

## Individual Meet Results

### ÍRB SC Long Distance Meet 04-des-10 [Ageup: 31.12.2010] SC Meters

Location: Vatnaveröld

Time	F/P/S	Event	Place	Points	Improv
<b>Guðlaug Anna Arnardóttir (14) W</b>					
11:55.15S	F # 7C	Women 13-14 800 Free	ÍRB	1	20
	39.86	1:23.78 2:08.92 2:54.17	3:39.63 4:24.83	5:10.43	5:55.94
	(39.86)	(43.92) (45.14) (45.25)	(45.46) (45.20)	(45.60)	(45.51)
	6:40.77	7:25.57 8:10.93 8:56.38	9:41.92 10:27.29	11:12.27	11:55.15
	(44.83)	(44.80) (45.36) (45.45)	(45.54) (45.37)	(44.98)	(42.88)
<b>María Ása Áspórsdóttir (17) W</b>					
20:10.12S	F # 6D	Women 15-17 1500 Free	ÍRB	3	16
	36.98	1:18.92 2:01.28 2:43.14	3:25.00 4:06.06	4:47.01	5:28.15
	(36.98)	(41.94) (42.36) (41.86)	(41.86) (41.06)	(40.95)	(41.14)
	6:09.16	6:49.95 7:30.50 8:10.76	8:50.97 9:31.79	10:12.29	10:51.86
	(41.01)	(40.79) (40.55) (40.26)	(40.21) (40.82)	(40.50)	(39.57)
	11:31.49	12:12.33 12:53.06 13:33.42	14:13.67 14:53.78	15:34.44	16:14.86
	(39.63)	(40.84) (40.73) (40.36)	(40.25) (40.11)	(40.66)	(40.42)
	16:55.14	17:34.49 18:14.29 18:54.29	19:33.15 20:10.12		
	(40.28)	(39.35) (39.80) (40.00)	(38.86) (36.97)		
<b>Jóna Helena Bjarnadóttir (18) W</b>					
17:53.41S	F # 6E	Women 18 & Over 1500 Free	ÍRB	1	20
	31.80	1:06.38 1:41.72 2:17.15	2:52.92 3:28.66	4:04.48	4:40.42
	(31.80)	(34.58) (35.34) (35.43)	(35.77) (35.74)	(35.82)	(35.94)
	5:16.41	5:52.39 6:28.46 7:04.17	7:40.60 8:16.52	8:52.52	9:28.22
	(35.99)	(35.98) (36.07) (35.71)	(36.43) (35.92)	(36.00)	(35.70)
	10:03.57	10:39.91 11:16.11 11:52.45	12:29.17 13:05.83	13:42.10	14:18.39
	(35.35)	(36.34) (36.20) (36.34)	(36.72) (36.66)	(36.27)	(36.29)
