

LÁGMÖRK Á SUNDMÓT SSÍ | JANÚAR 2025 - DESEMBER 2028

KARLAR 50 METRA	Grunntími	ÍM	ÍM	SMÍ	SMÍ	RIG
	Topp 30 Afrekaskrá	Opinn Flokkur	Unglingar 18 & yngri	Opinn Flokkur	Unglingar 14-18 ára	Opinn Flokkur
50m skriðsund	00:24,59	00:28,03		00:29,51		00:29,51
100m skriðsund	00:53,48	01:00,97	01:02,04	01:04,18	01:05,25	01:04,18
200m skriðsund	01:59,60	02:16,34	02:18,74	02:23,52	02:25,91	02:23,52
400m skriðsund	04:14,72	04:50,38	04:55,48	05:05,66	05:10,76	05:05,66
800m skriðsund	09:01,56	10:17,38	10:28,21	10:49,87	11:00,70	10:49,87
1500m skriðsund	17:08,18	19:32,13	19:52,69	20:33,82	20:54,38	20:33,82
50m baksund	00:29,50	00:33,63		00:35,40		00:35,40
100m baksund	01:02,96	01:11,77	01:13,03	01:15,55	01:16,81	01:15,55
200m baksund	02:17,80	02:37,09	02:39,85	02:45,36	02:48,12	02:45,36
50m bringusund	00:31,74	00:36,18		00:38,09		00:38,09
100m bringusund	01:08,91	01:18,56	01:19,94	01:22,69	01:24,07	01:22,69
200m bringusund	02:32,49	02:53,84	02:56,89	03:02,99	03:06,04	03:02,99
50m flugsund	00:26,30	00:29,98		00:31,56		00:31,56
100m flugsund	00:59,21	01:07,50	01:08,68	01:11,05	01:12,24	01:11,05
200m flugsund	02:16,21	02:35,28	02:38,00	02:43,45	02:46,18	02:43,45
200m fjórsund	02:15,02	02:33,92	02:36,62	02:42,02	02:44,72	02:42,02
400m fjórsund	04:51,50	05:32,31	05:38,14	05:49,80	05:55,63	05:49,80

KARLAR 25 METRA	Grunntími	ÍM	ÍM	SMÍ	SMÍ	RIG
	Topp 30 Afrekaskrá	Opinn Flokkur	Unglingar 18 & yngri	Opinn Flokkur	Unglingar 14-18 ára	Opinn Flokkur
50m skriðsund	00:23,87	00:27,21		00:28,64		00:28,64
100m skriðsund	00:51,86	00:59,12	01:00,16	01:02,23	01:03,27	01:02,23
200m skriðsund	01:54,63	02:10,68	02:12,97	02:17,56	02:19,85	02:17,56
400m skriðsund	04:05,50	04:39,87	04:44,78	04:54,60	04:59,51	04:54,60
800m skriðsund	08:43,37	09:56,64	10:07,11	10:28,04	10:38,51	10:28,04
1500m skriðsund	16:34,88	18:54,16	19:14,06	19:53,86	20:13,75	19:53,86
50m baksund	00:27,94	00:31,85		00:33,53		00:33,53
100m baksund	00:59,83	01:08,21	01:09,40	01:11,80	01:12,99	01:11,80
200m baksund	02:12,14	02:30,64	02:33,28	02:38,57	02:41,21	02:38,57
50m bringusund	00:30,52	00:34,79		00:36,62		00:36,62
100m bringusund	01:06,67	01:16,00	01:17,34	01:20,00	01:21,34	01:20,00
200m bringusund	02:26,34	02:46,83	02:49,75	02:55,61	02:58,53	02:55,61
50m flugsund	00:25,92	00:29,55		00:31,10		00:31,10
100m flugsund	00:57,88	01:05,98	01:07,14	01:09,46	01:10,61	01:09,46
200m flugsund	02:11,65	02:30,08	02:32,71	02:37,98	02:40,61	02:37,98
100m fjórsund	00:59,68	01:08,04	01:09,23	01:11,62	01:12,81	01:11,62
200m fjórsund	02:10,28	02:28,52	02:31,12	02:36,34	02:38,94	02:36,34
400m fjórsund	04:42,37	05:21,90	05:27,55	05:38,84	05:44,49	05:38,84

