

Sundgrein 33  
8.3.2026 - 12:04

kvenna, 200m fjórsund

Opinn  
Úrslitalistar

Mótsmet	2:18.31	Hrafnhildur Lúthersdóttir	SH	Hafnarfjörður	1.4.2017
Íslandsmet	2:13.83	Hrafnhildur Lúthersdóttir	SH	Reykjavík	2.6.2015
Íslandsmet Unglinga	2:14.87	Eygló Ósk Gústafsdóttir	AEGIR	Laugardalslaug	12.4.2012
Íslandsmet Aldursflokka	2:24.69	Eva Margrét Falsdóttir	IRB	Reykjavík	19.7.2020

EM : 2:18.69 / EMU 16 - 18: 2:21.82 / NÆM 14 - 16: 2:27.67 / ÍM Opinn: 2:49.12; - 18: 2:52.09

Stig: AQUA 2025

Sæti	F.ár		Tími	Stig	50m	100m	150m	200m
<b>Opinn</b>								
1.		Eva Margrét Falsdóttir	05	ÍRB	<b>2:24.00</b>	671	ÍM	30.25 36.71 41.43 35.61
2.		Sunna Arnfinnsdóttir	07	ÍA	<b>2:34.27</b>	546	ÍM	33.29 39.40 46.96 34.62
3.		Eydís Jóhannesdóttir	11	ÍRB	<b>2:36.58</b>	522	ÍM ÍM	33.98 41.79 43.66 37.15
4.		Guðbjörg Helga H.	11	Sunddeild Breiðabliks	<b>2:38.44</b>	504	ÍM ÍM	32.78 40.95 49.57 35.14
5.		Bjarnís Olga Hansen	10	Ægir	<b>2:39.04</b>	498	ÍM ÍM	33.98 39.86 49.27 35.93
6.		Guðrún Ísold Harðardóttir	11	ÍRB	<b>2:39.73</b>	492	ÍM ÍM	35.27 42.59 46.18 35.69
7.		Karen Anna Orlita	12	ÍA	<b>2:41.34</b>	477	ÍM ÍM	33.31 42.44 49.39 36.20
8.		Thea Sif Hjaltadóttir	11	Árman	<b>2:41.78</b>	473	ÍM ÍM	35.43 43.40 46.39 36.56
9.		Áróra Mjöll Jónsdóttir	13	Árman	<b>2:43.80</b>	456	ÍM ÍM	35.24 42.58 46.51 39.47
10.		Bryndís Rún Guðnadóttir	13	Árman	<b>2:44.68</b>	449	ÍM ÍM	35.67 43.53 48.83 36.65
11.		Sofía Cogalniceanu	12	Árman	<b>2:45.39</b>	443	ÍM ÍM	35.86 42.60 49.90 37.03
12.		Katla Mist Bragadóttir	07	Ægir	<b>2:46.13</b>	437	ÍM	34.48 47.36 46.42 37.87
13.		Natalía Eir Curtis	10	Árman	<b>2:46.30</b>	436	ÍM ÍM	39.02 42.32 49.57 35.39
14.		Eva Goda Pratusyté	12	SH	<b>2:46.53</b>	434	ÍM ÍM	38.05 41.35 51.41 35.72
15.		Ema Austa Pratusyté	10	SH	<b>2:47.11</b>	429	ÍM ÍM	36.11 42.08 50.91 38.01
16.		Freyja Sigríður Á.	07	Ægir	<b>2:48.68</b>	417	ÍM	35.95 44.75 50.01 37.97
17.		Kristín Ásta Sigtryggisdóttir	09	Árman	<b>2:49.97</b>	408	ÍM	33.72 46.42 49.36 40.47
18.		Anna Gloría Káradóttir	11	Árman	<b>2:50.41</b>	405	ÍM	37.48 42.51 52.02 38.40
19.		Kamilla Ýr Í.	11	Sunddeild Breiðabliks	<b>2:51.98</b>	394	ÍM	38.67 44.31 48.04 40.96
20.		Ágústa Elly Kristinsdóttir	11	Árman	<b>2:52.05</b>	393	ÍM	40.08 45.35 47.45 39.17
21.		Elsa Diljá L.	10	SH	<b>2:52.41</b>	391		35.96 42.93 54.26 39.26
22.		Thelma Ösp S.	10	SH	<b>2:52.81</b>	388		35.83 43.83 54.65 38.50
23.		Emilý Sóley P M E.	12	KR	<b>2:53.27</b>	385		36.93 44.56 50.60 41.18
24.		Ísabella Jóhannsdóttir	10	Óðinn	<b>2:54.14</b>	379		37.75 50.61 47.33 38.45
25.		Bríana Ósk Alvarsdóttir	12	SH	<b>2:54.65</b>	376		37.51 44.45 52.35 40.34
26.		Friðrika Sif Ágústsdóttir	10	Óðinn	<b>2:54.66</b>	376		36.47 46.47 53.75 37.97
27.		Elín Helga Arnardóttir	14	SH	<b>2:55.89</b>	368		40.41 45.79 50.46 39.23
28.		Bríet Laufey Ingimarsdóttir	11	Óðinn	<b>2:56.96</b>	362		40.64 46.68 48.43 41.21
29.		Þeódís Styrmsdóttir	11	Sunddeild Breiðabliks	<b>2:56.97</b>	361		39.35 42.49 56.29 38.84
30.		Lovísa Austfjörð S.	12	Óðinn	<b>3:00.82</b>	339		39.84 46.07 55.34 39.57
31.		Matthilda Lilja Larsen	14	SH	<b>3:01.99</b>	332		38.73 48.43 52.61 42.22
32.		Ástrós Lea Þorvaldsdóttir	13	Óðinn	<b>3:02.63</b>	329		39.11 49.78 55.65 38.09
33.		Hrafney Eiríksdóttir	14	Óðinn	<b>3:02.76</b>	328		41.31 47.08 52.89 41.48
34.		Viktória Rós Guseva	12	Óðinn	<b>3:02.96</b>	327		45.53 49.56 48.62 39.25
35.		Freyja Mjoll Einarsdóttir	13	Sunddeild Breiðabliks	<b>3:08.36</b>	300		47.04 46.49 54.02 40.81
36.		Elin Sigurlaug Cameron	13	Árman	<b>3:10.07</b>	292		42.80 51.99 52.63 42.65
37.		Brynhildur Freyja S.	12	SH	<b>3:11.13</b>	287		41.59 50.40 56.95 42.19
38.		Elísabet Steinunn A.	13	UMFA	<b>3:11.79</b>	284		43.00 50.41 58.29 40.09
39.		Snædís Anna H.	13	Árman	<b>3:12.15</b>	282		45.10 49.97 58.67 38.41
40.		Ásta Marín Jónsdóttir	14	Óðinn	<b>3:20.08</b>	250		46.22 52.20 55.51 46.15
41.		Brynja Dís Bjarkardóttir	14	Ægir	<b>3:21.04</b>	246		41.05 55.24 55.25 49.50
42.		Aþena Sif Óskarsdóttir	14	SH	<b>3:25.77</b>	230		49.71 53.38 1:01.28 41.40
43.		Thelma Bjornsdóttir	96	ÍFR	<b>4:20.15</b>	113	!!	1:09.98 1:12.28 1:04.55 53.34



