

# Íslensk met í garpasundi

## Konur

### 50 m Skriðsund

Aldur	Nafn	Félag	Tími	Staður	Dags.
25 – 29	Elín Sigurðardóttir	SH	00:27.22	Reykjavík	05.05.00
30 – 34	Pálína Björnsdóttir	Fjölnir	00:30.30	Reykjavík	05.05.01
35 – 39	Elín Sigurðardóttir	SH	00:29.28	Reykjavík	10.03.12
40 – 44	Ragnheiður Runólfssdóttir	IA	00:29.48	Hafnarfjörður	03.10.08
45 – 49	Helga Sigurðardóttir	ÆGIR	00:30.07	Reykjavík	15.03.14
50 – 54	Elisabet Böðvarsdóttir	UMSK	00:35.34	Reykjavík	20.04.07
55 – 59	Ásta Þóra Ólafsdóttir	Breiðablik	00:34.88	Malmö	12.10.18
60 – 64	Camilla Rainer Daniels	SH	00:35.46	Hafnarfjörður	21.04.06
65 - 69	Guðmunda Ólöf Jónasdóttir	UMSB	00:43.67	Hafnarfjörður	30.04.2016
70 - 74	Sigurbjörg Sigurpáldóttir	Fjölnir	00:53.86	Hafnarfjörður	17.03.18

### 100 m skriðsund

Aldur	Nafn	Félag	Tími	Staður	Dags.
25 – 29	Jóhanna Gerða Gústafsdóttir	Ægir	00.59.43	Hafnarfjörður	06.05.17
30 – 34	Hildur Sigurðardóttir	ÆGIR	01:09.86	Hafnarfjörður	07.05.11
35 – 39	Sigurlín Garðarsdóttir	Umf. Selfoss	01:07.18	Hafnarfjörður	04.05.13
40 – 44	Sigurlín Garðarsdóttir	UMFS	01:06.24	Hafnarfjörður	30.04.2016
45 – 49	Helga Sigurðardóttir	Ægir	01:07.54	Kópavogur	03.05.14
50 – 54	Vilborg Sverrisdóttir	SH	01:14.35	Reykjavík	03.05.08
55 - 59	Ásta Þóra Ólafsdóttir	Breiðablik	01:20.36	Malmö	13.10.18
60- 64	<b>Vilborg Helga Júlíusdóttir</b>	Ægir	01.30.06	Hafnarfjörður	06.05.17
65 - 69	Guðmunda Ólöf Jónasdóttir	UMSB	01:40.80	Hafnarfjörður	05.05.18
70 - 74	Ragna María Ragnarsdóttir	Ægir	02:12.94	Hafnarfjörður	05.05.18

### 200 m skriðsund

Aldur	Nafn	Félag	Tími	Staður	Dags.
25 – 29	Lára Hrund Bjargardóttir	UMSK	02:14.13	Reykjavík	21.04.07
30 – 34	Hildur Sigurðardóttir	Ægir	02:33.81	Hafnarfjörður	07.05.11
35 – 39	Sigríður Lára Guðmundsdóttir	UMSK	02:37.94	Hafnarfjörður	07.05.11
40 – 44	Helga Sigurðardóttir	Ægir	02:30.74	Hafnarfjörður	07.05.11
45 – 49	Helga Sigurðardóttir	Ægir	2.:29:06	Kópavogur	03.05.14
50 – 54	Sarah Buckley	Fjölnir	02.58.24	Hafnarfjörður	05.05.17
55 - 59	Ásta Þóra Ólafsdóttir	Breiðablik	03.01.81	Hafnarfjörður	05.05.18
60 -64	Guðmunda Ólöf Jónasdóttir	UMSB	03:38.43	Hafnarfjörður	04.05.13
65 - 69	Guðmunda Ólöf Jónasdóttir	UMSB	03:34.79	Hafnarfjörður	30.4.2016

