

Sundgrein 16  
18.10.2025 - 16:31

kvenna, 200m skriðsund

Opinn  
Úrslitalistar

Mótsmet	1:59.85	Vala Dís Cicero	ISL	Hafnarfjörður	19.10.2024
Íslandsmet	1:54.23	Snaefridur Sol Jorunnardóttir	ISL	Otopeni (ROU)	09.12.2023
Íslandsmet Unglinga	1:58.63	Vala Dís Cicero	SH	Hafnarfjörður	09.11.2024
Íslandsmet Aldursflokka	2:00.66	Vala Dís Cicero	SH	Tartu (EST)	02.12.2023

ÍM 18 +: 2:25.29; - 18: 2:27.84 / EM : 2:00.22 / NM-A 18 +: 2:03.11; 14 - 17: 2:05.94 / NM-B 18 +: 2:04.34; 14 - 17: 2:07.20

Stig: AQUA 2024

Sæti	F.ár		Tími	Stig	50m	100m	150m	200m	
Opinn									
1.	Vala Dís Cicero	08 SH	2:01.78	743	ÍM NM NM28.76	31.18	31.16	30.68	
2.	Nadja Djurovic	07 SH	2:06.89	656	ÍM ÍM	29.88	31.92	32.61	32.48
3.	Alicja Julia Kempisty	10 SH	2:08.39	634	ÍM	30.38	33.28	32.90	31.83
4.	Guðbjörg Helga H.	11 Sunddeild Breiðabliks	2:12.23	580	ÍM	29.89	33.13	34.13	35.08
5.	Bjarnís Olga Hansen	10 Ægir	2:13.14	568	ÍM	30.64	34.01	34.58	33.91
6.	Sunna Arnfinnsdóttir	07 ÍA	2:14.47	552	ÍM ÍM	30.80	34.20	35.07	34.40
7.	Hildur Erla Hákonardóttir	10 SH	2:14.73	548	ÍM	31.48	34.08	35.00	34.17
8.	Dagmar Arna S.	09 SH	2:16.57	526	ÍM	31.37	34.57	35.71	34.92
9.	Thelma Ösp S.	10 SH	2:16.80	524	ÍM	31.66	34.99	35.78	34.37
10.	Gabriela Róza Bondarow	10 Ármann	2:17.38	517	ÍM	31.34	35.14	35.90	35.00
11.	Karen Sif Helgadóttir	10 Ármann	2:17.39	517	ÍM	32.32	35.70	35.01	34.36
12.	Thea Sif Hjaltadóttir	11 Ármann	2:19.15	498	ÍM	32.88	36.22	35.96	34.09
13.	Adriana Agnes Derti	10 ÍRB	2:19.55	493	ÍM	32.02	35.35	36.20	35.98
14.	Þorgerður Freyja H.	11 Sunddeild Breiðabliks	2:21.78	470	ÍM	32.77	36.71	36.75	35.55
15.	Karen Anna Orlita	12 ÍA	2:22.00	468	ÍM	32.99	36.04	36.95	36.02
16.	Sóley Helga Sigfríðardóttir	12 Ármann	2:22.37	465	ÍM	32.81	36.07	36.89	36.60
17.	Bergey Huld Arnarsdóttir	11 Sunddeild Breiðabliks	2:22.75	461	ÍM	33.75	37.66	36.54	34.80
18.	Karen Júlía Traustadóttir	12 ÍRB	2:23.09	458	ÍM	33.64	37.89	36.86	34.70
19.	Elsa Diljá L.	10 SH	2:23.18	457	ÍM	33.30	36.22	37.23	36.43
20.	Austėja Savickaitė	09 ÍRB	2:23.50	454	ÍM	33.84	36.27	37.18	36.21
21.	Kornelia Nadia Maniak	10 ÍRB	2:24.08	448	ÍM	34.39	37.81	37.36	34.52
