



# Afrekaskrá ÍRB

## Grein Methafi í 25m Tími Dags Methafi í 50m Tími Dags

### Konur

25 Skrið	Eva Margrét Falsdóttir	NJD	00:13,26	29.11.2022					
50 Skrið	Eydis Ósk Kolbeinsdóttir	NJD	00:26,10	08.11.2024	Eydis Ósk Kolbeinsdóttir	NJD	00:26,95	12.4.2024	
100 Skrið	Eva Margrét Falsdóttir	KEF	00:57,21	18.12.2023	Sunneva Dögg Frjánsdóttir	NJD	00:59,33	12.4.2015	
200 Skrið	Sunneva Dögg Frjánsdóttir	NJD	02:01,69	11.12.2015	Sunneva Dögg Frjánsdóttir	NJD	02:05,27	24.4.2016	
400 Skrið	Sunneva Dögg Frjánsdóttir	NJD	04:14,60	13.11.2015	Sunneva Dögg Frjánsdóttir	NJD	04:20,66	22.4.2016	
800 Skrið	Sunneva Dögg Frjánsdóttir	NJD	08:55,57	14.11.2014	Sunneva Dögg Frjánsdóttir	NJD	09:11,90	23.6.2015	
1500 Skrið	Sunneva Dögg Frjánsdóttir	NJD	17:12,86	14.11.2014	Eydis Ósk Kolbeinsdóttir	NJD	17:34,44	12.4.2015	
25 Bak	Ástrós Lovisa Hauksdóttir	NJD	00:14,98	07.12.2023					
50 Bak	Ástrós Lovisa Hauksdóttir	NJD	00:29,60	08.11.2024	Ástrós Lovisa Hauksdóttir	KEF	00:30,88	12.4.2024	
100 Bak	Íris Ósk Hilmarsdóttir	KEF	01:03,11	22.11.2013	Íris Ósk Hilmarsdóttir	KEF	01:06,29	11.4.2014	
200 Bak	Íris Ósk Hilmarsdóttir	KEF	02:14,18	14.12.2012	Íris Ósk Hilmarsdóttir	KEF	02:19,85	15.6.2013	
25 Bringa	Eva Margrét Falsdóttir	KEF	00:15,74	21.11.2024					
50 Bringa	Erla Dögg Haraldsdóttir	NJD	00:31,26	19.11.2009	Erla Dögg Haraldsdóttir	NJD	00:31,96	7.4.2011	
100 Bringa	Erla Dögg Haraldsdóttir	NJD	01:08,58	19.6.2008	Erla Dögg Haraldsdóttir	NJD	01:10,66	14.6.2008	
200 Bringa	Erla Dögg Haraldsdóttir	NJD	02:26,83	16.5.2008	Erla Dögg Haraldsdóttir	NJD	02:32,49	14.6.2008	
25 Flug	Eydis Ósk Kolbeinsdóttir	NJD	00:13,91	11.04.2019					
50 Flug	Eydis Ósk Kolbeinsdóttir	NJD	00:27,81	09.11.2024	Eydis Konráðsdóttir	KEF	00:28,25	3.7.2000	
100 Flug	Eydis Konráðsdóttir	KEF	01:02,25	19.1.1996	Erla Dögg Haraldsdóttir	NJD	01:02,65	12.5.2012	
200 Flug	Jóhanna Júlía Júlíusdóttir	KEF	02:16,90	21.5.2012	Erla Dögg Haraldsdóttir	NJD	02:18,79	3.4.2008	
100 Fjór	Erla Dögg Haraldsdóttir	NJD	01:01,77	19.11.2009					
200 Fjór	Erla Dögg Haraldsdóttir	NJD	02:15,32	19.11.2009	Erla Dögg Haraldsdóttir	NJD	02:18,45	7.4.2011	
400 Fjór	Eva Margrét Falsdóttir	KEF	04:47,98	02.12.2024	Eva Margrét Falsdóttir	KEF	05:01,58	23.3.2024	

