



Afrefekaskrá ÍRB

Grein	Methafi í 25m	Tími	Dags	Methafi í 50m	Tími	Dags
Karlar						
25 Skríð	Fannar Snaevar Hauksson	NJD	00:11,59	07.12.2023		
50 Skríð	Árni Már Árnason	NJD	00:22,29	19.11.2009	Árni Már Árnason	NJD 00:22,53 6.6.2012
100 Skríð	Örn Árnason	KEF	00:46,57	14.12.2003	Örn Árnason	KEF 00:50,59 23.7.2003
200 Skríð	Kristófer Sigurðsson	KEF	01:49,24	14.11.2014	Birkir Már Jónsson	KEF 01:53,52 19.3.2009
400 Skríð	Kristófer Sigurðsson	KEF	03:51,23	14.11.2014	Þröstur Bjarnason	KEF 04:02,92 05.04.2019
800 Skríð	Þröstur Bjarnason	KEF	08:17,00	14.11.2015	Þröstur Bjarnason	KEF 08:27,55 9.4.2017
1500 Skríð	Þröstur Bjarnason	KEF	15:45,88	20.11.2016	Þröstur Bjarnason	KEF 16:09,24 8.4.2017
25 Bak	Fannar Snaevar Hauksson	NJD	00:12,81	07.12.2023		
50 Bak	Örn Árnason	KEF	00:24,47	12.12.2003	Örn Árnason	KEF 00:26,18 26.7.2003
100 Bak	Örn Árnason	KEF	00:51,74	14.12.2003	Örn Árnason	KEF 00:55,47 21.7.2009
200 Bak	Örn Árnason	KEF	01:53,40	11.12.2003	Guðmundur Leo Rafnsson	NJD 02:02,08 11.4.2025
25 Bringa	Fannar Snaevar Hauksson	NJD	00:14,28	07.12.2023		
50 Bringa	Árni Már Árnason	NJD	00:27,52	14.5.2009	Árni Már Árnason	NJD 00:28,70 12.4.2012
100 Bringa	Árni Már Árnason	NJD	01:00,33	19.12.2009	Árni Már Árnason	NJD 01:02,51 12.4.2012
200 Bringa	Árni Már Árnason	NJD	02:16,76	15.11.2007	Árni Már Árnason	NJD 02:18,99 1.12.2011
25 Flug	Guðmundur Leo Rafnsson	NJD	00:12,03	21.11.2024		
50 Flug	Örn Árnason	KEF	00:24,09	2003	Davíð Hildiberg Aðalsteinsson	KEF 00:24,83 9.4.2017
100 Flug	Sindri Þór Jakobsson	NJD	00:53,59	11.11.2009	Sindri Þór Jakobsson	NJD 00:55,67 11.7.2009
200 Flug	Sindri Þór Jakobsson	NJD	01:57,21	12.12.2009	Sindri Þór Jakobsson	NJD 02:02,97 9.7.2009
100 Fjór	Fannar Snaevar Hauksson	NJD	00:55,01	08.11.2024		
200 Fjór	Örn Árnason	KEF	01:57,91	21.3.2003	Örn Árnason	KEF 02:06,87 2.6.2003
400 Fjór	Örn Árnason	KEF	04:13,03	21.3.2003	Sindri Þór Jakobsson	NJD 04:34,92 13.7.2009

