



Sundgrein 24
13.04.2024 - 18:33

kvenna, 800m skriðsund

Opinn
Úrslitalistar

| | | | | | |
|-----------------|---------|----------------------|-------|----------------|------------|
| Íslandsmet | 8:53.76 | Sigrún Sverrisdóttir | AEGIR | Columbus (USA) | 11.03.2012 |
| Unglingamet | 9:08.86 | Freyja Birkisdóttir | UBK | Reykjavík | 28.01.2022 |
| Aldursflokkamet | 9:09.32 | Freyja Birkisdóttir | UBK | Reykjavík | 24.04.2021 |

ÓL OQT (A) : 8:26.71 / ÓL OCT (B) : 8:29.24 / EM50 Opið : 8:57.99 / EM50 2003-2005 19 - 21: 9:03.48 / EMU 2006-2008 16 - 18: 9:12.95 / NÆM 2008-2010 14 - 16: 9:35.76 / A-landslið : 9:08.97 / Úrvalshópur 2003 21: 9:11.55 / Úrvalshópur 2004 20: 9:14.08 / Úrvalshópur 2005 19: 9:19.18 / Unglingalandslið 2006 18: 9:24.24 / Unglingalandslið 2007 17: 9:28.30 / Unglingalandslið 2008 16: 9:35.76 / Framtíðarhópur 2009 15: 9:43.23 / Framtíðarhópur 2010 14: 9:55.64 / Framtíðarhópur 2011 13: 10:15.02

