

Íslandsmeistaramótið í 25m laug  
Hafnarfjörður, 18. - 20.11.2022

Sundgrein 1 kvenna, 100m fjórsund Opinn  
18.11.2022 - 9:30 Keppendalisti Undanrásir

Íslandsmet	1:00.31	Hrafnhildur Luthersdóttir	SH	Windsor (CAN)	08.12.2016
Unglingamet	1:02.00	Eygló Ósk Gústafsdóttir	AEGIR	Laugardalslaug	10.11.2011
Aldursflokkamet	1:06.16	Vala Dís Cicero	SH	Hafnarfjoerdur	29.10.2022

A-Landslið : 1:03.53 / Úrvalshópur 19: 1:04.12; 18: 1:04.71; 17: 1:05.29 / Unglingalandslið 16: 1:05.76; 15: 1:06.63; 14: 1:07.49

Entry time conversion: Linear conversion by percent (2%)

		F.ár							
1	Eva Margrét Falsdóttir	05	IRB	1:05.06	13	Margrét Anna L.	09	BREI	1:12.87
2	Vala Dís Cicero	08	SH	1:06.16	14	Þóra Snorradóttir	03	ODINN	1:13.27
3	Sunna Arnfinnsdóttir	07	AEGIR	1:06.39	15	Naomí Arnarsdóttir	07	ODINN	1:14.94
4	Birgitta Ingólfssdóttir	05	SH	1:07.31	16	Embla Dögg Helgadóttir	08	AEGIR	1:15.88
5	Ylfa Lind Kristmannsdóttir	08	ARM	1:08.66	17	Halldóra Björt I.	08	BREI	1:15.90
6	Guðbjörg Bjartey G.	05	ÍA	1:08.82	18	Hekla Kristrún Mist A.	06	KR	1:16.09
7	Svava Bjoerg Larusdottir	03	FJOL	1:09.66	19	Auguste Balciunaite	11	SH	1:17.13
8	Herdis Birna Viggósdóttir	04	UMFA	1:10.27	20	Halla Rún Fannarsdóttir	08	ODINN	1:17.73
9	Katla Mist Bragadóttir	07	ARM	1:10.98	21	Sandra Rut Fannarsdóttir	06	ODINN	1:18.10
10	Ásdís Gunnarsdóttir	08	UMFA	1:11.00	22	Katrín Tinna Andrésdóttir	06	STAR	1:18.25
11	Ylfa Ásgerður Eyjólfssdóttir	06	AEGIR	1:11.03	23	Viktoría Emília Orlita	09	ÍA	1:20.27
12	Maja Lind Cicero	05	SH	1:11.64	24	Emelía Ýr S14 Gunnarsdóttir	05	FJÖRD	1:26.37

Sundgrein 2 karla, 100m fjórsund Opinn  
18.11.2022 - 9:36 Keppendalisti Undanrásir

Íslandsmet	53.85	Kristinn Þórarinsson	IBR	Hafnarfjoerdur	08.11.2019
Unglingamet	55.99	Kristinn Þórarinsson	IBR	Hafnarfjordur	16.11.2014
Aldursflokkamet	58.52	Birnir Freyr Hálfðánarsson	SH	Hafnarfjoerdur	12.11.2021

A-Landslið : 56.42 / Úrvalshópur 20: 56.85; 19: 57.28; 18: 57.70 / Unglingalandslið 17: 58.13; 16: 59.01; 15: 1:00.02

Entry time conversion: Linear conversion by percent (2%)

		F.ár							
1	Birnir Freyr Hálfðánarsson	06	SH	56.94	8	Dominic Daði Wheeler	07	BREI	1:06.33
2	Daði Björnsson	04	SH	57.55	9	Sveinn Elí Helgason	04	AEGIR	1:07.22
3	Einar Margeir Ágústsson	05	ÍA	58.80	10	Jón Ingi Halldórsson	04	BREI	1:07.50
4	Aron Bjarki Pétursson	01	SH	59.68	11	Halldór Björn Kristinsson	02	KR	1:08.48
5	Alexander Logi Jónsson	04	IRB	1:00.68	12	Snævar Örn K.	06	ÍFR	1:11.12
6	Ingvar Orri Jóhannesson	04	UMFA	1:02.35	13	Hjörtur Ingvarsson S5	95	FJÖRD	1:49.78
7	Guðbjarni Sigþórsson	06	ÍA	1:05.65					

Sundgrein 3 kvenna, 400m skriðsund Opinn  
18.11.2022 - 9:42 Keppendalisti Undanrásir

Íslandsmet	4:11.61	Inga Elín Cryer	IA	Doha (QAT)	05.12.2014
Unglingamet	4:14.60	Sunneva Dögg Robertson	IRB	Hafnarfjordur	13.11.2015
Aldursflokkamet	4:21.52	Harpa Ingþórsdóttir	SH	Upplands Vaesby (SWE)	14.12.2014

NM-A 17 +: 4:21.47; 14 - 16: 4:28.18 / NM-B 17 +: 4:25.45; 14 - 16: 4:32.26 / A-Landslið : 4:23.00 / Úrvalshópur 19: 4:25.45; 18: 4:27.89; 17: 4:30.31 / Unglingalandslið 16: 4:32.26; 15: 4:35.84; 14: 4:39.41 / Framtíðarhópur 13: 4:45.36; 12: 4:54.64; 11: 5:11.89

Entry time conversion: Linear conversion by percent (2%)

		F.ár							
1	Freyja Birkisdóttir	06	BREI	4:20.10	14	Tinna Karen Sigurðardóttir	08	SH	4:54.46
2	Sunneva Bergmann Á.	07	IRB	4:28.43	15	Nicole Jóna Jóhannsdóttir	08	SH	4:56.41
3	Katja Lilja Andriysdóttir	06	SH	4:30.35	16	Halldóra Björt I.	08	BREI	4:58.00
4	Sólveig Freyja Hákonardóttir	09	BREI	4:34.99	17	Júlía Pálmadóttir	07	BREI	5:00.65
5	Nadja Djurovic	07	BREI	4:36.23	18	Áslaug Margrét Alfreðsdóttir	08	BREI	5:05.22
6	Katla María Brynjarsdóttir	07	IRB	4:39.15	19	Hugrún Guðmundsdóttir	08	FJOL	5:06.08
7	Ásdís Steindórsdóttir	09	BREI	4:39.32	20	Júlía Líf Gunnsteinsdóttir	04	STAR	5:10.48
8	Diljá Dröfn Jóhannesdóttir	03	SH	4:40.17	21	Kristín Ásta Sigtryggisdóttir	09	AEGIR	5:13.14
9	Hulda Björg M.	08	AEGIR	4:46.12	22	Rebekka Rún Magnúsdóttir	08	SH	5:20.55
10	Katrín Lóa Ingadóttir	08	ARM	4:46.30	23	Pórey Ísafold Magnúsdóttir	99	KR	5:26.16
11	Svava Bjoerg Larusdottir	03	FJOL	4:46.50	24	Anna Rósa Þrastardóttir S14	04	FJÖRD	5:27.55
12	Helga Sigurlaug Helgadóttir	07	SH	4:47.21	25	Thelma Björnsdóttir S6 Sb5	96	ÍFR	6:21.69
13	Elisa Björnsdóttir	05	AEGIR	4:51.90	ÚRskr.	Helena Rún Gylfadóttir	03	ARM	5:04.97

Íslandsmeistaramótið í 25m laug  
Hafnarfjörður, 18. - 20.11.2022

Sundgrein 4

karla, 400m skriðsund

Opinn

18.11.2022 - 10:07

Keppendalisti Undanrásir

Íslandsmet	3:47.83	Anton Sveinn McKee	AE G I R	Istanbul (TUR)	14.12.2012
Unglingamet	3:52.06	Anton Sveinn McKee	AE G I R	Laugardalslaug	11.12.2011
Aldursflokkamet	3:58.29	Örn Arnarson	S H	Vestmannaeyjar	01.03.1997

NM-A 18 +: 3:55.18; 15 - 17: 4:00.48 / NM-B 18 +: 3:58.76; 15 - 17: 4:04.14 / A-Landslið : 3:56.96 / Úrvalshópur 20: 3:58.76; 19: 4:00.54; 18: 4:02.34 / Unglingalandslið 17: 4:04.14; 16: 4:07.84; 15: 4:12.06 / Framtíðarhópur 14: 4:19.97; 13: 4:30.21; 12: 4:45.66

Entry time conversion: Linear conversion by percent (2%)

F.ár

1	Veigar Hrafn Sigbórsson	05	S H	4:00.05	12	Karl Björnsson	08	S H	4:25.84
2	Birnir Freyr Hálfðánarsson	06	S H	4:00.15	13	Július Arnarsson	06	K R	4:27.41
3	Enrique Snær L.	02	ÍA	4:03.08	14	Guðmundur Halldórsson	04	B R E I	4:27.64
4	Guðmundur Karl Karlsson	05	B R E I	4:05.22	15	Andri Már Kristjánsson	06	S H	4:31.60
5	Björn Yngvi Guðmundsson	07	S H	4:07.71	16	Oliver Kaldal	07	AE G I R	4:33.42
6	Bartosz Henke	05	S H	4:07.72	17	Birgir Hrafn Kjartansson	08	AE G I R	4:34.10
7	Hólmar Grétarsson	08	S H	4:13.51	18	Árni Þór Pálmason	09	I R B	4:40.51
8	Sigurður Haukur Birgisson	06	A R M	4:21.02	19	Hringur Birgir Kristinsson	04	K R	4:40.97
9	Denas Kazulis	08	I R B	4:22.32	20	Adam Leó Tómasson	07	S H	4:45.28
10	Arnór Egill Einarsson	07	S H	4:22.50	21	Arnar Milos Arnbjörnsson	08	I R B	4:53.03
11	Daði Þór Friðriksson	07	S H	4:25.43	22	Kristján Helgi Jóhannsson	02	K R	5:13.19

Sundgrein 5

kvenna, 50m baksund

Opinn

18.11.2022 - 10:24

Keppendalisti Undanrásir

Íslandsmet	27.40	Eygló Ósk Gústafsdóttir	AE G I R	Windsor (CAN)	07.12.2016
Unglingamet	28.23	Eygló Ósk Gústafsdóttir	AE G I R	Laugardalslaug	10.12.2011
Aldursflokkamet	30.04	Eygló Ósk Gústafsdóttir	AE G I R	Reykjavík	21.11.2009

NM-A 17 +: 28.39; 14 - 16: 28.39 / NM-B 17 +: 28.82; 14 - 16: 28.82 / A-Landslið : 28.55 / Úrvalshópur 19: 28.82; 18: 29.08; 17: 29.35 / Unglingalandslið 16: 29.56; 15: 29.95; 14: 30.33

Entry time conversion: Linear conversion by percent (2%)

F.ár

1	Steingerður Hauksdóttir	96	S H	28.09	13	Dagmar Arna Sigurðardóttir	09	S H	34.08
2	Birgitta Ingólfssdóttir	05	S H	30.13	14	Katrín Ósk Aðalsteinsdóttir	09	S H	35.12
3	Ylfa Lind Kristmannsdóttir	08	A R M	30.63	15	Ingibjörg Svava M.	05	ÍA	34.59
4	Þóra Snorradóttir	03	O D I N N	30.71	16	Ingibjörg Anna Skúladóttir	06	U M F B	36.53
5	Ástrós Lovísa Hauksdóttir	08	I R B	31.18	17	Eydís Birta Ingólfssdóttir	05	U M F B	36.02
6	Sunna Arnfinnsdóttir	07	AE G I R	31.43	18	Bergþóra Sól Hálfðánsdóttir	06	I R B	36.39
7	Ylfa Ásgerður Eyjólfssdóttir	06	AE G I R	31.45	19	Kolbrún Hilda Gunnarsdóttir	06	K R	37.52
8	Dagbjörg Hlíf Ólafsdóttir	05	S H	31.47	20	Herdís Rut G.	04	F J Ö R D	38.45
9	Ragnheiður Ásta M.	07	B R E I	31.71	21	Sigríður Aníta R.	01	Í F R	39.72
10	Athena Líf Þrastardóttir	07	I R B	32.63	22	Sigrún S16 Kjartansdóttir	03	F J Ö R D	56.16
11	Rán Björnsdóttir	05	AE G I R	33.48	23	Sonja Sigurðardóttir S4SB	90	Í F R	1:05.76
12	Helga Sigurlaug Helgadóttir	07	S H	33.75	Ú R s k r .	Karen Káradóttir	06	ÍA	34.35

