

Opna Íslandsmót Garpa í sundi 2019  
Laugardalslaug 3. - 4. maí 2019

1 - föstudagur, 3. maí 2019

3.5.2019 - 18:00

Sundgrein 1  
3.5.2019 - 18:00

karla, 800m skriðsund

20 - 84 ára  
Úrslitalistar

GM 25 - 29: 8:53.36; 80 - 84: 18:04.81; 65 - 69: 12:22.32; 75 - 79: 17:05.90; 30 - 34: 9:08.60; 35 - 39: 9:35.59; 40 - 44: 10:03.68; 45 - 49: 10:01.36; 50 - 54: 10:51.69; 55 - 59: 11:32.17; 60 - 64: 12:22.32

Sæti			Aldur				Tími	Stig
<b>70 - 74 ára</b>								
1.	Kári Geirlaugsson		70	ÍA			<b>13:10.36</b>	9,00
	100m: 1:30.47	1:30.47	300m: 4:51.76	1:40.38	500m: 8:13.23	1:41.16	700m: 11:33.68	1:39.62
	200m: 3:11.38	1:40.91	400m: 6:32.07	1:40.31	600m: 9:54.06	1:40.83	800m: 13:10.36	1:36.68
<b>65 - 69 ára</b>								
1.	Sigurbjörn Einarsson		67	Sundfélagið Ægir			<b>14:12.34</b>	9,00
	100m: 1:34.24	1:34.24	300m: 5:11.74	1:49.54	500m: 8:52.77	1:49.65	700m: 12:30.53	1:48.62
	200m: 3:22.20	1:47.96	400m: 7:03.12	1:51.38	600m: 10:41.91	1:49.14	800m: 14:12.34	1:41.81
<b>60 - 64 ára</b>								
1.	Remi Spilliaert		61	Sundfélagið Ægir			<b>12:41.82</b>	9,00
	100m: 1:24.10	1:24.10	300m: 4:31.64	1:35.48	500m: 7:46.34	1:37.55	700m: 11:03.71	1:38.59
	200m: 2:56.16	1:32.06	400m: 6:08.79	1:37.15	600m: 9:25.12	1:38.78	800m: 12:41.82	1:38.11
2.	Ragnar Marteinnsson		62	Stjarnan			<b>13:58.45</b>	7,00
	100m: 1:30.91	1:30.91	300m: 5:03.01	1:47.43	500m: 8:38.23	1:47.15	700m: 12:14.53	1:46.52
	200m: 3:15.58	1:44.67	400m: 6:51.08	1:48.07	600m: 10:28.01	1:49.78	800m: 13:58.45	1:43.92
<b>55 - 59 ára</b>								
1.	Guðmundur Ingi Guðmundsson		56	Sunddeild Breiðabliks			<b>13:39.97</b>	9,00
	100m: 1:31.34	1:31.34	300m: 4:59.66	1:44.68	500m: 8:33.05	1:46.78	700m: 12:02.65	1:44.10
	200m: 3:14.98	1:43.64	400m: 6:46.27	1:46.61	600m: 10:18.55	1:45.50	800m: 13:39.97	1:37.32
<b>50 - 54 ára</b>								
1.	Karl Georg Klein		50	Sh			<b>13:17.39</b>	9,00
	100m: 1:26.70	1:26.70	300m: 4:43.62	1:40.49	500m: 8:09.50	1:43.64	700m: 11:34.90	1:42.12
	200m: 3:03.13	1:36.43	400m: 6:25.86	1:42.24	600m: 9:52.78	1:43.28	800m: 13:17.39	1:42.49
<b>45 - 49 ára</b>								
1.	Hákon Hrafn Sigurðsson		45	Sunddeild Breiðabliks			<b>11:19.07</b>	9,00
	100m: 1:20.05	1:20.05	300m: 4:11.79	1:26.20	500m: 7:03.74	1:25.46	700m: 9:55.59	1:25.74
	200m: 2:45.59	1:25.54	400m: 5:38.28	1:26.49	600m: 8:29.85	1:26.11	800m: 11:19.07	1:23.48
<b>30 - 34 ára</b>								
1.	Hákon Jónsson		34	Sunddeild Breiðabliks			<b>11:13.03</b>	9,00
	100m: 1:14.71	1:14.71	300m: 4:02.60	1:24.81	500m: 6:55.62	1:27.47	700m: 9:49.49	1:27.01
	200m: 2:37.79	1:23.08	400m: 5:28.15	1:25.55	600m: 8:22.48	1:26.86	800m: 11:13.03	1:23.54
<b>25 - 29 ára</b>								
1.	Sigurður Örn Ragnarsson		28	Sh			<b>8:42.09</b>	9,00 GM
	100m: 1:02.34	1:02.34	300m: 3:13.97	1:06.06	500m: 5:26.37	1:06.16	700m: 7:38.10	1:05.74
	200m: 2:07.91	1:05.57	400m: 4:20.21	1:06.24	600m: 6:32.36	1:05.99	800m: 8:42.09	1:03.99
2.	Björgvin Guðmundur Björgvinsson		27	Sh			<b>11:44.87</b>	7,00
	100m: 1:09.76	1:09.76	300m: 4:03.28	1:29.80	500m: 7:08.74	1:32.53	700m: 10:16.16	1:32.28
	200m: 2:33.48	1:23.72	400m: 5:36.21	1:32.93	600m: 8:43.88	1:35.14	800m: 11:44.87	1:28.71

Opna Íslandsmót Garpa í sundi 2019  
Laugardalslaug 3. - 4. maí 2019

Sundgrein 2  
3.5.2019 - 18:15

kvenna, 800m skriðsund

20 - 84 ára  
Úrslitalistar

GM 25 - 29: 10:27.24; 65 - 69: 15:37.89; 30 - 34: 11:21.32; 35 - 39: 11:08.42; 40 - 44: 11:27.73; 45 - 49: 11:05.38; 50 - 54: 12:46.26;  
55 - 59: 13:07.62; 60 - 64: 16:25.25

Sæti			Aldur				Tími		Stig
70 - 74 ára									
1.	Guðmunda Ólöf Jónasdóttir		70	UMSB			<b>15:58.34</b>	9,00	
	100m:	1:49.73 1:49.73	300m:	5:51.31 2:00.88	500m:	9:57.71 2:03.39	700m:	14:01.26 2:01.22	
	200m:	3:50.43 2:00.70	400m:	7:54.32 2:03.01	600m:	12:00.04 2:02.33	800m:	15:58.34 1:57.08	
55 - 59 ára									
1.	Ásta Þóra Ólafsdóttir		56	Sunddeild Breiðabliks			<b>13:02.11</b>	9,00	GM
	100m:	1:26.04 1:26.04	300m:	4:40.86 1:38.94	500m:	8:01.77 1:39.68	700m:	11:22.25 1:40.96	
	200m:	3:01.92 1:35.88	400m:	6:22.09 1:41.23	600m:	9:41.29 1:39.52	800m:	13:02.11 1:39.86	
50 - 54 ára									
1.	Anna Helgadóttir		51	Sunddeild Breiðabliks			<b>13:53.43</b>	9,00	
	100m:	1:35.17 1:35.17	300m:	5:03.97 1:45.62	500m:	8:35.61 1:45.92	700m:	12:08.81 1:46.48	
	200m:	3:18.35 1:43.18	400m:	6:49.69 1:45.72	600m:	10:22.33 1:46.72	800m:	13:53.43 1:44.62	
2.	Sigrún Sól Ólafsdóttir		51	Sh			<b>17:17.62</b>	7,00	
	100m:	1:54.51 1:54.51	300m:	6:17.18 2:14.41	500m:	10:44.68 2:13.76	700m:	15:08.34 2:10.46	
	200m:	4:02.77 2:08.26	400m:	8:30.92 2:13.74	600m:	12:57.88 2:13.20	800m:	17:17.62 2:09.28	
45 - 49 ára									
1.	Loa Birna Birgisdóttir		47	Sundfélagið Ægir			<b>12:00.33</b>	9,00	
	100m:	1:20.55 1:20.55	300m:	4:22.11 1:31.59	500m:	7:25.66 1:31.68	700m:	10:30.08 1:32.28	
	200m:	2:50.52 1:29.97	400m:	5:53.98 1:31.87	600m:	8:57.80 1:32.14	800m:	12:00.33 1:30.25	
40 - 44 ára									
1.	María Jónsdóttir		42	Sunddeild Breiðabliks			<b>13:09.01</b>	9,00	
	100m:	1:29.32 1:29.32	300m:	4:46.30 1:39.38	500m:	8:08.40 1:41.69	700m:	11:30.86 1:41.28	
	200m:	3:06.92 1:37.60	400m:	6:26.71 1:40.41	600m:	9:49.58 1:41.18	800m:	13:09.01 1:38.15	

Sundgrein 3  
3.5.2019 - 18:32

karla, 50m flugsund

20 - 84 ára  
Úrslitalistar

GM 25 - 29: 25.01; 65 - 69: 45.68; 70 - 74: 1:17.82; 30 - 34: 25.39; 35 - 39: 27.96; 40 - 44: 27.67; 45 - 49: 31.17; 50 - 54: 31.29; 55 - 59: 32.51; 60 - 64: 34.68

Sæti			Aldur				Tími		Stig
65 - 69 ára									
1.	Guðjón Guðnason		65	Sh			<b>38.09</b>	9,00	GM
2.	Örn Geirsson		65	Sundfélagið Ægir			<b>43.16</b>	7,00	GM
3.	Magnús Sigurðsson		66	Sundfélagið Ægir			<b>52.03</b>	6,00	
60 - 64 ára									
1.	Remi Spilliaert		61	Sundfélagið Ægir			<b>38.39</b>	9,00	
55 - 59 ára									
1.	Guðni Guðnason		57	Sh			<b>33.41</b>	9,00	

Opna Íslandsmót Garpa í sundi 2019  
Laugardalslaug 3. - 4. maí 2019

Sundgrein 3, karla, 50m flugsund

50 - 54 ára

1. Steinn Jóhannsson	51	Sh	<b>32.65</b>	9,00
2. Jóhann Samsonarson	50	Sh	<b>34.47</b>	7,00
3. Jón Viðar Magnússon	51	Sh	<b>35.61</b>	6,00

