT	13:59.89
41.71	1:29.83 (48.12)	2:19.62 (49.79)	3:12.53 (52.91)	
4:05.34 (52.81)	4:59.03 (53.69)	5:52.81 (53.78)	6:46.84 (54.03)	
7:41.02 (54.18)	8:35.59 (54.57)	9:31.16 (55.57)	10:24.66 (53.50)	
11:19.50 (54.84)	12:14.45 (54.95)	13:09.62 (55.17)	13:59.89 (50.27)	

## Grein 1 Karlar 45-49 800 . Metra Skriðsund

1 Sigurjón Þórðarson	49	Umf. Tindastól	NT	11:40.41
36.86	1:16.18 (39.32)	1:59.25 (43.07)	2:42.56 (43.31)	
3:26.77 (44.21)	4:11.16 (44.39)	4:55.67 (44.51)	5:41.01 (45.34)	
6:25.19 (44.18)	7:10.28 (45.09)	7:55.20 (44.92)	8:40.01 (44.81)	
9:25.26 (45.25)	10:11.35 (46.09)	10:55.92 (44.57)	11:40.41 (44.49)	

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## Grein 1 Karlar 50-54 800 . Metra Skriðsund

1	Jón Hugi Harðarson	50	Sundfélag Akraness	NT	10:51.69
	35.39	1:13.30 (37.91)	1:53.15 (39.85)	2:33.18 (40.03)	
	3:13.81 (40.63)	3:54.86 (41.05)	4:36.07 (41.21)	5:17.55 (41.48)	
	5:59.33 (41.78)	6:41.82 (42.49)	7:24.39 (42.57)	8:06.56 (42.17)	
	8:48.66 (42.10)	9:30.84 (42.18)	10:12.71 (41.87)	10:51.69 (38.98)	
2	Guðni Guðnason	51	Sundfélag Hafnarfjarðar	NT	10:55.86
	34.57	1:13.31 (38.74)	1:53.62 (40.31)	2:33.95 (40.33)	
	3:15.01 (41.06)	3:57.17 (42.16)	4:38.93 (41.76)	5:21.25 (42.32)	
	6:03.61 (42.36)	6:45.46 (41.85)	7:27.68 (42.22)	8:10.91 (43.23)	
	8:53.05 (42.14)	9:35.07 (42.02)	10:16.73 (41.66)	10:55.86 (39.13)	

## Grein 1 Karlar 55-59 800 . Metra Skriðsund

1	Einar Hauksson	55	Sunddeild Breiðabliks	NT	11:36.25
	36.46	1:18.56 (42.10)	1:59.62 (41.06)	2:43.61 (43.99)	
	3:27.67 (44.06)	4:11.07 (43.40)	4:56.41 (45.34)	5:40.20 (43.79)	
	6:25.55 (45.35)	7:09.15 (43.60)	7:53.50 (44.35)	8:38.24 (44.74)	
	9:23.52 (45.28)	10:08.23 (44.71)	10:52.82 (44.59)	11:36.25 (43.43)	
2	Remi Spilliaert	55	Sundfélagið Ægir	12:05.04	12:11.48
	39.53	1:23.45 (43.92)	2:09.20 (45.75)	2:56.10 (46.90)	
	3:42.62 (46.52)	4:29.39 (46.77)	5:15.22 (45.83)	6:01.51 (46.29)	
	6:47.63 (46.12)	7:33.84 (46.21)	8:20.70 (46.86)	9:07.56 (46.86)	
	9:53.69 (46.13)	10:40.28 (46.59)	11:26.31 (46.03)	12:11.48 (45.17)	
3	Ragnar Marteinnsson	56	Sunddeild Stjarnan	13:19.10	13:29.78
	42.57	1:32.15 (49.58)	2:24.25 (52.10)	3:16.82 (52.57)	
	4:09.19 (52.37)	5:02.18 (52.99)	5:55.04 (52.86)	6:47.59 (52.55)	
	7:39.66 (52.07)	8:31.98 (52.32)	9:24.07 (52.09)	10:17.22 (53.15)	
	11:09.98 (52.76)	12:01.80 (51.82)	12:48.39 (46.59)	13:29.78 (41.39)	
4	Aðalsteinn Einarson	55	Sundfélag Hafnarfjarðar	NT	15:26.53
	48.94	1:44.58 (55.64)	2:41.68 (57.10)	3:39.95 (58.27)	
	4:38.17 (58.22)	5:36.17 (58.00)	6:34.46 (58.29)	7:33.00 (58.54)	
	8:32.10 (59.10)	9:32.18 (1:00.08)	10:32.21 (1:00.03)	11:31.97 (59.76)	
	12:30.98 (59.01)	13:30.72 (59.74)	14:30.68 (59.96)	15:26.53 (55.85)	

## Grein 1 Karlar 60-64 800 . Metra Skriðsund

1	Sigmundur Stefánsson	60	Umf. Selfoss	12:47.57	12:22.32
	40.87	1:25.74 (44.87)	2:12.78 (47.04)	3:00.25 (47.47)	
	3:48.63 (48.38)	5:25.25 (1:36.62)	7:00.40 (1:35.15)	7:47.31 (46.91)	
	9:21.02 (1:33.71)	10:08.22 (47.20)	10:54.26 (46.04)	11:39.86 (45.60)	
	12:22.32 (42.46)	12:51.45 (29.13)	12:22.32 ( )		
2	Valgeir S. Kárason	62	Umf. Tindastól	13:16.58	13:11.79
	43.06	1:31.02 (47.96)	2:21.66 (50.64)	3:12.17 (50.51)	
	4:03.28 (51.11)	4:53.65 (50.37)	5:43.70 (50.05)	6:33.32 (49.62)	
	7:24.90 (51.58)	8:15.72 (50.82)	9:06.17 (50.45)	9:56.34 (50.17)	
	10:46.56 (50.22)	11:37.09 (50.53)	12:25.25 (48.16)	13:11.79 (46.54)	

## Grein 1 Karlar 65-69 800 . Metra Skriðsund

1	Þorsteinn Ingimundarsson	67	Sundfélag Hafnarfjarðar	23:59.30	25:44.03
	1:19.44	2:53.06 (1:33.62)	4:28.21 (1:35.15)	6:03.82 (1:35.61)	
	7:39.11 (1:35.29)	10:52.74 (3:13.63)	12:32.02 (1:39.28)	14:06.18 (1:34.16)	
	15:47.34 (1:41.16)	17:25.23 (1:37.89)	19:02.54 (1:37.31)		
			24:03.11 ( )	25:44.03 (1:40.92)	

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**Grein 2 Kvenna 40-44 800 . Metra Skriðsund**

1 Helga Sigurðardóttir	44	Sundfélagið Ægir	NT	11:37.16
	37.19	1:18.72 (41.53)	2:02.12 (43.40)	2:46.38 (44.26)
	3:30.60 (44.22)	4:15.01 (44.41)	4:59.82 (44.81)	5:44.66 (44.84)
	6:28.88 (44.22)	7:13.03 (44.15)	7:58.34 (45.31)	8:42.82 (44.48)
	9:27.42 (44.60)	10:11.77 (44.35)	10:55.90 (44.13)	11:37.16 (41.26)

**Grein 2 Kvenna 45-49 800 . Metra Skriðsund**

1 Þórdís Pálsdóttir	47	Sunddeild Breiðabliks	12:50.33	13:33.52
	42.62	1:31.40 (48.78)	2:21.81 (50.41)	3:13.28 (51.47)
	4:05.10 (51.82)	4:57.69 (52.59)	5:47.79 (50.10)	6:39.02 (51.23)
	7:32.17 (53.15)	8:24.57 (52.40)	9:16.86 (52.29)	10:09.18 (52.32)
	11:00.21 (51.03)	11:52.98 (52.77)	12:45.28 (52.30)	13:33.52 (48.24)

**Grein 2 Kvenna 55-59 800 . Metra Skriðsund**

1 Sigurbjörg Eðvarsdóttir	55	Sundfélagið Ægir	NT	16:36.04
	51.98	1:52.79 (1:00.81)	2:55.61 (1:02.82)	3:58.65 (1:03.04)
	5:03.72 (1:05.07)	6:07.46 (1:03.74)	7:11.08 (1:03.62)	8:13.36 (1:02.28)
	9:18.55 (1:05.19)	10:20.99 (1:02.44)	11:25.21 (1:04.22)	12:27.98 (1:02.77)
	13:31.04 (1:03.06)	14:34.23 (1:03.19)	16:36.04 (2:01.81)	16:36.04 ( )

**Grein 2 Kvenna 60-64 800 . Metra Skriðsund**

1 Ingibjörg Svala Ólafsdóttir	60	Sundfélag Hafnarfjarðar	15:39.14	16:25.25
	51.08	1:49.62 (58.54)	2:52.38 (1:02.76)	3:54.39 (1:02.01)
	4:57.79 (1:03.40)	5:59.87 (1:02.08)	7:03.25 (1:03.38)	8:06.40 (1:03.15)
	9:09.50 (1:03.10)	10:12.72 (1:03.22)	11:14.80 (1:02.08)	12:17.41 (1:02.61)
	13:21.66 (1:04.25)	14:24.15 (1:02.49)	15:26.51 (1:02.36)	16:25.25 (58.74)

**Grein 3 Karlar 25-29 50 . Metra Flugsund**

1 Sindri S. Friðriksson	25	Sundfélag Hafnarfjarðar	NT	27.47
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**Grein 3 Karlar 30-34 50 . Metra Flugsund**

1 Stefán Rey Ólafsson	34	Umf. Selfoss	28.81	28.13
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**Grein 3 Karlar 35-39 50 . Metra Flugsund**

1 Ægir Sigurðsson	35	Umf. Selfoss	28.90	28.77
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**Grein 3 Karlar 40-44 50 . Metra Flugsund**

1 Árni Rúnar Árnason	40	Sundfélag Hafnarfjarðar	NT	32.18
2 Magni Þór Samsonarson	43	Sundfélag Hafnarfjarðar	32.09	33.70
3 Geir Sigurður Jónsson	40	Sundfélagið Ægir	42.00	34.32
4 Jóhann Samsonarson	44	Sundfélag Hafnarfjarðar	35.23	36.35
5 Magnús Pálmi Örnólfsson	42	Hsb Bolungarvík	NT	38.48
6 Bergþór Jóhannsson	44	Sundfélag Hafnarfjarðar	38.73	38.97

**Grein 3 Karlar 45-49 50 . Metra Flugsund**

1 Þórir Marínó Sigurðsson	45	Sundfélagið Ægir	NT	31.23
2 Sigurjón Þórðarson	49	Umf. Tindastól	NT	35.01
3 Kristinn Samsonarson	48	Sundfélag Hafnarfjarðar	34.57	36.53
4 Gunnar Júlíusson	46	Í B V	35.15	39.07
5 Magnús Tryggvason	49	Hamar	36.75	40.42

