



Afrekaskrá Keflavíkur

Grein	Methafi í 25m	Tími	Dags	Methafi í 50m	Tími	Dags
Konur						
25 Skríð	Eva Margrét Falsdóttir	KEF	00:13,75	22.03.2021		
50 Skríð	Erla Sigurpórsdóttir	KEF	00:27,41	14.11.2014	Íris Ósk Hilmarsdóttir	KEF 00:28,05 7.2.2014
100 Skríð	Eva Margrét Falsdóttir	KEF	00:58,81	19.11.2022	Soffía Klemenzdóttir	KEF 01:00,50 4.7.2008
200 Skríð	Eydis Konráðsdóttir	KEF	02:03,67	24.7.1998	Eva Margrét Falsdóttir	KEF 02:09,09 08.04.2022
400 Skríð	Eva Margrét Falsdóttir	KEF	04:24,34	25.6.2021	Eva Margrét Falsdóttir	KEF 04:30,96 07.02.2021
800 Skríð	Eva Margrét Falsdóttir	KEF	09:04,31	23.09.2022	Eva Margrét Falsdóttir	KEF 09:19,41 19.3.2022
1500 Skríð	Birta María Falsdóttir	KEF	17:32,18	22.11.2013	Eva Margrét Falsdóttir	KEF 18:08,29 26.02.2021
25 Bak	Íris Ósk Hilmarsdóttir	KEF	00:15,48	11.12.2013		
50 Bak	Íris Ósk Hilmarsdóttir	KEF	00:29,95	22.11.2013	Íris Ósk Hilmarsdóttir	KEF 00:30,93 15.6.2013
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 Brínga	Eva Margrét Falsdóttir	KEF	00:17,16	22.03.2021		
50 Brínga	Eva Margrét Falsdóttir	KEF	00:32,98	14.11.2021	Íris Edda Heimsdóttir	KEF 00:34,46 2.7.2004
100 Brínga	Íris Edda Heimsdóttir	KEF	01:11,32	2001	Íris Edda Heimsdóttir	KEF 01:13,42 20.5.2000
200 Brínga	Eva Margrét Falsdóttir	KEF	02:31,98	09.11.2019	Íris Edda Heimsdóttir	KEF 02:35,80 20.5.2000
25 Flug	Eva Margrét Falsdóttir	KEF	00:14,33	22.03.2021		
50 Flug	Eydis Konráðsdóttir	KEF	00:28,22	25.11.1995	Eydis Konráðsdóttir	KEF 00:28,25 3.7.2000
100 Flug	Eydis Konráðsdóttir	KEF	01:02,25	19.3.1996	Eydis Konráðsdóttir	KEF 01:02,93 30.5.2000
200 Flug	Jóhanna Júlía Júlíusdóttir	KEF	02:16,90	21.5.2012	Jóhanna Júlía Júlíusdóttir	KEF 02:22,59 12.4.2012
100 Fjór	Eva Margrét Falsdóttir	KEF	01:04,28	18.11.2022		
200 Fjór	Eva Margrét Falsdóttir	KEF	02:17,44	5.12.2021	Eva Margrét Falsdóttir	KEF 02:22,44 11.4.2021
400 Fjór	Eva Margrét Falsdóttir	KEF	04:52,34	18.12.2021	Ólóf Edda Eðvarðsdóttir	KEF 05:02,33 15.6.2013
Stúlkur (15 - 17)						
25 Skríð	Eva Margrét Falsdóttir	KEF	00:13,75	22.03.2021		
50 Skríð	Stefanía Sigurpórsdóttir	KEF	00:27,49	9.11.2018	Íris Ósk Hilmarsdóttir	KEF 00:28,05 7.2.2014
100 Skríð	Eva Margrét Falsdóttir	KEF	00:58,81	19.11.2022	Soffía Klemenzdóttir	KEF 01:00,50 4.7.2008
200 Skríð	Íris Ósk Hilmarsdóttir	KEF	02:04,93	22.11.2013	Eva Margrét Falsdóttir	KEF 02:09,09 08.04.2022
400 Skríð	Eva Margrét Falsdóttir	KEF	04:24,34	25.6.2021	Eva Margrét Falsdóttir	KEF 04:30,96 07.02.2021
800 Skríð	Eva Margrét Falsdóttir	KEF	09:04,31	23.09.2022	Eva Margrét Falsdóttir	KEF 09:19,41 19.3.2022
