

Results summary

Men, Long Course (50m)

	Distance,Stroke	Pl.	Time RoundDiff.	Distance,Stroke	Pl.	Time RoundDiff.
Ómar Magni Egilsson	26/11/2006		261106-2640			
	50 Freestyle		41.39 79%	100 Backstroke	9	1:35.82 105% PB
	100 Freestyle	13	1:25.10 100% PB	50 Breaststroke		56.78 77%
	100 Freestyle		1:29.62 90%	50 Breaststroke		56.58 78%
	200 Freestyle		3:06.81 87%	100 Breaststroke		2:00.23 128% PB
	400 Freestyle	13	6:18.80 201% PB	100 Breaststroke	13	2:00.29 128% PB
	50 Backstroke	4	43.52 99%	200 Breaststroke	8	4:06.75 131% PB
	50 Backstroke		47.61 83%			
Daði Rafn Falsson	10/09/2008		100908-4090			
	50 Freestyle		43.63 76%	50 Breaststroke		57.18 84%
	50 Freestyle		44.44 74%	100 Breaststroke		1:56.41 96%
	100 Freestyle		1:32.25 PB	200 Breaststroke	5	3:55.62 PB
	100 Freestyle		1:33.98 PB	50 Butterfly		53.41 81%
	200 Freestyle	14	3:16.42 PB	100 Butterfly	9	1:56.84 PB
	200 Freestyle		3:15.02 PB	200 Medley	10	3:44.23 PB
	400 Freestyle	17	6:30.48 PB			
Már Gunnarsson S12	19/11/1999		191199-2869			
	50 Freestyle		32.12 92%	50 Breaststroke	2	43.56 101% PB
	50 Freestyle	9	31.11 98%	50 Breaststroke		44.56 97%
	100 Freestyle	1	1:07.16 98%	100 Breaststroke	3	1:33.92 97%
Kári Snær Halldórsson	13/01/2004		130104-3470			
	50 Freestyle		35.66 89%	50 Breaststroke	2	39.19 100%
	50 Freestyle		36.54 85%	50 Butterfly		38.12 93%
	100 Freestyle		1:15.43 104% PB	50 Butterfly		36.77 100% PB
	100 Freestyle		1:17.51 98%	100 Butterfly		1:24.55 143% PB
	200 Freestyle	5	2:35.71 116% PB	100 Butterfly	5	1:21.50 154% PB
	200 Freestyle		2:41.90 107% PB	200 Medley	5	2:47.04 111% PB
	400 Freestyle	7	5:28.30 107% PB	400 Medley	3	5:50.33 135% PB
Fannar Snævar Hauksson	07/09/2004		070904-3140			
	50 Freestyle		31.80 78%	100 Breaststroke	3	1:25.95 168% PB
	100 Freestyle		1:08.73 83%	50 Butterfly	1	29.48 93%
	200 Freestyle		2:23.96 90%	50 Butterfly		31.88 80%
	400 Freestyle	2	4:53.12 108% PB	100 Butterfly		1:15.61 83%
	50 Backstroke		32.44 100%	200 Medley	1	2:36.40 102% PB
	100 Backstroke	1	1:09.08 102% PB	400 Medley	2	5:34.61 110% PB
	50 Breaststroke		40.12 99%			
Denas Kazulis	13/01/2008		130108-2880			
	50 Freestyle		39.56 78%	100 Backstroke	7	1:30.95 99%
	50 Freestyle		40.62 74%	50 Breaststroke		50.34 90%
	100 Freestyle		1:25.42 130% PB	50 Breaststroke		49.44 94%
	100 Freestyle		1:24.19 134% PB	100 Breaststroke	4	1:42.52 127% PB
	200 Freestyle	7	2:51.14 143% PB	100 Breaststroke		1:44.88 121% PB
	200 Freestyle		2:55.30 137% PB	200 Breaststroke	3	3:35.27 PB
	400 Freestyle	6	5:50.96 PB	50 Butterfly		44.46 85%
	50 Backstroke		44.42 89%	200 Medley	8	3:13.05 PB
Aron Fannar Kristínarson	14/06/2003		140603-3330			
	50 Freestyle		30.69 90%	200 Freestyle	2	2:18.65 105% PB
	50 Freestyle		29.85 95%	200 Freestyle		2:23.88 97%
	50 Freestyle		32.07 83%	400 Freestyle	7	4:57.28 102% PB
	100 Freestyle		1:05.81 93%	50 Backstroke		33.32 98%
	100 Freestyle	4	1:03.63 99%	100 Backstroke	2	1:09.02 113% PB
	100 Freestyle		1:08.43 86%			
Ingi Þór Ólafsson	05/01/1999		050199-3399			
	50 Freestyle	7	27.21 95%	100 Butterfly		1:09.35 83%
	50 Butterfly	1	29.49 93%	100 Butterfly	2	1:05.40 93%
	50 Butterfly		30.64 87%	200 Medley	1	2:26.51 91%
	50 Butterfly		29.90 91%	400 Medley	1	5:19.39 88%
Flosi Ómarsson	04/09/2003		040903-2240			
	50 Freestyle		31.48 95%	200 Freestyle		2:31.24 110% PB
	50 Freestyle		33.38 85%	400 Freestyle	10	5:08.01 119% PB
	100 Freestyle	9	1:08.45 124% PB	100 Butterfly		1:18.66 123% PB
	100 Freestyle		1:11.87 112% PB	400 Medley	1	5:47.73 114% PB