45 - 49 ára

1. Árni Rúnar Árnason	46	Sh	<b>32.88</b>	9,00
2. Börkur Jónsson	47	Sh	<b>43.12</b>	7,00

40 - 44 ára

1. Albert Þór Kristjánsson	42	Sh	<b>31.63</b>	9,00
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30 - 34 ára

1. Davíð Jónatansson	31	Sh	<b>28.75</b>	9,00
2. Hlynur Skagfjörð Sigurðsson	32	Sh	<b>35.59</b>	7,00

25 - 29 ára

1. Arkadiusz Przybyla	27	Sunddeild Breiðabliks	<b>30.30</b>	9,00
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Sundgrein 4

kvenna, 50m flugsund

20 - 84 ára

3.5.2019 - 18:37

Úrslitalistar

GM 25 - 29: 28.77; 30 - 34: 34.84; 35 - 39: 32.51; 40 - 44: 33.58; 45 - 49: 37.25; 50 - 54: 40.16; 55 - 59: 43.95; 60 - 64: 49.26

Sæti	Aldur		Tími	Stig
65 - 69 ára				
1. Ingibjörg Svala Ólafsdóttir	66	Sh	<b>1:06.66</b>	9,00
50 - 54 ára				
1. Þórdís Hrönn Pálsdóttir	53	Sunddeild Breiðabliks	<b>53.03</b>	9,00
2. Sigrún Sól Ólafsdóttir	51	Sh	<b>1:00.88</b>	7,00
45 - 49 ára				
1. Pálína Björnsdóttir	48	Sundfélagið Ægir	<b>37.17</b>	9,00 GM
2. Loa Birna Birgisdóttir	47	Sundfélagið Ægir	<b>38.40</b>	7,00
35 - 39 ára				
1. Ingunn Eir Andrésdóttir	36	Austri	<b>37.08</b>	9,00

Opna Íslandsmót Garpa í sundi 2019  
Laugardalslaug 3. - 4. maí 2019

Sundgrein 5  
3.5.2019 - 18:49

karla, 100m bringusund

20 - 84 ára  
Úrslitalistar

GM 25 - 29: 1:06.01; 80 - 84: 2:15.36; 65 - 69: 1:32.13; 70 - 74: 1:37.82; 75 - 79: 1:56.82; 30 - 34: 1:13.94; 35 - 39: 1:10.33; 40 - 44: 1:08.01; 45 - 49: 1:17.63; 50 - 54: 1:22.45; 55 - 59: 1:25.22; 60 - 64: 1:27.38

Sæti	Aldur		Tími	Stig	50m	100m
<b>70 - 74 ára</b>						
1.	Trausti Sveinbjörnsson	73	Sh	<b>1:59.09</b>	9,00	54.35 1:04.74
2.	Jón Guðmundsson	70	Sh	<b>2:14.17</b>	7,00	1:03.75 1:10.42
3.	Þorsteinn Ingimundarsson	73	Sh	<b>3:21.52</b>	6,00	1:34.38 1:47.14
<b>65 - 69 ára</b>						
1.	Kári Kaaber	69	Sh	<b>1:34.39</b>	9,00	46.43 47.96
2.	Þórhallur Jóhannesson	66	Sh	<b>1:45.71</b>	7,00	49.47 56.24
3.	Magnús Sigurðsson	66	Sundfélagið Ægir	<b>1:48.56</b>	6,00	52.38 56.18
<b>60 - 64 ára</b>						
1.	Örn Ólafson	63	Sh	<b>1:32.52</b>	9,00	43.61 48.91
2.	Remi Spilliaert	61	Sundfélagið Ægir	<b>1:38.92</b>	7,00	46.77 52.15
3.	Ragnar Marteinnsson	62	Stjarnan	<b>1:39.87</b>	6,00	46.81 53.06
4.	Björgvin Björgvinsson	64	Sh	<b>1:51.75</b>	5,00	53.61 58.14
<b>55 - 59 ára</b>						
1.	Þorsteinn Ingi Víglundsson	57	Sunddeild Breiðabliks	<b>1:48.28</b>	9,00	52.46 55.82
2.	Eyþór Rafn Gissurarson	57	Sunddeild Breiðabliks	<b>1:48.48</b>	7,00	51.03 57.45
3.	Jón Ágúst Gunnlaugsson	58	Sunddeild Breiðabliks	<b>1:54.10</b>	6,00	54.95 59.15
<b>50 - 54 ára</b>						
1.	Steinn Jóhannsson	51	Sh	<b>1:22.24</b>	9,00 GM	39.46 42.78
2.	Jóhann Samsonarson	50	Sh	<b>1:25.66</b>	7,00	40.50 45.16
3.	Karl Georg Klein	50	Sh	<b>1:49.93</b>	6,00	50.57 59.36
<b>45 - 49 ára</b>						
1.	Börkur Jónsson	47	Sh	<b>1:34.67</b>	9,00	46.15 48.52
2.	Rúnar Már Jóhannsson	46	Sh	<b>1:39.32</b>	7,00	47.46 51.86
3.	Guðmundur Sigurðsson	47	Sh	<b>1:47.79</b>	6,00	49.32 58.47
<b>40 - 44 ára</b>						
1.	Jósef Þeyr Sigmundsson	40	Sh	<b>1:23.57</b>	9,00	39.94 43.63
2.	Guðmundur Björnsson	44	Sunddeild Breiðabliks	<b>1:26.57</b>	7,00	39.49 47.08
<b>30 - 34 ára</b>						
1.	Davíð Jónatansson	31	Sh	<b>1:15.65</b>	9,00	35.97 39.68
<b>25 - 29 ára</b>						
1.	Fabien Bader	27	Esslingen	<b>1:16.45</b>	9,00	35.01 41.44

Opna Íslandsmót Garpa í sundi 2019  
Laugardalslaug 3. - 4. maí 2019

Sundgrein 6 kvenna, 100m bringusund 20 - 84 ára  
3.5.2019 - 19:00 Úrslitalistar

GM 25 - 29: 1:12.92; 65 - 69: 2:05.40; 70 - 74: 2:11.62; 30 - 34: 1:17.30; 35 - 39: 1:25.71; 40 - 44: 1:17.88; 45 - 49: 1:32.18; 50 - 54: 1:32.96; 55 - 59: 1:46.11; 60 - 64: 1:52.36

Sæti	Aldur		Tími	Stig	50m	100m
<b>70 - 74 ára</b>						
1.	Fríða Proppé	70	Sunddeild Breiðabliks	<b>2:11.90</b>	9,00	1:01.67 1:10.23
2.	Sigurbjörg Sigurpálsdóttir	74	Fjölpir	<b>2:15.45</b>	7,00	1:00.66 1:14.79
<b>65 - 69 ára</b>						
1.	Björg H. Kristófersdóttir	67	UMSB	<b>1:56.53</b>	9,00 GM	54.16 1:02.37
<b>60 - 64 ára</b>						
1.	Sólbjörg Gunnbjörnsdóttir	60	3N	<b>2:02.13</b>	9,00	57.81 1:04.32
<b>55 - 59 ára</b>						
1.	Birna Jóhanna Ólafsdóttir	56	Sh	<b>1:45.35</b>	9,00 GM	50.44 54.91
<b>50 - 54 ára</b>						
1.	Sigrún Sól Ólafsdóttir	51	Sh	<b>1:56.47</b>	9,00	54.85 1:01.62
2.	Úlfhildur Haraldsdóttir	52	Sunddeild Breiðabliks	<b>2:23.52</b>	7,00	1:08.94 1:14.58
<b>45 - 49 ára</b>						
1.	Bryndis Ernstdóttir	48	Sundfélagið Ægir	<b>1:37.35</b>	9,00	45.74 51.61
<b>40 - 44 ára</b>						
1.	Anna Margrét Hraundal	42	Sunddeild Breiðabliks	<b>1:49.29</b>	9,00	54.27 55.02
2.	Ísey Þorgrímsdóttir	43	Sunddeild Breiðabliks	<b>1:52.59</b>	7,00	53.51 59.08
<b>35 - 39 ára</b>						
1.	Ingunn Eir Andrésdóttir	36	Austri	<b>1:35.18</b>	9,00	45.23 49.95
<b>25 - 29 ára</b>						
1.	Þorbjörg Þorvaldsdóttir	29	Sh	<b>1:39.03</b>	9,00	45.88 53.15
2.	Elísa Björg Björgvinsdóttir	28	Sh	<b>1:47.51</b>	7,00	50.42 57.09

Sundgrein 7 karla, 50m skriðsund 20 - 84 ára  
3.5.2019 - 19:09 Úrslitalistar

GM 25 - 29: 23.40; 80 - 84: 48.72; 65 - 69: 32.93; 70 - 74: 37.18; 75 - 79: 45.78; 30 - 34: 23.29; 35 - 39: 25.83; 40 - 44: 25.89; 45 - 49: 28.39; 50 - 54: 29.09; 55 - 59: 29.74; 60 - 64: 31.51

Sæti	Aldur		Tími	Stig
<b>75 - 79 ára</b>				
1.	Ingimundur Ingimundarson	75	UMSB	<b>47.68</b> 9,00
<b>70 - 74 ára</b>				
1.	Kári Geirlaugsson	70	ÍA	<b>32.87</b> 9,00 GM
2.	Trausti Sveinbjörnsson	73	Sh	<b>43.42</b> 7,00
3.	Jón Guðmundsson	70	Sh	<b>44.55</b> 6,00
4.	Þorsteinn Ingimundarsson	73	Sh	<b>1:23.46</b> 5,00

Opna Íslandsmót Garpa í sundi 2019  
Laugardalslaug 3. - 4. maí 2019

Sundgrein 7, karla, 50m skriðsund

65 - 69 ára

1. Örn Geirsson	65	Sundfélagið Ægir	<b>34.02</b>	9,00
2. Sigurbjörn Einarsson	67	Sundfélagið Ægir	<b>37.05</b>	7,00
3. Þórhallur Jóhannesson	66	Sh	<b>37.40</b>	6,00
4. Magnús Sigurðsson	66	Sundfélagið Ægir	<b>37.77</b>	5,00
5. Kári Kaaber	69	Sh	<b>39.87</b>	4,00