**Grein 3 Karlar 50-54 50 . Metra Flugsund**

1 Guðni Guðnason	51	Sundfélag Hafnarfjarðar	31.72	32.66
2 Hilmar Hreinsson	54	Sundfélag Hafnarfjarðar	37.47	38.54

**Grein 3 Karlar 55-59 50 . Metra Flugsund**

1 Guðjón Guðnason	59	Sundfélag Hafnarfjarðar	34.43	34.79
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**(Grein 3 Karlar 55-59 50 . Metra Flugsund)**

2	Remi Spilliaert	55	Sundfélagið Ægir	40.82	41.92
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**Grein 3 Karlar 60-64 50 . Metra Flugsund**

1	Hans Birgir Friðriksson	60	Umf. Tindastól	NT	38.40
2	Valgeir S. Kárason	62	Umf. Tindastól	43.00	42.56

**Grein 4 Kvenna 35-39 50 . Metra Flugsund**

1	Íris Ragnarsdóttir	38	Sundfélag Hafnarfjarðar	NT	37.14
2	Sigrún Árnadóttir	36	Sunddeild Breiðabliks	NT	58.57

**Grein 4 Kvenna 40-44 50 . Metra Flugsund**

1	Eygló Traustadóttir	42	Sundfélagið Ægir	NT	36.69
2	Margrét Magnúsdóttir	42	Sunddeild Breiðabliks	NT	42.61
3	Irina Óskarsdóttir	40	Sunddeild Breiðabliks	NT	54.18

**Grein 4 Kvenna 60-64 50 . Metra Flugsund**

1	Ingibjörg Svala Ólafsdóttir	60	Sundfélag Hafnarfjarðar	55.39	57.69
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**Grein 5 Karlar 30-34 100 . Metra Bringusund**

1	Gunnar Stefánsson	32	Sundfélag Hafnarfjarðar	NT	1:40.47
	47.28		1:40.47 (53.19)		

**Grein 5 Karlar 35-39 100 . Metra Bringusund**

1	Hákon Sigurðsson	39	Sundfélag Hafnarfjarðar	NT	1:33.49
	43.75		1:33.49 (49.74)		

**Grein 5 Karlar 40-44 100 . Metra Bringusund**

1	Finnbjörn Aðalheiðarson	44	Sundfélagið Ægir	NT	1:22.72
	38.78		1:22.72 (43.94)		
2	Jóhann Samsonarson	44	Sundfélag Hafnarfjarðar	1:24.82	1:26.48
	41.29		1:26.48 (45.19)		
3	Rúnar Már Jóhannsson	40	Sundfélag Hafnarfjarðar	NT	1:31.91
	44.40		1:31.91 (47.51)		
4	Kári Höskuldsson	40	Í B V	1:36.79	1:34.73
	44.25		1:34.73 (50.48)		
5	Guðmundur Þorleifsson	44	Sundfélag Hafnarfjarðar	NT	1:38.08
	46.16		1:38.08 (51.92)		

**Grein 5 Karlar 45-49 100 . Metra Bringusund**

1	Sigurjón Þórðarson	49	Umf. Tindastól	NT	1:28.31
	41.30		1:28.31 (47.01)		
2	Vignir Barkarson	49	Sundfélag Akraness	1:27.99	1:29.39
	42.94		1:29.39 (46.45)		

**Grein 5 Karlar 55-59 100 . Metra Bringusund**

1	Sigmar Björnsson	55	Keflavík	1:28.05	1:29.43
	41.38		1:29.43 (48.05)		
2	Ragnar Marteinnsson	56	Sunddeild Stjarnan	1:41.03	1:33.37
	44.07		1:33.37 (49.30)		
3	Aðalsteinn Einarson	55	Sundfélag Hafnarfjarðar	1:37.88	1:37.41
	45.82		1:37.41 (51.59)		
4	Björgvin Björgvinsson	58	Sundfélag Hafnarfjarðar	1:42.40	1:44.04
	46.05		1:44.04 (57.99)		

**Grein 5 Karlar 60-64 100 . Metra Bringusund**

1	Kári Kaaber	63	Sundfélag Hafnarfjarðar	1:28.50	1:28.01
	41.67		1:28.01 (46.34)		

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**Grein 5 Karlar 65-69 100 . Metra Bringusund**

1	Trausti Sveinbjörnsson	67	Sundfélag Hafnarfjarðar	NT	1:48.06
	50.20	1:48.06 (57.86)			
2	Þorsteinn Ingimundarsson	67	Sundfélag Hafnarfjarðar	2:46.80	2:36.93
	1:14.67	2:36.93 (1:22.26)			

**Grein 5 Karlar 75-79 100 . Metra Bringusund**

1	Óli G Þórðarson	77	Sundfélag Hafnarfjarðar	1:58.17	1:54.89
	55.06	1:54.89 (59.83)			
2	Haukur Bergsteinnsson	77	Sunddeild Breiðabliks	NT	2:28.65
	1:11.12	2:28.65 (1:17.53)			

**Grein 6 Kvenna 30-34 100 . Metra Bringusund**

1	Ebba Særún Brynjarsdóttir	31	Sundfélag Hafnarfjarðar	NT	1:39.50
	46.47	1:39.50 (53.03)			
2	Harpa Hrund Berndsen	32	Sundfélagið Ægir	NT	2:00.78
	55.89	2:00.78 (1:04.89)			

**Grein 6 Kvenna 35-39 100 . Metra Bringusund**

1	Auður Ásgeirsdóttir	39	Í B V	1:35.33	1:30.29
	41.75	1:30.29 (48.54)			

**Grein 6 Kvenna 40-44 100 . Metra Bringusund**

1	Karitas Guðmundsdóttir	43	Sundfélag Hafnarfjarðar	1:56.14	1:53.80
	52.45	1:53.80 (1:01.35)			

**Grein 6 Kvenna 45-49 100 . Metra Bringusund**

1	Rebekka Björgvinsdóttir	46	Í B V	2:03.16	2:08.83
	1:01.07	2:08.83 (1:07.76)			

**Grein 6 Kvenna 50-54 100 . Metra Bringusund**

1	Birna Jóhanna Ólafsdóttir	50	Sundfélag Hafnarfjarðar	1:36.15	1:46.62
	53.04	1:46.62 (53.58)			
2	Ásrún Vilbergisdóttir	52	Sundfélag Hafnarfjarðar	1:59.91	1:59.85
	57.57	1:59.85 (1:02.28)			
3	Gerður Arnarsdóttir	51	Sundfélag Hafnarfjarðar	NT	2:09.21
	1:04.00	2:09.21 (1:05.21)			

**Grein 6 Kvenna 60-64 100 . Metra Bringusund**

1	Björg Kristóferdóttir	61	Ungmennasamband Borgarfjarðar	NT	1:55.04
	54.20	1:55.04 (1:00.84)			
2	Guðmunda Ólöf Jónasdóttir	64	Ungmennasamband Borgarfjarðar	2:03.41	2:01.31
	56.69	2:01.31 (1:04.62)			
---	Svanhildur Sigurðardóttir	62	Sundfélag Hafnarfjarðar	NT	DQ
	1:08.21				

**Grein 6 Kvenna 65-69 100 . Metra Bringusund**

1	Ragna María Ragnarsdóttir	65	Sundfélagið Ægir	2:21.02	2:25.78
	1:09.36	2:25.78 (1:16.42)			

**Grein 7 Karlar 25-29 50 . Metra Skriðsund**

1	Sindri S. Friðriksson	25	Sundfélag Hafnarfjarðar	NT	25.22
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**Grein 7 Karlar 30-34 50 . Metra Skriðsund**

1	Stefán Rey Ólafsson	34	Umf. Selfoss	26.30	25.81
2	Bjarni Freyr Guðmundsson	31	Sundfélagið Ægir	NT	27.09
3	Gunnar Stefánsson	32	Sundfélag Hafnarfjarðar	38.71	42.72

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**Grein 7 Karlar 35-39 50 . Metra Skriðsund**

1	Ægir Sigurðsson	35	Umf. Selfoss	26.50	26.21
2	Elvar Níelsson	39	Sunddeild Breiðabliks	28.27	27.87
---	Gylfi Örn Gylfason	37	Sundfélag Hafnarfjarðar	32.80	DQ

**Grein 7 Karlar 40-44 50 . Metra Skriðsund**

1	Hálf dán Freyr Örnólfsson	40	Sundfélag Hafnarfjarðar	27.08	27.70
2	Árni Rúnar Árnason	40	Sundfélag Hafnarfjarðar	NT	28.66
3	Geir Sigurður Jónsson	40	Sundfélagið Ægir	34.00	29.50
4	Magnús Pálmi Örnólfsson	42	Hsb Bolungarvík	NT	30.31
5	Jóhann Samsonarson	44	Sundfélag Hafnarfjarðar	29.99	31.02
6	Magni Þór Samsonarson	43	Sundfélag Hafnarfjarðar	29.73	31.63
7	Bergþór Jóhannsson	44	Sundfélag Hafnarfjarðar	30.91	32.73
8	Alexander Arnarson	40	Sunddeild Breiðabliks	NT	33.57
9	Árni Þór Árnason	44	Sundfélag Hafnarfjarðar	NT	34.85
10	Kári Höskuldsson	40	Í B V	35.39	35.48
11	Gunnar Þór Gunnarsson	43	Umf. Selfoss	NT	36.19

**Grein 7 Karlar 45-49 50 . Metra Skriðsund**

1	Theódór Ólafsson	48	Sundfélag Hafnarfjarðar	29.77	28.80
2	Þórir Marínó Sigurðsson	45	Sundfélagið Ægir	NT	29.33
3	Vígnir Barkarson	49	Sundfélag Akraness	29.11	29.75
4	Kristinn Samsonarson	48	Sundfélag Hafnarfjarðar	31.82	31.41
5	Gunnar Júlíusson	46	Í B V	32.22	32.76
6	Magnús Tryggvason	49	Hamar	32.93	35.03

**Grein 7 Karlar 50-54 50 . Metra Skriðsund**

1	Guðni Guðnason	51	Sundfélag Hafnarfjarðar	29.35	30.12
2	Jón Hugi Harðarson	50	Sundfélag Akraness	29.95	30.79
3	Hilmar Hreinsson	54	Sundfélag Hafnarfjarðar	32.82	32.60

