

Results summary

Men, Long Course (50m)

	Distance,Stroke	Pl.	Time RoundDiff.	Distance,Stroke	Pl.	Time RoundDiff.
<b>Afrekshópur Vatnaveröld</b>						
Pröstur Bjarnason	02/09/1997		020997-3119			
	50 Freestyle		27.53 F 80%	200 Freestyle	1	1:56.40 F 101% PB
	50 Freestyle		29.46 70%	200 Freestyle		2:01.95 92%
	50 Freestyle		28.25 76%	200 Freestyle		2:06.99 85%
	50 Freestyle		29.43 70%	200 Freestyle	1	1:59.52 96%
	100 Freestyle		56.96 F 93%	400 Freestyle	1	4:02.92 104% CR
	100 Freestyle		1:01.65 79%	400 Freestyle		4:17.28 93%
	100 Freestyle		58.89 87%	800 Freestyle		8:37.32 96%
	100 Freestyle		59.77 84%	1500 Freestyle	2	16:15.87 99%
Stefán Elías Davíðsson	08/10/2003		081003-4080			
	50 Freestyle		29.68 92%	100 Freestyle		1:03.62 95%
	50 Freestyle		30.14 89%	100 Freestyle		1:04.97 91%
	50 Freestyle		30.30 88%	100 Freestyle	24	1:01.63 101% PB
	50 Freestyle		29.49 93%	200 Freestyle	28	2:16.29 100%
Kári Snær Halldórsson	13/01/2004		130104-3470			
	50 Breaststroke		34.12 F 102% PB	100 Breaststroke	8	1:13.24 F 103% PB
	50 Breaststroke	8	33.92 F 103% PB	100 Breaststroke		1:18.80 89%
	50 Breaststroke		36.88 87%	100 Breaststroke	8	1:13.50 102% PB
	50 Breaststroke		34.26 101% PB	200 Breaststroke	7	2:44.96 104% PB
	50 Breaststroke	7	33.92 103% PB			
Fannar Snævar Hauksson	07/09/2004		070904-3140			
	50 Freestyle	8	25.93 F 99%	50 Backstroke		30.46 94%
	50 Freestyle		27.34 89%	50 Backstroke		33.13 80%
	50 Freestyle		27.06 91%	100 Backstroke		1:08.51 F 87%
	50 Freestyle	6	25.61 102% PB	100 Backstroke	6	1:04.43 F 99%
	100 Freestyle	7	57.30 98%	100 Backstroke		1:09.32 85%
	50 Backstroke		32.65 F 82%	100 Backstroke	6	1:03.75 101% PB
	50 Backstroke		30.91 F 92%	200 Backstroke	6	2:23.53 F 101% PB
	50 Backstroke	5	29.47 101% PB	200 Backstroke	7	2:22.75 103% PB
	50 Backstroke		30.70 93%	50 Butterfly	4	27.23 100%
Alexander Logi Jónsson	17/11/2004		171104-3270			
	50 Freestyle		32.26 83%	800 Freestyle	14	9:55.43 102% PB
	100 Freestyle		1:09.52 85%	50 Butterfly		31.76 F 98%
	100 Freestyle		1:07.55 90%	50 Butterfly		31.74 98%
	200 Freestyle		2:24.40 97%	100 Butterfly		1:11.23 103% PB
	200 Freestyle		2:20.42 102% PB	200 Medley	8	2:28.16 F 106% PB
	400 Freestyle		4:55.34 97%	200 Medley	9	2:28.73 105% PB
	400 Freestyle	21	4:45.59 104% PB	400 Medley	7	5:13.46 104% PB
Aron Fannar Kristínarson	14/06/2003		140603-3330			
	50 Freestyle		31.64 73%	50 Backstroke	12	31.37 102% PB
	100 Freestyle		1:06.57 81%	50 Backstroke		32.14 97%
	200 Freestyle		2:18.84 92%	100 Backstroke	7	1:05.95 F 102% PB
	400 Freestyle		4:44.37 95%	100 Backstroke		1:10.00 F 91%
	800 Freestyle		9:37.84 99%	100 Backstroke		1:10.48 90%
	1500 Freestyle	9	18:04.82 PB	100 Backstroke	8	1:06.29 101% PB
	50 Backstroke		32.06 F 98%	200 Backstroke	7	2:24.00 F 101% PB
	50 Backstroke		33.17 F 91%	200 Backstroke	8	2:23.76 101% PB
	50 Backstroke		34.06 86%	100 Butterfly		1:09.54 94%
	50 Backstroke		32.59 94%	400 Medley	5	5:04.09 99%
Flosi Ómarsson	04/09/2003		040903-2240			
	50 Backstroke	7	31.19 F 99%	100 Backstroke	12	1:07.66 99%
	50 Backstroke		32.85 90%	200 Backstroke	9	2:26.40 102% PB
	50 Backstroke		32.72 90%	50 Butterfly		32.20 98%
	50 Backstroke		32.60 91%	100 Butterfly		1:12.68 96%
	50 Backstroke	8	30.85 101% PB	200 Medley	11	2:30.26 98%
	100 Backstroke		1:09.70 93%	400 Medley	6	5:10.35 100% PB
Daniel Patrick Riley	20/07/2003		200703-2780			
	50 Butterfly	14	30.54 99%			

