



Afrekaskrá Keflavíkur

Grein	Methafi í 25m	Tími	Dags	Methafi í 50m	Tími	Dags
Konur						
25 Skríð	Eva Margrét Falsdóttir	NJD	00:13,26	29.11.2022		
50 Skríð	Eva Margrét Falsdóttir	KEF	00:27,21	18.12.2023		
100 Skríð	Eva Margrét Falsdóttir	KEF	00:57,21	18.12.2023		
200 Skríð	Eydis Konráðsdóttir	KEF	02:03,67	24.7.1998		
400 Skríð	Eva Margrét Falsdóttir	KEF	04:18,48	28.09.2024		
800 Skríð	Eva Margrét Falsdóttir	KEF	08:59,66	22.09.2023		
1500 Skríð	Birta María Falsdóttir	KEF	17:32,18	22.11.2013		
25 Bak	Eva Margrét Falsdóttir	KEF	00:15,37	20.3.2024		
50 Bak	Íris Ósk Hilmarsdóttir	KEF	00:29,95	22.11.2013		
100 Bak	Íris Ósk Hilmarsdóttir	KEF	01:03,00	22.11.2013		
200 Bak	Íris Ósk Hilmarsdóttir	KEF	02:14,18	14.12.2012		
25 Brínga	Eva Margrét Falsdóttir	KEF	00:15,74	21.11.2024		
50 Brínga	Eva Margrét Falsdóttir	KEF	00:32,23	12.11.2023		
100 Brínga	Eva Margrét Falsdóttir	KEF	01:10,14	16.12.2023		
200 Brínga	Eva Margrét Falsdóttir	KEF	02:30,09	01.12.2024		
25 Flug	Eva Margrét Falsdóttir	KEF	00:14,04	20.03.2024		
50 Flug	Eydis Konráðsdóttir	KEF	00:28,22	25.11.1995		
100 Flug	Eydis Konráðsdóttir	KEF	01:02,25	19.3.1996		
200 Flug	Jóhanna Júlía Júlíusdóttir	KEF	02:16,90	21.5.2012		
100 Fjór	Eva Margrét Falsdóttir	KEF	01:03,31	10.11.2023		
200 Fjór	Eva Margrét Falsdóttir	KEF	02:16,01	12.11.2023		
400 Fjór	Eva Margrét Falsdóttir	KEF	04:47,98	02.12.2024		
Stúlur (16 - 18)						
25 Skríð	Eva Margrét Falsdóttir	NJD	00:13,26	29.11.2022		
50 Skríð	Eva Margrét Falsdóttir	KEF	00:27,21	18.12.2023		
100 Skríð	Eva Margrét Falsdóttir	KEF	00:57,21	18.12.2023		
200 Skríð	Eva Margrét Falsdóttir	KEF	02:04,49	23.09.2023		
400 Skríð	Eva Margrét Falsdóttir	KEF	04:24,34	25.6.2021		
800 Skríð	Eva Margrét Falsdóttir	KEF	08:59,66	22.09.2023		
1500 Skríð	Birta María Falsdóttir	KEF	17:32,18	22.11.2013		
25 Bak	Íris Ósk Hilmarsdóttir	KEF	00:15,48	11.12.2013		
50 Bak	Íris Ósk Hilmarsdóttir	KEF	00:29,95	22.11.2013		
100 Bak	Íris Ósk Hilmarsdóttir	KEF	01:03,11	22.11.2013		
200 Bak	Íris Ósk Hilmarsdóttir	KEF	02:14,27	22.11.2013		
25 Brínga	Eva Margrét Falsdóttir	KEF	00:16,66	07.12.2023		
50 Brínga	Eva Margrét Falsdóttir	KEF	00:32,23	12.11.2023		
100 Brínga	Eva Margrét Falsdóttir	KEF	01:10,14	16.12.2023		
200 Brínga	Eva Margrét Falsdóttir	KEF	02:31,14	01.12.2023		
25 Flug	Eva Margrét Falsdóttir	KEF	00:14,10	26.03.2025		
50 Flug	Eydis Konráðsdóttir	KEF	00:28,22	25.11.1995		
100 Flug	Eydis Konráðsdóttir	KEF	01:02,48	25.11.1995		
200 Flug	Jóhanna Júlía Júlíusdóttir	KEF	02:16,90	21.5.2012		
100 Fjór	Eva Margrét Falsdóttir	KEF	01:03,31	10.11.2023		
200 Fjór	Eva Margrét Falsdóttir	KEF	02:16,01	12.11.2023		
400 Fjór	Eva Margrét Falsdóttir	KEF	04:52,30	02.12.2023		