**Grein 7 Karlar 55-59 50 . Metra Skriðsund**

1	Ragnar Marteinnsson	56	Sunddeild Stjarnan	29.74	29.87
2	Einar Hauksson	55	Sunddeild Breiðabliks	30.59	31.81
3	Remi Spilliaert	55	Sundfélagið Ægir	31.15	32.86
4	Hafsteinn Guðmundsson	56	Umf. Tindastól	NT	41.24
5	Aðalsteinn Einarson	55	Sundfélag Hafnarfjarðar	42.96	42.11

**Grein 7 Karlar 60-64 50 . Metra Skriðsund**

1	Hans Birgir Friðriksson	60	Umf. Tindastól	NT	31.51
2	Sigmundur Stefánsson	60	Umf. Selfoss	33.41	32.85
3	Valgeir S. Kárason	62	Umf. Tindastól	34.00	33.09
4	Kári Kaaber	63	Sundfélag Hafnarfjarðar	37.07	36.22
5	Jón Guðmundsson	64	Sundfélag Hafnarfjarðar	37.53	37.63
6	Valdimar Hallgrímsson	64	Sundfélag Akraness	NT	42.95

**Grein 7 Karlar 65-69 50 . Metra Skriðsund**

1	Trausti Sveinbjörnsson	67	Sundfélag Hafnarfjarðar	NT	40.20
2	Þorsteinn Ingimundarsson	67	Sundfélag Hafnarfjarðar	1:06.21	1:12.02

**Grein 7 Karlar 75-79 50 . Metra Skriðsund**

1	Haukur Bergsteinnsson	77	Sunddeild Breiðabliks	NT	1:05.84
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**Grein 8 Kvenna 20-24 50 . Metra Skriðsund**

---	Sædis Rán Sveinsdóttir	20	Sundfélagið Ægir	NT	X39.80
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**Grein 8 Kvenna 25-29 50 . Metra Skriðsund**

1	Agnes Davy	28	Sundfélagið Ægir	NT	40.39
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**Grein 8 Kvenna 30-34 50 . Metra Skriðsund**

1	Harpa Hrund Berndsen	32	Sundfélagið Ægir	NT	41.65
2	Ebba Særún Brynjarsdóttir	31	Sundfélag Hafnarfjarðar	NT	45.24

**Grein 8 Kvenna 35-39 50 . Metra Skriðsund**

1	Sigurlín Garðarsdóttir	39	Umf. Selfoss	30.92	30.27
2	Íris Ragnarsdóttir	38	Sundfélag Hafnarfjarðar	32.33	32.82
3	Auður Ásgeirsdóttir	39	Í B V	32.25	33.03
4	Hildur Kristinsdóttir	38	Sundfélag Hafnarfjarðar	NT	39.80
5	Sigrún Árnadóttir	36	Sunddeild Breiðabliks	NT	45.57

**Grein 8 Kvenna 40-44 50 . Metra Skriðsund**

1	Helga Sigurðardóttir	44	Sundfélagið Ægir	NT	30.21
2	Eygló Traustadóttir	42	Sundfélagið Ægir	NT	32.66
3	Margrét Magnúsdóttir	42	Sunddeild Breiðabliks	NT	35.55
4	Irina Óskarsdóttir	40	Sunddeild Breiðabliks	NT	40.71
5	Sigrún Þ Geirsdóttir	41	Sundfélagið Ægir	NT	45.50
6	Karitas Guðmundsdóttir	43	Sundfélag Hafnarfjarðar	47.23	48.59

**Grein 8 Kvenna 45-49 50 . Metra Skriðsund**

1	Hrund Baldursdóttir	49	Umf. Selfoss	38.70	37.40
2	Rebekka Björgvinsdóttir	46	Í B V	48.31	52.70

**Grein 8 Kvenna 50-54 50 . Metra Skriðsund**

1	Karen Malmquist	52	Óðinn	37.13	37.85
2	Birna Jóhanna Ólafsdóttir	50	Sundfélag Hafnarfjarðar	36.01	44.90
3	Ásrún Vilbergsdóttir	52	Sundfélag Hafnarfjarðar	55.18	55.63
---	Gerður Arnarsdóttir	51	Sundfélag Hafnarfjarðar	NT	DQ

**Grein 8 Kvenna 55-59 50 . Metra Skriðsund**

1	Soffía Káradóttir	57	Umf. Tindastól	NT	49.36
2	Sigurbjörg Eðvarsdóttir	55	Sundfélagið Ægir	NT	49.56

**Grein 8 Kvenna 60-64 50 . Metra Skriðsund**

1	Guðmunda Ólöf Jónasdóttir	64	Ungmennasamband Borgarfjarðar	45.23	43.66
2	Björg Kristóferdóttir	61	Ungmennasamband Borgarfjarðar	NT	44.44
3	Ingibjörg Svala Ólafsdóttir	60	Sundfélag Hafnarfjarðar	41.63	45.54
4	Svanhildur Sigurðardóttir	62	Sundfélag Hafnarfjarðar	57.73	57.44

**Grein 8 Kvenna 65-69 50 . Metra Skriðsund**

1	Ragna María Ragnarsdóttir	65	Sundfélagið Ægir	53.18	52.06
2	Jóhanna Jónasdóttir	69	Sunddeild Breiðabliks	NT	59.36

**Grein 9 Karlar 160-199 200 . Metra Skriðsund Boðsund**

1	Sundfélag Hafnarfjarðar	A	NT	1:55.79
1)	Guðni Guðnason M51	30.48		
2)	Theódór Ólafsson M48	59.14 (28.66)	1:27.52 (28.38)	
3)	Árni Rúnar Árnason M40	1:55.79 (28.27)		
4)	Hálf dán Freyr Örnólfsson M40			
2	Sundfélag Hafnarfjarðar	B	NT	2:16.52
1)	Sindri S. Friðriksson M25	25.69		
2)	Grétar Snorrason M32	59.22 (33.53)	1:34.14 (34.92)	
3)	Árni Þór Árnason M44	2:16.52 (42.38)		
4)	Gunnar Stefánsson M32			

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## Grein 9 Karlar 200-239 200 . Metra Skriðsund Boðsund

1	Sundfélagið Ægir	A	NT	1:57.65
	1) Þórir Marínó Sigurðsson M45	2) Bjarni Freyr Guðmundsson M31	3) Remi Spilliaert M55	4) Geir Sigurður Jónsson M40
	29.48	56.50 (27.02)	1:28.85 (32.35)	1:57.65 (28.80)
2	Umf. Selfoss	A	NT	1:58.55
	1) Stefán Rey Ólafsson M34	2) Gunnar Þór Gunnarsson M43	3) Sigmundur Stefánsson M60	4) Ægir Sigurðsson M35
	25.97	1:00.37 (34.40)	1:32.76 (32.39)	1:58.55 (25.79)
3	Sundfélag Hafnarfjarðar	B	NT	2:16.31
	1) Hákon Sigurðsson M39	2) Gylfi Örn Gylfason M37	3) Rúnar Már Jóhannsson M40	4) Finnbogi Gylfason M43
	34.10	1:05.55 (31.45)	1:46.54 (40.99)	2:16.31 (29.77)
4	Sundfélag Hafnarfjarðar	A	NT	2:16.52
	1) Kristinn Samsonarson M48	2) Bergþór Jóhannsson M44	3) Guðmundur Þorleifsson M44	4) Magni Þór Samsonarson M43
	31.39	1:04.92 (33.53)	1:29.99 (25.07)	2:16.52 (46.53)
5	Umf. Tindastól	A	NT	2:19.24
	1) Valgeir S. Kárason M62	2) Hafsteinn Guðmundsson M56	3) Sigurjón Þórðarson M49	4) Hans Birgir Friðriksson M60
	34.53	1:15.26 (40.73)	1:47.74 (32.48)	2:19.24 (31.50)

## Grein 9 Karlar 240-279 200 . Metra Skriðsund Boðsund

1	Sundfélag Hafnarfjarðar	B	NT	2:30.24
	1) Kári Kaaber M63	2) Trausti Sveinbjörnsson M67	3) Aðalsteinn Einarson M55	4) Guðjón Guðnason M59
	36.27	1:16.00 (39.73)	1:57.84 (41.84)	2:30.24 (32.40)
2	Sundfélag Hafnarfjarðar	A	NT	3:24.35
	1) Björgvin Björgvinsson M58	2) Jón Guðmundsson M64	3) Þorsteinn Ingimundarsson M67	4) Óli G Þórðarson M77
	47.76	1:27.29 (39.53)	2:38.16 (1:10.87)	3:24.35 (46.19)

## Grein 10 Kvenna 160-199 200 . Metra Skriðsund Boðsund

1	Sundfélagið Ægir	A	NT	2:44.52
	1) Sigrún Þ Geirsdóttir W41	2) Agnes Davy W28	3) Harpa Hrud Berndsen W32	4) Sædis Rán Sveinsdóttir W20
	45.03	1:24.50 (39.47)	2:05.56 (41.06)	2:44.52 (38.96)

## Grein 10 Kvenna 200-239 200 . Metra Skriðsund Boðsund

1	Sundfélag Hafnarfjarðar	A	NT	3:27.79
	1) Birna Jóhanna Ólafsdóttir W50	2) Ásrún Vilbergsdóttir W52	3) Svanhildur Sigurðardóttir W62	4) Ingibjörg Svala Ólafsdóttir W60
	47.35	1:43.63 (56.28)	3:27.79 (1:44.16)	

## Grein 10 Kvenna 240-279 200 . Metra Skriðsund Boðsund

1	Sundfélag Hafnarfjarðar	A	NT	2:44.35
				2:44.35 (40.01)

## Grein 11 Kvenna 40-44 400 . Metra Skriðsund

1	Margrét Magnúsdóttir	42	Sunddeild Breiðabliks	NT	6:10.59
	41.52	1:27.45 (45.93)	2:15.21 (47.76)	3:02.75 (47.54)	
	3:49.66 (46.91)	4:36.64 (46.98)	5:24.20 (47.56)	6:10.59 (46.39)	

## Grein 11 Kvenna 45-49 400 . Metra Skriðsund

1	Þórdís Pálsdóttir	47	Sunddeild Breiðabliks	6:21.16	6:32.79
	42.66	1:30.76 (48.10)	2:20.39 (49.63)	3:10.29 (49.90)	
	4:01.07 (50.78)	4:52.12 (51.05)	5:43.01 (50.89)	6:32.79 (49.78)	

## Grein 11 Kvenna 55-59 400 . Metra Skriðsund

1	Sigurbjörg Eðvarsdóttir	55	Sundfélagið Ægir	NT	8:29.47
	53.38	1:55.56 (1:02.18)	3:01.15 (1:05.59)	4:06.70 (1:05.55)	
	5:13.87 (1:07.17)	6:18.51 (1:04.64)	7:25.22 (1:06.71)	8:29.47 (1:04.25)	