1500 Skríð	Birta María Falsdóttir	KEF	17:32,18	22.11.2013	Eva Margrét Falsdóttir	KEF 18:08,29 26.02.2021
25 Bak	Íris Ósk Hilmarsdóttir	KEF	00:15,48	11.12.2013		
50 Bak	Íris Ósk Hilmarsdóttir	KEF	00:29,95	22.11.2013	Íris Ósk Hilmarsdóttir	KEF 00:30,93 15.6.2013
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	22.11.2013	Íris Ósk Hilmarsdóttir	KEF 02:19,85 15.6.2013
25 Brínga	Eva Margrét Falsdóttir	KEF	00:17,16	22.03.2021		
50 Brínga	Eva Margrét Falsdóttir	KEF	00:32,98	14.11.2021	Helena Ósk Ívarsdóttir	KEF 00:34,89 18.3.2005
100 Brínga	Íris Edda Heimsdóttir	KEF	01:11,32	2001	Íris Edda Heimsdóttir	KEF 01:13,42 20.5.2000
200 Brínga	Eva Margrét Falsdóttir	KEF	02:31,98	09.11.2019	Íris Edda Heimsdóttir	KEF 02:35,80 20.5.2000
25 Flug	Eva Margrét Falsdóttir	KEF	00:14,33	22.03.2021		
50 Flug	Eydis Konráðsdóttir	KEF	00:28,22	25.11.1995	Jóhanna Júlía Júlíusdóttir	KEF 00:30,00 10.2.2012
100 Flug	Eydis Konráðsdóttir	KEF	01:02,28	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	KEF 02:22,59 12.4.2012
100 Fjór	Eva Margrét Falsdóttir	KEF	01:04,28	18.11.2022		
200 Fjór	Eva Margrét Falsdóttir	KEF	02:17,44	05.12.2021	Eva Margrét Falsdóttir	KEF 02:22,44 11.4.2021
400 Fjór	Eva Margrét Falsdóttir	KEF	04:52,34	18.12.2021	Ólóf Edda Eðvarðsdóttir	KEF 05:02,33 15.6.2013
Telpur (13 & 14)						
25 Skríð	Eva Margrét Falsdóttir	KEF	00:14,02	11.04.2019		
50 Skríð	Soffía Klemenzdóttir	KEF	00:27,56	15.11.2007	Soffía Klemenzdóttir	KEF 00:28,37 10.2.2007
100 Skríð	Soffía Klemenzdóttir	KEF	00:59,34	22.9.2007	Soffía Klemenzdóttir	KEF 01:00,97 16.3.2007
200 Skríð	Íris Ósk Hilmarsdóttir	KEF	02:08,98	7.12.2012	Birta María Falsdóttir	KEF 02:13,14 7.7.2012
400 Skríð	Sunneva Bergmann Ásbjörnsdóttir	KEF	04:30,66	26.09.2021	Sunneva Bergmann Ásbjörnsdóttir	KEF 04:38,87 11.07.2021
800 Skríð	Birta María Falsdóttir	KEF	09:15,01	14.12.2012	Birta María Falsdóttir	KEF 09:28,28 12.4.2012
1500 Skríð	Stefanía Sigurpórsdóttir	KEF	17:38,15	14.11.2014	Stefanía Sigurpórsdóttir	KEF 18:14,25 10.4.2015
25 Bak	Íris Ósk Hilmarsdóttir	KEF	00:15,83	5.12.2012		
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 Brínga	Eva Margrét Falsdóttir	KEF	00:17,43	11.04.2019		
50 Brínga	Eva Margrét Falsdóttir	KEF	00:34,48	10.11.2019	Eva Margrét Falsdóttir	KEF 00:34,99 06.04.2019
100 Brínga	Eva Margrét Falsdóttir	KEF	01:12,73	28.09.2019	Eva Margrét Falsdóttir	KEF 01:14,93 05.04.2019
200 Brínga	Eva Margrét Falsdóttir	KEF	02:36,93	09.11.2019	Eva Margrét Falsdóttir	KEF 02:36,69 07.04.2019