Sundgrein 6

karla, 100m flugsund

Opinn

18.11.2022 - 10:29

Keppendalisti Undanrásir

Íslandsmet	52.53	Örn Arnarson	S H	Debrecen (HUN)	13.12.2007
Unglingamet	53.59	Sindri Þór Jakobsson	I R B	Stockholm (SWE)	11.11.2009
Aldursflokkamet	54.94	Birnir Freyr Hálfðánarsson	S H	Hafnarfjoerdur	12.11.2021

NM-A 18 +: 53.45; 15 - 17: 54.66 / NM-B 18 +: 54.27; 15 - 17: 55.49 / A-Landslið : 53.86 / Úrvalshópur 20: 54.27; 19: 54.67; 18: 55.08 / Unglingalandslið 17: 55.49; 16: 56.33; 15: 57.29 / Framtíðarhópur 14: 59.09; 13: 1:01.41; 12: 1:04.92

Entry time conversion: Linear conversion by percent (2%)

F.ár

1	Simon Elías Statkevicius	03	S H	53.92	9	Hilmir Snær L.	03	S H	1:02.99
2	Birnir Freyr Hálfðánarsson	06	S H	54.94	10	Dominic Daði Wheeler	07	B R E I	1:03.46
3	Fannar Snævar Hauksson	04	I R B	55.66	11	Benedikt Kári Theódórsson	07	S H	1:03.50
4	Róbert Ísak Jónsson	01	S H	58.93	12	Hálfðán Artúr Róbertsson	05	U M F B	1:04.24
5	Kacper Kogut	06	B R E I	1:00.78	13	Alex Benjamín Bjarnason	04	ÍA	1:04.67
6	Daníel Lúkas Tómasson	04	S H	1:00.97	14	Snævar Örn K.	06	Í F R	1:05.71
7	Alexander Logi Jónsson	04	I R B	1:01.60	15	Hrafn Sverrisson	05	A R M	1:06.58
8	Þróstur Ingi Gunnsteinsson	06	A R M	1:02.98					

Íslandsmeistaramótið í 25m laug  
Hafnarfjörður, 18. - 20.11.2022

Sundgrein 7 kvenna, 200m flugsund Opinn  
18.11.2022 - 10:35 Keppendalisti Undanrásir

Íslandsmet	2:12.95	Inga Elín Cryer	IA	Netanya (ISR)	04.12.2015
Unglingamet	2:16.90	Jóhanna Júlía Júlíusdóttir	IRB	Hafnarfjoerdur	16.11.2012
Aldursflokkamet	2:18.77	Salome Jónsdóttir	IA	Reykjavik	20.11.2009

NM-A 17 +: 2:16.42; 14 - 16: 2:19.92 / NM-B 17 +: 2:18.50; 14 - 16: 2:22.06 / A-Landslið : 2:17.23 / Úrvalshópur 19: 2:18.50;  
18: 2:19.78; 17: 2:21.04 / Unglingalandslið 16: 2:22.06; 15: 2:23.92; 14: 2:25.79 / Framtíðarhópur 13: 2:28.89; 12: 2:33.73;  
11: 2:42.74

Entry time conversion: Linear conversion by percent (2%)

F.ár

1 Kristín Helga Hákonardóttir	04	SH	2:19.90	5 Diljá Dröfn Jóhannesdóttir	03	SH	2:42.65
2 Elísabet Arnoddsdóttir	09	IRB	2:32.17	6 Sandra Rut Fannarsdóttir	06	ODINN	2:43.56
3 Freydís Lilja Bergþórsdóttir	09	IRB	2:34.04	7 Adríana Agnes Derti	10	IRB	2:49.14
4 Svava Bjoerg Larusdottir	03	FJOL	2:40.16				

Sundgrein 8 karla, 200m baksund Opinn  
18.11.2022 - 10:45 Keppendalisti Undanrásir

Íslandsmet	1:52.90	Örn Arnarson	SH	Valencia (ESP)	14.12.2000
Unglingamet	1:54.23	Örn Arnarson	SH	Lisbon (POR)	09.12.1999
Aldursflokkamet	2:02.74	Brynjólfur Óli Karlsson	UBK	Hafnarfjoerdur	18.11.2016

NM-A 18 +: 1:59.08; 15 - 17: 2:01.76 / NM-B 18 +: 2:00.89; 15 - 17: 2:03.62 / A-Landslið : 1:59.98 / Úrvalshópur 20: 2:00.89;  
19: 2:01.79; 18: 2:02.71 / Unglingalandslið 17: 2:03.62; 16: 2:05.49; 15: 2:07.63 / Framtíðarhópur 14: 2:11.63; 13: 2:16.82;  
12: 2:24.64

Entry time conversion: Linear conversion by percent (2%)

F.ár

1 Bergur Fáfir Bjarnason	06	SH	2:06.43	9 Kristinn Viðar Tómasson	06	ODINN	2:25.98
2 Guðmundur Leo Rafnsson	06	IRB	2:11.73	10 Sigurður Þráinn Sigurðsson	02	UMFA	2:30.81
3 Magnús Víðir Jónsson	08	SH	2:13.85	11 Halldór Ingi Hafþórsson	08	SH	2:30.91
4 Daði Rafn Falsson	08	IRB	2:22.05	12 Ásberg Halldór Hansson	07	FJOL	2:31.21
5 Nikolai Leo Jónsson	08	IRB	2:23.71	13 Gísli Kristján Traustason	09	IRB	2:31.66
6 Örn Ægisson	06	ARM	2:24.10	14 Adam Leó Tómasson	07	SH	2:32.30
7 Andri Már Kristjánsson	06	SH	2:24.11	15 Júlíus Arnarsson	06	KR	2:32.34
8 Heiðar Bjarki Davíðsson	07	SH	2:24.68				

Sundgrein 9 kvenna, 200m bringusund Opinn  
18.11.2022 - 10:55 Keppendalisti Undanrásir

Íslandsmet	2:22.69	Hrafnhildur Luthersdóttir	SH	Doha (QAT)	07.12.2014
Unglingamet	2:31.51	Hrafnhildur Luthersdóttir	SH	Reykjavik	21.06.2008
Aldursflokkamet	2:31.98	Eva Margrét Falsdóttir	IRB	Hafnarfjoerdur	08.11.2019

NM-A 17 +: 2:31.81; 14 - 16: 2:35.70 / NM-B 17 +: 2:34.12; 14 - 16: 2:38.07 / A-Landslið : 2:32.70 / Úrvalshópur 19: 2:34.12;  
18: 2:35.54; 17: 2:36.94 / Unglingalandslið 16: 2:38.07; 15: 2:40.15; 14: 2:42.23 / Framtíðarhópur 13: 2:45.68; 12: 2:51.07;  
11: 3:01.09

Entry time conversion: Linear conversion by percent (2%)

F.ár

1 Eva Margrét Falsdóttir	05	IRB	2:32.52	12 Hekla Krístrún Mist A.	06	KR	3:02.71
2 Katla Mist Bragadóttir	07	ARM	2:39.72	13 Natallía Fanney S.	10	IRB	3:03.03
3 Katja Lilja Andriysdóttir	06	SH	2:40.82	14 Gabija Marija Savickaité	08	IRB	3:03.75
4 Freyja Birkisdóttir	06	BREI	2:41.23	15 Þórey Ísafold Magnúsdóttir	99	KR	3:06.94
5 Margrét Anna L.	09	BREI	2:48.05	16 Ísabella Jóhannsdóttir	10	ODINN	3:07.16
6 Birta Rún Smáradóttir	04	UMFA	2:48.18	17 Tinna Karen Sigurðardóttir	08	SH	3:08.61
7 Ásdís Steindórsdóttir	09	BREI	2:51.83	18 Hrafnhildur Lóa Kvaran	07	ARM	3:09.22
8 Auguste Balcunaite	11	SH	2:52.38	19 Austėja Savickaité	09	IRB	3:09.25
9 Eydis Arna Isaksen	08	ODINN	2:59.64	20 Arna Rut Stefánsdóttir	07	SH	3:10.96
10 Valdís Rós Þorsteinsdóttir	07	UMFB	3:02.06	21 Thelma Björnsdóttir S6 Sb5	96	ÍFR	4:05.98
11 Embla Dögg Helgadóttir	08	ÆGIR	3:02.43				

Íslandsmeistaramótið í 25m laug  
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Sundgrein 10

karla, 100m bringusund

Opinn

18.11.2022 - 11:07

Keppendalisti Undanrásir

Íslandsmet	56.30	Anton Sveinn McKee	SH	Budapest (HUN)	25.10.2020
Unglingamet	1:01.12	Daði Björnsson	SH	Reykjavík	23.09.2022
Aldursflokkamet	1:03.81	Daði Björnsson	SH	Hafnarfjoerdur	08.11.2019

NM-A 18 +: 1:00.91; 15 - 17: 1:02.29 / NM-B 18 +: 1:01.84; 15 - 17: 1:03.24 / A-Landslið : 1:01.38 / Úrvalshópur 20: 1:01.84;  
19: 1:02.30; 18: 1:02.77 / Unglingalandslið 17: 1:03.24; 16: 1:04.19; 15: 1:05.29 / Framtíðarhópur 14: 1:07.34; 13: 1:09.99;  
12: 1:13.99

Entry time conversion: Linear conversion by percent (2%)

F.ár

1 Daði Björnsson	04	SH	1:01.12	9 Karl Björnsson	08	SH	1:09.93
2 Snorri Dagur Einarsson	05	SH	1:01.87	10 Þröstur Ingi Gunnsteinsson	06	ARM	1:10.74
3 Einar Margeir Ágústsson	05	ÍA	1:03.85	11 Arnór Egill Einarsson	07	SH	1:11.29
4 Aron Bjarki Pétursson	01	SH	1:05.25	12 Sigurður Haukur Birgisson	06	ARM	1:11.33
5 Röbert Ísak Jónsson	01	SH	1:07.68	13 Nikolai Leo Jónsson	08	IRB	1:12.33
6 Ingvar Orri Jóhannesson	04	UMFA	1:07.10	14 Hringur Birgir Kristinsson	04	KR	1:12.73
7 Kári Snær Halldórsson	04	IRB	1:07.16	15 Árni Þór Palmason	09	IRB	1:15.73
8 Arnar Logi Ægisson	07	SH	1:09.72				

Sundgrein 11

kvenna, 50m skriðsund

Opinn

18.11.2022 - 11:13

Keppendalisti Undanrásir

Íslandsmet	24.94	Ragnheiður Ragnarsdóttir	KR	Kopavogslaug	22.05.2009
Unglingamet	25.71	Ingibjörg Kristín Jónsdóttir	SH	Reykjavík	22.11.2009
Aldursflokkamet	26.57	Kolbrún Ýr Kristjánsdóttir	IA	Oslo (NOR)	01.12.1997

NM-A 17 +: 25.88; 14 - 16: 25.88 / NM-B 17 +: 26.27; 14 - 16: 26.27 / A-Landslið : 26.03 / Úrvalshópur 19: 26.27; 18: 26.51;  
17: 26.75 / Unglingalandslið 16: 26.94; 15: 27.30; 14: 27.65

Entry time conversion: Linear conversion by percent (2%)