22.	Eva Goda Pratusytė	12 SH	2:24.20	447	ÍM	33.76	37.22	37.76	35.46
23.	Aldís Ogmundsdóttir	09 Sunddeild KR	2:24.37	446	ÍM	33.20	36.91	37.37	36.89
24.	Viktoría Vasile	11 Sunddeild KR	2:24.45	445	ÍM	33.87	37.25	37.89	35.44
25.	Hanna Steinunn G.	11 ÍRB	2:24.49	444	ÍM	32.91	36.64	37.69	37.25
26.	Hildur Eldey Guðjónsdóttir	11 Sunddeild Breiðabliks	2:27.12	421	ÍM	34.40	37.75	38.14	36.83
27.	Friðrika Sif Ágústsdóttir	10 Óðinn	2:27.43	418	ÍM	34.70	38.22	38.25	36.26
28.	Emilía Björt Magnúsdóttir	10 SH	2:27.65	417	ÍM	34.34	38.29	38.64	36.38
29.	Ágústa Elly Kristinsdóttir	11 Ármann	2:27.89	414		33.58	38.45	38.96	36.90
30.	Tinna Salome Róbertsdóttir	11 Sunddeild Breiðabliks	2:28.75	407		34.33	37.79	38.79	37.84
31.	Sóllilja Þórðardóttir	11 Sunddeild Breiðabliks	2:29.37	402		33.84	37.63	39.22	38.68
32.	Hugrún Guðmundsdóttir	08 Ægir	2:29.43	402		32.99	37.54	39.67	39.23
33.	Alexandra Dís G.	11 ÍRB	2:30.65	392		34.33	38.29	39.29	38.74
34.	Katrín Lind Rúnarsdóttir	11 UMFB	2:31.01	389		34.06	38.11	39.92	38.92
35.	Eva Sóley Aronsdóttir	12 Óðinn	2:31.04	389		34.51	39.24	40.19	37.10
36.	Sofia Cogalniceanu	12 Ármann	2:31.49	386		35.30	39.01	39.53	37.65
37.	Bríana Ósk Alvarsdóttir	12 SH	2:31.78	383		34.10	39.83	39.26	38.59
38.	Ástrós Lea Þorvaldsdóttir	13 Óðinn	2:32.29	380		34.59	39.35	40.25	38.10
	Stefanía Rún Hjartardóttir	09 UMFB	2:32.29	380		34.66	38.19	40.57	38.87
40.	Silja Karen Kristjánsdóttir	10 Ægir	2:32.35	379		35.20	39.48	39.93	37.74
41.	Sigurborg Sesselía S.	10 UMFB	2:32.51	378		33.66	38.98	41.20	38.67
42.	Lena Przybylska	11 ÍRB	2:32.69	377		34.41	38.97	40.78	38.53
43.	Margrét Brynja S.	12 Afturelding	2:32.98	374		34.19	38.36	40.17	40.26
44.	Bryndís Rún Guðnadóttir	13 Ármann	2:33.20	373		35.50	39.88	40.14	37.68
45.	Elsa Karen Karadóttir	14 Sunddeild Breiðabliks	2:35.55	356		35.74	40.45	41.18	38.18
46.	Ása Júlía Kaldal	09 Ægir	2:35.67	355		35.16	39.76	41.01	39.74
47.	Sara Steinunn Elvarsdóttir	11 ÍRB	2:36.74	348		35.74	39.77	41.31	39.92
48.	Agnetha Ýr G.	12 Sunddeild Breiðabliks	2:38.04	340		34.98	40.21	42.43	40.42

