

LANDSLIÐSLÁGMÖRK SSÍ - SUNDÁRIÐ 2021-2022

KARLAR 50M LAUG	FRAMTÍÐARHÓPUR			UNGLINGALANDSLIÐ			ÚRVALGSHÓPUR			A-LANDSLIÐ Opinn	GRUNNTÍMI (Base Time)
	2009	2008	2007	2006	2005	2004	2003	2002	2001		
50 SKRIÐ				0:25,13	0:24,71	0:24,34	0:24,16	0:23,98	0:23,80	0:23,62	0:22,18
100 SKRIÐ	1:02,61	0:59,23	0:56,98	0:55,25	0:54,32	0:53,51	0:53,12	0:52,72	0:52,33	0:51,94	0:48,77
200 SKRIÐ	2:17,45	2:10,02	2:05,09	2:01,28	1:59,25	1:57,47	1:56,61	1:55,74	1:54,89	1:54,02	1:47,06
400 SKRIÐ	4:52,91	4:37,07	4:26,57	4:18,46	4:14,13	4:10,34	4:08,50	4:06,65	4:04,83	4:02,98	3:48,15
800 SKRIÐ	10:07,41	9:34,55	9:12,79	8:55,96	8:46,99	8:39,13	8:35,30	8:31,47	8:27,69	8:23,86	7:53,11
1500 SKRIÐ	19:21,43	18:18,61	17:36,99	17:04,81	16:47,66	16:32,63	16:25,31	16:17,99	16:10,76	16:03,44	15:04,64
50 BAK				0:28,51	0:28,04	0:27,62	0:27,41	0:27,21	0:27,01	0:26,81	0:25,17
100 BAK	1:09,37	1:05,62	1:03,13	1:01,21	1:00,18	0:59,29	0:58,85	0:58,41	0:57,98	0:57,54	0:54,03
200 BAK	2:31,59	2:23,39	2:17,95	2:13,75	2:11,52	2:09,55	2:08,60	2:07,64	2:06,70	2:05,74	1:58,07
50 BRINGA				0:30,96	0:30,44	0:29,99	0:29,77	0:29,55	0:29,33	0:29,11	0:27,33
100 BRINGA	1:16,71	1:12,56	1:09,81	1:07,69	1:06,55	1:05,56	1:05,08	1:04,59	1:04,12	1:03,63	0:59,75
200 BRINGA	2:47,31	2:38,26	2:32,27	2:27,63	2:25,16	2:23,00	2:21,94	2:20,89	2:19,85	2:18,79	2:10,32
50 FLUG				0:26,77	0:26,32	0:25,93	0:25,74	0:25,55	0:25,36	0:25,17	0:23,63
100 FLUG	1:06,71	1:03,10	1:00,71	0:58,86	0:57,88	0:57,01	0:56,59	0:56,17	0:55,76	0:55,34	0:51,96
200 FLUG	2:29,84	2:21,73	2:16,37	2:12,21	2:10,00	2:08,06	2:07,12	2:06,17	2:05,24	2:04,30	1:56,71
200 FJÓR	2:33,75	2:25,44	2:19,93	2:15,67	2:13,40	2:11,41	2:10,44	2:09,47	2:08,51	2:07,54	1:59,76
400 FJÓR	5:30,57	5:12,69	5:00,84	4:51,68	4:46,80	4:42,52	4:40,44	4:38,36	4:36,30	4:34,22	4:17,48
KARLAR 25M LAUG	FRAMTÍÐARHÓPUR			UNGLINGALANDSLIÐ			ÚRVALSHÓPUR			A-LANDSLIÐ Opinn	GRUNNTÍMI (Base Time)
2009	2008	2007	2006	2005	2004	2003	2002	2001			
50 SKRIÐ				0:24,31	0:23,90	0:23,55	0:23,37	0:23,20	0:23,03	0:22,85	0:21,46
100 SKRIÐ	1:00,75	0:57,46	0:55,29	0:53,60	0:52,71	0:51,92	0:51,54	0:51,15	0:50,78	0:50,39	0:47,32
200 SKRIÐ	2:13,74	2:06,51	2:01,71	1:58,01	1:56,03	1:54,30	1:53,46	1:52,62	1:51,78	1:50,94	1:44,17
400 SKRIÐ	4:45,77	4:30,32	4:20,08	4:12,16	4:07,94	4:04,24	4:02,44	4:00,64	3:58,86	3:57,06	3:42,59
800 SKRIÐ	10:00,44	9:27,96	9:06,45	8:49,81	8:40,94	8:33,17	8:29,39	8:25,60	8:21,87	8:18,08	7:47,68
1500 SKRIÐ	18:59,71	17:58,07	17:17,23	16:45,65	16:28,82	16:14,07	16:06,89	15:59,70	15:52,61	15:45,43	14:47,72
50 BAK				0:26,89	0:26,44	0:26,05	0:25,85	0:25,66	0:25,47	0:25,28	0:23,74
100 BAK	1:05,97	1:02,40	1:00,04	0:58,21	0:57,24	0:56,38	0:55,97	0:55,55	0:55,14	0:54,72	0:51,38
200 BAK	2:25,30	2:17,44	2:12,24	2:08,21	2:06,07	2:04,19	2:03,27	2:02,35	2:01,45	2:00,53	1:53,18
50 BRINGA				0:30,25	0:29,74	0:29,30	0:29,08	0:28,87	0:28,66	0:28,44	0:26,70
100 BRINGA	1:14,69	1:10,65	1:07,97	1:05,90	1:04,80	1:03,83	1:03,36	1:02,89	1:02,43	1:01,95	0:58,17
200 BRINGA	2:42,91	2:34,10	2:28,26	2:23,75	2:21,34	2:19,23	2:18,21	2:17,18	2:16,16	2:15,14	2:06,89
50 FLUG				0:26,03	0:25,60	0:25,22	0:25,03	0:24,84	0:24,66	0:24,47	0:22,98
100 FLUG	1:05,55	1:02,00	0:59,66	0:57,84	0:56,87	0:56,02	0:55,61	0:55,20	0:54,79	0:54,38	0:51,06
200 FLUG	2:26,69	2:18,76	2:13,50	2:09,44	2:07,27	2:05,37	2:04,45	2:03,52	2:02,61	2:01,69	1:54,26
100 FJÓR				1:00,24	0:59,24	0:58,35	0:57,92	0:57,49	0:57,07	0:56,64	0:53,18
200 FJÓR	2:28,83	2:20,78	2:15,45	2:11,32	2:09,13	2:07,20	2:06,26	2:05,32	2:04,40	2:03,46	1:55,92
400 FJÓR	5:19,53	5:02,24	4:50,79	4:41,94	4:37,22	4:33,09	4:31,07	4:29,06	4:27,07	4:25,06	4:08,88

Grunttíminn (Base Time) í 50 metra laug er FINA A-lágmark fyrir Heimsmeistaramótið í 50m laug fyrir árið 2022 (2021)

Grunttíminn (Base Time) í 25 metra laug er 25. sæti á afreikaskrá Evrópu í 25m laug (Swimrankings.net - meðaltal af 2018 - 2019 - 2020)