Stig: FINA 2024

| Sæti | | | F.ár | | | Tími | Stig | | |
|-------|---------------------------------|---------|---------------|------------|---------------|-----------------|----------------|----------|--|
| Opinn | | | | | | | | | |
| 1. | Freyja Birkisdóttir | | 06 | Breiðablik | | 9:12.10 | 677 | EMU UNG | |
| | 100m: 1:05.19 | 1:05.19 | 300m: 3:23.18 | 1:09.09 | 500m: 5:42.51 | 1:09.52 | 700m: 8:03.36 | 1:10.40 | |
| | 200m: 2:14.09 | 1:08.90 | 400m: 4:32.99 | 1:09.81 | 600m: 6:52.96 | 1:10.45 | 800m: 9:12.10 | 1:08.74 | |
| 2. | Ásdís Steindórsdóttir | | 09 | Breiðablik | | 9:13.22 | 672 | NÆM FRAM | |
| | 100m: 1:04.82 | 1:04.82 | 300m: 3:24.01 | 1:09.91 | 500m: 5:43.85 | 1:09.73 | 700m: 8:04.54 | 1:10.46 | |
| | 200m: 2:14.10 | 1:09.28 | 400m: 4:34.12 | 1:10.11 | 600m: 6:54.08 | 1:10.23 | 800m: 9:13.22 | 1:08.68 | |
| 3. | Katja Lilja Andriysoðttir | | 06 | SH | | 9:20.57 | 646 | UNG | |
| | 100m: 1:04.40 | 1:04.40 | 300m: 3:23.81 | 1:09.78 | 500m: 5:45.08 | 1:10.72 | 700m: 8:09.49 | 1:12.13 | |
| | 200m: 2:14.03 | 1:09.63 | 400m: 4:34.36 | 1:10.55 | 600m: 6:57.36 | 1:12.28 | 800m: 9:20.57 | 1:11.08 | |
| 4. | Sólveig Freyja Hákonardóttir | | 09 | Breiðablik | | 9:35.29 | 598 | NÆM FRAM | |
| | 100m: 1:06.60 | 1:06.60 | 300m: 3:29.53 | 1:12.22 | 500m: 5:55.62 | 1:13.09 | 700m: 8:21.96 | 1:13.22 | |
| | 200m: 2:17.31 | 1:10.71 | 400m: 4:42.53 | 1:13.00 | 600m: 7:08.74 | 1:13.12 | 800m: 9:35.29 | 1:13.33 | |
| 5. | Hulda Björg Magnúsdóttir Nilsen | | 08 | Ægir | | 9:49.88 | 555 | | |
| | 100m: 1:09.38 | 1:09.38 | 300m: 3:39.56 | 1:15.15 | 500m: 6:08.41 | 1:14.31 | 700m: 8:37.64 | 1:14.38 | |
| | 200m: 2:24.41 | 1:15.03 | 400m: 4:54.10 | 1:14.54 | 600m: 7:23.26 | 1:14.85 | 800m: 9:49.88 | 1:12.24 | |
| 6. | Katla María Brynjarsdóttir | | 07 | ÍRB | | 9:59.73 | 528 | | |
| | 100m: 1:09.32 | 1:09.32 | 300m: 3:39.99 | 1:15.78 | 500m: 6:11.73 | 1:16.19 | 700m: 8:44.19 | 1:16.09 | |
| | 200m: 2:24.21 | 1:14.89 | 400m: 4:55.54 | 1:15.55 | 600m: 7:28.10 | 1:16.37 | 800m: 9:59.73 | 1:15.54 | |
| 7. | Alicja Julia Kempisty | | 10 | Óðinn | | 10:07.51 | 508 | | |
| | 100m: 1:13.23 | 1:13.23 | 300m: 3:47.10 | 1:17.96 | 500m: 6:23.66 | 1:17.99 | 700m: 8:55.76 | 1:15.69 | |
| | 200m: 2:29.14 | 1:15.91 | 400m: 5:05.67 | 1:18.57 | 600m: 7:40.07 | 1:16.41 | 800m: 10:07.51 | 1:11.75 | |
| 8. | Karen Sif Helgadóttir | | 10 | Fjölnir | | 10:14.86 | 490 | | |
| | 100m: 1:09.92 | 1:09.92 | 300m: 3:44.62 | 1:18.09 | 500m: 6:21.91 | 1:19.06 | 700m: 8:58.58 | 1:17.54 | |
| | 200m: 2:26.53 | 1:16.61 | 400m: 5:02.85 | 1:18.23 | 600m: 7:41.04 | 1:19.13 | 800m: 10:14.86 | 1:16.28 | |
| 9. | Guðrún Ísóld Harðardóttir | | 11 | Breiðablik | | 10:16.02 | 487 | | |
| | 100m: 1:10.45 | 1:10.45 | 300m: 3:45.52 | 1:18.23 | 500m: 6:22.81 | 1:18.55 | 700m: 8:59.46 | 1:18.15 | |
| | 200m: 2:27.29 | 1:16.84 | 400m: 5:04.26 | 1:18.74 | 600m: 7:41.31 | 1:18.50 | 800m: 10:16.02 | 1:16.56 | |
| 10. | Þorgerður Freyja Helgadóttir | | 11 | Breiðablik | | 10:18.75 | 480 | | |
| | 100m: 1:11.33 | 1:11.33 | 300m: 3:48.03 | 1:19.29 | 500m: 6:25.18 | 1:18.39 | 700m: 9:02.22 | 1:18.28 | |
| | 200m: 2:28.74 | 1:17.41 | 400m: 5:06.79 | 1:18.76 | 600m: 7:43.94 | 1:18.76 | 800m: 10:18.75 | 1:16.53 | |
| 11. | Ema Austa Pratusyté | | 10 | SH | | 10:25.81 | 464 | | |
| | 100m: 1:11.98 | 1:11.98 | 300m: 3:51.31 | 1:20.26 | 500m: 6:32.67 | 1:20.57 | 700m: 9:11.76 | 1:19.30 | |
| | 200m: 2:31.05 | 1:19.07 | 400m: 5:12.10 | 1:20.79 | 600m: 7:52.46 | 1:19.79 | 800m: 10:25.81 | 1:14.05 | |
| 12. | Hildur Erla Hákonardóttir | | 10 | SH | | 10:30.12 | 455 | | |
| | 100m: 1:14.67 | 1:14.67 | 300m: 3:55.72 | 1:20.68 | 500m: 6:34.54 | 1:18.87 | 700m: 9:13.35 | 1:19.17 | |
| | 200m: 2:35.04 | 1:20.37 | 400m: 5:15.67 | 1:19.95 | 600m: 7:54.18 | 1:19.64 | 800m: 10:30.12 | 1:16.77 | |
| 13. | Nicole Jóna Jóhannsdóttir | | 08 | SH | | 10:40.89 | 432 | | |
| | 100m: 1:12.59 | 1:12.59 | 300m: 3:53.24 | 1:20.89 | 500m: 6:36.30 | 1:21.87 | 700m: 9:20.60 | 1:22.18 | |
| | 200m: 2:32.35 | 1:19.76 | 400m: 5:14.43 | 1:21.19 | 600m: 7:58.42 | 1:22.12 | 800m: 10:40.89 | 1:20.29 | |