60 - 64 ára

1. Ragnar Marteinnsson	62	Stjarnan	<b>31.49</b>	9,00	GM
2. Remi Spilliaert	61	Sundfélagið Ægir	<b>32.52</b>	7,00	
3. Einar Hauksson	61	Sunddeild Breiðabliks	<b>32.67</b>	6,00	

55 - 59 ára

1. Guðni Guðnason	57	Sh	<b>31.25</b>	9,00
2. Þorsteinn Ingi Víglundsson	57	Sunddeild Breiðabliks	<b>38.95</b>	7,00

50 - 54 ára

1. Borgar Þór Bragason	50	3N	<b>29.42</b>	9,00
2. Jóhann Samsonarson	50	Sh	<b>30.75</b>	7,00
3. Jón Viðar Magnússon	51	Sh	<b>30.90</b>	6,00
4. Karl Georg Klein	50	Sh	<b>32.46</b>	5,00

45 - 49 ára

1. Árni Rúnar Árnason	46	Sh	<b>30.09</b>	9,00
2. Börkur Jónsson	47	Sh	<b>33.51</b>	7,00
3. Hálfván Þorsteinsson	47	Sh	<b>40.92</b>	6,00
4. Guðmundur Sigurðsson	47	Sh	<b>43.47</b>	5,00

40 - 44 ára

1. Jósef Þeyr Sigmundsson	40	Sh	<b>29.30</b>	9,00
2. Albert Þór Kristjánsson	42	Sh	<b>29.76</b>	7,00
3. Guðmundur Björnsson	44	Sunddeild Breiðabliks	<b>32.06</b>	6,00

35 - 39 ára

1. George Leite	39	Sh	<b>26.83</b>	9,00
2. Guðmundur Sveinn Hafþórsson	39	Sundfélagið Ægir	<b>26.94</b>	7,00

30 - 34 ára

1. Davíð Jónatansson	31	Sh	<b>26.25</b>	9,00
2. Hlynur Skagfjörð Sigurðsson	32	Sh	<b>31.68</b>	7,00

25 - 29 ára

1. Arkadiusz Przybyla	27	Sunddeild Breiðabliks	<b>27.77</b>	9,00
2. Alexander Árnason	27	Sh	<b>31.14</b>	7,00

Opna Íslandsmót Garpa í sundi 2019  
Laugardalslaug 3. - 4. maí 2019

Sundgrein 8  
3.5.2019 - 19:18

kvenna, 50m skriðsund

20 - 84 ára  
Úrslitalistar

GM 25 - 29: 27.22; 65 - 69: 43.67; 70 - 74: 53.86; 30 - 34: 30.30; 35 - 39: 29.28; 40 - 44: 29.48; 45 - 49: 30.07; 50 - 54: 35.34; 55 - 59: 34.88; 60 - 64: 35.46

Sæti	Aldur		Timi	Stig	
<b>70 - 74 ára</b>					
1.	Guðmunda Ólöf Jónasdóttir	70	UMSB	<b>45.55</b>	9,00 GM
2.	Fríða Proppé	70	Sunddeild Breiðabliks	<b>46.97</b>	7,00 GM
3.	Sigurbjörg Sigurpálsdóttir	74	Fjölnir	<b>56.61</b>	6,00
<b>65 - 69 ára</b>					
1.	Björg H. Kristófersdóttir	67	UMSB	<b>45.17</b>	9,00
2.	Ingibjörg Svala Ólafsdóttir	66	Sh	<b>54.88</b>	7,00
<b>60 - 64 ára</b>					
1.	Sólbjörg Gunnbjörnsdóttir	60	3N	<b>41.01</b>	9,00
2.	Brynja Guðmundsdóttir	64	Sunddeild Breiðabliks	<b>54.84</b>	7,00
<b>55 - 59 ára</b>					
1.	Ásta Þóra Ólafsdóttir	56	Sunddeild Breiðabliks	<b>34.64</b>	9,00 GM
2.	Birna Jóhanna Ólafsdóttir	56	Sh	<b>40.49</b>	7,00
<b>50 - 54 ára</b>					
1.	Þórdís Hrönn Pálsdóttir	53	Sunddeild Breiðabliks	<b>41.05</b>	9,00
2.	Úlfhildur Haraldsdóttir	52	Sunddeild Breiðabliks	<b>58.69</b>	7,00
<b>45 - 49 ára</b>					
1.	Pálína Björnsdóttir	48	Sundfélagið Ægir	<b>30.63</b>	9,00
2.	Loa Birna Birgisdóttir	47	Sundfélagið Ægir	<b>34.18</b>	7,00
3.	Anna María Vilhjálmisdóttir	47	Sh	<b>42.38</b>	6,00
<b>40 - 44 ára</b>					
1.	María Jónsdóttir	42	Sunddeild Breiðabliks	<b>38.13</b>	9,00
2.	Ísey Þorgrímsdóttir	43	Sunddeild Breiðabliks	<b>38.66</b>	7,00
3.	Anna Margrét Hraundal	42	Sunddeild Breiðabliks	<b>43.08</b>	6,00
<b>35 - 39 ára</b>					
1.	Ingunn Eir Andrésdóttir	36	Austri	<b>33.80</b>	9,00
<b>25 - 29 ára</b>					
1.	Þorbjörg Þorvaldsdóttir	29	Sh	<b>35.99</b>	9,00
2.	Elísa Björg Björgvinsdóttir	28	Sh	<b>40.05</b>	7,00

Opna Íslandsmót Garpa í sundi 2019  
Laugardalslaug 3. - 4. maí 2019

Sundgrein 9  
3.5.2019 - 19:35

karla, 4 x 50m skriðsund

ALDFL 100 og eldri  
Úrslitalistar

Sæti						Tími	Stig
ALDFL 280 og eldri							
1.	Sh 3			Sh		<b>3:30.74</b>	18,00
	Kári Kaaber	69	+0,88	41.23	Þórhallur Jóhannesson	66	38.66
	Trausti Sveinbjörnsson	73		44.75	Þorsteinn Ingimundarsson	73	1:26.10
ALDFL 240 - 279							
1.	Sundfélagið Ægir 1			Sundfélagið Ægir		<b>2:23.66</b>	18,00
	Sigurbjörn Einarsson	67	+0,96	37.55	Örn Geirsson	65	+0,63 35.21
	Magnús Sigurðsson	66	+0,51	38.40	Remi Spilliaert	61	+0,74 32.50
2.	Sh 2			Sh		<b>2:30.02</b>	14,00
	Guðni Guðnason	57	+0,87	31.51	Björgvin Björgvinsson	64	47.97
	Guðjón Guðnason	65		34.61	Örn Ólafson	63	35.93
ALDFL 200 - 239							
1.	Sh 5			Sh		<b>2:09.57</b>	18,00
	Jóhann Samsonarson	50	+0,81	31.09	Karl Georg Klein	50	47.64
	Steinn Jóhannsson	51	+0,68	18.55	Jón Viðar Magnússon	51	+0,49 32.29
ALDFL 160 - 199							
1.	Sunddeild Breiðabliks 1			Sunddeild Breiðabliks		<b>2:21.76</b>	18,00
	Jón Ágúst Gunnlaugsson	58		42.63	Þorsteinn Ingi Víglundsson	57	39.21
	Guðmundur Björnsson	44		30.86	Hákon Jónsson	34	29.06
2.	Sh 6			Sh		<b>2:31.73</b>	14,00
	Árni Rúnar Árnason	46	+0,89	30.03	Hálf dán Þorsteinsson	47	+0,61 41.61
	Rúnar Már Jóhannsson	46	+0,74	37.65	Guðmundur Sigurðsson	47	42.44
ALDFL 120 - 159							
1.	Sh 4			Sh		<b>1:56.11</b>	18,00
	Hlynur Skagfjörð Sigurðsson	32	+0,73	31.97	Björgvin Guðmundur Björgvinsson	27	+0,57 27.99
	George Leite	39	+0,56	28.85	Davíð Jónatansson	31	+0,24 27.30
2.	Sh 1			Sh		<b>2:04.14</b>	14,00
	Albert Þór Kristjánsson	42	+0,83	29.97	Börkur Jónsson	47	+0,78 33.78
	Jósef Þeyr Sigmundsson	40	+0,44	29.66	Alexander Árnason	27	+0,57 30.73

Sundgrein 10  
3.5.2019 - 19:40

kvenna, 4 x 50m skriðsund

ALDFL 100 og eldri  
Úrslitalistar

Sæti						Tími	Stig
ALDFL 240 - 279							
1.	Sunddeild Breiðabliks 1			Sunddeild Breiðabliks		<b>2:57.46</b>	18,00
	Fríða Proppé	70	+0,97	47.12	Þórdís Hrönn Pálsdóttir	53	+0,98 41.93
	Brynja Guðmundsdóttir	64	+0,45	54.34	Ásta Þóra Ólafsdóttir	56	+0,67 34.07



Opna Íslandsmót Garpa í sundi 2019  
Laugardalslaug 3. - 4. maí 2019

Sundgrein 10, kvenna, 4 x 50m skriðsund

ALDFL 160 - 199

1. Sundfélagið Ægir 1	Sundfélagið Ægir				<b>2:19.62</b>	18,00
Pálína Björnsdóttir	48	+0,79	30.77	Bryndis Ernstdóttir	48	+0,46 35.72
Þórunn Guðmundsdóttir	50	+0,46	38.28	Loa Birna Birgisdóttir	47	+0,78 34.85
2. Sunddeild Breiðabliks 2	Sunddeild Breiðabliks				<b>2:39.85</b>	14,00
Anna Helgadóttir	51	+0,81	40.68	Anna Margrét Hraundal	42	+0,62 42.20
María Jónsdóttir	42	+0,72	38.11	Ísey Þorgrímsdóttir	43	+0,40 38.86

ALDFL 120 - 159

1. Sh 1	Sh				<b>2:45.82</b>	18,00
Þorbjörg Þorvaldsdóttir	29	+0,93	36.01	Elísa Björg Björgvinsdóttir	28	+0,79 40.78
Anna María Vilhjámsdóttir	47	+0,51	40.82	Sigrún Sól Ólafsdóttir	51	+0,70 48.21