F.ár

1 Steingerður Hauksdóttir	96	SH	26.04	21 Elísa Björnsdóttir	05	ÆGIR	29.89
2 Kristín Helga Hákonardóttir	04	SH	26.26	22 Ragnheiður Ásta M.	07	BREI	29.89
3 Guðbjörg Bjartey G.	05	ÍA	26.84	23 Halla Rún Fannarsdóttir	08	ODINN	30.05
4 Ylfa Lind Kristmannsdóttir	08	ARM	26.96	24 Naomí Arnarsdóttir	07	ODINN	30.15
5 Vala Dís Cicero	08	SH	26.96	25 Katrín Ósk Aðalsteinsdóttir	09	SH	30.20
6 Nadja Djurovic	07	BREI	26.98	26 Valdís Rós Þorsteinsdóttir	07	UMFB	30.31
7 Coco Margaret Johansson	05	FJOL	27.53	27 Hekla Kristrún Míst A.	06	KR	30.99
8 Birta Rún Smáradóttir	04	UMFA	27.79	28 Freyja Sigríður Ásgeirsdóttir	07	KR	30.37
9 Dagbjörg Hlíf Ólafsdóttir	05	SH	27.84	29 Eydís Arna Isaksen	08	ODINN	30.47
10 Sólveig Freyja Hákonardóttir	09	BREI	28.29	30 Viktoria Emilia Orlita	09	ÍA	30.68
11 María Skorastein S.	07	SH	28.41	31 Ingibjörg Erl Garðarsdóttir	00	BREI	30.72
12 Ylfa Ásgerður Eyjólfsdóttir	06	ÆGIR	28.52	32 Ragnheiður Gunnsteinsdóttir	07	BREI	30.82
13 Ásdís Gunnarsdóttir	08	UMFA	28.68	33 Hrafnhildur Lóa Kvaran	07	ARM	31.00
14 Þura Snorrardóttir	03	ODINN	28.86	34 Júlía Palmadóttir	07	BREI	31.06
15 Herdis Birna Viggósdóttir	04	UMFA	28.98	35 Herdís Rut G.	04	FJÖRD	33.19
16 Rán Björnsdóttir	05	ÆGIR	29.31	36 Sigríður Anita R.	01	ÍFR	34.24
17 Ágústa Inga Arnarsdóttir	06	STAR	29.38	37 Emelía Ýr S14 Gunnarsdóttir	05	FJÖRD	34.33
18 Halldóra Björt I.	08	BREI	29.57	38 Sigrún S16 Kjartansdóttir	03	FJÖRD	39.68
19 Ingibjörg Svava M.	05	ÍA	29.71	39 Sonja Sigurðardóttir S4SB	90	ÍFR	1:05.43
20 Hulda Björg M.	08	ÆGIR	29.82				

Íslandsmeistaramótið í 25m laug  
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Sundgrein 12 karla, 50m skriðsund Opinn  
18.11.2022 - 11:19 Keppendalisti Undanrásir

Íslandsmet	22.29	Árni Már Árnason / Dado Fenrir JasIRB / SH	Reykjavík	22.11.2009
Unglingamet	22.82	Simon E Statkevicius	Hafnarfjoerdur	12.11.2021
Aldursflokkamet	24.31	Daði Björnsson	Hafnarfjoerdur	14.12.2019

NM-A 18 +: 22.62; 15 - 17: 22.62 / NM-B 18 +: 22.96; 15 - 17: 22.96 / A-Landslið : 22.79 / Úrvalshópur 20: 22.96; 19: 23.14; 18: 23.31 / Unglingalandslið 17: 23.48; 16: 23.84; 15: 24.24

		F.ár							
1	Simon Elías Statkevicius	03	SH	22.82	14	Oliver Kaldal	07	ÆGIR	26.47
2	Fannar Snævar Hauksson	04	IRB	23.98	15	Jakob Ingi Reynisson	06	IRB	26.73
3	Stefán Elías Berman	03	IRB	24.23	16	Einar Helgi Guðlaugsson	91	ÆGIR	26.86
4	Kristján Magnússon	05	ÍA	24.34	17	Guðmundur Halldórsson	04	BREI	27.04
5	Guðmundur Karl Karlsson	05	BREI	24.70	18	Hrafn Sverrisson	05	ARM	27.06
6	Björn Yngvi Guðmundsson	07	SH	24.99	19	Jón Ingi Halldórsson	04	BREI	27.30
7	Guðbjarni Sigþórsson	06	ÍA	25.03	20	Halldór Björn Kristinsson	02	KR	27.33
8	Sveinn Elí Helgason	04	ÆGIR	25.17	21	Birgir Hrafn Kjartansson	08	ÆGIR	27.34
9	Denas Kazulis	08	IRB	25.47	22	Gunnar Egill Gunnarsson	07	UMFB	27.48
10	Alex Benjamín Bjarnason	04	ÍA	25.72	23	Snævar Örn K.	06	ÍFR	28.40
11	Daði Þór Friðriksson	07	SH	25.98	24	Kristján Helgi Jóhannsson	02	KR	30.89
12	Júlíus Arnarsson	06	KR	26.01	25	Ýmir Snær Hlynsson	02	OSP	32.33
13	Sigurður Haukur Birgisson	06	ARM	26.18					

Sundgrein 13 kvenna, 4 x 50m fjórsund Opinn  
18.11.2022 - 11:34 Keppendalisti

Íslandsmet	1:56.23	Sundfélag Hafnarfjarðar	SH	Laugardalslaug	12.11.2011
Unglingamet	1:59.43	Sundfélag Hafnarfjarðar	SH	Reykjavík	22.11.2008
Aldursflokkamet	2:06.59	Íþróttabandalag Reykjanesbæjar	IRB	Reykjanesbar	14.06.2014

Entry time conversion: Linear conversion by percent (2%)

1	Íþróttabandalag Reykjanesbæjar 1	IRB	NT	7	Sundfélagið Ægir 1	ÆGIR	NT
2	Stjarnan 1	STAR	NT	8	Umf Afturelding 1	UMFA	NT
3	Sundfélag Akraness 1	ÍA	NT	9	Sunddeild Breiðabliks 1	BREI	NT
4	Sundfélagið Óðinn 1	ODINN	NT	10	SH 1	SH	NT
5	Sunddeild KR 1	KR	NT	11	SH 2	SH	NT
6	Ármann 1	ARM	NT				

Sundgrein 14 karla, 4 x 50m fjórsund Opinn  
18.11.2022 - 11:37 Keppendalisti

Íslandsmet	1:41.65	Sundfélag Hafnarfjarðar	SH	Reykjavík	17.11.2007
Unglingamet	1:47.58	Íþróttabandalag Reykjanesbæjar	IRB	Reykjanesbaer	14.05.2021
Aldursflokkamet	1:54.88	Sundfélag Hafnarfjarðar	SH	Hafnarfjoerdur	14.12.2019

Entry time conversion: Linear conversion by percent (2%)

1	Íþróttabandalag Reykjanesbæjar 1	IRB	NT	6	Sundfélagið Ægir 1	ÆGIR	NT
2	Íþróttabandalag Reykjanesbæjar 2	IRB	NT	7	Umf Afturelding 1	UMFA	NT
3	Sundfélag Akraness 1	ÍA	NT	8	SH 1	SH	NT
4	Sunddeild KR 1	KR	NT	9	SH 2	SH	NT
5	Ármann 1	ARM	NT				

Íslandsmeistaramótið í 25m laug  
Hafnarfjörður, 18. - 20.11.2022

Sundgrein 15 kvenna, 4 x 200m skriðsund Opinn  
18.11.2022 - 17:57 Keppendalisti

Íslandsmet	8:21.88	Sundfélagið Ægir	AEGIR	Reykjavík	19.11.2009
Unglingamet	8:36.79	Íþróttabandalag Reykjanesbæjar	IRB	Hafnarfoerdur	18.11.2016
Aldursflokkamet	8:48.98	Íþróttabandalag Reykjanesbæjar	IRB	Reykjanesbar	07.12.2012

Entry time conversion: Linear conversion by percent (2%)

1	Íþróttabandalag Reykjanesbæjar 1	IRB	NT	5	Ármann 1	ARM	NT
2	Stjarnan 1	STAR	NT	6	Sunddeild Breiðabliks 1	BREI	NT
3	Sundfélagið Óðinn 1	ODINN	NT	7	SH 1	SH	NT
4	Sunddeild KR 1	KR	NT				

Sundgrein 16 karla, 4 x 200m skriðsund Opinn  
18.11.2022 - 18:07 Keppendalisti

Íslandsmet	7:33.98	Íþróttabandalag Reykjavíkur	IBR	Hafnarfjordur	14.11.2014
Unglingamet	7:42.44	Sundfélag Hafnarfjarðar	SH	Hafnarfoerdur	12.11.2021
Aldursflokkamet	8:21.10	Sundfélagið Ægir	AEGIR	Hafnarfjordur	13.11.2015

Entry time conversion: Linear conversion by percent (2%)

1	Sundfélag Akraness 1	ÍA	7:53.72	4	Sunddeild KR 1	KR	NT
2	Íþróttabandalag Reykjanesbæjar 1	IRB	NT	5	Ármann 1	ARM	NT
3	Íþróttabandalag Reykjanesbæjar 2	IRB	NT	6	SH 1	SH	NT

Sundgrein 17 kvenna, 400m fjórsund Opinn  
19.11.2022 - 9:30 Keppendalisti Undanrásir

Íslandsmet	4:43.56	Hrafnhildur Luthersdóttir	SH	Hafnarfjordur	15.11.2015
Unglingamet	4:50.96	Inga Elín Cryer	IA	Istanbul (TUR)	13.12.2009
Aldursflokkamet	4:53.67	Ólöf Edda Eðvarðsdóttir	IRB	Laugardalslaug	10.12.2011

NM-A 17 +: 4:53.85; 14 - 16: 5:01.39 / NM-B 17 +: 4:58.33; 14 - 16: 5:05.98 / A-Landslið : 4:55.58 / Úrvalshópur 19: 4:58.33;  
18: 5:01.08; 17: 5:03.80 / Unglingalandslið 16: 5:05.98; 15: 5:10.00; 14: 5:14.02 / Framtíðarhópur 13: 5:20.70; 12: 5:31.14;  
11: 5:50.53

Entry time conversion: Linear conversion by percent (2%)

F.ár

1	Eva Margrét Falsdóttir	05	IRB	4:52.34	8	Ásdís Steindórsdóttir	09	BREI	5:24.63
2	Sunneva Bergmann Á.	07	IRB	5:06.51	9	Maja Lind Cicero	05	SH	5:29.26
3	Sunna Arnfinnsdóttir	07	ÆGIR	5:07.09	10	Nicole Jóna Jóhannsdóttir	08	SH	5:35.26
4	Sólveig Freyja Hákonardóttir	09	BREI	5:08.57	11	Dagmar Arna Sigurðardóttir	09	SH	5:46.27
5	Katla Mist Bragadóttir	07	ARM	5:15.20	12	Hekla Krístrún Mist A.	06	KR	5:50.63
6	Elisabet Arnoddsdóttir	09	IRB	5:19.01	13	Gabija Marija Savickaitė	08	IRB	5:57.69
7	Freydís Lilja Bergþórsdóttir	09	IRB	5:20.26					

Íslandsmeistaramótið í 25m laug  
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Sundgrein 18 karla, 1500m skriðsund Opinn  
19.11.2022 - 9:50 Keppendalisti

Íslandsmet	15:00.51	Anton Sveinn McKee	AEGIR	Istanbul (TUR)	16.12.2012
Unglingamet	15:01.35	Anton Sveinn McKee	AEGIR	Laugardalslaug	09.12.2011
Aldursflokkamet	15:52.21	Arnór Stefánsson	SH	Hafnarfjoerdur	18.11.2012

NM-A 18 +: 15:39.98; 15 - 17: 16:01.15 / NM-B 18 +: 15:54.29; 15 - 17: 16:15.79 / A-Landslið : 15:47.09 /  
Úrvalshópur 20: 15:54.29; 19: 16:01.39; 18: 16:08.59 / Unglingalandslið 17: 16:15.79; 16: 16:30.57; 15: 16:47.42 /  
Framtíðarhópur 14: 17:19.06; 13: 17:59.97; 12: 19:01.72

Entry time conversion: Linear conversion by percent (2%)