25 Flug	Elisabet Amundsdóttir	KEF	00:15,24	21.3.2020		
50 Flug	Elisabet Amundsdóttir	KEF	00:29,22	20.11.2022	Elisabet Amundsdóttir	KEF 00:30,22 20.05.2022
100 Flug	Ólóf Edda Eðvarðsdóttir	KEF	01:05,71	23.6.2011	Ólóf Edda Eðvarðsdóttir	KEF 01:07,64 29.4.2011
200 Flug	Ólóf Edda Eðvarðsdóttir	KEF	02:20,75	25.11.2011	Ólóf Edda Eðvarðsdóttir	KEF 02:24,80 25.7.2011
100 Fjór	Soffía Klemenzdóttir	KEF	01:07,60	15.11.2007		
200 Fjór	Ólóf Edda Eðvarðsdóttir	KEF	02:21,87	9.12.2011	Ólóf Edda Eðvarðsdóttir	KEF 02:27,01 7.4.2011
400 Fjór	Ólóf Edda Eðvarðsdóttir	KEF	04:53,67	9.12.2011	Ólóf Edda Eðvarðsdóttir	KEF 05:04,19 7.4.2011
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	Soffía Klemenzdóttir	KEF 00:30,75 18.3.2005
100 Skríð	Soffía Klemenzdóttir	KEF	01:04,02	18.11.2005	Stefanía Sigurpórsdóttir	KEF 01:05,08 14.12.2013
200 Skríð	Stefanía Sigurpórsdóttir	KEF	02:16,04	7.12.2013	Stefanía Sigurpórsdóttir	KEF 02:19,48 14.12.2013
400 Skríð	Stefanía Sigurpórsdóttir	KEF	04:39,08	26.11.2012	Stefanía Sigurpórsdóttir	KEF 04:56,01 14.12.2013
800 Skríð	Stefanía Sigurpórsdóttir	KEF	09:33,04	29.11.2013	Stefanía Sigurpórsdóttir	KEF 10:11,89 14.12.2013
1500 Skríð	Stefanía Sigurpórsdóttir	KEF	18:31,29	13.12.2013	Stefanía Sigurpórsdóttir	KEF 19:30,89 14.12.2013
25 Bak	Jóhanna Matthea Jóhannsdóttir	KEF	00:16,53	11.12.2013		
50 Bak	Elisabet Amundsdóttir	KEF	00:33,31	05.12.2021	Elisabet Amundsdóttir	KEF 00:35,84 16.12.2021
100 Bak	Elisabet Amundsdóttir	KEF	01:11,97	25.09.2021	Eva Margrét Falsdóttir	KEF 01:16,69 20.12.2017
200 Bak	Stefanía Sigurpórsdóttir	KEF	02:32,68	13.12.2013	Jóhanna Júlía Júlíusdóttir	KEF 02:44,09 3.4.2008
25 Brínga	Jóhanna Matthea Jóhannsdóttir	KEF	00:17,97	11.12.2013		
50 Brínga	Eva Margrét Falsdóttir	KEF	00:34,13	12.12.2019	Eva Margrét Falsdóttir	KEF 00:37,58 20.12.2017
100 Brínga	Ólóf Edda Eðvarðsdóttir	KEF	01:17,05	19.11.2009	Eva Margrét Falsdóttir	KEF 01:22,89 7.4.2017
200 Brínga	Ólóf Edda Eðvarðsdóttir	KEF	02:44,39	19.11.2009	Ólóf Edda Eðvarðsdóttir	KEF 02:52,21 25.4.2009
25 Flug	Ólía Rún Ívarsdóttir	KEF	00:15,55	9.12.2014		
50 Flug	Elisabet Amundsdóttir	KEF	00:30,40	04.12.2021	Elisabet Amundsdóttir	KEF 00:31,68 16.12.2021
100 Flug	Elisabet Amundsdóttir	KEF	01:10,59	2.10.2021	Elisabet Amundsdóttir	KEF 01:12,96 16.12.2021
200 Flug	Svandís Þóra Samundsdóttir	KEF	02:37,42	18.11.2005	Elisabet Amundsdóttir	KEF 02:42,22 16.12.2021
100 Fjór	Eva Margrét Falsdóttir	KEF	01:11,17	19.12.2017		
200 Fjór	Ólóf Edda Eðvarðsdóttir	KEF	02:32,05	19.11.2009	Stefanía Sigurpórsdóttir	KEF 02:37,43 14.12.2013
