

Individual Meet Results

Extramót SH 2014 25-okt-14 to 26-okt-14 [Ageup: 31.12.2014] SC Meters - FINA Points

Location: Hafnarfjörður

Time	F/P/S	Event	Place	Points	Improv
Þórdís María Aðalsteinsdóttir (11) W					
1:27.49S 287	F # 1A	Women 100 IM	IRB	51	---
1:14.85S 316	F # 11A	Women 100 Free	IRB	35	---
	36.10	1:14.85			
	(36.10)	(38.75)			
1:25.26S 269	F # 17A	Women 100 Fly	IRB	17	---
	39.42	1:25.26			
	(39.42)	(45.84)			
6:26.91S 307	F # 23	Women 400 IM	IRB	26	---
	40.43	1:30.00	2:18.23	3:05.26	4:03.02
	(40.43)	(49.57)	(48.23)	(47.03)	(57.76)
				5:03.40	5:45.83
				(1:00.38)	(42.43)
					(41.08)
39.42S 236	F # 517A	Women 50 Fly	IRB	---	---
Erna Rós Agnarsdóttir (12) W					
NS	F # 1A	Women 100 IM	IRB	---	---
NS	F # 11A	Women 100 Free	IRB	---	---
NS	F # 15	Women 400 Free	IRB	---	---
Karen Mist Arngeirsdóttir (14) W					
4:50.68S 527	F # 15	Women 400 Free	IRB	12	---
	31.63	1:08.19	1:45.55	2:23.25	2:59.94
	(31.63)	(36.56)	(37.36)	(37.70)	(36.69)
				3:37.16	4:14.78
				(37.22)	(37.62)
					(35.90)
5:22.73S 529	F # 23	Women 400 IM	IRB	10	---
	35.20	1:17.78	2:00.74	2:42.67	3:25.38
	(35.20)	(42.58)	(42.96)	(41.93)	(42.71)
				4:08.92	4:46.97
				(43.54)	(38.05)
					(35.76)
Dórunn Kolbrún Árnadóttir (12) W					
1:28.98S 273	F # 1A	Women 100 IM	IRB	57	---
1:30.67S 223	F # 17A	Women 100 Fly	IRB	20	---
	40.97	1:30.67			
	(40.97)	(49.70)			
Þróstur Bjarnason (17) M					
4:07.51S 630	F # 16	Men 400 Free	IRB	4	---
	28.59	59.15	1:30.38	2:01.72	2:32.50
	(28.59)	(30.56)	(31.23)	(31.34)	(30.78)
				3:04.10	3:36.01
				(31.60)	(31.91)
					(31.50)
4:51.17S 529	F # 24	Men 400 IM	IRB	4	---
	30.38	1:06.35	1:44.27	2:20.88	3:02.89
	(30.38)	(35.97)	(37.92)	(36.61)	(42.01)
				3:45.98	4:18.81
				(43.09)	(32.83)
					(32.36)
Jóna Halla Egilsdóttir (15) W					
5:02.91S 466	F # 15	Women 400 Free	IRB	21	---
	33.96	1:11.85	1:50.62	2:28.00	3:07.34
	(33.96)	(37.89)	(38.77)	(37.38)	(39.34)
				3:45.37	4:24.68
				(38.03)	(39.31)
					(38.23)
5:43.99S 437	F # 23	Women 400 IM	IRB	16	---
	36.75	1:21.10	2:04.44	2:46.93	3:38.07
	(36.75)	(44.35)	(43.34)	(42.49)	(51.14)
				4:28.94	5:06.66
				(50.87)	(37.72)
					(37.33)
Sandra Ósk Elíasdóttir (15) W					
5:11.74S 427	F # 15	Women 400 Free	IRB	28	---
	35.76	1:15.34	1:54.99	2:35.01	3:14.24
	(35.76)	(39.58)	(39.65)	(40.02)	(39.23)
				3:53.95	4:33.18
				(39.71)	(39.23)
					(38.56)
5:44.09S 436	F # 23	Women 400 IM	IRB	17	---
	35.85	1:17.65	2:03.24	2:48.05	3:36.43
	(35.85)	(41.80)	(45.59)	(44.81)	(48.38)
				4:25.57	5:06.64
				(49.14)	(41.07)
					(37.45)

