

LANDSLIÐSLÁGMÖRK SSÍ - SUNDÁRIÐ 2026-2027

KONUR 50M LAUG	FRAMTÍÐARHÓPUR			UNGLINGALANDSLIÐ			ÚRVALSHÓPUR			A-LANDSLIÐ Opinn	GRUNNTÍMI (Base Time)
	2014	2013	2012	2011	2010	2009	2008	2007	2006		
50 SKRÍÐ				0:27.64	0:27.28	0:27.08	0:26.84	0:26.60	0:26.48	0:26.35	0:24.86
100 SKRÍÐ	1:04.42	1:02.39	1:01.09	1:00.31	0:59.53	0:59.10	0:58.57	0:58.04	0:57.78	0:57.51	0:54.25
200 SKRÍÐ	2:20.40	2:15.98	2:13.14	2:11.44	2:09.74	2:08.81	2:07.65	2:06.49	2:05.91	2:05.32	1:58.23
400 SKRÍÐ	4:57.15	4:47.79	4:41.80	4:38.19	4:34.58	4:32.62	4:30.18	4:27.71	4:26.49	4:25.24	4:10.23
800 SKRÍÐ	10:11.12	9:51.86	9:39.54	9:32.12	9:24.70	9:20.66	9:15.64	9:10.57	9:08.06	9:05.50	8:34.62
1500 SKRÍÐ	19:29.18	18:52.34	18:28.76	18:14.56	18:00.37	17:52.65	17:43.05	17:33.34	17:28.54	17:23.63	16:24.56
50 BAK				0:31.37	0:30.97	0:30.74	0:30.47	0:30.19	0:30.05	0:29.91	0:28.22
100 BAK	1:11.80	1:09.54	1:08.09	1:07.22	1:06.34	1:05.87	1:05.28	1:04.68	1:04.39	1:04.09	1:00.46
200 BAK	2:35.66	2:30.76	2:27.61	2:25.73	2:23.84	2:22.81	2:21.53	2:20.24	2:19.60	2:18.94	2:11.08
50 BRINGA				0:34.19	0:33.74	0:33.50	0:33.20	0:32.90	0:32.75	0:32.60	0:30.75
100 BRINGA	1:19.41	1:16.91	1:15.31	1:14.34	1:13.38	1:12.85	1:12.20	1:11.54	1:11.22	1:10.88	1:06.87
200 BRINGA	2:53.27	2:47.81	2:44.32	2:42.21	2:40.11	2:38.96	2:37.54	2:36.10	2:35.39	2:34.66	2:25.91
50 FLUG				0:29.16	0:28.78	0:28.58	0:28.32	0:28.06	0:27.93	0:27.80	0:26.23
100 FLUG	1:09.27	1:07.09	1:05.69	1:04.85	1:04.01	1:03.55	1:02.98	1:02.40	1:02.12	1:01.83	0:58.33
200 FLUG	2:33.44	2:28.60	2:25.51	2:23.65	2:21.78	2:20.77	2:19.51	2:18.24	2:17.61	2:16.96	2:09.21
200 FJÖR	2:37.74	2:32.77	2:29.59	2:27.67	2:25.76	2:24.71	2:23.42	2:22.11	2:21.46	2:20.80	2:12.83
400 FJÖR	5:36.14	5:25.55	5:18.77	5:14.69	5:10.61	5:08.38	5:05.62	5:02.83	5:01.45	5:00.04	4:43.06
KONUR 25M LAUG	FRAMTÍÐARHÓPUR			UNGLINGALANDSLIÐ			ÚRVALSHÓPUR			A-LANDSLIÐ Opinn	GRUNNTÍMI (Base Time)
	2014	2013	2012	2011	2010	2009	2008	2007	2006		
50 SKRÍÐ				0:27.05	0:26.70	0:26.51	0:26.27	0:26.03	0:25.91	0:25.79	0:24.33
100 SKRÍÐ	1:02.96	1:00.98	0:59.71	0:58.94	0:58.18	0:57.76	0:57.25	0:56.72	0:56.47	0:56.20	0:53.02
200 SKRÍÐ	2:17.28	2:12.95	2:10.18	2:08.52	2:06.85	2:05.94	2:04.82	2:03.68	2:03.11	2:02.54	1:55.60
400 SKRÍÐ	4:52.45	4:43.24	4:37.34	4:33.79	4:30.24	4:28.30	4:25.90	4:23.47	4:22.27	4:21.05	4:06.27
800 SKRÍÐ	10:02.34	9:43.37	9:31.21	9:23.90	9:16.59	9:12.61	9:07.66	9:02.66	9:00.19	8:57.66	8:27.23
1500 SKRÍÐ	19:04.28	18:28.22	18:05.14	17:51.25	17:37.36	17:29.80	17:20.40	17:10.90	17:06.21	17:01.41	16:03.59
50 BAK				0:29.51	0:29.12	0:28.91	0:28.66	0:28.39	0:28.26	0:28.13	0:26.54
100 BAK	1:08.31	1:06.15	1:04.78	1:03.95	1:03.12	1:02.67	1:02.11	1:01.54	1:01.26	1:00.97	0:57.52
200 BAK	2:29.08	2:24.38	2:21.38	2:19.57	2:17.76	2:16.77	2:15.55	2:14.31	2:13.70	2:13.07	2:05.54
50 BRINGA				0:33.59	0:33.15	0:32.91	0:32.62	0:32.32	0:32.17	0:32.02	0:30.21
100 BRINGA	1:17.15	1:14.72	1:13.17	1:12.23	1:11.29	1:10.78	1:10.15	1:09.51	1:09.19	1:08.87	1:04.97
200 BRINGA	2:48.52	2:43.21	2:39.81	2:37.77	2:35.72	2:34.61	2:33.22	2:31.82	2:31.13	2:30.42	2:21.91
50 FLUG				0:28.59	0:28.22	0:28.02	0:27.77	0:27.52	0:27.39	0:27.26	0:25.72
100 FLUG	1:08.16	1:06.02	1:04.64	1:03.81	1:02.99	1:02.54	1:01.98	1:01.41	1:01.13	1:00.84	0:57.40
200 FLUG	2:33.01	2:28.19	2:25.10	2:23.25	2:21.39	2:20.38	2:19.12	2:17.85	2:17.22	2:16.58	2:08.85
100 FJÖR				1:06.31	1:05.45	1:04.99	1:04.41	1:03.82	1:03.53	1:03.23	0:59.65
200 FJÖR	2:33.63	2:28.79	2:25.69	2:23.82	2:21.96	2:20.94	2:19.68	2:18.41	2:17.78	2:17.13	2:09.37
400 FJÖR	5:29.49	5:19.11	5:12.46	5:08.46	5:04.46	5:02.28	4:59.58	4:56.84	4:55.49	4:54.11	4:37.46

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)