

Results summary

Men, Long Course (50m)

	Distance,Stroke	Pl.	Time RoundDiff.	Distance,Stroke	Pl.	Time RoundDiff.
Framtíðarhópur						
Arnar Milos Arnbjörnsson	26/01/2008		260108-2390			
50 Freestyle			39.12 85%	50 Breaststroke		56.81 90%
100 Freestyle			1:23.50 93%	100 Breaststroke		1:56.90 96%
200 Freestyle	5		2:51.55 105% PB	200 Breaststroke	4	3:57.87 PB
50 Backstroke			49.86 91%	50 Butterfly		51.57 73%
100 Backstroke	7		1:40.92 106% PB	200 Medley	6	3:30.91 PB
Ómar Magni Egilsson	26/11/2006		261106-2640			
50 Backstroke	13		41.60 109% PB	100 Breaststroke		1:52.27 102% PB
100 Backstroke	13		1:33.84 100% PB	200 Breaststroke	6	3:52.85 112% PB
50 Breaststroke			50.83 97%	200 Medley	10	3:35.70 95%
Daði Rafn Falsson	10/09/2008		100908-4090			
50 Freestyle			37.95 89%	50 Butterfly		45.13 83%
100 Freestyle			1:23.18 99%	100 Butterfly		1:50.14 113% PB
200 Freestyle	4		2:48.85 102% PB	200 Medley	5	3:16.35 96%
50 Backstroke			45.23 99%	400 Medley	3	6:53.65 PB
100 Backstroke	4		1:33.64 126% PB			
Denas Kazulis	13/01/2008		130108-2880			
50 Backstroke			41.14 95%	100 Butterfly		1:34.09 103% PB
100 Backstroke	1		1:23.63 117% PB	200 Medley	2	3:00.66 100% PB
50 Butterfly			42.89 86%	400 Medley	1	6:16.46 PB
50 Butterfly	1		39.48 102% PB			
Guðmundur Leo Rafnsson	16/08/2006		160806-3540			
50 Backstroke			41.75 82%	100 Butterfly		1:37.54 99%
100 Backstroke	9		1:24.96 106% PB	200 Medley	9	3:06.38 145% PB
50 Butterfly			39.65 112% PB	400 Medley	3	6:25.77 PB
50 Butterfly	8		37.87 122% PB			
Bjarni Ívar Ragnarsson	13/05/2008		130508-2350			
50 Freestyle			37.80 93%	50 Butterfly		45.62 80%
100 Freestyle			1:21.46 93%	100 Butterfly		1:40.20 92%
200 Freestyle	3		2:46.85 129% PB	200 Butterfly	1	3:30.29 PB
50 Backstroke	2		41.39 104% PB	200 Medley	4	3:15.96 PB
50 Butterfly			45.90 79%			
Baltasar Óðinn Sigurmundarson	16/09/2007		160907-2820			
50 Freestyle			38.47 98%	50 Backstroke		40.55 149% PB
50 Freestyle			40.84 87%	100 Backstroke	8	1:24.15 296% PB
100 Freestyle			1:20.75 116% PB	50 Breaststroke		46.74 141% PB
100 Freestyle	5		1:26.51 101% PB	100 Breaststroke		1:38.39 140% PB
200 Freestyle			2:47.51 120% PB	200 Breaststroke	1	3:21.43 141% PB
400 Freestyle			5:37.79 PB	50 Butterfly		40.75 127% PB
800 Freestyle	6		11:06.55 PB	200 Medley	5	2:55.96 144% PB
Afrekshópur Vatnaveröld						
Stefán Elías Davíðsson	08/10/2003		081003-4080			
50 Freestyle	6		28.79 105% PB	200 Freestyle	4	2:16.20 106% PB
50 Freestyle			31.17 90%	50 Backstroke		37.61 PB
50 Freestyle			30.18 96%	100 Backstroke		1:17.45 PB
100 Freestyle			1:05.92 100%	200 Backstroke	2	2:40.26 PB
100 Freestyle	5		1:03.00 109% PB			
Gabriel Ingi Derti	23/11/2008		231108-3860			
50 Freestyle			43.21 79%	50 Backstroke		51.34 88%
100 Freestyle			1:31.46 182% PB	50 Backstroke	6	47.33 103% PB
200 Freestyle	8		3:06.80 PB	100 Backstroke	8	1:41.16 110% PB
Már Gunnarsson S12	19/11/1999		191199-2869			
50 Breaststroke			41.47 109% PB	100 Butterfly		1:19.89 86%
50 Breaststroke	4		42.93 102% PB	100 Butterfly		1:25.92 74%
100 Breaststroke	1		1:28.06 107% PB	200 Butterfly	1	3:01.92 86%
50 Butterfly			39.55 71%	400 Medley	2	5:37.83 108% PB