2 - laugardagur, 4. maí 2019

4.5.2019 - 9:00

Sundgrein 11

kvenna, 400m skriðsund

20 - 84 ára

4.5.2019 - 9:00

Úrslitalistar

GM 25 - 29: 5:17.18; 65 - 69: 7:19.91; 30 - 34: 5:25.10; 35 - 39: 5:19.22; 40 - 44: 5:24.99; 45 - 49: 5:20.09; 50 - 54: 6:00.91; 55 - 59: 6:21.93; 60 - 64: 7:43.58

Sæti	Aldur				Tími	Stig
70 - 74 ára						
1. Guðmunda Ólöf Jónasdóttir	70 UMSB				<b>7:49.85</b>	9,00
50m: 51.36 51.36	150m: 2:50.33 59.96	250m: 4:52.56 1:01.11	350m: 6:53.49 1:00.01	100m: 1:50.37 59.01	200m: 3:51.45 1:01.12	300m: 5:53.48 1:00.92
400m: 7:49.85	56.36					
50 - 54 ára						
1. Þórdís Hrönn Pálsdóttir	53 Sunddeild Breiðabliks				<b>7:01.28</b>	9,00
50m: 46.17 46.17	150m: 2:32.40 53.89	250m: 4:20.81 53.64	350m: 6:09.67 53.48	100m: 1:38.51 52.34	200m: 3:27.17 54.77	300m: 5:16.19 55.38
400m: 7:01.28	51.61					
2. Sigrún Sól Ólafsdóttir	51 Sh				<b>8:27.31</b>	7,00
50m: 52.47 52.47	150m: 2:58.08 1:03.77	250m: 5:09.40 1:07.44	350m: 7:24.34 1:08.92	100m: 1:54.31 1:01.84	200m: 4:01.96 1:03.88	300m: 6:15.42 1:06.02
400m: 8:27.31	1:02.97					
45 - 49 ára						
1. Loa Birna Birgisdóttir	47 Sundfélagið Ægir				<b>5:49.66</b>	9,00
50m: 37.53 37.53	150m: 2:03.51 43.99	250m: 3:33.10 45.28	350m: 5:04.22 46.08	100m: 1:19.52 41.99	200m: 2:47.82 44.31	300m: 4:18.14 45.04
400m: 5:49.66	45.44					
40 - 44 ára						
1. María Jónsdóttir	42 Sunddeild Breiðabliks				<b>6:35.08</b>	9,00
50m: 41.98 41.98	150m: 2:21.85 50.45	250m: 4:03.45 50.91	350m: 5:46.55 51.30	100m: 1:31.40 49.42	200m: 3:12.54 50.69	300m: 4:55.25 51.80
400m: 6:35.08	48.53					
35 - 39 ára						
1. Ingunn Eir Andrésdóttir	36 Austri				<b>5:43.45</b>	9,00
50m: 37.51 37.51	150m: 2:02.64 43.96	250m: 3:32.48 44.66	350m: 5:00.97 44.05	100m: 1:18.68 41.17	200m: 2:47.82 45.18	300m: 4:16.92 44.44
400m: 5:43.45	42.48					

Opna Íslandsmót Garpa í sundi 2019  
Laugardalslaug 3. - 4. maí 2019

Sundgrein 11, kvenna, 400m skriðsund

25 - 29 ára

1. Þorbjörg Þorvaldsdóttir	29	Sh						<b>6:35.74</b>	9,00
50m: 41.17 41.17	150m: 2:17.64 49.68	250m: 4:00.12 52.04	350m: 5:44.53 52.38						
100m: 1:27.96 46.79	200m: 3:08.08 50.44	300m: 4:52.15 52.03	400m: 6:35.74 51.21						

Sundgrein 12  
4.5.2019 - 9:09

karla, 400m skriðsund

20 - 84 ára  
Úrslitalistar

GM 25 - 29: 4:16.83; 80 - 84: 8:31.80; 65 - 69: 6:07.43; 75 - 79: 8:38.55; 30 - 34: 4:23.04; 35 - 39: 4:47.78; 40 - 44: 4:46.69; 45 - 49: 5:00.77; 50 - 54: 5:09.46; 55 - 59: 5:34.92; 60 - 64: 6:05.03

Sæti	Aldur	Tími	Stig
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70 - 74 ára

1. Kári Geirlaugsson	70	ÍA						<b>6:20.65</b>	9,00
50m: 41.81 41.81	150m: 2:16.26 48.21	250m: 3:55.05 49.61	350m: 5:33.94 49.34						
100m: 1:28.05 46.24	200m: 3:05.44 49.18	300m: 4:44.60 49.55	400m: 6:20.65 46.71						

65 - 69 ára

1. Sigurbjörn Einarsson	67	Sundfélagið Ægir						<b>6:47.39</b>	9,00
50m: 42.69 42.69	150m: 2:25.38 53.30	250m: 4:12.92 53.59	350m: 5:59.21 52.30						
100m: 1:32.08 49.39	200m: 3:19.33 53.95	300m: 5:06.91 53.99	400m: 6:47.39 48.18						

60 - 64 ára

1. Remi Spilliaert	61	Sundfélagið Ægir						<b>6:04.85</b>	9,00	GM
50m: 38.83 38.83	150m: 2:09.02 46.18	250m: 3:42.72 46.71	350m: 5:19.00 48.52							
100m: 1:22.84 44.01	200m: 2:56.01 46.99	300m: 4:30.48 47.76	400m: 6:04.85 45.85							

50 - 54 ára

1. Karl Georg Klein	50	Sh						<b>6:19.78</b>	9,00
50m: 38.97 38.97	150m: 2:11.97 48.09	250m: 3:51.19 50.45	350m: 5:32.25 50.75						
100m: 1:23.88 44.91	200m: 3:00.74 48.77	300m: 4:41.50 50.31	400m: 6:19.78 47.53						

25 - 29 ára

1. Björgvin Guðmundur Björgvinsson	27	Sh						<b>5:24.84</b>	9,00
50m: 31.85 31.85	150m: 1:49.79 40.08	250m: 3:14.13 43.22	350m: 4:42.82 43.89						
100m: 1:09.71 37.86	200m: 2:30.91 41.12	300m: 3:58.93 44.80	400m: 5:24.84 42.02						

Sundgrein 13  
4.5.2019 - 9:17

kvenna, 100m flugsund

20 - 84 ára  
Úrslitalistar

GM 25 - 29: 1:07.71; 30 - 34: 1:20.25; 35 - 39: 1:18.06; 40 - 44: 1:18.67; 45 - 49: 1:25.05; 50 - 54: 1:39.38; 55 - 59: 1:36.59

Sæti	Aldur	Tími	Stig	50m	100m
1. Ásta Þóra Ólafsdóttir	56	Sunddeild Breiðabliks	<b>1:46.43</b>	9,00	48.10 58.33
1. Þórdís Hrönn Pálsdóttir	53	Sunddeild Breiðabliks	<b>2:00.62</b>	9,00	56.74 1:03.88

Opna Íslandsmót Garpa í sundi 2019  
Laugardalslaug 3. - 4. maí 2019

Sundgrein 14 karla, 100m flugsund 20 - 84 ára  
4.5.2019 - 9:27 Úrslitalistar

GM 25 - 29: 57.09; 70 - 74: 2:34.58; 30 - 34: 1:05.93; 35 - 39: 1:02.71; 40 - 44: 1:09.76; 45 - 49: 1:11.60; 50 - 54: 1:15.70; 55 - 59: 1:19.03; 60 - 64: 1:42.38

Sæti	Aldur		Tími	Stig	50m	100m
60 - 64 ára						
1.	61	Sundfélagið Ægir	<b>1:44.35</b>	9,00	47.46	56.89
55 - 59 ára						
1.	57	Sh	<b>1:26.67</b>	9,00	38.57	48.10
50 - 54 ára						
1.	51	Sh	<b>1:14.62</b>	9,00 GM	34.32	40.30
40 - 44 ára						
1.	44	Sh	<b>1:04.55</b>	9,00 GM	30.12	34.43
30 - 34 ára						
1.	31	Sh	<b>1:07.91</b>	9,00	31.30	36.61
2.	34	Sunddeild Breiðabliks	<b>1:19.18</b>	7,00	35.54	43.64

Sundgrein 15 kvenna, 50m bringusund 20 - 84 ára  
4.5.2019 - 9:29 Úrslitalistar

GM 25 - 29: 31.88; 65 - 69: 57.10; 70 - 74: 56.41; 30 - 34: 35.96; 35 - 39: 38.95; 40 - 44: 35.13; 45 - 49: 42.72; 50 - 54: 44.10; 55 - 59: 46.72; 60 - 64: 45.95

Sæti	Aldur		Tími	Stig
70 - 74 ára				
1.	70	UMSB	<b>1:00.07</b>	9,00
2.	70	Sunddeild Breiðabliks	<b>1:00.71</b>	7,00
ÓG.	74	Fjölpir	<b>57.25</b>	-
65 - 69 ára				
1.	67	UMSB	<b>51.49</b>	9,00 GM
60 - 64 ára				
1.	60	3N	<b>55.11</b>	9,00
55 - 59 ára				
1.	56	Sh	<b>47.89</b>	9,00
50 - 54 ára				
1.	51	Sh	<b>50.02</b>	9,00
2.	52	Sunddeild Breiðabliks	<b>1:07.62</b>	7,00
45 - 49 ára				
1.	48	Sundfélagið Ægir	<b>44.55</b>	9,00
2.	47	Sh	<b>55.21</b>	7,00

Opna Íslandsmót Garpa í sundi 2019  
Laugardalslaug 3. - 4. maí 2019

Sundgrein 15, kvenna, 50m bringusund

40 - 44 ára

1. Anna Margrét Hraundal	42	Sunddeild Breiðabliks	<b>47.75</b>	9,00
2. María Jónsdóttir	42	Sunddeild Breiðabliks	<b>48.77</b>	7,00

35 - 39 ára

1. Ingunn Eir Andrésdóttir	36	Austri	<b>46.11</b>	9,00
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25 - 29 ára

1. Þorbjörg Þorvaldsdóttir	29	Sh	<b>46.36</b>	9,00
2. Elísa Björg Björgvinsdóttir	28	Sh	<b>48.48</b>	7,00

