

# LANDSLIÐSLÁGMÖRK SSÍ - SUNDÁRIÐ 2023-2024

KARLAR 50M LAUG	FRAMTÍÐARHÓPUR			UNGLINGALANDSLIÐ			ÚRVALGSHÓPUR			A-LANDSLIÐ Opinn	GRUNNTÍMI (Base Time)
	2011	2010	2009	2008	2007	2006	2005	2004	2003		
50 SKRIÐ				0:24,94	0:24,52	0:24,16	0:23,98	0:23,80	0:23,63	0:23,45	0:22,12
100 SKRIÐ	1:01,99	0:58,63	0:56,41	0:54,70	0:53,78	0:52,98	0:52,59	0:52,20	0:51,81	0:51,42	0:48,51
200 SKRIÐ	2:16,80	2:09,41	2:04,50	2:00,71	1:58,69	1:56,92	1:56,06	1:55,20	1:54,35	1:53,48	1:47,06
400 SKRIÐ	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 SKRIÐ	10:04,55	9:31,86	9:10,19	8:53,44	8:44,52	8:36,69	8:32,88	8:29,07	8:25,31	8:21,50	7:53,11
1500 SKRIÐ	19:15,98	18:13,45	17:32,03	17:00,00	16:42,93	16:27,97	16:20,69	16:13,40	16:06,21	15:58,92	15:04,64
50 BAK				0:28,37	0:27,89	0:27,48	0:27,27	0:27,07	0:26,87	0:26,67	0:25,16
100 BAK	1:09,04	1:05,31	1:02,83	1:00,92	0:59,90	0:59,01	0:58,57	0:58,14	0:57,71	0:57,27	0:54,03
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				0:26,53	0:26,09	0:25,70	0:25,51	0:25,32	0:25,13	0:24,94	0:23,53
100 FLUG	1:06,40	1:02,80	1:00,43	0:58,59	0:57,61	0:56,75	0:56,33	0:55,91	0:55,50	0:55,08	0:51,96
200 FLUG	2:29,14	2:21,07	2:15,73	2:11,59	2:09,39	2:07,46	2:06,52	2:05,58	2:04,65	2:03,71	1:56,71
200 FJÓR	2:32,74	2:24,48	2:19,00	2:14,77	2:12,52	2:10,54	2:09,58	2:08,61	2:07,66	2:06,70	1:59,53
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 Opinn	GRUNNTÍMI (Base Time)
2011	2010	2009	2008	2007	2006	2005	2004	2003			
50 SKRIÐ				0:24,13	0:23,73	0:23,37	0:23,20	0:23,03	0:22,86	0:22,68	0:21,40
100 SKRIÐ	1:00,35	0:57,09	0:54,92	0:53,25	0:52,36	0:51,58	0:51,20	0:50,82	0:50,44	0:50,06	0:47,23
200 SKRIÐ	2:13,00	2:05,80	2:01,04	1:57,35	1:55,39	1:53,67	1:52,83	1:51,99	1:51,16	1:50,32	1:44,08
400 SKRIÐ	4:44,32	4:28,94	4:18,75	4:10,87	4:06,68	4:03,00	4:01,20	3:59,41	3:57,64	3:55,85	3:42,50
800 SKRIÐ	9:54,22	9:22,08	9:00,78	8:44,32	8:35,55	8:27,86	8:24,11	8:20,36	8:16,67	8:12,92	7:45,02
1500 SKRIÐ	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				0:26,78	0:26,33	0:25,94	0:25,75	0:25,56	0:25,37	0:25,18	0:23,75
100 BAK	1:05,55	1:02,01	0:59,66	0:57,84	0:56,87	0:56,03	0:55,61	0:55,20	0:54,79	0:54,38	0:51,30
200 BAK	2:23,96	2:16,17	2:11,02	2:07,03	2:04,90	2:03,04	2:02,13	2:01,22	2:00,33	1:59,42	1:52,66
50 BRINGA				0:29,96	0:29,46	0:29,02	0:28,80	0:28,59	0:28,38	0:28,16	0:26,57
100 BRINGA	1:13,64	1:09,66	1:07,02	1:04,98	1:03,89	1:02,94	1:02,47	1:02,01	1:01,55	1:01,09	0:57,63
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				0:25,83	0:25,40	0:25,02	0:24,84	0:24,65	0:24,47	0:24,28	0:22,91
100 FLUG	1:04,62	1:01,12	0:58,81	0:57,02	0:56,06	0:55,23	0:54,82	0:54,41	0:54,01	0:53,60	0:50,57
200 FLUG	2:25,17	2:17,32	2:12,12	2:08,10	2:05,95	2:04,08	2:03,16	2:02,25	2:01,34	2:00,43	1:53,61
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	5:18,42	5:01,20	4:49,79	4:40,97	4:36,27	4:32,14	4:30,14	4:28,13	4:26,15	4:24,14	4:09,19

Grunntíminn (Base Time) í 50 metra laug er WA A-lágmark fyrir Heimsmeistaramótið í 50m laug fyrir árið 2024 (Doha, Qatar)

Grunntíminn (Base Time) í 25 metra laug er WA A-lágmark fyrir Heimsmeistaramótið í 25m laug fyrir árið 2022 (Melbourne, AUS)