F.ár

1	Veigar Hrafn Sigþórsson	05	SH	16:05.23	7	Daði Rafn Falsón	08	IRB	17:44.93
2	Bartosz Henke	05	SH	16:23.24	8	Birgir Hrafn Kjartansson	08	ÆGIR	17:47.34
3	Hólmar Grétarsson	08	SH	16:32.98	9	Nikolai Leo Jónsson	08	IRB	17:51.02
4	Björn Yngvi Guðmundsson	07	SH	16:52.63	10	Oliver Kaldal	07	ÆGIR	17:55.53
5	Andri Már Kristjánsson	06	SH	17:21.90	11	Denas Kazulis	08	IRB	17:57.16
6	Stefán Ingi Ólafsson	06	ÆGIR	17:22.25	12	Ásberg Halldór Hansson	07	FJOL	18:31.67

Sundgrein 19 karla, 50m baksund Opinn  
19.11.2022 - 10:09 Keppendalisti Undanrásir

Íslandsmet	24.05	Örn Arnarson	SH	Debrecen (HUN)	14.12.2007
Unglingamet	25.18	Kristinn Þórarinnsson	IBR	Hafnarfjoerdur	15.11.2014
Aldursflokkamet	26.48	Brynjólfur Óli Karlsson	UBK	Hafnarfoerdur	19.11.2016

NM-A 18 +: 25.10; 15 - 17: 25.10 / NM-B 18 +: 25.49; 15 - 17: 25.49 / A-Landslið : 25.29 / Úrvalshópur 20: 25.49; 19: 25.68;  
18: 25.87 / Unglingalandslið 17: 26.06; 16: 26.45; 15: 26.90

Entry time conversion: Linear conversion by percent (2%)

F.ár

1	Kolbeinn Hrafnkelsson	94	SH	25.34	9	Júlíus Arnarsson	06	KR	31.40
2	Fannar Snævar Hauksson	04	IRB	25.80	10	Örn Ægisson	06	ARM	32.15
3	Bergur Fafnir Bjarnason	06	SH	27.13	11	Heiðar Bjarki Davíðsson	07	SH	33.45
4	Guðmundur Leo Rafnsson	06	IRB	27.25	12	Halldór Ingi Hafþórsson	08	SH	33.96
5	Sveinn Elí Helgason	04	ÆGIR	29.26	13	Sigurður Þráinn Sigurðsson	02	UMFA	35.23
6	Jakob Ingi Reynisson	06	IRB	30.61	14	Snævar Örn K.	06	ÍFR	36.11
7	Hilmir Snær L.	03	SH	30.77	15	Hjörtur Ingvarsson S5	95	FJÖRD	48.06
8	Kristinn Viðar Tómasson	06	ODINN	30.83					

Sundgrein 20 kvenna, 200m skriðsund Opinn  
19.11.2022 - 10:14 Keppendalisti Undanrásir

Íslandsmet	1:56.51	Snæfríður Sól Jörunnardóttir	ISL	Helsingoer (DEN)	16.12.2020
Unglingamet	1:59.57	Eygló Ósk Gústafsdóttir	AEGIR	Hafnarfjoerdur	17.11.2012
Aldursflokkamet	2:03.78	Eygló Ósk Gústafsdóttir	AEGIR	Reykjavik	21.11.2009

NM-A 17 +: 2:02.40; 14 - 16: 2:05.54 / NM-B 17 +: 2:04.26; 14 - 16: 2:07.45 / A-Landslið : 2:03.11 / Úrvalshópur 19: 2:04.26;  
18: 2:05.40; 17: 2:06.54 / Unglingalandslið 16: 2:07.45; 15: 2:09.12; 14: 2:10.80 / Framtíðarhópur 13: 2:13.58; 12: 2:17.92;  
11: 2:26.00

Entry time conversion: Linear conversion by percent (2%)

F.ár

1	Kristín Helga Hákonardóttir	04	SH	2:02.93	18	Ingibjörg Svava M.	05	ÍA	2:19.04
2	Freyja Birkisdóttir	06	BREI	2:03.66	19	Halldóra Björt I.	08	BREI	2:19.60
3	Vala Dís Cicero	08	SH	2:06.50	20	Elísa Björnsdóttir	05	ÆGIR	2:20.06
4	Ylfa Lind Kristmannsdóttir	08	ARM	2:08.51	21	Eydis Arna Isaksen	08	ODINN	2:21.14
5	Nadja Djurovic	07	BREI	2:09.10	22	Júlía Pálmadóttir	07	BREI	2:22.69
6	Guðbjörg Bjartey G.	05	ÍA	2:09.88	23	Arna Rut Stefánsdóttir	07	SH	2:24.23
7	Sólveig Freyja Hákonardóttir	09	BREI	2:10.34	24	Áslaug Margrét Alfreðsdóttir	08	BREI	2:24.59
8	Ingibjörg Erl Garðarsdóttir	00	BREI	2:13.05	25	Ágústa Inga Arnarsdóttir	06	STAR	2:26.00
9	Diljá Dröfn Jóhannesdóttir	03	SH	2:14.18	26	Katrín Tinna Andrésdóttir	06	STAR	2:26.15
10	María Skorastein S.	07	SH	2:15.42	27	Matthildur Eir V.	06	ODINN	2:27.75
11	Hulda Björg M.	08	ÆGIR	2:15.47	28	Adriana Agnes Derti	10	IRB	2:27.90
12	Katla María Brynjarsdóttir	07	IRB	2:15.59	29	Kristín Ásta Sigtryggsdóttir	09	ÆGIR	2:28.21
13	Ásdís Gunnarsdóttir	08	UMFA	2:15.89	30	Bergþóra Sól Hálfðánsdóttir	06	IRB	2:28.63
14	Birta Rún Smáradóttir	04	UMFA	2:16.09	31	Þórey Ísafold Magnúsdóttir	99	KR	2:29.38
15	Ásdís Steindórsdóttir	09	BREI	2:16.78	32	Yrsa Gunnlaugsdóttir	08	ARM	2:31.39
16	Katrín Lóa Ingaðóttir	08	ARM	2:17.48	33	Ingibjörg Anna Skúladóttir	06	UMFB	2:33.70
17	Adele Alexandra Pálsson	03	SH	2:18.09	34	Anna Rósa Prastardóttir S14	04	FJÖRD	2:36.48

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Sundgrein 20, kvenna, 200m skriðsund, Undanrásir

35 Thelma Björnsdóttir S6 Sb5	96	ÍFR	3:06.38
36 Sigrún S16 Kjartansdóttir	03	FJÖRD	3:09.18

Sundgrein 21

karla, 200m fjórsund

Opinn

19.11.2022 - 10:29

Keppendalisti Undanrásir

Íslandsmet	1:57.91	Örn Arnarson	IRB	Vestmannaeyjar	21.03.2003
Unglingamet	2:00.70	Kristinn Þórarinsson	FJOL	Hafnarfjörður	22.11.2013
Aldursflokkamet	2:03.54	Birnir Freyr Hálfánarsson	SH	Hafnarfjoerdur	13.11.2021

NM-A 18 +: 2:01.82; 15 - 17: 2:04.56 / NM-B 18 +: 2:03.67; 15 - 17: 2:06.46 / A-Landslið : 2:02.74 / Úrvalshópur 20: 2:03.67; 19: 2:04.59; 18: 2:05.53 / Unglingalandslið 17: 2:06.46; 16: 2:08.38; 15: 2:10.56 / Framtíðarhópur 14: 2:14.66; 13: 2:19.96; 12: 2:27.96

Entry time conversion: Linear conversion by percent (2%)

F.ár

1 Birnir Freyr Hálfánarsson	06	SH	2:01.96	10 Daniel Lúkas Tómasson	04	SH	2:24.65
2 Enrique Snær L.	02	ÍA	2:07.48	11 Jón Ingi Halldórsson	04	BREI	2:24.52
3 Hólmar Grétarsson	08	SH	2:15.37	12 Dominic Daði Wheeler	07	BREI	2:24.60
4 Magnús Víðir Jónsson	08	SH	2:15.44	13 Daði Rafn Fálsson	08	IRB	2:24.93
5 Róbert Ísak Jónsson	01	SH	2:15.97	14 Arnar Logi Ægisson	07	SH	2:30.14
6 Sigurður Haukur Birgisson	06	ARM	2:19.04	15 Gísli Kristján Traustason	09	IRB	2:34.05
7 Ingvar Orri Jóhannesson	04	UMFA	2:19.80	16 Snævar Örn K.	06	ÍFR	2:41.47
8 Karl Björnsson	08	SH	2:21.50	17 Kristján Helgi Jóhannsson	02	KR	2:47.69
9 Nikolai Leo Jónsson	08	IRB	2:21.68	18 Hjörtur Ingvarsson S5	95	FJÖRD	3:47.14

Sundgrein 22

kvenna, 100m bringusund

Opinn

19.11.2022 - 10:41

Keppendalisti Undanrásir

Íslandsmet	1:05.67	Hrafnhildur Luthersdóttir	SH	Windsor (CAN)	09.12.2016
Unglingamet	1:09.07	Hrafnhildur Luthersdóttir	SH	Rijeka (CRO)	13.12.2008
Aldursflokkamet	1:11.91	Karen M Arngeirsdóttir	IRB	Hafnarfjörður	14.11.2014

NM-A 17 +: 1:10.07; 14 - 16: 1:11.87 / NM-B 17 +: 1:11.14; 14 - 16: 1:12.96 / A-Landslið : 1:10.48 / Úrvalshópur 19: 1:11.14; 18: 1:11.79; 17: 1:12.44 / Unglingalandslið 16: 1:12.96; 15: 1:13.92; 14: 1:14.88 / Framtíðarhópur 13: 1:16.47; 12: 1:18.96; 11: 1:23.58

Entry time conversion: Linear conversion by percent (2%)

F.ár

1 Eva Margrét Falsdóttir	05	IRB	1:11.65	14 Hekla Krístrún Mist A.	06	KR	1:26.09
2 Katja Lilja Andriyasdóttir	06	SH	1:14.43	15 Gabija Marija Savickaité	08	IRB	1:26.25
3 Katla Mist Bragadóttir	07	ARM	1:15.25	16 Hrafnhildur Lóa Kvaran	07	ARM	1:26.34
4 Maja Lind Cicero	05	SH	1:15.88	17 Pórey Ísafold Magnúsdóttir	99	KR	1:26.67
5 Margrét Anna L.	09	BREI	1:17.86	18 Katrín Ósk Aðalsteinsdóttir	09	SH	1:26.93
6 Birta Rún Smáradóttir	04	UMFA	1:18.43	19 Ísabella Jóhannsdóttir	10	ODINN	1:27.33
7 Dagbjörg Hlíf Ólafsdóttir	05	SH	1:19.23	20 Matthildur Eir V.	06	ODINN	1:27.51
8 Auguste Balciunaite	11	SH	1:19.62	21 Natalía Fanney S.	10	IRB	1:27.58
9 Eydís Arna Isaksen	08	ODINN	1:22.05	22 Austėja Savickaité	09	IRB	1:29.88
10 Rán Björnsdóttir	05	ÆGIR	1:22.63	23 Herdís Rut G.	04	FJÖRD	1:38.52
11 Embla Dögg Helgadóttir	08	ÆGIR	1:23.46	24 Emelía Ýr S14 Gunnarsdóttir	05	FJÖRD	1:41.65
12 Bríet Björk Pálsdóttir	04	ODINN	1:24.28	25 Thelma Björnsdóttir S6 Sb5	96	ÍFR	1:57.59
13 Valdís Rós Þorsteinsdóttir	07	UMFB	1:24.95				



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Sundgrein 23

karla, 50m bringusund

Opinn

19.11.2022 - 10:50

Keppendalisti Undanrásir

Íslandsmet	26.14	Anton Sveinn McKee	SH	Glasgow (GBR)	04.12.2019
Unglingamet	27.59	Daði Björnsson	SH	Hafnarfjoerdur	29.10.2022
Aldursflokkamet	29.68	Daði Björnsson	SH	Hafnarfjoerdur	09.11.2019

NM-A 18 +: 28.08; 15 - 17: 28.08 / NM-B 18 +: 28.51; 15 - 17: 28.51 / A-Landslið : 28.30 / Úrvalshópur 20: 28.51; 19: 28.72; 18: 28.94 / Unglingalandslið 17: 29.15; 16: 29.60; 15: 30.10

Entry time conversion: Linear conversion by percent (2%)