Kristófer Sigurðsson		20/11/1995	201195-3149				
50 Freestyle			27.31 F	78%	100 Freestyle	1	51.86 F 100% PB
50 Freestyle			25.24 F	91%	100 Freestyle		59.56 76%
50 Freestyle	3		23.89 F	102% PB	100 Freestyle	1	51.84 100% PB
50 Freestyle			28.48	71%	200 Freestyle	2	1:58.96 F 92%
50 Freestyle			25.02	93%	200 Freestyle	3	2:03.60 85%
50 Freestyle	3		23.81	102% PB	50 Breaststroke	11	37.21 69%
100 Freestyle			56.77 F	84%			

Gabríel Ari Tryggvason		07/04/2003					
50 Backstroke			34.29	83%	100 Backstroke		1:11.97 94%
50 Backstroke			32.10	95%	100 Backstroke	13	1:07.74 106% PB
50 Backstroke	11		31.16	100% PB	200 Backstroke	11	2:28.67 109% PB

4 x 100 Freestyle	:	Stefán Elías Davíðsson	03	Flosi Ómarsson	03	8	4:14.40
		Gabríel Ari Tryggvason	03	Daniel Patrick Riley	03		
		Fannar Snævar Hauksson	04	Kristófer Sigurðsson	95	4	3:41.43
4 x 200 Freestyle	:	Pröstur Bjarnason	97	Aron Fannar Kristínarson	03		
		Stefán Elías Davíðsson	03	Gabríel Ari Tryggvason	03	5	9:01.29
4 x 100 Medley	:	Alexander Logi Jónsson	04	Aron Fannar Kristínarson	03		
		Fannar Snævar Hauksson	04	Pröstur Bjarnason	97	3	4:05.79
		Kári Snær Halldórsson	04	Kristófer Sigurðsson	95		
		Flosi Ómarsson	03	Daniel Patrick Riley	03	7	4:33.90
		Alexander Logi Jónsson	04	Stefán Elías Davíðsson	03		

Total 117 individual results, average performance: 93.9%

1 new record(s), 38 new personal best(s)

Biggest improvement: Gabríel Ari Tryggvason, 200 Backstroke 2:28.67

Results summary

Women, Long Course (50m)

