

Sundgrein 25  
8.3.2026 - 10:20

kvenna, 1500m skriðsund

Opinn  
Úrslitalistar

Mótsmet	17:33.23	Freyja Birkisdóttir	BREI	Hafnarfjörður	19.3.2022
Íslandsmet	17:17.61	Sigrún Sverrisdóttir	AEGIR	Columbus (USA)	23.7.2011
Íslandsmet Unglinga	17:25.46	Freyja Birkisdóttir	UBK	Otopeni (ROU)	5.7.2022
Íslandsmet Aldursflokka	17:32.11	Freyja Birkisdóttir	UBK	Reykjavík	25.4.2021

EM : 17:07.98 / EMU 16 - 18: 17:31.19 / ÍM Opinn: 21:36.53; - 18: 21:59.28

Stig: AQUA 2025

Sæti			F.ár				Tími	Stig	
1.	Katja Lilja Andriysoðóttir		06	SH			<b>17:51.22</b>	634	ÍM
	100m: 1:07.21	1:07.21	500m: 5:52.44	1:10.73	900m: 10:37.16	1:11.57	1300m: 15:27.96	1:12.98	
	200m: 2:18.47	1:11.26	600m: 7:03.83	1:11.39	1000m: 11:49.26	1:12.10	1400m: 16:40.30	1:12.34	
	300m: 3:29.97	1:11.50	700m: 8:14.81	1:10.98	1100m: 13:01.72	1:12.46	1500m: 17:51.22	1:10.92	
	400m: 4:41.71	1:11.74	800m: 9:25.59	1:10.78	1200m: 14:14.98	1:13.26			
2.	Karen Sif Helgadoðóttir		10	Ármann			<b>19:13.11</b>	508	ÍM ÍM
	100m: 1:10.17	1:10.17	500m: 6:19.38	1:18.42	900m: 11:34.56	1:19.81	1300m: 16:45.22	1:15.63	
	200m: 2:26.64	1:16.47	600m: 7:38.15	1:18.77	1000m: 12:53.53	1:18.97	1400m: 18:00.84	1:15.62	
	300m: 3:43.16	1:16.52	700m: 8:56.22	1:18.07	1100m: 14:12.26	1:18.73	1500m: 19:13.11	1:12.27	
	400m: 5:00.96	1:17.80	800m: 10:14.75	1:18.53	1200m: 15:29.59	1:17.33			
3.	Þorgerður Freyja Helgadoðóttir		11	Sunddeild Breiðabliks			<b>19:28.17</b>	489	ÍM ÍM
	100m: 1:12.89	1:12.89	500m: 6:29.73	1:19.24	900m: 11:47.03	1:18.94	1300m: 16:57.19	1:16.96	
	200m: 2:32.01	1:19.12	600m: 7:49.70	1:19.97	1000m: 13:05.05	1:18.02	1400m: 18:13.79	1:16.60	
	300m: 3:51.47	1:19.46	700m: 9:09.08	1:19.38	1100m: 14:23.42	1:18.37	1500m: 19:28.17	1:14.38	
	400m: 5:10.49	1:19.02	800m: 10:28.09	1:19.01	1200m: 15:40.23	1:16.81			
4.	Natalía Eir Curtis		10	Ármann			<b>19:42.00</b>	472	ÍM ÍM
	100m: 1:13.50	1:13.50	500m: 6:33.57	1:19.77	900m: 11:51.64	1:19.26	1300m: 17:07.32	1:19.02	
	200m: 2:33.78	1:20.28	600m: 7:53.33	1:19.76	1000m: 13:10.77	1:19.13	1400m: 18:26.26	1:18.94	
	300m: 3:53.49	1:19.71	700m: 9:13.04	1:19.71	1100m: 14:29.77	1:19.00	1500m: 19:42.00	1:15.74	
	400m: 5:13.80	1:20.31	800m: 10:32.38	1:19.34	1200m: 15:48.30	1:18.53			
5.	Sóley Helga Sigfríðardóttir		12	Ármann			<b>20:13.44</b>	436	ÍM ÍM
	100m: 1:11.15	1:11.15	500m: 6:38.87	1:22.95	900m: 12:09.17	1:22.40	1300m: 17:36.96	1:21.59	
	200m: 2:30.29	1:19.14	600m: 8:00.92	1:22.05	1000m: 13:32.24	1:23.07	1400m: 18:58.89	1:21.93	