	14:54.71	15:31.00 16:07.19 16:43.59	17:19.34 17:53.41		
	(36.32)	(36.29) (36.19) (36.40)	(35.75) (34.07)		
<b>Pröstur Bjarnason (13) M</b>					
9:47.36S	F # 3C	Men 13-14 800 Free	ÍRB	3	16
	34.18	1:10.72 1:48.03 2:25.19	3:02.12 3:39.12	4:16.36	4:53.58
	(34.18)	(36.54) (37.31) (37.16)	(36.93) (37.00)	(37.24)	(37.22)
	5:30.62	6:07.81 6:44.73 7:21.57	7:58.30 8:35.18	9:11.42	9:47.36
	(37.04)	(37.19) (36.92) (36.84)	(36.73) (36.88)	(36.24)	(35.94)
<b>Berglind Björgvinsdóttir (13) W</b>					
11:57.58S	F # 7C	Women 13-14 800 Free	ÍRB	2	17
	40.24	1:23.84 2:08.53 2:54.05	3:38.92 4:24.28	5:10.15	5:56.05
	(40.24)	(43.60) (44.69) (45.52)	(44.87) (45.36)	(45.87)	(45.90)
	6:41.20	7:26.07 8:11.40 8:56.85	9:42.42 10:28.26	11:13.61	11:57.58
	(45.15)	(44.87) (45.33) (45.45)	(45.57) (45.84)	(45.35)	(43.97)
<b>Birna Björg Davíðsdóttir (12) W</b>					
12:33.01S	F # 7B	Women 11-12 800 Free	ÍRB	6	13
	41.21	1:27.15 2:13.18 3:00.54	3:48.03 4:35.37	5:22.51	6:10.35
	(41.21)	(45.94) (46.03) (47.36)	(47.49) (47.34)	(47.14)	(47.84)
	6:58.52	7:46.75 8:35.48 9:24.37	10:13.80 11:02.08	11:49.47	12:33.01
	(48.17)	(48.23) (48.73) (48.89)	(49.43) (48.28)	(47.39)	(43.54)
<b>Birta María Falsdóttir (12) W</b>					
10:37.04S	F # 7B	Women 11-12 800 Free	ÍRB	1	20
	35.56	1:15.03 1:54.98 2:35.27	3:15.34 3:55.92	4:37.03	5:17.01
	(35.56)	(39.47) (39.95) (40.29)	(40.07) (40.58)	(41.11)	(39.98)
	5:57.43	6:38.01 7:18.52 7:59.20	8:39.36 9:19.70	9:59.74	10:37.04
	(40.42)	(40.58) (40.51) (40.68)	(40.16) (40.34)	(40.04)	(37.30)
<b>Sunneva Dögg Friðriksdóttir (11) W</b>					

