FRAMTÍÐARHÓPUR 2026-2027

KARLAR	2014		2013		2012	
25M LAUG	Lágmark	*Viðmið*	Lágmark	*Viðmið*	Lágmark	*Viðmið*
200 SKRIÐ	2:12.23	*2:28.10*	2:05.08	*2:17.59*	2:00.32	*2:09.95*
400 SKRIÐ	4:43.91	*5:17.98*	4:28.55	*4:55.40*	4:18.38	*4:39.05*
100 BAK	1:04.93	*1:12.72*	1:01.41	*1:07.55*	0:59.09	*1:03.82*
200 BAK	2:23.26	*2:40.45*	2:15.51	*2:29.06*	2:10.38	*2:20.81*
100 BRINGA	1:13.32	*1:22.12*	1:09.36	*1:16.30*	1:06.73	*1:12.07*
200 BRINGA	2:41.30	*3:00.66*	2:32.58	*2:47.84*	2:26.80	*2:38.54*
100 FLUG	1:04.08	*1:11.77*	1:00.62	*1:06.68*	0:58.32	*1:02.99*
200 FLUG	2:24.64	*2:42.00*	2:16.81	*2:30.49*	2:11.63	*2:22.16*
200 FJÓR	2:27.27	*2:44.94*	2:19.30	*2:33.23*	2:14.03	*2:24.75*
400 FJÓR	5:18.01	*5:56.17*	5:00.81	*5:30.89*	4:49.42	*5:12.57*
KONUR	**2014**		**2013**		**2012**	
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	4:52.45	*5:27.54*	4:43.24	*5:11.56*	4:37.34	*4:59.53*
100 BAK	1:08.31	*1:16.51*	1:06.15	*1:12.77*	1:04.78	*1:09.96*
200 BAK	2:29.08	*2:46.97*	2:24.38	*2:38.82*	2:21.38	*2:32.69*
100 BRINGA	1:17.15	*1:26.41*	1:14.72	*1:22.19*	1:13.17	*1:19.02*
200 BRINGA	2:48.52	*3:08.74*	2:43.21	*2:59.53*	2:39.81	*2:52.59*
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	2:33.63	*2:52.07*	2:28.79	*2:43.67*	2:25.69	*2:37.35*
400 FJÓR	5:29.58	*6:09.13*	5:19.11	*5:51.02*	5:12.46	*5:37.46*

KARLAR	2014		2013		2012	
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	**2014**		**2013**		**2012**	
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*