

FRAMTÍÐARHÓPUR 2025-2026

KARLAR	2013		2012		2011	
25M LAUG	Lágmark	Viðmið	Lágmark	Viðmið	Lágmark	Viðmið
200 SKRIÐ	2:13,00	2:28,96	2:05,80	2:18,38	2:01,04	2:10,72
400 SKRIÐ	4:44,32	5:18,44	4:28,94	4:55,83	4:18,75	4:39,45
100 BAK	1:05,55	1:13,42	1:02,01	1:08,21	0:59,66	1:04,43
200 BAK	2:23,96	2:41,24	2:16,17	2:29,79	2:11,02	2:21,50
100 BRINGA	1:13,64	1:22,48	1:09,66	1:16,63	1:08,02	1:13,46
200 BRINGA	2:41,30	3:00,66	2:32,58	2:47,84	2:26,80	2:38,54
100 FLUG	1:04,62	1:12,37	1:01,12	1:07,23	0:58,81	1:03,51
200 FLUG	2:25,17	2:42,59	2:17,32	2:31,05	2:12,12	2:22,69
200 FJÓR	2:27,27	2:44,94	2:19,30	2:33,23	2:14,03	2:24,75
400 FJÓR	5:18,42	5:56,63	5:01,20	5:31,32	4:49,79	5:12,97
KONUR	2013		2012		2011	
25M LAUG	Lágmark	Viðmið	Lágmark	Viðmið	Lágmark	Viðmið
200 SKRIÐ	2:17,28	2:33,75	2:12,95	2:26,25	2:10,18	2:20,59
400 SKRIÐ	4:53,26	5:28,45	4:44,02	5:12,42	4:38,10	5:00,35
100 BAK	1:08,97	1:17,25	1:06,80	1:13,48	1:05,41	1:10,64
200 BAK	2:29,08	2:46,97	2:26,28	2:40,91	2:21,38	2:32,69
100 BRINGA	1:17,52	1:26,82	1:15,08	1:22,59	1:13,51	1:19,39
200 BRINGA	2:50,27	3:10,70	2:44,90	3:01,39	2:41,47	2:54,39
100 FLUG	1:08,16	1:16,34	1:06,02	1:12,62	1:04,64	1:09,81
200 FLUG	2:33,01	2:51,37	2:28,19	2:43,01	2:25,10	2:36,71
200 FJÓR	2:34,57	2:53,12	2:29,70	2:44,67	2:26,58	2:38,31
400 FJÓR	5:29,58	6:09,13	5:19,20	5:51,12	5:12,55	5:37,55

KARLAR	2013		2012		2011	
50M LAUG	Lágmark	Viðmið	Lágmark	Viðmið	Lágmark	Viðmið
200 SKRIÐ	2:16,34	2:32,70	2:08,97	2:21,87	2:04,08	2:14,01
400 SKRIÐ	4:51,54	5:26,52	4:35,77	5:03,35	4:25,32	4:46,55
100 BAK	1:08,93	1:17,20	1:05,20	1:11,72	1:02,73	1:07,75
200 BAK	2:30,87	2:48,97	2:22,71	2:36,98	2:17,31	2:28,29
100 BRINGA	1:16,35	1:25,51	1:12,22	1:19,44	1:09,48	1:15,04
200 BRINGA	2:46,53	3:06,51	2:37,52	2:53,27	2:31,55	2:43,67
100 FLUG	1:06,15	1:14,09	1:02,58	1:08,84	1:00,20	1:05,02
200 FLUG	2:28,88	2:46,75	2:20,83	2:34,91	2:15,49	2:26,33
200 FJÓR	2:32,13	2:50,39	2:23,90	2:38,29	2:18,45	2:29,53
400 FJÓR	5:29,02	6:08,50	5:11,22	5:42,34	4:59,43	5:23,38
KONUR	2013		2012		2011	
50M LAUG	Lágmark	Viðmið	Lágmark	Viðmið	Lágmark	Viðmið
200 SKRIÐ	2:20,40	2:37,25	2:15,98	2:29,58	2:13,14	2:23,79
400 SKRIÐ	4:57,15	5:32,81	4:47,79	5:16,57	4:41,80	5:04,34
100 BAK	1:11,80	1:20,42	1:09,54	1:16,49	1:08,09	1:13,54
200 BAK	2:35,66	2:54,34	2:30,76	2:45,84	2:27,61	2:39,42
100 BRINGA	1:19,41	1:28,94	1:16,91	1:24,60	1:15,31	1:21,33
200 BRINGA	2:53,27	3:14,06	2:47,81	3:04,59	2:44,32	2:57,47
100 FLUG	1:09,27	1:17,58	1:07,09	1:13,80	1:05,69	1:10,95
200 FLUG	2:33,44	2:51,85	2:28,60	2:43,46	2:25,51	2:37,15
200 FJÓR	2:37,74	2:56,67	2:32,77	2:48,05	2:29,59	2:41,56
400 FJÓR	5:36,14	6:16,48	5:25,55	5:58,11	5:18,77	5:44,27