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Time	F/P/S	Event	Place	Points	Improv
<b>Sunneva Dögg Friðriksdóttir (11) W</b>					
11:39.97S	F # 7B	Women 11-12 800 Free	ÍRB	3	16
	39.96	1:23.21 2:07.50 2:51.55	3:35.44 4:20.19 5:04.30	5:48.94	2.51
	(39.96)	(43.25) (44.29) (44.05)	(43.89) (44.75) (44.11)	(44.64)	
	6:33.44	7:18.75 8:02.59 8:47.39	9:31.33 10:16.26 10:59.45	11:39.97	
	(44.50)	(45.31) (43.84) (44.80)	(43.94) (44.93) (43.19)	(40.52)	
<b>Alexander Páll Friðriksson (14) M</b>					
9:59.54S	F # 3C	Men 13-14 800 Free	ÍRB	5	14
	34.33	1:11.70 1:49.66 2:27.89	3:06.17 3:44.06 4:22.48	5:00.47	-45.62
	(34.33)	(37.37) (37.96) (38.23)	(38.28) (37.89) (38.42)	(37.99)	
	5:38.32	6:15.97 6:53.71 7:31.77	8:09.73 8:47.57 9:25.30	9:59.54	
	(37.85)	(37.65) (37.74) (38.06)	(37.96) (37.84) (37.73)	(34.24)	
<b>Sóley Ósk Hafsteinsdóttir (14) W</b>					
13:36.17S	F # 7C	Women 13-14 800 Free	ÍRB	4	15
	41.20	1:29.68 2:20.38 3:11.72	4:04.08 4:56.37 5:50.09	6:43.08	140.94
	(41.20)	(48.48) (50.70) (51.34)	(52.36) (52.29) (53.72)	(52.99)	
	7:36.40	8:29.36 9:22.82 10:15.76	11:08.86 12:01.50 12:51.94	13:36.17	
	(53.32)	(52.96) (53.46) (52.94)	(53.10) (52.64) (50.44)	(44.23)	
13:36.17S	F # 8	Women 800 Fly	ÍRB	---	---
<b>Diljá Heimisdóttir (18) W</b>					
19:54.45S	F # 6E	Women 18 & Over 1500 Free	ÍRB	---	---
	34.04	1:12.34 1:52.15 2:31.98	3:11.70 3:51.64 4:32.06	5:11.77	
	(34.04)	(38.30) (39.81) (39.83)	(39.72) (39.94) (40.42)	(39.71)	
	5:51.18	6:31.68 7:12.21 7:52.25	8:32.71 9:12.79 9:53.10	10:33.90	
	(39.41)	(40.50) (40.53) (40.04)	(40.46) (40.08) (40.31)	(40.80)	
	11:13.97	11:54.01 12:34.63 13:14.48	13:55.12 14:34.49 15:14.59	15:54.49	
	(40.07)	(40.04) (40.62) (39.85)	(40.64) (39.37) (40.10)	(39.90)	
	16:34.74	17:15.34 17:56.09 18:36.17	---	19:14.45	
	(40.25)	(40.60) (40.75) (40.08)	---	(19:14.45)	
<b>Íris Ósk Hilmarsdóttir (12) W</b>					
11:03.12S	F # 7B	Women 11-12 800 Free	ÍRB	2	17
	36.42	1:17.36 1:59.24 2:41.37	3:23.82 4:06.45 4:49.31	5:32.20	-5.22
	(36.42)	(40.94) (41.88) (42.13)	(42.45) (42.63) (42.86)	(42.89)	
	6:14.63	6:57.37 7:39.36 8:21.25	9:03.84 9:45.26 10:25.84	11:03.12	
	(42.43)	(42.74) (41.99) (41.89)	(42.59) (41.42) (40.58)	(37.28)	
<b>Björgvin Theodór Hilmarsson (12) M</b>					
21:42.98S	F # 4B	Men 11-12 1500 Free	ÍRB	1	20
	36.42	1:18.47 2:00.90 2:44.40	3:27.78 4:12.11 4:55.70	5:39.66	---
	(36.42)	(42.05) (42.43) (43.50)	(43.38) (44.33) (43.59)	(43.96)	
	6:22.94	7:06.38 7:49.84 8:34.06	9:18.01 10:02.56 10:45.70	11:29.52	
	(43.28)	(43.44) (43.46) (44.22)	(43.95) (44.55) (43.14)	(43.82)	
	12:13.43	12:57.22 13:40.91 14:25.50	15:10.09 15:55.22 16:39.53	17:25.40	
	(43.91)	(43.79) (43.69) (44.59)	(44.59) (45.13) (44.31)	(45.87)	
	18:09.27	18:52.65 19:36.32 20:19.41	21:01.85 21:42.98		
	(43.87)	(43.38) (43.67) (43.09)	(42.44) (41.13)		
<b>Íris Dögg Ingvadóttir (14) W</b>					

