

Rio Tinto Jólasundpróf Höf-Sve
Hafnarfjörður, 19.12.2020

Progression of Athletes - Details

Allar sundgreinar

Event	Round	Place	Total time	Pts	Entry time	Date	%	PB
Sundfélag Hafnarfjarðar								131
Adam Leó Tómasson, 22.10.2007								3
50m baksund	Bein úrslit	6.	35.88	237	37.53	21.9.2019	109%	
100m bringusund	Bein úrslit	7.	1:26.20	268	1:25.97	14.6.2020	99%	
50m flugsund	Bein úrslit	5.	33.70	268	35.44	21.9.2019	111%	
100m fjörsund	Bein úrslit	8.	1:16.86	279	1:17.24	12.6.2020	101%	
Agla María Agnarsdóttir, 9.1.2007								2
50m skriðsund	Bein úrslit	14.	34.79	286	35.85	13.6.2020	106%	
100m skriðsund	Bein úrslit	5.	1:14.98	301	1:13.36	4.7.2020	96%	
100m bringusund	Bein úrslit	247	1:39.37	247	1:36.55	19.9.2020	94%	
100m fjörsund	Bein úrslit	12.	1:27.61	268	1:30.31	12.6.2020	106%	
Andri Már Kristjánsson, 27.6.2006								3
100m skriðsund	Bein úrslit	6.	1:05.29	326	1:06.03	4.7.2020	102%	
200m skriðsund	Bein úrslit	3.	2:21.31	347	2:19.57	19.9.2020	98%	
50m baksund	Bein úrslit	5.	35.29	249	37.61	21.9.2019	114%	
100m baksund	Bein úrslit	6.	1:16.37	262	1:16.33	4.7.2020	100%	
100m bringusund	Bein úrslit	3.	1:20.91	324	1:24.75	3.7.2020	110%	
Aníta Nótt Kolbeinsdóttir, 2.11.2007								3
50m skriðsund	Bein úrslit	8.	32.77	342	36.51	14.12.2019	124%	
100m bringusund	Bein úrslit		1:35.43	279	1:39.41	3.7.2020	109%	
50m flugsund	Bein úrslit	6.	37.43	276	NT		-	
100m fjörsund	Bein úrslit	10.	1:25.10	292	1:33.89	19.10.2019	122%	
Arna Rut Stefánsdóttir, 15.9.2007								3
50m skriðsund	Bein úrslit	7.	32.73	343	34.46	13.6.2020	111%	
100m skriðsund	Bein úrslit	3.	1:10.46	362	1:13.29	4.7.2020	108%	
100m bringusund	Bein úrslit		1:32.00	311	1:33.78	3.7.2020	104%	
50m flugsund	Bein úrslit	5.	36.53	297	NT		-	
Arnar Logi Ægisson, 17.1.2007								3
50m skriðsund	Bein úrslit	9.	32.76	236	33.86	13.6.2020	107%	
100m skriðsund	Bein úrslit	10.	1:14.17	222	1:19.38	14.6.2020	115%	
50m bringusund	Bein úrslit	2.	38.90	273	39.01	12.6.2020	101%	
100m bringusund	Bein úrslit	5.	1:24.75	282	1:24.17	3.7.2020	99%	
Arnór Egill Einarsson, 18.12.2007								5
50m skriðsund	Bein úrslit	8.	32.35	245	35.29	14.12.2019	119%	
100m skriðsund	Bein úrslit	8.	1:10.50	259	1:12.45	4.7.2020	106%	
100m bringusund	Bein úrslit	4.	1:24.58	284	1:27.79	3.7.2020	108%	
50m flugsund	Bein úrslit	9.	36.94	204	41.68	13.6.2020	127%	
100m fjörsund	Bein úrslit	9.	1:20.78	240	1:26.91	14.12.2019	116%	
Bartosz Henke, 24.4.2005								5
50m skriðsund	Bein úrslit	4.	27.38	405	29.32	13.6.2020	115%	