Guðmundur Leo Rafnsson	16/08/2006	160806-3540					
	50 Freestyle		37.84	100%	100 Backstroke		1:33.87 116% PB
	100 Freestyle	7	1:19.70	115% PB	200 Backstroke	3	3:09.85 128% PB
	50 Backstroke		42.68	128% PB	50 Butterfly		45.03 116% PB
	100 Backstroke	5	1:29.11	129% PB	100 Butterfly	5	1:40.38 125% PB
Bjarni Ívar Ragnarsson	13/05/2008	130508-2350					
	50 Freestyle		42.25	81%	400 Freestyle	15	6:22.05 PB
	100 Freestyle		1:30.76	127% PB	50 Breaststroke		55.19 95%
Daniel Patrick Riley	20/07/2003	200703-2780					
	200 Freestyle	6	2:32.98	145% PB	100 Breaststroke	11	1:57.22 141% PB
Sigmundur Þór Sigurmundarson	30/08/2005	300805-2050					
	50 Freestyle		44.26	78%	50 Backstroke		41.08 100% PB
	100 Freestyle		1:35.31	85%	100 Backstroke	6	1:24.46 152% PB
	200 Freestyle	12	3:15.46	101% PB	50 Butterfly		32.73 105% PB
	400 Freestyle	11	6:44.40	PB	100 Butterfly		1:16.18 98%
	50 Breaststroke		58.44	96%	100 Butterfly	4	1:11.60 111% PB
	100 Breaststroke				400 Medley	2	5:47.91 PB
	200 Breaststroke	3	4:09.07	165% PB			
	50 Butterfly		1:00.57	93%			
	100 Butterfly		1:00.46	93%			
	100 Butterfly	13	2:12.80	PB			
	200 Medley	13	3:46.98	PB			
Gabriel Þór Sigurmundsson	22/06/2003	220603-2370					
	50 Freestyle		37.13	82%	100 Backstroke	9	1:28.61 100%
	100 Freestyle		1:17.78	106% PB	50 Butterfly		42.12 89%
	200 Freestyle	8	2:41.82	120% PB	50 Butterfly		41.31 92%
	400 Freestyle	13	5:43.16	109% PB	100 Butterfly		1:33.92 88%
					100 Butterfly	6	1:29.36 97%
					200 Medley	4	3:04.71 113% PB
					400 Medley	4	6:28.91 PB

Total 159 individual results, average performance: 102.8%

0 new record(s), 79 new personal best(s)

Biggest improvement: Ómar Magni Egilsson, 400 Freestyle 6:18.80

Results summary

Women, Long Course (50m)