Fannar Snævar Hauksson	07/09/2004	070904-3140						
50 Freestyle		29.76	77%	200 Freestyle	1	2:10.88	108%	PB
50 Freestyle		28.86	82%	400 Freestyle	1	4:32.64	113%	PB
100 Freestyle		1:03.54	80%	50 Backstroke		31.13	90%	
100 Freestyle		1:01.94	84%	100 Backstroke	1	1:04.40	99%	
200 Freestyle		2:12.55	106%					
Alexander Logi Jónsson	17/11/2004	171104-3270						
50 Freestyle		33.61	77%	200 Freestyle		2:25.99	127%	PB
50 Freestyle	9	29.70	98%	400 Freestyle	8	4:55.46	132%	PB
50 Freestyle		31.41	88%	50 Backstroke	7	33.82	131%	PB
100 Freestyle		1:10.45	116%	50 Breaststroke	4	36.84	98%	
100 Freestyle	9	1:04.03	140%	50 Butterfly	7	31.75	98%	
Aron Fannar Kristínarson	14/06/2003	140603-3330						
50 Freestyle		30.00	85%	400 Freestyle	2	4:37.40	101%	PB
50 Freestyle		28.88	91%	50 Backstroke	2	31.74	100%	
100 Freestyle		1:04.51	88%	50 Backstroke		32.92	93%	
100 Freestyle	2	1:00.00	102%	100 Backstroke	2	1:06.94	99%	
200 Freestyle		2:15.20	97%	50 Butterfly	3	30.59	99%	
Flosi Ómarsson	04/09/2003	040903-2240						
50 Freestyle	4	28.52	102%	50 Butterfly		32.27	97%	
50 Freestyle		30.16	91%	100 Butterfly	2	1:11.49	101%	PB
100 Freestyle	6	1:03.30	99%	100 Butterfly		1:11.24	101%	PB
50 Backstroke		32.64	91%	400 Medley	3	5:10.78	104%	PB
100 Backstroke	4	1:07.33	103%					
Daniel Patrick Riley	20/07/2003	200703-2780						
50 Breaststroke	5	38.53	99%	100 Butterfly		1:13.27	95%	
50 Butterfly		31.90	96%	200 Medley	4	2:36.24	103%	PB
50 Butterfly	5	30.69	104%	400 Medley	4	5:34.26	108%	PB
Kristófer Sigurðsson	20/11/1995	201195-3149						
50 Breaststroke	2	32.26	92%					
Gabriel Þór Sigurmundsson	22/06/2003	220603-2370						
50 Freestyle	11	30.78	98%	50 Breaststroke		42.61	91%	
50 Freestyle		32.53	87%	50 Breaststroke		42.00	93%	
50 Freestyle		31.70	92%	50 Breaststroke	6	39.96	103%	PB
100 Freestyle		1:08.26	96%	100 Breaststroke	5	1:29.72	118%	PB
100 Freestyle	13	1:06.41	102%	100 Breaststroke		1:29.96	118%	PB
200 Freestyle	7	2:21.94	100%	200 Breaststroke	4	3:09.74	120%	PB
50 Backstroke	10	36.73	104%					
Gabriel Ari Tryggvarson	07/04/2003	070403-2770						
50 Freestyle	8	29.13	99%	50 Backstroke		33.62	90%	
50 Freestyle		30.05	93%	100 Backstroke		1:14.92	83%	
100 Freestyle	4	1:02.96	103%	100 Backstroke	5	1:09.89	95%	
50 Backstroke		35.92	79%	200 Backstroke	1	2:35.12	94%	
50 Backstroke	1	31.23	104%	50 Butterfly	8	32.01	108%	PB
Gabriel Ari Tryggvason	07/04/2003							
50 Freestyle		30.05	PB	50 Backstroke	1	31.23	PB	
50 Freestyle	8	29.13	PB	100 Backstroke		1:14.92	PB	
100 Freestyle	4	1:02.96	PB	100 Backstroke	5	1:09.89	PB	
50 Backstroke		35.92	PB	200 Backstroke	1	2:35.12	PB	
50 Backstroke		33.62	PB	50 Butterfly	8	32.01	PB	

