

Results summary

Men, Long Course (50m)

	Distance,Stroke	Pl.	Time RoundDiff.	Distance,Stroke	Pl.	Time RoundDiff.
Framtíðarhópur						
Daniel Patrick Riley	20/07/2003		200703-2780			
	50 Breaststroke		39.83 97%	50 Butterfly		32.39 99%
	50 Breaststroke	44	38.34 104% PB	50 Butterfly	49	31.25 106% PB
	100 Breaststroke	40	1:24.67 94%	200 Medley	39	2:43.50 94%
Gabriel Ari Tryggvarson	07/04/2003		070403-2770			
	50 Freestyle		30.52 113% PB	50 Backstroke	22	31.87 120% PB
	50 Freestyle	62	28.94 125% PB	100 Backstroke	15	1:09.05 F 128% PB
	100 Freestyle	73	1:03.95 113% PB	100 Backstroke	15	1:08.27 131% PB
	50 Backstroke		33.11 F 112% PB	100 Backstroke		1:13.07 114% PB
	50 Backstroke		33.14 111% PB	200 Backstroke	19	2:30.60 129% PB
	50 Backstroke		34.80 101% PB			
Afrekshópur Vatnaveröld						
Stefán Elías Davíðsson	08/10/2003		081003-4080			
	50 Freestyle		31.40 PB	50 Breaststroke	47	39.32 PB
	50 Freestyle	83	30.10 PB	100 Breaststroke		1:26.86 PB
	100 Freestyle	87	1:06.31 PB	100 Breaststroke	42	1:25.07 PB
	50 Breaststroke		41.12 PB	200 Breaststroke	25	3:00.93 PB
	50 Breaststroke		39.96 PB			
Már Gunnarsson S12	19/11/1999		191199-2869			
	50 Freestyle		31.60 88%	400 Freestyle	44	5:01.64 99%
	50 Freestyle		34.21 75%	50 Backstroke		37.00 88%
	50 Freestyle	85	30.32 95%	50 Backstroke	47	35.00 98%
	100 Freestyle	80	1:04.95 99%	100 Backstroke	36	1:16.32 92%
	100 Freestyle		1:10.89 83%	50 Butterfly		34.42 96%
	200 Freestyle		2:26.51 95%	200 Medley	37	2:39.84 100%
Kári Snær Halldórsson	13/01/2004		130104-3470			
	50 Freestyle	93	30.76 120% PB	50 Butterfly		34.51 113% PB
	50 Breaststroke		35.19 96%	50 Butterfly	62	33.57 119% PB
	50 Breaststroke	24	34.42 100% PB	200 Medley	35	2:38.18 108% PB
	100 Breaststroke	22	1:16.13 95%			
Fannar Snævar Hauksson	07/09/2004		070904-3140			
	50 Freestyle		27.74 F 91%	50 Backstroke		33.00 83%
	50 Freestyle	9	26.15 F 102% PB	100 Backstroke	9	1:04.73 F 105% PB
	50 Freestyle	16	26.44 100% PB	100 Backstroke		1:14.97 F 78%
	50 Freestyle		27.68 91%	100 Backstroke		1:09.60 90%
	100 Freestyle	13	57.80 F 96%	100 Backstroke	12	1:06.31 100%
	100 Freestyle	17	57.64 97%	200 Backstroke	8	2:35.06 F 90%
	50 Backstroke		31.51 F 91%	200 Backstroke	10	2:24.58 104% PB
	50 Backstroke		35.38 F 72%	50 Butterfly	12	27.81 F 102% PB
	50 Backstroke	7	29.94 F 100% PB	50 Butterfly	14	27.71 103% PB
	50 Backstroke		31.64 90%	50 Butterfly		30.13 87%
	50 Backstroke	7	29.57 103% PB	100 Butterfly	19	1:04.71 108% PB
Alexander Logi Jónsson	17/11/2004		171104-3270			
	50 Freestyle	74	29.47 143% PB	50 Butterfly		32.66 144% PB
	50 Breaststroke		38.18 142% PB	50 Butterfly	52	31.40 156% PB
	50 Breaststroke	39	36.44 156% PB	200 Medley	22	2:32.58 PB
	100 Breaststroke	33	1:19.30 140% PB			
Aron Fannar Kristínarson	14/06/2003		140603-3330			
	50 Freestyle	42	27.62 102% PB	100 Backstroke	11	1:06.75 F 102% PB
	50 Backstroke		32.15 F 98%	100 Backstroke	13	1:07.09 101% PB
	50 Backstroke		32.59 96%	100 Backstroke		1:10.96 90%
	50 Backstroke		33.92 88%	200 Backstroke	13	2:26.20 98%
	50 Backstroke	20	31.67 101% PB	50 Butterfly	40	30.37 104% PB