F.ár

1 Daði Björnsson	04	SH	27.59	7 Þröstur Ingi Gunnsteinsson	06	ARM	32.62
2 Einar Margeir Ágústsson	05	ÍA	27.94	8 Arnar Logi Ægisson	07	SH	32.68
3 Snorri Dagur Einarsson	05	SH	28.35	9 Karl Björnsson	08	SH	33.42
4 Aron Bjarki Pétursson	01	SH	29.26	10 Hringur Birgir Kristinsson	04	KR	33.71
5 Kári Snær Halldórsson	04	IRB	29.75	11 Halldór Björn Kristinsson	02	KR	34.32
6 Ingvar Orri Jóhannesson	04	UMFA	29.95				

Sundgrein 24

kvenna, 50m flugsund

Opinn

19.11.2022 - 10:54

Keppendalisti Undanrásir

Íslandsmet	26.22	Bryndís Rún Hansen	ODINN	Windsor (CAN)	08.12.2016
Unglingamet	27.24	Bryndís Rún Hansen	ODINN	Reykjavik	21.11.2009
Aldursflokkamet	28.73	Vala Dís Cicero	SH	Hafnarfjoerdur	29.10.2022

NM-A 17 +: 27.34; 14 - 16: 27.34 / NM-B 17 +: 27.75; 14 - 16: 27.75 / A-Landslið : 27.50 / Úrvalshópur 19: 27.75; 18: 28.01; 17: 28.26 / Unglingalandslið 16: 28.47; 15: 28.84; 14: 29.21

Entry time conversion: Linear conversion by percent (2%)

F.ár

1 Kristín Helga Hákonardóttir	04	SH	28.43	12 Vigdís Tinna Hákonardóttir	06	BREI	31.80
2 Vala Dís Cicero	08	SH	28.73	13 Nicole Jóna Jóhannsdóttir	08	SH	32.85
3 Guðbjörg Bjartey G.	05	ÍA	29.42	14 Katrín Ósk Aðalsteinsdóttir	09	SH	32.99
4 Coco Margaret Johansson	05	FJOL	29.54	15 María Skorastein S.	07	SH	32.52
5 Elísabet Arnoddsdóttir	09	IRB	29.58	16 Arna Rut Stefánsdóttir	07	SH	33.31
6 Ylfa Lind Kristmannsdóttir	08	ARM	29.61	17 Tinna Karen Sigurðardóttir	08	SH	33.23
7 Nadja Djurovic	07	BREI	29.65	18 Halla Rún Fannarsdóttir	08	ODINN	33.51
8 Dagbjörg Hlíf Ólafsdóttir	05	SH	30.37	19 Sandra Rut Fannarsdóttir	06	ODINN	33.51
9 Þóra Snorraddóttir	03	ODINN	30.51	20 Emelía Ýr S14 Gunnarsdóttir	05	FJÖRD	34.51
10 Herdis Birna Viggósdóttir	04	UMFA	30.59	21 Pórey Ísafold Magnúsdóttir	99	KR	36.28
11 Hekla Krístrún Mist A.	06	KR	31.36				

Sundgrein 25

karla, 100m skriðsund

Opinn

19.11.2022 - 10:57

Keppendalisti Undanrásir

Íslandsmet	48.42	Örn Arnarson	SH	Reykjavik	16.11.2007
Unglingamet	49.71	Örn Arnarson	SH	Reykjavik	21.11.1998
Aldursflokkamet	52.78	Ýmir Chatenay Sölvason	FJOL	Massy (FRA)	19.12.2021

NM-A 18 +: 49.92; 15 - 17: 51.05 / NM-B 18 +: 50.68; 15 - 17: 51.82 / A-Landslið : 50.30 / Úrvalshópur 20: 50.68; 19: 51.06; 18: 51.44 / Unglingalandslið 17: 51.82; 16: 52.61; 15: 53.50 / Framtíðarhópur 14: 55.18; 13: 57.36; 12: 1:00.64

Entry time conversion: Linear conversion by percent (2%)

F.ár

1 Símon Elías Statkevicius	03	SH	50.23	17 Arnór Egill Einarsson	07	SH	57.38
2 Fannar Snævar Hauksson	04	IRB	51.56	18 Stefán Ingi Ólafsson	06	ÆGIR	57.86
3 Stefán Elías Berman	03	IRB	52.71	19 Guðmundur Halldórsson	04	BREI	57.92
4 Guðmundur Leo Rafnsson	06	IRB	53.33	20 Andri Már Kristjánsson	06	SH	58.53
5 Bergur Fálnir Bjarnason	06	SH	53.39	21 Kristófer Óli Birkisson	04	ODINN	58.67
6 Guðbjarni Sigþórsson	06	ÍA	53.56	22 Jón Ingi Halldórsson	04	BREI	58.89
7 Björn Yngvi Guðmundsson	07	SH	53.60	23 Örn Ægisson	06	ARM	58.96
8 Guðmundur Karl Karlsson	05	BREI	53.79	24 Hringur Birgir Kristinsson	04	KR	58.98
9 Magnús Víðir Jónsson	08	SH	54.34	25 Þröstur Ingi Gunnsteinsson	06	ARM	59.09
10 Kristján Magnússon	05	ÍA	54.39	26 Birgir Hrafn Kjartansson	08	ÆGIR	59.48
11 Sigurður Haukur Birgisson	06	ARM	55.30	27 Jakob Ingi Reynisson	06	IRB	59.61
12 Alex Benjámín Bjarnason	04	ÍA	55.74	28 Kristinn Viðar Tómasson	06	ODINN	59.82
13 Denas Kazulis	08	IRB	56.00	29 Árni Þór Pálmason	09	IRB	59.95
14 Daði Þór Friðriksson	07	SH	56.40	30 Gunnar Egill Gunnarsson	07	UMFB	59.95
15 Júlíus Arnarsson	06	KR	56.49	31 Hálfán Artúr Röbertsson	05	UMFB	1:02.08
16 Sveinn Elí Helgason	04	ÆGIR	56.84	32 Arnar Milos Arnbjörnsson	08	IRB	1:02.15

Íslandsmeistaramótið í 25m laug  
Hafnarfjörður, 18. - 20.11.2022

Sundgrein 25, karla, 100m skriðsund, Undanrásir

33 Snævar Örn K.	06 ÍFR	1:02.27	35 Ýmir Snær Hlynsson	02 OSP	1:14.82
34 Kristján Helgi Jóhannsson	02 KR	1:08.25	36 Hjörtur Ingvarsson S5	95 FJÖRD	1:30.77

Sundgrein 26

kvenna, 100m baksund

Opinn

19.11.2022 - 11:06

Keppendalisti Undanrásir

Íslandsmet	57.42	Eygló Ósk Gústafsdóttir	AEGIR	Netanya (ISR)	03.12.2015
Unglingamet	59.75	Eygló Ósk Gústafsdóttir	AEGIR	Laugardalslaug	09.12.2011
Aldursflokkamet	1:03.10	Eygló Ósk Gústafsdóttir	AEGIR	Reykjavík	21.11.2009

NM-A 17 +: 1:01.49; 14 - 16: 1:03.07 / NM-B 17 +: 1:02.43; 14 - 16: 1:04.03 / A-Landslið : 1:01.86 / Úrvalshópur 19: 1:02.43; 18: 1:03.01; 17: 1:03.57 / Unglingalandslið 16: 1:04.03; 15: 1:04.87; 14: 1:05.71 / Framtíðarhópur 13: 1:07.11; 12: 1:09.30; 11: 1:13.35

Entry time conversion: Linear conversion by percent (2%)

		F.ár							
1	Steingerður Hauksdóttir	96	SH	1:01.98	16	Katrín Lóa Ingadóttir	08	ARM	1:13.49
2	Sunna Arnfinnsdóttir	07	ÆGIR	1:04.80	17	Ingibjörg Svava M.	05	ÍA	1:13.92
3	Birgitta Ingólfssdóttir	05	SH	1:05.20	18	Adriana Agnes Derti	10	IRB	1:16.30
4	Ylfa Lind Kristmannsdóttir	08	ARM	1:05.58	19	Halla Rún Fannarsdóttir	08	ODINN	1:16.71
5	Ástrós Lovísa Hauksdóttir	08	IRB	1:06.32	20	Bjarnís Olga Hansen	10	ÆGIR	1:17.34
6	Pura Snorradóttir	03	ODINN	1:07.94	21	Eydís Birta Ingólfssdóttir	05	UMFB	1:18.53
7	Ragnheiður Ásta M.	07	BREI	1:08.11	22	Freyja Sigríður Ásgeirsdóttir	07	KR	1:18.65
8	Ylfa Ásgerður Eyjólfssdóttir	06	ÆGIR	1:08.94	23	Kolbrún Hilda Gunnarsdóttir	06	KR	1:18.73
9	Athena Líf Þrastardóttir	07	IRB	1:09.10	24	Herdís Rut G.	04	FJÖRD	1:21.58
10	Ásdís Gunnarsdóttir	08	UMFA	1:09.16	25	Emelía Ýr S14 Gunnarsdóttir	05	FJÖRD	1:27.13
11	Helga Sigurlaug Helgadóttir	07	SH	1:10.53	26	Sigríður Aníta R.	01	ÍFR	1:31.12
12	Adele Alexandra Pálsson	03	SH	1:10.85	27	Anna Rósa Þrastardóttir S14	04	FJÖRD	1:31.33
13	Dagmar Arna Sigurðardóttir	09	SH	1:11.94	28	Sigrún S16 Kjartansdóttir	03	FJÖRD	2:01.38
14	Halldóra Björt I.	08	BREI	1:12.49	29	Sonja Sigurðardóttir S4SB	90	ÍFR	2:20.11
15	Rán Björnsdóttir	05	ÆGIR	1:13.08	ÚRskr.	Karen Káradóttir	06	ÍA	1:13.63

Sundgrein 27

karla, 200m flugsund

Opinn

19.11.2022 - 11:15

Keppendalisti Undanrásir

Íslandsmet	1:57.21	Sindri Þór Jakobsson	IRB	Istanbul (TUR)	12.12.2009
Unglingamet	1:57.21	Sindri Þór Jakobsson	IRB	Istanbul (TUR)	12.12.2009
Aldursflokkamet	2:07.15	Brynjólfur Óli Karlsson	UBK	Hafnarfoerdur	18.11.2016

NM-A 18 +: 2:00.09; 15 - 17: 2:02.79 / NM-B 18 +: 2:01.91; 15 - 17: 2:04.66 / A-Landslið : 2:00.99 / Úrvalshópur 20: 2:01.91; 19: 2:02.82; 18: 2:03.74 / Unglingalandslið 17: 2:04.66; 16: 2:06.55; 15: 2:08.70 / Framtíðarhópur 14: 2:12.74; 13: 2:17.97; 12: 2:25.86

Entry time conversion: Linear conversion by percent (2%)

		F.ár							
1	Alexander Logi Jónsson	04	IRB	2:06.50	5	Bartosz Henke	05	SH	2:17.65
2	Birnir Freyr Hálfánarsson	06	SH	2:07.57	6	Hrafn Sverrisson	05	ARM	2:22.74
3	Enrique Snær L.	02	ÍA	2:10.62	7	Benedikt Kári Theódórsson	07	SH	2:26.56
4	Kacper Kogut	06	BREI	2:12.97	8	Snævar Örn K.	06	ÍFR	2:27.73

Íslandsmeistaramótið í 25m laug  
Hafnarfjörður, 18. - 20.11.2022

Sundgrein 28 kvenna, 800m skriðsund Opinn  
19.11.2022 - 11:25 Keppendalisti

Íslandsmet	8:38.79	Inga Elín Cryer	IA	Doha (QAT)	04.12.2014
Unglingamet	8:46.57	Eygló Ósk Gústafsdóttir	AEGIR	Hafnarfjoerdur	17.11.2012
Aldursflokkamet	8:52.21	Eygló Ósk Gústafsdóttir	AEGIR	Reykjavik	19.11.2009