### 400 m skriðsund

Aldur	Nafn	Félag	Tími	Staður	Dags.
25 – 29	Þórunn K Guðmundsdóttir	ÆGIR	05:17.18	Sandefjörð/NO	22.04.95
30 – 34	Hildur Sigurðardóttir	Ægir	05:25.10	Hafnarfjörður	07.05.11
35 – 39	Guðlaug Þóra Marinósdóttir	Ægir	05:19.22	Reykjavík	15.03.14
40 – 44	Helga Sigurðardóttir	Ægir	05:24.99	Hafnarfjörður	07.05.11
45 – 49	Helga Sigurðardóttir	Ægir	05:20.09	Kópavogur	03.05.14
50 – 54	Guðrún Fema Ágústsdóttir	ÆGIR	06.00.91	Reykjavík	05.05.17
55 – 59	Ásta Þóra Ólafsdóttir	Breiðablik	06:21.93	Hafnarfjörður	05.05.18
60 - 64	Guðmunda Ólöf Jónasdóttir	UMSB	07:43.58	Vestmannaeyjar	05.05.12
65 - 69	Guðmunda Ólöf Jónasdóttir	UMSB	07:19.91	Hafnarfjörður	30.04.16

### 800 m skriðsund

Aldur	Nafn	Félag	Tími	Staður	Dags.
25 – 29	Amanda Ágústsdóttir	Breiðablik	10:27.24	Hafnarfjörður	04.05.18
30 – 34	Hildur Sigurðardóttir	Ægir	11:21.32	Hafnarfjörður	06.05.11
35 – 39	Guðlaug Þóra Marinósdóttir	Ægir	11:08.42	Kópavogur	03.05.14
40 – 44	Helga Sigurðardóttir	Ægir	11:27.73	Hafnarfjörður	06.05.11
45 – 49	Helga Sigurðardóttir	Ægir	11:05.38	Kópavogur	03.05.14
50 – 54	Elisabet Böðvarsdóttir	UMSK	12:46.26	Reykjavík	20.04.07
55 – 59	Ásta Þóra Ólafsdóttir	Breiðablik	13:07.62	Malmö	13.10.18
60-64	Ingibjörg Svala Ólafsdóttir	SH	16:25.25	Hafnarfjörður	03.05.13
65-69	Guðmunda Ólöf Jónasdóttir	UMSB	15.37.89	Hafnarfjörður	05.05.17

## 1500 m skriðsund

65-69	Guðmunda Ólöf Jónasdóttir	UMSB	31.44.29	Færeyjar	02.10.15
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## 50 m baksund

Aldur	Nafn	Félag	Tími	Staður	Dags.
25 – 29	Ingibjörg Kristín Jónsdóttir	SH	00:29.09	Hafnarfjörður	05.05.18
30 – 34	Ragnheiður Runólfsdóttir	Keflavík	00:33.55	Reykjavík	04.05.97
35 – 39	Elín Sigurðardóttir	SH	00:34.69	Hafnarfjörður	04.10.08
40 – 44	Ragnheiður Runólfsdóttir	ÍA	00:34.13	Kópavogur	02.05.09
45 – 49	Helga Sigurðardóttir	Ægir	00:37.90	Kópavogur	03.05.14
50 – 54	Elín Viðarsdóttir	Fjöltnir	00:41.33	Hafnarfjörður	05.05.18
55 – 59	Ásta Þóra Ólafsdóttir	Breiðablik	00:46.18	Hafnarfjörður	05.05.18
60 – 64	Sigríður Lovísa Sigurðardóttir	Ármann	00:49.45	Vestmannaeyjar	28.04.15
65 - 69	Guðmunda Ólöf Jónasdóttir	UMSB	00:54:44	Vestmannaeyjar	28.04.15
80- 84	Rannveig Pálmadóttir	Ægir	02.03.34	Hafnarfjörður	06.05.17