Flosi Ómarsson		04/09/2003	040903-2240				
50 Freestyle			30.53	101% PB	50 Backstroke		33.86 90%
50 Freestyle			29.82	106% PB	50 Backstroke	16	31.08 107% PB
50 Freestyle	57		28.74	114% PB	100 Backstroke		1:11.68 102% PB
100 Freestyle			1:06.52	99%	200 Backstroke	14	2:28.12 105% PB
100 Freestyle	61		1:02.98	110% PB	50 Butterfly		31.83 107% PB
200 Freestyle	42		2:21.12	113% PB	200 Medley	16	2:28.77 179% PB
50 Backstroke	15		31.49 F	104% PB			
Kristófer Sigurðsson		20/11/1995	201195-3149				
50 Freestyle			25.65 F	88%	100 Freestyle		59.28 77%
50 Freestyle			28.48	71%	100 Freestyle	2	53.36 95%
50 Freestyle			25.56	89%	200 Freestyle	5	2:01.59 88%
100 Freestyle	1		53.14 F	95%			
Gabríel Þór Sigurmundsson		22/06/2003	220603-2370				
50 Freestyle			31.51	114% PB	100 Freestyle		1:07.51 133% PB
50 Freestyle			31.78	112% PB	100 Freestyle	89	1:06.92 135% PB
50 Freestyle	87		30.41	123% PB	200 Freestyle	58	2:28.63 119% PB

Total 110 individual results, average performance: 104.3%
 0 new record(s), 65 new personal best(s)
 Biggest improvement: Flosi Ómarsson, 200 Medley 2:28.77

Results summary

Women, Long Course (50m)