Piltar (16 - 18)						
25 Skríð	Guðmundur Leo Rafnsson	KEF	00:11,67	21.11.2024		
50 Skríð	Guðmundur Leo Rafnsson	NJD	00:23,02	08.11.2024		
100 Skríð	Guðmundur Leo Rafnsson	NJD	00:49,71	21.12.2023	Denas Kazulis	NJD 00:23,96 11.4.2025
200 Skríð	Guðmundur Leo Rafnsson	NJD	01:50,31	21.12.2024	Guðmundur Leo Rafnsson	NJD 00:52,27 13.4.2024
400 Skríð	Guðmundur Leo Rafnsson	NJD	03:58,38	28.09.2024	Birkir Már Jónsson	KEF 01:57,98 23.1.2004
800 Skríð	Þröstur Bjarnason	KEF	08:22,53	14.11.2014	Þröstur Bjarnason	KEF 04:11,63 11.4.2014
1500 Skríð	Þröstur Bjarnason	KEF	15:51,16	22.11.2013	Þröstur Bjarnason	KEF 08:36,11 28.6.2014
25 Bak	Guðmundur Leo Rafnsson	NJD	00:12,97	21.11.2024	Þröstur Bjarnason	KEF 16:14,96 7.2.2014
50 Bak	Guðmundur Leo Rafnsson	NJD	00:24,99	09.11.2024	Guðmundur Leo Rafnsson	NJD 00:26,66 2.07.2024
100 Bak	Guðmundur Leo Rafnsson	NJD	00:52,59	10.12.2024	Guðmundur Leo Rafnsson	NJD 00:56,95 14.4.2024
200 Bak	Guðmundur Leo Rafnsson	NJD	01:55,27	15.12.2023	Guðmundur Leo Rafnsson	NJD 02:03,01 12.4.2024
25 Bringa	Kári Snaer Halldórsson	NJD	00:14,47	29.11.2022		
50 Bringa	Jón Oddur Sigurðsson	NJD	00:28,47	8.12.2001	Jón Oddur Sigurðsson	NJD 00:29,44 07.7.2001
100 Bringa	Guðni Emissón	KEF	01:02,99	3.12.2006	Kári Snaer Halldórsson	NJD 01:07,81 8.04.2022
200 Bringa	Guðni Emissón	KEF	02:17,25	2.12.2006	Gunnar Örn Árnason	NJD 02:25,26 29.5.2009
25 Flug	Guðmundur Leo Rafnsson	NJD	00:12,03	21.11.2024		
50 Flug	Fannar Snaevar Hauksson	NJD	00:24,55	30.10.2022	Fannar Snaevar Hauksson	NJD 00:25,44 29.05.2022
100 Flug	Fannar Snaevar Hauksson	NJD	00:55,04	18.11.2022	Fannar Snaevar Hauksson	NJD 00:56,69 08.04.2022
200 Flug	Fannar Snaevar Hauksson	NJD	01:57,91	21.3.2003	Sindri Þór Jakobsson	NJD 02:07,75 31.7.2008
100 Fjór	Fannar Snaevar Hauksson	NJD	00:57,32	29.10.2022		
200 Fjór	Sindri Þór Jakobsson	NJD	02:08,32	17.4.2008	Gunnar Örn Árnason	NJD 02:13,39 29.5.2009
400 Fjór	Gunnar Örn Árnason	NJD	04:29,02	19.11.2009	Sindri Þór Jakobsson	NJD 04:41,42 10.7.2008

Drengrir (13 & 15)						
25 Skríð	Denas Kazulis	NJD	00:12,27	07.12.2023		
50 Skríð	Denas Kazulis	NJD	00:24,57	10.11.2023	Denas Kazulis	NJD 00:25,17 19.12.2023
100 Skríð	Denas Kazulis	NJD	00:53,20	16.12.2023	Denas Kazulis	NJD 00:56,02 10.06.2023
200 Skríð	Denas Kazulis	NJD	01:57,18	16.12.2023	Denas Kazulis	NJD 02:03,72 3.4.2023
400 Skríð	Denas Kazulis	NJD	04:10,32	10.11.2023	Denas Kazulis	NJD 04:25,85 01.04.2023
800 Skríð	Denas Kazulis	NJD	08:41,35	12.11.2023	Denas Kazulis	NJD 09:22,28 11.3.2023
1500 Skríð	Baldvin Sigmarsson	KEF	16:45,55	18.11.2011	Denas Kazulis	NJD 17:40,77 11.3.2023
25 Bak	Fannar Snaevar Hauksson	NJD	00:14,18	29.11.2018		
50 Bak	Fannar Snaevar Hauksson	NJD	00:28,75	10.11.2018	Fannar Snaevar Hauksson	NJD 00:30,00 22.04.2018
100 Bak	Fannar Snaevar Hauksson	NJD	01:01,81	10.11.2018	Fannar Snaevar Hauksson	NJD 01:06,20 21.04.2018
200 Bak	Daði Rafn Fálsson	KEF	02:12,16	10.11.2023	Daði Rafn Fálsson	KEF 02:24,94 01.04.2023
25 Bringa	Nikolai Leo Jónsson	KEF	00:15,23	07.12.2023		
50 Bringa	Nikolai Leo Jónsson	KEF	00:30,41	11.11.2023	Nikolai Leo Jónsson	KEF 00:32,00 19.12.2023
100 Bringa	Nikolai Leo Jónsson	KEF	01:07,83	10.10.2023	Nikolai Leo Jónsson	KEF 01:11,72 01.04.2024
200 Bringa	Nikolai Leo Jónsson	KEF	02:27,30	24.06.2023	Nikolai Leo Jónsson	KEF 02:35,10 13.05.2023
25 Flug	Fannar Snaevar Hauksson	NJD	00:13,17	29.11.2018		
50 Flug	Fannar Snaevar Hauksson	NJD	00:27,31	11.11.2018	Baldvin Sigmarsson	KEF 00:28,82 26.11.2011
100 Flug	Fannar Snaevar Hauksson	NJD	01:00,32	11.11.2018	Baldvin Sigmarsson	KEF 01:03,83 03.12.2011
200 Flug	Baldvin Sigmarsson	KEF	02:13,08	10.11.2011	Baldvin Sigmarsson	KEF 02:20,62 26.11.2011
100 Fjór	Baldvin Sigmarsson	KEF	01:03,33	10.11.2011		
200 Fjór	Daði Rafn Fálsson	KEF	02:11,34	11.11.2023	Daði Rafn Fálsson	KEF 02:20,91 02.04.2023
400 Fjór	Daði Rafn Fálsson	KEF	04:38,54	12.11.2023	Daði Rafn Fálsson	KEF 04:59,93 26.11.2011

