

LÁGMÖRK Á SUNDMÓT SSÍ | JANÚAR 2025 - DESEMBER 2028 (UPPFÆRT 7.3 2025)

KARLAR 50 METRA	Grunntími	ÍM	ÍM	SMÍ	SMÍ	RIG
	Topp 30 Afrekaskrá	Opinn Flokkur	Unglingar 18 & yngri	Eldri 16+ ára	Yngri 13-15 ára	Opinn Flokkur
50m skriðsund	00:24,59	00:28,03	00:28,52	00:30,00	00:31,97	00:29,51
100m skriðsund	00:53,48	01:00,97	01:02,04	01:05,25	01:09,52	01:04,18
200m skriðsund	01:59,60	02:16,34	02:18,74	02:25,91	02:35,48	02:23,52
400m skriðsund	04:14,72	04:50,38	04:55,48	05:10,76	05:31,14	05:05,66
800m skriðsund	09:01,56	10:17,38	10:28,21	11:00,70	11:44,03	10:49,87
1500m skriðsund	17:08,18	19:32,13	19:52,69	20:54,38	22:16,63	20:33,82
50m baksund	00:29,50	00:33,63	00:34,22	00:35,99	00:38,35	00:35,40
100m baksund	01:02,96	01:11,77	01:13,03	01:16,81	01:21,85	01:15,55
200m baksund	02:17,80	02:39,85	02:42,60	02:50,87	03:01,90	02:45,36
50m bringusund	00:31,74	00:36,18	00:36,82	00:38,72	00:41,26	00:38,09
100m bringusund	01:08,91	01:18,56	01:19,94	01:24,07	01:29,58	01:22,69
200m bringusund	02:32,49	02:56,89	02:59,94	03:09,09	03:21,29	03:06,04
50m flugsund	00:26,30	00:29,98	00:30,51	00:32,09	00:34,19	00:31,56
100m flugsund	00:59,21	01:07,50	01:08,68	01:12,24	01:16,97	01:11,05
200m flugsund	02:16,21	02:38,00	02:40,73	02:48,90	02:59,80	02:46,18
200m fjórsund	02:15,02	02:33,92	02:36,62	02:44,72	02:55,53	02:42,02
400m fjórsund	04:51,50	05:38,14	05:43,97	06:01,46	06:24,78	05:55,63

KARLAR 25 METRA	Grunntími	ÍM	ÍM	SMÍ	SMÍ	RIG
	Topp 30 Afrekaskrá	Opinn Flokkur	Unglingar 18 & yngri	Eldri 16+ ára	Yngri 13-15 ára	Opinn Flokkur
50m skriðsund	00:23,87	00:27,21	00:27,69	00:29,12	00:31,03	00:28,64
100m skriðsund	00:51,86	00:59,12	01:00,16	01:03,27	01:07,42	01:02,23
200m skriðsund	01:54,63	02:10,68	02:12,97	02:19,85	02:29,02	02:17,56
400m skriðsund	04:05,50	04:39,87	04:44,78	04:59,51	05:19,15	04:54,60
800m skriðsund	08:43,37	09:56,64	10:07,11	10:38,51	11:20,38	10:28,04
1500m skriðsund	16:34,88	18:54,16	19:14,06	20:13,75	21:33,34	19:53,86
50m baksund	00:27,94	00:31,85	00:32,41	00:34,09	00:36,32	00:33,53
100m baksund	00:59,83	01:08,21	01:09,40	01:12,99	01:17,78	01:11,80
200m baksund	02:12,14	02:33,28	02:35,93	02:43,85	02:54,42	02:38,57
50m bringusund	00:30,52	00:34,79	00:35,40	00:37,23	00:39,68	00:36,62
100m bringusund	01:06,67	01:16,00	01:17,34	01:21,34	01:26,67	01:20,00
200m bringusund	02:26,34	02:49,75	02:52,68	03:01,46	03:13,17	02:58,53
50m flugsund	00:25,92	00:29,55	00:30,07	00:31,62	00:33,70	00:31,10
100m flugsund	00:57,88	01:05,98	01:07,14	01:10,61	01:15,24	01:09,46
200m flugsund	02:11,65	02:32,71	02:35,35	02:43,25	02:53,78	02:40,61
100m fjórsund	00:59,68	01:08,04	01:09,23	01:12,81	01:17,58	01:11,62
200m fjórsund	02:10,28	02:28,52	02:31,12	02:38,94	02:49,36	02:36,34
400m fjórsund	04:42,37	05:27,55	05:33,20	05:50,14	06:12,73	05:44,49