Íslands- og unglingsmeistararnótið í 50m laug 2024
Reykjavík, 12. - 14.4.2024

Sundgrein 24, kvenna, 800m skriðsund, Opinn

| Sæti | | | F.ár | | | | | | Tími | Stig | | |
|------|---------------------------------|---------|---------|-------|------------|---------|-------|---------|-----------------|-------|----------|---------|
| 14. | Aldís Ogmundsdóttir | | 09 | | KR | | | | 10:41.64 | 431 | | |
| | 100m: | 1:14.14 | 1:14.14 | 300m: | 3:53.80 | 1:20.03 | 500m: | 6:37.92 | 1:22.13 | 700m: | 9:22.12 | 1:21.75 |
| | 200m: | 2:33.77 | 1:19.63 | 400m: | 5:15.79 | 1:21.99 | 600m: | 8:00.37 | 1:22.45 | 800m: | 10:41.64 | 1:19.52 |
| 15. | Natalía Eir Curtis | | 10 | | Ármann | | | | 10:48.80 | 417 | | |
| | 100m: | 1:18.61 | 1:18.61 | 300m: | 4:04.00 | 1:22.13 | 500m: | 6:47.99 | 1:21.96 | 700m: | 9:30.89 | 1:20.87 |
| | 200m: | 2:41.87 | 1:23.26 | 400m: | 5:26.03 | 1:22.03 | 600m: | 8:10.02 | 1:22.03 | 800m: | 10:48.80 | 1:17.91 |
| 16. | Bergey Huld Arnarsdóttir | | 11 | | Breiðablik | | | | 10:55.32 | 404 | | |
| | 100m: | 1:17.70 | 1:17.70 | 300m: | 4:04.27 | 1:23.59 | 500m: | 6:48.77 | 1:22.36 | 700m: | 9:35.01 | 1:22.85 |
| | 200m: | 2:40.68 | 1:22.98 | 400m: | 5:26.41 | 1:22.14 | 600m: | 8:12.16 | 1:23.39 | 800m: | 10:55.32 | 1:20.31 |
| 17. | Hanna Steinunn Guðnadóttir | | 11 | | ÍRB | | | | 11:09.90 | 378 | | |
| | 100m: | 1:19.76 | 1:19.76 | 300m: | 4:10.32 | 1:23.30 | 500m: | 6:59.32 | 1:24.08 | 700m: | 9:48.00 | 1:24.85 |
| | 200m: | 2:47.02 | 1:27.26 | 400m: | 5:35.24 | 1:24.92 | 600m: | 8:23.15 | 1:23.83 | 800m: | 11:09.90 | 1:21.90 |
| 18. | Lilja Rakel Hannesdóttir Bridde | | 11 | | Breiðablik | | | | 11:28.56 | 349 | | |
| | 100m: | 1:17.08 | 1:17.08 | 300m: | 4:10.04 | 1:27.65 | 500m: | 7:04.40 | 1:26.18 | 700m: | 10:00.46 | 1:27.20 |
| | 200m: | 2:42.39 | 1:25.31 | 400m: | 5:38.22 | 1:28.18 | 600m: | 8:33.26 | 1:28.86 | 800m: | 11:28.56 | 1:28.10 |

