



Afrekaskrá Keflavíkur

Methafi í 25m Tími Dags Methafi í 50m Tími Dags

Konur

25 Skrið	Eva Margrét Falsdóttir	NÞ	00:13,26	29.11.2022				
50 Skrið	Eva Margrét Falsdóttir	KEF	00:27,41	11.04.2019	Íris Ósk Hilmarsdóttir	KEF	00:28,05	7.2.2014
100 Skrið	Eva Margrét Falsdóttir	KEF	00:58,45	16.12.2022	Soffía Klemenzdóttir/Eva Margrét Falsdóttir	KEF	01:00,50	2.4.2023
200 Skrið	Eydis Konráðsdóttir	KEF	02:03,67	24.7.1998	Eva Margrét Falsdóttir	KEF	02:08,64	01.04.2023
400 Skrið	Eva Margrét Falsdóttir	KEF	04:24,34	25.6.2021	Eva Margrét Falsdóttir	KEF	04:30,96	07.02.2021
800 Skrið	Eva Margrét Falsdóttir	KEF	09:04,31	23.02.2022	Eva Margrét Falsdóttir	KEF	09:19,41	19.2.2022
1500 Skrið	Birta María Falsdóttir	KEF	17:32,18	22.11.2013	Eva Margrét Falsdóttir	KEF	18:08,29	26.02.2021
25 Bak	Eva Margrét Falsdóttir	KEF	00:15,39	14.03.2023				
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	01:03,00	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	00:16,53	14.03.2023				
50 Bringa	Eva Margrét Falsdóttir	KEF	00:32,98	14.11.2021	Eva Margrét Falsdóttir	KEF	00:34,13	14.5.2023
100 Bringa	Íris Edda Heimsdóttir	KEF	01:11,32	2001	Íris Edda Heimsdóttir	KEF	01:13,42	20.5.2000
200 Bringa	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	19.12.1996	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	02:21,74	03.06.2023
400 Fjór	Eva Margrét Falsdóttir	KEF	04:52,34	18.12.2021	Ólaf Edda Eðvarðsdóttir	KEF	05:02,33	15.6.2013

Stúlkur (15 - 18)

25 Skrið	Eva Margrét Falsdóttir	NÞ	00:13,26	29.11.2022				
50 Skrið	Stefanía Sigurpórsdóttir	KEF	00:27,49	9.11.2018	Íris Ósk Hilmarsdóttir	KEF	00:28,05	7.2.2014
100 Skrið	Eva Margrét Falsdóttir	KEF	00:58,45	16.12.2022	Soffía Klemenzdóttir/Eva Margrét Falsdóttir	KEF	01:00,50	2.4.2023
200 Skrið	Eva Margrét Falsdóttir	KEF	02:04,66	17.12.2022	Eva Margrét Falsdóttir	KEF	02:08,64	01.04.2023
400 Skrið	Eva Margrét Falsdóttir	KEF	04:24,34	25.6.2021	Eva Margrét Falsdóttir	KEF	04:30,96	07.02.2021
800 Skrið	Eva Margrét Falsdóttir	KEF	09:04,31	23.02.2022	Eva Margrét Falsdóttir	KEF	09:19,41	19.2.2022
1500 Skrið	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	02:14,27	22.11.2013	Íris Ósk Hilmarsdóttir	KEF	02:19,85	15.6.2013
25 Bringa	Eva Margrét Falsdóttir	KEF	00:16,99	29.11.2022				
50 Bringa	Eva Margrét Falsdóttir	KEF	00:32,98	14.11.2021	Eva Margrét Falsdóttir	KEF	00:34,13	14.5.2023
100 Bringa	Íris Edda Heimsdóttir	KEF	01:11,32	2001	Íris Edda Heimsdóttir	KEF	01:13,42	20.5.2000
200 Bringa	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	01:02,48	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	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	02:21,74	03.06.2023
400 Fjór	Eva Margrét Falsdóttir	KEF	04:52,34	18.12.2021	Ólaf 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	Íris Ósk Hilmarsdóttir	KEF	01:08,98	7.12.2012	Birta María Falsdóttir	KEF	01:13,14	2.4.2012
400 Skrið	Sunneva Bergmann Ásbjörnsdóttir	KEF	04:30,66	26.09.2021	Sunneva Bergmann Ásbjörnsdóttir	KEF	04:38,87	11.07.2021
800 Skrið	Birta María Falsdóttir	KEF	09:15,01	14.12.2012	Birta María Falsdóttir	KEF	09:28,28	12.4.2012
1500 Skrið	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	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	02:14,15	14.12.2012	Íris Ósk Hilmarsdóttir	KEF	02:23,22	7.7.2012
25 Bringa	Eva Margrét Falsdóttir	KEF	00:17,43	11.04.2019				
50 Bringa	Eva Margrét Falsdóttir	KEF	00:34,48	10.11.2019	Eva Margrét Falsdóttir	KEF	00:34,99	06.04.2019
100 Bringa	Eva Margrét Falsdóttir	KEF	01:12,73	28.09.2019	Eva Margrét Falsdóttir	KEF	01:14,93	05.04.2019
200 Bringa	Eva Margrét Falsdóttir	KEF	02:31,83	00.10.2019	Eva Margrét Falsdóttir	KEF	02:36,69	07.04.2019
25 Flug	Elisabet Armodsdóttir	KEF	00:14,43	14.03.2023				
50 Flug	Elisabet Armodsdóttir	KEF	00:29,22	20.11.2022	Elisabet Armodsdóttir	KEF	00:29,38	11.02.2023
100 Flug	Ólaf Edda Eðvarðsdóttir	KEF	01:05,71	23.6.2011	Elisabet Armodsdóttir	KEF	01:07,58	14.5.2023
200 Flug	Ólaf Edda Eðvarðsdóttir	KEF	02:20,75	25.11.2011	Ólaf Edda Eðvarðsdóttir	KEF	02:24,80	25.7.2011
100 Fjór	Soffía Klemenzdóttir	KEF	01:07,60	15.11.2012				
200 Fjór	Ólaf Edda Eðvarðsdóttir	KEF	02:21,87	9.12.2011	Eva Margrét Falsdóttir	KEF	02:26,61	06.04.2019
400 Fjór	Ólaf Edda Eðvarðsdóttir	KEF	04:53,67	9.12.2011	Ólaf Edda Eðvarðsdóttir	KEF	05:04,49	7.4.2011