100m skriðsund	Bein úrslit	4.	58.79	446	1:03.53	4.7.2020	117%	
100m bringusund	Bein úrslit	6.	1:25.54	274	1:40.51	14.6.2020	138%	
50m flugsund	Bein úrslit	3.	29.86	386	31.03	13.6.2020	108%	
100m fjörsund	Bein úrslit	5.	1:12.08	339	1:20.83	12.6.2020	126%	
Bergur Fálnir Bjarnason, 4.2.2006								3
100m skriðsund	Bein úrslit	2.	56.18	511	56.20	3.7.2020	100%	
200m skriðsund	Bein úrslit	1.	2:04.50	508	2:04.36		100%	
100m baksund	Bein úrslit	3.	1:02.18	485	1:02.19	4.7.2020	100%	
100m flugsund	Bein úrslit	2.	1:01.71	472	1:03.74	12.6.2020	107%	
Birgitta Ingólfssdóttir, 22.10.2005								4
50m skriðsund	Bein úrslit	2.	28.69	510	29.46	14.12.2019	105%	
50m baksund	Bein úrslit	1.	31.84	524	33.48	14.12.2019	111%	
100m baksund	Bein úrslit	1.	1:08.50	518	1:09.17	4.7.2020	102%	
100m fjörsund	Bein úrslit	1.	1:10.63	512	1:14.03	19.10.2019	110%	
Birnir Freyr Hálfðánarsson, 26.5.2006								3
50m skriðsund	Bein úrslit	2.	25.26	515	25.51	13.6.2020	102%	
100m baksund	Bein úrslit	1.	59.56	552	1:00.14	10.11.2019	102%	
100m flugsund	Bein úrslit	1.	1:00.91	491	58.05	5.7.2020	91%	
100m fjörsund	Bein úrslit	1.	1:01.04	558	1:01.28	8.11.2019	101%	
Björn Yngvi Guðmundsson, 5.2.2007								3
50m skriðsund	Bein úrslit	3.	26.52	445	27.42	13.6.2020	107%	
100m skriðsund	Bein úrslit	3.	57.16	485	59.65	4.7.2020	109%	
50m flugsund	Bein úrslit	4.	30.28	370	33.20	14.12.2019	120%	
100m flugsund	Bein úrslit	5.	1:06.37	380	NT		-	
Boban Malivuk, 11.3.2007								3
50m skriðsund	Bein úrslit	11.	34.61	200	36.13	19.9.2020	109%	
100m skriðsund	Bein úrslit	11.	1:18.64	186	1:20.48	20.9.2020	105%	
50m baksund	Bein úrslit	8.	41.22	156	42.49	19.9.2020	106%	
50m flugsund	Bein úrslit	11.	59.57	48	42.47	19.9.2020	51%	
Dagbjörg Hlíf Ólafsdóttir, 4.5.2005								1
50m skriðsund	Bein úrslit	1.	27.89	555	27.92	8.11.2019	100%	
50m baksund	Bein úrslit	2.	32.95	472	32.57	8.11.2019	98%	
100m baksund	Bein úrslit	2.	1:13.05	427	1:12.35	4.7.2020	98%	

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100m fjórsund	Bein úrslit	2.	1:11.68	489	1:11.29	8.11.2019	99%	
Dagmar Arna Sigurðardóttir, 8.7.2009								4
200m skriðsund	Bein úrslit	4.	3:03.07	219	3:03.15	3.7.2020	100%	
50m baksund	Bein úrslit	5.	41.09	243	48.44	5.10.2019	139%	
100m baksund	Bein úrslit	5.	1:27.07	252	1:31.53	4.7.2020	111%	
50m bringusund	Bein úrslit	4.	52.74	158	57.22	5.10.2019	118%	
Daníel Lúkas Tómasson, 5.4.2004								4
50m skriðsund	Bein úrslit	6.	27.64	393	29.22	19.6.2020	112%	
50m flugsund	Bein úrslit	2.	28.93	424	31.36	23.11.2019	118%	
