



# Afrekaskrá Keflavíkur

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

### Karlar

25 Skrið	Þróstur Bjarnason	KEF	00:11,96	29.03.2017			
50 Skrið	Órn Amarson	KEF	00:22,33	14.12.2003	Kristófer Sigurðsson	KEF	00:23,79 30.05.2019
100 Skrið	Órn Amarson	KEF	00:48,57	14.12.2003	Órn Amarson	KEF	00:50,59 23.7.2003
200 Skrið	Kristófer Sigurðsson	KEF	01:49,24	14.11.2014	Birkir Már Jónsson	KEF	01:53,52 19.3.2009
400 Skrið	Kristófer Sigurðsson	KEF	03:51,23	22.11.2013	Þróstur Bjarnason	KEF	04:02,92 05.04.2019
800 Skrið	Þróstur Bjarnason	KEF	08:17,00	14.11.2015	Þróstur Bjarnason	KEF	08:27,55 9.4.2017
1500 Skrið	Þróstur Bjarnason	KEF	15:45,88	20.11.2016	Þróstur Bjarnason	KEF	16:09,24 8.4.2017
25 Bak	Davíð Hildiberg Aðalsteinsson	KEF	00:13,64	29.03.2017			
50 Bak	Órn Amarson	KEF	00:24,47	12.12.2003	Órn Amarson	KEF	00:26,18 26.7.2003
100 Bak	Órn Amarson	KEF	00:51,72	14.12.2003	Órn Amarson	KEF	00:55,47 21.7.2003
200 Bak	Órn Amarson	KEF	01:53,40	11.12.2003	Davíð Hildiberg Aðalsteinsson	KEF	02:04,74 7.4.2011
25 Bringa	Kristófer Sigurðsson	KEF	00:14,88	2.4.2014			
50 Bringa	Guðni Emisson	KEF	00:28,59	15.11.2007	Guðni Emisson	KEF	00:29,72 16.3.2007
100 Bringa	Guðni Emisson	KEF	01:02,99	2.12.2006	Guðni Emisson	KEF	01:07,38 17.3.2007
200 Bringa	Guðni Emisson	KEF	02:17,25	2006	Guðni Emisson	KEF	02:29,68 16.3.2007
25 Flug	Davíð Hildiberg Aðalsteinsson	KEF	00:12,47	29.03.2017			
50 Flug	Órn Amarson	KEF	00:24,09	2003	Davíð Hildiberg Aðalsteinsson	KEF	00:24,83 9.4.2017
100 Flug	Órn Amarson	KEF	00:54,38	16.11.2004	Birkir Már Jónsson	KEF	00:56,40 2.6.2009
200 Flug	Órn Amarson	KEF	01:59,68	21.3.2003	Birkir Már Jónsson	KEF	02:08,27 17.3.2006
100 Fjór	Órn Amarson	KEF	00:55,79	2003			
200 Fjór	Órn Amarson	KEF	01:57,01	21.3.2003	Órn Amarson	KEF	02:06,87 2.6.2003
400 Fjór	Órn Amarson	KEF	04:13,03	21.3.2003	Baldvín Sigmarsson	KEF	04:44,78 10.4.2015