400 Fjór	Stefanía Sigurpórsdóttir	KEF	05:13,93	20.11.2013	Stefanía Sigurpórsdóttir	KEF 05:32,92 14.12.2013
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	Eva Margrét Falsdóttir	KEF 00:35,20 15.2.2015
100 Skríð	Eva Margrét Falsdóttir	KEF	01:12,63	27.3.2015	Eva Margrét Falsdóttir	KEF 01:19,67 15.2.2015
200 Skríð	Eva Margrét Falsdóttir	KEF	02:37,30	25.9.2015	Eva Margrét Falsdóttir	KEF 02:45,41 15.2.2015
400 Skríð	Ólóf Edda Eðvarðsdóttir	KEF	05:35,34	28.6.2007	Stefanía Ósk Halldórsdóttir	KEF 05:53,71 15.12.2016
800 Skríð	Stefanía Sigurpórsdóttir	KEF	11:28,48	18.11.2011	Eva Margrét Falsdóttir	KEF 11:54,56 7.2.2015
1500 Skríð	Eva Margrét Falsdóttir	KEF	21:22,74	15.12.2015	Stefanía Sigurpórsdóttir	KEF 23:15,41 3.12.2011
25 Bak	Elisabet Amundsdóttir	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	28.1.2015	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 Brínga	Eva Margrét Falsdóttir	KEF	00:20,05	25.3.2015		
50 Brínga	Eva Margrét Falsdóttir	KEF	00:40,05	15.12.2015	Eva Margrét Falsdóttir	KEF 00:43,88 15.2.2015
100 Brínga	Eva Margrét Falsdóttir	KEF	01:31,62	2.10.2015	Eva Margrét Falsdóttir	KEF 01:34,95 16.7.2015
200 Brínga	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 16.12.2015
200 Flug	Elisabet Amundsdóttir	KEF	03:17,98	13.12.2019	Eva Margrét Falsdóttir	KEF 03:14,00 16.12.2015
100 Fjór	Eva Margrét Falsdóttir	KEF	01:20,99	25.9.2015		
200 Fjór	Eva Margrét Falsdóttir	KEF	02:50,08	28.11.2015	Eva Margrét Falsdóttir	KEF 02:57,84 16.7.2015
400 Fjór	Eva Margrét Falsdóttir	KEF	06:10,99	9.5.2015	Eva Margrét Falsdóttir	KEF 06:13,20 16.12.2015
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	Eva Margrét Falsdóttir	KEF 00:43,28 8.2.2013
100 Skríð	Eva Margrét Falsdóttir	KEF	01:29,38	11.10.2013	Eva Margrét Falsdóttir	KEF 01:32,79 20.7.2013
200 Skríð	Eva Margrét Falsdóttir	KEF	03:22,06	9.11.2013	Eva Margrét Falsdóttir	KEF 03:17,85 14.12.2013
400 Skríð	Eva Margrét Falsdóttir	KEF	06:50,48	9.11.2013	Eva Margrét Falsdóttir	KEF 06:43,85 9.11.2013
800 Skríð	Eva Margrét Falsdóttir	KEF	13:52,77	9.11.2013	Eva Margrét Falsdóttir	KEF 13:58,94 14.12.2013
1500 Skríð	Eva Margrét Falsdóttir	KEF	25:59,11	9.11.2013	Eva Margrét Falsdóttir	KEF 26:08,18 14.12.2013
25 Bak	Eva Margrét Falsdóttir	KEF	00:21,02	11.12.2013		
50 Bak	Eva Margrét Falsdóttir	KEF	00:45,02	27.9.2013	Athena Líf Þrastardóttir	KEF 00:52,50 16.12.2015
100 Bak	Athena Líf Þrastardóttir	KEF	01:52,24	28.11.2015	Stefanía Ósk Halldórsdóttir	KEF 01:55