### Stúlur (16 - 18)

25 Skrið	Eva Margrét Falsdóttir	NJD	00:13,26	29.11.2022					
50 Skrið	Eva Margrét Falsdóttir	KEF	00:27,21	18.12.2023	Sunneva Dögg Frjánsdóttir	NJD	00:27,85	13.2.2016	
100 Skrið	Eva Margrét Falsdóttir	KEF	00:57,21	18.12.2023	Sunneva Dögg Frjánsdóttir	NJD	00:59,33	12.4.2015	
200 Skrið	Sunneva Dögg Frjánsdóttir	NJD	02:01,69	11.12.2015	Sunneva Dögg Frjánsdóttir	NJD	02:05,27	24.4.2016	
400 Skrið	Sunneva Dögg Frjánsdóttir	NJD	04:14,60	13.11.2015	Sunneva Dögg Frjánsdóttir	NJD	04:20,66	22.4.2016	
800 Skrið	Sunneva Dögg Frjánsdóttir	NJD	08:55,57	14.11.2014	Sunneva Dögg Frjánsdóttir	NJD	09:11,90	23.6.2015	
1500 Skrið	Sunneva Dögg Frjánsdóttir	NJD	17:12,86	14.11.2014	Eydis Ósk Kolbeinsdóttir	NJD	17:34,44	12.4.2015	
25 Bak	Ástrós Lovisa Hauksdóttir	NJD	00:14,98	07.12.2023					
50 Bak	Ástrós Lovisa Hauksdóttir	NJD	00:29,60	08.11.2024	Ástrós Lovisa Hauksdóttir	KEF	00:30,88	12.4.2024	
100 Bak	Íris Ósk Hilmarsdóttir	KEF	01:03,11	22.11.2013	Íris Ósk Hilmarsdóttir	KEF	01:06,29	11.4.2014	
200 Bak	Íris Ósk Hilmarsdóttir	KEF	02:14,18	14.12.2012	Íris Ósk Hilmarsdóttir	KEF	02:19,85	15.6.2013	
25 Bringa	Karen Mist Amgeirsdóttir	NJD	00:16,49	29.03.2017					
50 Bringa	Eva Margrét Falsdóttir	KEF	00:32,23	12.11.2023	Eva Margrét Falsdóttir	KEF	00:33,84	19.12.2023	
100 Bringa	Eva Margrét Falsdóttir	KEF	01:10,14	16.12.2023	Íris Edda Heimsdóttir	KEF	01:13,42	20.5.2000	
200 Bringa	Eva Margrét Falsdóttir	KEF	02:31,14	01.10.2023	Íris Edda Heimsdóttir	KEF	02:35,60	20.05.2000	
25 Flug	Eva Margrét Falsdóttir	KEF	00:14,29	07.12.2023					
50 Flug	Eydis Konráðsdóttir	KEF	00:28,22	25.11.1995	Erla Dögg Haraldsdóttir	NJD	00:29,66	18.2.2005	
100 Flug	Eydis Konráðsdóttir	KEF	01:02,48	25.11.1995	Eydis Konráðsdóttir	KEF	01:03,87	23.8.1995	
200 Flug	Jóhanna Júlía Júlíusdóttir	KEF	02:16,90	21.5.2012	Jóhanna Júlía Júlíusdóttir/Gunnhildur Björg Stefánsdóttir	KEF(N)	02:22,59	12.10.2014	02.2017
100 Fjór	Eva Margrét Falsdóttir	KEF	01:03,31	10.11.2023					
200 Fjór	Eva Margrét Falsdóttir	KEF	02:16,01	12.11.2023	Eva Margrét Falsdóttir	KEF	02:21,74	03.06.2023	
400 Fjór	Eva Margrét Falsdóttir	KEF	04:50,73	19.10.2024	Ólög Edda Eðvarðsdóttir	KEF	05:02,33	15.6.2013	