100m flugsund	Bein úrslit	4.	1:04.47	414	1:06.88	20.9.2020	108%	
100m fjórsund	Bein úrslit	3.	1:09.47	378	1:11.04	23.11.2019	105%	
Daði Þór Friðriksson, 17.7.2007								4
100m skriðsund	Bein úrslit	7.	1:07.95	289	1:11.82	4.7.2020	112%	
50m bringusund	Bein úrslit	3.	39.24	266	50.17	23.11.2019	163%	
100m bringusund	Bein úrslit	10.	1:29.66	238	1:33.34	3.7.2020	108%	
100m flugsund	Bein úrslit	7.	1:19.16	224	1:33.79	14.3.2020	140%	
Edward Jensson, 1.7.2004								1
50m skriðsund	Bein úrslit	5.	27.55	397	27.45	14.12.2019	99%	
50m baksund	Bein úrslit	1.	31.23	360	30.26	9.11.2019	94%	
50m flugsund	Bein úrslit	1.	28.90	426	30.35	21.9.2019	110%	
100m fjórsund	Bein úrslit	4.	1:10.42	363	1:07.53	19.10.2019	92%	
Eggert Sigtryggsson, 25.1.2005								3
100m skriðsund	Bein úrslit	5.	1:01.67	386	1:01.84	20.9.2020	101%	
200m skriðsund	Bein úrslit	2.	2:15.20	397	2:14.30	3.7.2020	99%	
50m baksund	Bein úrslit	4.	35.21	251	36.00	19.10.2019	105%	
100m baksund	Bein úrslit	5.	1:14.80	279	1:14.95	4.7.2020	100%	
Ernir Máni Oddgeirsson, 5.1.2007								3
50m skriðsund	Bein úrslit	12.	36.29	174	36.08	19.9.2020	99%	
100m skriðsund	Bein úrslit	12.	1:21.64	166	1:24.29	14.6.2020	107%	
50m bringusund	Bein úrslit	4.	48.54	140	48.78	19.9.2020	101%	
100m bringusund	Bein úrslit	11.	1:42.12	161	1:47.06	14.6.2020	110%	
Halldór Ingi Hafþórsson, 13.9.2008								6
50m skriðsund	Bein úrslit	13.	36.88	165	39.62	13.6.2020	115%	
100m skriðsund	Bein úrslit	13.	1:21.99	164	1:26.95	14.6.2020	112%	
200m skriðsund	Bein úrslit	6.	2:54.25	185	3:01.51	19.9.2020	109%	
50m baksund	Bein úrslit	7.	40.69	162	49.54	14.12.2019	148%	
100m baksund	Bein úrslit	8.	1:26.52	180	1:32.49	20.9.2020	114%	
100m fjórsund	Bein úrslit	10.	1:36.62	140	1:37.71	5.7.2020	102%	
Heiðar Bjarki Davíðsson, 23.2.2007								3
50m skriðsund	Bein úrslit	7.	29.58	321	31.13	13.6.2020	111%	
50m baksund	Bein úrslit	2.	33.98	279	40.31	5.10.2019	141%	
100m baksund	Bein úrslit	7.	1:17.99	246	1:17.60	4.7.2020	99%	
50m flugsund	Bein úrslit	7.	34.75	245	39.88	14.12.2019	132%	
Helga Sigurlaug Helgadóttir, 12.3.2007								-
50m skriðsund	Bein úrslit	6.	32.12	363	31.20	19.10.2019	94%	
50m baksund	Bein úrslit	3.	35.72	371	35.66	19.10.2019	100%	
100m baksund	Bein úrslit	3.	1:14.59	401	1:10.48	4.7.2020	89%	
100m fjórsund	Bein úrslit	4.	1:19.66	356	1:17.46	19.10.2019	95%	
Hólmár Grétarsson, 8.7.2008								4
200m skriðsund	Bein úrslit	5.	2:26.58	311	2:23.52	19.9.2020	96%	
100m bringusund	Bein úrslit	9.	1:29.16	242	1:31.80	14.6.2020	106%	
50m flugsund	Bein úrslit	6.	33.82	265	35.22	13.6.2020	108%	
