

LANDSLIÐSLÁGMÖRK SSÍ - SUNDÁRIÐ 2025-2026

KONUR 50M LAUG	FRAMTÍÐARHÓPUR			UNGLINGALANDSLIÐ			ÚRVALSHÓPUR			A-LANDSLIÐ	GRUNNTÍMI
	2013	2012	2011	2010	2009	2008	2007	2006	2005	Opinn	(Base Time)
50 SKRÍÐ				0:27,64	0:27,28	0:27,08	0:26,84	0:26,60	0:26,48	0:26,35	0:24,86
100 SKRÍÐ	1:04,42	1:02,39	1:01,09	1:00,31	0:59,53	0:59,10	0:58,57	0:58,04	0:57,78	0:57,51	0:54,25
200 SKRÍÐ	2:20,40	2:15,98	2:13,14	2:11,44	2:09,74	2:08,81	2:07,65	2:06,49	2:05,91	2:05,32	1:58,23
400 SKRÍÐ	4:57,15	4:47,79	4:41,80	4:38,19	4:34,58	4:32,62	4:30,18	4:27,71	4:26,49	4:25,24	4:10,23
800 SKRÍÐ	10:11,12	9:51,86	9:39,54	9:32,12	9:24,70	9:20,66	9:15,64	9:10,57	9:08,06	9:05,50	8:34,62
1500 SKRÍÐ	19:29,18	18:52,34	18:28,76	18:14,56	18:00,37	17:52,65	17:43,05	17:33,34	17:28,54	17:23,63	16:24,56
50 BAK				0:31,37	0:30,97	0:30,74	0:30,47	0:30,19	0:30,05	0:29,91	0:28,22
100 BAK	1:11,80	1:09,54	1:08,09	1:07,22	1:06,34	1:05,87	1:05,28	1:04,68	1:04,39	1:04,09	1:00,46
200 BAK	2:35,66	2:30,76	2:27,61	2:25,73	2:23,84	2:22,81	2:21,53	2:20,24	2:19,60	2:18,94	2:11,08
50 BRINGA				0:34,19	0:33,74	0:33,50	0:33,20	0:32,90	0:32,75	0:32,60	0:30,75
100 BRINGA	1:19,41	1:16,91	1:15,31	1:14,34	1:13,38	1:12,85	1:12,20	1:11,54	1:11,22	1:10,88	1:06,87
200 BRINGA	2:53,27	2:47,81	2:44,32	2:42,21	2:40,11	2:38,96	2:37,54	2:36,10	2:35,39	2:34,66	2:25,91
50 FLUG				0:29,16	0:28,78	0:28,58	0:28,32	0:28,06	0:27,93	0:27,80	0:26,23
100 FLUG	1:09,27	1:07,09	1:05,69	1:04,85	1:04,01	1:03,55	1:02,98	1:02,40	1:02,12	1:01,83	0:58,33
200 FLUG	2:33,44	2:28,60	2:25,51	2:23,65	2:21,78	2:20,77	2:19,51	2:18,24	2:17,61	2:16,96	2:09,21
200 FJÓR	2:37,74	2:32,77	2:29,59	2:27,67	2:25,76	2:24,71	2:23,42	2:22,11	2:21,46	2:20,80	2:12,83
400 FJÓR	5:36,14	5:25,55	5:18,77	5:14,69	5:10,61	5:08,38	5:05,62	5:02,83	5:01,45	5:00,04	4:43,06
KONUR 25M LAUG	FRAMTÍÐARHÓPUR			UNGLINGALANDSLIÐ			ÚRVALSHÓPUR			A-LANDSLIÐ	GRUNNTÍMI
	2013	2012	2011	2010	2009	2008	2007	2006	2005	Opinn	(Base Time)
50 SKRÍÐ				0:27,17	0:26,82	0:26,63	0:26,39	0:26,15	0:26,03	0:25,91	0:24,44
100 SKRÍÐ	1:03,86	1:01,85	1:00,56	0:59,79	0:59,01	0:58,59	0:58,07	0:57,54	0:57,27	0:57,01	0:53,78
200 SKRÍÐ	2:17,28	2:12,95	2:10,18	2:08,52	2:06,85	2:05,94	2:04,82	2:03,68	2:03,11	2:02,54	1:55,60
400 SKRÍÐ	4:53,26	4:44,02	4:38,10	4:34,54	4:30,98	4:29,04	4:26,64	4:24,20	4:23,00	4:21,77	4:06,95
800 SKRÍÐ	10:04,65	9:45,60	9:33,40	9:26,06	9:18,72	9:14,72	9:09,76	9:04,74	9:02,26	8:59,72	8:29,17
1500 SKRÍÐ	19:18,15	18:41,66	18:18,29	18:04,23	17:50,18	17:42,53	17:33,01	17:23,40	17:18,64	17:13,79	16:15,27
50 BAK				0:29,51	0:29,12	0:28,91	0:28,66	0:28,39	0:28,26	0:28,13	0:26,54
100 BAK	1:08,97	1:06,80	1:05,41	1:04,57	1:03,73	1:03,28	1:02,71	1:02,14	1:01,85	1:01,56	0:58,08
200 BAK	2:29,08	2:24,38	2:21,38	2:19,57	2:17,76	2:16,77	2:15,55	2:14,31	2:13,70	2:13,07	2:05,54
50 BRINGA				0:33,85	0:33,41	0:33,17	0:32,88	0:32,58	0:32,43	0:32,28	0:30,45
100 BRINGA	1:17,52	1:15,08	1:13,51	1:12,57	1:11,63	1:11,12	1:10,48	1:09,84	1:09,52	1:09,20	1:05,28
200 BRINGA	2:50,27	2:44,90	2:41,47	2:39,40	2:37,33	2:36,21	2:34,81	2:33,40	2:32,70	2:31,98	2:23,38
50 FLUG				0:28,70	0:28,33	0:28,13	0:27,88	0:27,62	0:27,50	0:27,37	0:25,82
100 FLUG	1:08,16	1:06,02	1:04,64	1:03,81	1:02,99	1:02,54	1:01,98	1:01,41	1:01,13	1:00,84	0:57,40
200 FLUG	2:33,01	2:28,19	2:25,10	2:23,25	2:21,39	2:20,38	2:19,12	2:17,85	2:17,22	2:16,58	2:08,85
100 FJÓR				1:06,31	1:05,45	1:04,99	1:04,41	1:03,82	1:03,53	1:03,23	0:59,65
200 FJÓR	2:34,57	2:29,70	2:26,58	2:24,70	2:22,83	2:21,81	2:20,54	2:19,25	2:18,62	2:17,97	2:10,16
400 FJÓR	5:29,58	5:19,20	5:12,55	5:08,55	5:04,55	5:02,37	4:59,66	4:56,93	4:55,58	4:54,19	4:37,54

Grunntíminn (Base Time) í 50 metra laug er WA A-lágmark fyrir Heimsmeistaramótið í 50m laug fyrir árið 2025 (Singapore)

Grunntíminn (Base Time) í 25 metra laug er WA A-lágmark fyrir Heimsmeistaramótið í 25m laug fyrir árið 2024 (Budapest)