	300m: 3:52.28	1:21.99	700m: 9:22.71	1:21.79	1100m: 14:54.14	1:21.90	1500m: 20:13.44	1:14.55	
	400m: 5:15.92	1:23.64	800m: 10:46.77	1:24.06	1200m: 16:15.37	1:21.23			
6.	Friðrika Sif Ágústsdóttir		10	Óðinn			<b>20:37.60</b>	411	ÍM ÍM
	100m: 1:15.00	1:15.00	500m: 6:45.62	1:23.14	900m: 12:16.59	1:22.43	1300m: 17:53.19	1:24.35	
	200m: 2:36.61	1:21.61	600m: 8:08.84	1:23.22	1000m: 13:40.29	1:23.70	1400m: 19:16.67	1:23.48	
	300m: 3:59.18	1:22.57	700m: 9:31.42	1:22.58	1100m: 15:03.69	1:23.40	1500m: 20:37.60	1:20.93	
	400m: 5:22.48	1:23.30	800m: 10:54.16	1:22.74	1200m: 16:28.84	1:25.15			
7.	Hildur Eldey Guðjónsdóttir		11	Sunddeild Breiðabliks			<b>20:41.35</b>	407	ÍM ÍM
	100m: 1:16.16	1:16.16	500m: 6:48.47	1:23.33	900m: 12:25.03	1:24.72	1300m: 17:57.94	1:22.91	
	200m: 2:37.95	1:21.79	600m: 8:12.34	1:23.87	1000m: 13:49.36	1:24.33	1400m: 19:21.05	1:23.11	
	300m: 4:01.16	1:23.21	700m: 9:36.35	1:24.01	1100m: 15:12.01	1:22.65	1500m: 20:41.35	1:20.30	
	400m: 5:25.14	1:23.98	800m: 11:00.31	1:23.96	1200m: 16:35.03	1:23.02			
8.	Ísabella Jóhannsdóttir		10	Óðinn			<b>21:00.66</b>	389	ÍM ÍM
	100m: 1:16.32	1:16.32	500m: 6:53.32	1:24.87	900m: 12:34.29	1:25.90	1300m: 18:15.77	1:24.88	
	200m: 2:39.55	1:23.23	600m: 8:18.33	1:25.01	1000m: 14:00.04	1:25.75	1400m: 19:40.16	1:24.39	
	300m: 4:03.18	1:23.63	700m: 9:43.25	1:24.92	1100m: 15:25.51	1:25.47	1500m: 21:00.66	1:20.50	
	400m: 5:28.45	1:25.27	800m: 11:08.39	1:25.14	1200m: 16:50.89	1:25.38			
9.	Hanna Steinunn Guðnadóttir		11	ÍRB			<b>21:02.23</b>	387	ÍM ÍM
	100m: 1:15.93	1:15.93	500m: 7:00.49	1:27.11	900m: 12:41.88	1:24.39	1300m: 18:19.08	1:24.28	
	200m: 2:40.70	1:24.77	600m: 8:29.47	1:28.98	1000m: 14:06.63	1:24.75	1400m: 19:42.32	1:23.24	
	300m: 4:05.74	1:25.04	700m: 9:54.31	1:24.84	1100m: 15:30.55	1:23.92	1500m: 21:02.23	1:19.91	
	400m: 5:33.38	1:27.64	800m: 11:17.49	1:23.18	1200m: 16:54.80	1:24.25			



Sundgrein 25, kvenna, 1500m skriðsund, Opinn

Sæti			F.ár				Tími	Stig				
10.	Arndis Margret Magnusdottir		12	Óðinn		<b>23:03.02</b>	294					
	100m:	1:22.44	1:22.44	500m:	7:31.57	1:33.11	900m:	13:45.52	1:33.59	1300m:	19:59.19	1:33.27
	200m:	2:53.82	1:31.38	600m:	9:04.09	1:32.52	1000m:	15:18.80	1:33.28	1400m:	21:32.75	1:33.56
	300m:	4:25.56	1:31.74	700m:	10:38.53	1:34.44	1100m:	16:52.26	1:33.46	1500m:	23:03.02	1:30.27
	400m:	5:58.46	1:32.90	800m:	12:11.93	1:33.40	1200m:	18:25.92	1:33.66			