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<b>Íris Dögg Ingvadóttir (14) W</b>							
19:59.54S	F # 6C	Women 13-14 1500 Free	ÍRB	2	17	---	
36.38	1:17.48	1:58.99	2:40.38	3:21.09	4:02.99	4:43.72	5:24.61
(36.38)	(41.10)	(41.51)	(41.39)	(40.71)	(41.90)	(40.73)	(40.89)
6:04.55	6:44.81	7:24.00	8:04.48	8:45.07	9:25.19	10:05.11	10:45.24
(39.94)	(40.26)	(39.19)	(40.48)	(40.59)	(40.12)	(39.92)	(40.13)
11:26.50	12:06.91	12:47.00	13:26.97	14:06.92	14:47.72	15:27.37	16:07.33
(41.26)	(40.41)	(40.09)	(39.97)	(39.95)	(40.80)	(39.65)	(39.96)
16:47.99	17:27.17	18:06.89	18:45.18	19:22.94	19:59.54		
(40.66)	(39.18)	(39.72)	(38.29)	(37.76)	(36.60)		
<b>Ísak Daði Ingvason (11) M</b>							
23:33.30S	F # 4B	Men 11-12 1500 Free	ÍRB	4	15	---	
43.34	1:32.02	2:19.84	3:06.87	3:54.64	4:43.77	5:33.38	6:21.71
(43.34)	(48.68)	(47.82)	(47.03)	(47.77)	(49.13)	(49.61)	(48.33)
7:10.24	7:58.40	8:46.89	9:35.58	10:24.84	11:11.57	11:59.69	12:46.76
(48.53)	(48.16)	(48.49)	(48.69)	(49.26)	(46.73)	(48.12)	(47.07)
13:34.80	14:21.08	15:07.50	15:55.56	16:42.38	17:30.04	18:17.62	19:04.72
(48.04)	(46.28)	(46.42)	(48.06)	(46.82)	(47.66)	(47.58)	(47.10)
19:50.58	20:37.62	21:23.08	22:07.33	22:52.97	23:33.30		
(45.86)	(47.04)	(45.46)	(44.25)	(45.64)	(40.33)		
<b>Einar Þór Ívarsson (14) M</b>							
1:07.05S	F # 2C	400 Medley Relay Lead Off	ÍRB	---	---	0.73	
32.71							
(32.71)							
9:09.58S	F # 3C	Men 13-14 800 Free	ÍRB	1	20	-8.90	
31.33	1:05.99	1:41.24	2:15.39	2:50.21	3:24.69	3:59.93	4:34.37
(31.33)	(34.66)	(35.25)	(34.15)	(34.82)	(34.48)	(35.24)	(34.44)
5:09.12	5:44.21	6:18.43	6:52.61	7:27.86	8:01.55	8:35.97	9:09.58
(34.75)	(35.09)	(34.22)	(34.18)	(35.25)	(33.69)	(34.42)	(33.61)
<b>Guðrún Eir Jónsdóttir (12) W</b>							
12:33.14S	F # 7B	Women 11-12 800 Free	ÍRB	7	12	---	
40.11	1:26.07	2:14.11	3:02.14	3:49.43	4:37.52	5:26.07	6:14.75
(40.11)	(45.96)	(48.04)	(48.03)	(47.29)	(48.09)	(48.55)	(48.68)
7:04.07	7:52.36	8:41.01	9:28.74	10:16.79	11:04.92	11:52.66	12:33.14
(49.32)	(48.29)	(48.65)	(47.73)	(48.05)	(48.13)	(47.74)	(40.48)
<b>Jóna Margrét Jónsdóttir (19) W</b>							
20:56.62S	F # 6E	Women 18 & Over 1500 Free	ÍRB	3	16	---	
37.34	1:18.69	2:00.67	2:42.71	3:25.27	4:07.45	4:50.13	5:31.97
(37.34)	(41.35)	(41.98)	(42.04)	(42.56)	(42.18)	(42.68)	(41.84)
6:14.23	6:56.43	7:39.10	8:21.05	9:03.38	9:45.88	10:28.45	11:11.16
(42.26)	(42.20)	(42.67)	(41.95)	(42.33)	(42.50)	(42.57)	(42.71)
11:54.55	12:37.73	13:19.10	14:00.97	14:43.52	15:25.73	16:08.16	16:50.60
(43.39)	(43.18)	(41.37)	(41.87)	(42.55)	(42.21)	(42.43)	(42.44)
17:32.51	18:14.85	18:56.67	19:37.93	20:18.08	20:56.62		
(41.91)	(42.34)	(41.82)	(41.26)	(40.15)	(38.54)		
<b>Laufey Jóna Jónsdóttir (12) W</b>							
12:07.58S	F # 7B	Women 11-12 800 Free	ÍRB	4	15	---	
40.42	1:25.39	2:10.82	2:57.61	3:44.41	4:30.19	5:16.61	6:03.28
(40.42)	(44.97)	(45.43)	(46.79)	(46.80)	(45.78)	(46.42)	(46.67)
6:49.60	7:35.58	8:21.34	9:07.11	9:52.96	10:38.71	11:24.25	12:07.58
(46.32)	(45.98)	(45.76)	(45.77)	(45.85)	(45.75)	(45.54)	(43.33)
<b>Jóhanna Júlía Júlíusdóttir (14) W</b>							

