

Results summary

Men, Long Course (50m)

Distance,Stroke Pl. Time RoundDiff. Distance,Stroke Pl. Time RoundDiff.

Afrekshópur Vatnaveröld

Aron Fannar Kristínarson	14/06/2003	140603-3330							
50 Freestyle	6	27.93 F	106% PB	800 Freestyle	2	9:33.63 F	140% PB		
100 Freestyle	6	1:00.49 F	100% PB	100 Backstroke	1	1:07.71 F	99%		
200 Freestyle	5	2:13.43 F	100%	200 Backstroke	1	2:24.64 F	102% PB		
400 Freestyle	3	4:39.02 F	102% PB						

Total 7 individual results, average performance: 107.0%

0 new record(s), 5 new personal best(s)

Biggest improvement: Aron Fannar Kristínarson, 800 Freestyle 9:33.63

Results summary

Women, Long Course (50m)

	Distance,Stroke	Pl.	Time	RoundDiff.		Distance,Stroke	Pl.	Time	RoundDiff.
Afrekshópur Vatnaveröld									
Karen Mist Arngeirsdóttir			09/02/2000	090200-2320					
	50 Freestyle	13	30.45 F	96%		200 Breaststroke	2	2:43.56 F	98%
	50 Breaststroke	5	34.68 F	97%		50 Butterfly	11	32.66 F	100%
	100 Breaststroke	3	1:14.73 F	97%		200 Medley	6	2:35.28 F	101% PB
Gunnhildur Björg Baldursdóttir			02/11/2000	021100-3310					
	50 Backstroke	10	36.36 F	95%		200 Butterfly	1	2:26.62 F	95%
	50 Butterfly	10	32.17 F	94%		200 Medley	7	2:37.66 F	98%
	100 Butterfly	4	1:09.29 F	94%					
Birna Hilmarsdóttir			27/09/2002	270902-3240					
	50 Freestyle	10	29.79 F	101% PB		50 Breaststroke	8	43.30 F	95%
	100 Freestyle	13	1:05.04 F	95%		100 Breaststroke	9	1:32.02 F	98%
	200 Freestyle	6	2:22.50 F	93%		200 Breaststroke	6	3:14.30 F	103% PB
	400 Freestyle	4	4:55.34 F	94%		50 Butterfly	11	34.02 F	93%
	50 Backstroke	13	34.99 F	102% PB		100 Butterfly	11	1:21.58 F	90%
	100 Backstroke	17	1:17.40 F	107% PB		200 Medley	6	2:44.87 F	95%
	200 Backstroke	15	2:44.58 F	111% PB					
Diljá Rún Ívarsdóttir			01/04/2002	010402-2470					
	50 Backstroke	16	37.43 F	91%		200 Medley	5	2:43.98 F	97%
	50 Butterfly	7	32.15 F	97%		400 Medley	2	5:41.53 F	96%
	100 Butterfly	4	1:11.65 F	98%					
Hafdís Eva Pálsdóttir			03/03/2004	030304-2760					
	50 Freestyle	7	30.50 F	105% PB		100 Breaststroke	10	1:29.45 F	102% PB
	50 Backstroke	5	34.16 F	103% PB		200 Breaststroke	7	3:06.41 F	106% PB
	100 Backstroke	6	1:14.05 F	103% PB		50 Butterfly	6	33.06 F	95%
	200 Backstroke	4	2:40.81 F	103% PB		100 Butterfly	8	1:18.55 F	104% PB
	50 Breaststroke	8	41.17 F	108% PB		200 Medley	3	2:41.22 F	103% PB
Ásta Kamilla Sigurðardóttir			23/02/2004	230204-2760					
	50 Freestyle	17	32.04 F	88%		50 Butterfly	7	33.13 F	96%
	100 Freestyle	10	1:06.71 F	94%		100 Butterfly	5	1:15.62 F	110% PB
	200 Freestyle	10	2:26.17 F	101% PB					

Total 44 individual results, average performance: 98.7%

0 new record(s), 17 new personal best(s)

Biggest improvement: Birna Hilmarsdóttir, 200 Backstroke 2:44.58