Sveinar (11 & 12)						
25 Skríð	Fannar Snaevar Hauksson	NJD	00:14,55	30.11.2016		
50 Skríð	Denas Kazulis	NJD	00:28,99	19.9.2020	Denas Kazulis	NJD 00:30,57 29.2.2020
100 Skríð	Guðni Emissón	NJD	01:02,70	2001	Denas Kazulis	NJD 01:06,61 15.2.2020
200 Skríð	Árni Þór Pálmasón	KEF	02:17,67	15.12.2021	Árni Þór Pálmasón	KEF 02:23,99 16.12.2021
400 Skríð	Gunnar Örn Árnason	KEF	04:52,56	3.7.2022	Eiríkur Ingi Ólafsson	KEF 05:24,34 26.11.2011
800 Skríð	Gunnar Örn Árnason	NJD	10:10,41	5.11.2004	Eiríkur Ingi Ólafsson	KEF 11:00,40 3.12.2011
1500 Skríð	Gunnar Örn Árnason	NJD	19:04,91	5.11.2004	Eiríkur Ingi Ólafsson	KEF 20:43,28 3.12.2011
25 Bak	Fannar Snaevar Hauksson	NJD	00:16,65	30.11.2016		
50 Bak	Fannar Snaevar Hauksson	NJD	00:33,83	5.11.2016	Árni Þór Pálmasón	KEF 00:35,20 16.12.2021
100 Bak	Fannar Snaevar Hauksson	NJD	01:11,63	30.10.2016	Denas Kazulis	NJD 01:19,21 15.2.2020
200 Bak	Fannar Snaevar Hauksson	NJD	02:34,66	05.11.2016	Denas Kazulis	NJD 02:47,95 16.2.2020
25 Bringa	Kári Snaer Halldórsson	NJD	00:19,05	30.11.2016		
50 Bringa	Guðni Emissón	KEF	00:34,68	2003	Ingi Rúnar Árnason	KEF 00:39,86 18.2.2005
100 Bringa	Guðni Emissón	KEF	01:16,89	2001	Gunnar Örn Árnason	NJD 01:24,24 1.5.2004
200 Bringa	Gunnar Örn Árnason	NJD	02:43,38	20.11.2004	Sigmar Marjón Fróníksson	NJD 03:10,77 14.12.2013
25 Flug	Fannar Snaevar Hauksson	NJD	00:13,40	30.11.2016		
50 Flug	Guðmundur Óskar Unnarsson	NJD	00:30,24	1995	Glöf Kristrún Traustason	NJD 00:33,05 16.12.2021
100 Flug	Hróbjartur Sigríðarson	KEF	01:13,25	30.11.2002	Denas Kazulis	NJD 01:19,37 16.2.2020
200 Flug	Hermann Ragnar Unnarsson	NJD	02:43,27	17.10.1998	Denas Kazulis	NJD 02:54,09 1.3.2020
100 Fjór	Gunnar Örn Árnason	NJD	01:13,67	2.10.2004		
200 Fjór	Gunnar Örn Árnason	NJD	02:34,83	19.11.2004	Árni Þór Pálmasón	KEF 02:45,91 16.12.2021
400 Fjór	Guðni Emissón	KEF	05:34,90	10.10.2001	Fannar Snaevar Hauksson	NJD 05:52,58 15.12.2016

