

Results summary

Men, Short Course (25m)

	Distance,Stroke	Pl.	Time RoundDiff.	Distance,Stroke	Pl.	Time RoundDiff.
Framtíðarhópur						
Daði Rafn Falsson			10/09/2008	100908-4090		
	50 Freestyle		37.86	90%	50 Backstroke	45.95 94%
	50 Freestyle		38.01	89%	100 Backstroke	15 1:34.74 101% PB
	100 Freestyle	18	1:18.79	109% PB	50 Breaststroke	46.35 110% PB
	100 Freestyle		1:21.11	103% PB	100 Breaststroke	10 1:39.06 115% PB
	200 Freestyle	18	2:43.61	114% PB		
Denas Kazulis			13/01/2008	130108-2880		
	50 Freestyle		35.49	81%	50 Backstroke	41.62 90%
	100 Freestyle		1:14.60	106% PB	100 Backstroke	5 1:25.47 103% PB
	200 Freestyle	8	2:35.07	103% PB	50 Butterfly	42.06 92%
	50 Backstroke	10	40.58	95%	200 Medley	7 2:58.48 102% PB
Guðmundur Leo Rafnsson			16/08/2006	160806-3540		
	50 Freestyle		35.39	95%	50 Butterfly	42.28 96%
	100 Freestyle		1:16.55	95%	100 Medley	10 1:26.83 100%
	200 Freestyle	14	2:38.07	104% PB	200 Medley	11 3:07.33 95%
	50 Backstroke	8	39.72	104% PB		
Bjarni Ívar Ragnarsson			13/05/2008	130508-2350		
	50 Freestyle		37.00	96%	200 Freestyle	15 2:42.21 106% PB
	50 Freestyle		37.60	93%	50 Breaststroke	49.51 97%
	100 Freestyle	15	1:17.18	111% PB	100 Breaststroke	16 1:45.72 113% PB
	100 Freestyle		1:19.55	105% PB	100 Medley	13 1:30.34 104% PB
Jakob Ingi Reynisson			23/02/2006	230206-2440		
	50 Freestyle		36.07	90%	50 Butterfly	44.51 94%
	100 Freestyle		1:17.02	96%	100 Medley	8 1:25.81 116% PB
	200 Freestyle	13	2:37.17	107% PB	200 Medley	9 3:02.11 101% PB
	50 Backstroke	6	38.62	112% PB		
Sigmundur Þór Sigurmundarson			30/08/2005	300805-2050		
	50 Freestyle		34.16	94%	200 Freestyle	6 2:30.68 108% PB
	50 Freestyle		35.55	87%	50 Breaststroke	47.53 104% PB
	100 Freestyle	13	1:10.47	115% PB	100 Breaststroke	10 1:40.32 151% PB
	100 Freestyle		1:14.38	103% PB	100 Medley	13 1:24.08 102% PB

Sverðfiskar Akurskóla

Fannberg Einar Þórarinnsson			22/01/2010	220110-2140		
	50 Backstroke	34	1:15.37	120% PB		

Afrekshópur Vatnaveröld

Alexander Logi Jónsson			17/11/2004	171104-3270		
	50 Breaststroke		37.14	97%	50 Butterfly	4 32.92 100% PB
	100 Breaststroke	2	1:17.19	107% PB	100 Medley	3 1:10.48 100%
	50 Butterfly		33.83	95%	200 Medley	1 2:30.27 105% PB

Háhyrningar

Arnar Milos Arnbjörnsson			26/01/2008	260108-2390		
	50 Freestyle		38.84	89%	50 Breaststroke	53.28 102% PB
	50 Freestyle		40.20	83%	100 Breaststroke	19 1:52.39 103% PB
	100 Freestyle	21	1:21.90	113% PB	50 Butterfly	50.57 91%
	100 Freestyle		1:25.57	103% PB	50 Butterfly	13 49.67 94%
	200 Freestyle	21	2:57.72	105% PB	200 Medley	14 3:29.84 114% PB
Egill Orri Baldursson			12/08/2009	120809-3930		
	50 Freestyle		54.03	69%	100 Freestyle	3:48.55 20%
	50 Freestyle		2:52.59	7%	200 Freestyle	38 3:48.55 96%
	100 Freestyle	55	1:55.99	78%	50 Backstroke	25 54.14 120% PB