Sundgrein 16

karla, 50m bringusund

20 - 84 ára

4.5.2019 - 9:35

Úrslitalistar

GM 25 - 29: 28.78; 80 - 84: 57.57; 65 - 69: 41.95; 70 - 74: 44.60; 75 - 79: 53.30; 30 - 34: 31.22; 35 - 39: 31.87; 40 - 44: 32.02; 45 - 49: 34.70; 50 - 54: 36.69; 55 - 59: 38.27; 60 - 64: 38.74

Sæti	Aldur		Tími	Stig
<b>70 - 74 ára</b>				
1. Trausti Sveinbjörnsson	73	Sh	<b>47.76</b>	9,00
2. Jón Guðmundsson	70	Sh	<b>56.61</b>	7,00
3. Þorsteinn Ingimundarsson	73	Sh	<b>1:30.22</b>	6,00
<b>65 - 69 ára</b>				
1. Guðjón Guðnason	65	Sh	<b>42.75</b>	9,00
2. Kári Kaaber	69	Sh	<b>44.57</b>	7,00
3. Magnús Sigurðsson	66	Sundfélagið Ægir	<b>46.87</b>	6,00
4. Þórhallur Jóhannesson	66	Sh	<b>47.18</b>	5,00
<b>60 - 64 ára</b>				
1. Örn Ólafson	63	Sh	<b>41.35</b>	9,00
2. Einar Hauksson	61	Sunddeild Breiðabliks	<b>44.29</b>	7,00
3. Remi Spilliaert	61	Sundfélagið Ægir	<b>45.54</b>	6,00
4. Björgvin Björgvinsson	64	Sh	<b>50.12</b>	5,00
<b>55 - 59 ára</b>				
1. Eyþór Rafn Gissurarson	57	Sunddeild Breiðabliks	<b>44.74</b>	9,00
2. Þorsteinn Ingi Víglundsson	57	Sunddeild Breiðabliks	<b>51.01</b>	7,00
<b>50 - 54 ára</b>				
1. Finnbjörn Aðalheiðarson	50	Sundfélagið Ægir	<b>35.30</b>	9,00 GM
2. Jóhann Samsonarson	50	Sh	<b>39.15</b>	7,00
3. Jón Viðar Magnússon	51	Sh	<b>43.07</b>	6,00
4. Karl Georg Klein	50	Sh	<b>44.52</b>	5,00
<b>45 - 49 ára</b>				
1. Árni Rúnar Árnason	46	Sh	<b>39.34</b>	9,00
2. Börkur Jónsson	47	Sh	<b>44.61</b>	7,00
3. Rúnar Már Jóhannsson	46	Sh	<b>44.96</b>	6,00
4. Tómas Gísli Guðjónsson	47	Sh	<b>47.48</b>	5,00
5. Hálfván Þorsteinsson	47	Sh	<b>47.83</b>	4,00

Opna Íslandsmót Garpa í sundi 2019  
Laugardalslaug 3. - 4. maí 2019

Sundgrein 16, karla, 50m bringusund

40 - 44 ára

1. Magnús Konráðsson	44	Sh	<b>31.46</b>	9,00	GM
2. Jósef Þeyr Sigmundsson	40	Sh	<b>37.98</b>	7,00	
3. Albert Þór Kristjánsson	42	Sh	<b>39.22</b>	6,00	

30 - 34 ára

1. Davíð Jónatansson	31	Sh	<b>33.17</b>	9,00	
2. Hákon Jónsson	34	Sunddeild Breiðabliks	<b>36.14</b>	7,00	

25 - 29 ára

1. Fabien Bader	27	Esslingen	<b>33.90</b>	9,00	
2. Alexander Árnason	27	Sh	<b>39.04</b>	7,00	

Sundgrein 17

kvenna, 100m baksund

20 - 84 ára

4.5.2019 - 9:42

Úrslitalistar

GM 25 - 29: 1:06.94; 65 - 69: 1:40.80; 30 - 34: 1:22.00; 35 - 39: 1:19.57; 40 - 44: 1:14.54; 45 - 49: 1:25.25; 50 - 54: 1:27.71; 55 - 59: 1:45.29; 60 - 64: 1:50.62

Sæti	Aldur		Tími	Stig	50m	100m
65 - 69 ára						
1. Ingibjörg Svala Ólafsdóttir	66	Sh	<b>2:07.63</b>	9,00	1:03.77	1:03.86
45 - 49 ára						
1. Loa Birna Birgisdóttir	47	Sundfélagið Ægir	<b>1:26.32</b>	9,00	42.19	44.13
40 - 44 ára						
1. María Jónsdóttir	42	Sunddeild Breiðabliks	<b>1:47.04</b>	9,00	51.30	55.74

Sundgrein 18

karla, 100m baksund

20 - 84 ára

4.5.2019 - 9:55

Úrslitalistar

GM 25 - 29: 1:02.83; 65 - 69: 1:39.81; 30 - 34: 1:04.02; 35 - 39: 1:04.00; 40 - 44: 1:13.21; 45 - 49: 1:14.78; 50 - 54: 1:18.47; 55 - 59: 1:26.14; 60 - 64: 1:39.81

Sæti	Aldur		Tími	Stig	50m	100m
70 - 74 ára						
1. Kári Geirlaugsson	70	ÍA	<b>1:42.54</b>	9,00	49.56	52.98
65 - 69 ára						
1. Kári Kaaber	69	Sh	<b>1:43.17</b>	9,00	51.49	51.68
2. Magnús Sigurðsson	66	Sundfélagið Ægir	<b>1:58.23</b>	7,00	55.90	1:02.33
60 - 64 ára						
1. Remi Spilliaert	61	Sundfélagið Ægir	<b>1:44.16</b>	9,00	51.07	53.09
55 - 59 ára						
1. Guðni Guðnason	57	Sh	<b>1:29.11</b>	9,00	43.07	46.04

Opna Íslandsmót Garpa í sundi 2019  
Laugardalslaug 3. - 4. maí 2019

Sundgrein 18, karla, 100m baksund

50 - 54 ára

1.	Steinn Jóhannsson	51	Sh	<b>1:19.29</b>	9,00	39.72	39.57
2.	Jóhann Samsonarson	50	Sh	<b>1:23.72</b>	7,00	39.42	44.30
3.	Jón Viðar Magnússon	51	Sh	<b>1:28.10</b>	6,00	41.24	46.86

40 - 44 ára

1.	Jósef Þeyr Sigmundsson	40	Sh	<b>1:20.01</b>	9,00	39.14	40.87
2.	Albert Þór Kristjánsson	42	Sh	<b>1:22.14</b>	7,00	40.33	41.81

35 - 39 ára

1.	Guðmundur Sveinn Hafþórsson	39	Sundfélagið Ægir	<b>1:08.34</b>	9,00	32.61	35.73
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Sundgrein 19

kvenna, 200m skriðsund

20 - 84 ára

4.5.2019 - 10:01

Úrslitalistar

GM 25 - 29: 2:14.13; 65 - 69: 3:34.79; 30 - 34: 2:33.81; 35 - 39: 2:37.94; 40 - 44: 2:30.74; 45 - 49: 2:29.06; 50 - 54: 2:58.24; 55 - 59: 3:01.81; 60 - 64: 3:38.43

Sæti	Aldur		Tími	Stig	50m	100m	150m	200m		
<b>70 - 74 ára</b>										
1.	Fríða Proppé	70	Sunddeild Breiðabliks	<b>3:46.30</b>	9,00	50.47	58.51	1:00.46	56.86	
2.	Guðmunda Ólöf Jónasdóttir	70	UMSB	<b>3:46.70</b>	7,00	52.43	58.90	1:00.50	54.87	
<b>60 - 64 ára</b>										
1.	Sólbjörg Gunnbjörnsdóttir	60	3N	<b>3:29.73</b>	9,00	GM	46.87	52.27	57.06	53.53
2.	Brynja Guðmundsdóttir	64	Sunddeild Breiðabliks	<b>5:00.87</b>	7,00	1:01.71	1:15.21	1:25.54	1:18.41	
<b>55 - 59 ára</b>										
1.	Birna Jóhanna Ólafsdóttir	56	Sh	<b>3:17.75</b>	9,00	46.91	50.36	51.32	49.16	
<b>50 - 54 ára</b>										
1.	Þórdís Hrönn Pálsdóttir	53	Sunddeild Breiðabliks	<b>3:15.94</b>	9,00	43.96	50.82	51.14	50.02	
2.	Sigrún Sól Ólafsdóttir	51	Sh	<b>4:05.53</b>	7,00	52.02	1:02.77	1:07.00	1:03.74	
<b>35 - 39 ára</b>										
1.	Ingunn Eir Andrésdóttir	36	Austri	<b>2:42.08</b>	9,00	35.92	40.06	43.41	42.69	
<b>25 - 29 ára</b>										
1.	Erla Arnardóttir	29	Sh	<b>3:05.98</b>	9,00	40.60	45.37	49.93	50.08	

Opna Íslandsmót Garpa í sundi 2019  
Laugardalslaug 3. - 4. maí 2019

Sundgrein 20 karla, 200m skriðsund 20 - 84 ára  
4.5.2019 - 10:12 Úrslitalistar

GM 25 - 29: 2:02.85; 80 - 84: 4:11.56; 65 - 69: 2:53.09; 70 - 74: 3:25.58; 75 - 79: 3:56.21; 30 - 34: 2:05.68; 35 - 39: 2:12.05; 40 - 44: 2:12.72; 45 - 49: 2:23.79; 50 - 54: 2:25.12; 55 - 59: 2:34.48; 60 - 64: 2:44.28