18 ára og yngri

| | | | | | | | | | | | | |
|-----|----------------------------------|---------|---------|-------|------------|---------|-------|---------|-----------------|-------|----------|---------|
| 1. | Freyja Birkisdóttir | | 06 | | Breiðablik | | | | 9:12.10 | 677 | EMU UNG | |
| | 100m: | 1:05.19 | 1:05.19 | 300m: | 3:23.18 | 1:09.09 | 500m: | 5:42.51 | 1:09.52 | 700m: | 8:03.36 | 1:10.40 |
| | 200m: | 2:14.09 | 1:08.90 | 400m: | 4:32.99 | 1:09.81 | 600m: | 6:52.96 | 1:10.45 | 800m: | 9:12.10 | 1:08.74 |
| 2. | Ásdís Steindórsdóttir | | 09 | | Breiðablik | | | | 9:13.22 | 672 | NÆM FRAM | |
| | 100m: | 1:04.82 | 1:04.82 | 300m: | 3:24.01 | 1:09.91 | 500m: | 5:43.85 | 1:09.73 | 700m: | 8:04.54 | 1:10.46 |
| | 200m: | 2:14.10 | 1:09.28 | 400m: | 4:34.12 | 1:10.11 | 600m: | 6:54.08 | 1:10.23 | 800m: | 9:13.22 | 1:08.68 |
| 3. | Katja Lilja Andriysoðóttir | | 06 | | SH | | | | 9:20.57 | 646 | UNG | |
| | 100m: | 1:04.40 | 1:04.40 | 300m: | 3:23.81 | 1:09.78 | 500m: | 5:45.08 | 1:10.72 | 700m: | 8:09.49 | 1:12.13 |
| | 200m: | 2:14.03 | 1:09.63 | 400m: | 4:34.36 | 1:10.55 | 600m: | 6:57.36 | 1:12.28 | 800m: | 9:20.57 | 1:11.08 |
| 4. | Sólveig Freyja Hákonardóttir | | 09 | | Breiðablik | | | | 9:35.29 | 598 | NÆM FRAM | |
| | 100m: | 1:06.60 | 1:06.60 | 300m: | 3:29.53 | 1:12.22 | 500m: | 5:55.62 | 1:13.09 | 700m: | 8:21.96 | 1:13.22 |
| | 200m: | 2:17.31 | 1:10.71 | 400m: | 4:42.53 | 1:13.00 | 600m: | 7:08.74 | 1:13.12 | 800m: | 9:35.29 | 1:13.33 |
| 5. | Hulda Björg Magnusoðóttir Nilsen | | 08 | | Ægir | | | | 9:49.88 | 555 | | |
| | 100m: | 1:09.38 | 1:09.38 | 300m: | 3:39.56 | 1:15.15 | 500m: | 6:08.41 | 1:14.31 | 700m: | 8:37.64 | 1:14.38 |
| | 200m: | 2:24.41 | 1:15.03 | 400m: | 4:54.10 | 1:14.54 | 600m: | 7:23.26 | 1:14.85 | 800m: | 9:49.88 | 1:12.24 |
| 6. | Katla María Brynjarsdoðóttir | | 07 | | ÍRB | | | | 9:59.73 | 528 | | |
| | 100m: | 1:09.32 | 1:09.32 | 300m: | 3:39.99 | 1:15.78 | 500m: | 6:11.73 | 1:16.19 | 700m: | 8:44.19 | 1:16.09 |
| | 200m: | 2:24.21 | 1:14.89 | 400m: | 4:55.54 | 1:15.55 | 600m: | 7:28.10 | 1:16.37 | 800m: | 9:59.73 | 1:15.54 |
| 7. | Alicja Julia Kempisty | | 10 | | Óðinn | | | | 10:07.51 | 508 | | |
| | 100m: | 1:13.23 | 1:13.23 | 300m: | 3:47.10 | 1:17.96 | 500m: | 6:23.66 | 1:17.99 | 700m: | 8:55.76 | 1:15.69 |
| | 200m: | 2:29.14 | 1:15.91 | 400m: | 5:05.67 | 1:18.57 | 600m: | 7:40.07 | 1:16.41 | 800m: | 10:07.51 | 1:11.75 |
| 8. | Karen Sif Helgadoðóttir | | 10 | | Fjölur | | | | 10:14.86 | 490 | | |
| | 100m: | 1:09.92 | 1:09.92 | 300m: | 3:44.62 | 1:18.09 | 500m: | 6:21.91 | 1:19.06 | 700m: | 8:58.58 | 1:17.54 |
| | 200m: | 2:26.53 | 1:16.61 | 400m: | 5:02.85 | 1:18.23 | 600m: | 7:41.04 | 1:19.13 | 800m: | 10:14.86 | 1:16.28 |
| 9. | Guðrún Ísóld Harðardóttir | | 11 | | Breiðablik | | | | 10:16.02 | 487 | | |
| | 100m: | 1:10.45 | 1:10.45 | 300m: | 3:45.52 | 1:18.23 | 500m: | 6:22.81 | 1:18.55 | 700m: | 8:59.46 | 1:18.15 |
| | 200m: | 2:27.29 | 1:16.84 | 400m: | 5:04.26 | 1:18.74 | 600m: | 7:41.31 | 1:18.50 | 800m: | 10:16.02 | 1:16.56 |
| 10. | Þorgerður Freyja Helgadoðóttir | | 11 | | Breiðablik | | | | 10:18.75 | 480 | | |
| | 100m: | 1:11.33 | 1:11.33 | 300m: | 3:48.03 | 1:19.29 | 500m: | 6:25.18 | 1:18.39 | 700m: | 9:02.22 | 1:18.28 |
| | 200m: | 2:28.74 | 1:17.41 | 400m: | 5:06.79 | 1:18.76 | 600m: | 7:43.94 | 1:18.76 | 800m: | 10:18.75 | 1:16.53 |