	Distance,Stroke	Pl.	Time RoundDiff.	Distance,Stroke	Pl.	Time RoundDiff.
<b>Framtíðarhópur</b>						
Katla María Brynjarsdóttir	15/04/2007		150407-2650			
	100 Freestyle		1:14.76 95%	400 Freestyle		5:20.71 96%
	200 Freestyle		2:35.64 95%	800 Freestyle	19	10:51.52 96%
Jóhanna Arna Gunnarsdóttir	02/03/2006		020306-2620			
	50 Butterfly		35.53 108% PB	200 Medley	23	2:47.36 100% PB
Elísabet Jóhannesdóttir	12/12/2006		121206-3070			
	50 Butterfly		36.34 93%	200 Medley	24	2:47.77 99%
	100 Butterfly		1:21.86 98%	400 Medley	11	5:53.15 100%
<b>Afrekshópur Vatnaveröld</b>						
Pórdís M Aðalsteinsdóttir	15/12/2003		151203-2050			
	50 Freestyle		36.64 77%	200 Freestyle		2:45.31 83%
	100 Freestyle		1:20.18 79%	400 Freestyle		5:48.57 79%
	100 Freestyle		1:18.82 82%	400 Freestyle	31	5:39.77 84%
	200 Freestyle		2:48.26 80%	800 Freestyle	20	11:45.97 84%
Karen Mist Arngeirsdóttir	09/02/2000		090200-2320			
	50 Breaststroke		35.85 F 89%	100 Breaststroke		1:15.70 F 94%
	50 Breaststroke		34.63 F 96%	100 Breaststroke	1	1:12.16 F 104% PB
	50 Breaststroke	1	33.86 F 100% PB	100 Breaststroke		1:18.78 87%
	50 Breaststroke		37.09 83%	100 Breaststroke	2	1:14.44 97%
	50 Breaststroke		35.73 90%	200 Breaststroke	1	2:35.84 F 104% PB
	50 Breaststroke	15	40.98 68%	200 Breaststroke	3	2:43.28 95%
Sólveig María Baldursdóttir	04/01/2004		040104-2160			
	50 Breaststroke	13	39.39 101% PB	50 Butterfly	16	32.48 103% PB
Gunnhildur Björg Baldursdóttir	02/11/2000		021100-3310			
	50 Butterfly		31.88 F 94%	100 Butterfly		1:09.15 94%
	50 Butterfly		31.38 F 97%	100 Butterfly		1:10.10 92%
	50 Butterfly		32.12 93%	100 Butterfly	4	1:07.55 99%
	50 Butterfly		32.25 92%	200 Butterfly	2	2:25.67 F 96%
	50 Butterfly		31.60 96%	200 Butterfly	2	2:28.30 92%
	50 Butterfly	11	31.75 95%	200 Medley	7	2:36.19 97%
	100 Butterfly		1:07.99 F 98%	400 Medley	3	5:20.21 100% PB
	100 Butterfly	4	1:07.60 F 99%			
Thelma Lind Einarsdóttir	26/01/2005		260105-3450			
	50 Freestyle		32.15 93%	200 Freestyle		2:20.53 95%
	50 Freestyle		30.79 102% PB	400 Freestyle	13	4:52.13 96%
	100 Freestyle		1:07.27 91%	50 Butterfly		38.00 85%
	100 Freestyle	12	1:03.92 101% PB	200 Medley	17	2:42.99 98%
Eva Margrét Falsdóttir	05/06/2005		050605-3020			
	50 Breaststroke		35.61 F 100%	100 Breaststroke		1:18.19 96%
	50 Breaststroke	4	34.99 F 104% PB	100 Breaststroke	3	1:15.82 102% PB
	50 Breaststroke		36.73 F 94%	200 Breaststroke	2	2:36.69 F 109% PB
	50 Breaststroke	4	35.29 102% PB	200 Breaststroke	2	2:41.13 103% PB
	50 Breaststroke		35.79 99%	50 Butterfly		32.30 F 95%
	50 Breaststroke		36.72 94%	50 Butterfly		32.87 91%
	100 Breaststroke		1:16.62 F 100% PB	200 Medley	3	2:26.61 F 105% PB
	100 Breaststroke	3	1:14.93 F 105% PB	200 Medley	3	2:30.25 100%
Guðný Birna Falsdóttir	04/02/2003		040203-2810			
	50 Butterfly		36.25 100% PB	200 Medley	21	2:45.88 101% PB
	100 Butterfly		1:20.00 99%	400 Medley	8	5:47.44 102% PB