	Distance,Stroke	Pl.	Time	RoundDiff.	Distance,Stroke	Pl.	Time	RoundDiff.
Þórdís M Aðalsteinsdóttir	15/12/2003		151203-2050					
	50 Freestyle	10	34.39	87%	100 Butterfly	6	1:29.75	81%
	50 Butterfly		41.30	82%				
Þórunn Kolbrún Árnadóttir	23/04/2002		230402-3530					
	50 Freestyle		36.17	80%	200 Freestyle		2:38.71	91%
	50 Freestyle	6	32.99	96%	400 Freestyle	9	5:19.93	98%
	100 Freestyle		1:16.10	92%				
Bergþóra Sif Árnadóttir	24/08/2005		240805-3750					
	50 Freestyle		36.36	81%	400 Freestyle	4	5:19.98	100% PB
	100 Freestyle		1:16.95	87%	50 Butterfly		38.19	91%
	200 Freestyle		2:39.65	92%	100 Butterfly	5	1:25.28	103% PB
Karen Mist Arngæirsdóttir	09/02/2000		090200-2320					
	50 Breaststroke		41.91	67%	100 Breaststroke		1:25.63	75%
	50 Breaststroke	1	36.75	87%	100 Breaststroke	1	1:17.15	92%
	50 Breaststroke		36.26	90%	200 Breaststroke	1	2:51.68	89%
Rebekka Marín Arngæirsdóttir	22/09/2005		220905-2840					
	50 Freestyle		37.23	86%	200 Freestyle		2:46.02	150% PB
	50 Freestyle		35.84	93%	400 Freestyle	8	5:37.53	134% PB
	50 Freestyle		36.83	88%	50 Breaststroke	3	43.73	96%
	100 Freestyle		1:18.89	105% PB	50 Butterfly		38.23	107% PB
	100 Freestyle	14	1:15.76	114% PB	100 Butterfly		1:28.90	PB
	100 Freestyle		1:18.81	105% PB	100 Butterfly	6	1:26.07	PB
200 Freestyle	7	2:43.84	154% PB	400 Medley	3	6:17.95	PB	
Þórey Una Arnlaugsdóttir	11/09/2006		110906-4040					
	50 Freestyle		40.64	80%	200 Freestyle		2:56.73	107% PB
	50 Freestyle		37.37	94%	400 Freestyle	6	5:47.78	PB
	50 Freestyle		40.78	79%	50 Breaststroke	4	48.48	108% PB
	100 Freestyle		1:25.68	101% PB	50 Breaststroke		49.91	102% PB
	100 Freestyle	4	1:17.44	123% PB	100 Breaststroke	7	1:42.94	131% PB
	100 Freestyle		1:25.45	101% PB	100 Butterfly		1:36.10	94%
200 Freestyle	6	2:49.13	117% PB	400 Medley	2	6:30.53	PB	
Sunneva Bergmann Ásbjörnsdóttir	13/01/2007		130107-3030					
	50 Freestyle		42.26	84%	50 Backstroke		48.71	107% PB
	50 Freestyle	8	38.75	100% PB	100 Backstroke	10	1:37.19	161% PB
	100 Freestyle		1:28.81	98%	100 Backstroke		1:40.62	150% PB
	200 Freestyle	13	3:02.50	96%	200 Backstroke	4	3:20.45	PB
	50 Backstroke	10	47.75	111% PB	50 Butterfly		54.38	86%
50 Backstroke		48.19	109% PB	200 Medley	15	3:30.12	PB	
Gunnhildur Björg Baldursdóttir	02/11/2000		021100-3310					
	50 Breaststroke	2	42.21	90%	100 Butterfly		1:12.03	87%
	50 Butterfly		33.75	85%	100 Butterfly	1	1:09.90	92%
	50 Butterfly		32.73	90%	200 Butterfly	1	2:31.70	88%
Katla María Brynjarsdóttir	15/04/2007		150407-2650					
	50 Freestyle		37.80	91%	50 Backstroke	4	43.41	96%
	50 Freestyle		37.18	94%	50 Breaststroke	13	52.75	108% PB
	100 Freestyle		1:19.91	99%	50 Breaststroke		51.88	112% PB
	100 Freestyle		1:18.99	102% PB	100 Breaststroke	19	1:50.64	209% PB
	200 Freestyle	2	2:44.81	276% PB	50 Butterfly		45.90	99%
	200 Freestyle		2:44.60	276% PB	200 Medley	6	3:13.88	PB
400 Freestyle	3	5:35.90	PB					
Natalía Dögg Brynjarsdóttir	13/12/2007		131207-3280					
	50 Freestyle		43.28	82%	200 Freestyle		3:04.53	275% PB
	50 Freestyle		41.47	89%	400 Freestyle	11	6:05.69	PB
	50 Freestyle		42.68	84%	50 Backstroke	9	46.57	113% PB
	100 Freestyle		1:30.83	101% PB	50 Breaststroke	14	53.26	102% PB
	100 Freestyle	9	1:23.79	119% PB	50 Breaststroke		55.91	93%
	100 Freestyle		1:30.50	102% PB	100 Breaststroke	20	1:52.41	101% PB
200 Freestyle	12	3:01.83	284% PB					