KONUR 50 METRA	Grunntími	ÍM	ÍM	SMÍ	SMÍ	RIG
	Topp 30 Afrekaskrá	Opinn Flokkur	Unglingar 18 & yngri	Opinn Flokkur	Unglingar 14-18 ára	Opinn Flokkur
50m skriðsund	00:27,70	00:31,58		00:33,24		00:33,24
100m skriðsund	00:59,75	01:08,11	01:09,31	01:11,70	01:12,90	01:11,70
200m skriðsund	02:09,72	02:27,88	02:30,48	02:35,66	02:38,26	02:35,66
400m skriðsund	04:37,50	05:16,35	05:21,90	05:33,00	05:38,55	05:33,00
800m skriðsund	09:34,88	10:55,36	11:06,86	11:29,86	11:41,35	11:29,86
1500m skriðsund	18:57,31	21:36,53	21:59,28	22:44,77	23:07,52	22:44,77
50m baksund	00:32,26	00:36,78		00:38,71		00:38,71
100m baksund	01:09,48	01:19,21	01:20,60	01:23,38	01:24,77	01:23,38
200m baksund	02:31,34	02:52,53	02:55,55	03:01,61	03:04,63	03:01,61
50m bringusund	00:35,27	00:40,21		00:42,32		00:42,32
100m bringusund	01:16,79	01:27,54	01:29,08	01:32,15	01:33,68	01:32,15
200m bringusund	02:47,43	03:10,87	03:14,22	03:20,92	03:24,26	03:20,92
50m flugsund	00:29,62	00:33,77		00:35,54		00:35,54
100m flugsund	01:06,16	01:15,42	01:16,75	01:19,39	01:20,72	01:19,39
200m flugsund	02:30,62	02:51,71	02:54,72	03:00,74	03:03,76	03:00,74
200m fjórsund	02:28,35	02:49,12	02:52,09	02:58,02	03:00,99	02:58,02
400m fjórsund	05:19,12	06:03,80	06:10,18	06:22,94	06:29,33	06:22,94

KONUR 25 METRA	Grunntími	ÍM	ÍM	SMÍ	SMÍ	RIG
	Topp 30 Afrekaskrá	Opinn Flokkur	Unglingar 18 & yngri	Opinn Flokkur	Unglingar 14-18 ára	Opinn Flokkur
50m skriðsund	00:27,00	00:30,78		00:32,40		00:32,40
100m skriðsund	00:58,06	01:06,19	01:07,35	01:09,67	01:10,83	01:09,67
200m skriðsund	02:07,45	02:25,29	02:27,84	02:32,94	02:35,49	02:32,94
400m skriðsund	04:27,74	05:05,22	05:10,58	05:21,29	05:26,64	05:21,29
800m skriðsund	09:14,06	10:31,63	10:42,71	11:04,87	11:15,95	11:04,87
1500m skriðsund	18:09,70	20:42,26	21:04,05	21:47,64	22:09,43	21:47,64
50m baksund	00:30,91	00:35,24		00:37,09		00:37,09
100m baksund	01:06,50	01:15,81	01:17,14	01:19,80	01:21,13	01:19,80
200m baksund	02:24,83	02:45,11	02:48,00	02:53,80	02:56,69	02:53,80
50m bringusund	00:34,69	00:39,55		00:41,63		00:41,63
100m bringusund	01:15,25	01:25,78	01:27,29	01:30,30	01:31,81	01:30,30
200m bringusund	02:41,10	03:03,65	03:06,88	03:13,32	03:16,54	03:13,32
50m flugsund	00:29,38	00:33,49		00:35,26		00:35,26
100m flugsund	01:04,76	01:13,83	01:15,12	01:17,71	01:19,01	01:17,71
200m flugsund	02:27,27	02:47,89	02:50,83	02:56,72	02:59,67	02:56,72
100m fjórsund	01:07,30	01:16,72	01:18,07	01:20,76	01:22,11	01:20,76
200m fjórsund	02:23,50	02:43,59	02:46,46	02:52,20	02:55,07	02:52,20
400m fjórsund	05:07,12	05:50,12	05:56,26	06:08,54	06:14,69	06:08,54