Individual Meet Results

Extramót SH 2014 25-okt-14 to 26-okt-14 [Ageup: 31.12.2014] SC Meters - FINA Points

Location: Hafnarfjörður

Time	F/P/S	Event	Place	Points	Improv	
Birta María Falsdóttir (16) W						
4:37.90S 603	F # 15	Women 400 Free	IRB	7	---	6.53
	32.22	1:06.95 1:42.14	2:17.44	2:52.70 3:27.95	4:03.36 4:37.90	
	(32.22)	(34.73) (35.19)	(35.30)	(35.26) (35.25)	(35.41) (34.54)	
5:20.32S 541	F # 23	Women 400 IM	IRB	8	---	1.62
	34.14	1:12.81 1:56.88	2:37.32	3:24.41 4:11.56	4:47.11 5:20.32	
	(34.14)	(38.67) (44.07)	(40.44)	(47.09) (47.15)	(35.55) (33.21)	
Eva Margrét Falsdóttir (9) W						
1:28.45S 278	F # 1A	Women 100 IM	IRB	54	---	2.01
	41.23	1:28.45				
	(41.23)	(47.22)				
3:31.06S 259	F # 9A	Women 200 Breast	IRB	28	---	2.82
	48.73	1:43.26 2:37.82	3:31.06			
	(48.73)	(54.53) (54.56)	(53.24)			
5:43.61S 319	F # 15	Women 400 Free	IRB	42	---	-66.87
	38.62	1:21.98 2:06.49	2:50.39	3:33.40 4:17.38	5:01.35 5:43.61	
	(38.62)	(43.36) (44.51)	(43.90)	(43.01) (43.98)	(43.97) (42.26)	
3:06.06S 268	F # 19A	Women 200 Back	IRB	22	---	-42.18
	43.37	1:31.73 2:19.17	3:06.06			
	(43.37)	(48.36) (47.44)	(46.89)			
Guðný Birna Falsdóttir (11) W						
1:28.00S 282	F # 1A	Women 100 IM	IRB	53	---	3.08
	42.26	1:28.00				
	(42.26)	(45.74)				
3:22.09S 295	F # 9A	Women 200 Breast	IRB	22	---	3.03
	47.09	1:38.59 2:30.92	3:22.09			
	(47.09)	(51.50) (52.33)	(51.17)			
5:29.12S DQ	F # 15	Women 400 Free	IRB	---	---	---
	38.09	1:19.12 2:01.05	2:42.97	3:25.01 4:06.75	4:48.23 5:29.12	
	(38.09)	(41.03) (41.93)	(41.92)	(42.04) (41.74)	(41.48) (40.89)	
6:23.49S 315	F # 23	Women 400 IM	IRB	25	---	-20.70
	45.80	1:39.50 2:27.43	3:13.31	4:04.84 4:57.34	5:41.77 6:23.49	
	(45.80)	(53.70) (47.93)	(45.88)	(51.53) (52.50)	(44.43) (41.72)	
1:39.50S 169	F # 1023	Women 100 Fly	IRB	---	---	-1.56
Sunneva Dögg Friðriksdóttir (15) W						
4:21.81S 721	F # 15	Women 400 Free	IRB	1	---	0.50
	30.34	1:03.04 1:35.95	2:09.25	2:42.70 3:15.99	3:49.18 4:21.81	
	(30.34)	(32.70) (32.91)	(33.30)	(33.45) (33.29)	(33.19) (32.63)	
5:10.95S 591	F # 23	Women 400 IM	IRB	3	---	7.11
	33.46	1:12.37 1:52.29	2:32.30	3:18.51 4:05.27	4:38.53 5:10.95	
	(33.46)	(38.91) (39.92)	(40.01)	(46.21) (46.76)	(33.26) (32.42)	
Sigrún Helga Guðnadóttir (12) W						
3:22.61S 211	F # 7A	Women 200 Fly	IRB	9	---	4.98
	39.91	1:32.10 2:27.60	3:22.61			
	(39.91)	(52.19) (55.50)	(55.01)			
5:31.66S 355	F # 15	Women 400 Free	IRB	35	---	4.00
	37.58	1:18.82 2:00.82	2:43.48	3:27.00 4:09.03	4:51.23 5:31.66	
	(37.58)	(41.24) (42.00)	(42.66)	(43.52) (42.03)	(42.20) (40.43)	
1:44.64S 215	F # 21A	Women 100 Breast	IRB	38	---	5.85
	50.15	1:44.64				
	(50.15)	(54.49)				
1:32.10S 213	F # 007A	Women 100 Fly	IRB	---	---	-1.33