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Unglinga

1. Kristín Ásta Sigtryggisdóttir	09	Árman	<b>2:49.97</b>	408	ÍM	33.72	46.42	49.36	40.47
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Æskunnar

1. Eydís Jóhannesdóttir	11	ÍRB	<b>2:36.58</b>	522	ÍM ÍM	33.98	41.79	43.66	37.15
2. Guðbjörg Helga H.	11	Sunddeild Breiðabliks	<b>2:38.44</b>	504	ÍM ÍM	32.78	40.95	49.57	35.14
3. Bjarndís Olga Hansen	10	Ægir	<b>2:39.04</b>	498	ÍM ÍM	33.98	39.86	49.27	35.93
4. Guðrún Ísold Harðardóttir	11	ÍRB	<b>2:39.73</b>	492	ÍM ÍM	35.27	42.59	46.18	35.69
5. Thea Sif Hjaltadóttir	11	Árman	<b>2:41.78</b>	473	ÍM ÍM	35.43	43.40	46.39	36.56
6. Natalía Eir Curtis	10	Árman	<b>2:46.30</b>	436	ÍM ÍM	39.02	42.32	49.57	35.39
7. Ema Austa Pratusyté	10	SH	<b>2:47.11</b>	429	ÍM ÍM	36.11	42.08	50.91	38.01
8. Anna Gloría Káradóttir	11	Árman	<b>2:50.41</b>	405	ÍM	37.48	42.51	52.02	38.40
9. Kamilla Ýr Í.	11	Sunddeild Breiðabliks	<b>2:51.98</b>	394	ÍM	38.67	44.31	48.04	40.96
10. Ágústa Ely Kristinsdóttir	11	Árman	<b>2:52.05</b>	393	ÍM	40.08	45.35	47.45	39.17
11. Elsa Diljá L.	10	SH	<b>2:52.41</b>	391		35.96	42.93	54.26	39.26
12. Thelma Ösp S.	10	SH	<b>2:52.81</b>	388		35.83	43.83	54.65	38.50
13. Ísabella Jóhannsdóttir	10	Óðinn	<b>2:54.14</b>	379		37.75	50.61	47.33	38.45
14. Friðrika Sif Ágústsdóttir	10	Óðinn	<b>2:54.66</b>	376		36.47	46.47	53.75	37.97
15. Bríet Laufey Ingimarsdóttir	11	Óðinn	<b>2:56.96</b>	362		40.64	46.68	48.43	41.21
16. Þeodís Styrmsdóttir	11	Sunddeild Breiðabliks	<b>2:56.97</b>	361		39.35	42.49	56.29	38.84

Framtíð

1. Karen Anna Orlita	12	ÍA	<b>2:41.34</b>	477	ÍM ÍM	33.31	42.44	49.39	36.20
2. Áróra Mjöll Jónsdóttir	13	Árman	<b>2:43.80</b>	456	ÍM ÍM	35.24	42.58	46.51	39.47
3. Bryndís Rún Guðnadóttir	13	Árman	<b>2:44.68</b>	449	ÍM ÍM	35.67	43.53	48.83	36.65
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12. Hrafney Eiríksdóttir	14	Óðinn	<b>3:02.76</b>	328		41.31	47.08	52.89	41.48
13. Viktoría Rós Guseva	12	Óðinn	<b>3:02.96</b>	327		45.53	49.56	48.62	39.25
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17. Elísabet Steinunn A.	13	UMFA	<b>3:11.79</b>	284		43.00	50.41	58.29	40.09
18. Snædís Anna H.	13	Árman	<b>3:12.15</b>	282		45.10	49.97	58.67	38.41
19. Ásta Marín Jónsdóttir	14	Óðinn	<b>3:20.08</b>	250		46.22	52.20	55.51	46.15
20. Brynja Dís Bjarkardóttir	14	Ægir	<b>3:21.04</b>	246		41.05	55.24	55.25	49.50
21. Aþena Sif Óskarsdóttir	14	SH	<b>3:25.77</b>	230		49.71	53.38	1:01.28	41.40