Sundgrein 16, kvenna, 200m skriðsund, Opinn

Sæti	F.ár	Tími	Stig	50m	100m	150m	200m		
49.	Arndis Margret M.	12	Óðinn	<b>2:38.11</b>	339	35.96	40.48	41.35	40.32
50.	Arney Drofn Petursdóttir	13	Sunddeild Breiðabliks	<b>2:40.91</b>	322	37.11	41.68	42.29	39.83
51.	Ásgerður Einarsdóttir	11	Ármann	<b>2:42.20</b>	314	37.44	41.43	43.21	40.12
52.	Lilja Dogg Magnusdóttir	13	Sunddeild Breiðabliks	<b>2:42.62</b>	312	38.41	42.98	43.13	38.10
53.	Elísabet Steinunn A.	13	Afturelding	<b>2:43.42</b>	307	37.50	42.28	42.73	40.91
54.	Matthilda Lilja Larsen	14	SH	<b>2:44.12</b>	303	37.53	42.54	43.60	40.45
55.	Rósa Kristín K.	09	Íþróttafélagið Fjörður	<b>2:44.28</b>	302	39.71	41.91	43.12	39.54
56.	Júlía Magdalena Mazur	12	UMFB	<b>2:45.03</b>	298	36.89	42.13	43.63	42.38
	Emelía Ýr Gunnarsdóttir	05	Íþróttafélagið Fjörður	<b>2:45.03</b>	298	37.98	43.53	42.76	40.76
58.	Friðrika Ýr Guðmundsdóttir	13	SH	<b>2:45.21</b>	297	39.19	42.80	42.79	40.43
59.	Rakel Eva Ingólfssdóttir	09	UMFB	<b>2:45.82</b>	294	37.09	42.04	44.65	42.04
60.	Elin Sigurlaug Cameron	13	Ármann	<b>2:45.84</b>	294	37.56	43.33	43.08	41.87
61.	Sóley Katrín S.	12	Ármann	<b>2:46.01</b>	293	38.75	43.13	43.75	40.38
62.	Yrsa Líf Oddgeirsdóttir	12	SH	<b>2:46.26</b>	292	37.99	43.05	43.57	41.65
63.	Jovana Malbasa	13	SH	<b>2:46.81</b>	289	37.44	43.89	43.85	41.63
64.	Freyja Mjoll Einarsdóttir	13	Sunddeild Breiðabliks	<b>2:48.36</b>	281	38.82	42.99	44.42	42.13
65.	Brynhildur Freyja S.	12	SH	<b>2:48.66</b>	279	38.73	43.21	44.09	42.63
66.	Guðrún Árný Eypórsdóttir	14	Ármann	<b>2:48.76</b>	279	39.57	43.20	44.77	41.22
67.	Snædís Anna H.	13	Ármann	<b>2:50.25</b>	272	39.48	44.73	44.58	41.46
68.	Erla Sjöfn Ottarsdóttir	13	Sunddeild Breiðabliks	<b>2:55.12</b>	249	39.63	44.55	46.33	44.61
69.	Bjorg Dufa Bogadóttir	13	Sunddeild Breiðabliks	<b>2:56.39</b>	244	39.96	45.41	47.54	43.48
70.	Hrafnhildur Lea Karlsdóttir	10	Afturelding	<b>2:56.58</b>	243	38.56	46.69	47.84	43.49
71.	Ástrós Amy Pétursdóttir	15	Ármann	<b>2:58.86</b>	234	38.81	46.42	47.27	46.36
72.	Margrét Dís Arnarsdóttir	12	Ármann	<b>3:01.52</b>	224	41.36	47.29	47.75	45.12
	Melkorka Dis D. Berndsen	14	Sunddeild Breiðabliks	<b>3:01.52</b>	224	40.35	47.33	48.92	44.92
74.	Sara Fanney Snorradóttir	10	UMF Selfoss	<b>3:10.24</b>	194	40.02	48.87	51.34	50.01