Meyjar (11 & 12)

25 Skrið	Eva Margrét Falsdóttir	KEF	00:14,59	29.11.2017				
50 Skrið	Elisabet Armodsdóttir	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	Stefanía Sigurpórsdóttir	KEF	01:05,08	14.12.2013
200 Skrið	Stefanía Sigurpórsdóttir	KEF	02:16,04	7.12.2013	Stefanía Sigurpórsdóttir	KEF	02:19,48	14.12.2013
400 Skrið	Stefanía Sigurpórsdóttir	KEF	04:39,08	20.11.2013	Stefanía Sigurpórsdóttir	KEF	04:55,01	14.12.2013
800 Skrið	Stefanía Sigurpórsdóttir	KEF	09:33,04	29.11.2013	Stefanía Sigurpórsdóttir	KEF	10:11,89	14.12.2013
1500 Skrið	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 Armodsdóttir	KEF	00:33,31	05.12.2021	Elisabet Armodsdóttir	KEF	00:35,84	16.12.2021
100 Bak	Elisabet Armodsdóttir	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 Bringa	Jóhanna Matthea Jóhannsdóttir	KEF	00:17,97	11.12.2013				
50 Bringa	Eva Margrét Falsdóttir	KEF	00:31,43	14.12.2017	Eva Margrét Falsdóttir	KEF	00:37,58	20.12.2017
100 Bringa	Ólaf Edda Eðvarðsdóttir	KEF	01:17,05	19.11.2009	Eva Margrét Falsdóttir	KEF	01:22,89	7.4.2017
200 Bringa	Ólaf Edda Eðvarðsdóttir	KEF	02:44,39	19.11.2009	Ólaf Edda Eðvarðsdóttir	KEF	02:52,21	25.4.2009
25 Flug	Díli Rún Lávarðsdóttir	KEF	00:15,55	9.12.2014				
50 Flug	Elisabet Armodsdóttir	KEF	00:30,40	04.12.2021	Elisabet Armodsdóttir	KEF	00:31,68	16.12.2021
100 Flug	Elisabet Armodsdóttir	KEF	01:10,59	2.10.2021	Elisabet Armodsdóttir	KEF	01:12,96	16.12.2021
200 Flug	Svandís Þóra Sæmundsdóttir	KEF	02:37,42	18.11.2005	Elisabet Armodsdóttir	KEF	02:42,22	16.12.2021
100 Fjór	Eva Margrét Falsdóttir	KEF	01:11,17	19.12.2017				
200 Fjór	Ólaf Edda Eðvarðsdóttir	KEF	02:32,05	15.11.2009	Stefanía Sigurpórsdóttir	KEF	02:37,43	14.12.2013
400 Fjór	Stefanía Sigurpórsdóttir	KEF	05:13,93	20.11.2013	Stefanía Sigurpórsdóttir	KEF	05:32,02	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	Ólaf Edda Eðvarðsdóttir	KEF	05:35,34	28.6.2007	Stefanía Ósk Halldórsdóttir	KEF	05:53,71	15.12.2016
800 Skrið	Stefanía Sigurpórsdóttir	KEF	11:28,48	18.11.2011	Eva Margrét Falsdóttir	KEF	11:54,96	7.2.2015
1500 Skrið	Eva Margrét Falsdóttir	KEF	21:22,74	15.12.2015	Stefanía Sigurpórsdóttir	KEF	23:15,41	3.12.2011
25 Bak	Elisabet Armodsdóttir	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	28.11.2015	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	16.12.2015
200 Flug	Elisabet Armodsdóttir	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 &