## Grein 11 Kvenna 60-64 400 . Metra Skriðsund

1	Ingibjörg Svala Ólafsdóttir	60	Sundfélag Hafnarfjarðar	7:35.07	7:59.86
	50.62	1:48.77 (58.15)	2:48.42 (59.65)	3:50.69 (1:02.27)	
	4:54.45 (1:03.76)	5:56.85 (1:02.40)	7:00.35 (1:03.50)	7:59.86 (59.51)	



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**(Grein 11 Kvenna 60-64 400 . Metra Skriðsund)**

2	Elísabet Ingibergsdóttir	60	Sundfélag Hafnarfjarðar	NT	8:44.14
	48.91	1:48.09 (59.18)	2:52.58 (1:04.49)	3:59.04 (1:06.46)	
	5:08.14 (1:09.10)	6:18.79 (1:10.65)	7:31.09 (1:12.30)	8:44.14 (1:13.05)	

**Grein 12 Karlar 30-34 400 . Metra Skriðsund**

1	Gunnar Stefánsson	32	Sundfélag Hafnarfjarðar	7:04.98	7:31.26
	45.47	1:36.36 (50.89)	2:31.81 (55.45)	3:29.75 (57.94)	
	4:29.34 (59.59)	5:29.88 (1:00.54)	6:31.09 (1:01.21)	7:31.26 (1:00.17)	

**Grein 12 Karlar 35-39 400 . Metra Skriðsund**

1	Gylfi Örn Gylfason	37	Sundfélag Hafnarfjarðar	NT	5:54.75
	38.41	1:20.11 (41.70)	2:03.56 (43.45)	2:49.24 (45.68)	
	3:35.97 (46.73)	4:23.05 (47.08)	5:10.19 (47.14)	5:54.75 (44.56)	

**Grein 12 Karlar 40-44 400 . Metra Skriðsund**

1	Geir Sigurður Jónsson	40	Sundfélagið Ægir	6:00.00	5:50.14
	40.29	1:24.64 (44.35)	2:11.36 (46.72)	2:57.97 (46.61)	
	3:44.24 (46.27)	4:27.69 (43.45)	5:09.50 (41.81)	5:50.14 (40.64)	
2	Árni Þór Árnason	44	Sundfélag Hafnarfjarðar	NT	6:04.46
	40.14	1:24.10 (43.96)	2:10.47 (46.37)	2:58.19 (47.72)	
	3:45.42 (47.23)	4:32.30 (46.88)	5:18.18 (45.88)	6:04.46 (46.28)	
3	Guðmundur Þorleifsson	44	Sundfélag Hafnarfjarðar	8:47.24	7:06.29
	44.05	1:33.99 (49.94)	2:28.20 (54.21)	3:23.65 (55.45)	
	4:18.67 (55.02)	5:14.45 (55.78)	6:10.54 (56.09)	7:06.29 (55.75)	

**Grein 12 Karlar 50-54 400 . Metra Skriðsund**

1	Jón Hugi Harðarson	50	Sundfélag Akraness	5:08.93	5:16.46
	35.04	1:13.66 (38.62)	1:53.65 (39.99)	2:34.13 (40.48)	
	3:14.43 (40.30)	3:55.37 (40.94)	4:36.59 (41.22)	5:16.46 (39.87)	
2	Guðni Guðnason	51	Sundfélag Hafnarfjarðar	NT	5:29.90
	34.77	1:14.51 (39.74)	1:57.26 (42.75)	2:40.66 (43.40)	
	3:23.61 (42.95)	4:07.66 (44.05)	4:49.81 (42.15)	5:29.90 (40.09)	

**Grein 12 Karlar 55-59 400 . Metra Skriðsund**

1	Einar Hauksson	55	Sunddeild Breiðabliks	5:43.34	5:41.05
	36.79	1:17.25 (40.46)	2:01.19 (43.94)	2:44.85 (43.66)	
	3:28.86 (44.01)	4:13.46 (44.60)	4:58.24 (44.78)	5:41.05 (42.81)	
2	Ragnar Marteinnsson	56	Sunddeild Stjarnan	6:10.14	6:12.79
	37.71	1:21.50 (43.79)	2:08.57 (47.07)	2:57.65 (49.08)	
	3:47.73 (50.08)	4:38.99 (51.26)	5:28.71 (49.72)	6:12.79 (44.08)	
3	Þorgeir Sigurðsson	56	Sunddeild Breiðabliks	6:49.20	6:50.56
	46.31	1:37.54 (51.23)	2:29.45 (51.91)	3:21.79 (52.34)	
	4:13.91 (52.12)	5:06.53 (52.62)	6:00.81 (54.28)	6:50.56 (49.75)	
4	Aðalsteinn Einarson	55	Sundfélag Hafnarfjarðar	NT	8:55.54
	49.17	1:48.74 (59.57)	2:48.33 (59.59)	3:49.20 (1:00.87)	
	4:49.63 (1:00.43)	5:51.32 (1:01.69)	6:54.44 (1:03.12)	8:55.54 (2:01.10)	

**Grein 12 Karlar 60-64 400 . Metra Skriðsund**

1	Valgeir S. Kárason	62	Umf. Tindastól	6:28.56	6:33.71
	44.04	1:31.94 (47.90)	2:21.93 (49.99)	3:12.75 (50.82)	
	4:04.18 (51.43)	4:55.61 (51.43)	5:47.05 (51.44)	6:33.71 (46.66)	

**Grein 12 Karlar 65-69 400 . Metra Skriðsund**

1	Þorsteinn Ingimundarsson	67	Sundfélag Hafnarfjarðar	12:12.02	12:46.00
	1:21.03	2:54.12 (1:33.09)		6:13.42 ( )	
	7:52.55 (1:39.13)	9:32.33 (1:39.78)	11:07.39 (1:35.06)	12:46.00 (1:38.61)	

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**Grein 14 Karlar 35-39 100 . Metra Flugsund**

1	Ægir Sigurðsson	35	Umf. Selfoss	1:08.09	1:07.36
	31.45		1:07.36 (35.91)		

**Grein 14 Karlar 40-44 100 . Metra Flugsund**

1	Hálf dán Freyr Örnólfsson	40	Sundfélag Hafnarfjarðar	NT	1:21.41
	38.90		1:21.41 (42.51)		
2	Magnús Pálmi Örnólfsson	42	Hsb Bolungarvík	NT	1:41.36
	45.84		1:41.36 (55.52)		

**Grein 14 Karlar 45-49 100 . Metra Flugsund**

1	Sigurjón Þórðarson	49	Umf. Tindastól	NT	1:31.42
	42.25		1:31.42 (49.17)		

**Grein 14 Karlar 50-54 100 . Metra Flugsund**

1	Guðni Guðnason	51	Sundfélag Hafnarfjarðar	1:16.27	1:18.84
	36.54		1:18.84 (42.30)		

**Grein 14 Karlar 55-59 100 . Metra Flugsund**

1	Remi Spilliaert	55	Sundfélagið Ægir	NT	1:39.96
	45.93		1:39.96 (54.03)		

**Grein 15 Kvenna 20-24 50 . Metra Bringusund**

---	Sædis Rán Sveinsdóttir	20	Sundfélagið Ægir	NT	X50.02
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**Grein 15 Kvenna 25-29 50 . Metra Bringusund**

1	Agnes Davy	28	Sundfélagið Ægir	NT	54.11
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**Grein 15 Kvenna 30-34 50 . Metra Bringusund**

---	Harpa Hrund Berndsen	32	Sundfélagið Ægir	NT	DQ
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**Grein 15 Kvenna 35-39 50 . Metra Bringusund**

1	Sigurlín Garðarsdóttir	39	Umf. Selfoss	NT	39.81
2	Auður Ásgeirsdóttir	39	Í B V	40.73	39.95

**Grein 15 Kvenna 40-44 50 . Metra Bringusund**

1	Irina Óskarsdóttir	40	Sunddeild Breiðabliks	NT	50.43
2	Karitas Guðmundsdóttir	43	Sundfélag Hafnarfjarðar	51.97	53.56
3	Sigrún Þ Geirsdóttir	41	Sundfélagið Ægir	NT	54.07

**Grein 15 Kvenna 45-49 50 . Metra Bringusund**

1	Hrund Baldursdóttir	49	Umf. Selfoss	NT	50.20
2	Rebekka Björgvinsdóttir	46	Í B V	59.87	59.88

**Grein 15 Kvenna 50-54 50 . Metra Bringusund**

1	Birna Jóhanna Ólafsdóttir	50	Sundfélag Hafnarfjarðar	43.59	49.14
2	Karen Malmquist	52	Óðinn	NT	49.83
3	Ásrún Vilbergsdóttir	52	Sundfélag Hafnarfjarðar	NT	54.94
4	Gerður Arnarsdóttir	51	Sundfélag Hafnarfjarðar	NT	57.81

**Grein 15 Kvenna 60-64 50 . Metra Bringusund**

1	Björg Kristóferdóttir	61	Ungmennasamband Borgarfjarðar	NT	51.05
2	Guðmunda Ólöf Jónasdóttir	64	Ungmennasamband Borgarfjarðar	55.56	55.46
3	Svanhildur Sigurðardóttir	62	Sundfélag Hafnarfjarðar	1:10.09	1:06.88

**Grein 15 Kvenna 65-69 50 . Metra Bringusund**

1	Ragna María Ragnarsdóttir	65	Sundfélagið Ægir	NT	1:05.83
2	Steinnun Hjartadóttir	65	Umf. Tindastól	NT	1:14.92

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**Grein 16 Karlar 25-29 50 . Metra Bringusund**

1	Sindri S. Friðriksson	25	Sundfélag Hafnarfjarðar	NT	31.92
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**Grein 16 Karlar 30-34 50 . Metra Bringusund**

1	Bjarni Freyr Guðmundsson	31	Sundfélagið Ægir	NT	34.68
2	Gunnar Stefánsson	32	Sundfélag Hafnarfjarðar	45.76	46.66

**Grein 16 Karlar 40-44 50 . Metra Bringusund**

1	Finnbjörn Aðalheiðarson	44	Sundfélagið Ægir	NT	35.88
2	Árni Rúnar Árnason	40	Sundfélag Hafnarfjarðar	NT	38.64
3	Jóhann Samsonarson	44	Sundfélag Hafnarfjarðar	37.69	39.17
4	Rúnar Már Jóhannsson	40	Sundfélag Hafnarfjarðar	NT	41.91
5	Bergþór Jóhannsson	44	Sundfélag Hafnarfjarðar	40.04	42.10
6	Kári Höskuldsson	40	Í B V	42.50	43.06
---	Guðmundur Þorleifsson	44	Sundfélag Hafnarfjarðar	44.56	DQ