Individual Meet Results

Extramót SH 2014 25-okt-14 to 26-okt-14 [Ageup: 31.12.2014] SC Meters - FINA Points

Location: Hafnarfjörður

Time	F/P/S	Event	Place	Points	Improv
Már Gunnarsson (15) M					
NS	F # 2A	Men 100 IM	IRB	---	---
5:11.95S 314	F # 16	Men 400 Free	IRB	18	---
		33.65 1:11.27 1:50.58 2:30.41 3:11.45 3:52.31 4:33.28 5:11.95			---
		(33.65) (37.62) (39.31) (39.83) (41.04) (40.86) (40.97) (38.67)			---
2:30.41S 288	F # 2016	Men 200 Free	IRB	---	-4.45
Vigdís Júlía Halldórsdóttir (13) W					
1:29.57S 267	F # 1A	Women 100 IM	IRB	59	---
		42.96 1:29.57			0.34
		(42.96) (46.61)			
3:23.28S 290	F # 9A	Women 200 Breast	IRB	23	---
		46.74 1:39.12 2:32.29 3:23.28			1.00
		(46.74) (52.38) (53.17) (50.99)			
5:31.80S 354	F # 15	Women 400 Free	IRB	36	---
		37.45 1:19.29 2:02.41 2:45.43 3:27.82 4:09.60 4:51.42 5:31.80			-1.07
		(37.45) (41.84) (43.12) (43.02) (42.39) (41.78) (41.82) (40.38)			
2:56.67S 313	F # 19A	Women 200 Back	IRB	17	---
		42.26 1:27.58 2:13.01 2:56.67			-5.67
		(42.26) (45.32) (45.43) (43.66)			
Kári Snær Halldórsson (10) M					
1:33.13S 161	F # 2A	Men 100 IM	IRB	27	---
		44.96 1:33.13			-0.99
		(44.96) (48.17)			
6:20.05S 174	F # 16	Men 400 Free	IRB	22	---
		42.35 1:30.81 2:19.55 3:08.26 3:56.45 4:45.91 5:34.21 6:20.05			-8.60
		(42.35) (48.46) (48.74) (48.71) (48.19) (49.46) (48.30) (45.84)			
Fannar Snævar Hauksson (10) M					
1:31.08S 172	F # 2A	Men 100 IM	IRB	26	---
		41.02 1:31.08			-0.52
		(41.02) (50.06)			
6:13.03S 184	F # 16	Men 400 Free	IRB	21	---
		40.68 1:28.42 2:16.56 3:04.97 3:51.85 4:40.46 5:28.41 6:13.03			-43.70
		(40.68) (47.74) (48.14) (48.41) (46.88) (48.61) (47.95) (44.62)			
Bjarnís Sól Helenudóttir (14) W					
4:54.35S 507	F # 15	Women 400 Free	IRB	16	---
		33.44 1:10.17 1:47.86 2:25.75 3:01.73 3:39.37 4:17.68 4:54.35			-14.06
		(33.44) (36.73) (37.69) (37.89) (35.98) (37.64) (38.31) (36.67)			
6:00.81S 378	F # 23	Women 400 IM	IRB	19	---
		34.53 1:21.20 2:06.43 2:51.01 3:46.18 4:42.05 5:26.13 6:00.81			-24.82
		(34.53) (46.67) (45.23) (44.58) (55.17) (55.87) (44.08) (34.68)			
1:21.20S 311	F # 1023	Women 100 Fly	IRB	---	-1.69
34.53S 351	F # 523	Women 50 Fly	IRB	---	-0.67
Clifford Dean Helgason (10) M					
DQ	F # 2A	Men 100 IM	IRB	---	---
5:55.37S 291	F # 24	Men 400 IM	IRB	---	-125.47
		40.03 1:25.04 2:10.46 2:56.93 3:42.32 4:28.82 5:13.00 5:55.37			
		(40.03) (45.01) (45.42) (46.47) (45.39) (46.50) (44.18) (42.37)			