Amelía Björk Davíðsdóttir	26/09/2003	260903-3220					
	50 Freestyle		45.05	105% PB	50 Breaststroke	48.01	98%
	100 Freestyle	5	1:35.75	PB	100 Breaststroke	4 1:40.91	PB
	50 Breaststroke	4	46.77	103% PB			
Thelma Lind Einarsdóttir	26/01/2005	260105-3450					
	50 Freestyle		35.54	79%	50 Backstroke	3 37.86	120% PB
	50 Freestyle		32.32	96%	50 Backstroke		40.10
	100 Freestyle		1:15.21	89%	100 Backstroke		1:22.19
	100 Freestyle	3	1:07.35	112% PB	200 Backstroke	1 2:45.84	116% PB
	200 Freestyle		2:36.96	88%	50 Breaststroke	2 43.32	103% PB
	400 Freestyle		5:20.00	102% PB	50 Breaststroke		42.98
	800 Freestyle	1	10:39.22	PB	100 Breaststroke	3 1:29.29	109% PB
Eva Margrét Falsdóttir	05/06/2005	050605-3020					
	50 Freestyle		32.15	95%	50 Breaststroke	40.10	88%
	50 Freestyle	2	31.32	100%	100 Breaststroke	1 1:22.59	101% PB
	100 Freestyle	2	1:06.04	111% PB	100 Butterfly		1:20.34
	50 Backstroke		38.78	92%	400 Medley	1 5:38.05	101% PB
	100 Backstroke	1	1:20.24	91%			
Guðný Birna Falsdóttir	04/02/2003	040203-2810					
	50 Freestyle	9	33.60	96%	50 Butterfly	39.33	85%
	50 Breaststroke	3	44.50	89%	100 Butterfly	4 1:25.12	99%
	50 Butterfly	3	37.80	92%	200 Medley	2 2:54.35	96%
	50 Butterfly		39.07	86%			
Jóhanna Arna Gunnarsdóttir	02/03/2006	020306-2620					
	50 Freestyle		38.21	90%	50 Breaststroke	48.25	103% PB
	100 Freestyle		1:21.18	95%	50 Breaststroke		46.55
	100 Freestyle		1:20.16	98%	100 Breaststroke		1:41.26
	200 Freestyle	4	2:46.16	135% PB	100 Breaststroke	5 1:38.12	140% PB
	200 Freestyle		2:48.54	131% PB	200 Breaststroke	3 3:29.44	218% PB
	400 Freestyle	5	5:41.16	212% PB	50 Butterfly		38.85
	50 Backstroke		39.29	114% PB	200 Medley	3 2:58.88	PB
	100 Backstroke	1	1:19.37	127% PB			
Stefanía Ósk Halldórsdóttir	18/11/2006	181106-2710					
	50 Freestyle		37.35	92%	50 Breaststroke	2 45.70	89%
	100 Freestyle		1:19.65	95%	100 Breaststroke		1:38.29
	200 Freestyle		2:44.81	95%	200 Breaststroke	2 3:21.54	92%
	400 Freestyle	2	5:33.53	112% PB	50 Butterfly		41.42
	50 Backstroke	3	43.06	102% PB	100 Butterfly	2 1:27.47	173% PB
	50 Breaststroke		47.96	81%	200 Medley	4 3:00.23	99%
Birna Hilmarsdóttir	27/09/2002	270902-3240					
	50 Freestyle		34.65	75%	400 Freestyle	5 5:02.94	91%
	100 Freestyle		1:13.40	75%	50 Backstroke	3 38.53	84%
	200 Freestyle		2:31.64	85%	50 Breaststroke	2 42.41	102% PB
Diljá Rún Ívarsdóttir	01/04/2002	010402-2470					
	50 Freestyle	4	31.81	91%	100 Breaststroke	1 1:30.42	90%
	50 Backstroke		40.56	77%	100 Butterfly		1:16.73
	100 Backstroke	2	1:22.96	87%	400 Medley	1 5:49.36	92%
	50 Breaststroke		43.07	87%			
Elísabet Jóhannesdóttir	12/12/2006	121206-3070					
	50 Freestyle		36.72	82%	50 Breaststroke	3 46.67	97%
	50 Freestyle		36.94	81%	50 Breaststroke		46.14
	100 Freestyle		1:18.21	87%	100 Breaststroke	3 1:36.08	123% PB
	100 Freestyle		1:18.38	87%	50 Butterfly		38.47
	200 Freestyle	1	2:40.32	119% PB	100 Butterfly		1:30.20
	200 Freestyle		2:42.92	116% PB	200 Medley	2 2:56.05	102% PB
	400 Freestyle	1	5:32.06	117% PB	400 Medley	1 6:14.52	PB
Eydis Ósk Kolbeinsdóttir	12/10/2000	121000-2960					
	50 Backstroke		37.01	82%	100 Butterfly		1:14.35
	100 Backstroke		1:16.97	86%	100 Butterfly	2 1:14.51	84%
	200 Backstroke	1	2:39.47	87%	400 Medley	1 5:26.74	90%
	50 Butterfly		34.28	82%			