**Grein 16 Karlar 45-49 50 . Metra Bringusund**

1	Þórir Marínó Sigurðsson	45	Sundfélagið Ægir	NT	39.88
2	Vignir Barkarson	49	Sundfélag Akraness	39.88	40.19
3	Kristinn Samsonarson	48	Sundfélag Hafnarfjarðar	43.54	42.48

**Grein 16 Karlar 50-54 50 . Metra Bringusund**

1	Eyþór Gissurarson	51	Sunddeild Breiðabliks	42.84	44.45
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**Grein 16 Karlar 55-59 50 . Metra Bringusund**

1	Guðjón Guðnason	59	Sundfélag Hafnarfjarðar	39.29	39.69
2	Ragnar Marteinnsson	56	Sunddeild Stjarnan	39.04	40.04
3	Sigmar Björnsson	55	Keflavík	39.15	40.92
4	Aðalsteinn Einarson	55	Sundfélag Hafnarfjarðar	42.65	44.31
5	Björgvin Björgvinsson	58	Sundfélag Hafnarfjarðar	44.65	46.67

**Grein 16 Karlar 60-64 50 . Metra Bringusund**

1	Kári Kaaber	63	Sundfélag Hafnarfjarðar	40.64	40.92
2	Valdimar Hallgrímsson	64	Sundfélag Akraness	NT	46.15
3	Valgeir S. Kárason	62	Umf. Tindastól	52.21	47.35
4	Jón Guðmundsson	64	Sundfélag Hafnarfjarðar	50.36	52.56

**Grein 16 Karlar 65-69 50 . Metra Bringusund**

1	Trausti Sveinbjörnsson	67	Sundfélag Hafnarfjarðar	45.91	45.17
2	Þorsteinn Ingimundarsson	67	Sundfélag Hafnarfjarðar	1:14.70	1:08.99

**Grein 16 Karlar 75-79 50 . Metra Bringusund**

1	Óli G Þórðarson	77	Sundfélag Hafnarfjarðar	51.43	57.70
2	Haukur Bergsteinnsson	77	Sunddeild Breiðabliks	1:05.46	1:03.51

**Grein 17 Kvenna 40-44 100 . Metra Baksund**

1	Eygló Traustadóttir	42	Sundfélagið Ægir	NT	1:19.41
	39.17		1:19.41 (40.24)		
2	Margrét Magnúsdóttir	42	Sunddeild Breiðabliks	NT	1:31.52
	45.64		1:31.52 (45.88)		

**Grein 17 Kvenna 50-54 100 . Metra Baksund**

1	Karen Malmquist	52	Óðinn	1:37.53	1:38.63
	47.87		1:38.63 (50.76)		

**Grein 17 Kvenna 60-64 100 . Metra Baksund**

1	Ingibjörg Svala Ólafsdóttir	60	Sundfélag Hafnarfjarðar	1:48.18	1:52.11
	54.52		1:52.11 (57.59)		

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**(Grein 17 Kvenna 60-64 100 . Metra Baksund)**

2	Guðmunda Ólöf Jónasdóttir	64	Ungmennasamband Borgarfjarðar	2:03.95	1:58.46
	55.18	1:58.46 (1:03.28)			

**Grein 18 Karlar 40-44 100 . Metra Baksund**

1	Jóhann Samsonarson	44	Sundfélag Hafnarfjarðar	1:24.70	1:27.12
	40.78	1:27.12 (46.34)			

**Grein 18 Karlar 50-54 100 . Metra Baksund**

1	Jón Hugi Harðarson	50	Sundfélag Akraness	1:16.47	1:18.89
	37.60	1:18.89 (41.29)			
2	Guðni Guðnason	51	Sundfélag Hafnarfjarðar	1:27.08	1:26.05
	41.57	1:26.05 (44.48)			

**Grein 18 Karlar 60-64 100 . Metra Baksund**

1	Jón Guðmundsson	64	Sundfélag Hafnarfjarðar	2:08.10	2:10.49
	58.18	2:10.49 (1:12.31)			
2	Kári Kaaber	63	Sundfélag Hafnarfjarðar	1:45.72	2:25.44
	1:29.65	2:25.44 (55.79)			

**Grein 18 Karlar 65-69 100 . Metra Baksund**

1	Páll Arnór Pálsson	65	Sunddeild Breiðabliks	NT	2:20.02
	1:05.50	2:20.02 (1:14.52)			

**Grein 19 Kvenna 35-39 200 . Metra Skriðsund**

1	Hildur Kristinsdóttir	38	Sundfélag Hafnarfjarðar	NT	3:39.54
	48.88	1:45.63 (56.75)	2:44.85 (59.22)	3:39.54 (54.69)	
2	Sigrún Árnadóttir	36	Sunddeild Breiðabliks	NT	3:51.52
	52.10	1:51.42 (59.32)	2:52.85 (1:01.43)	3:51.52 (58.67)	

**Grein 19 Kvenna 40-44 200 . Metra Skriðsund**

1	Helga Sigurðardóttir	44	Sundfélagið Ægir	NT	2:31.13
	34.02	1:11.86 (37.84)	1:51.59 (39.73)	2:31.13 (39.54)	

**Grein 19 Kvenna 45-49 200 . Metra Skriðsund**

1	Þórdís Pálsdóttir	47	Sunddeild Breiðabliks	2:59.71	3:07.85
	41.26	1:29.20 (47.94)	2:18.89 (49.69)	3:07.85 (48.96)	

**Grein 19 Kvenna 50-54 200 . Metra Skriðsund**

1	Birna Jóhanna Ólafsdóttir	50	Sundfélag Hafnarfjarðar	3:02.86	3:32.94
	52.43	1:45.44 (53.01)	2:39.64 (54.20)	3:32.94 (53.30)	
2	Ásrún Vilbergisdóttir	52	Sundfélag Hafnarfjarðar	NT	4:36.10
	59.83	2:08.88 (1:09.05)	3:22.85 (1:13.97)	4:36.10 (1:13.25)	

**Grein 19 Kvenna 55-59 200 . Metra Skriðsund**

1	Sigurbjörg Eðvarsdóttir	55	Sundfélagið Ægir	NT	4:02.61
	53.01	1:55.16 (1:02.15)	3:00.35 (1:05.19)	4:02.61 (1:02.26)	

**Grein 19 Kvenna 60-64 200 . Metra Skriðsund**

1	Guðmunda Ólöf Jónasdóttir	64	Ungmennasamband Borgarfjarðar	3:43.55	3:38.43
	49.90	1:45.43 (55.53)	2:43.15 (57.72)	3:38.43 (55.28)	
2	Ingibjörg Svala Ólafsdóttir	60	Sundfélag Hafnarfjarðar	3:36.28	3:47.45
	49.62	1:47.09 (57.47)	2:48.17 (1:01.08)	3:47.45 (59.28)	

**Grein 20 Karlar 30-34 200 . Metra Skriðsund**

1	Stefán Rey Ólafsson	34	Umf. Selfoss	2:15.25	2:09.71
	30.62	1:03.93 (33.31)	1:37.00 (33.07)	2:09.71 (32.71)	

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**(Grein 20 Karlar 30-34 200 . Metra Skriðsund)**

2	Gunnar Stefánsson	32	Sundfélag Hafnarfjarðar	3:16.81	3:36.77
	46.10	1:40.44 (54.34)	2:38.63 (58.19)	3:36.77 (58.14)	

**Grein 20 Karlar 40-44 200 . Metra Skriðsund**

1	Hálf dán Freyr Örnólfsson	40	Sundfélag Hafnarfjarðar	2:24.96	2:26.77
	33.63	1:11.24 (37.61)	1:50.53 (39.29)	2:26.77 (36.24)	
2	Magnús Pálmi Örnólfsson	42	Hsb Bolungarvík	NT	2:51.22
	35.94	1:18.73 (42.79)	2:04.80 (46.07)	2:51.22 (46.42)	
3	Geir Sigurður Jónsson	40	Sundfélagið Ægir	NT	2:51.31
	40.10	1:24.33 (44.23)	2:10.16 (45.83)	2:51.31 (41.15)	
4	Árni Þór Árnason	44	Sundfélag Hafnarfjarðar	NT	2:55.50
	37.22	1:20.16 (42.94)	2:07.82 (47.66)	2:55.50 (47.68)	

**Grein 20 Karlar 45-49 200 . Metra Skriðsund**

1	Vignir Barkarson	49	Sundfélag Akraness	2:25.83	2:28.74
	33.82	1:10.43 (36.61)	1:48.89 (38.46)	2:28.74 (39.85)	
2	Sigurjón Þórðarson	49	Umf. Tindastól	NT	2:37.52
	35.92	1:15.60 (39.68)	1:57.15 (41.55)	2:37.52 (40.37)	
3	Gunnar Júlíusson	46	Í B V	2:32.47	2:55.66
	39.92	1:23.56 (43.64)	2:10.29 (46.73)	2:55.66 (45.37)	

**Grein 20 Karlar 50-54 200 . Metra Skriðsund**

1	Jón Hugi Harðarson	50	Sundfélag Akraness	NT	2:27.46
	34.05	1:11.26 (37.21)	1:49.20 (37.94)	2:27.46 (38.26)	
2	Guðni Guðnason	51	Sundfélag Hafnarfjarðar	2:31.89	2:30.39
	33.84	1:12.43 (38.59)	1:52.28 (39.85)	2:30.39 (38.11)	

**Grein 20 Karlar 55-59 200 . Metra Skriðsund**

1	Einar Hauksson	55	Sunddeild Breiðabliks	2:40.30	2:40.58
	35.13	1:15.87 (40.74)	1:58.27 (42.40)	2:40.58 (42.31)	
2	Ragnar Marteinnsson	56	Sunddeild Stjarnan	2:46.19	2:42.30
	35.79	1:16.91 (41.12)	2:00.32 (43.41)	2:42.30 (41.98)	
3	Remi Spilliaert	55	Sundfélagið Ægir	2:39.60	2:42.60
	35.96	1:16.55 (40.59)	2:00.17 (43.62)	2:42.60 (42.43)	
4	Þorgeir Sigurðsson	56	Sunddeild Breiðabliks	3:06.78	3:09.62
	42.13	1:29.73 (47.60)	2:20.58 (50.85)	3:09.62 (49.04)	
5	Aðalsteinn Einarson	55	Sundfélag Hafnarfjarðar	NT	3:40.62
	45.79	1:42.52 (56.73)	2:42.55 (1:00.03)	3:40.62 (58.07)	