Individual Meet Results

Extramót SH 2014 25-okt-14 to 26-okt-14 [Ageup: 31.12.2014] SC Meters - FINA Points

Location: Hafnarfjörður

Time	F/P/S	Event	Place	Points	Improv
Birna Hilmarsdóttir (12) W					
1:25.01S 313	F # 1A	Women 100 IM	IRB	44	4.03
3:23.97S 207	F # 7A	Women 200 Fly	IRB	10	8.89
	43.00	1:35.55 2:29.45		3:23.97	
	(43.00)	(52.55) (53.90)		(54.52)	
31.34S 408	F # 13	Women 50 Free	IRB	18	-0.48
6:22.62S 317	F # 23	Women 400 IM	IRB	23	12.90
	43.06	1:39.48 2:29.23		3:17.76 4:10.55 5:05.40	
	(43.06)	(56.42) (49.75)		(48.53) (52.79) (54.85)	
				5:44.93 6:22.62	
				(39.53) (37.69)	
Íris Ósk Hilmarsdóttir (16) W					
4:36.19S 614	F # 15	Women 400 Free	IRB	6	6.44
	30.52	1:04.96 1:39.71		2:14.97 2:49.62 3:25.38	
	(30.52)	(34.44) (34.75)		(35.26) (34.65) (35.76)	
				4:00.94 4:36.19	
				(35.56) (35.25)	
5:03.49S 636	F # 23	Women 400 IM	IRB	1	0.17
	32.20	1:10.26 1:47.29		2:24.15 3:09.71 3:55.67	
	(32.20)	(38.06) (37.03)		(36.86) (45.56) (45.96)	
				4:30.56 5:03.49	
				(34.89) (32.93)	
Björgvin Theodór Hilmarsson (16) M					
4:18.97S 550	F # 16	Men 400 Free	IRB	9	-2.10
	28.94	1:00.73 1:33.13		2:05.91 2:39.14 3:12.60	
	(28.94)	(31.79) (32.40)		(32.78) (33.23) (33.46)	
				3:46.24 4:18.97	
				(33.64) (32.73)	
5:07.77S 448	F # 24	Men 400 IM	IRB	7	-9.78
	33.26	1:13.65 1:53.41		2:32.09 3:17.13 4:02.52	
	(33.26)	(40.39) (39.76)		(38.68) (45.04) (45.39)	
				4:36.55 5:07.77	
				(34.03) (31.22)	
2:05.91S 491	F # 2016	Men 200 Free	IRB	---	-0.96
Unnar Ernir Holm (13) M					
3:02.90S DQ	F # 8A	Men 200 Fly	IRB	---	---
	38.88	1:24.90 2:14.08		3:02.90	
	(38.88)	(46.02) (49.18)		(48.82)	
31.32S 272	F # 14	Men 50 Free	IRB	23	-2.17
Diljá Rún Ívarsdóttir (12) W					
1:14.72S 461	F # 1A	Women 100 IM	IRB	12	1.50
2:45.66S 387	F # 7A	Women 200 Fly	IRB	4	-0.60
	35.84	1:18.09 2:02.31		2:45.66	
	(35.84)	(42.25) (44.22)		(43.35)	
2:36.33S 452	F # 19A	Women 200 Back	IRB	6	-5.73
	37.32	1:16.71 1:56.52		2:36.33	
	(37.32)	(39.39) (39.81)		(39.81)	
Jakub Cezary Jaks (13) M					
1:15.42S 303	F # 2A	Men 100 IM	IRB	16	-3.42
	36.24	1:15.42			
	(36.24)	(39.18)			
2:56.04S 322	F # 10A	Men 200 Breast	IRB	8	-1.96
	39.68	1:24.15 2:10.17		2:56.04	
	(39.68)	(44.47) (46.02)		(45.87)	
5:49.83S DQ	F # 24	Men 400 IM	IRB	---	---
	40.17	1:27.63 2:12.29		2:55.25 3:40.99 4:27.70	
	(40.17)	(47.46) (44.66)		(42.96) (45.74) (46.71)	
				5:09.33 5:49.83	
				(41.63) (40.50)	