Sæti	Aldur		Tími	Stig	50m	100m	150m	200m		
<b>70 - 74 ára</b>										
1.	Kári Geirlaugsson	70	ÍA	<b>2:57.23</b>	9,00	GM	41.48	45.88	47.48	42.39
<b>65 - 69 ára</b>										
1.	Sigurbjörn Einarsson	67	Sundfélagið Ægir	<b>3:10.03</b>	9,00		42.10	49.00	51.66	47.27
<b>60 - 64 ára</b>										
1.	Remi Spilliaert	61	Sundfélagið Ægir	<b>2:48.09</b>	9,00		36.20	42.24	45.28	44.37
2.	Einar Hauksson	61	Sunddeild Breiðabliks	<b>2:54.50</b>	7,00		36.30	43.83	46.88	47.49
<b>55 - 59 ára</b>										
1.	Guðni Guðnason	57	Sh	<b>2:36.06</b>	9,00		34.43	39.57	42.73	39.33
<b>50 - 54 ára</b>										
1.	Borgar Þór Bragason	50	3N	<b>2:33.01</b>	9,00		36.07	39.60	40.80	36.54
2.	Karl Georg Klein	50	Sh	<b>2:52.26</b>	7,00		37.40	44.31	47.02	43.53
<b>45 - 49 ára</b>										
1.	Börkur Jónsson	47	Sh	<b>2:55.62</b>	9,00		41.63	44.85	46.33	42.81
<b>40 - 44 ára</b>										
1.	Guðmundur Björnsson	44	Sunddeild Breiðabliks	<b>2:43.41</b>	9,00		34.25	39.48	43.66	46.02

Sundgrein 21 kvenna, 100m fjórsund 20 - 84 ára  
4.5.2019 - 10:20 Úrslitalistar

GM 25 - 29: 1:04.10; 65 - 69: 1:57.47; 30 - 34: 1:11.11; 35 - 39: 1:16.21; 40 - 44: 1:11.97; 45 - 49: 1:21.13; 50 - 54: 1:25.82; 55 - 59: 1:35.28; 60 - 64: 1:43.95

Sæti	Aldur		Tími	Stig	50m	100m		
<b>70 - 74 ára</b>								
1.	Guðmunda Ólöf Jónasdóttir	70	UMSB	<b>2:03.57</b>	9,00	1:01.15	1:02.42	
<b>55 - 59 ára</b>								
1.	Ásta Þóra Ólafsdóttir	56	Sunddeild Breiðabliks	<b>1:31.46</b>	9,00	GM	45.44	46.02
<b>50 - 54 ára</b>								
1.	Þórdís Hrönn Pálsdóttir	53	Sunddeild Breiðabliks	<b>1:54.13</b>	9,00		56.18	57.95
2.	Sigrún Sól Ólafsdóttir	51	Sh	<b>2:12.87</b>	7,00		1:07.51	1:05.36
<b>45 - 49 ára</b>								
1.	Loa Birna Birgisdóttir	47	Sundfélagið Ægir	<b>1:26.93</b>	9,00		40.23	46.70
2.	Anna María Vilhjálmisdóttir	47	Sh	<b>1:50.81</b>	7,00		52.81	58.00

Opna Íslandsmót Garpa í sundi 2019  
Laugardalslaug 3. - 4. maí 2019

Sundgrein 21, kvenna, 100m fjórsund

40 - 44 ára

1. María Jónsdóttir 42 Sunddeild Breiðabliks **1:39.05** 9,00 47.73 51.32

35 - 39 ára

1. Kolbrún Hrafnkelsdóttir 36 Sh **1:20.85** 9,00 36.93 43.92  
2. Ingunn Eir Andrésdóttir 36 Austri **1:26.10** 7,00 41.12 44.98

25 - 29 ára

1. Þorbjörg Þorvaldsdóttir 29 Sh **1:31.65** 9,00 42.15 49.50  
2. Elísa Björg Björgvinsdóttir 28 Sh **1:39.38** 7,00 45.81 53.57

Sundgrein 22

karla, 100m fjórsund

20 - 84 ára

4.5.2019 - 10:25

Úrslitalistar

GM 25 - 29: 1:02.87; 65 - 69: 1:33.88; 70 - 74: 2:19.41; 30 - 34: 59.04; 35 - 39: 1:04.69; 40 - 44: 1:10.97; 45 - 49: 1:13.37; 50 - 54: 1:13.81; 55 - 59: 1:21.60; 60 - 64: 1:22.77

Sæti	Aldur		Tími	Stig		50m	100m
<b>70 - 74 ára</b>							
1.	Kári Geirlaugsson	70	ÍA	<b>1:35.36</b>	9,00 GM	46.85	48.51
<b>65 - 69 ára</b>							
1.	Guðjón Guðnason	65	Sh	<b>1:32.50</b>	9,00 GM	43.00	49.50
2.	Kári Kaaber	69	Sh	<b>1:49.10</b>	7,00	54.46	54.64
<b>60 - 64 ára</b>							
1.	Remi Spilliaert	61	Sundfélagið Ægir	<b>1:33.51</b>	9,00	44.86	48.65
2.	Einar Hauksson	61	Sunddeild Breiðabliks	<b>1:37.49</b>	7,00	48.30	49.19
<b>55 - 59 ára</b>							
1.	Guðni Guðnason	57	Sh	<b>1:26.06</b>	9,00	40.25	45.81
<b>50 - 54 ára</b>							
1.	Steinn Jóhannsson	51	Sh	<b>1:15.82</b>	9,00	35.84	39.98
2.	Jóhann Samsonarson	50	Sh	<b>1:21.49</b>	7,00	38.76	42.73
3.	Jón Viðar Magnússon	51	Sh	<b>1:27.99</b>	6,00	39.32	48.67
<b>45 - 49 ára</b>							
1.	Árni Rúnar Árnason	46	Sh	<b>1:21.14</b>	9,00	38.45	42.69
2.	Hálf dán Þorsteinsson	47	Sh	<b>1:46.72</b>	7,00	49.13	57.59
<b>40 - 44 ára</b>							
1.	Magnús Konráðsson	44	Sh	<b>1:04.13</b>	9,00 GM	29.60	34.53
2.	Albert Þór Kristjánsson	42	Sh	<b>1:13.08</b>	7,00	34.26	38.82
<b>30 - 34 ára</b>							
1.	Davíð Jónatansson	31	Sh	<b>1:12.75</b>	9,00	33.73	39.02
<b>25 - 29 ára</b>							
1.	Arkadiusz Przybyla	27	Sunddeild Breiðabliks	<b>1:12.06</b>	9,00	32.44	39.62
2.	Björgvin Guðmundur Björgvins27	27	Sh	<b>1:14.41</b>	7,00	34.07	40.34
3.	Alexander Árnason	27	Sh	<b>1:20.28</b>	6,00	36.45	43.83



Opna Íslandsmót Garpa í sundi 2019  
Laugardalslaug 3. - 4. maí 2019

Sundgrein 23  
4.5.2019 - 10:43

blandað, 4 x 50m fjórsund

ALDFL 100 og eldri  
Úrslitalistar

Sæti						Tími	Stig
ALDFL 240 - 279							
1.	Sh 3			Sh		<b>3:26.96</b>	18,00
	Ingibjörg Svala Ólafsdóttir	66	+0,88	58.48	Kári Kaaber	69	56.48
	Trausti Sveinbjörnsson	73	+0,55	50.91	Birna Jóhanna Ólafsdóttir	56	+0,85 41.09
2.	Sunddeild Breiðabliks 1			Sunddeild Breiðabliks		<b>3:36.55</b>	14,00
	Fríða Proppé	70		1:01.21	Einar Hauksson	61	+0,50 47.35
	Þorsteinn Ingi Víglundsson	57	+0,86	52.37	Brynja Guðmundsdóttir	64	55.62
ALDFL 200 - 239							
1.	Sundfélagið Ægir 1			Sundfélagið Ægir		<b>2:34.04</b>	18,00
	Loa Birna Birgisdóttir	47	+0,70	40.14	Remi Spilliaert	61	+0,72 39.47
	Bryndis Ernstdóttir	48		44.68	Finnbjörn Aðalheiðarson	50	+0,38 29.75
2.	Sh 4			Sh		<b>2:44.93</b>	14,00
	Jóhann Samsonarson	50	+0,65	38.16	Guðni Guðnason	57	+0,61 35.61
	Sigrún Sól Ólafsdóttir	51	+0,62	50.07	Anna María Vilhjálmsdóttir	47	+0,66 41.09
ALDFL 160 - 199							
1.	Sh 2			Sh		<b>2:37.94</b>	18,00
	Jón Viðar Magnússon	51	+0,78	1:31.27	Árni Rúnar Árnason	46	+0,44
	Elísa Björg Björgvinsdóttir	28	+0,62	33.56	Kolbrún Hrafnkelsdóttir	36	
ALDFL 120 - 159							
1.	Sunddeild Breiðabliks 2			Sunddeild Breiðabliks		<b>2:36.60</b>	18,00
	María Jónsdóttir	42	+0,88	49.15	Arkadiusz Przybyla	27	+0,24 30.08
	Hákon Jónsson	34	+0,31	35.11	Anna Margrét Hraundal	42	42.26
ALDFL 100 - 119							
1.	Sh 1			Sh		<b>2:27.23</b>	18,00
	Erla Arnardóttir	29	+0,70	40.97	Davíð Jónatansson	31	+0,32 29.83
	Þorbjörg Þorvaldsdóttir	29	+0,67	47.08	Björgvin Guðmundur Björgvinsson	27	+0,45 29.35

Opna Íslandsmót Garpa í sundi 2019  
Laugardalslaug 3. - 4. maí 2019

3 - laugardagur, 4. maí 2019

4.5.2019 - 15:00

Sundgrein 24 karla, 200m fjórsund 20 - 84 ára  
4.5.2019 - 15:00 Úrslitalistar

GM 25 - 29: 2:23.39; 30 - 34: 2:29.91; 35 - 39: 2:22.62; 40 - 44: 2:30.79; 45 - 49: 2:37.33; 50 - 54: 2:40.58; 55 - 59: 3:07.35; 60 - 64: 3:19.85

Sæti	Aldur		Tími	Stig	50m	100m	150m	200m
60 - 64 ára								
1.	Remi Spilliaert	61	Sundfélagið Ægir	<b>3:22.43</b>	9,00			
55 - 59 ára								
1.	Guðni Guðnason	57	Sh	<b>3:10.45</b>	9,00			
50 - 54 ára								
1.	Steinn Jóhannsson	51	Sh	<b>2:40.25</b>	9,00	GM		
40 - 44 ára								
1.	Albert Þór Kristjánsson	42	Sh	<b>2:50.21</b>	9,00			
25 - 29 ára								
1.	Gunnar Egill Benonýsson	26	Sunddeild Breiðabliks	<b>2:48.06</b>	9,00			