KONUR 50 METRA	Grunntími	ÍM	ÍM	SMÍ	SMÍ	RIG
	Topp 30 Afrekaskrá	Opinn Flokkur	Unglingar 18 & yngri	Eldri 16+ ára	Yngri 13-15 ára	Opinn Flokkur
50m skriðsund	00:27,70	00:31,58	00:32,13	00:33,79	00:34,90	00:33,24
100m skriðsund	00:59,75	01:08,11	01:09,31	01:12,90	01:15,29	01:11,70
200m skriðsund	02:09,72	02:27,88	02:30,48	02:38,26	02:43,45	02:35,66
400m skriðsund	04:37,50	05:16,35	05:21,90	05:38,55	05:49,65	05:33,00
800m skriðsund	09:34,88	10:55,36	11:06,86	11:41,35	12:04,35	11:29,86
1500m skriðsund	18:57,31	21:36,53	21:59,28	23:07,52	23:53,01	22:44,77
50m baksund	00:32,26	00:36,78	00:37,42	00:39,36	00:40,65	00:38,71
100m baksund	01:09,48	01:19,21	01:20,60	01:24,77	01:27,54	01:23,38
200m baksund	02:31,34	02:55,55	02:58,58	03:07,66	03:13,72	03:04,63
50m bringusund	00:35,27	00:40,21	00:40,91	00:43,03	00:44,44	00:42,32
100m bringusund	01:16,79	01:27,54	01:29,08	01:33,68	01:36,76	01:32,15
200m bringusund	02:47,43	03:14,22	03:17,57	03:27,61	03:34,31	03:24,26
50m flugsund	00:29,62	00:33,77	00:34,36	00:36,14	00:37,32	00:35,54
100m flugsund	01:06,16	01:15,42	01:16,75	01:20,72	01:23,36	01:19,39
200m flugsund	02:30,62	02:54,72	02:57,73	03:06,77	03:12,79	03:03,76
200m fjórsund	02:28,35	02:49,12	02:52,09	03:00,99	03:06,92	02:58,02
400m fjórsund	05:19,12	06:10,18	06:16,56	06:35,71	06:48,47	06:29,33

KONUR 25 METRA	Grunntími	ÍM	ÍM	SMÍ	SMÍ	RIG
	Topp 30 Afrekaskrá	Opinn Flokkur	Unglingar 18 & yngri	Eldri 16+ ára	Yngri 13-15 ára	Opinn Flokkur
50m skriðsund	00:27,00	00:30,78	00:31,32	00:32,94	00:34,02	00:32,40
100m skriðsund	00:58,06	01:06,19	01:07,35	01:10,83	01:13,16	01:09,67
200m skriðsund	02:07,45	02:25,29	02:27,84	02:35,49	02:40,59	02:32,94
400m skriðsund	04:27,74	05:05,22	05:10,58	05:26,64	05:37,35	05:21,29
800m skriðsund	09:14,06	10:31,63	10:42,71	11:15,95	11:38,12	11:04,87
1500m skriðsund	18:09,70	20:42,26	21:04,05	22:09,43	22:53,02	21:47,64
50m baksund	00:30,91	00:35,24	00:35,86	00:37,71	00:38,95	00:37,09
100m baksund	01:06,50	01:15,81	01:17,14	01:21,13	01:23,79	01:19,80
200m baksund	02:24,83	02:48,00	02:50,90	02:59,59	03:05,38	02:56,69
50m bringusund	00:34,69	00:39,55	00:40,24	00:42,32	00:43,71	00:41,63
100m bringusund	01:15,25	01:25,78	01:27,29	01:31,81	01:34,82	01:30,30
200m bringusund	02:41,10	03:06,88	03:10,10	03:19,76	03:26,21	03:16,54
50m flugsund	00:29,38	00:33,49	00:34,08	00:35,84	00:37,02	00:35,26
100m flugsund	01:04,76	01:13,83	01:15,12	01:19,01	01:21,60	01:17,71
200m flugsund	02:27,27	02:50,83	02:53,78	03:02,61	03:08,51	02:59,67
100m fjórsund	01:07,30	01:16,72	01:18,07	01:22,11	01:24,80	01:20,76
200m fjórsund	02:23,50	02:43,59	02:46,46	02:55,07	03:00,81	02:52,20
400m fjórsund	05:07,12	05:56,26	06:02,40	06:20,83	06:33,11	06:14,69