Individual Meet Results

Extramót SH 2014 25-okt-14 to 26-okt-14 [Ageup: 31.12.2014] SC Meters - FINA Points

Location: Hafnarfjörður

Time	F/P/S	Event	Place	Points	Improv
Jóhanna Matthea Jóhannesdóttir (13) W					
5:00.32S 478	F # 15	Women 400 Free	IRB 19	---	10.54
		34.51 1:12.11 1:50.57 2:27.55 3:05.27 3:43.19 4:21.73 5:00.32			
		(34.51) (37.60) (38.46) (36.98) (37.72) (37.92) (38.54) (38.59)			
5:40.75S 449	F # 23	Women 400 IM	IRB 14	---	7.71
		36.51 1:19.59 2:04.56 2:49.14 3:37.03 4:25.40 5:03.74 5:40.75			
		(36.51) (43.08) (44.97) (44.58) (47.89) (48.37) (38.34) (37.01)			
Agata Jóhannsdóttir (16) W					
5:01.45S 472	F # 15	Women 400 Free	IRB 20	---	-6.92
		33.99 1:12.24 1:51.14 2:29.27 3:06.54 3:44.48 4:23.06 5:01.45			
		(33.99) (38.25) (38.90) (38.13) (37.27) (37.94) (38.58) (38.39)			
5:38.25S 459	F # 23	Women 400 IM	IRB 13	---	-8.89
		35.43 1:17.33 2:00.24 2:43.14 3:30.91 4:19.55 4:59.61 5:38.25			
		(35.43) (41.90) (42.91) (42.90) (47.77) (48.64) (40.06) (38.64)			
35.43S 325	F # 523	Women 50 Fly	IRB	---	-0.03
Erna Guðrún Jónsdóttir (13) W					
1:21.40S 356	F # 1A	Women 100 IM	IRB 35	---	-1.96
5:21.07S 391	F # 15	Women 400 Free	IRB 31	---	-10.25
		35.96 1:16.34 1:57.91 2:39.44 3:21.01 4:01.37 4:42.20 5:21.07			
		(35.96) (40.38) (41.57) (41.53) (41.57) (40.36) (40.83) (38.87)			
6:02.66S 372	F # 23	Women 400 IM	IRB 20	---	5.64
		39.66 1:26.85 2:13.19 2:59.18 3:50.13 4:41.20 5:23.39 6:02.66			
		(39.66) (47.19) (46.34) (45.99) (50.95) (51.07) (42.19) (39.27)			
1:21.12S 315	F # 26A	Women 100 Back	IRB 25	---	0.63
		39.30 1:21.12			
		(39.30) (41.82)			
2:52.36S 377	F # 34A	Women 200 IM	IRB 21	---	-1.47
		39.57 1:22.77 2:12.79 2:52.36			
		(39.57) (43.20) (50.02) (39.57)			
Guðrún Eir Jónsdóttir (16) W					
4:58.29S 488	F # 15	Women 400 Free	IRB 18	---	21.01
		32.82 1:09.10 1:46.55 2:24.58 3:02.96 3:41.74 4:20.46 4:58.29			
		(32.82) (36.28) (37.45) (38.03) (38.38) (38.78) (38.72) (37.83)			
NS	F # 23	Women 400 IM	IRB	---	---
Aníka Mjöll Júlíusdóttir (13) W					
4:51.98S 520	F # 15	Women 400 Free	IRB 14	---	0.34
		33.21 1:09.59 1:46.75 2:24.21 3:01.56 3:38.68 4:15.94 4:51.98			
		(33.21) (36.38) (37.16) (37.46) (37.35) (37.12) (37.26) (36.04)			
5:20.06S 542	F # 23	Women 400 IM	IRB 7	---	-8.77
		35.72 1:17.17 1:58.93 2:39.69 3:24.45 4:08.47 4:45.32 5:20.06			
		(35.72) (41.45) (41.76) (40.76) (44.76) (44.02) (36.85) (34.74)			
Eydís Ósk Kolbeinsdóttir (14) W					
4:29.30S 663	F # 15	Women 400 Free	IRB 2	---	-1.04
		30.79 1:04.67 1:38.88 2:13.33 2:47.80 3:22.20 3:56.57 4:29.30			
		(30.79) (33.88) (34.21) (34.45) (34.47) (34.40) (34.37) (32.73)			
5:03.49S 636	F # 23	Women 400 IM	IRB 1	---	1.11
		32.46 1:10.76 1:50.57 2:28.56 3:12.17 3:56.34 4:31.34 5:03.49			
		(32.46) (38.30) (39.81) (37.99) (43.61) (44.17) (35.00) (32.15)			