	Distance,Stroke	Pl.	Time	RoundDiff.	Distance,Stroke	Pl.	Time	RoundDiff.
Framtíðarhópur								
Rebekka Marín Arngeirsdóttir	22/09/2005		220905-2840					
	50 Backstroke		39.15	102% PB	50 Breaststroke		41.18	109% PB
	100 Backstroke	8	1:19.92	103% PB	100 Breaststroke	6	1:27.96	116% PB
Pórey Una Arnlaugsdóttir	11/09/2006		110906-4040					
	50 Backstroke		39.53	104% PB	100 Backstroke	14	1:23.38	113% PB
	50 Backstroke		39.78	103% PB	200 Backstroke	12	2:57.84	109% PB
	100 Backstroke		1:24.54	110% PB				
Katla María Brynjarsdóttir	15/04/2007		150407-2650					
	50 Backstroke		41.23	104% PB	100 Backstroke	9	1:21.28	114% PB
	50 Backstroke		39.66	113% PB	200 Backstroke	11	2:56.46	106% PB
	100 Backstroke		1:25.74	102% PB				
Amelía Björk Davíðsdóttir	26/09/2003		260903-3220					
	50 Breaststroke		45.08	101% PB	200 Breaststroke	22	3:14.00	111% PB
	100 Breaststroke		1:35.29	102% PB				
Jóhanna Arna Gunnarsdóttir	02/03/2006		020306-2620					
	50 Backstroke		41.17	91%	100 Backstroke		1:25.39	86%
	50 Backstroke		39.18	101% PB	100 Backstroke	5	1:18.40	102% PB
	50 Backstroke	5	36.88	113% PB	200 Backstroke	9	2:52.22	108% PB
Stefanía Ósk Halldórsdóttir	18/11/2006		181106-2710					
	50 Breaststroke		44.23	95%	50 Butterfly		40.70	93%
	100 Breaststroke	8	1:32.08	100%	200 Medley	9	2:59.14	101% PB
Elísabet Jóhannesdóttir	12/12/2006		121206-3070					
	50 Freestyle	13	32.58	104% PB	200 Backstroke	8	2:52.19	103% PB
	50 Backstroke		40.33	96%	50 Butterfly		37.43	98%
	50 Backstroke	10	38.56	105% PB	200 Medley	6	2:54.24	102% PB
	100 Backstroke		1:24.17	96%				
Athena Líf Þrastardóttir	24/07/2007		240707-2410					
	50 Backstroke		39.55	101% PB	100 Backstroke	11	1:21.77	108% PB
	50 Backstroke		40.22	98%	200 Backstroke	5	2:48.75	113% PB
	100 Backstroke		1:22.39	106% PB				
Afrekshópur Vatnaveröld								
Pórdís M Aðalsteinsdóttir	15/12/2003		151203-2050					
	50 Freestyle		36.04	80%	200 Freestyle		2:37.95	91%
	50 Freestyle		35.11	84%	200 Freestyle	49	2:33.36	97%
	100 Freestyle		1:16.09	88%	400 Freestyle	36	5:20.83	94%
	100 Freestyle		1:13.94	93%	50 Butterfly	70	40.83	84%
Karen Mist Arngeirsdóttir	09/02/2000		090200-2320					
	50 Breaststroke		34.69 F	97%	100 Breaststroke	1	1:13.42 F	100% PB
	50 Breaststroke		36.78 F	86%	100 Breaststroke		1:18.14 F	89%
	50 Breaststroke	3	33.87 F	102% PB	100 Breaststroke	2	1:14.41	98%
	50 Breaststroke		34.92	96%	100 Breaststroke		1:17.55	90%
	50 Breaststroke		36.81	86%	200 Breaststroke	2	2:38.91 F	103% PB
	50 Breaststroke	3	34.35	99%	200 Breaststroke	1	2:42.22	99%
Gunnhildur Björg Baldursdóttir	02/11/2000		021100-3310					
	50 Butterfly		32.15 F	94%	100 Butterfly	13	1:09.66	93%
	50 Butterfly		31.91 F	95%	100 Butterfly		1:08.94	95%
	50 Butterfly		32.04 F	94%	100 Butterfly		1:10.92	90%
	50 Butterfly		32.74	90%	200 Butterfly	7	2:30.10 F	90%
	50 Butterfly	22	31.76	96%	200 Butterfly	4	2:28.98	92%
	50 Butterfly		32.12	94%	200 Medley	6	2:34.22 F	103% PB
	50 Butterfly		32.51	92%	200 Medley	9	2:35.10	102% PB
	100 Butterfly		1:09.61 F	93%	400 Medley	4	5:22.50	99%
	100 Butterfly	12	1:08.54 F	96%				