Total 163 individual results, average performance: 102.6%

0 new record(s), 90 new personal best(s)

Biggest improvement: Baltasar Óðinn Sigurmundarson, 100 Backstroke 1:24.15

Results summary

Women, Long Course (50m)

	Distance,Stroke	Pl.	Time	RoundDiff.	Distance,Stroke	Pl.	Time	RoundDiff.
Framtíðarhópur								
Pórey Una Arnlaugsdóttir			11/09/2006	110906-4040				
	50 Breaststroke	15	46.61	98%	100 Butterfly		1:34.78	89%
	50 Butterfly		39.24	98%	200 Medley	12	3:01.11	111% PB
	50 Butterfly	6	38.80	100%	400 Medley	5	6:25.32	103% PB
Sunneva Bergmann Ásbjörnsdóttir			13/01/2007	130107-3030				
	50 Backstroke	5	44.75	102% PB	200 Breaststroke	4	3:36.20	115% PB
	50 Breaststroke		49.05	94%	50 Butterfly		46.21	95%
	50 Breaststroke	2	47.25	101% PB	200 Medley	8	3:14.71	102% PB
	100 Breaststroke		1:44.71	92%				
Katla María Brynjarsdóttir			15/04/2007	150407-2650				
	50 Freestyle		34.61	99%	50 Butterfly		40.90	90%
	100 Freestyle		1:13.04	102% PB	50 Butterfly		39.59	97%
	200 Freestyle		2:32.91	99%	100 Butterfly		1:29.77	94%
	400 Freestyle		5:14.46	114% PB	200 Butterfly	2	3:20.47	PB
	800 Freestyle	1	10:37.94	PB	200 Medley	2	3:03.01	94%
	50 Backstroke	1	39.31	96%				
Natalía Dögg Brynjarsdóttir			13/12/2007	131207-3280				
	50 Backstroke	4	43.68	97%	200 Breaststroke	7	3:39.17	109% PB
	50 Breaststroke		51.91	92%	50 Butterfly		42.05	84%
	50 Breaststroke	6	51.09	95%	200 Medley	4	3:07.92	114% PB
	100 Breaststroke		1:48.72	105% PB				
Amelía Björk Davíðsdóttir			26/09/2003	260903-3220				
	50 Freestyle		38.76	86%	100 Freestyle	23	1:19.20	127% PB
	50 Freestyle		37.72	90%	200 Freestyle	13	2:55.57	135% PB
	100 Freestyle		1:23.24	115% PB	50 Backstroke	22	45.74	109% PB
Jóhanna Arna Gunnarsdóttir			02/03/2006	020306-2620				
	50 Freestyle		36.98	83%	50 Butterfly		36.84	108% PB
	100 Freestyle		1:17.18	98%	100 Butterfly		1:26.11	100% PB
	200 Freestyle	5	2:38.68	110% PB	200 Medley	4	2:47.45	114% PB
	50 Backstroke		39.44	87%	400 Medley	2	5:57.99	PB
	100 Backstroke	2	1:19.31	98%				
Stefanía Ósk Halldórsdóttir			18/11/2006	181106-2710				
	50 Breaststroke		43.86	94%	200 Breaststroke	2	3:12.31	99%
	50 Breaststroke	6	42.62	100%	200 Medley	10	2:57.75	102% PB
	100 Breaststroke		1:32.58	98%				
Elísabet Jóhannesdóttir			12/12/2006	121206-3070				
	50 Breaststroke	10	44.44	95%	100 Butterfly		1:24.10	97%
	50 Butterfly		35.67	97%	200 Medley	5	2:50.14	105% PB
	50 Butterfly	2	36.16	95%	400 Medley	1	5:55.75	111% PB
Rebekka Rós Magnadóttir			26/05/2007	260507-2650				
	50 Backstroke		41.95	103% PB	50 Butterfly	2	40.62	93%
	100 Backstroke	3	1:26.66	124% PB	200 Medley	7	3:13.30	95%
	50 Butterfly		42.26	86%				
Jana Guðlaug Ómarsdóttir			04/08/2007	040807-2760				
	50 Freestyle		43.22	71%	50 Backstroke	6	45.11	92%
	100 Freestyle		1:32.52	94%	100 Backstroke	7	1:34.36	94%
	200 Freestyle	7	3:07.76	PB	50 Butterfly		52.56	68%
	50 Backstroke		46.65	86%	200 Medley	11	3:30.77	96%
Embla Önnudóttir			02/12/2006	021206-2880				
	50 Backstroke	11	44.29	99%	50 Butterfly	10	51.12	93%
	100 Backstroke	11	1:30.26	99%	200 Medley	16	3:19.05	PB
	50 Butterfly		50.06	97%				
Athena Líf Þrastardóttir			24/07/2007	240707-2410				
	50 Freestyle		36.17	85%	50 Breaststroke	3	47.94	96%
	100 Freestyle		1:17.14	95%	100 Butterfly		1:31.91	85%
	200 Freestyle	2	2:38.69	99%	400 Medley	1	6:12.76	PB