Gabríel Ingi Derti	23/11/2008		231108-3860					
	50 Freestyle		43.32	82%	50 Breaststroke		53.72	106% PB
	50 Freestyle		40.24	95%	100 Breaststroke	21	1:53.49	113% PB
	100 Freestyle	26	1:30.52	104% PB	50 Butterfly	10	45.43	115% PB
	100 Freestyle		3:09.40	24%	100 Medley	16	1:39.95	106% PB
200 Freestyle	25	3:09.40	102% PB					
Bergur Snær Einarsson	29/12/2008		291208-2230					
	50 Freestyle		51.81	92%	100 Freestyle		1:46.33	99%
	50 Freestyle		49.47	101% PB	200 Freestyle	35	3:38.74	102% PB
100 Freestyle	48	1:45.64	101% PB	100 Medley	29	2:02.66	95%	
Elmar Hrafn Gestsson	25/09/2008		250908-2290					
	50 Freestyle		47.21	83%	50 Breaststroke		54.87	105% PB
	50 Freestyle		48.34	79%	100 Breaststroke	23	1:55.31	152% PB
	100 Freestyle	43	1:40.98	110% PB	50 Butterfly	20	56.72	102% PB
	100 Freestyle		1:45.21	101% PB	100 Medley	24	1:48.05	106% PB
200 Freestyle	33	3:36.11	115% PB					
Alexander Grétar Grétarsson	09/05/2008		090508-4150					
	50 Freestyle		45.65	93%	100 Breaststroke	26	2:00.81	110% PB
	50 Freestyle		45.98	92%	50 Butterfly		59.84	94%
	100 Freestyle	35	1:36.21	108% PB	50 Butterfly	21	58.09	100%
	100 Freestyle		1:39.69	101% PB	100 Medley	25	1:48.78	103% PB
200 Freestyle	30	3:27.42	106% PB	200 Medley	19	3:57.99	101% PB	
50 Breaststroke		56.37	105% PB					
Nikolai Leo Jónsson	22/07/2008		220708-3730					
	50 Freestyle		47.17	82%	100 Breaststroke	20	1:52.66	99%
	50 Freestyle		45.64	88%	50 Butterfly		57.78	86%
	100 Freestyle	41	1:39.94	97%	50 Butterfly	16	52.55	104% PB
	100 Freestyle		1:37.44	102% PB	100 Medley	23	1:47.86	97%
200 Freestyle	29	3:20.89	110% PB	200 Medley	18	3:51.64	103% PB	
50 Breaststroke		53.74	102% PB					
Árni Þór Pálmason	06/04/2009		060409-3150					
	50 Freestyle		44.63	99%	50 Butterfly		53.79	101% PB
	50 Freestyle		44.51	100%	50 Butterfly	19	55.19	96%
	100 Freestyle	36	1:36.47	100% PB	100 Medley	21	1:46.77	106% PB
	100 Freestyle		1:34.83	104% PB	200 Medley	17	3:45.44	108% PB
200 Freestyle	26	3:15.64	106% PB					

Sverðfiskar Vatnaveröld

Helgi Matthías Guðjónsson	25/09/2008		2509083770					
	50 Freestyle		55.47	92%	200 Freestyle	42	4:08.97	154% PB
	50 Freestyle		54.23	97%	50 Backstroke	29	59.01	97%
	100 Freestyle	56	1:56.40	106% PB	50 Breaststroke		1:09.93	92%
100 Freestyle		1:58.07	103% PB	100 Breaststroke	36	2:27.70	91%	
Aron Logi Halldórsson	20/04/2010		200410-3510					
	50 Freestyle		49.69	88%	50 Backstroke	28	56.80	105% PB
	50 Freestyle		48.38	93%	50 Breaststroke		1:04.71	101% PB
	100 Freestyle	51	1:50.06	108% PB	100 Breaststroke	31	2:13.12	116% PB
	100 Freestyle		1:47.17	114% PB	100 Medley	30	2:03.75	96%
200 Freestyle	36	3:43.99	PB					
Kacper Paulukanis	09/11/2008		091108-2320					
	50 Freestyle		49.70	96%	100 Freestyle		1:58.16	104% PB
	50 Freestyle		52.34	86%	200 Freestyle	43	4:16.26	PB
100 Freestyle	52	1:50.46	119% PB	50 Backstroke	21	52.51	95%	

Total 148 individual results, average performance: 99.6%

0 new record(s), 84 new personal best(s)

Biggest improvement: Helgi Matthías Guðjónsson, 200 Freestyle 4:08.97

Results summary

Women, Short Course (25m)