Telpur (13 & 15)						
25 Skríð	Eva Margrét Falsdóttir	KEF	00:14,02	11.04.2019		
50 Skríð	Soffía Klemenzdóttir	KEF	00:27,56	15.11.2007		
100 Skríð	Soffía Klemenzdóttir	KEF	00:59,34	22.9.2007		
200 Skríð	Íris Ósk Hilmarsdóttir	KEF	02:08,98	7.12.2012		
400 Skríð	Sunneva Bergmann Ásbjörnsdóttir	KEF	04:30,66	26.09.2021		
800 Skríð	Birta María Falsdóttir	KEF	09:15,01	14.12.2012		
1500 Skríð	Stefanía Sigurþórsdóttir	KEF	17:38,15	14.11.2014		
25 Bak	Íris Ósk Hilmarsdóttir	KEF	00:15,83	5.12.2012		
50 Bak	Íris Ósk Hilmarsdóttir	KEF	00:30,44	14.12.2012		
100 Bak	Íris Ósk Hilmarsdóttir	KEF	01:03,90	16.11.2012		
200 Bak	Íris Ósk Hilmarsdóttir	KEF	02:14,18	14.12.2012		
25 Brínga	Eva Margrét Falsdóttir	KEF	00:17,43	11.04.2019		
50 Brínga	Eva Margrét Falsdóttir	KEF	00:34,48	10.11.2019		
100 Brínga	Eva Margrét Falsdóttir	KEF	01:12,73	28.09.2019		
200 Brínga	Eva Margrét Falsdóttir	KEF	02:41,63	09.10.2019		
25 Flug	Elisabet Amundsdóttir	KEF	00:14,43	14.03.2021		
50 Flug	Elisabet Amundsdóttir	KEF	00:29,22	20.11.2022		
100 Flug	Ólóf Edda Eðvarðsdóttir	KEF	01:05,71	23.6.2011		
200 Flug	Ólóf Edda Eðvarðsdóttir	KEF	02:20,75	25.11.2011		
100 Fjór	Soffía Klemenzdóttir	KEF	07:07,60	15.11.2007		
200 Fjór	Ólóf Edda Eðvarðsdóttir	KEF	02:21,87	9.12.2011		
400 Fjór	Ólóf Edda Eðvarðsdóttir	KEF	04:53,67	9.12.2011		
Meyjar (11 & 12)						
25 Skríð	Eva Margrét Falsdóttir	KEF	00:14,59	29.11.2017		
50 Skríð	Elisabet Amundsdóttir	KEF	00:29,00	04.12.2021		
100 Skríð	Soffía Klemenzdóttir	KEF	01:04,02	18.11.2005		
200 Skríð	Stefanía Sigurþórsdóttir	KEF	02:16,04	7.12.2013		
400 Skríð	Stefanía Sigurþórsdóttir	KEF	04:39,08	26.11.2012		
800 Skríð	Stefanía Sigurþórsdóttir	KEF	09:33,04	29.11.2013		
1500 Skríð	Stefanía Sigurþórsdóttir	KEF	18:31,29	13.12.2013		
25 Bak	Jóhanna Matthea Jóhannsdóttir	KEF	00:16,53	11.12.2013		
50 Bak	Elisabet Amundsdóttir	KEF	00:33,31	05.12.2021		
100 Bak	Elisabet Amundsdóttir	KEF	01:11,97	25.09.2021		
200 Bak	Stefanía Sigurþórsdóttir	KEF	02:32,68	13.12.2013		
25 Brínga	Jóhanna Matthea Jóhannsdóttir	KEF	00:17,97	11.12.2013		
50 Brínga	Eva Margrét Falsdóttir	KEF	00:34,13	12.12.2022		
100 Brínga	Ólóf Edda Eðvarðsdóttir	KEF	01:17,05	19.11.2009		
200 Brínga	Ólóf Edda Eðvarðsdóttir	KEF	02:44,39	19.11.2009		
25 Flug	Ólía Rún Ljarsdóttir	KEF	00:19,55	0.12.2014		
50 Flug	Elisabet Amundsdóttir	KEF	00:30,40	04.12.2021		
100 Flug	Elisabet Amundsdóttir	KEF	01:10,59	2.10.2021		
200 Flug	Svandís Þóra Samundsdóttir	KEF	02:37,42	18.11.2005		
100 Fjór	Eva Margrét Falsdóttir	KEF	01:11,17	19.12.2017		
200 Fjór	Ólóf Edda Eðvarðsdóttir	KEF	02:02,05	19.11.2009		
400 Fjór	Stefanía Sigurþórsdóttir	KEF	05:13,93	20.11.2013		