NM-A 17 +: 8:59.10; 14 - 16: 9:12.93 / NM-B 17 +: 9:07.31; 14 - 16: 9:21.35 / A-Landslið : 9:02.27 / Úrvalshópur 19: 9:07.31; 18: 9:12.35; 17: 9:17.34 / Unglingalandslið 16: 9:21.35; 15: 9:28.73; 14: 9:36.10 / Framtíðarhópur 13: 9:48.36; 12: 10:07.50; 11: 10:43.07

Entry time conversion: Linear conversion by percent (2%)

F.ár

1	Freyja Birkisdóttir	06	BREI	8:57.40	10	Naomí Arnarsdóttir	07	ODINN	9:57.45
2	Sunneva Bergmann Á.	07	IRB	9:08.37	11	Elísa Björnsdóttir	05	ÆGIR	9:58.00
3	Katja Lilja Andriysdóttir	06	SH	9:13.17	12	Svava Bjoerg Larusdottir	03	FJOL	10:14.32
4	Katla María Brynjarsdóttir	07	IRB	9:23.24	13	Áslaug Margrét Alfreðsdóttir	08	BREI	10:29.53
5	Ásdís Steindórsdóttir	09	BREI	9:34.02	14	Júlía Líf Gunnsteinsdóttir	04	STAR	10:35.68
6	Katla Mist Bragadóttir	07	ARM	9:37.02	15	Hugrún Guðmundsdóttir	08	FJOL	10:37.02
7	Diljá Dröfn Jóhannesdóttir	03	SH	9:37.54	16	Yrsa Gunnlaugsdóttir	08	ARM	10:40.88
8	Sólveig Freyja Hákonardóttir	09	BREI	9:40.19	17	Rebekka Rún Magnúsdóttir	08	SH	10:47.54
9	Hulda Björg M.	08	ÆGIR	9:43.62					

Sundgrein 29 blandað, 4 x 50m fjórsund Opinn  
19.11.2022 - 11:57 Keppendalisti

Íslandsmet	1:47.55	Sundfélag Hafnarfjarðar	SH	Hafnarfjordur	14.11.2015
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Entry time conversion: Linear conversion by percent (2%)

1	Íþróttabandalag Reykjanesbæjar 1	IRB	NT	7	Umbf 1	UMFB	NT
2	Sundfélag Akraness 1	ÍA	NT	8	Umf Afturelding 1	UMFA	NT
3	Sundfélagið Óðinn 1	ODINN	NT	9	Sunddeild Breiðabliks 1	BREI	NT
4	Sunddeild KR 1	KR	NT	10	SH 1	SH	NT
5	Ármann 1	ARM	NT	11	SH 2	SH	NT
6	Sundfélagið Ægir 1	ÆGIR	NT				

Sundgrein 30 karla, 4 x 100m skriðsund Opinn  
19.11.2022 - 18:19 Keppendalisti

Íslandsmet	3:22.49	Íþróttabandalag Reykjanesbæjar	IRB	Hafnarfoerdur	19.11.2016
Unglingamet	3:29.72	Sundfélag Hafnarfjarðar	SH	Reykjanesbar	18.12.2021
Aldursflokkamet	3:46.02	Sundfélag Hafnarfjarðar	SH	Reykjanesbaer	24.06.2022

Entry time conversion: Linear conversion by percent (2%)

1	Íþróttabandalag Reykjanesbæjar 1	IRB	NT	6	Ármann 1	ARM	NT
2	Íþróttabandalag Reykjanesbæjar 2	IRB	NT	7	Sundfélagið Ægir 1	ÆGIR	NT
3	Sundfélag Akraness 1	ÍA	NT	8	Sunddeild Breiðabliks 1	BREI	NT
4	Sundfélagið Óðinn 1	ODINN	NT	9	SH 1	SH	NT
5	Sunddeild KR 1	KR	NT	10	SH 2	SH	NT

Íslandsmeistaramótið í 25m laug  
Hafnarfjörður, 18. - 20.11.2022

Sundgrein 31 kvenna, 4 x 100m skriðsund Opinn  
19.11.2022 - 18:24 Keppendalisti

Íslandsmet	3:49.66	Sundfélag Hafnarfjarðar	SH	Hafnarfjoerdur	09.11.2019
Unglingamet	3:58.28	Sundfélagið Ægir	AEGIR	Laugardalslaug	13.11.2011
Aldursflokkamet	4:07.55	Íþróttabandalag Reykjanesbæjar	IRB	Hafnarfjoerdur	16.11.2012

Entry time conversion: Linear conversion by percent (2%)

1	Íþróttabandalag Reykjanesbæjar 1	IRB	NT	7	Sundfélagið Ægir 1	AEGIR	NT
2	Stjarnan 1	STAR	NT	8	Umf Afturelding 1	UMFA	NT
3	Sundfélag Akraness 1	ÍA	NT	9	Sunddeild Breiðabliks 1	BREI	NT
4	Sundfélagið Óðinn 1	ODINN	NT	10	SH 1	SH	NT
5	Sunddeild KR 1	KR	NT	11	SH 2	SH	NT
6	Árman 1	ARM	NT				

Sundgrein 32 karla, 400m fjórsund Opinn  
20.11.2022 - 9:30 Keppendalisti Undanrásir

Íslandsmet	4:11.78	Örn Arnarson	SH	Vestmannaeyjar	16.03.2001
Unglingamet	4:18.12	Anton Sveinn McKee	AEGIR	Laugardalslaug	10.12.2011
Aldursflokkamet	4:34.72	Patrik Viggó Vilbergsson	UBK	Reykjavik	18.11.2017

NM-A 18 +: 4:23.39; 15 - 17: 4:29.33 / NM-B 18 +: 4:27.40; 15 - 17: 4:33.43 / A-Landslið : 4:25.39 / Úrvalshópur 20: 4:27.40;  
19: 4:29.39; 18: 4:31.41 / Unglingalandslið 17: 4:33.43; 16: 4:37.57; 15: 4:42.29 / Framtíðarhópur 14: 4:51.16; 13: 5:02.62;  
12: 5:19.92

Entry time conversion: Linear conversion by percent (2%)

F.ár

1	Enrique Snær L.	02	ÍA	4:28.34	5	Daði Rafn Falsson	08	IRB	4:58.52
2	Veigar Hrafn Sigþórsson	05	SH	4:30.76	6	Nikolai Leo Jónsson	08	IRB	5:00.87
3	Alexander Logi Jónsson	04	IRB	4:33.95	7	Adam Leó Tómasson	07	SH	5:17.10
4	Hólmar Grétarsson	08	SH	4:42.55	8	Gísli Kristján Traustason	09	IRB	5:28.28

Sundgrein 33 kvenna, 1500m skriðsund Opinn  
20.11.2022 - 9:48 Keppendalisti

Íslandsmet	16:46.95	Eygló Ósk Gústafsdóttir	AEGIR	Hafnarfjoerdur	27.10.2012
Unglingamet	16:46.95	Eygló Ósk Gústafsdóttir	AEGIR	Hafnarfjoerdur	27.10.2012
Aldursflokkamet	17:16.94	Sunneva Dögg Robertson	IRB	Hafnarfjoerdur	24.11.2013

A-Landslið : 17:18.66 / Úrvalshópur 19: 17:28.32; 18: 17:37.98; 17: 17:47.54 / Unglingalandslið 16: 17:55.22; 15: 18:09.35;  
14: 18:23.48 / Framtíðarhópur 13: 18:46.95; 12: 19:23.61; 11: 20:31.75

Entry time conversion: Linear conversion by percent (2%)

F.ár

1	Freyja Birkisdóttir	06	BREI	17:02.31
2	Katla María Brynjarsdóttir	07	IRB	18:11.84
3	Diljá Dröfn Jóhannesdóttir	03	SH	18:43.09

Íslandsmeistaramótið í 25m laug  
Hafnarfjörður, 18. - 20.11.2022

Sundgrein 34

kvenna, 200m baksund

Opinn

20.11.2022 - 10:07

Keppendalisti Undanrásir

Íslandsmet	2:03.53	Eygló Ósk Gústafsdóttir	AEGIR	Netanya (ISR)	04.12.2015
Unglingamet	2:07.10	Eygló Ósk Gústafsdóttir	AEGIR	Laugardalslaug	11.12.2011
Aldursflokkamet	2:14.18	Íris Ósk Hilmarsdóttir	IRB	Vaasa (FIN)	16.12.2012

NM-A 17 +: 2:14.67; 14 - 16: 2:18.12 / NM-B 17 +: 2:16.72; 14 - 16: 2:20.23 / A-Landslið : 2:15.46 / Úrvalshópur 19: 2:16.72; 18: 2:17.98; 17: 2:19.22 / Unglingalandslið 16: 2:20.23; 15: 2:22.07; 14: 2:23.91 / Framtíðarhópur 13: 2:26.97; 12: 2:31.75; 11: 2:40.64

Entry time conversion: Linear conversion by percent (2%)

F.ár

1	Sunna Arnfinnsdóttir	07	AEGIR	2:19.58	11	Dagmar Arna Sigurðardóttir	09	SH	2:32.10
2	Ástrós Lovísa Hauksdóttir	08	IRB	2:23.81	12	Hulda Björg M.	08	AEGIR	2:33.64
3	Athena Líf Prastardóttir	07	IRB	2:25.83	13	Ingibjörg Svava M.	05	ÍA	2:36.71
4	Ylfa Ásgerður Eyjólfsdóttir	06	AEGIR	2:25.93	14	Auguste Balciunaite	11	SH	2:45.41
5	Ragnheiður Ásta M.	07	BREI	2:27.89	15	Bjarndís Olga Hansen	10	AEGIR	2:45.49
6	Freydís Lilja Bergþórsdóttir	09	IRB	2:28.95	16	Bergþóra Sól Hálfðánsdóttir	06	IRB	2:46.67
7	Helga Sigurlaug Helgadóttir	07	SH	2:29.68	17	Kristín Ásta Sigtryggsdóttir	09	AEGIR	2:46.88
8	Ásdís Gunnarsdóttir	08	UMFA	2:30.17	18	Kolbrún Hilda Gunnarsdóttir	06	KR	2:47.25
9	Katla María Brynjarsdóttir	07	IRB	2:31.29	19	Eydís Birta Ingólfssdóttir	05	UMFB	2:48.20
10	Katrín Lóa Ingadóttir	08	ARM	2:31.77	20	Yrsa Gunnlaugsdóttir	08	ARM	2:48.23

Sundgrein 35

karla, 200m skriðsund

Opinn

20.11.2022 - 10:18

Keppendalisti Undanrásir

Íslandsmet	1:46.72	Örn Arnarson	SH	Vestmannaeyjar	16.03.2001
Unglingamet	1:47.17	Örn Arnarson	SH	Lisbon (POR)	09.12.1999
Aldursflokkamet	1:54.48	Birnir Freyr Hálfðánarsson	SH	Reykjanesbar	18.12.2021

NM-A 18 +: 1:50.01; 15 - 17: 1:52.49 / NM-B 18 +: 1:51.69; 15 - 17: 1:54.20 / A-Landslið : 1:50.85 / Úrvalshópur 20: 1:51.69; 19: 1:52.52; 18: 1:53.36 / Unglingalandslið 17: 1:54.20; 16: 1:55.93; 15: 1:57.91 / Framtíðarhópur 14: 2:01.61; 13: 2:06.40; 12: 2:13.62

Entry time conversion: Linear conversion by percent (2%)

F.ár

1	Birnir Freyr Hálfðánarsson	06	SH	1:52.21	15	Júlíus Arnarsson	06	KR	2:05.91
2	Guðmundur Karl Karlsson	05	BREI	1:55.02	16	Guðmundur Halldórsson	04	BREI	2:07.83
3	Stefán Elías Berman	03	IRB	1:55.95	17	Oliver Kaldal	07	AEGIR	2:08.35
4	Björn Yngvi Guðmundsson	07	SH	1:56.53	18	Árni Þór Pálmason	09	IRB	2:08.58
5	Bergur Fáfur Bjarnason	06	SH	1:57.00	19	Jón Ingi Halldórsson	04	BREI	2:08.80
6	Magnús Víðir Jónsson	08	SH	1:57.06	20	Birgir Hrafn Kjartansson	08	AEGIR	2:10.02
7	Guðbjarni Sigþórsson	06	ÍA	1:57.46	21	Hringur Birgir Kristinsson	04	KR	2:10.16
8	Sigurður Haukur Birgisson	06	ARM	1:59.61	22	Dominic Daði Wheeler	07	BREI	2:11.95
9	Bartosz Henke	05	SH	2:00.33	23	Gunnar Egill Gunnarsson	07	UMFB	2:13.65
10	Kristján Magnússon	05	ÍA	2:00.63	24	Snævar Örn K.	06	ÍFR	2:15.83
11	Denas Kazulis	08	IRB	2:02.16	25	Kristján Helgi Jóhannsson	02	KR	2:33.06
12	Arnór Egill Einarsson	07	SH	2:02.24	26	Ýmir Snær Hlynsson	02	OSP	2:45.63
13	Daði Þór Friðriksson	07	SH	2:03.67	27	Hjörtur Ingvarsson S5	95	FJÖRD	3:10.16
14	Stefán Ingi Ólafsson	06	AEGIR	2:05.11					