	Distance,Stroke	Pl.	Time RoundDiff.	Distance,Stroke	Pl.	Time RoundDiff.
Framtíðarhópur						
Rebekka Marín Arngeirsdóttir	22/09/2005		220905-2840			
50 Freestyle			38.16 80%	200 Freestyle	6	2:36.20 108% PB
50 Freestyle			34.74 97%	50 Breaststroke		42.56 98%
100 Freestyle			1:18.60 85%	100 Breaststroke	8	1:31.05 97%
100 Freestyle	12		1:12.95 98%	100 Medley	6	1:19.16 110% PB
Pórey Una Arnlaugsdóttir	11/09/2006		110906-4040			
200 Freestyle	13		2:37.62 103% PB	50 Breaststroke		45.77 99%
50 Backstroke			40.07 96%	100 Breaststroke	16	1:36.36 98%
100 Backstroke	4		1:21.34 100%			
Sunneva Bergmann Ásbjörnsdóttir	13/01/2007		130107-3030			
200 Freestyle	20		2:45.47 103% PB	100 Medley	15	1:28.90 104% PB
50 Backstroke	14		43.31 109% PB	200 Medley	14	3:10.05 109% PB
50 Butterfly			45.26 107% PB			
Katla María Brynjarsdóttir	15/04/2007		150407-2650			
50 Freestyle			35.78 92%	50 Backstroke		38.86 104% PB
100 Freestyle			1:15.22 94%	100 Backstroke	2	1:19.43 109% PB
200 Freestyle	7		2:34.18 101% PB	50 Butterfly		40.46 107% PB
50 Backstroke	3		38.13 108% PB	200 Medley	7	2:56.26 110% PB
Natalía Dögg Brynjarsdóttir	13/12/2007		131207-3280			
50 Freestyle			38.53 97%	50 Backstroke		44.75 95%
50 Freestyle			37.50 103% PB	100 Backstroke	16	1:31.52 97%
100 Freestyle	21		1:19.26 102% PB	50 Breaststroke		48.64 104% PB
100 Freestyle			1:19.85 101% PB	100 Breaststroke	21	1:42.30 103% PB
200 Freestyle	19		2:45.17 102% PB			
Jóhanna Arna Gunnarsdóttir	02/03/2006		020306-2620			
50 Freestyle			34.67 98%	200 Freestyle	6	2:32.97 98%
50 Freestyle			34.70 98%	50 Breaststroke		45.07 100%
100 Freestyle	6		1:10.88 104% PB	100 Breaststroke	8	1:33.39 101% PB
100 Freestyle			1:13.51 96%	100 Medley	3	1:18.73 107% PB
Stefanía Ósk Halldórsdóttir	18/11/2006		181106-2710			
50 Freestyle			36.45 92%	200 Freestyle	12	2:37.56 96%
50 Freestyle			35.02 99%	50 Breaststroke		44.16 90%
100 Freestyle	13		1:15.27 97%	100 Breaststroke	5	1:32.37 91%
100 Freestyle			1:13.64 101% PB	100 Medley	8	1:24.03 98%
Elísabet Jóhannesdóttir	12/12/2006		121206-3070			
50 Backstroke	1		36.25 107% PB	50 Butterfly	2	34.07 109% PB
50 Backstroke			37.71 99%	50 Butterfly		37.49 90%
100 Backstroke	1		1:17.74 104% PB	200 Medley	2	2:44.85 102% PB
Jana Guðlaug Ómarsdóttir	04/08/2007		040807-2760			
200 Freestyle	33		3:02.26 103% PB	100 Backstroke	17	1:31.75 110% PB
50 Backstroke	11		41.83 111% PB	50 Butterfly		50.52 89%
50 Backstroke			43.23 104% PB	200 Medley	19	3:27.09 104% PB
Embla Önnudóttir	02/12/2006		021206-2880			
200 Freestyle	22		2:47.64 103% PB	100 Medley	27	1:35.02 108% PB
50 Backstroke	16		45.06 97%	200 Medley	18	3:23.84 99%
50 Butterfly			52.21 104% PB			
Athena Líf Þrastardóttir	24/07/2007		240707-2410			
50 Freestyle			36.34 87%	50 Butterfly		39.44 90%
100 Freestyle			1:16.45 85%	100 Medley	7	1:23.77 101% PB
200 Freestyle	10		2:35.48 103% PB	200 Medley	6	2:55.02 101% PB
50 Backstroke	2		38.12 104% PB			
Fjóla Margrét Viðarsdóttir	16/01/2007		160107-3910			
200 Freestyle	21		2:45.87 105% PB	100 Medley	16	1:29.57 103% PB
50 Backstroke	8		40.56 112% PB	200 Medley	11	3:08.09 106% PB
50 Butterfly			44.96 100%			

Sverðfiskar Akurskóla

Signý Hólm Missen Arnarsdóttir		20/04/2011	200411-2180				
50 Backstroke	45	1:21.90	97%	50 Breaststroke		1:24.14	91%
50 Backstroke		1:19.47	103% PB	100 Breaststroke	54	2:55.85	94%
100 Backstroke	48	2:40.86	104% PB	100 Medley	55	2:25.45	117% PB
Eydís Jóhannesdóttir		12/04/2011	120411-3490				
50 Backstroke	44	1:17.52	98%	50 Breaststroke		1:13.69	101% PB
50 Backstroke		1:30.25	73%	100 Breaststroke	53	2:30.86	112% PB
100 Backstroke	51	3:10.39	PB	100 Medley	56	2:32.20	PB