100m flugsund	Bein úrslit	6.	1:13.89	275	1:14.96	5.7.2020	103%	
100m fjórsund	Bein úrslit	7.	1:16.85	279	1:16.92	5.7.2020	100%	
Karl Björnsson, 29.8.2008								4
50m skriðsund	Bein úrslit	10.	33.28	225	34.87	13.6.2020	110%	
100m skriðsund	Bein úrslit	9.	1:12.44	238	1:13.21	4.7.2020	102%	
100m bringusund	Bein úrslit	8.	1:26.43	266	1:24.38	3.7.2020	95%	
50m flugsund	Bein úrslit	8.	36.52	211	43.48	14.12.2019	142%	
100m flugsund	Bein úrslit	8.	1:22.29	199	1:25.56	5.7.2020	108%	
Katja Lilja Andriyadóttir, 27.10.2006								3
200m skriðsund	Bein úrslit	1.	2:14.41	554	2:14.03	19.9.2020	99%	
50m bringusund	Bein úrslit	1.	35.20	534	37.84	10.11.2019	116%	
100m bringusund	Bein úrslit		1:17.69	517	1:18.84	3.7.2020	103%	
100m fjórsund	Bein úrslit	3.	1:12.42	475	1:16.95	23.11.2019	113%	
Katrín Ósk Aðalsteinsdóttir, 14.5.2009								4
100m skriðsund	Bein úrslit	8.	1:19.37	253	1:24.92	4.7.2020	114%	
200m skriðsund	Bein úrslit	3.	2:55.92	247	3:26.05	14.12.2019	137%	
50m baksund	Bein úrslit	6.	41.51	236	49.01	5.10.2019	139%	
50m bringusund	Bein úrslit	3.	48.66	202	55.86	14.12.2019	132%	
Magnús Víðir Jónsson, 1.8.2008								4
200m skriðsund	Bein úrslit	4.	2:21.38	347	2:25.33	19.9.2020	106%	
50m baksund	Bein úrslit	3.	34.48	267	35.06	4.7.2020	103%	
100m baksund	Bein úrslit	4.	1:14.42	283	1:15.68	4.7.2020	103%	
100m fjórsund	Bein úrslit	6.	1:16.43	284	1:20.20	12.6.2020	110%	
Maja Lind Cicero, 26.10.2005								3
50m skriðsund	Bein úrslit	5.	31.55	383	33.50		113%	
100m baksund	Bein úrslit	4.	1:21.92	303	1:25.00		108%	

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100m bringusund	Bein úrslit		1:27.09	367	1:24.00		93%	
100m fjørsund	Bein úrslit	5.	1:20.74	342	1:24.00		108%	
María Skorastein Sigurdardóttir, 25.11.2007								
50m skriðsund	Bein úrslit	3.	29.74	458	31.21	13.6.2020	110%	3
100m skriðsund	Bein úrslit	1.	1:05.82	444	1:07.78	4.7.2020	106%	
200m skriðsund	Bein úrslit	2.	2:25.39	438	2:25.12	19.9.2020	100%	
50m flugsund	Bein úrslit	3.	36.24	304	41.18	19.10.2019	129%	
Nicole Jóna Jóhannsdóttir, 28.2.2008								
50m skriðsund	Bein úrslit	10.	33.34	325	34.13	14.12.2019	105%	3
100m bringusund	Bein úrslit		1:33.56	296	1:32.47	3.7.2020	98%	
50m flugsund	Bein úrslit	2.	35.39	326	37.71	14.12.2019	114%	
100m fjørsund	Bein úrslit	6.	1:20.96	340	1:23.23	14.12.2019	106%	
Rebekka Rún Magnúsdóttir, 16.6.2008								
50m skriðsund	Bein úrslit	9.	33.03	334	33.80	3.7.2020	105%	4
100m skriðsund	Bein úrslit	4.	1:13.20	323	1:15.93	14.6.2020	108%	