### Telpur (13 & 14)

25 Skrið	Eva Margrét Falsdóttir	KEF	00:14,02	11.04.2019					
50 Skrið	Soffía Klemenzdóttir	KEF	00:27,56	15.11.2007	Soffía Klemenzdóttir	KEF	00:28,37	10.2.2007	
100 Skrið	Soffía Klemenzdóttir	KEF	00:59,34	22.9.2007	Soffía Klemenzdóttir	KEF	01:00,97	16.3.2007	
200 Skrið	Eydis Ósk Kolbeinsdóttir	NJD	02:02,61	14.20.2014	Sunneva Dögg Frjánsdóttir	NJD	02:12,12	14.2.2015	
400 Skrið	Sunneva Dögg Frjánsdóttir	NJD	04:24,52	22.11.2013	Sunneva Dögg Frjánsdóttir	NJD	04:35,94	14.12.2013	
800 Skrið	Sunneva Dögg Frjánsdóttir	NJD	09:03,01	29.11.2013	Eydis Ósk Kolbeinsdóttir	NJD	09:21,24	11.4.2014	
1500 Skrið	Sunneva Dögg Frjánsdóttir	NJD	17:10,64	27.11.2013	Eydis Ósk Kolbeinsdóttir	NJD	17:48,38	11.4.2014	
25 Bak	Íris Ósk Hilmarsdóttir	KEF	00:15,83	15.12.2012					
50 Bak	Íris Ósk Hilmarsdóttir	KEF	00:30,44	14.12.2012	Íris Ósk Hilmarsdóttir	KEF	00:31,26	8.12.2012	
100 Bak	Íris Ósk Hilmarsdóttir	KEF	01:03,90	16.11.2012	Íris Ósk Hilmarsdóttir	KEF	01:06,88	8.12.2012	
200 Bak	Íris Ósk Hilmarsdóttir	KEF	02:14,18	14.12.2012	Íris Ósk Hilmarsdóttir	KEF	02:23,22	7.7.2012	
25 Bringa	Karen Mist Amgeirsdóttir	NJD	00:17,43	11.04.2019					
50 Bringa	Karen Mist Amgeirsdóttir	NJD	00:33,54	26.9.2014	Karen Mist Amgeirsdóttir	NJD	00:34,66	12.7.2014	
100 Bringa	Karen Mist Amgeirsdóttir	NJD	01:11,91	14.11.2014	Eva Margrét Falsdóttir	KEF	01:14,93	05.04.2019	
200 Bringa	Eva Margrét Falsdóttir	KEF	02:31,08	09.11.2019	Eva Margrét Falsdóttir	KEF	02:36,69	07.04.2019	
25 Flug	Elisabet Amóðsdóttir	KEF	00:14,68	29.11.2022					
50 Flug	Elisabet Amóðsdóttir	KEF	00:29,22	20.11.2022	Elisabet Amóðsdóttir	KEF	00:29,38	11.02.2023	
100 Flug	Ólög Edda Eðvarðsdóttir	KEF	01:05,71	23.6.2011	Elisabet Amóðsdóttir	KEF	01:07,58	14.5.2023	
200 Flug	Ólög Edda Eðvarðsdóttir	KEF	02:20,75	25.11.2011	Ólög Edda Eðvarðsdóttir	KEF	02:24,80	25.7.2011	
100 Fjór	Soffía Klemenzdóttir	NJD	01:07,60	15.10.2007					
200 Fjór	Ólög Edda Eðvarðsdóttir	KEF	02:21,87	9.12.2011	Eva Margrét Falsdóttir	KEF	02:26,61	06.04.2019	
400 Fjór	Ólög Edda Eðvarðsdóttir	KEF	04:53,67	9.12.2011	Ólög Edda Eðvarðsdóttir	KEF	05:04,19	7.4.2011	

### Meyjar (11 & 12)

25 Skrið	Eva Margrét Falsdóttir	KEF	00:14,59	29.11.2017					
50 Skrið	Elisabet Amóðsdóttir	KEF	00:29,00	04.12.2021	Soffía Klemenzdóttir	KEF	00:30,75	18.3.2005	
100 Skrið	Soffía Klemenzdóttir	KEF	01:04,02	18.11.2005	Soffía Klemenzdóttir	KEF	01:05,08	14.12.2013	
200 Skrið	Stefanía Sigurþórsdóttir	KEF	02:16,04	21.12.2013	Stefanía Sigurþórsdóttir	KEF	02:19,48	14.12.2013	
400 Skrið	Stefanía Sigurþórsdóttir	KEF	04:33,09	29.11.2013	Stefanía Sigurþórsdóttir	KEF	04:50,56	14.12.2013	
800 Skrið	Stefanía Sigurþórsdóttir	KEF	09:33,04	29.11.2013	Stefanía Sigurþórsdóttir	KEF	10:11,89	14.12.2013	
1500 Skrið	Stefanía Sigurþórsdóttir	KEF	18:31,29	13.12.2013	Stefanía Sigurþórsdóttir	KEF	19:30,89	14.12.2013	
25 Bak	Jóhanna Matthea Jóhannsdóttir	KEF	00:16,53	11.12.2013					
50 Bak	Elisabet Amóðsdóttir	KEF	00:33,21	02.12.2021	Elisabet Amóðsdóttir	KEF	00:35,84	16.12.2021	
100 Bak	Elisabet Amóðsdóttir	KEF	01:11,97	25.09.2021	Eva Margrét Falsdóttir	KEF	01:16,69	20.12.2017	
200 Bak	Elisabet Amóðsdóttir	KEF	02:32,48	15.12.2021	Jóhanna Júlía Júlíusdóttir	KEF	02:44,09	3.4.2008	
25 Bringa	Jóhanna Matthea Jóhannsdóttir	KEF	00:17,97	11.12.2013					
50 Bringa	Eva Margrét Falsdóttir	KEF	00:31,14	01.12.2017	Eva Margrét Falsdóttir	KEF	00:37,58	20.12.2017	
100 Bringa	Ólög Edda Eðvarðsdóttir	KEF	01:17,05	19.11.2009	Eva Margrét Falsdóttir	KEF	01:22,89	7.4.2017	
200 Bringa	Ólög Edda Eðvarðsdóttir	KEF	02:44,39	19.11.2009	Ólög Edda Eðvarðsdóttir	KEF	02:52,21	25.4.2009	
25 Flug	Díjh Rún Ljarsdóttir	KEF	00:15,55	01.12.2014					
50 Flug	Elisabet Amóðsdóttir	KEF	00:30,40	04.12.2021	Elisabet Amóðsdóttir	KEF	00:31,68	16.12.2021	
100 Flug	Elisabet Amóðsdóttir	KEF	01:09,39	18.12.2021	Elisabet Amóðsdóttir	KEF	01:12,96	16.12.2021	
200 Flug	Elisabet Amóðsdóttir	KEF	02:33,07	15.12.2021	Elisabet Amóðsdóttir	KEF	02:42,22	16.12.2021	
100 Fjór	Eva Margrét Falsdóttir	KEF	01:11,00	19.12.2017					
200 Fjór	Ólög Edda Eðvarðsdóttir	KEF	02:32,05	19.11.2009	Stefanía Sigurþórsdóttir	KEF	02:37,43	14.12.2013	
400 Fjór	Stefanía Sigurþórsdóttir	KEF	05:13,03	29.11.2013	Stefanía Sigurþórsdóttir	KEF	05:32,92	14.12.2013	