Fjóla Margrét Viðarsdóttir	16/01/2007	160107-3910					
50 Freestyle		36.49	95%	100 Backstroke	4	1:26.96	105% PB
100 Freestyle		1:18.49	94%	50 Butterfly		44.52	95%
200 Freestyle	3	2:40.62	102% PB	200 Medley	6	3:11.84	124% PB
50 Backstroke	2	40.89	98%				

Afrekshópur Vatnaveröld

Pórdís M Aðalsteinsdóttir	15/12/2003	151203-2050					
50 Freestyle	12	34.89	85%	50 Backstroke		43.69	90%
50 Freestyle		36.96	76%	100 Backstroke	18	1:29.88	92%
50 Freestyle		36.47	78%	50 Butterfly		41.28	82%
100 Freestyle		1:18.62	82%	50 Butterfly	16	39.33	91%
100 Freestyle	22	1:18.63	82%	100 Butterfly	9	1:28.63	83%
200 Freestyle	12	2:42.83	86%				

Karen Mist Arngæisdóttir	09/02/2000	090200-2320					
50 Freestyle		36.32	65%	50 Breaststroke		42.10	65%
50 Freestyle		31.48	87%	50 Breaststroke	5	41.91	65%
100 Freestyle		1:19.24	70%	100 Breaststroke	3	1:28.94	68%
100 Freestyle	5	1:06.32	100%	50 Butterfly		37.81	73%
200 Freestyle	12	2:44.50	71%	100 Butterfly		1:35.45	59%
50 Backstroke		38.73	81%	200 Medley	6	2:54.45	79%
100 Backstroke	2	1:20.64	86%	400 Medley	4	6:17.05	79%

Sólveig María Baldursdóttir	04/01/2004	040104-2160					
50 Freestyle	10	33.03	94%	50 Breaststroke	5	42.58	93%
50 Freestyle		35.18	83%	50 Butterfly	9	35.06	92%
100 Freestyle	17	1:13.88	101% PB				

Gunnhildur Björg Baldursdóttir	02/11/2000	021100-3310					
50 Freestyle		33.48	83%	200 Freestyle	5	2:23.64	98%
50 Freestyle		33.54	83%	400 Freestyle	3	4:59.27	97%
100 Freestyle		1:10.51	87%	50 Butterfly		32.27	93%
100 Freestyle		1:09.87	89%	200 Medley	3	2:37.18	96%
200 Freestyle		2:25.98	95%				

Thelma Lind Einarsdóttir	26/01/2005	260105-3450					
50 Freestyle		32.23	94%	400 Freestyle		4:46.59	106% PB
50 Freestyle		32.16	94%	800 Freestyle	1	9:34.88	124% PB
100 Freestyle		1:08.37	93%	50 Backstroke		39.19	93%
100 Freestyle		1:07.56	96%	100 Backstroke	1	1:19.04	100% PB
200 Freestyle		2:23.49	91%	50 Butterfly		37.63	87%
200 Freestyle		2:20.57	95%	200 Medley	2	2:43.49	97%
400 Freestyle	2	4:50.06	103% PB				