Individual Meet Results

Extramót SH 2014 25-okt-14 to 26-okt-14 [Ageup: 31.12.2014] SC Meters - FINA Points

Location: Hafnarfjörður

Time	F/P/S	Event	Place	Points	Improv
Klaudia Malesa (13) W					
5:03.58S 462	F # 15	Women 400 Free	IRB	22	11.33
		35.09 1:13.63 1:52.23 2:30.71 3:08.62 3:47.02 4:25.67 5:03.58			
		(35.09) (38.54) (38.60) (38.48) (37.91) (38.40) (38.65) (37.91)			
5:42.80S 441	F # 23	Women 400 IM	IRB	15	8.91
		37.34 1:20.66 2:06.19 2:50.95 3:40.32 4:29.26 5:06.75 5:42.80			
		(37.34) (43.32) (45.53) (44.76) (49.37) (48.94) (37.49) (36.05)			
Rakel Ýr Ottósdóttir (14) W					
5:14.57S 416	F # 15	Women 400 Free	IRB	30	-9.44
		35.02 1:14.34 1:54.77 2:35.13 3:15.51 3:55.29 4:36.41 5:14.57			
		(35.02) (39.32) (40.43) (40.36) (40.38) (39.78) (41.12) (38.16)			
5:46.31S 428	F # 23	Women 400 IM	IRB	18	5.75
		37.44 1:21.59 2:06.69 2:51.62 3:36.78 4:23.83 5:05.97 5:46.31			
		(37.44) (44.15) (45.10) (44.93) (45.16) (47.05) (42.14) (40.34)			
Birta Líf Ólafsdóttir (12) W					
1:23.65S 328	F # 1A	Women 100 IM	IRB	42	1.08
3:00.95S 297	F # 7A	Women 200 Fly	IRB	6	1.94
		39.81 1:26.63 2:13.51 3:00.95			
		(39.81) (46.82) (46.88) (47.44)			
5:27.86S 367	F # 15	Women 400 Free	IRB	33	-9.44
		37.01 1:18.52 2:00.36 2:42.13 3:23.44 4:05.32 4:47.19 5:27.86			
		(37.01) (41.51) (41.84) (41.77) (41.31) (41.88) (41.87) (40.67)			
1:35.79S 280	F # 21A	Women 100 Breast	IRB	26	0.30
		45.79 1:35.79			
		(45.79) (50.00)			
Eiríkur Ingi Ólafsson (15) M					
4:34.90S 460	F # 16	Men 400 Free	IRB	12	1.55
		30.65 1:04.27 1:39.25 2:14.15 2:48.76 3:24.22 4:00.31 4:34.90			
		(30.65) (33.62) (34.98) (34.90) (34.61) (35.46) (36.09) (34.59)			
5:07.76S 448	F # 24	Men 400 IM	IRB	6	0.15
		32.34 1:11.37 1:51.74 2:30.81 3:16.13 3:59.96 4:35.27 5:07.76			
		(32.34) (39.03) (40.37) (39.07) (45.32) (43.83) (35.31) (32.49)			
Ingi Þór Ólafsson (15) M					
4:27.42S 499	F # 16	Men 400 Free	IRB	10	1.76
		29.27 1:01.20 1:34.26 2:08.06 2:42.54 3:17.25 3:52.31 4:27.42			
		(29.27) (31.93) (33.06) (33.80) (34.48) (34.71) (35.06) (35.11)			
5:03.16S 468	F # 24	Men 400 IM	IRB	5	4.28
		31.35 1:08.25 1:48.41 2:27.01 3:10.95 3:56.23 4:30.22 5:03.16			
		(31.35) (36.90) (40.16) (38.60) (43.94) (45.28) (33.99) (32.94)			
Kolbrún Eva Pálmadóttir (12) W					
2:45.44S 389	F # 7A	Women 200 Fly	IRB	3	-4.99
		37.07 1:18.53 2:01.33 2:45.44			
		(37.07) (41.46) (42.80) (44.11)			
32.12S 379	F # 13	Women 50 Free	IRB	25	-0.19
2:46.44S 375	F # 19A	Women 200 Back	IRB	11	-0.08
		40.11 1:22.09 2:04.94 2:46.44			
		(40.11) (41.98) (42.85) (41.50)			
1:18.53S 344	F # 007A	Women 100 Fly	IRB		-0.70

Individual Meet Results

Extramót SH 2014 25-okt-14 to 26-okt-14 [Ageup: 31.12.2014] SC Meters - FINA Points