### Hnátur (9 & 10)

25 Skrið	Eva Margrét Falsdóttir	KEF	00:16,04	25.11.2015					
50 Skrið	Eva Margrét Falsdóttir	KEF	00:33,19	25.6.2015	Eva Margrét Falsdóttir	KEF	00:35,20	15.2.2015	
100 Skrið	Eva Margrét Falsdóttir	KEF	01:12,63	27.3.2015	Eva Margrét Falsdóttir	KEF	01:19,67	15.2.2015	
200 Skrið	Eva Margrét Falsdóttir	KEF	02:37,30	25.9.2015	Eva Margrét Falsdóttir	KEF	02:45,41	15.2.2015	
400 Skrið	Ólög Edda Eðvarðsdóttir	KEF	05:35,34	28.6.2007	Stefanía Ósk Halldórsdóttir	KEF	05:53,71	15.12.2016	
800 Skrið	Katla María Brynjarsdóttir	NJD	11:24,08	19.12.2017	Eva Margrét Falsdóttir	KEF	11:54,56	7.2.2015	
1500 Skrið	Eva Margrét Falsdóttir	KEF	21:22,74	15.12.2015	Stefanía Ósk Halldórsdóttir	KEF	23:15,41	3.12.2011	
25 Bak	Elisabet Amóðsdóttir	KEF	00:18,23	11.04.2019					
50 Bak	Eva Margrét Falsdóttir	KEF	00:39,62	15.7.2015	Eva Margrét Falsdóttir	KEF	00:41,04	6.12.2014	
100 Bak	Eva Margrét Falsdóttir	KEF	01:20,48	20.11.2015	Eva Margrét Falsdóttir	KEF	01:23,79	16.12.2015	
200 Bak	Eva Margrét Falsdóttir	KEF	02:53,19	15.7.2015	Eva Margrét Falsdóttir	KEF	03:08,62	6.12.2014	
25 Bringa	Eva Margrét Falsdóttir	KEF	00:20,05	25.3.2015					
50 Bringa	Eva Margrét Falsdóttir	KEF	00:40,05	15.12.2015	Eva Margrét Falsdóttir	KEF	00:43,88	15.2.2015	
100 Bringa	Eva Margrét Falsdóttir	KEF	01:31,62	2.10.2015	Eva Margrét Falsdóttir	KEF	01:34,95	16.7.2015	
200 Bringa	Eva Margrét Falsdóttir	KEF	03:10,88	31.10.2015	Eva Margrét Falsdóttir	KEF	03:18,95	16.7.2015	
25 Flug	Eva Margrét Falsdóttir	KEF	00:17,01	25.11.2015					
50 Flug	Eva Margrét Falsdóttir	KEF	00:36,36	2.10.2015	Eva Margrét Falsdóttir	KEF	00:39,75	15.2.2015	
100 Flug	Eva Margrét Falsdóttir	KEF	01:24,31	31.10.2015	Eva Margrét Falsdóttir	KEF	01:33,72	16.	