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<b>Jóhanna Júlía Júlíusdóttir (14) W</b>					
19:31.19S	F # 6C	Women 13-14 1500 Free	ÍRB	1	20
	36.23	1:15.28 1:54.43 2:34.75	3:14.78 3:54.92	4:34.87 5:15.08	---
	(36.23)	(39.05) (39.15) (40.32)	(40.03) (40.14)	(39.95) (40.21)	
	5:54.76	6:34.14 7:13.70 7:53.05	8:32.73 9:11.87	9:50.96 10:30.23	
	(39.68)	(39.38) (39.56) (39.35)	(39.68) (39.14)	(39.09) (39.27)	
	11:09.75	11:49.26 12:28.72 13:08.46	13:47.88 14:27.22	15:06.64 15:46.09	
	(39.52)	(39.51) (39.46) (39.74)	(39.42) (39.34)	(39.42) (39.45)	
	16:24.68	17:03.26 17:41.65 18:19.46	18:56.72 19:31.19		
	(38.59)	(38.58) (38.39) (37.81)	(37.26) (34.47)		
<b>Soffía Klemenzdóttir (17) W</b>					
18:58.93S	F # 6D	Women 15-17 1500 Free	ÍRB	1	20
	33.35	1:09.76 1:46.92 2:24.46	3:02.42 3:40.41	4:18.57 4:56.87	---
	(33.35)	(36.41) (37.16) (37.54)	(37.96) (37.99)	(38.16) (38.30)	
	5:35.09	6:13.65 6:51.51 7:29.76	8:07.97 8:45.99	9:24.60 10:03.10	
	(38.22)	(38.56) (37.86) (38.25)	(38.21) (38.02)	(38.61) (38.50)	
	10:41.70	11:20.25 11:58.74 12:37.42	13:15.48 13:54.09	14:32.33 15:10.73	
	(38.60)	(38.55) (38.49) (38.68)	(38.06) (38.61)	(38.24) (38.40)	
	15:49.33	16:27.89 17:05.82 17:44.37	18:22.77 18:58.93		
	(38.60)	(38.56) (37.93) (38.55)	(38.40) (36.16)		
<b>Karólína Krawczuk (12) W</b>					
12:20.75S	F # 7B	Women 11-12 800 Free	ÍRB	5	14
	40.82	1:25.62 2:12.49 2:59.57	3:47.00 4:33.80	5:22.26 6:10.24	---
	(40.82)	(44.80) (46.87) (47.08)	(47.43) (46.80)	(48.46) (47.98)	
	6:57.14	7:45.74 8:32.69 9:20.17	10:06.87 10:53.65	11:39.98 12:20.75	
	(46.90)	(48.60) (46.95) (47.48)	(46.70) (46.78)	(46.33) (40.77)	
<b>Sveinn Ólafur Lúðvíksson (14) M</b>					
9:42.92S	F # 3C	Men 13-14 800 Free	ÍRB	2	17
	32.79	1:09.58 1:46.87 2:24.50	3:01.36 3:38.18	4:15.27 4:51.79	1.30
	(32.79)	(36.79) (37.29) (37.63)	(36.86) (36.82)	(37.09) (36.52)	
	5:28.11	6:04.88 6:41.48 7:18.06	7:54.83 8:31.56	9:07.48 9:42.92	
	(36.32)	(36.77) (36.60) (36.58)	(36.77) (36.73)	(35.92) (35.44)	
<b>Sara Birgitta Magnúsdóttir (15) W</b>					
12:23.30S	F # 7D	Women 15-17 800 Free	ÍRB	1	20
	41.33	1:26.66 2:13.50 3:00.54	3:47.48 4:34.68	5:21.51 6:08.62	---
	(41.33)	(45.33) (46.84) (47.04)	(46.94) (47.20)	(46.83) (47.11)	
	6:55.61	7:42.84 8:29.44 9:16.35	10:03.53 10:50.41	11:37.79 12:23.30	
	(46.99)	(47.23) (46.60) (46.91)	(47.18) (46.88)	(47.38) (45.51)	
<b>Margrét Lilja Margeirsdóttir (19) W</b>					
20:50.19S	F # 6E	Women 18 & Over 1500 Free	ÍRB	2	17
	38.76	1:20.22 2:02.37 2:44.61	3:26.51 4:08.21	4:49.62 5:31.25	---
	(38.76)	(41.46) (42.15) (42.24)	(41.90) (41.70)	(41.41) (41.63)	
	6:12.79	6:54.34 7:35.61 8:17.23	8:58.66 9:40.39	10:22.23 11:04.24	
	(41.54)	(41.55) (41.27) (41.62)	(41.43) (41.73)	(41.84) (42.01)	
	11:46.27	12:28.51 13:10.52 13:52.53	14:34.28 15:15.74	15:57.60 16:39.35	
	(42.03)	(42.24) (42.01) (42.01)	(41.75) (41.46)	(41.86) (41.75)	
	17:21.28	18:03.44 18:45.60 19:27.63	20:09.49 20:50.19		
	(41.93)	(42.16) (42.16) (42.03)	(41.86) (40.70)		
<b>Herdís Matthildur Ólafs (13) W</b>					

