

Sundgrein 6
7.3.2026 - 10:44

karla, 200m baksund

Opinn
Úrslitalistar

Mótsmet	2:03.07	Guðmundur Leo Rafnsson	IRB	Hafnarfjörður	22.3.2025
Íslandsmet	1:58.37	Orn Arnarson	SH	Fukuoka (JPN)	27.7.2001
Íslandsmet Unglinga	2:01.13	Orn Arnarson	SH	Moscow (RUS)	14.7.1999
Íslandsmet Aldursflokka	2:11.83	Brynjólfur Óli Karlsson	UBK	Reykjavík	22.4.2016

EM : 2:03.28 / EMU 16 - 18: 2:06.37 / NÆM 14 - 16: 2:13.13 / ÍM Opinn: 2:39.85; - 18: 2:42.60

Stig: AQUA 2025

Sæti	F.ár		Tími	Stig	50m	100m	150m	200m		
Opinn										
1.	Guðmundur Leo Rafnsson	06	ÍRB	2:03.89	737	SSÍ SSÍ ÍM	28.99	30.94	32.33	31.63
2.	Bergur Fáfniir Bjarnason	06	SH	2:09.08	651	ÍM	30.73	32.36	33.13	32.86
3.	Adam Leó Tómasson	07	SH	2:16.43	552	ÍM	31.59	34.40	35.56	34.88
4.	Ásberg Halldór Hansson	07	Ægir	2:25.02	459	ÍM	32.16	36.56	38.65	37.65
5.	Mikael Fannar Arnarson	09	ÍRB	2:26.99	441	ÍM ÍM	32.69	36.41	38.79	39.10
6.	Árni Þór Pálmason	09	ÍRB	2:28.70	426	ÍM ÍM	34.52	37.76	37.94	38.48
7.	Paul Ingi Cicero	10	SH	2:28.97	424	ÍM ÍM	35.24	37.07	39.01	37.65
8.	Þór Eli Gunnarsson	11	SH	2:30.11	414	ÍM ÍM	34.00	38.02	39.51	38.58
9.	Ingibjörn Natan G.	09	Árman	2:39.50	345	ÍM ÍM	37.03	40.09		
10.	Halldór Ingi Ólafsson	13	SH	2:41.26	334	ÍM	37.32	41.13	42.24	40.57
11.	Egill Orri Baldursson	09	ÍRB	2:42.21	328	ÍM	35.22	40.20	44.05	42.74
12.	Travis Bensch	11	SH	2:46.95	301		38.23	43.41	43.67	41.64
13.	Páll Ragnar Smith	12	Ægir	2:51.99	275		40.55	43.12	44.53	43.79
14.	Róbert Ingi Arnarsson	13	ÍRB	2:54.69	262		41.06	44.43	45.15	44.05
15.	Breki Þór Hauksson	12	ÍRB	3:14.65	190					
16.	Halldor Petur Helgason	12	Sunddeild Breiðabliks	3:21.70	170		46.89	51.56	52.46	50.79
17.	Alexander Örn Sveinsson	14	SH	3:24.39	164		47.66	51.53	52.81	52.39
18.	Ari Fannar Eðvaldsson	14	SH	3:26.97	158		47.77	52.88	54.09	52.23

Unglinga

1.	Mikael Fannar Arnarson	09	ÍRB	2:26.99	441	ÍM ÍM	32.69	36.41	38.79	39.10
2.	Árni Þór Pálmason	09	ÍRB	2:28.70	426	ÍM ÍM	34.52	37.76	37.94	38.48
3.	Ingibjörn Natan G.	09	Árman	2:39.50	345	ÍM ÍM	37.03	40.09		
4.	Egill Orri Baldursson	09	ÍRB	2:42.21	328	ÍM	35.22	40.20	44.05	42.74

Æskunnar

1.	Paul Ingi Cicero	10	SH	2:28.97	424	ÍM ÍM	35.24	37.07	39.01	37.65
2.	Þór Eli Gunnarsson	11	SH	2:30.11	414	ÍM ÍM	34.00	38.02	39.51	38.58
3.	Travis Bensch	11	SH	2:46.95	301		38.23	43.41	43.67	41.64

Framtíð

1.	Halldór Ingi Ólafsson	13	SH	2:41.26	334	ÍM	37.32	41.13	42.24	40.57
2.	Páll Ragnar Smith	12	Ægir	2:51.99	275		40.55	43.12	44.53	43.79
3.	Róbert Ingi Arnarsson	13	ÍRB	2:54.69	262		41.06	44.43	45.15	44.05
4.	Breki Þór Hauksson	12	ÍRB	3:14.65	190					
5.	Halldor Petur Helgason	12	Sunddeild Breiðabliks	3:21.70	170		46.89	51.56	52.46	50.79
6.	Alexander Örn Sveinsson	14	SH	3:24.39	164		47.66	51.53	52.81	52.39
7.	Ari Fannar Eðvaldsson	14	SH	3:26.97	158		47.77	52.88	54.09	52.23