### Piltar (16 - 18)

25 Skrið	Þróstur Bjarnason	KEF	00:12,38	9.12.2014			
50 Skrið	Guðlaugur Már Guðmundsson	KEF	00:24,30	2001	Lúkas Stephen Dunn	KEF	00:23,83 9.4.2024
100 Skrið	Kristófer Sigurðsson	KEF	01:02,78	16.11.2011	Lúkas Stephen Dunn	KEF	00:52,55 13.04.2024
200 Skrið	Kristófer Sigurðsson	KEF	01:52,73	16.11.2012	Birkir Már Jónsson	KEF	01:57,98 23.1.2004
400 Skrið	Kristófer Sigurðsson	KEF	03:59,51	14.12.2012	Þróstur Bjarnason	KEF	04:11,63 11.4.2014
800 Skrið	Þróstur Bjarnason	KEF	08:22,53	14.11.2014	Þróstur Bjarnason	KEF	08:36,11 28.6.2014
1500 Skrið	Þróstur Bjarnason	KEF	15:51,16	22.11.2013	Þróstur Bjarnason	KEF	16:14,96 7.2.2014
25 Bak	Baldvín Sigmarsson	KEF	00:14,54	9.12.2014			
50 Bak	Davíð Hildiberg Aðalsteinsson	KEF	00:27,10	17.11.2007	Lúkas Stephen Dunn	KEF	00:28,25 12.04.2024
100 Bak	Davíð Hildiberg Aðalsteinsson	KEF	00:57,66	1.12.2007	Lúkas Stephen Dunn	KEF	01:00,80 10.04.2024
200 Bak	Davíð Hildiberg Aðalsteinsson	KEF	02:06,56	15.11.2009	Davíð Hildiberg Aðalsteinsson	KEF	02:12,79 14.4.2007
25 Bringa	Nikolai Leo Jónsson	KEF	00:15,22	20.03.2024			
50 Bringa	Guðni Emisson	KEF	00:29,00	2.12.2006	Nikolai Leo Jónsson	KEF	00:30,70 14.4.2024
100 Bringa	Guðni Emisson	KEF	01:02,99	3.12.2006	Lúkas Stephen Dunn	KEF	01:08,18 12.04.2024
200 Bringa	Guðni Emisson	KEF	02:17,25	2.12.2006	Alexander Logi Jónsson	KEF	02:30,36 11.4.2021
25 Flug	Baldvín Sigmarsson	KEF	00:13,37	2.4.2014			
50 Flug	Davíð Hildiberg Aðalsteinsson	KEF	00:26,34	28.12.2007	Lúkas Stephen Dunn	KEF	00:25,74 11.04.2024
100 Flug	Davíð Hildiberg Aðalsteinsson	KEF	00:57,18	17.11.2007	Lúkas Stephen Dunn	KEF	00:56,53 16.06.2024
200 Flug	Baldvín Sigmarsson	KEF	02:05,46	14.11.2011	Baldvín Sigmarsson	KEF	02:12,14 11.4.2014
100 Fjór	Guðni Emisson	KEF	00:59,80	17.11.2006			
200 Fjór	Baldvín Sigmarsson	KEF	02:09,19	10.10.2014	Lúkas Stephen Dunn	KEF	02:13,89 13.04.2024
400 Fjór	Baldvín Sigmarsson	KEF	04:31,01	14.11.2014	Baldvín Sigmarsson	KEF	04:46,13 16.7.2013

### Drengir (13 & 15)

25 Skrið	Daði Rafn Falsson	KEF	00:12,64	07.12.2023			
50 Skrið	Birkir Már Jónsson	KEF	00:26,17	2001	Lúkas Stephen Dunn	KEF	00:23,83 9.4.2024
100 Skrið	Birkir Már Jónsson	KEF	00:56,61	2001	Lúkas Stephen Dunn	KEF	00:52,55 13.04.2024
200 Skrið	Birkir Már Jónsson	KEF	02:01,72	23.1.2001	Einar Þór Ivansson	KEF	02:08,76 27.11.2010
400 Skrið	Baldvín Sigmarsson	KEF	04:24,36	25.11.2011	Þróstur Bjarnason	KEF	04:34,28 26.11.2011
800 Skrið	Nikolai Leo Jónsson	KEF	08:51,41	12.12.2023	Einar Þór Ivansson	KEF	09:36,61 18.3.2010
1500 Skrið	Baldvín Sigmarsson	KEF	16:45,55	18.11.2011	Nikolai Leo Jónsson	KEF	18:10,39 12.3.2023
25 Bak	Nikolai Leo Jónsson	KEF	00:14,65	07.12.2023			
50 Bak	Nikolai Leo Jónsson	KEF	00:30,66	20.01.2023	Lúkas Stephen Dunn	KEF	00:28,25 12.04.2024
100 Bak	Daði Rafn Falsson	KEF	01:04,85	10.11.2023	Lúkas Stephen Dunn	KEF	01:00,80 10.04.2024
200 Bak	Daði Rafn Falsson	KEF	02:12,16	10.11.2023	Daði Rafn Falsson	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	Lúkas Stephen Dunn	KEF	00:31,02 10.04.2024
100 Bringa	Nikolai Leo Jónsson	KEF	01:07,83	10.10.2023	Lúkas Stephen Dunn	KEF	01:08,18 12.04.2024
200 Bringa	Nikolai Leo Jónsson	KEF	02:27,30	24.06.2023	Nikolai Leo Jónsson	NJD	02:35,10 13.5.2023
25 Flug	Daði Rafn Falsson	KEF	00:13,65	07.12.2023			
50 Flug	Daði Rafn Falsson	KEF	00:28,04	18.11.2023	Lúkas Stephen Dunn	KEF	00:25,74 11.04.2024
100 Flug	Baldvín Sigmarsson	KEF	01:01,64	10.11.2011	Lúkas Stephen Dunn	KEF	00:56,53 16.06.2024
200 Flug	Baldvín Sigmarsson	KEF	02:13,08	10.11.2011	Baldvín Sigmarsson	KEF	02:20,62 26.11.2011
100 Fjór	Daði Rafn Falsson	KEF	01:03,33	10.11.2011			
200 Fjór	Daði Rafn Falsson	KEF	02:11,34	11.11.2023	Lúkas Stephen Dunn	KEF	02:13,89 13.04.2024
400 Fjór	Daði Rafn Falsson	KEF	04:38,54	12.11.2023	Daði Rafn Falsson	KEF	04:59,93 26.11.2011