Hnokkar (9 & 10)						
25 Skríð	Denas Kazulis	NJD	00:15,14	29.11.2018		
50 Skríð	Denas Kazulis	NJD	00:31,85	27.10.2018	Denas Kazulis	NJD 00:32,52 18.12.2018
100 Skríð	Kristinn Freyr Guðmundsson	KEF	01:12,70	23.11.2024	Denas Kazulis	NJD 01:11,67 18.12.2018
200 Skríð	Denas Kazulis	NJD	02:37,07	22.9.2018	Árni Þór Pálmasón	KEF 02:47,97 12.12.2019
400 Skríð	Denas Kazulis	NJD	05:33,79	22.06.2018	Tristan Þór K Wiium	KEF 05:46,25 8.12.2012
800 Skríð	Denas Kazulis	NJD	11:46,83	24.06.2018	Tristan Þór K Wiium	KEF 12:52,78 24.11.2012
1500 Skríð	Kári Snaer Halldórsson	NJD	24:00,80	5.12.2014	Tristan Þór K Wiium	KEF 24:11,29 24.11.2012
25 Bak	Denas Kazulis	NJD	00:18,39	29.11.2018		
50 Bak	Kristinn Freyr Guðmundsson	KEF	00:38,85	2.11.2024	Denas Kazulis	NJD 00:41,94 10.2.2018
100 Bak	Edvæð Þór Edvæðsson	KEF	01:22,50	1.9.1977	Fannar Snaevar Hauksson	NJD 01:29,85 1.11.2014
200 Bak	Denas Kazulis	NJD	02:55,37	27.10.2018	Fannar Snaevar Hauksson	NJD 03:15,52 6.12.2014
25 Bringa	Kári Snaer Halldórsson	NJD	00:21,08	9.12.2014		
50 Bringa	Edvæð Þór Edvæðsson	KEF	00:41,00	1.9.1977	Kári Snaer Halldórsson	NJD 00:45,90 6.12.2014
100 Bringa	Ingi Rúnar Árnason	KEF	01:33,96	31.10.2003	Kári Snaer Halldórsson	NJD 01:37,88 6.12.2014
200 Bringa	Ingi Rúnar Árnason	KEF	03:20,28	29.11.2003	Denas Kazulis	NJD 03:35,27 3.3.2018
25 Flug	Denas Kazulis	NJD	00:17,89	29.11.2018		
50 Flug	Clifford Dean Helgason	KEF	00:39,22	5.12.2014	Clifford Dean Helgason	KEF 00:40,71 6.12.2014
100 Flug	Clifford Dean Helgason	NJD	01:28,67	24.10.1995	Clifford Dean Helgason	KEF 01:30,58 6.12.2014
200 Flug	Tristan Þór K Wiium	KEF	03:27,03	7.12.2012	Clifford Dean Helgason	KEF 03:38,13 6.12.2014
100 Fjór	Kristinn Freyr Guðmundsson	NJD	01:23,22	23.11.2024		
200 Fjór	Denas Kazulis	NJD	02:58,48	24.11.2018	Denas Kazulis	NJD 03:13,05 4.3.2018
400 Fjór	Tristan Þór K Wiium	KEF	06:36,13	7.12.2012	Tristan Þór K Wiium	KEF 06:39,45 8.12.2012

Snáðar (8 & U)						
25 Skríð	Denas Kazulis	NJD	00:18,62	30.11.2016		
50 Skríð	Lúkas Stephen Dunn	KEF	00:41,46	05.11.2016	Denaz Kazulis	NJD 00:46,52 14.02.2016
100 Skríð	Denas Kazulis	NJD	01:39,22	26.11.2016	Denaz Kazulis	NJD 01:46,87 14.02.2016
200 Skríð	Denas Kazulis	NJD	03:28,44	27.11.2016	Denas Kazulis	NJD 03:24,97 15.12.2016
400 Skríð	Denas Kazulis	NJD	06:58,18	14.12.2016	Guðmundur Leo Rafnsson	NJD 08:18,11 17.12.2014
800 Skríð						
1500 Skríð						
25 Bak	Lúkas Stephen Dunn	KEF	00:22,19	30.11.2016		
50 Bak	Denas Kazulis	NJD	00:50,37	05.11.2016	Fannar Snaevar Hauksson	NJD 00:52,96 22.12.2012
100 Bak	Denas Kazulis	NJD	01:56,57	07.05.2016	Fannar Snaevar Hauksson	NJD 01:55,94 22.12.2012
200 Bak	Denas Kazulis	NJD	03:40,54	14.12.2016	Guðmundur Leo Rafnsson	NJD 03:56,76 6.12.2014
25 Bringa	Denas Kazulis	NJD	00:25,12	30.11.2016		
50 Bringa	Denas Kazulis	NJD	00:56,39	27.11.2016	Denas Kazulis	NJD 00:53,51 15.12.2016
100 Bringa	Denas Kazulis	NJD	01:58,70	27.11.2016	Denas Kazulis	NJD 01:55,31 15.12.2016
200 Bringa	Denas Kazulis	NJD	04:06,90	05.11.2016	Halsteinn Emissón	NJD 04:57,23 6.12.2014
25 Flug	Denas Kazulis	NJD	00:23,07	30.11.2016		
50 Flug	Denas Kazulis	NJD	00:54,11	27.11.2016	Halsteinn Emissón	NJD 04:57,23 6.12.2014
100 Flug	Ingi Rúnar Árnason	KEF	02:10,24	2001		
200 Flug						
100 Fjór	Denas Kazulis	NJD	01:47,31	05.11.2016		
200 Fjór	Denas Kazulis	NJD	03:55,05	05.11.2016	Aron Logi Halldórsson	KEF 04:41,67 18.12.2018
400 Fjór						

Íslands Met
2015+
2000-2009
1999