Afrekshópur Vatnaveröld

Hafís Eva Pálsdóttir		03/03/2004	030304-2760				
50 Backstroke	1	33.47	98%	100 Breaststroke	3	1:23.73	98%
50 Backstroke		35.80	86%	50 Butterfly		34.06	99%
100 Backstroke	1	1:13.15	92%	100 Medley	1	1:12.45	111% PB
50 Breaststroke		39.90	97%	200 Medley	1	2:35.78	110% PB

Háhyrningar

Elísabet Arnoddsdóttir		12/02/2009	120209-2990				
50 Freestyle		46.22	76%	100 Breaststroke	40	1:59.99	97%
50 Freestyle		43.68	85%	50 Butterfly		51.62	83%
100 Freestyle	46	1:39.31	87%	50 Butterfly	19	46.68	102% PB
100 Freestyle		1:37.56	90%	100 Medley	34	1:45.08	89%
200 Freestyle	40	3:16.19	108% PB	200 Medley	24	3:43.10	100% PB
50 Breaststroke		56.08	99%				
Freydís Lilja Bergþórsdóttir		30/07/2009	300709-2140				
50 Freestyle		44.07	92%	100 Breaststroke	42	2:06.47	116% PB
100 Freestyle	36	1:31.39	131% PB	50 Butterfly		53.86	95%
200 Freestyle	42	3:19.84	123% PB	50 Butterfly	26	51.76	103% PB
50 Breaststroke		1:00.90	93%	200 Medley	21	3:39.04	128% PB
Adriana Agnes Derti		26/09/2010	260910-3370				
50 Freestyle		47.82	85%	100 Breaststroke	47	2:10.47	104% PB
50 Freestyle		43.19	104% PB	50 Butterfly		55.76	99%
100 Freestyle	50	1:42.74	93%	50 Butterfly	25	51.57	116% PB
100 Freestyle		1:35.06	108% PB	100 Medley	48	1:54.57	98%
200 Freestyle	47	3:35.00	97%	200 Medley	30	3:56.45	102% PB
50 Breaststroke		1:02.62	103% PB				
Kara Sól Gunnlaugsdóttir		14/10/2005	141005-2510				
50 Freestyle		42.94	83%	100 Breaststroke	21	1:54.57	107% PB
50 Freestyle		40.81	92%	50 Butterfly		57.33	70%
100 Freestyle	23	1:31.87	109% PB	50 Butterfly	12	48.55	98%
100 Freestyle		1:29.37	115% PB	100 Medley	20	1:45.71	96%
200 Freestyle	17	3:20.44	97%	200 Medley	14	3:55.72	94%
50 Breaststroke		54.90	93%				
Ástrós Lovísa Hauksdóttir		07/10/2008	071008-2230				
50 Freestyle		47.99	83%	100 Breaststroke	45	2:08.30	144% PB
50 Freestyle		43.08	103% PB	50 Butterfly		50.36	102% PB
100 Freestyle	51	1:42.98	93%	50 Butterfly	22	49.49	105% PB
100 Freestyle		1:36.35	106% PB	100 Medley	39	1:46.16	102% PB
200 Freestyle	43	3:24.39	108% PB	200 Medley	25	3:44.04	112% PB
50 Breaststroke		1:00.32	103% PB				
Gabija Marija Savickaitė		21/05/2008	210508-3250				
50 Freestyle		49.10	82%	100 Breaststroke	32	1:51.63	117% PB
50 Freestyle		45.26	97%	50 Butterfly		59.00	91%
100 Freestyle	55	1:45.46	95%	50 Butterfly	31	56.23	101% PB
100 Freestyle		1:36.77	113% PB	100 Medley	41	1:46.69	103% PB
200 Freestyle	45	3:30.17	108% PB	200 Medley	29	3:55.90	104% PB
50 Breaststroke		52.19	106% PB				

Sverðfiskar Vatnaveröld

Greta Björg Rafnsdóttir	13/12/2010	131210-2800					
50 Freestyle		56.85	83%	100 Breaststroke	55	3:06.22	PB
50 Freestyle		56.53	84%	50 Butterfly	37	1:15.57	93%
100 Freestyle	69	2:07.13	144% PB	100 Medley	54	2:21.40	100%
200 Freestyle	51	4:28.16	PB				

Total 170 individual results, average performance: 100.3%

0 new record(s), 89 new personal best(s)

Biggest improvement: Ástrós Lovísa Hauksdóttir, 100 Breaststroke 2:08.30