### Sveinar (11 & 12)

25 Skrið	Árni Þór Pálmarson	KEF	00:15,72	22.03.2021			
50 Skrið	Árni Þór Pálmarson	KEF	00:30,62	15.12.2021	Kristófer Sigurðsson	KEF	00:31,23 23.2.2007
100 Skrið	Guðni Emisson	KEF	01:02,70	2001	Kristófer Sigurðsson	KEF	01:09,49 23.2.2007
200 Skrið	Árni Þór Pálmarson	KEF	02:17,67	15.12.2021	Árni Þór Pálmarson	KEF	02:23,99 16.12.2021
400 Skrið	Hermann Erlari Nielsens	KEF	04:57,13	18.11.2001	Eiríkur Ingi Ólafsson	KEF	05:24,36 26.11.2011
800 Skrið	Eiríkur Ingi Ólafsson	KEF	09:23,17	18.11.2011	Eiríkur Ingi Ólafsson	KEF	11:00,40 3.12.2011
1500 Skrið	Eiríkur Ingi Ólafsson	KEF	19:50,14	23.9.2011	Eiríkur Ingi Ólafsson	KEF	20:43,28 3.12.2011
25 Bak	Julian Jamutowski	KEF	00:17,92	29.11.2022	Árni Þór Pálmarson	KEF	00:35,20 16.12.2021
50 Bak	Árni Þór Pálmarson	KEF	00:34,56	04.12.2021	Daði Rafn Falsson	KEF	01:23,76 1.3.2020
100 Bak	Árni Þór Pálmarson	KEF	01:14,30	04.12.2021	Kristófer Sigurðsson	KEF	02:58,74 23.2.2007
200 Bak	Guðni Emisson	KEF	02:38,69	2001			
25 Bringa	Julian Jamutowski	KEF	00:19,93	29.11.2022			
50 Bringa	Guðni Emisson	KEF	00:34,68	2001	Ingi Rúnar Árnason	KEF	00:39,86 18.2.2005
100 Bringa	Guðni Emisson	KEF	01:16,89	2001	Daði Rafn Falsson	KEF	01:32,52 15.2.2020
200 Bringa	Jón Gauti Jónsson	KEF	02:47,37	24.11.1998	Daði Rafn Falsson	KEF	03:16,23 16.2.2020
25 Flug	Tristan Þór K Wiium	KEF	00:17,19	2.4.2014			
50 Flug	Baldvín Sigmarsson	KEF	00:34,03	14.11.2009	Daði Rafn Falsson	KEF	00:35,17 15.2.2020
100 Flug	Hróbjartur Sigfússon	KEF	01:13,25	30.11.2002	Tristan Þór K Wiium	KEF	01:21,00 8.2.2014
200 Flug	Baldvín Sigmarsson	KEF	02:48,96	25.6.2009	Birkir Már Jónsson	KEF	02:55,27 2.7.1999
100 Fjór	Árni Þór Pálmarson	KEF	01:15,05	04.12.2021			
200 Fjór	Guðni Emisson	KEF	02:36,69	2001			
400 Fjór	Guðni Emisson	KEF	05:34,90	10.10.2001	Árni Þór Pálmarson	KEF	02:45,91 16.12.2021
					Daði Rafn Falsson	KEF	06:09,37 1.3.2020