## 100 m baksund

Aldur	Nafn	Félag	Tími	Staður	Dags.
25 – 29	Jóhanna Gerða Gústafsdóttir	Ægir	01.06.94	Hafnarfjörður	06.05.17
30 – 34	Berglind Júlía Valdimarsdóttir	Fjöltnir	01:22.00	Bollnas	18.10.07
35 – 39	Elín Sigurðardóttir	SH	01.19.57	Vestmannaeyjar	05.05.12
40 – 44	Ragnheiður Runólfsdóttir	ÍA	01:14.54	Hafnarfjörður	03.10.08
45 – 49	Elín Viðarsdóttir	Fjöltnir	01:25.25	Siglufjörður	01.05.10
50 – 54	Elín Viðarsdóttir	Fjöltnir	01.27.71	Hafnarfjörður	05.05.17
55 – 59	Ingibjörg Svala Ólafsdóttir	SH	01:45.29	Hafnarfjörður	03.10.08
60 - 64	Sigríður Lovísa Sigurðardóttir	Ármann	01:50.62	Vestmannaeyjar	28.04.15
65 - 69	Guðmunda Ólöf Jónasdóttir	UMSB	01.59.18	Hafnarfjörður	06.05.17

## 200 m baksund

Aldur	Nafn	Félag	Tími	Staður	Dags.
25 – 29	Sunna Björg Helgadóttir	SH	02:51.20	Reykjavík	10.03.12
30 – 34	Berglind Júlía Valdimarsdóttir	Fjöltnir	02:59.48	Bollnas	19.10.07
35 – 39	Elín Sigurðardóttir	SH	02:55.52	Reykjavík	10.03.12
40 – 44	Lóa Birna Birgisdóttir	Ægir	03:09.88	Reykjavík	10.03.12
45 – 49	Karen Malmquist	Óðinn	03:15.19	Bollnas	19.10.07
50 – 54	Ingibjörg Svala Ólafsdóttir	SH	03:44.28	Bollnas	19.10.07
55 – 59					
65-69	Guðmunda Ólöf Jónasdóttir	UMSB	04.23.57	Færeyjar	02.10.15

## 50 m bringusund

Aldur	Nafn	Félag	Tími	Staður	Dags.
25 – 29	Hrafnhildur Lúthersdóttir	SH	00:31.88	Hafnarfjörður	05.05.18
30 – 34	Ragnheiður Runólfsdóttir	ÓÐINN	00:35.96	Reykjavík	04.05.96
35 – 39	Sigríður Lára Guðmundsdóttir	Breiðablik	00:38.95	Reykjavík	18.02.11
40 – 44	Ragnheiður Runólfsdóttir	ÍA	00:35.13	Bollnas	18.10.07
45 – 49	Guðrún Pálsdóttir	KS	00:42.72	Siglufjörður	03.05.03
50 – 54	Elísabet Böðvarsdóttir	UMSK	00:44.10	Reykjavík	21.04.07
55 – 59	Birna Jóhanna Ólafsdóttir	SH	00:46.72	Hafnarfjörður	05.05.18
60 - 64	Guðrún Magnúsdóttir	Ægir	00:45.95	Hafnarfjörður	06.05.17
65-69	Guðmunda Ólöf Jónasdóttir	UMSB	00:57.10	Kópavogur	03.05.14
70 -74	Sigurbjörg Sigurpálsdóttir	Fjöltnir	00:56.41	Hafnarfjörður	17.03.18