Eva Margrét Falsdóttir	05/06/2005	050605-3020					
50 Freestyle		32.45	86%	400 Freestyle	1	4:48.33	110% PB
50 Freestyle		32.40	86%	400 Freestyle		4:52.76	106% PB
100 Freestyle		1:08.09	91%	800 Freestyle	2	9:56.83	103% PB
100 Freestyle		1:07.88	91%	50 Breaststroke	1	35.94	98%
200 Freestyle		2:22.13	93%	50 Butterfly		33.78	86%
200 Freestyle		2:22.22	93%	200 Medley	1	2:34.82	107% PB

Guðný Birna Falsdóttir	04/02/2003	040203-2810					
50 Breaststroke	9	44.24	90%	100 Butterfly	5	1:19.58	104% PB
50 Butterfly		36.90	97%	100 Butterfly		1:25.95	89%
50 Butterfly	15	38.06	91%	200 Butterfly	2	3:02.39	94%
50 Butterfly		39.81	83%				

Birna Hilmarsdóttir	27/09/2002	270902-3240					
50 Freestyle	2	30.24	97%	50 Backstroke		37.77	86%
50 Freestyle		32.02	87%	100 Backstroke	7	1:18.61	97%
100 Freestyle		1:08.98	84%	50 Breaststroke		44.40	86%
200 Freestyle	1	2:22.09	94%	100 Breaststroke	3	1:34.84	92%
50 Backstroke	6	36.57	92%				

Diljá Rún Ívarsdóttir	01/04/2002	010402-2470					
50 Freestyle	6	32.22	88%	50 Breaststroke	6	42.68	89%
50 Backstroke	12	38.88	84%	50 Butterfly		34.51	84%
50 Backstroke		39.64	81%	50 Butterfly	4	33.52	89%
100 Backstroke	11	1:21.80	89%	100 Butterfly	2	1:14.85	90%

Eydis Ósk Kolbeinsdóttir	12/10/2000		121000-2960				
	50 Freestyle		31.31	85%	200 Freestyle		2:15.00 94%
	100 Freestyle		1:05.29	90%	400 Freestyle	1	4:34.11 97%
Hafdís Eva Pálsdóttir	03/03/2004		030304-2760				
	50 Freestyle	8	32.41	89%	50 Breaststroke	2	40.97 101% PB
	50 Backstroke	9	37.17	84%			
Sylvia Sienkiewicz	13/06/1999		130699-3089				
	50 Freestyle		32.06	83%	50 Butterfly		34.86 76%
	100 Freestyle	6	1:07.22	85%	200 Medley	5	2:48.26 80%
Ásta Kamilla Sigurðardóttir	23/02/2004		230204-2760				
	50 Freestyle	2	30.24	98%	100 Backstroke	12	1:22.28 100%
	50 Freestyle		32.30	86%	50 Breaststroke		43.36 103% PB
	100 Freestyle		1:09.58	87%	50 Breaststroke	3	41.48 113% PB
	200 Freestyle	3	2:26.06	96%	100 Breaststroke	2	1:32.35 111% PB
	50 Backstroke		40.45	87%			

Háhyrningar

Kara Sól Gunnlaugsdóttir	14/10/2005		141005-2510				
	50 Freestyle		43.64	86%	200 Freestyle	20	3:09.34 124% PB
	50 Freestyle		41.00	97%	50 Backstroke	17	51.01 97%
	100 Freestyle		1:34.49	106% PB	50 Breaststroke	17	50.39 102% PB
	100 Freestyle	16	1:30.35	116% PB			
Gunnhildur Baldursdóttir	02/11/2000						
	50 Freestyle		33.48	86%	200 Freestyle	5	2:23.64 PB
	50 Freestyle		33.54	85%	400 Freestyle	3	4:59.27 PB
	100 Freestyle		1:10.51	PB	50 Butterfly		32.27 95%
	100 Freestyle		1:09.87	PB	200 Medley	3	2:37.18 103% PB
	200 Freestyle		2:25.98	PB			

Total 212 individual results, average performance: 94.2%

0 new record(s), 57 new personal best(s)

Biggest improvement: Amelía Björk Davíðsdóttir, 200 Freestyle 2:55.57