

LANDSLIÐSLÁGMÖRK SSÍ - SUNDÁRIÐ 2026-2027

KARLAR 50M LAUG	FRAMTÍÐARHÓPUR			UNGLINGALANDSLIÐ			ÚRVALGHÓPUR			A-LANDSLIÐ	GRUNNTÍMI
	2014	2013	2012	2011	2010	2009	2008	2007	2006	Opinn	(Base Time)
50 SKRÍÐ				0:24.86	0:24.45	0:24.08	0:23.90	0:23.73	0:23.55	0:23.37	0:22.05
100 SKRÍÐ	1:01.77	0:58.43	0:56.22	0:54.50	0:53.59	0:52.79	0:52.40	0:52.01	0:51.63	0:51.24	0:48.34
200 SKRÍÐ	2:16.34	2:08.97	2:04.08	2:00.31	1:58.29	1:56.53	1:55.67	1:54.81	1:53.96	1:53.10	1:46.70
400 SKRÍÐ	4:51.54	4:35.77	4:25.32	4:17.24	4:12.94	4:09.17	4:07.33	4:05.49	4:03.68	4:01.84	3:48.15
800 SKRÍÐ	9:58.87	9:26.48	9:05.02	8:48.42	8:39.58	8:31.83	8:28.06	8:24.28	8:20.56	8:16.78	7:48.66
1500 SKRÍÐ	19:12.46	18:10.13	17:28.83	16:56.90	16:39.88	16:24.97	16:17.70	16:10.44	16:03.27	15:56.00	15:01.89
50 BAK				0:28.31	0:27.84	0:27.42	0:27.22	0:27.02	0:26.82	0:26.62	0:25.11
100 BAK	1:08.93	1:05.20	1:02.73	1:00.82	0:59.80	0:58.91	0:58.47	0:58.04	0:57.61	0:57.18	0:53.94
200 BAK	2:30.87	2:22.71	2:17.31	2:13.13	2:10.90	2:08.95	2:08.00	2:07.04	2:06.11	2:05.15	1:58.07
50 BRINGA				0:30.82	0:30.30	0:29.85	0:29.63	0:29.41	0:29.19	0:28.97	0:27.33
100 BRINGA	1:16.35	1:12.22	1:09.48	1:07.37	1:06.24	1:05.25	1:04.77	1:04.29	1:03.82	1:03.33	0:59.75
200 BRINGA	2:46.53	2:37.52	2:31.55	2:26.94	2:24.48	2:22.32	2:21.27	2:20.23	2:19.19	2:18.14	2:10.32
50 FLUG				0:26.34	0:25.90	0:25.51	0:25.32	0:25.14	0:24.95	0:24.76	0:23.36
100 FLUG	1:06.15	1:02.58	1:00.20	0:58.37	0:57.40	0:56.54	0:56.12	0:55.70	0:55.29	0:54.88	0:51.77
200 FLUG	2:28.88	2:20.83	2:15.49	2:11.37	2:09.17	2:07.24	2:06.30	2:05.37	2:04.44	2:03.50	1:56.51
200 FJÓR	2:32.13	2:23.90	2:18.45	2:14.23	2:11.99	2:10.02	2:09.06	2:08.10	2:07.15	2:06.19	1:59.05
400 FJÓR	5:29.02	5:11.22	4:59.43	4:50.31	4:45.46	4:41.20	4:39.12	4:37.05	4:35.00	4:32.93	4:17.48
KARLAR 25M LAUG	FRAMTÍÐARHÓPUR			UNGLINGALANDSLIÐ			ÚRVALSHÓPUR			A-LANDSLIÐ	GRUNNTÍMI
	2014	2013	2012	2011	2010	2009	2008	2007	2006	Opinn	(Base Time)
50 SKRÍÐ				0:23.89	0:23.49	0:23.14	0:22.97	0:22.80	0:22.63	0:22.46	0:21.19
100 SKRÍÐ	0:59.92	0:56.68	0:54.53	0:52.87	0:51.98	0:51.21	0:50.83	0:50.45	0:50.08	0:49.70	0:46.89
200 SKRÍÐ	2:12.23	2:05.08	2:00.34	1:56.68	1:54.72	1:53.01	1:52.18	1:51.35	1:50.52	1:49.69	1:43.48
400 SKRÍÐ	4:43.91	4:28.55	4:18.38	4:10.51	4:06.32	4:02.65	4:00.86	3:59.07	3:57.30	3:55.51	3:42.18
800 SKRÍÐ	9:50.86	9:18.90	8:57.73	8:41.35	8:32.63	8:24.98	8:21.26	8:17.53	8:13.86	8:10.13	7:42.39
1500 SKRÍÐ	18:56.36	17:54.90	17:14.18	16:42.69	16:25.91	16:11.21	16:04.05	15:56.88	15:49.81	15:42.65	14:49.29
50 BAK				0:26.35	0:25.91	0:25.52	0:25.33	0:25.15	0:24.96	0:24.77	0:23.37
100 BAK	1:04.93	1:01.41	0:59.09	0:57.29	0:56.33	0:55.49	0:55.08	0:54.67	0:54.27	0:53.86	0:50.81
200 BAK	2:23.26	2:15.51	2:10.38	2:06.41	2:04.29	2:02.44	2:01.53	2:00.63	1:59.74	1:58.84	1:52.11
50 BRINGA				0:29.60	0:29.10	0:28.67	0:28.46	0:28.25	0:28.04	0:27.82	0:26.25
100 BRINGA	1:13.32	1:09.36	1:06.73	1:04.70	1:03.61	1:02.67	1:02.20	1:01.74	1:01.29	1:00.82	0:57.38
200 BRINGA	2:41.30	2:32.58	2:26.80	2:22.33	2:19.95	2:17.86	2:16.84	2:15.82	2:14.82	2:13.80	2:06.23
50 FLUG				0:25.29	0:24.87	0:24.50	0:24.32	0:24.13	0:23.96	0:23.78	0:22.43
100 FLUG	1:04.08	1:00.62	0:58.32	0:56.55	0:55.60	0:54.77	0:54.37	0:53.96	0:53.56	0:53.16	0:50.15
200 FLUG	2:24.64	2:16.81	2:11.63	2:07.62	2:05.49	2:03.62	2:02.70	2:01.79	2:00.89	1:59.98	1:53.19
100 FJÓR				0:59.74	0:58.74	0:57.86	0:57.43	0:57.01	0:56.59	0:56.16	0:52.98
200 FJÓR	2:27.27	2:19.30	2:14.03	2:09.95	2:07.77	2:05.87	2:04.94	2:04.01	2:03.09	2:02.16	1:55.25
400 FJÓR	5:18.01	5:00.81	4:49.42	4:40.61	4:35.91	4:31.80	4:29.79	4:27.79	4:25.81	4:23.80	4:08.87

Grunntíminn (Base Time) í 50 metra laug er WA A-lágmark fyrir Heimsmeistaramótið í 50m laug fyrir árið 2025 (Singapore) & HM25 2026 (Beijing)

Grunntíminn (Base Time) í 25 metra laug er WA A-lágmark fyrir Heimsmeistaramótið í 25m laug fyrir árið 2026 (Beijing)