## 100 m bringusund

Aldur	Nafn	Félag	Tími	Staður	Dags.
25 – 29	Jóhanna Gerða Gústafsdóttir	Ægir	01.12.92	Hafnarfjörður	06.05.17
30 – 34	Ragnheiður Runólfsdóttir	ÓÐINN	01:17.30	Reykjavík	04.05.96
35 – 39	Sigríður Lára Guðmundsdóttir	UMSK	01:25.71	Hafnarfjörður	06.05.11
40 – 44	Ragnheiður Runólfsdóttir	ÍA	01:17.88	Bollnas	18.10.07
45 – 49	Elísabet Böðvarsdóttir	UMSK	01:32.18	Hafnarfjörður	21.04.06
50 – 54	Elísabet Böðvarsdóttir	UMSK	01:32.96	Reykjavík	02.05.08
55 – 59	Birna Jóhanna Ólafsdóttir	SH	01:46.11	Hafnarfjörður	04.05.18
60 - 64	Helga Gunnarsdóttir	Ægir	01.52.36	Hafnarfjörður	05.05.17
65-69	Guðmunda Ólöf Jónasdóttir	UMSB	05:40.00	Kópavogur	03.05.14
70 -74	Sigurbjörg Sigurpálsdóttir	Fjöltnir	02:11.62	Hafnarfjörður	17.03.18

## 200 m bringusund

Aldur	Nafn	Félag	Tími	Staður	Dags.
25 – 29	Hrafnhildur Lúthersdóttir	SH	02:37.84	Hafnarfjörður	05.05.18

30 – 34	Jóna Dögg Sveinbjörnsdóttir	BREI	03:12.53	Siglufjörður	01.05.10
35 – 39	Sigríður Lára Guðmundsdóttir	UMSK	03:07.44	Hafnarfjörður	07.05.11
40 – 44	Bryndís Ernstsóttir	Ægir	03:22.43	Reykjavík	10.03.12
45 – 49	Birna Jóhanna Ólafsdóttir	SH	03:23.53	Kópavogur	02.05.09
50 – 54	Guðrún Fema Ágústsdóttir	Ægir	03:25.61	Hafnarfjörður	06.05.17
55 – 59	Birna Jóhanna Ólafsdóttir	SH	03:43.43	Hafnarfjörður	05.05.18
60-64	Guðmunda Ólöf Jónasdóttir	UMSB	04:20.57	Hafnarfjörður	04.05.13
65-64	Guðmunda Ólöf Jónasdóttir	UMSB	04:32.69	Vestmannaeyjar	28.04.15

### 50 m flugsund

Aldur	Nafn	Félag	Tími	Staður	Dags
25 – 29	Jóhanna Gerða Gústafsdóttir	Ægir	00:28.77	Hafnarfjörður	06.05.17
30 – 34	Kristín L Steinadóttir	SH	00:34.84	Hafnarfjörður	06.05.11
35 – 39	Elín Sigurðardóttir	SH	00:32.51	Reykjavík	10.03.12
40 – 44	Sigurlín Garðarsdóttir	Selfoss	00:33.58	Hafnarfjörður	29.04.2016
45 – 49	Vilborg Sverrisdóttir	SH	00:37.25	Reykjavík	18.05.02
50 – 54	Elín Viðarsdóttir	Fjölnir	00:40.16	Hafnarfjörður	04.05.18
55-59	Ásta Þóra Ólafsdóttir	Breiðablik	00:43.95	Hafnarfjörður	04.05.18
60-64	Vilborg Helga Júlíusdóttir	Ægir	00:49.26	Hafnarfjörður	05.05.17

### 100 m flugsund

Aldur	Nafn	Félag	Tími	Staður	Dags.
25 – 29	Jóhanna Gerða Gústafsdóttir	Ægir	01:07.71	Hafnarfjörður	06.05.17
30-34	Berglind Júlía Valdimarsdóttir	Fjölnir	01:20.25	Hafnarfjörður	04.10.08
35 – 39	Elín Sigurðardóttir	SH	00:00.00	Vestmannaeyjar	05.05.12
40 – 44	Arna Þórey Sveinbjörnsdóttir	Ægir	01:18.67	Hafnarfjörður	06.05.17
45-49	Elín Viðarsdóttir	Fjölnir	01:25.05	Hafnarfjörður	07.05.11
50-54	Elisabet Böðvarsdóttir	UMSK	01:39.38	Reykjavík	21.04.07
55-59	Elín Björk Unnarsdóttir	Rán	01:36.59	Hafnarfjörður	05.05.18