Íslandsmeistaramótið í 25m laug  
Hafnarfjörður, 18. - 20.11.2022

Sundgrein 36

kvenna, 100m flugsund

Opinn

20.11.2022 - 10:31

Keppendalisti Undanrásir

Íslandsmet	59.95	Bryndís Rún Hansen	ODINN	Windsor (CAN)	10.12.2016
Unglingamet	1:01.81	Bryndís Rún Hansen	ODINN	Laugardalslaug	14.11.2010
Aldursflokkamet	1:04.68	Ylfa Lind Kristmannsdóttir	ARM	Reykjanesbaer	25.06.2022

NM-A 17 +: 1:00.77; 14 - 16: 1:02.33 / NM-B 17 +: 1:01.70; 14 - 16: 1:03.28 / A-Landslið : 1:01.13 / Úrvalshópur 19: 1:01.70;  
18: 1:02.27; 17: 1:02.83 / Unglingalandslið 16: 1:03.28; 15: 1:04.11; 14: 1:04.95 / Framtíðarhópur 13: 1:06.33; 12: 1:08.49;  
11: 1:12.50

Entry time conversion: Linear conversion by percent (2%)

F.ár

1	Kristín Helga Hákonardóttir	04	SH	1:02.96	10	Nicole Jóna Jóhannsdóttir	08	SH	1:13.40
2	Eva Margrét Falsdóttir	05	IRB	1:03.78	11	Adriana Agnes Derti	10	IRB	1:13.94
3	Ylfa Lind Kristmannsdóttir	08	ARM	1:04.68	12	Hekla Krístrún Mist A.	06	KR	1:13.96
4	Birgitta Ingólfssdóttir	05	SH	1:05.75	13	Arna Rut Stefánsdóttir	07	SH	1:15.64
5	Elísabet Arnoddsdóttir	09	IRB	1:07.02	14	Katrín Ósk Aðalsteinsdóttir	09	SH	1:14.84
6	Svava Bjoerg Larusdottir	03	FJOL	1:09.36	15	Tinna Karen Sigurðardóttir	08	SH	1:15.81
7	Herdis Birna Viggósdóttir	04	UMFA	1:10.29	16	Þórey Ísafold Magnúsdóttir	99	KR	1:19.63
8	Coco Margaret Johansson	05	FJOL	1:11.17	17	Emelía Ýr S14 Gunnarsdóttir	05	FJÖRD	1:21.18
9	Sandra Rut Fannarsdóttir	06	ODINN	1:13.15					

Sundgrein 37

karla, 50m flugsund

Opinn

20.11.2022 - 10:37

Keppendalisti Undanrásir

Íslandsmet	23.55	Örn Arnarson	SH	Helsinki (FIN)	10.12.2006
Unglingamet	24.42	Sindri Þór Jakobsson	IRB	Istanbul (TUR)	13.12.2009
Aldursflokkamet	24.68	Birnir Freyr Hálfðánarsson	SH	Hafnarfjoerdur	14.11.2021

NM-A 18 +: 24.22; 15 - 17: 24.22 / NM-B 18 +: 24.58; 15 - 17: 24.58 / A-Landslið : 24.40 / Úrvalshópur 20: 24.58; 19: 24.77;  
18: 24.95 / Unglingalandslið 17: 25.14; 16: 25.52; 15: 25.95

Entry time conversion: Linear conversion by percent (2%)

F.ár

1	Simon Elías Statkevicius	03	SH	24.22	10	Einar Helgi Guðlaugsson	91	ÆGIR	28.43
2	Fannar Snævar Hauksson	04	IRB	24.55	11	Daniel Lúkas Tómasson	04	SH	28.69
3	Snorri Dagur Einarsson	05	SH	25.36	12	Hrafn Sverrisson	05	ARM	28.70
4	Kári Snær Halldórsson	04	IRB	27.04	13	Hálfðán Artúr Róbertsson	05	UMFB	28.71
5	Aron Bjarki Pétursson	01	SH	27.08	14	Július Arnarsson	06	KR	28.80
6	Sveinn Elí Helgason	04	ÆGIR	27.22	15	Halldór Björn Kristinsson	02	KR	30.04
7	Kristófer Óli Birkisson	04	ODINN	27.71	16	Alex Benjamín Bjarnason	04	ÍA	29.71
8	Hilmir Snær L.	03	SH	27.89	17	Snævar Örn K.	06	ÍFR	30.00
9	Kacper Kogut	06	BREI	27.95					

Sundgrein 38

kvenna, 50m bringusund

Opinn

20.11.2022 - 10:40

Keppendalisti Undanrásir

Íslandsmet	30.03	Hrafnhildur Luthersdóttir	SH	Copenhagen (DEN)	13.12.2017
Unglingamet	31.99	Ásdís Eva Ómarsdóttir	ISL	Torshavn	01.12.2019
Aldursflokkamet	33.54	Karen M Arngeirsdóttir	IRB	Reykjavik	26.09.2014

NM-A 17 +: 32.24; 14 - 16: 32.24 / NM-B 17 +: 32.73; 14 - 16: 32.73 / A-Landslið : 32.43 / Úrvalshópur 19: 32.73; 18: 33.03;  
17: 33.33 / Unglingalandslið 16: 33.57; 15: 34.01; 14: 34.45

Entry time conversion: Linear conversion by percent (2%)

F.ár

1	Eva Margrét Falsdóttir	05	IRB	32.98	10	Maja Lind Cicero	05	SH	37.84
2	Katja Lilja Andriyasdóttir	06	SH	34.66	11	Matthildur Eir V.	06	ODINN	38.48
3	Katla Mist Bragadóttir	07	ARM	35.09	12	Hrafnhildur Lóa Kvaran	07	ARM	38.77
4	Sunneva Bergmann Á.	07	IRB	35.14	13	Valdís Rós Þorsteinsdóttir	07	UMFB	39.05
5	Margrét Anna L.	09	BREI	35.91	14	Ísabella Jóhannsdóttir	10	ODINN	39.21
6	Embla Dögg Helgadóttir	08	ÆGIR	36.26	15	Þórey Ísafold Magnúsdóttir	99	KR	41.50
7	Auguste Balcianaite	11	SH	36.61	16	Thelma Björnsdóttir S6 Sb5	96	ÍFR	54.43
8	Eydís Arna Isaksen	08	ODINN	36.76	ÚRskr.	Karen Káradóttir	06	ÍA	37.16
9	Bríet Björk Pálsdóttir	04	ODINN	36.83					

Íslandsmeistaramótið í 25m laug  
Hafnarfjörður, 18. - 20.11.2022

Sundgrein 39

karla, 200m bringusund

Opinn

20.11.2022 - 10:44

Keppendalisti Undanrásir

Íslandsmet	2:01.65	Anton Sveinn McKee	SH	Budapest (HUN)	01.11.2020
Unglingamet	2:14.52	Jakob Jóhann Sveinsson	AEGIR	???	01.11.1999
Aldursflokkamet	2:21.15	Daði Björnsson	SH	Hafnarfjoerdur	20.10.2019

NM-A 18 +: 2:13.42; 15 - 17: 2:16.43 / NM-B 18 +: 2:15.46; 15 - 17: 2:18.51 / A-Landslið : 2:14.43 / Úrvalshópur 20: 2:15.46;  
19: 2:16.46; 18: 2:17.49 / Unglingalandslið 17: 2:18.51; 16: 2:20.61; 15: 2:23.00 / Framtíðarhópur 14: 2:27.49; 13: 2:33.30;  
12: 2:42.06

Entry time conversion: Linear conversion by percent (2%)

F.ár

1 Daði Björnsson	04	SH	2:16.92	7 Karl Björnsson	08	SH	2:35.08
2 Einar Margeir Ágústsson	05	ÍA	2:17.49	8 Þröstur Ingi Gunnsteinsson	06	ARM	2:35.81
3 Birnir Freyr Hálfðánarsson	06	SH	2:19.40	9 Nikolai Leo Jónsson	08	IRB	2:36.19
4 Ingvar Orri Jóhannesson	04	UMFA	2:25.62	10 Arnar Logi Ægisson	07	SH	2:39.48
5 Röbert Ísak Jónsson	01	SH	2:30.05	11 Daði Rafn Falsson	08	IRB	2:41.44
6 Hólmar Grétarsson	08	SH	2:32.70	12 Hringur Birgir Kristinsson	04	KR	2:43.22

Sundgrein 40

kvenna, 100m skriðsund

Opinn

20.11.2022 - 10:55

Keppendalisti Undanrásir

Íslandsmet	54.44	Ragnheiður Ragnarsdóttir	KR	Dubai (UAE)	16.12.2010
Unglingamet	55.02	Eygló Ósk Gústafsdóttir	AEGIR	Hafnarfjoerdur	18.11.2012
Aldursflokkamet	57.31	Sigrún Brá Sverrisdóttir	FJOL	Naerum (DEN)	04.12.2004

NM-A 17 +: 56.94; 14 - 16: 58.40 / NM-B 17 +: 57.81; 14 - 16: 59.29 / A-Landslið : 57.28 / Úrvalshópur 19: 57.81; 18: 58.34;  
17: 58.87 / Unglingalandslið 16: 59.29; 15: 1:00.07; 14: 1:00.85 / Framtíðarhópur 13: 1:02.14; 12: 1:04.17; 11: 1:07.92

Entry time conversion: Linear conversion by percent (2%)

F.ár

1 Kristín Helga Hákonardóttir	04	SH	56.72	25 Halldóra Björt I.	08	BREI	1:05.43
2 Steingerður Hauksdóttir	96	SH	58.04	26 Katrín Ósk Aðalsteinsdóttir	09	SH	1:05.75
3 Guðbjörg Bjartey G.	05	ÍA	58.16	27 Ragnheiður Gunnsteinsdóttir	07	BREI	1:05.98
4 Vala Dís Cicero	08	SH	58.19	28 Briet Björk Pálsdóttir	04	ODINN	1:06.04
5 Ylfa Lind Kristmannsdóttir	08	ARM	58.42	29 Katrín Lóa Ingadóttir	08	ARM	1:06.41
6 Nadja Djurovic	07	BREI	58.47	30 Adele Alexandra Pálsson	03	SH	1:06.52
7 Coco Margaret Johansson	05	FJOL	59.36	31 Katrín Tinna Andrésdóttir	06	STAR	1:07.43
8 Birgitta Ingólfssdóttir	05	SH	59.58	32 Valdís Rós Þorsteinsdóttir	07	UMFB	1:07.59
9 Birta Rún Smáradóttir	04	UMFA	1:00.12	33 Hugrún Guðmundsdóttir	08	FJOL	1:07.75
10 Dagbjörg Hlíf Ólafsdóttir	05	SH	1:01.29	34 Ingibjörg Anna Skúladóttir	06	UMFB	1:07.75
11 Ásdís Gunnarsdóttir	08	UMFA	1:01.79	35 Áslaug Margrét Alfreðsdóttir	08	BREI	1:07.88
12 Ragnheiður Ásta M.	07	BREI	1:01.97	36 Halla Rún Fannarsdóttir	08	ODINN	1:07.91
13 María Skorastein S.	07	SH	1:02.02	37 Freyja Sigríður Ásgeirsdóttir	07	KR	1:07.94
14 Hulda Björg M.	08	ÆGIR	1:02.72	38 Kristín Ásta Sigtryggsdóttir	09	ÆGIR	1:08.08
15 Ylfa Ásgerður Eyjólfssdóttir	06	ÆGIR	1:03.20	39 Júlía Líf Gunnsteinsdóttir	04	STAR	1:08.37
16 Ingibjörg Svava M.	05	ÍA	1:03.54	40 Hekla Kristrún Mist A.	06	KR	1:08.48
17 Herdis Birna Viggósdóttir	04	UMFA	1:03.98	41 Viktoria Emilia Orlita	09	ÍA	1:09.64
18 Naomí Arnarsdóttir	07	ODINN	1:04.40	42 Anna Rósa Þrastardóttir S14	04	FJÖRD	1:12.40
19 Margrét Anna L.	09	BREI	1:04.52	43 Sigríður Aníta R.	01	ÍFR	1:15.83
20 Rán Björnsdóttir	05	ÆGIR	1:04.84	44 Sigrún S16 Kjartansdóttir	03	FJÖRD	1:28.60
21 Ágústa Inga Arnarsdóttir	06	STAR	1:04.85	45 Thelma Björnsdóttir S6 Sb5	96	ÍFR	1:29.12
22 Vigdís Tinna Hákonardóttir	06	BREI	1:04.87	ÚRskr. Þóra Snorraddóttir	03	ODINN	1:03.72
23 Júlía Pálmadóttir	07	BREI	1:04.90	ÚRskr. Eydis Arna Isaksen	08	ODINN	1:05.49
24 Elísa Björnsdóttir	05	ÆGIR	1:05.01				