Framtíð 13 ára og yngri

1.	Karen Anna Orlita	12	ÍA	<b>2:22.00</b>	468	32.99	36.04	36.95	36.02
2.	Sóley Helga Sigfríðardóttir	12	Ármann	<b>2:22.37</b>	465	32.81	36.07	36.89	36.60
3.	Karen Júlía Traustadóttir	12	ÍRB	<b>2:23.09</b>	458	33.64	37.89	36.86	34.70
4.	Eva Goda Pratusyté	12	SH	<b>2:24.20</b>	447	33.76	37.22	37.76	35.46
5.	Eva Sóley Aronsdóttir	12	Óðinn	<b>2:31.04</b>	389	34.51	39.24	40.19	37.10
6.	Sofía Cogalniceanu	12	Ármann	<b>2:31.49</b>	386	35.30	39.01	39.53	37.65
7.	Bríana Ósk Alvarsdóttir	12	SH	<b>2:31.78</b>	383	34.10	39.83	39.26	38.59
8.	Ástrós Lea Þorvaldsdóttir	13	Óðinn	<b>2:32.29</b>	380	34.59	39.35	40.25	38.10
9.	Margrét Brynja S.	12	Afturelding	<b>2:32.98</b>	374	34.19	38.36	40.17	40.26
10.	Bryndís Rún Guðnadóttir	13	Ármann	<b>2:33.20</b>	373	35.50	39.88	40.14	37.68
11.	Elsa Karen Karadóttir	14	Sunddeild Breiðabliks	<b>2:35.55</b>	356	35.74	40.45	41.18	38.18
12.	Agnetha Ýr G.	12	Sunddeild Breiðabliks	<b>2:38.04</b>	340	34.98	40.21	42.43	40.42
13.	Arndis Margret M.	12	Óðinn	<b>2:38.11</b>	339	35.96	40.48	41.35	40.32
14.	Arney Drofn Petursdóttir	13	Sunddeild Breiðabliks	<b>2:40.91</b>	322	37.11	41.68	42.29	39.83
15.	Lilja Dogg Magnusdóttir	13	Sunddeild Breiðabliks	<b>2:42.62</b>	312	38.41	42.98	43.13	38.10
16.	Elísabet Steinunn A.	13	Afturelding	<b>2:43.42</b>	307	37.50	42.28	42.73	40.91
17.	Matthilda Lilja Larsen	14	SH	<b>2:44.12</b>	303	37.53	42.54	43.60	40.45
18.	Júlía Magdalena Mazur	12	UMFB	<b>2:45.03</b>	298	36.89	42.13	43.63	42.38
19.	Friðrika Ýr Guðmundsdóttir	13	SH	<b>2:45.21</b>	297	39.19	42.80	42.79	40.43
20.	Elin Sigurlaug Cameron	13	Ármann	<b>2:45.84</b>	294	37.56	43.33	43.08	41.87
21.	Sóley Katrín S.	12	Ármann	<b>2:46.01</b>	293	38.75	43.13	43.75	40.38
22.	Yrsa Líf Oddgeirsdóttir	12	SH	<b>2:46.26</b>	292	37.99	43.05	43.57	41.65
23.	Jovana Malbasa	13	SH	<b>2:46.81</b>	289	37.44	43.89	43.85	41.63
24.	Freyja Mjoll Einarsdóttir	13	Sunddeild Breiðabliks	<b>2:48.36</b>	281	38.82	42.99	44.42	42.13
25.	Brynhildur Freyja S.	12	SH	<b>2:48.66</b>	279	38.73	43.21	44.09	42.63
26.	Guðrún Árný Eypórsdóttir	14	Ármann	<b>2:48.76</b>	279	39.57	43.20	44.77	41.22
27.	Snædís Anna H.	13	Ármann	<b>2:50.25</b>	272	39.48	44.73	44.58	41.46
28.	Erla Sjöfn Ottarsdóttir	13	Sunddeild Breiðabliks	<b>2:55.12</b>	249	39.63	44.55	46.33	44.61

Sundgrein 16, Stúlkur, 200m skriðsund, Framtíð 13 ára og yngri

Sæti	F.ár		Tími	Stig	50m	100m	150m	200m	
29.	Bjorg Dufa Bogadóttir	13	Sunddeild Breiðabliks	<b>2:56.39</b>	244	39.96	45.41	47.54	43.48
30.	Ástrós Amy Pétursdóttir	15	Ármann	<b>2:58.86</b>	234	38.81	46.42	47.27	46.36
31.	Margrét Dís Arnarsdóttir	12	Ármann	<b>3:01.52</b>	224 *	41.36	47.29	47.75	45.12
	Melkorka Dis D. Berndsen	14	Sunddeild Breiðabliks	<b>3:01.52</b>	224 *	40.35	47.33	48.92	44.92