## Individual Meet Results

**ÍRB SC Long Distance Meet 04-des-10 [Ageup: 31.12.2010] SC Meters**

**Location: Vatnaveröld**

Time	F/P/S	Event	Place	Points	Improv		
<b>Herdís Matthildur Ólafsson (13) W</b>							
12:33.13S	F # 7C	Women 13-14 800 Free	ÍRB	3	16 ---		
41.89	1:27.68	2:15.63	3:03.87	3:52.46	4:40.28	5:27.91	6:16.66
(41.89)	(45.79)	(47.95)	(48.24)	(48.59)	(47.82)	(47.63)	(48.75)
7:03.97	7:52.12	8:41.18	9:27.90	10:16.23	11:03.64	11:49.84	12:33.13
(47.31)	(48.15)	(49.06)	(46.72)	(48.33)	(47.41)	(46.20)	(43.29)
<b>Eiríkur Ingi Ólafsson (11) M</b>							
23:25.76S	F # 4B	Men 11-12 1500 Free	ÍRB	3	16 ---		
38.92	1:23.20	2:08.50	2:54.35	3:40.69	4:26.28	5:13.05	5:59.67
(38.92)	(44.28)	(45.30)	(45.85)	(46.34)	(45.59)	(46.77)	(46.62)
6:46.48	7:33.32	8:20.15	9:07.80	9:55.65	10:44.23	11:31.40	12:18.75
(46.81)	(46.84)	(46.83)	(47.65)	(47.85)	(48.58)	(47.17)	(47.35)
13:06.65	13:55.36	14:43.99	15:31.68	16:20.40	17:08.05	17:56.40	18:45.43
(47.90)	(48.71)	(48.63)	(47.69)	(48.72)	(47.65)	(48.35)	(49.03)
19:33.29	20:21.56	21:09.64	21:57.05	22:43.46	23:25.76		
(47.86)	(48.27)	(48.08)	(47.41)	(46.41)	(42.30)		
<b>Stefán Örn Ólafsson (14) M</b>							
9:53.30S	F # 3C	Men 13-14 800 Free	ÍRB	4	15 -13.42		
33.29	1:10.40	1:47.94	2:25.52	3:02.53	3:39.95	4:17.65	4:55.36
(33.29)	(37.11)	(37.54)	(37.58)	(37.01)	(37.42)	(37.70)	(37.71)
5:32.76	6:09.99	6:47.26	7:24.71	8:02.51	8:39.59	9:16.92	9:53.30
(37.40)	(37.23)	(37.27)	(37.45)	(37.80)	(37.08)	(37.33)	(36.38)
<b>Magnþór Breki Ragnarsson (12) M</b>							
23:16.00S	F # 4B	Men 11-12 1500 Free	ÍRB	2	17 ---		
41.42	1:27.32	2:13.42	2:59.95	3:46.37	4:33.22	5:20.31	6:07.60
(41.42)	(45.90)	(46.10)	(46.53)	(46.42)	(46.85)	(47.09)	(47.29)
6:54.06	7:39.85	8:26.81	9:14.05	10:01.74	10:48.51	11:35.40	12:22.03
(46.46)	(45.79)	(46.96)	(47.24)	(47.69)	(46.77)	(46.89)	(46.63)
13:10.03	13:58.09	14:44.06	15:30.17	16:16.10	17:02.25	17:48.98	18:36.43
(48.00)	(48.06)	(45.97)	(46.11)	(45.93)	(46.15)	(46.73)	(47.45)
19:23.38	20:11.04	20:57.43	21:44.30	22:30.65	23:16.00		
(46.95)	(47.66)	(46.39)	(46.87)	(46.35)	(45.35)		
<b>Sylwia Sienkiewicz (11) W</b>							
13:09.59S	F # 7B	Women 11-12 800 Free	ÍRB	8	11 ---		
41.12	1:29.24	2:20.26	3:10.70	4:02.54	4:52.44	5:43.83	6:34.69
(41.12)	(48.12)	(51.02)	(50.44)	(51.84)	(49.90)	(51.39)	(50.86)
7:24.82	8:16.30	9:06.49	9:56.85	10:47.51	11:38.23	12:24.95	13:09.59
(50.13)	(51.48)	(50.19)	(50.36)	(50.66)	(50.72)	(46.72)	(44.64)
<b>Baldvin Sigmarsson (13) M</b>							
10:25.64S	F # 3C	Men 13-14 800 Free	ÍRB	6	13 -32.86		
35.55	1:14.35	1:54.26	2:34.23	3:13.89	3:54.49	4:34.84	5:15.19
(35.55)	(38.80)	(39.91)	(39.97)	(39.66)	(40.60)	(40.35)	(40.35)
5:55.08	6:34.87	7:14.75	7:53.88	8:32.79	9:11.85	9:49.95	10:25.64
(39.89)	(39.79)	(39.88)	(39.13)	(38.91)	(39.06)	(38.10)	(35.69)
<b>Kristófer Sigurðsson (15) M</b>							