**Grein 20 Karlar 60-64 200 . Metra Skriðsund**

1	Sigmundur Stefánsson	60	Umf. Selfoss	2:44.26	2:44.28
	37.78	1:19.52 (41.74)	2:02.41 (42.89)	2:44.28 (41.87)	
2	Valgeir S. Kárason	62	Umf. Tindastól	3:07.07	3:02.84
	41.14	1:27.28 (46.14)	2:16.77 (49.49)	3:02.84 (46.07)	
3	Hans Birgir Friðriksson	60	Umf. Tindastól	NT	3:25.16
	41.19	1:31.77 (50.58)	2:28.31 (56.54)	3:25.16 (56.85)	

**Grein 20 Karlar 65-69 200 . Metra Skriðsund**

1	Páll Arnór Pálsson	65	Sunddeild Breiðabliks	NT	4:03.35
	51.47	1:55.19 (1:03.72)	3:00.75 (1:05.56)	4:03.35 (1:02.60)	
2	Þorsteinn Ingimundarsson	67	Sundfélag Hafnarfjarðar	5:45.83	6:29.25
	1:21.83	3:03.95 (1:42.12)	4:45.85 (1:41.90)	6:29.25 (1:43.40)	

**Grein 20 Karlar 75-79 200 . Metra Skriðsund**

1	Óli G Þórðarson	77	Sundfélag Hafnarfjarðar	3:43.61	3:56.21
	51.22	1:51.01 (59.79)	2:55.63 (1:04.62)	3:56.21 (1:00.58)	

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**Grein 21 Kvenna 30-34 100 . Metra Fjór**

1	Harpa Hrund Berndsen	32	Sundfélagið Ægir	NT	1:55.66
	54.48		1:55.66 (1:01.18)		

**Grein 21 Kvenna 35-39 100 . Metra Fjór**

1	Sigurlín Garðarsdóttir	39	Umf. Selfoss	NT	1:16.21
	35.25		1:16.21 (40.96)		
2	Auður Ásgeirsdóttir	39	ÍBV	1:24.17	1:23.69
	39.40		1:23.69 (44.29)		

**Grein 21 Kvenna 40-44 100 . Metra Fjór**

1	Helga Sigurðardóttir	44	Sundfélagið Ægir	NT	1:18.37
	36.78		1:18.37 (41.59)		
2	Eygló Traustadóttir	42	Sundfélagið Ægir	NT	1:22.59
	37.18		1:22.59 (45.41)		
3	Margrét Magnúsdóttir	42	Sunddeild Breiðabliks	NT	1:30.59
	42.30		1:30.59 (48.29)		
4	Irina Óskarsdóttir	40	Sunddeild Breiðabliks	NT	1:54.43
	1:00.25		1:54.43 (54.18)		

**Grein 21 Kvenna 45-49 100 . Metra Fjór**

1	Þórdís Pálsdóttir	47	Sunddeild Breiðabliks	NT	1:43.52
	51.34		1:43.52 (52.18)		

**Grein 22 Karlar 25-29 100 . Metra Fjór**

1	Sindri S. Friðriksson	25	Sundfélag Hafnarfjarðar	NT	1:05.62
	30.13		1:05.62 (35.49)		

**Grein 22 Karlar 30-34 100 . Metra Fjór**

1	Bjarni Freyr Guðmundsson	31	Sundfélagið Ægir	NT	1:13.21
	34.81		1:13.21 (38.40)		

**Grein 22 Karlar 35-39 100 . Metra Fjór**

1	Elvar Níelsson	39	Sunddeild Breiðabliks	1:16.47	1:14.21
	34.33		1:14.21 (39.88)		

**Grein 22 Karlar 40-44 100 . Metra Fjór**

1	Árni Rúnar Árnason	40	Sundfélag Hafnarfjarðar	NT	1:16.22
	34.99		1:16.22 (41.23)		
2	Geir Sigurður Jónsson	40	Sundfélagið Ægir	1:40.00	1:20.65
	40.64		1:20.65 (40.01)		
3	Jóhann Samsonarson	44	Sundfélag Hafnarfjarðar	1:18.58	1:20.94
	39.01		1:20.94 (41.93)		
---	Finnbjörn Aðalheiðarson	44	Sundfélagið Ægir	NT	DQ
	40.07		DQ (41.32)		

**Grein 22 Karlar 45-49 100 . Metra Fjór**

1	Þórir Marínó Sigurðsson	45	Sundfélagið Ægir	NT	1:16.08
	33.67		1:16.08 (42.41)		
2	Sigurjón Þórðarson	49	Umf. Tindastól	NT	1:23.00
	38.66		1:23.00 (44.34)		
3	Vignir Barkarson	49	Sundfélag Akraness	1:19.46	1:32.36
	44.65		1:32.36 (47.71)		

**Grein 22 Karlar 50-54 100 . Metra Fjór**

1	Jón Hugi Harðarson	50	Sundfélag Akraness	1:14.34	1:16.89
	34.88		1:16.89 (42.01)		

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**(Grein 22 Karlar 50-54 100 . Metra Fjór)**

2	Guðni Guðnason	51	Sundfélag Hafnarfjarðar	1:18.71	1:22.79
	38.90			1:22.79 (43.89)	
3	Hilmar Hreinsson	54	Sundfélag Hafnarfjarðar	1:26.40	1:28.56
	41.44			1:28.56 (47.12)	

**Grein 22 Karlar 55-59 100 . Metra Fjór**

1	Guðjón Guðnason	59	Sundfélag Hafnarfjarðar	1:23.25	1:23.63
	39.94			1:23.63 (43.69)	
2	Einar Hauksson	55	Sunddeild Breiðabliks	1:28.55	1:28.86
	43.59			1:28.86 (45.27)	
3	Ragnar Marteinson	56	Sunddeild Stjarnan	1:31.27	1:30.18
	43.75			1:30.18 (46.43)	
4	Remi Spilliaert	55	Sundfélagið Ægir	1:29.53	1:34.07
	46.90			1:34.07 (47.17)	

**Grein 22 Karlar 60-64 100 . Metra Fjór**

1	Gunnar Viðar Eiríksson	60	Óðinn	NT	1:33.72
	43.41			1:33.72 (50.31)	
2	Kári Kaaber	63	Sundfélag Hafnarfjarðar	1:37.86	1:36.41
	51.95			1:36.41 (44.46)	

**Grein 23 Blandað 120-159 200 . Metra Fjór Sund Boðsund**

1	Umf. Selfoss	A		NT	2:16.26
	1) Stefán Rey Ólafsson M34	2) Sigurlín Garðarsdóttir W39	3) Ægir Sigurðsson M35	4) Hrunð Baldursdóttir W49	
	31.80	1:11.01 (39.21)	1:39.67 (28.66)	2:16.26 (36.59)	
2	Sundfélag Hafnarfjarðar	A		NT	2:30.94
	1) Sindri S. Friðriksson M25	2) Hildur Kristinsdóttir W38	3) Hálfán Freyr Örnólfsson M40	4) Íris Ragnarsdóttir W38	
	30.44	1:22.38 (51.94)	1:57.68 (35.30)	2:30.94 (33.26)	
3	Sundfélagið Ægir	A		NT	2:38.82
	1) Agnes Davy W28	2) Finnbjörn Aðalheiðarson M44	3) Þórir Marínó Sigurðsson M45	4) Sædis Rán Sveinsdóttir W20	
	48.06	1:24.30 (36.24)	1:59.45 (35.15)	2:38.82 (39.37)	

**Grein 23 Blandað 160-199 200 . Metra Fjór Sund Boðsund**

1	Sundfélagið Ægir	A		NT	2:16.59
	1) Eygló Traustadóttir W42	2) Bjarni Freyr Guðmundsson M31	3) Geir Sigurður Jónsson M40	4) Helga Sigurðardóttir W44	
	37.11	1:11.72 (34.61)	1:46.40 (34.68)	2:16.59 (30.19)	
2	Í B V	A		NT	3:02.71
	1) Rebekka Björgvinsdóttir W46	2) Kári Höskuldsson M40	3) Gunnar Júlíusson M46	4) Auður Ásgeirsdóttir W39	
	1:08.72	1:50.06 (41.34)	2:29.39 (39.33)	3:02.71 (33.32)	
3	Sundfélag Hafnarfjarðar	A		NT	3:09.00
	1) Birna Jóhanna Ólafsdóttir W50	2) Jóhann Samsonarson M44	3) Kristinn Samsonarson M48	4) Gerður Arnarsdóttir W51	
	1:01.15	1:39.90 (38.75)	2:17.58 (37.68)	3:09.00 (51.42)	
4	Sunddeild Breiðabliks	A		NT	3:14.40
	1) Irina Óskarsdóttir W40	2) Sigrún Árnadóttir W36	3) Elvar Nielsson M39	4) Þorgeir Sigurðsson M56	
	1:00.65	2:01.46 (1:00.81)	2:34.54 (33.08)	3:14.40 (39.86)	

**Grein 23 Blandað 200-239 200 . Metra Fjór Sund Boðsund**

1	Sundfélag Hafnarfjarðar	A		NT	2:40.62
	1) Hilmar Hreinsson M54	2) Ásrún Vilbergisdóttir W52	3) Guðni Guðnason M51	4) Karitas Guðmundsdóttir W43	
	44.20	1:40.69 (56.49)	2:14.59 (33.90)	2:40.62 (26.03)	
2	Sunddeild Breiðabliks	A		NT	2:54.24
	1) Margrét Magnúsdóttir W42	2) Einar Hauksson M55	3) Þórdís Pálsdóttir W47	4) Páll Arnór Pálsson M65	
	42.19	1:24.65 (42.46)	2:12.63 (47.98)	2:54.24 (41.61)	

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**Grein 23 Blandað 240-279 200 . Metra Fjór Sund Boðsund**

1	Sundfélag Hafnarfjarðar	A		NT	3:09.77
	1) Ingibjörg Svala Ólafsdóttir W60	2) Kári Kaaber M63		3) Guðjón Guðnason M59	4) Svanhildur Sigurðardóttir W62
	52.94	1:34.74 (41.80)	2:13.44 (38.70)	3:09.77 (56.33)	
2	Umf. Tindastól	A		NT	3:28.37
	1) Soffía Káradóttir W57	2) Steinnun Hjartadóttir W65		3) Hans Birgir Friðriksson M60	4) Valgeir S. Kárason M62
	58.15	2:12.82 (1:14.67)	3:28.37 (1:15.55)	3:28.37 ( )	

**Grein 24 Karlar 40-44 200 . Metra Fjór**

1	Geir Sigurður Jónsson	40	Sundfélagið Ægir	3:30.00	2:55.79
	38.36	1:27.71 (49.35)	2:18.19 (50.48)	2:55.79 (37.60)	

**Grein 24 Karlar 45-49 200 . Metra Fjór**

1	Sigurjón Þórðarson	49	Umf. Tindastól	NT	3:04.29
	41.77	1:28.34 (46.57)	2:23.59 (55.25)	3:04.29 (40.70)	

**Grein 24 Karlar 50-54 200 . Metra Fjór**

1	Jón Hugi Harðarson	50	Sundfélag Akraness	NT	2:54.39
	35.48	1:21.25 (45.77)	2:15.29 (54.04)	2:54.39 (39.10)	
2	Guðni Guðnason	51	Sundfélag Hafnarfjarðar	2:59.83	3:06.02
	36.58	1:26.65 (50.07)	2:24.90 (58.25)	3:06.02 (41.12)	