### Hnokkar (9 & 10)

25 Skrið	Árni Þór Pálmarson	KEF	00:16,74	28.11.2019			
50 Skrið	Kristinn Freyr Guðmundsson	KEF	00:34,29	29.08.2024	Bjarni Ivar Ragnarsson	KEF	00:38,04 10.2.2018
100 Skrið	Árni Þór Pálmarson	KEF	01:16,99	13.12.2019	Clifford Dean Helgason	KEF	01:21,69 6.12.2014
200 Skrið	Bjarni Ivar Ragnarsson	KEF	02:42,21	24.11.2018	Árni Þór Pálmarson	KEF	02:47,97 12.12.2019
400 Skrið	Tristan Þór K Wiium	KEF	05:51,79	7.12.2012	Tristan Þór K Wiium	KEF	05:46,25 8.12.2012
800 Skrið	Sigmar Marjón Friðriksson	KEF	12:47,68	18.11.2011	Tristan Þór K Wiium	KEF	12:52,78 24.11.2012
1500 Skrið	Sigmar Marjón Friðriksson	KEF	24:10,48	18.11.2011	Tristan Þór K Wiium	KEF	24:11,29 24.11.2012
25 Bak	Bjarni Ivar Ragnarsson	KEF	00:19,62	29.11.2018			
50 Bak	Kristinn Freyr Guðmundsson	KEF	00:39,46	28.06.2023	Bjarni Ivar Ragnarsson	KEF	00:42,22 18.12.2018
100 Bak	Eðvarð Þór Eðvarðsson	KEF	01:22,50	1.9.1977	Bjarni Ivar Ragnarsson	KEF	01:31,75 18.12.2018
200 Bak	Bjarni Ivar Ragnarsson	KEF	03:04,33	27.10.2018	Clifford Dean Helgason	KEF	03:38,40 12.7.2014
25 Bringa	Daði Rafn Falsson	KEF	00:22,72	29.11.2018			
50 Bringa	Eðvarð Þór Eðvarðsson	KEF	00:41,00	1.9.1977	Magnús Guðjón Jónsson	KEF	00:49,51 26.11.2011
100 Bringa	Ingi Rúnar Árnason	KEF	01:33,96	31.10.2003	Daði Rafn Falsson	KEF	01:40,32 18.12.2018
200 Bringa	Ingi Rúnar Árnason	KEF	03:20,28	29.11.2003	Magnús Guðjón Jónsson	KEF	03:43,95 26.11.2011
25 Flug	Tristan Þór K Wiium	KEF	00:17,97	5.12.2012			
50 Flug	Clifford Dean Helgason	KEF	00:39,22	5.12.2014	Clifford Dean Helgason	KEF	00:40,71 6.12.2014
100 Flug	Árni Þór Pálmarson	KEF	01:29,98	22.10.2019	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	Árni Þór Pálmarson	KEF	01:26,52	21.10.2019			
200 Fjór	Árni Þór Pálmarson	KEF	03:05,74	13.12.2019	Clifford Dean Helgason	KEF	03:13,96 6.12.2014
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 Skrið	Lúkas Stephen Dunn	KEF	00:19,40	30.11.2016			
50 Skrið	Lúkas Stephen Dunn	KEF	00:41,46	05.11.2016	Óliver Andri Einarsson	KEF	00:49,21 8.12.2012
100 Skrið	Lúkas Stephen Dunn	KEF	01:42,23	05.11.2016	Óliver Andri Einarsson	KEF	01:50,92 8.12.2012
200 Skrið	Aron Logi Halldórsson	KEF	03:43,99	24.11.2018	Ómar Magni Egilsson	KEF	04:18,46 1.11.2014
400 Skrið	Aron Logi Halldórsson	KEF	08:23,80	12.12.2018	Aron Logi Halldórsson	KEF	08:58,73 18.12.2018
800 Skrið							
1500 Skrið							
25 Bak	Lúkas Stephen Dunn	KEF	00:22,19	30.11.2016			
50 Bak	Lúkas Stephen Dunn	KEF	00:51,25	26.11.2016	Ómar Magni Egilsson	KEF	00:58,41 17.12.2014
100 Bak	Ingi Rúnar Árnason	KEF	01:59,67	2001	Óliver Andri Einarsson	KEF	02:08,75 6.12.2014
200 Bak	Óliver Andri Einarsson	KEF	04:32,25	7.12.2012	Ómar Magni Egilsson	KEF	04:25,32 17.12.2014
25 Bringa	Kristinn Freyr Guðmundsson	KEF	00:26,59	29.11.2022			
50 Bringa	Kristinn Freyr Guðmundsson	KEF	00:57,71	05.11.2022	Óliver Andri Einarsson	KEF	01:06,23 8.12.2012