### 200 m flugsund

Aldur	Nafn	Félag	Tími	Staður	Dags.
25 – 29					
30-34	Berglind Valdimarsdóttir	Fjölnir	03:02.21	Hafnarfjörður	03.10.08
35 – 39	María Valdimarsdóttir	Snæfell	03:13.60	Hafnarfjörður	03.10.08
40 – 44					
45-49					
50-54					

### 100 m fjórsund

Aldur	Nafn	Félag	Tími	Staður	Dags.
25 – 29	Hrafnhildur Lúthersdóttir	SH	01:04.10	Hafnarfjörður	05.05.18
30 – 34	Ragnheiður Runólfsdóttir	Óðinn	01:11.11	Reykjavík	04.05.96
35 – 39	Sigurlín Garðarsdóttir	Umf. Selfoss	01:16.21	Hafnarfjörður	04.05.13
40 – 44	Ragnheiður Runólfsdóttir	ÍA	01:11.97	Bollnas	18.10.07
45 – 49	Helga Sigurðardóttir	Ægir	01:21:13	Kópavogur	03.05.14
50 – 54	Vilborg Sverrisdóttir	SH	01:25.82	Reykjavík	03.05.08
55 – 59	Ásta Þóra Ólafsdóttir	Breiðablik	01.35.28	Hafnarfjörður	17.03.18
60-64	Vilborg Helga Júlíusdóttir	Ægir	01.43.95	Hafnarfjörður	06.05.17
65-69	Guðmunda Ólöf Jónasdóttir	UMSB	01:57.47	Hafnarfjörður	05.05.18

### 200 m fjórsund

25 – 29	Jóhanna Gerða Gústafsdóttir	Ægir	02:29.14	Hafnarfjörður	06.05.17
30 - 34	Kristín L Steinadóttir	SH	02:58.89	Hafnarfjörður	07.05.11
35 – 39	María Valdimarsdóttir	Snæfell	02:57.32	Óðinsvé	21.10.06
40 – 44	Sigurlín Garðarsdóttir	Umf. Selfoss	02:50.67	Reykjavík	15.03.14
45 – 49	Elín Viðarsdóttir	Fjöl	03:04.60	Siglufjörður	01.05.10
50 - 54	Elín Viðarsdóttir	Fjölnir	03:15.02	Hafnarfjörður	05.05.18
60-64	Vilborg Helga Júlíusdóttir	Ægir	04.00.41	Hafnarfjörður	06.05.17

### 400 m fjórsund

Aldur	Nafn	Félag	Tími	Staður	Dags.
45-49	Margrét Jóhanna Magnúsdóttir	Breiðablik	07.14.38	Malmö	13.10.18
50 - 54	Elisabet Böðvarsdóttir	UMSK	07:27.43	Hafnarfjörður	04.10.08

### 4x50 m skriðsund

Aldur	Nafn	Félag	Tími	Staður	Dags.
100 – 119	Garpasveit SH	SH	02.11.18	Hafnarfjörður	06.05.11

120 – 159	A-sveit Ægis	Ægir	02:04.09	Kópavogur	03.05.14
160 – 199	Garpasveit Ægis 3	Ægir	02.09.71	Hafnarfjörður	06.05.17
200 – 239	D Garpasveit SH	SH	02:31.31	Hafnarfjörður	21.04.06
240 – 279	A-Garpasveit SH	SH	02:44.35	Hafnarfjörður	03.05.13

#### 4x50 m fjórsund

Aldur	Nafn	Félag	Tími	Staður	Dags.
100 – 119	Sveit SH	SH	02:08.89	Hafnarfjörður	05.05.17
120 – 159	A-Garpasveit ÍA	ÍA	02:29.96	Hafnarfjörður	04.10.08
160 – 199	A-Garpasveit Ægis	Ægir	02.30.02	Hafnarfjörður	06.05.17
200 – 239	D Garpasveit SH	SH	02:56.75	Hafnarfjörður	22.04.06