**Grein 24 Karlar 55-59 200 . Metra Fjór**

1	Remi Spilliaert	55	Sundfélagið Ægir	3:18.66	3:18.56
	45.55	1:38.91 (53.36)	2:35.30 (56.39)	3:18.56 (43.26)	

**Grein 25 Kvenna 45-49 200 . Metra Fjór**

1	Þórdís Pálsdóttir	47	Sundeild Breiðabliks	3:35.76	3:46.53
	52.29	1:53.06 (1:00.77)	2:56.77 (1:03.71)	3:46.53 (49.76)	

**Grein 25 Kvenna 60-64 200 . Metra Fjór**

1	Ingibjörg Svala Ólafsdóttir	60	Sundfélag Hafnarfjarðar	4:16.83	4:20.35
	58.46	2:01.83 (1:03.37)	3:17.36 (1:15.53)	4:20.35 (1:02.99)	

**Grein 26 Karlar 25-29 50 . Metra Baksund**

1	Sindri S. Friðriksson	25	Sundfélag Hafnarfjarðar	NT	30.17
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**Grein 26 Karlar 40-44 50 . Metra Baksund**

1	Árni Rúnar Árnason	40	Sundfélag Hafnarfjarðar	NT	36.34
2	Jóhann Samsonarson	44	Sundfélag Hafnarfjarðar	36.48	38.06
3	Gunnar Þór Gunnarsson	43	Umf. Selfoss	NT	42.02
4	Kári Höskuldsson	40	Í B V	39.55	43.30

**Grein 26 Karlar 45-49 50 . Metra Baksund**

1	Vignir Barkarson	49	Sundfélag Akraness	41.27	39.83
2	Steinn Jóhannsson	45	Sundfélag Hafnarfjarðar	37.82	40.16

**Grein 26 Karlar 50-54 50 . Metra Baksund**

1	Jón Hugi Harðarson	50	Sundfélag Akraness	34.39	35.54
2	Guðni Guðnason	51	Sundfélag Hafnarfjarðar	38.68	38.46
3	Eyþór Gissurarson	51	Sundeild Breiðabliks	45.99	49.95

**Grein 26 Karlar 55-59 50 . Metra Baksund**

1	Guðjón Guðnason	59	Sundfélag Hafnarfjarðar	39.75	42.17
2	Aðalsteinn Einarson	55	Sundfélag Hafnarfjarðar	1:09.36	57.98

**Grein 26 Karlar 60-64 50 . Metra Baksund**

1	Jón Guðmundsson	64	Sundfélag Hafnarfjarðar	51.93	53.07
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**Grein 26 Karlar 65-69 50 . Metra Baksund**

1	Trausti Sveinbjörnsson	67	Sundfélag Hafnarfjarðar	NT	57.83
2	Páll Arnór Pálsson	65	Sunddeild Breiðabliks	NT	1:02.18
3	Þorsteinn Ingimundarsson	67	Sundfélag Hafnarfjarðar	NT	1:23.82

**Grein 27 Kvenna 25-29 50 . Metra Baksund**

1	Agnes Davy	28	Sundfélagið Ægir	NT	47.67
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**Grein 27 Kvenna 35-39 50 . Metra Baksund**

1	Sigurlín Garðarsdóttir	39	Umf. Selfoss	36.25	36.04
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**Grein 27 Kvenna 40-44 50 . Metra Baksund**

1	Helga Sigurðardóttir	44	Sundfélagið Ægir	NT	37.87
2	Margrét Magnúsdóttir	42	Sunddeild Breiðabliks	NT	41.94

**Grein 27 Kvenna 45-49 50 . Metra Baksund**

1	Þórdís Pálsdóttir	47	Sunddeild Breiðabliks	NT	52.57
2	Rebekka Björgvinsdóttir	46	Í B V	1:02.34	1:10.26

**Grein 27 Kvenna 50-54 50 . Metra Baksund**

1	Karen Malmquist	52	Óðinn	45.65	45.60
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**Grein 27 Kvenna 60-64 50 . Metra Baksund**

1	Ingibjörg Svala Ólafsdóttir	60	Sundfélag Hafnarfjarðar	48.27	51.01
2	Guðmunda Ólöf Jónasdóttir	64	Ungmennasamband Borgarfjarðar	55.55	54.51

**Grein 27 Kvenna 65-69 50 . Metra Baksund**

---	Jóhanna Jónasdóttir	69	Sunddeild Breiðabliks	NT	DQ
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**Grein 28 Karlar 30-34 200 . Metra Bringusund**

1	Gunnar Stefánsson	32	Sundfélag Hafnarfjarðar	NT	3:39.43
	48.38	1:44.34 (55.96)	2:41.85 (57.51)	3:39.43 (57.58)	

**Grein 28 Karlar 40-44 200 . Metra Bringusund**

1	Viðar Þorsteinsson	40	Sunddeild Breiðabliks	NT	3:13.16
	44.05	1:33.25 (49.20)	2:23.86 (50.61)	3:13.16 (49.30)	
2	Rúnar Már Jóhannsson	40	Sundfélag Hafnarfjarðar	NT	3:20.99
	45.69	1:35.92 (50.23)	2:28.22 (52.30)	3:20.99 (52.77)	

**Grein 28 Karlar 45-49 200 . Metra Bringusund**

1	Sigurjón Þórðarson	49	Umf. Tindastól	NT	3:16.97
	44.21	1:35.19 (50.98)	2:27.73 (52.54)	3:16.97 (49.24)	

**Grein 28 Karlar 50-54 200 . Metra Bringusund**

1	Eyþór Gissurarson	51	Sunddeild Breiðabliks	NT	4:08.13
	54.60	1:57.92 (1:03.32)	3:04.82 (1:06.90)	4:08.13 (1:03.31)	

**Grein 28 Karlar 55-59 200 . Metra Bringusund**

1	Sigmar Björnsson	55	Keflavík	3:15.16	3:23.10
	45.72	1:36.53 (50.81)	2:29.33 (52.80)	3:23.10 (53.77)	
2	Aðalsteinn Einarson	55	Sundfélag Hafnarfjarðar	3:33.11	3:42.21
	48.74	1:44.93 (56.19)	2:44.18 (59.25)	3:42.21 (58.03)	
3	Björgvin Björgvinsson	58	Sundfélag Hafnarfjarðar	3:48.62	3:57.13
	53.12	1:55.08 (1:01.96)	2:56.71 (1:01.63)	3:57.13 (1:00.42)	

**Grein 28 Karlar 60-64 200 . Metra Bringusund**

1	Kári Kaaber	63	Sundfélag Hafnarfjarðar	3:17.66	3:19.78
	45.34	1:36.57 (51.23)	2:29.10 (52.53)	3:19.78 (50.68)	

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**Grein 28 Karlar 65-69 200 . Metra Bringusund**

1	Trausti Sveinbjörnsson	67	Sundfélag Hafnarfjarðar	NT	4:15.64
	59.41	2:07.32 (1:07.91)	3:15.25 (1:07.93)	4:15.64 (1:00.39)	
---	Þorsteinn Ingimundarsson	67	Sundfélag Hafnarfjarðar	5:44.90	DQ
	1:16.69	2:43.76 (1:27.07)	4:13.34 (1:29.58)	DQ (1:29.96)	

**Grein 28 Karlar 75-79 200 . Metra Bringusund**

1	Óli G Þórðarson	77	Sundfélag Hafnarfjarðar	4:03.24	4:16.82
	59.76	2:06.62 (1:06.86)	3:14.22 (1:07.60)	4:16.82 (1:02.60)	

**Grein 29 Kvenna 40-44 200 . Metra Bringusund**

1	Karitas Guðmundsdóttir	43	Sundfélag Hafnarfjarðar	4:19.76	4:14.93
	57.72	2:02.13 (1:04.41)	3:10.30 (1:08.17)	4:14.93 (1:04.63)	

**Grein 29 Kvenna 50-54 200 . Metra Bringusund**

1	Birna Jóhanna Ólafsdóttir	50	Sundfélag Hafnarfjarðar	3:23.82	3:43.61
	55.34	1:51.94 (56.60)	2:48.77 (56.83)	3:43.61 (54.84)	

**Grein 29 Kvenna 60-64 200 . Metra Bringusund**

1	Guðmunda Ólöf Jónasdóttir	64	Ungmennasamband Borgarfjarðar	NT	4:20.57
	58.95	2:05.88 (1:06.93)	3:13.57 (1:07.69)	4:20.57 (1:07.00)	

**Grein 29 Kvenna 65-69 200 . Metra Bringusund**

1	Ragna María Ragnarsdóttir	65	Sundfélagið Ægir	NT	5:16.82
	1:13.69	2:34.56 (1:20.87)	3:57.06 (1:22.50)	5:16.82 (1:19.76)	

**Grein 30 Karlar 30-34 100 . Metra Skriðsund**

1	Stefán Rey Ólafsson	34	Umf. Selfoss	58.61	56.72
	27.29	56.72 (29.43)			
2	Bjarni Freyr Guðmundsson	31	Sundfélagið Ægir	NT	1:00.96
	28.51	1:00.96 (32.45)			
3	Gunnar Stefánsson	32	Sundfélag Hafnarfjarðar	1:26.36	1:32.45
	41.92	1:32.45 (50.53)			

**Grein 30 Karlar 35-39 100 . Metra Skriðsund**

1	Ægir Sigurðsson	35	Umf. Selfoss	57.90	57.01
	27.59	57.01 (29.42)			
2	Elvar Níelsson	39	Sunddeild Breiðabliks	1:01.82	1:01.54
	28.82	1:01.54 (32.72)			

**Grein 30 Karlar 40-44 100 . Metra Skriðsund**

1	Hálfván Freyr Örnólfsson	40	Sundfélag Hafnarfjarðar	1:02.33	1:02.70
	30.23	1:02.70 (32.47)			
2	Árni Rúnar Árnason	40	Sundfélag Hafnarfjarðar	NT	1:05.18
	31.22	1:05.18 (33.96)			
3	Geir Sigurður Jónsson	40	Sundfélagið Ægir	1:10.00	1:05.89
	32.46	1:05.89 (33.43)			
4	Jóhann Samsonarson	44	Sundfélag Hafnarfjarðar	1:07.68	1:09.62
	33.22	1:09.62 (36.40)			
5	Karl Georg Klein	44	Sundfélag Hafnarfjarðar	1:12.82	1:15.14
	34.87	1:15.14 (40.27)			
6	Kári Höskuldsson	40	Í B V	1:18.22	1:19.45
	38.11	1:19.45 (41.34)			
7	Gunnar Þór Gunnarsson	43	Umf. Selfoss	NT	1:27.46
	40.64	1:27.46 (46.82)			
---	Magnús Pálmi Örnólfsson	42	Hsb Bolungarvík	NT	DQ
	32.00	DQ (38.59)			