Hnátur (9 & 10)						
25 Skríð	Eva Margrét Falsdóttir	KEF	00:16,04	25.11.2015		
50 Skríð	Eva Margrét Falsdóttir	KEF	00:33,19	25.6.2015		
100 Skríð	Eva Margrét Falsdóttir	KEF	01:12,63	27.3.2015		
200 Skríð	Eva Margrét Falsdóttir	KEF	02:37,30	25.9.2015		
400 Skríð	Ólóf Edda Eðvarðsdóttir	KEF	05:35,34	28.6.2007		
800 Skríð	Stefanía Sigurþórsdóttir	KEF	11:28,48	18.11.2011		
1500 Skríð	Eva Margrét Falsdóttir	KEF	21:22,74	15.12.2015		
25 Bak	Elisabet Amundsdóttir	KEF	00:18,23	11.04.2019		
50 Bak	Eva Margrét Falsdóttir	KEF	00:39,62	15.7.2015		
100 Bak	Eva Margrét Falsdóttir	KEF	01:20,48	28.11.2015		
200 Bak	Eva Margrét Falsdóttir	KEF	02:53,19	15.7.2015		
25 Brínga	Eva Margrét Falsdóttir	KEF	00:20,05	25.3.2015		
50 Brínga	Eva Margrét Falsdóttir	KEF	00:40,05	15.12.2015		
100 Brínga	Eva Margrét Falsdóttir	KEF	01:31,62	2.10.2015		
200 Brínga	Eva Margrét Falsdóttir	KEF	03:10,88	31.10.2015		
25 Flug	Eva Margrét Falsdóttir	KEF	00:17,01	25.11.2015		
50 Flug	Eva Margrét Falsdóttir	KEF	00:36,36	2.10.2015		
100 Flug	Eva Margrét Falsdóttir	KEF	01:24,31	31.10.2015		
200 Flug	Elisabet Amundsdóttir	KEF	03:17,98	13.12.2019		
100 Fjór	Eva Margrét Falsdóttir	KEF	01:20,99	25.9.2015		
200 Fjór	Eva Margrét Falsdóttir	KEF	02:50,08	28.11.2015		
400 Fjór	Eva Margrét Falsdóttir	KEF	06:10,99	9.5.2015		
Snóttir (8 & U)						
25 Skríð	Eva Margrét Falsdóttir	KEF	00:18,33	11.12.2013		
50 Skríð	Eva Margrét Falsdóttir	KEF	00:40,39	11.10.2013		
100 Skríð	Eva Margrét Falsdóttir	KEF	01:29,38	11.10.2013		
200 Skríð	Eva Margrét Falsdóttir	KEF	03:22,06	9.11.2013		
400 Skríð	Eva Margrét Falsdóttir	KEF	06:50,48	9.11.2013		
800 Skríð	Eva Margrét Falsdóttir	KEF	13:52,77	9.11.2013		
1500 Skríð	Eva Margrét Falsdóttir	KEF	25:59,11	9.11.2013		
25 Bak	Eva Margrét Falsdóttir	KEF	00:21,02	11.12.2013		
50 Bak	Eva Margrét Falsdóttir	KEF	00:45,02	27.9.2013		
100 Bak	Athena Líf Þrastardóttir	KEF	01:52,24	28.11.2015		
200 Bak	Eva Margrét Falsdóttir	KEF	04:48,24	26.4.2013		
25 Brínga	Eva Margrét Falsdóttir	KEF	00:24,65	11.12.2013		
50 Brínga	Eva Margrét Falsdóttir	KEF	00:48,68	27.9.2013		
100 Brínga	Eva Margrét Falsdóttir	KEF	01:45,18	28.6.2013		
200 Brínga	Eva Margrét Falsdóttir	KEF	03:37,05	13.12.2013		
25 Flug	Eva Margrét Falsdóttir	KEF	00:20,02	11.12.2013		
50 Flug	Eva Margrét Falsdóttir	KEF	00:43,27	13.12.2013		
100 Flug	Eva Margrét Falsdóttir	KEF	01:40,97	19.7.2013		
200 Flug	Eva Margrét Falsdóttir	KEF	03:52,42	13.12.2013		
100 Fjór	Eva Margrét Falsdóttir	KEF	01:38,26	11.10.2013		
200 Fjór	Eva Margrét Falsdóttir	KEF	03:29,11	27.9.2013		
400 Fjór	Eva Margrét Falsdóttir	KEF	07:46,76	11.5.2013		

Íslands Met
ÍR Met
2015+
2010+
2000-2009
1999