Location: Hafnarfjörður

Time	F/P/S	Event	Place	Points	Improv
Hafðis Eva Pálsdóttir (10) W					
3:38.77S 232	F # 9A	Women 200 Breast	IRB	29	---
	49.04	1:44.52 2:41.68 3:38.77			-9.66
	(49.04)	(55.48) (57.16) (57.09)			
Daníel Patrick Riley (11) M					
1:34.33S 155	F # 2A	Men 100 IM	IRB	29	---
	44.06	1:34.33			-7.89
	(44.06)	(50.27)			
6:34.82S 155	F # 16	Men 400 Free	IRB	23	---
	41.54	1:29.51 2:21.08 3:13.04 4:03.38 4:55.34 5:45.86 6:34.82			21.91
	(41.54)	(47.97) (51.57) (51.96) (50.34) (51.96) (50.52) (48.96)			
Sylwia Sienkiewicz (15) W					
4:41.88S 578	F # 15	Women 400 Free	IRB	10	---
	31.05	1:05.90 1:41.58 2:17.49 2:53.54 3:30.45 4:06.88 4:41.88			-8.48
	(31.05)	(34.85) (35.68) (35.91) (36.05) (36.91) (36.43) (35.00)			
5:11.82S 586	F # 23	Women 400 IM	IRB	4	---
	32.35	1:10.39 1:52.46 2:33.45 3:17.62 4:02.98 4:38.17 5:11.82			-0.71
	(32.35)	(38.04) (42.07) (40.99) (44.17) (45.36) (35.19) (33.65)			
Baldvin Sigmarsson (17) M					
4:13.61S 586	F # 16	Men 400 Free	IRB	7	---
	29.11	1:00.80 1:32.93 2:05.05 2:37.30 3:09.72 3:42.01 4:13.61			5.95
	(29.11)	(31.69) (32.13) (32.12) (32.25) (32.42) (32.29) (31.60)			
4:41.90S 583	F # 24	Men 400 IM	IRB	3	---
	29.17	1:02.49 1:40.03 2:16.17 2:55.59 3:36.56 4:09.71 4:41.90			9.80
	(29.17)	(33.32) (37.54) (36.14) (39.42) (40.97) (33.15) (32.19)			
Jóhann Almar Sigurðsson (17) M					
31.25S 274	F # 14	Men 50 Free	IRB	22	---
Kristófer Sigurðsson (19) M					
3:56.80S 720	F # 16	Men 400 Free	IRB	1	---
	27.46	57.22 1:27.29 1:57.85 2:27.89 2:58.28 3:27.51 3:56.80			1.95
	(27.46)	(29.76) (30.07) (30.56) (30.04) (30.39) (29.23) (29.29)			