Æskunnar 14/15 ára

1.	Alicja Julia Kempisty	10	SH	<b>2:08.39</b>	634	ÍM	30.38	33.28	32.90	31.83
2.	Guðbjörg Helga H.	11	Sunddeild Breiðabliks	<b>2:12.23</b>	580	ÍM	29.89	33.13	34.13	35.08
3.	Bjarnís Olga Hansen	10	Ægir	<b>2:13.14</b>	568	ÍM	30.64	34.01	34.58	33.91
4.	Hildur Erla Hákonardóttir	10	SH	<b>2:14.73</b>	548	ÍM	31.48	34.08	35.00	34.17
5.	Thelma Ösp S.	10	SH	<b>2:16.80</b>	524	ÍM	31.66	34.99	35.78	34.37
6.	Gabriela Róza Bondarow	10	Ármann	<b>2:17.38</b>	517	ÍM	31.34	35.14	35.90	35.00
7.	Karen Sif Helgadóttir	10	Ármann	<b>2:17.39</b>	517	ÍM	32.32	35.70	35.01	34.36
8.	Thea Sif Hjaltadóttir	11	Ármann	<b>2:19.15</b>	498	ÍM	32.88	36.22	35.96	34.09
9.	Adriana Agnes Derti	10	ÍRB	<b>2:19.55</b>	493	ÍM	32.02	35.35	36.20	35.98
10.	Þorgerður Freyja H.	11	Sunddeild Breiðabliks	<b>2:21.78</b>	470	ÍM	32.77	36.71	36.75	35.55
11.	Bergey Huld Arnarsdóttir	11	Sunddeild Breiðabliks	<b>2:22.75</b>	461	ÍM	33.75	37.66	36.54	34.80
12.	Elsa Diljá L.	10	SH	<b>2:23.18</b>	457	ÍM	33.30	36.22	37.23	36.43
13.	Kornelia Nadia Maniak	10	ÍRB	<b>2:24.08</b>	448	ÍM	34.39	37.81	37.36	34.52
14.	Viktoría Vasile	11	Sunddeild KR	<b>2:24.45</b>	445	ÍM	33.87	37.25	37.89	35.44
15.	Hanna Steinunn G.	11	ÍRB	<b>2:24.49</b>	444	ÍM	32.91	36.64	37.69	37.25
16.	Hildur Eldey Guðjónsdóttir	11	Sunddeild Breiðabliks	<b>2:27.12</b>	421	ÍM	34.40	37.75	38.14	36.83
17.	Friðrika Sif Ágústsdóttir	10	Óðinn	<b>2:27.43</b>	418	ÍM	34.70	38.22	38.25	36.26
18.	Emilía Björt Magnúsdóttir	10	SH	<b>2:27.65</b>	417	ÍM	34.34	38.29	38.64	36.38
19.	Ágústa Elly Kristinsdóttir	11	Ármann	<b>2:27.89</b>	414		33.58	38.45	38.96	36.90
20.	Tinna Salome Róbertsdóttir	11	Sunddeild Breiðabliks	<b>2:28.75</b>	407		34.33	37.79	38.79	37.84
21.	Sóllilja Þórðardóttir	11	Sunddeild Breiðabliks	<b>2:29.37</b>	402		33.84	37.63	39.22	38.68
22.	Alexandra Dís G.	11	ÍRB	<b>2:30.65</b>	392		34.33	38.29	39.29	38.74
23.	Katrín Lind Rúnarsdóttir	11	UMFB	<b>2:31.01</b>	389		34.06	38.11	39.92	38.92
24.	Silja Karen Kristjánsdóttir	10	Ægir	<b>2:32.35</b>	379		35.20	39.48	39.93	37.74
25.	Sigurborg Sesselía S.	10	UMFB	<b>2:32.51</b>	378		33.66	38.98	41.20	38.67
26.	Lena Przybylska	11	ÍRB	<b>2:32.69</b>	377		34.41	38.97	40.78	38.53
27.	Sara Steinunn Elvarsdóttir	11	ÍRB	<b>2:36.74</b>	348		35.74	39.77	41.31	39.92
28.	Ásgerður Einarsdóttir	11	Ármann	<b>2:42.20</b>	314		37.44	41.43	43.21	40.12
29.	Hrafnhildur Lea Karlsdóttir	10	Afturelding	<b>2:56.58</b>	243		38.56	46.69	47.84	43.49
30.	Sara Fanney Snorradóttir	10	UMF Selfoss	<b>3:10.24</b>	194 *		40.02	48.87	51.34	50.01

Unglinga 16/17 ára

1.	Vala Dís Cicero	08	SH	<b>2:01.78</b>	743	ÍM NM NM	28.76	31.18	31.16	30.68
2.	Dagmar Arna S.	09	SH	<b>2:16.57</b>	526	ÍM	31.37	34.57	35.71	34.92
3.	Austėja Savickaitė	09	ÍRB	<b>2:23.50</b>	454	ÍM	33.84	36.27	37.18	36.21
4.	Aldís Ogmundsdóttir	09	Sunddeild KR	<b>2:24.37</b>	446	ÍM	33.20	36.91	37.37	36.89
5.	Hugrún Guðmundsdóttir	08	Ægir	<b>2:29.43</b>	402		32.99	37.54	39.67	39.23
6.	Stefanía Rún Hjartardóttir	09	UMFB	<b>2:32.29</b>	380		34.66	38.19	40.57	38.87
7.	Ása Júlía Kaldal	09	Ægir	<b>2:35.67</b>	355		35.16	39.76	41.01	39.74
8.	Rósa Kristín K.	09	Íþróttafélagið Fjörður	<b>2:44.28</b>	302		39.71	41.91	43.12	39.54
9.	Rakel Eva Ingólfssdóttir	09	UMFB	<b>2:45.82</b>	294		37.09	42.04	44.65	42.04