

LANDSLIÐSLÁGMÖRK SSÍ - SUNDÁRIÐ 2021-2022

KONUR 50M LAUG	FRAMTÍÐARHÓPUR			UNGLINGALANDSLIÐ			ÚRVALSHÓPUR			A-LANDSLIÐ Opinn	GRUNNTÍMI (Base Time)
	2010	2009	2008	2007	2006	2005	2004	2003	2002		
50 SKRÍÐ				0:28,33	0:27,97	0:27,61	0:27,41	0:27,16	0:26,92	0:26,67	0:25,04
100 SKRÍÐ	1:08,52	1:04,73	1:02,69	1:01,38	1:00,60	0:59,81	0:59,38	0:58,85	0:58,31	0:57,78	0:54,25
200 SKRÍÐ	2:29,87	2:21,58	2:17,11	2:14,26	2:12,54	2:10,82	2:09,89	2:08,72	2:07,55	2:06,37	1:58,66
400 SKRÍÐ	5:16,47	4:58,96	4:49,54	4:43,51	4:39,88	4:36,25	4:34,28	4:31,82	4:29,34	4:26,86	4:10,57
800 SKRÍÐ	10:54,10	10:17,92	9:58,45	9:45,98	9:38,48	9:30,98	9:26,90	9:21,82	9:16,69	9:11,56	8:37,90
1500 SKRÍÐ	20:49,81	19:40,68	19:03,47	18:39,65	18:25,32	18:10,99	18:03,19	17:53,49	17:43,69	17:33,89	16:29,57
50 BAK				0:31,93	0:31,52	0:31,11	0:30,89	0:30,61	0:30,33	0:30,05	0:28,22
100 BAK	1:16,52	1:12,29	1:10,01	1:08,55	1:07,68	1:06,80	1:06,32	1:05,73	1:05,13	1:04,53	1:00,59
200 BAK	2:45,55	2:36,39	2:31,47	2:28,31	2:26,41	2:24,51	2:23,48	2:22,20	2:20,90	2:19,60	2:11,08
50 BRINGA				0:35,32	0:34,87	0:34,42	0:34,17	0:33,87	0:33,56	0:33,25	0:31,22
100 BRINGA	1:25,16	1:20,45	1:17,92	1:16,29	1:15,32	1:14,34	1:13,81	1:13,15	1:12,48	1:11,81	1:07,43
200 BRINGA	3:04,28	2:54,09	2:48,60	2:45,09	2:42,98	2:40,86	2:39,71	2:38,28	2:36,84	2:35,39	2:25,91
50 FLUG				0:29,78	0:29,40	0:29,02	0:28,81	0:28,55	0:28,29	0:28,03	0:26,32
100 FLUG	1:13,67	1:09,59	1:07,40	1:06,00	1:05,15	1:04,31	1:03,85	1:03,28	1:02,70	1:02,12	0:58,33
200 FLUG	2:43,19	2:34,16	2:29,31	2:26,20	2:24,32	2:22,45	2:21,43	2:20,17	2:18,89	2:17,61	2:09,21
200 FJÓR	2:47,95	2:38,66	2:33,66	2:30,46	2:28,53	2:26,61	2:25,56	2:24,26	2:22,94	2:21,62	2:12,98
400 FJÓR	5:57,50	5:37,72	5:27,08	5:20,27	5:16,17	5:12,07	5:09,84	5:07,07	5:04,26	5:01,46	4:43,06
KONUR 25M LAUG	FRAMTÍÐARHÓPUR			UNGLINGALANDSLIÐ			ÚRVALSHÓPUR			A-LANDSLIÐ Opinn	GRUNNTÍMI (Base Time)
2010	2009	2008	2007	2006	2005	2004	2003	2002			
50 SKRÍÐ				0:27,69	0:27,34	0:26,99	0:26,79	0:26,55	0:26,31	0:26,07	0:24,48
100 SKRÍÐ	1:07,58	1:03,84	1:01,83	1:00,54	0:59,77	0:58,99	0:58,57	0:58,04	0:57,51	0:56,98	0:53,51
200 SKRÍÐ	2:26,93	2:18,80	2:14,43	2:11,63	2:09,94	2:08,26	2:07,34	2:06,20	2:05,05	2:03,89	1:56,33
400 SKRÍÐ	5:10,33	4:53,17	4:43,93	4:38,01	4:34,45	4:30,90	4:28,96	4:26,55	4:24,12	4:21,68	4:05,71
800 SKRÍÐ	10:41,06	10:05,60	9:46,52	9:34,30	9:26,95	9:19,60	9:15,60	9:10,62	9:05,60	9:00,57	8:27,58
1500 SKRÍÐ	20:43,25	19:34,48	18:57,47	18:33,78	18:19,52	18:05,26	17:57,50	17:47,86	17:38,11	17:28,36	16:24,37
50 BAK				0:30,67	0:30,27	0:29,88	0:29,67	0:29,40	0:29,13	0:28,87	0:27,10
100 BAK	1:13,77	1:09,69	1:07,49	1:06,09	1:05,24	1:04,40	1:03,94	1:03,36	1:02,79	1:02,21	0:58,41
200 BAK	2:40,96	2:32,06	2:27,26	2:24,20	2:22,35	2:20,50	2:19,50	2:18,25	2:16,99	2:15,73	2:07,44
50 BRINGA				0:34,65	0:34,21	0:33,77	0:33,52	0:33,22	0:32,92	0:32,62	0:30,63
100 BRINGA	1:23,66	1:19,03	1:16,54	1:14,94	1:13,98	1:13,03	1:12,50	1:11,85	1:11,20	1:10,54	1:06,24
200 BRINGA	3:01,52	2:51,48	2:46,08	2:42,62	2:40,53	2:38,45	2:37,32	2:35,91	2:34,49	2:33,07	2:23,72
50 FLUG				0:29,51	0:29,13	0:28,76	0:28,55	0:28,30	0:28,04	0:27,78	0:26,08
100 FLUG	1:13,40	1:09,34	1:07,15	1:05,75	1:04,91	1:04,07	1:03,61	1:03,04	1:02,47	1:01,89	0:58,11
200 FLUG	2:42,63	2:33,63	2:28,79	2:25,69	2:23,83	2:21,96	2:20,95	2:19,68	2:18,41	2:17,13	2:08,76
100 FJÓR				1:08,42	1:07,54	1:06,67	1:06,19	1:05,60	1:05,00	1:04,40	1:00,47
200 FJÓR	2:45,28	2:36,14	2:31,22	2:28,07	2:26,17	2:24,28	2:23,25	2:21,97	2:20,67	2:19,37	2:10,87
400 FJÓR	5:50,94	5:31,52	5:21,08	5:14,39	5:10,37	5:06,34	5:04,15	5:01,43	4:58,68	4:55,92	4:37,86

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

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