## Individual Meet Results

**ÍRB SC Long Distance Meet 04-des-10 [Ageup: 31.12.2010] SC Meters**

**Location: Vatnaveröld**

Time	F/P/S	Event	Place	Points	Improv
<b>Kristófer Sigurðsson (15) M</b>					
17:29.50S	F # 4D	Men 15-17 1500 Free	ÍRB	1	20
					-37.71
30.19	1:04.44	1:39.95	2:16.04	2:51.41	3:27.08
				4:02.91	4:38.44
(30.19)	(34.25)	(35.51)	(36.09)	(35.37)	(35.67)
				(35.83)	(35.53)
5:14.21	5:50.40	6:26.39	7:01.96	7:37.70	8:13.36
				8:48.59	9:24.04
(35.77)	(36.19)	(35.99)	(35.57)	(35.74)	(35.66)
				(35.23)	(35.45)
9:59.65	10:35.33	11:10.52	11:45.73	12:20.63	12:55.57
				13:30.06	14:05.02
(35.61)	(35.68)	(35.19)	(35.21)	(34.90)	(34.94)
				(34.49)	(34.96)
14:40.01	15:14.76	15:48.62	16:23.31	16:57.61	17:29.50
(34.99)	(34.75)	(33.86)	(34.69)	(34.30)	(31.89)
<b>Dórður Sigurgeirsson (14) M</b>					
NS	F # 1C	Men 13-14 100 Free	ÍRB	---	---
<b>Erla Sigurjónsdóttir (15) W</b>					
20:09.58S	F # 6D	Women 15-17 1500 Free	ÍRB	2	17
					---
36.17	1:17.50	1:59.37	2:41.09	3:21.76	4:02.99
				4:44.78	5:25.81
(36.17)	(41.33)	(41.87)	(41.72)	(40.67)	(41.23)
				(41.79)	(41.03)
6:06.92	6:47.44	7:27.79	8:08.03	8:48.04	9:28.08
				10:09.28	10:50.15
(41.11)	(40.52)	(40.35)	(40.24)	(40.01)	(40.04)
				(41.20)	(40.87)
11:31.01	12:11.43	12:52.37	13:32.83	14:13.00	14:53.31
				15:33.47	16:14.12
(40.86)	(40.42)	(40.94)	(40.46)	(40.17)	(40.31)
				(40.16)	(40.65)
16:54.46	17:34.80	18:14.08	18:53.61	19:31.84	20:09.58
(40.34)	(40.34)	(39.28)	(39.53)	(38.23)	(37.74)
<b>Stefanía Sigurbjörnsdóttir (9) W</b>					
14:31.86S	F # 7A	Women 10 & Under 800 Free	ÍRB	1	20
					---
46.43	1:39.18	2:33.29	3:26.89	4:20.44	5:16.05
				6:12.00	7:07.94
(46.43)	(52.75)	(54.11)	(53.60)	(53.55)	(55.61)
				(55.95)	(55.94)
8:04.76	8:58.63	9:57.29	10:53.27	11:49.82	12:45.90
				13:42.10	14:31.86
(56.82)	(53.87)	(58.66)	(55.98)	(56.55)	(56.08)