Birna Hilmarsdóttir		27/09/2002	270902-3240					
	50 Freestyle		32.73	83%	200 Freestyle		2:22.66	93%
	50 Freestyle		31.35	90%	200 Freestyle		2:20.06	97%
	50 Freestyle		32.83	82%	400 Freestyle		4:52.57	95%
	50 Freestyle		29.95	99%	400 Freestyle		4:51.53	96%
	100 Freestyle	7	1:02.85	102% PB	400 Freestyle	11	4:47.31	99%
	100 Freestyle		1:06.45	91%	800 Freestyle		9:48.37	99%
	100 Freestyle		1:09.18	84%	800 Freestyle	6	9:46.34	100%
	100 Freestyle		1:08.94	84%	1500 Freestyle	5	18:29.45	99%
	200 Freestyle		2:24.09	91%				
Íris Ósk Hilmarsdóttir		06/07/1998	060798-2579					
	50 Backstroke		33.34 F	86%	100 Backstroke		1:09.56 F	91%
	50 Backstroke		31.80 F	95%	100 Backstroke	2	1:06.60 F	99%
	50 Backstroke	3	31.09 F	99%	100 Backstroke		1:09.95	90%
	50 Backstroke		32.39	91%	100 Backstroke	2	1:07.82	96%
	50 Backstroke		33.06	88%	200 Backstroke	3	2:24.00 F	94%
	50 Backstroke		32.30	92%	200 Backstroke	3	2:31.00	86%
	50 Backstroke	3	31.72	95%				
Diljá Rún Ívarsdóttir		01/04/2002	010402-2470					
	50 Butterfly	8	32.27 F	96%	100 Butterfly		1:11.74	98%
	50 Butterfly		33.25	91%	100 Butterfly	10	1:11.37	99%
	50 Butterfly		32.73	93%	200 Medley	14	2:42.33	99%
	50 Butterfly	12	32.24	96%	400 Medley	6	5:37.69	98%
Eydís Ósk Kolbeinsdóttir		12/10/2000	121000-2960					
	50 Freestyle		31.59	83%	200 Freestyle		2:18.85	89%
	50 Freestyle		30.04	92%	200 Freestyle	2	2:11.25	99%
	50 Freestyle		29.49	95%	200 Freestyle		2:15.11	94%
	50 Freestyle		30.22	91%	400 Freestyle		4:34.44	96%
	50 Freestyle		30.75	88%	400 Freestyle	2	4:28.16	101% PB
	50 Freestyle		32.12	80%	400 Freestyle		4:42.08	91%
	100 Freestyle		1:03.63	94%	800 Freestyle		9:25.44	96%
	100 Freestyle		1:04.30	92%	800 Freestyle	1	9:13.71	100%
	100 Freestyle		1:05.60	89%	1500 Freestyle	1	17:42.52	98%
	100 Freestyle		1:02.85	97%	50 Butterfly		31.34	97%
	100 Freestyle		1:07.28	84%	200 Medley	2	2:29.13	97%
	200 Freestyle		2:13.13	97%				
Hafdís Eva Pálsdóttir		03/03/2004	030304-2760					
	50 Freestyle	26	30.73	99%	100 Backstroke	18	1:17.95	90%
	50 Backstroke		37.78	82%	200 Backstroke	12	2:50.73	89%
	50 Backstroke		36.66	87%	50 Butterfly		33.51	93%
	50 Backstroke	16	35.17	94%	50 Butterfly	21	32.97	96%
	100 Backstroke		1:20.70	84%	200 Medley	26	2:48.62	91%
Sylwia Sienkiewicz		13/06/1999	130699-3089					
	50 Backstroke	11	34.46	97%	50 Butterfly	9	31.69	92%
	50 Butterfly		31.96 F	90%	100 Butterfly	8	1:10.12 F	91%
	50 Butterfly		32.29 F	89%	100 Butterfly		1:13.99	82%
	50 Butterfly	7	31.59 F	92%	100 Butterfly	7	1:10.76	89%
	50 Butterfly		33.39	83%	200 Butterfly	6	2:41.66	82%
	50 Butterfly		33.45	82%	200 Medley	7	2:35.27 F	94%
	50 Butterfly		32.43	88%	200 Medley	9	2:38.07	91%
Ásta Kamilla Sigurðardóttir		23/02/2004	230204-2760					
	50 Freestyle		34.05	78%	200 Freestyle		2:29.48	91%
	50 Freestyle		31.62	90%	200 Freestyle		2:33.06	87%
	50 Freestyle	23	30.44	97%	400 Freestyle		5:08.04	98%
	100 Freestyle		1:11.74	81%	400 Freestyle	24	5:10.31	97%
	100 Freestyle		1:12.28	80%	800 Freestyle	14	10:28.88	101% PB
	100 Freestyle	26	1:06.68	94%	50 Butterfly	15	32.46	100% PB
4 x 100 Freestyle	:	Eydís Ósk Kolbeinsdóttir	00	Eva Margrét Falsdóttir	05	4	4:11.29	
		Birna Hilmarsdóttir	02	Sylwia Sienkiewicz	99			
4 x 200 Freestyle	:	Eydís Ósk Kolbeinsdóttir	00	Birna Hilmarsdóttir	02	4	9:01.14	
		Thelma Lind Einarsdóttir	05	Eva Margrét Falsdóttir	05			
4 x 100 Medley	:	Íris Ósk Hilmarsdóttir	98	Gunnhildur Björg Baldursdóttir	00	2	4:28.72	
		Karen Mist Arngeirsdóttir	00	Eydís Ósk Kolbeinsdóttir	00			