Sundgrein 25 kvenna, 200m fjórsund 20 - 84 ára  
4.5.2019 - 15:04 Úrslitalistar

GM 25 - 29: 2:29.14; 30 - 34: 2:58.89; 35 - 39: 2:57.32; 40 - 44: 2:50.67; 45 - 49: 3:04.60; 50 - 54: 3:15.02; 60 - 64: 4:00.41

Sæti	Aldur		Tími	Stig	50m	100m	150m	200m	
55 - 59 ára									
1.	Ásta Þóra Ólafsdóttir	56	Sunddeild Breiðabliks	<b>3:23.38</b>	9,00	49.78	54.52	53.90	45.18
50 - 54 ára									
1.	Þórdís Hrönn Pálsdóttir	53	Sunddeild Breiðabliks	<b>3:59.51</b>	9,00	56.84	1:05.61	1:05.53	51.53
45 - 49 ára									
1.	Loa Birna Birgisdóttir	47	Sundfélagið Ægir	<b>3:08.18</b>	9,00	41.29	46.52	57.15	43.22
25 - 29 ára									
1.	Þorbjörg Þorvaldsdóttir	29	Sh	<b>3:16.32</b>	9,00	42.49	50.64	55.93	47.26

Opna Íslandsmót Garpa í sundi 2019  
Laugardalslaug 3. - 4. maí 2019

Sundgrein 26 karla, 50m baksund 20 - 84 ára  
4.5.2019 - 15:09 Úrslitalistar

GM 25 - 29: 28.08; 65 - 69: 43.54; 70 - 74: 47.36; 30 - 34: 30.94; 35 - 39: 29.56; 40 - 44: 29.44; 45 - 49: 34.10; 50 - 54: 35.54; 55 - 59: 38.86; 60 - 64: 41.65

Sæti	Aldur	Tími	Stig
<b>70 - 74 ára</b>			
1. Kári Geirlaugsson	70 ÍA	<b>44.06</b>	9,00 GM
2. Jón Guðmundsson	70 Sh	<b>1:02.01</b>	7,00
3. Þorsteinn Ingimundarsson	73 Sh	<b>1:41.02</b>	6,00
<b>65 - 69 ára</b>			
1. Magnús Sigurðsson	66 Sundfélagið Ægir	<b>50.42</b>	9,00
<b>60 - 64 ára</b>			
1. Remi Spilliaert	61 Sundfélagið Ægir	<b>49.00</b>	9,00
<b>55 - 59 ára</b>			
1. Guðni Guðnason	57 Sh	<b>39.23</b>	9,00
<b>50 - 54 ára</b>			
1. Jón Viðar Magnússon	51 Sh	<b>37.93</b>	9,00
2. Jóhann Samsonarson	50 Sh	<b>38.37</b>	7,00
3. Karl Georg Klein	50 Sh	<b>48.15</b>	6,00
<b>45 - 49 ára</b>			
1. Árni Rúnar Árnason	46 Sh	<b>38.63</b>	9,00
<b>40 - 44 ára</b>			
1. Jósef Þeyr Sigmundsson	40 Sh	<b>36.96</b>	9,00
2. Albert Þór Kristjánsson	42 Sh	<b>37.80</b>	7,00
<b>35 - 39 ára</b>			
1. Guðmundur Sveinn Hafþórsson	39 Sundfélagið Ægir	<b>30.51</b>	9,00
<b>25 - 29 ára</b>			
1. Gunnar Egill Benonýsson	26 Sunddeild Breiðabliks	<b>34.85</b>	9,00
2. Alexander Árnason	27 Sh	<b>38.10</b>	7,00

Sundgrein 27 kvenna, 50m baksund 20 - 84 ára  
4.5.2019 - 15:15 Úrslitalistar

GM 25 - 29: 29.09; 80 - 84: 2:03.34; 65 - 69: 54.44; 30 - 34: 33.55; 35 - 39: 34.69; 40 - 44: 34.13; 45 - 49: 37.90; 50 - 54: 41.33; 55 - 59: 46.18; 60 - 64: 49.45

Sæti	Aldur	Tími	Stig
<b>70 - 74 ára</b>			
1. Guðmunda Ólöf Jónasdóttir	70 UMSB	<b>56.49</b>	9,00
2. Fríða Proppé	70 Sunddeild Breiðabliks	<b>1:01.58</b>	7,00

Opna Íslandsmót Garpa í sundi 2019  
Laugardalslaug 3. - 4. maí 2019

Sundgrein 27, kvenna, 50m baksund

65 - 69 ára

1. Ingibjörg Svala Ólafsdóttir 66 Sh **55.60** 9,00

50 - 54 ára

1. Úlfhildur Haraldsdóttir 52 Sunddeild Breiðabliks **1:29.20** 9,00

45 - 49 ára

1. Pálína Björnsdóttir 48 Sundfélagið Ægir **38.01** 9,00  
2. Loa Birna Birgisdóttir 47 Sundfélagið Ægir **39.77** 7,00  
3. Margrét J. Magnúsdóttir 48 Sunddeild Breiðabliks **43.60** 6,00  
4. Anna María Vilhjálmsdóttir 47 Sh **55.53** 5,00

40 - 44 ára

1. María Jónsdóttir 42 Sunddeild Breiðabliks **49.07** 9,00

25 - 29 ára

1. Erla Arnardóttir 29 Sh **39.51** 9,00

Sundgrein 28

karla, 200m bringusund

20 - 84 ára

4.5.2019 - 15:32

Úrslitalistar

GM 25 - 29: 2:35.22; 80 - 84: 5:07.91; 65 - 69: 3:24.96; 70 - 74: 3:45.59; 75 - 79: 4:16.72; 30 - 34: 2:48.35; 35 - 39: 2:49.07; 40 - 44: 2:38.05; 45 - 49: 2:56.16; 50 - 54: 3:01.92; 55 - 59: 3:12.89; 60 - 64: 3:17.66

Sæti	Aldur		Tími Stigi	50m	100m	150m	200m	
<b>70 - 74 ára</b>								
1.	Jón Guðmundsson	70	Sh	<b>5:09.17</b> 9,00	1:09.75	1:19.86	1:24.93	1:14.63
<b>65 - 69 ára</b>								
1.	Kári Kaaber	69	Sh	<b>3:32.12</b> 9,00	48.57	54.83	56.01	52.71
<b>60 - 64 ára</b>								
1.	Remi Spilliaert	61	Sundfélagið Ægir	<b>3:42.87</b> 9,00	49.69	57.26	59.21	56.71
2.	Björgvin Björgvinsson	64	Sh	<b>4:12.52</b> 7,00	56.01	1:04.00	1:06.61	1:05.90
<b>50 - 54 ára</b>								
1.	Steinn Jóhannsson	51	Sh	<b>2:57.97</b> 9,00 GM	41.69	44.99	45.94	45.35
<b>45 - 49 ára</b>								
1.	Börkur Jónsson	47	Sh	<b>3:33.35</b> 9,00	48.18	54.97	55.84	54.36
<b>40 - 44 ára</b>								
1.	Jósef Þeyr Sigmundsson	40	Sh	<b>3:07.06</b> 9,00	41.26	47.00	49.38	49.42
2.	Guðmundur Björnsson	44	Sunddeild Breiðabliks	<b>3:19.07</b> 7,00	43.34	48.76	52.29	54.68
<b>30 - 34 ára</b>								
1.	Hákon Jónsson	34	Sunddeild Breiðabliks	<b>2:53.86</b> 9,00	40.53	43.97	45.16	44.20

Opna Íslandsmót Garpa í sundi 2019  
Laugardalslaug 3. - 4. maí 2019

Sundgrein 28, karla, 200m bringusund

25 - 29 ára

1. Fabien Bader	27	Esslingen	<b>2:50.10</b>	9,00	39.27	43.16	44.33	43.34
2. Gunnar Egill Benonýsson	26	Sunddeild Breiðabliks	<b>3:14.48</b>	7,00	41.95	48.92	51.60	52.01

Sundgrein 29

kvenna, 200m bringusund

20 - 84 ára

4.5.2019 - 15:41

Úrslitalistar

GM 25 - 29: 2:37.84; 65 - 69: 4:32.69; 30 - 34: 3:12.53; 35 - 39: 3:07.44; 40 - 44: 3:22.43; 45 - 49: 3:23.53; 50 - 54: 3:25.61; 55 - 59: 3:43.43; 60 - 64: 4:20.57

Sæti	Aldur		Tími	Stig	50m	100m	150m	200m		
70 - 74 ára										
1.	Guðmunda Ólöf Jónasdóttir	70	UMSB	<b>4:36.64</b>	9,00	1:03.67	1:10.24	1:12.34	1:10.39	
55 - 59 ára										
1.	Birna Jóhanna Ólafsdóttir	56	Sh	<b>3:41.03</b>	9,00	GM	51.26	56.62	57.17	55.98
50 - 54 ára										
1.	Sigrún Sól Ólafsdóttir	51	Sh	<b>4:19.08</b>	9,00		57.67	1:07.94	1:08.02	1:05.45
45 - 49 ára										
1.	Bryndis Ernstdóttir	48	Sundfélagið Ægir	<b>3:28.76</b>	9,00		46.87	52.80	54.09	55.00
40 - 44 ára										
1.	Anna Margrét Hraundal	42	Sunddeild Breiðabliks	<b>3:44.18</b>	9,00		52.19	57.91	58.15	55.93

Sundgrein 30

karla, 100m skriðsund

20 - 84 ára

4.5.2019 - 15:47

Úrslitalistar

GM 25 - 29: 53.63; 80 - 84: 1:51.88; 65 - 69: 1:15.45; 70 - 74: 1:25.57; 75 - 79: 1:44.48; 30 - 34: 52.86; 35 - 39: 57.01; 40 - 44: 59.73; 45 - 49: 1:03.30; 50 - 54: 1:05.27; 55 - 59: 1:08.16; 60 - 64: 1:11.81