4:39.87S 595	F # 24	Men 400 IM	IRB	2	---
	29.21	1:03.97 1:39.45 2:15.09 2:54.30 3:35.14 4:07.83 4:39.87			4.03
	(29.21)	(34.76) (35.48) (35.64) (39.21) (40.84) (32.69) (32.04)			
Erla Sigurjónsdóttir (19) W					
4:39.74S 591	F # 15	Women 400 Free	IRB	9	---
	30.69	1:05.73 1:41.26 2:17.10 2:52.84 3:28.93 4:04.74 4:39.74			1.83
	(30.69)	(35.04) (35.53) (35.84) (35.74) (36.09) (35.81) (35.00)			
5:19.06S 547	F # 23	Women 400 IM	IRB	6	---
	31.84	1:09.93 1:51.44 2:33.61 3:19.80 4:07.45 4:43.62 5:19.06			1.16
	(31.84)	(38.09) (41.51) (42.17) (46.19) (47.65) (36.17) (35.44)			
Stefanía Sigurþórsdóttir (13) W					
4:38.94S 596	F # 15	Women 400 Free	IRB	8	---
	31.58	1:05.98 1:41.00 2:16.26 2:51.67 3:27.11 4:03.25 4:38.94			7.12
	(31.58)	(34.40) (35.02) (35.26) (35.41) (35.44) (36.14) (35.69)			
5:13.29S 578	F # 23	Women 400 IM	IRB	5	---
	35.31	1:17.61 1:58.45 2:38.32 3:22.22 4:05.79 4:39.88 5:13.29			0.07
	(35.31)	(42.30) (40.84) (39.87) (43.90) (43.57) (34.09) (33.41)			

Individual Meet Results
Extramót SH 2014 25-okt-14 to 26-okt-14 [Ageup: 31.12.2014] SC Meters - FINA Points
Location: Hafnarfjörður

Time	F/P/S	Event	Place	Points	Improv
Svanfríður Steingrimsdóttir (15) W					
4:50.70S 527	F # 15	Women 400 Free	IRB	13	---
	33.52	1:10.45 1:47.90	2:24.97 3:00.92 3:37.47	4:14.36 4:50.70	
	(33.52)	(36.93) (37.45)	(37.07) (35.95) (36.55)	(36.89) (36.34)	
5:25.14S 517	F # 23	Women 400 IM	IRB	11	---
	35.41	1:16.88 2:00.70	2:42.53 3:26.77 4:10.91	4:49.06 5:25.14	
	(35.41)	(41.47) (43.82)	(41.83) (44.24) (44.14)	(38.15) (36.08)	