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**Grein 30 Karlar 45-49 100 . Metra Skriðsund**

1	Vignir Barkarson	49	Sundfélag Akraness	1:04.91	1:06.98
	32.51	1:06.98 (34.47)			
2	Gunnar Júlíusson	46	Í B V	1:09.64	1:17.20
	37.04	1:17.20 (40.16)			

**Grein 30 Karlar 50-54 100 . Metra Skriðsund**

1	Jón Hugi Harðarson	50	Sundfélag Akraness	1:06.12	1:07.16
	32.30	1:07.16 (34.86)			
2	Guðni Guðnason	51	Sundfélag Hafnarfjarðar	1:07.99	1:07.48
	33.38	1:07.48 (34.10)			

**Grein 30 Karlar 55-59 100 . Metra Skriðsund**

1	Einar Hauksson	55	Sunddeild Breiðabliks	1:10.23	1:10.57
	32.76	1:10.57 (37.81)			
2	Remi Spilliaert	55	Sundfélagið Ægir	1:10.68	1:12.49
	34.58	1:12.49 (37.91)			
3	Þorgeir Sigurðsson	56	Sunddeild Breiðabliks	1:23.76	1:27.81
	41.87	1:27.81 (45.94)			

**Grein 30 Karlar 60-64 100 . Metra Skriðsund**

1	Sigmundur Stefánsson	60	Umf. Selfoss	1:12.22	1:13.08
	35.48	1:13.08 (37.60)			
2	Kári Kaaber	63	Sundfélag Hafnarfjarðar	1:26.80	1:23.49
	40.46	1:23.49 (43.03)			
3	Jón Guðmundsson	64	Sundfélag Hafnarfjarðar	1:32.34	1:35.39
	44.51	1:35.39 (50.88)			

**Grein 30 Karlar 65-69 100 . Metra Skriðsund**

1	Trausti Sveinbjörnsson	67	Sundfélag Hafnarfjarðar	NT	1:43.07
	47.55	1:43.07 (55.52)			
2	Páll Arnór Pálsson	65	Sunddeild Breiðabliks	NT	1:51.61
	50.91	1:51.61 (1:00.70)			
3	Þorsteinn Ingimundarsson	67	Sundfélag Hafnarfjarðar	2:39.16	2:45.15
	1:16.31	2:45.15 (1:28.84)			

**Grein 30 Karlar 75-79 100 . Metra Skriðsund**

1	Óli G Þórðarson	77	Sundfélag Hafnarfjarðar	1:37.69	1:44.48
	50.31	1:44.48 (54.17)			

**Grein 31 Kvenna 25-29 100 . Metra Skriðsund**

1	Agnes Davy	28	Sundfélagið Ægir	NT	1:28.24
	40.54	1:28.24 (47.70)			

**Grein 31 Kvenna 30-34 100 . Metra Skriðsund**

1	Harpa Hrund Berndsen	32	Sundfélagið Ægir	NT	1:38.38
	45.26	1:38.38 (53.12)			

**Grein 31 Kvenna 35-39 100 . Metra Skriðsund**

1	Sigurlín Garðarsdóttir	39	Umf. Selfoss	NT	1:07.18
	32.50	1:07.18 (34.68)			
2	Sigrún Árnadóttir	36	Sunddeild Breiðabliks	NT	1:46.17
	50.33	1:46.17 (55.84)			

**Grein 31 Kvenna 40-44 100 . Metra Skriðsund**

1	Helga Sigurðardóttir	44	Sundfélagið Ægir	NT	1:06.99
	32.71	1:06.99 (34.28)			

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**(Grein 31 Kvenna 40-44 100 . Metra Skriðsund)**

2	Margrét Magnúsdóttir	42	Sunddeild Breiðabliks	NT	1:18.56
	37.37	1:18.56 (41.19)			
3	Irina Óskarsdóttir	40	Sunddeild Breiðabliks	NT	1:39.66
	45.81	1:39.66 (53.85)			

**Grein 31 Kvenna 45-49 100 . Metra Skriðsund**

1	Hrund Baldursdóttir	49	Umf. Selfoss	1:28.31	1:25.55
2	Þórdís Pálsdóttir	47	Sunddeild Breiðabliks	1:24.41	1:27.48
	40.75	1:27.48 (46.73)			

**Grein 31 Kvenna 50-54 100 . Metra Skriðsund**

1	Birna Jóhanna Ólafsdóttir	50	Sundfélag Hafnarfjarðar	1:23.47	1:36.65
	47.83	1:36.65 (48.82)			
---	Gerður Arnarsdóttir	51	Sundfélag Hafnarfjarðar	NT	DQ
	57.44	DQ (1:03.83)			

**Grein 31 Kvenna 55-59 100 . Metra Skriðsund**

1	Sigurbjörg Eðvarsdóttir	55	Sundfélagið Ægir	NT	1:51.42
	52.23	1:51.42 (59.19)			

**Grein 31 Kvenna 60-64 100 . Metra Skriðsund**

1	Guðmunda Ólöf Jónasdóttir	64	Ungmennasamband Borgarfjarðar	1:41.61	1:39.72
	47.96	1:39.72 (51.76)			
2	Ingibjörg Svala Ólafsdóttir	60	Sundfélag Hafnarfjarðar	1:35.74	1:39.93
	47.82	1:39.93 (52.11)			
3	Björg Kristóferdóttir	61	Ungmennasamband Borgarfjarðar	NT	1:41.35
	47.60	1:41.35 (53.75)			
4	Svanhildur Sigurðardóttir	62	Sundfélag Hafnarfjarðar	2:17.05	2:13.47
	1:00.70	2:13.47 (1:12.77)			

**Grein 31 Kvenna 65-69 100 . Metra Skriðsund**

1	Jóhanna Jónasdóttir	69	Sunddeild Breiðabliks	NT	2:14.61
	1:00.75	2:14.61 (1:13.86)			

**Grein 32 Karlar 120-159 200 . Metra Fjósund Boðsund**

1	Sundfélag Hafnarfjarðar	A	NT	2:20.31
1)	Sindri S. Friðriksson M25	2) Gunnar Stefánsson M32	3) Hálfván Freyr Örnólfsson M40	4) Gylfi Örn Gylfason M37
	30.01	1:16.34 (46.33)	1:49.46 (33.12)	2:20.31 (30.85)

**Grein 32 Karlar 160-199 200 . Metra Fjósund Boðsund**

1	Sundfélagið Ægir	A	NT	2:16.61
1)	Geir Sigurður Jónsson M40	2) Finnbjörn Aðalheiðarson M44	3) Þórir Marínó Sigurðsson M45	4) Bjarni Freyr Guðmundsson M31
	42.17	1:17.75 (35.58)	1:48.70 (30.95)	2:16.61 (27.91)
2	Umf. Selfoss	A	NT	2:16.93
1)	Gunnar Þór Gunnarsson M43	2) Ægir Sigurðsson M35	3) Stefán Rey Ólafsson M34	4) Sigmundur Stefánsson M60
	42.49	1:16.82 (34.33)	1:45.34 (28.52)	2:16.93 (31.59)
3	Sundfélag Hafnarfjarðar	B	NT	2:27.33
1)	Steinn Jóhannsson M45	2) Rúnar Már Jóhannsson M40	3) Guðni Guðnason M51	4) Jóhann Samsonarson M44
	39.42	1:22.14 (42.72)	1:55.90 (33.76)	2:27.33 (31.43)
4	Sunddeild Breiðabliks	A	NT	2:35.25
1)	Viðar Þorsteinsson M40	2) Einar Hauksson M55	3) Elvar Nielsson M39	4) Þorgeir Sigurðsson M56
	41.34	1:24.27 (42.93)	1:56.47 (32.20)	2:35.25 (38.78)

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**Grein 32 Karlar 200-239 200 . Metra Fjósund Boðsund**

1 Sundfélag Hafnarfjarðar	B	NT	2:53.36
1) Jón Guðmundsson M64	2) Björgvin Björgvinsson M58	3) Árni Rúnar Árnason M40	4) Karl Georg Klein M44
55.21	1:48.11 (52.90)	2:20.63 (32.52)	2:53.36 (32.73)

**Grein 32 Karlar 240-279 200 . Metra Fjósund Boðsund**

1 Sundfélag Hafnarfjarðar	A	NT	3:24.49
1) Aðalsteinn Einarson M55	2) Óli G Þórðarson M77	3) Kári Kaaber M63	4) Trausti Sveinbjörnsson M67
58.37	1:50.45 (52.08)	2:44.26 (53.81)	3:24.49 (40.23)

**Grein 33 Kvenna 160-199 200 . Metra Fjósund Boðsund**

1 Sunddeild Breiðabliks	A	NT	3:05.78
1) Margrét Magnúsdóttir W42	2) Irina Óskarsdóttir W40	3) Þórdís Pálsdóttir W47	4) Sigrún Árnadóttir W36
41.54	1:33.85 (52.31)	2:21.93 (48.08)	3:05.78 (43.85)
2 Sundfélagið Ægir	A	NT	3:12.83
1) Agnes Davy W28	2) Ragna María Ragnarsdóttir W65	3) Helga Sigurðardóttir W44	4) Harpa Hrud Berndsen W32
47.95	1:54.58 (1:06.63)	2:30.75 (36.17)	3:12.83 (42.08)
3 Sundfélag Hafnarfjarðar	A	NT	3:35.01
1) Karitas Guðmundsdóttir W43	2) Gerður Arnarsdóttir W51	3) Íris Ragnarsdóttir W38	4) Ásrún Vilbergsdóttir W52
1:02.05	2:39.63 (1:37.58)	3:35.01 (55.38)	3:35.01 ( )

**Grein 33 Kvenna 200-239 200 . Metra Fjósund Boðsund**

1 Sundfélag Hafnarfjarðar	A	NT	3:48.65
1) Birna Jóhanna Ólafsdóttir W50	2) Svanhildur Sigurðardóttir W62	3) Ingibjörg Svala Ólafsdóttir W60	4) Elisabet Ingibergsdóttir W60
1:01.09	2:19.20 (1:18.11)	3:06.75 (47.55)	3:48.65 (41.90)