Thelma Lind Einarsdóttir	26/01/2005		260105-3450					
	50 Freestyle		33.63	86%	200 Freestyle	2	2:19.47	108% PB
	50 Freestyle		32.74	91%	400 Freestyle	3	4:55.02	118% PB
	50 Freestyle		31.88	96%	50 Breaststroke		41.75	106% PB
	50 Freestyle	5	31.21	100%	50 Breaststroke	6	41.18	109% PB
	100 Freestyle		1:08.40	95%	100 Breaststroke	5	1:27.81	103% PB
	100 Freestyle	8	1:06.07	102% PB	50 Butterfly	6	35.28	108% PB
	100 Freestyle		1:10.99	88%	50 Butterfly		35.03	110% PB
200 Freestyle		2:26.80	97%	200 Medley	2	2:41.15	108% PB	
Eva Margrét Falsdóttir	05/06/2005		050605-3020					
	50 Breaststroke		36.12 F	100% PB	100 Breaststroke		1:19.50 F	97%
	50 Breaststroke		37.02 F	96%	100 Breaststroke	1	1:17.86	102% PB
	50 Breaststroke	6	35.61 F	103% PB	100 Breaststroke		1:19.83	97%
	50 Breaststroke		36.82	97%	200 Breaststroke	4	2:43.65 F	104% PB
	50 Breaststroke		37.72	92%	200 Breaststroke	1	2:43.77	103% PB
	50 Breaststroke	1	35.87	102% PB	100 Butterfly		1:16.97	102% PB
	100 Breaststroke	4	1:16.75 F	105% PB	400 Medley	1	5:29.84	105% PB
Guðný Birna Falsdóttir	04/02/2003		040203-2810					
	50 Freestyle	101	33.85	94%	100 Breaststroke		1:30.88	104% PB
	50 Breaststroke		42.47	98%	200 Breaststroke	19	3:08.78	101% PB
	50 Breaststroke		42.73	97%	50 Butterfly		36.69	98%
100 Breaststroke	28	1:29.04	108% PB	200 Medley	30	2:46.87	105% PB	
Birna Hilmarsdóttir	27/09/2002		270902-3240					
	50 Freestyle		31.15	91%	50 Backstroke		37.12	89%
	50 Freestyle		32.89	82%	50 Backstroke	30	36.09	94%
	50 Freestyle	52	30.69	94%	100 Backstroke	35	1:17.99	98%
	100 Freestyle	27	1:04.83	96%	50 Breaststroke		42.74	97%
	100 Freestyle		1:10.96	80%	100 Breaststroke	37	1:31.37	99%
200 Freestyle	32	2:26.82	88%	50 Butterfly	64	36.23	82%	
Diljá Rún Ívarsdóttir	01/04/2002		010402-2470					
	50 Freestyle	84	32.45	87%	50 Butterfly		34.11	86%
	50 Backstroke		40.62	77%	50 Butterfly		33.93	87%
	50 Backstroke	47	38.51	86%	50 Butterfly	45	33.75	88%
	100 Backstroke		1:23.52	86%	100 Butterfly	24	1:13.94	92%
	200 Backstroke	18	2:51.24	91%	200 Medley	33	2:48.59	92%
50 Breaststroke	41	42.80	88%					
Eydis Ósk Kolbeinsdóttir	12/10/2000		121000-2960					
	50 Freestyle		31.36 F	84%	200 Freestyle	8	2:16.32 F	92%
	50 Freestyle		30.69	88%	200 Freestyle		2:19.01	89%
	50 Freestyle	40	30.18	91%	200 Freestyle		2:23.31	83%
	50 Freestyle		32.97	76%	200 Freestyle	7	2:15.23	94%
	50 Freestyle		31.96	81%	400 Freestyle	6	4:41.10	92%
	100 Freestyle		1:05.49 F	89%	400 Freestyle		4:50.62	86%
	100 Freestyle		1:09.30	80%	800 Freestyle	7	9:39.95	91%
	100 Freestyle		1:04.74	91%	50 Butterfly	15	31.33	99%
	100 Freestyle		1:06.79	86%				
Hafþís Eva Pálsdóttir	03/03/2004		030304-2760					
	50 Freestyle		32.15	90%	100 Backstroke	26	1:16.26	94%
	50 Freestyle	65	31.35	95%	50 Breaststroke		42.44	94%
	100 Freestyle	61	1:08.88	105% PB	100 Breaststroke	30	1:29.83	99%
	50 Backstroke		36.45	88%	50 Butterfly		33.12	95%
50 Backstroke	24	35.03	95%	200 Medley	23	2:42.85	98%	
Sylwia Sienkiewicz	13/06/1999		130699-3089					
	50 Backstroke		36.87	84%	100 Breaststroke	18	1:24.63	90%
	100 Backstroke	25	1:15.36	93%	50 Butterfly		33.08	84%
	50 Breaststroke	15	37.63 F	98%	50 Butterfly	20	31.70	92%
	50 Breaststroke		39.77	87%	100 Butterfly	21	1:12.66	85%
50 Breaststroke	15	37.34	99%					
Ásta Kamilla Sigurðardóttir	23/02/2004		230204-2760					
	50 Freestyle		31.76	89%	100 Freestyle		1:08.16	90%
	50 Freestyle		33.62	80%	200 Freestyle		2:29.69	95%
	50 Freestyle		32.15	87%	200 Freestyle	27	2:22.76	105% PB
	50 Freestyle	54	30.76	95%	400 Freestyle	28	5:05.19	106% PB
	100 Freestyle	46	1:06.77	94%	50 Butterfly	37	32.77	98%
100 Freestyle		1:11.74	81%					