Íslandsmeistaramótið í 25m laug  
Hafnarfjörður, 18. - 20.11.2022

Sundgrein 41

karla, 100m baksund

Opinn

20.11.2022 - 11:05

Keppendalisti Undanrásir

Íslandsmet	51.74	Örn Arnarson	IRB	Dublin (IRL)	14.12.2003
Unglingamet	53.13	Örn Arnarson	SH	Lisbon (POR)	09.12.1999
Aldursflokkamet	56.82	Kristinn Þórarinnsson	FJOL	Laugardalslaug	12.11.2011

NM-A 18 +: 54.22; 15 - 17: 55.45 / NM-B 18 +: 55.05; 15 - 17: 56.29 / A-Landslið : 54.63 / Úrvalshópur 20: 55.05; 19: 55.46; 18: 55.87 / Unglingalandslið 17: 56.29; 16: 57.14; 15: 58.11 / Framtíðarhópur 14: 59.94; 13: 1:02.30; 12: 1:05.86

Entry time conversion: Linear conversion by percent (2%)

F.ár

1	Fannar Snævar Hauksson	04	IRB	56.00	10	Heiðar Bjarki Davíðsson	07	SH	1:05.79
2	Kolbeinn Hrafnkelsson	94	SH	57.00	11	Benedikt Kári Theódórsson	07	SH	1:06.06
3	Guðmundur Leo Rafnsson	06	IRB	57.31	12	Július Arnarsson	06	KR	1:07.56
4	Bergur Fáfnir Bjarnason	06	SH	57.39	13	Örn Ægisson	06	ARM	1:08.42
5	Magnús Viðir Jónsson	08	SH	1:02.27	14	Árni Þór Pálmason	09	IRB	1:09.59
6	Kristján Magnússon	05	ÍA	1:02.31	15	Sigurður Þráinn Sigurðsson	02	UMFA	1:10.33
7	Hilmir Snær L.	03	SH	1:04.32	16	Kristján Helgi Jóhannsson	02	KR	1:17.95
8	Kristinn Viðar Tómasson	06	ODINN	1:05.58	17	Hjörtur Ingvarsson S5	95	FJÖRD	1:40.68
9	Jakob Ingi Reynisson	06	IRB	1:05.76					

Sundgrein 42

kvenna, 200m fjörsund

Opinn

20.11.2022 - 11:12

Keppendalisti Undanrásir

Íslandsmet	2:11.57	Hrafnhildur Luthersdóttir	SH	Hafnarfjörður	13.11.2015
Unglingamet	2:15.10	Eygló Ósk Gústafsdóttir	AEGIR	Hafnarfjörður	27.10.2012
Aldursflokkamet	2:20.10	Eygló Ósk Gústafsdóttir	AEGIR	Reykjavík	22.11.2009

NM-A 17 +: 2:17.81; 14 - 16: 2:21.35 / NM-B 17 +: 2:19.91; 14 - 16: 2:23.50 / A-Landslið : 2:18.62 / Úrvalshópur 19: 2:19.91; 18: 2:21.20; 17: 2:22.47 / Unglingalandslið 16: 2:23.50; 15: 2:25.39; 14: 2:27.27 / Framtíðarhópur 13: 2:30.40; 12: 2:35.30; 11: 2:44.39

Entry time conversion: Linear conversion by percent (2%)

F.ár

1	Eva Margrét Falsdóttir	05	IRB	2:17.92	15	Eydís Arna Isaksen	08	ODINN	2:44.60
2	Freyja Birkisdóttir	06	BREI	2:22.28	16	Dagmar Arna Sigurðardóttir	09	SH	2:45.36
3	Sunna Arnfinnsdóttir	07	ÆGIR	2:24.19	17	Hekla Kristrún Mist A.	06	KR	2:45.73
4	Sunneva Bergmann Á.	07	IRB	2:27.15	18	Gabija Marija Savickaitė	08	IRB	2:46.62
5	Sólveig Freyja Hákonardóttir	09	BREI	2:27.15	19	Embla Dögg Helgadóttir	08	ÆGIR	2:46.92
6	Katla Mist Bragadóttir	07	ARM	2:31.50	20	Sandra Rut Fannarsdóttir	06	ODINN	2:47.01
7	Elisabet Arnoddsdóttir	09	IRB	2:31.66	21	Adriana Agnes Derti	10	IRB	2:47.14
8	Maja Lind Cicero	05	SH	2:32.01	22	Rebekka Rún Magnúsdóttir	08	SH	2:49.66
9	Ásdís Steindórsdóttir	09	BREI	2:32.55	23	Natalía Fanney S.	10	IRB	2:53.32
10	Freydís Lilja Bergþórsdóttir	09	IRB	2:35.24	24	Austėja Savickaitė	09	IRB	2:55.26
11	Katrín Lóa Ingadóttir	08	ARM	2:38.17	25	Emelía Ýr S14 Gunnarsdóttir	05	FJÖRD	3:05.56
12	Nicole Jóna Jóhannsdóttir	08	SH	2:41.43	26	Herdís Rut G.	04	FJÖRD	3:06.74
13	Tinna Karen Sigurðardóttir	08	SH	2:42.55	27	Þórey Ísafold Magnúsdóttir	99	KR	3:05.92
14	Arna Rut Stefánsdóttir	07	SH	2:44.04					

Sundgrein 43

karla, 800m skriðsund

Opinn

20.11.2022 - 11:26

Keppendalisti

Íslandsmet	7:52.84	Anton Sveinn McKee	AEGIR	Istanbul (TUR)	16.12.2012
Unglingamet	7:58.40	Anton Sveinn McKee	AEGIR	Laugardalslaug	09.12.2011
Aldursflokkamet	8:25.94	Arnór Stefánsson	SH	Hafnarfjörður	17.11.2012

A-Landslið : 8:15.25 / Úrvalshópur 20: 8:19.01; 19: 8:22.72; 18: 8:26.49 / Unglingalandslið 17: 8:30.25; 16: 8:37.98; 15: 8:46.79 / Framtíðarhópur 14: 9:03.33; 13: 9:24.73; 12: 9:57.02

Entry time conversion: Linear conversion by percent (2%)

F.ár

1	Veigar Hrafn Sigþórsson	05	SH	8:34.00	10	Denas Kazulis	08	IRB	9:16.84
2	Alexander Logi Jónsson	04	IRB	8:34.58	11	Oliver Kaldal	07	ÆGIR	9:17.14
3	Bartosz Henke	05	SH	8:49.79	12	Dominic Daði Wheeler	07	BREI	9:19.07
4	Kacper Kogut	06	BREI	8:56.11	13	Daði Þór Friðriksson	07	SH	9:23.09
5	Arnór Egill Einarsson	07	SH	8:59.56	14	Birgir Hrafn Kjartansson	08	ÆGIR	9:28.89
6	Sigurður Haukur Birgisson	06	ARM	9:09.49	15	Guðmundur Halldórsson	04	BREI	9:33.88
7	Andri Már Kristjánsson	06	SH	9:09.61	16	Ásberg Halldór Hansson	07	FJOL	9:50.42
8	Stefán Ingi Ólafsson	06	ÆGIR	9:13.77	17	Halldór Ingi Hafþórsson	08	SH	9:51.91
9	Benedikt Kári Theódórsson	07	SH	9:14.98	18	Arnar Milos Arnbjörnsson	08	IRB	9:56.29



Íslandsmeistaramótið í 25m laug  
Hafnarfjörður, 18. - 20.11.2022

Sundgrein 44 blandað, 4 x 50m skriðsund Opinn  
20.11.2022 - 11:57 Keppendalisti

Íslandsmet	1:36.95	Sundfélag Hafnarfjarðar	SH	Hafnarfjoerdur	13.11.2021
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Entry time conversion: Linear conversion by percent (2%)

1	Íþróttabandalag Reykjanesbæjar 1	IRB	NT	7 Umfb 1	UMFB	NT
2	Sundfélag Akraness 1	ÍA	NT	8 Umf Afturelding 1	UMFA	NT
3	Sundfélagið Óðinn 1	ODINN	NT	9 Sunddeild Breiðabliks 1	BREI	NT
4	Sunddeild KR 1	KR	NT	10 SH 1	SH	NT
5	Ármann 1	ARM	NT	11 SH 2	SH	NT
6	Sundfélagið Ægir 1	ÆGIR	NT	12 SH 3	SH	NT

Sundgrein 45 kvenna, 4 x 100m fjórsund Opinn  
20.11.2022 - 18:00 Keppendalisti

Íslandsmet	4:13.48	Sundfélag Hafnarfjarðar	SH	Hafnarfjoerdur	10.11.2019
Unglingamet	4:21.80	Sundfélag Hafnarfjarðar	SH	Hafnarfjoerdur	09.12.2017
Aldursflokkamet	4:30.42	Íþróttabandalag Reykjanesbæjar	IRB	Reykjanesbar	14.06.2014

Entry time conversion: Linear conversion by percent (2%)

1	Íþróttabandalag Reykjanesbæjar 1	IRB	NT	7 Sundfélagið Ægir 1	ÆGIR	NT
2	Stjarnan 1	STAR	NT	8 Umf Afturelding 1	UMFA	NT
3	Sundfélag Akraness 1	ÍA	NT	9 Sunddeild Breiðabliks 1	BREI	NT
4	Sundfélagið Óðinn 1	ODINN	NT	10 SH 1	SH	NT
5	Sunddeild KR 1	KR	NT	11 SH 2	SH	NT
6	Ármann 1	ARM	NT			

Sundgrein 46 karla, 4 x 100m fjórsund Opinn  
20.11.2022 - 18:06 Keppendalisti

Íslandsmet	3:43.22	Íþróttabandalag Reykjanesbæjar	IRB	Hafnarfoerdur	20.11.2016
Unglingamet	3:55.49	Sundfélag Hafnarfjarðar	SH	Akureyri	26.06.2021
Aldursflokkamet	4:10.32	Sundfélag Hafnarfjarðar	SH	Hafnarfjoerdur	10.11.2019

Entry time conversion: Linear conversion by percent (2%)

1	Íþróttabandalag Reykjanesbæjar 1	IRB	NT	6 Ármann 1	ARM	NT
2	Íþróttabandalag Reykjanesbæjar 2	IRB	NT	7 Sundfélagið Ægir 1	ÆGIR	NT
3	Sundfélag Akraness 1	ÍA	NT	8 SH 1	SH	NT
4	Sundfélagið Óðinn 1	ODINN	NT	9 SH 2	SH	NT
5	Sunddeild KR 1	KR	NT	10 SH 3	SH	NT