Rebekka Rós Magnadóttir	26/05/2007		260507-2650					
	50 Freestyle		41.76	91%	100 Backstroke	8	1:36.37	117% PB
	100 Freestyle		1:27.63	94%	50 Breaststroke		59.90	104% PB
	200 Freestyle		3:02.51	98%	100 Breaststroke	29	2:05.08	PB
	400 Freestyle	14	6:12.57	PB	50 Butterfly		47.02	93%
	50 Backstroke		47.87	102% PB	200 Medley	13	3:27.47	PB
Embla Önnudóttir	02/12/2006		021206-2880					
	50 Freestyle		43.32	98%	50 Backstroke		51.65	106% PB
	100 Freestyle		1:33.34	95%	100 Backstroke	16	1:45.14	113% PB
	200 Freestyle		3:21.33	92%	50 Breaststroke		56.93	104% PB
	400 Freestyle	22	7:26.67	PB	100 Breaststroke	23	2:00.99	101% PB
	50 Backstroke	14	50.34	112% PB				
Hafðís Eva Pálsdóttir	03/03/2004		030304-2760					
	50 Freestyle		32.91	90%	400 Freestyle	3	5:19.25	105% PB
	50 Freestyle		35.05	80%	50 Backstroke	1	37.10	87%
	100 Freestyle	8	1:10.57	101% PB	50 Breaststroke	1	43.12	99%
	100 Freestyle		1:15.09	89%	50 Breaststroke		42.75	101% PB
	200 Freestyle		2:37.32	98%	100 Breaststroke	4	1:30.40	103% PB
Sylwia Sienkiewicz	13/06/1999		130699-3089					
	50 Backstroke		39.89	72%	100 Breaststroke	2	1:23.85	92%
	100 Backstroke		1:22.10	79%	50 Butterfly		34.97	75%
	200 Backstroke	2	2:47.37	90%	100 Butterfly		1:16.20	77%
	50 Breaststroke		39.18	90%	200 Butterfly	2	2:46.49	77%
Stefanía Sigurþórsdóttir	31/01/2001		310101-3460					
	50 Freestyle		32.51	78%	200 Freestyle	4	2:26.58	85%
	50 Freestyle		32.51	78%	200 Freestyle		2:27.25	84%
	50 Freestyle		33.47	74%	400 Freestyle	2	5:00.81	86%
	100 Freestyle		1:08.59	83%	50 Backstroke	1	34.89	90%
	100 Freestyle	3	1:08.63	83%	50 Backstroke		35.88	85%
	100 Freestyle		1:10.42	79%	100 Backstroke	1	1:14.07	90%
Athena Líf Þrastardóttir	24/07/2007		240707-2410					
	50 Freestyle		41.06	72%	400 Freestyle	8	5:58.13	PB
	100 Freestyle		1:26.82	101% PB	50 Breaststroke		49.47	100% PB
	200 Freestyle		3:00.38	217% PB	100 Breaststroke	11	1:44.68	131% PB
Fjóla Margrét Viðarsdóttir	16/01/2007		160107-3910					
	50 Freestyle		41.56	95%	100 Backstroke	11	1:38.24	164% PB
	100 Freestyle	14	1:26.67	104% PB	50 Breaststroke		1:00.10	93%
	100 Freestyle		1:31.87	92%	50 Breaststroke		57.34	102% PB
	200 Freestyle		3:11.72	92%	100 Breaststroke		2:05.76	125% PB
	400 Freestyle	16	6:22.49	PB	100 Breaststroke	22	2:00.19	137% PB
	50 Backstroke	8	46.27	109% PB	200 Breaststroke	14	4:15.18	PB
	50 Backstroke		48.41	100%				

Total 256 individual results, average performance: 102.8%

0 new record(s), 115 new personal best(s)

Biggest improvement: Natalía Dögg Brynjarsdóttir, 200 Freestyle 3:01.83