Sæti	Aldur		Tími	Stig	50m	100m		
70 - 74 ára								
1.	Kári Geirlaugsson	70	ÍA	<b>1:16.12</b>	9,00	GM	38.10	38.02
2.	Jón Guðmundsson	70	Sh	<b>1:51.67</b>	7,00		53.61	58.06
3.	Þorsteinn Ingimundarsson	73	Sh	<b>3:03.67</b>	6,00		1:24.69	1:38.98
65 - 69 ára								
1.	Örn Geirsson	65	Sundfélagið Ægir	<b>1:19.77</b>	9,00		37.70	42.07
2.	Sigurbjörn Einarsson	67	Sundfélagið Ægir	<b>1:22.68</b>	7,00		39.41	43.27
3.	Magnús Sigurðsson	66	Sundfélagið Ægir	<b>1:29.49</b>	6,00		43.01	46.48
60 - 64 ára								
1.	Remi Spilliaert	61	Sundfélagið Ægir	<b>1:13.92</b>	9,00		35.36	38.56
2.	Einar Hauksson	61	Sunddeild Breiðabliks	<b>1:15.56</b>	7,00		34.56	41.00
55 - 59 ára								
1.	Guðni Guðnason	57	Sh	<b>1:10.77</b>	9,00		34.03	36.74
2.	Þorsteinn Ingi Víglundsson	57	Sunddeild Breiðabliks	<b>1:33.81</b>	7,00		43.16	50.65

Opna Íslandsmót Garpa í sundi 2019  
Laugardalslaug 3. - 4. maí 2019

Sundgrein 30, karla, 100m skriðsund

50 - 54 ára

1.	Borgar Þór Bragason	50	3N	<b>1:06.17</b>	9,00	32.22	33.95
2.	Steinn Jóhannsson	51	Sh	<b>1:08.56</b>	7,00	33.77	34.79
3.	Jóhann Samsonarson	50	Sh	<b>1:10.81</b>	6,00	32.91	37.90
4.	Jón Viðar Magnússon	51	Sh	<b>1:15.31</b>	5,00	34.58	40.73
ÓG.	Karl Georg Klein	50	Sh	<b>1:23.21</b>	-	35.05	48.16

G2 - Starting before the start signal (SW 4.4)

45 - 49 ára

1.	Börkur Jónsson	47	Sh	<b>1:16.80</b>	9,00	37.99	38.81
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40 - 44 ára

1.	Guðmundur Björnsson	44	Sunddeild Breiðabliks	<b>1:13.93</b>	9,00	34.66	39.27
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30 - 34 ára

1.	Hlynur Skagfjörð Sigurðsson	32	Sh	<b>1:12.03</b>	9,00	34.45	37.58
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25 - 29 ára

1.	Gunnar Egill Benonýsson	26	Sunddeild Breiðabliks	<b>1:01.59</b>	9,00	28.78	32.81
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Sundgrein 31

kvenna, 100m skriðsund

20 - 84 ára

4.5.2019 - 16:02

Úrslitalistar

GM 25 - 29: 59.43; 65 - 69: 1:41.68; 70 - 74: 2:12.94; 30 - 34: 1:09.86; 35 - 39: 1:07.18; 40 - 44: 1:06.24; 45 - 49: 1:07.54; 50 - 54: 1:14.35; 55 - 59: 1:20.36; 60 - 64: 1:30.06

Sæti	Aldur		Tími	Stig		50m	100m
<b>70 - 74 ára</b>							
1.	Guðmunda Ólöf Jónasdóttir	70	UMSB	<b>1:40.73</b>	9,00	GM	47.70 53.03
2.	Fríða Proppé	70	Sunddeild Breiðabliks	<b>1:45.59</b>	7,00	GM	48.42 57.17
3.	Sigurbjörg Sigurpáldóttir	74	Fjölpir	<b>2:05.46</b>	6,00	GM	56.10 1:09.36
<b>65 - 69 ára</b>							
1.	Björg H. Kristófersdóttir	67	UMSB	<b>1:42.81</b>	9,00		47.31 55.50
2.	Ingibjörg Svala Ólafsdóttir	66	Sh	<b>2:05.99</b>	7,00		57.46 1:08.53
<b>60 - 64 ára</b>							
1.	Sólbjörg Gunnbjörnsdóttir	60	3N	<b>1:30.97</b>	9,00		43.09 47.88
2.	Brynja Guðmundsdóttir	64	Sunddeild Breiðabliks	<b>2:20.99</b>	7,00		1:01.59 1:19.40
<b>55 - 59 ára</b>							
1.	Ásta Þóra Ólafsdóttir	56	Sunddeild Breiðabliks	<b>1:17.76</b>	9,00	GM	37.68 40.08
2.	Birna Jóhanna Ólafsdóttir	56	Sh	<b>1:30.22</b>	7,00		43.69 46.53
<b>50 - 54 ára</b>							
1.	Þórdís Hrönn Pálsdóttir	53	Sunddeild Breiðabliks	<b>1:34.80</b>	9,00		44.35 50.45
2.	Úlfhildur Haraldsdóttir	52	Sunddeild Breiðabliks	<b>2:02.36</b>	7,00		58.65 1:03.71
ÓG.	Sigrún Sól Ólafsdóttir	51	Sh	<b>1:51.84</b>	-		53.15 58.69

G2 - Starting before the start signal (SW 4.4)

Opna Íslandsmót Garpa í sundi 2019  
Laugardalslaug 3. - 4. maí 2019

Sundgrein 31, kvenna, 100m skriðsund

45 - 49 ára

1. Pálína Björnsdóttir 48 Sundfélagið Ægir **1:09.29** 9,00 32.90 36.39

40 - 44 ára

1. María Jónsdóttir 42 Sunddeild Breiðabliks **1:25.70** 9,00 41.17 44.53  
2. Anna Margrét Hraundal 42 Sunddeild Breiðabliks **1:37.98** 7,00 46.79 51.19

35 - 39 ára

1. Ingunn Eir Andrésdóttir 36 Austri **1:14.23** 9,00 34.95 39.28

25 - 29 ára

1. Þorbjörg Þorvaldsdóttir 29 Sh **1:19.79** 9,00 37.68 42.11

Sundgrein 32

karla, 4 x 50m fjórsund

ALDFL 100 og eldri

4.5.2019 - 16:23

Úrslitalistar

Sæti						Tími	Stig
ALDFL 280 og eldri							
1.	Sh 3		Sh			<b>4:21.23</b>	18,00
	Jón Guðmundsson	70	+0,75	1:06.66	Kári Kaaber	69	+0,86 56.26
	Trausti Sveinbjörnsson	73	+0,89	51.67	Þorsteinn Ingimundarsson	73	1:26.64
ALDFL 240 - 279							
1.	Sundfélagið Ægir 1			Sundfélagið Ægir		<b>2:56.30</b>	18,00
	Magnús Sigurðsson	66	+0,76	51.40	Remi Spilliaert	61	+0,71 39.77
	Örn Geirsson	65	+0,99	47.99	Sigurbjörn Einarsson	67	+0,51 37.14
ALDFL 200 - 239							
1.	Sh 2			Sh		<b>2:26.34</b>	18,00
	Jón Viðar Magnússon	51	+0,75	40.84	Steinn Jóhannsson	51	+0,49 34.50
	Jóhann Samsonarson	50	+0,47	39.87	Karl Georg Klein	50	+0,62 31.13
ALDFL 160 - 199							
1.	Sh 1			Sh		<b>2:25.55</b>	18,00
	Jósef Þeyr Sigmundsson	40	+0,75	36.11	Albert Þór Kristjánsson	42	+0,60 31.15
	Hlynur Skagfjörð Sigurðsson	32	+0,65	45.17	Börkur Jónsson	47	+0,57 33.12
ALDFL 120 - 159							
1.	Sunddeild Breiðabliks 1			Sunddeild Breiðabliks		<b>2:12.94</b>	18,00
	Arkadiusz Przybyla	27	+0,78	34.86	Gunnar Egill Benonýsson	26	+0,27 30.74
	Hákon Jónsson	34	+0,40	35.77	Guðmundur Björnsson	44	+0,12 31.57

Opna Íslandsmót Garpa í sundi 2019  
Laugardalslaug 3. - 4. maí 2019

Sundgrein 33  
4.5.2019 - 16:29

kvenna, 4 x 50m fjórsund

ALDFL 100 og eldri  
Úrslitalistar

Sæti					Tími	Stig
ALDFL 240 - 279						
1.	Sunddeild Breiðabliks 1			Sunddeild Breiðabliks	<b>3:32.33</b>	18,00
	Þórdís Hrönn Pálsdóttir	53	+0,80	54.45	Ásta Þóra Ólafsdóttir	56 +0,70 44.66
	Brynja Guðmundsdóttir	64	+0,94	1:04.99	Fríða Proppé	70 +0,54 48.23
ALDFL 160 - 199						
1.	Sundfélagið Ægir 1			Sundfélagið Ægir	<b>2:41.80</b>	18,00
	Pálína Björnsdóttir	48	+0,72	39.34	Loa Birna Birgisdóttir	47 +0,81 38.90
	Bryndis Ernstdóttir	48		45.50	Þórunn Guðmundsdóttir	50 +0,32 38.06
2.	Sh 1			Sh	<b>2:51.05</b>	14,00
	Erla Arnardóttir	29	+0,69	39.41	Þorbjörg Þorvaldsdóttir	29 +0,61 41.63
	Birna Jóhanna Ólafsdóttir	56	+0,68	49.35	Anna María Vilhjálmsdóttir	47 +0,49 40.66
3.	Sunddeild Breiðabliks 2			Sunddeild Breiðabliks	<b>3:14.29</b>	12,00
	Margrét J. Magnúsdóttir	48	+0,67	43.62	María Jónsdóttir	42 +0,73 46.92
	Anna Margrét Hraundal	42	+0,90	49.07	Úlfhildur Haraldsdóttir	52 54.68
ALDFL 120 - 159						
1.	Sh 2			Sh	<b>2:34.15</b>	18,00
	Kolbrún Hrafnkelsdóttir	36	+0,80	38.72	Klara Sveinsdóttir	37 +0,73 41.43
	Sunna Björg Helgadóttir	36	+0,65	41.10	Lára Hrund Bjargadóttir	38 +0,52 32.90