				(56.20)	(49.76)
<b>Helga Kristín Sverrisdóttir (16) W</b>					
3:21.86S	F # 5D	Women 15-17 200 Breast	ÍRB	1	20
					-30.82
46.41	1:37.67	2:31.06	3:21.86		
(46.41)	(51.26)	(53.39)	(50.80)		
<b>Erla Sigurjónsdóttir (15) W</b>					
20:56.31S	F # 6D	Women 15-17 1500 Free	ÍRB	4	15
					---
40.46	1:22.89	2:05.63	2:48.21	3:30.57	4:12.73
				4:55.26	5:37.77
(40.46)	(42.43)	(42.74)	(42.58)	(42.36)	(42.16)
				(42.53)	(42.51)
6:20.31	7:02.02	7:43.64	8:25.56	9:07.32	9:49.27
				10:31.38	11:13.59
(42.54)	(41.71)	(41.62)	(41.92)	(41.76)	(41.95)
				(42.11)	(42.21)
11:54.96	12:36.65	13:18.70	14:00.92	14:43.28	15:25.30
				16:07.87	16:50.17
(41.37)	(41.69)	(42.05)	(42.22)	(42.36)	(42.02)
				(42.57)	(42.30)
17:32.56	18:14.64	18:55.59	19:36.71	20:17.23	20:56.31
(42.39)	(42.08)	(40.95)	(41.12)	(40.52)	(39.08)
<b>Aleksandra Wasilewska (14) W</b>					
20:13.99S	F # 6C	Women 13-14 1500 Free	ÍRB	3	16
					---
37.61	1:18.38	1:59.04	2:40.42	3:21.66	4:02.85
				4:43.44	5:24.43
(37.61)	(40.77)	(40.66)	(41.38)	(41.24)	(41.19)
				(40.59)	(40.99)
6:04.62	6:45.10	7:25.58	8:06.48	8:47.38	9:27.99
				10:08.49	10:49.08
(40.19)	(40.48)	(40.48)	(40.90)	(40.90)	(40.61)
				(40.50)	(40.59)
11:30.06	12:10.81	12:51.44	13:32.25	14:13.17	14:53.91
				15:34.26	16:14.93
(40.98)	(40.75)	(40.63)	(40.81)	(40.92)	(40.74)
				(40.35)	(40.67)
16:55.86	17:36.17	18:16.50	18:56.74	19:35.89	20:13.99
(40.93)	(40.31)	(40.33)	(40.24)	(39.15)	(38.10)

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**Individual Meet Results****ÍRB SC Long Distance Meet 04-des-10 [Ageup: 31.12.2010] SC Meters****Location: Vatnaveröld**

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<b>Time</b>	<b>F/P/S</b>	<b>Event</b>	<b>Place</b>	<b>Points</b>	<b>Improv</b>
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