100m bringusund	Bein úrslit		1:38.14	256	1:43.60	23.11.2019	111%	
100m fjørsund	Bein úrslit	9.	1:25.07	293	1:25.85	5.7.2020	102%	
Ríkharður Dan Gíslason, 27.1.2007								
50m skriðsund	Bein úrslit	14.	38.01	151	39.51	13.6.2020	108%	2
100m skriðsund	Bein úrslit	14.	1:23.90	153	1:26.77	14.6.2020	107%	
100m bringusund	Bein úrslit	12.	1:48.06	136	NT		-	
50m flugsund	Bein úrslit	10.	45.76	107	NT		-	
Sara Björt Símonardóttir, 20.7.2004								
50m skriðsund	Bein úrslit	12.	33.98	307	37.57	13.6.2020	122%	4
100m skriðsund	Bein úrslit	7.	1:17.28	274	1:23.00	14.6.2020	115%	
50m baksund	Bein úrslit	4.	40.45	255	47.23	14.12.2019	136%	
100m baksund	Bein úrslit	6.	1:30.65	223	1:34.50	13.6.2020	109%	
Sara Lind Aðalsteinsdóttir, 14.8.2007								
50m skriðsund	Bein úrslit	13.	34.59	291	34.92	14.12.2019	102%	3
50m bringusund	Bein úrslit	2.	44.59	262	44.94	12.6.2020	102%	
100m bringusund	Bein úrslit		1:35.44	278	1:33.23	19.10.2019	95%	
100m fjørsund	Bein úrslit	11.	1:25.80	285	1:25.95	14.12.2019	100%	
Snorri Dagur Einarsson, 5.4.2005								
50m bringusund	Bein úrslit	1.	30.45	570	30.94	19.9.2020	103%	3
100m bringusund	Bein úrslit	1.	1:09.66	508	1:06.33	3.7.2020	91%	
100m flugsund	Bein úrslit	3.	1:04.35	417	1:06.83	19.6.2020	108%	
100m fjørsund	Bein úrslit	2.	1:01.99	532	1:03.31	8.11.2019	104%	
Tinna Karen Sigurðardóttir, 14.4.2008								
50m skriðsund	Bein úrslit	11.	33.47	321	34.71	13.6.2020	108%	4
100m bringusund	Bein úrslit		1:36.37	270	1:45.79	23.11.2019	121%	
50m flugsund	Bein úrslit	4.	36.34	301	42.90	21.9.2019	139%	
100m fjørsund	Bein úrslit	8.	1:22.49	321	1:23.84	5.7.2020	103%	
Vala Dís Cicero, 17.5.2008								
50m skriðsund	Bein úrslit	4.	30.87	409	34.00		121%	4
100m skriðsund	Bein úrslit	2.	1:07.40	414	1:09.00		105%	
50m flugsund	Bein úrslit	1.	32.96	404	41.00		155%	
100m flugsund	Bein úrslit	1.	1:14.49	394	1:25.00		130%	
100m fjørsund	Bein úrslit	7.	1:21.03	339	1:21.00		100%	
Veigar Hrafn Sigþórsson, 16.5.2005								
50m skriðsund	Bein úrslit	1.	25.18	520	27.08	29.2.2020	116%	4
100m skriðsund	Bein úrslit	1.	55.04	544	55.24	3.7.2020	101%	
100m baksund	Bein úrslit	2.	59.80	546	1:00.01	4.7.2020	101%	
100m bringusund	Bein úrslit	2.	1:16.23	388	1:18.55		106%	
Victoría Takacs Önnuásgeirsdóttir, 2.7.2007								
50m skriðsund	Bein úrslit	15.	36.15	255	36.19	13.6.2020	100%	3
100m skriðsund	Bein úrslit	6.	1:16.76	280	1:18.12	4.7.2020	104%	
100m bringusund	Bein úrslit		1:57.03	151	1:39.23	14.6.2020	72%	
100m fjørsund	Bein úrslit	13.	1:27.70	267	1:37.98	19.10.2019	125%	