Sundgrein 24, Stúlkur, 800m skriðsund, 18 ára og yngri

| Sæti | | | F.ár | | | | Tími | | Stig |
|------|---------------------------------|-----------------|-------|-----------------|-------|-----------------|-----------------|------------------|------|
| 11. | Ema Austa Pratusyté | | 10 | SH | | | 10:25.81 | | 464 |
| | 100m: | 1:11.98 1:11.98 | 300m: | 3:51.31 1:20.26 | 500m: | 6:32.67 1:20.57 | 700m: | 9:11.76 1:19.30 | |
| | 200m: | 2:31.05 1:19.07 | 400m: | 5:12.10 1:20.79 | 600m: | 7:52.46 1:19.79 | 800m: | 10:25.81 1:14.05 | |
| 12. | Hildur Erla Hákonardóttir | | 10 | SH | | | 10:30.12 | | 455 |
| | 100m: | 1:14.67 1:14.67 | 300m: | 3:55.72 1:20.68 | 500m: | 6:34.54 1:18.87 | 700m: | 9:13.35 1:19.17 | |
| | 200m: | 2:35.04 1:20.37 | 400m: | 5:15.67 1:19.95 | 600m: | 7:54.18 1:19.64 | 800m: | 10:30.12 1:16.77 | |
| 13. | Nicole Jóna Jóhannsdóttir | | 08 | SH | | | 10:40.89 | | 432 |
| | 100m: | 1:12.59 1:12.59 | 300m: | 3:53.24 1:20.89 | 500m: | 6:36.30 1:21.87 | 700m: | 9:20.60 1:22.18 | |
| | 200m: | 2:32.35 1:19.76 | 400m: | 5:14.43 1:21.19 | 600m: | 7:58.42 1:22.12 | 800m: | 10:40.89 1:20.29 | |
| 14. | Aldís Ogmundsdóttir | | 09 | KR | | | 10:41.64 | | 431 |
| | 100m: | 1:14.14 1:14.14 | 300m: | 3:53.80 1:20.03 | 500m: | 6:37.92 1:22.13 | 700m: | 9:22.12 1:21.75 | |
| | 200m: | 2:33.77 1:19.63 | 400m: | 5:15.79 1:21.99 | 600m: | 8:00.37 1:22.45 | 800m: | 10:41.64 1:19.52 | |
| 15. | Natalía Eir Curtis | | 10 | Ármann | | | 10:48.80 | | 417 |
| | 100m: | 1:18.61 1:18.61 | 300m: | 4:04.00 1:22.13 | 500m: | 6:47.99 1:21.96 | 700m: | 9:30.89 1:20.87 | |
| | 200m: | 2:41.87 1:23.26 | 400m: | 5:26.03 1:22.03 | 600m: | 8:10.02 1:22.03 | 800m: | 10:48.80 1:17.91 | |
| 16. | Bergey Huld Arnarsdóttir | | 11 | Breiðablik | | | 10:55.32 | | 404 |
| | 100m: | 1:17.70 1:17.70 | 300m: | 4:04.27 1:23.59 | 500m: | 6:48.77 1:22.36 | 700m: | 9:35.01 1:22.85 | |
| | 200m: | 2:40.68 1:22.98 | 400m: | 5:26.41 1:22.14 | 600m: | 8:12.16 1:23.39 | 800m: | 10:55.32 1:20.31 | |
| 17. | Hanna Steinunn Guðnadóttir | | 11 | ÍRB | | | 11:09.90 | | 378 |
| | 100m: | 1:19.76 1:19.76 | 300m: | 4:10.32 1:23.30 | 500m: | 6:59.32 1:24.08 | 700m: | 9:48.00 1:24.85 | |
| | 200m: | 2:47.02 1:27.26 | 400m: | 5:35.24 1:24.92 | 600m: | 8:23.15 1:23.83 | 800m: | 11:09.90 1:21.90 | |
| 18. | Lilja Rakel Hannesdóttir Bridde | | 11 | Breiðablik | | | 11:28.56 | | 349 |
| | 100m: | 1:17.08 1:17.08 | 300m: | 4:10.04 1:27.65 | 500m: | 7:04.40 1:26.18 | 700m: | 10:00.46 1:27.20 | |
| | 200m: | 2:42.39 1:25.31 | 400m: | 5:38.22 1:28.18 | 600m: | 8:33.26 1:28.86 | 800m: | 11:28.56 1:28.10 | |