

Nordic Masters Championship - 3:10:03 AM to 4:10:03 AM

Úrslit

Grein 1 Karla/Male 25-29 400 Metra Skriðsund/Fritt

1	Dan Pedersen	25	Nord Svømmeklub	4:41.32	4:36.60
	30.20 34.13 35.60 35.30 35.66 35.47 35.38 34.86				
2	Henry Töndering	28	Odense Svømme Klub	4:55.00	4:59.94
	32.64 35.70 37.76 38.78 39.57 40.08 39.69 35.72				

Grein 1 Karla/Male 30-34 400 Metra Skriðsund/Fritt

1	Hálf dán Freyr Örnólfsson	30	Sundfélag Hafnarfjarðar	5:21.72	5:15.52
	32.07 36.56 40.15 41.61 41.65 41.48 42.04 39.96				
2	Karl Georg Klein	34	Sundfélag Hafnarfjarðar	5:21.77	5:19.37
	31.68 37.02 39.94 41.62 41.59 42.12 43.67 41.73				
3	Brian Daniel Marshall	32	Sundfélag Hafnarfjarðar	NT	5:49.23
	37.46 41.00 42.90 44.03 46.05 46.75 47.39 43.65				

Grein 1 Karla/Male 40-44 400 Metra Skriðsund/Fritt

1	Guðni Guðnason	41	Sundfélag Hafnarfjarðar	5:00.69	5:02.80
	32.02 36.24 37.83 38.86 39.47 40.45 40.29 37.64				

Grein 1 Karla/Male 45-49 400 Metra Skriðsund/Fritt

1	Halldór Kristiansen	47	Umsk	5:00.00	5:02.12
	34.04 36.25 38.08 38.77 39.40 39.52 38.34 37.72				
2	Seppo Hytönen	47	Swimming Jyväskylä	7:20.00	5:46.96
	37.96 43.81 45.38 44.72 45.01 44.02 42.78 43.28				
3	Júlíus Ívarsson	47	Sundfélag Hafnarfjarðar	6:40.83	6:47.78
	41.06 45.89 49.02 51.20 52.44 54.92 57.78 55.47				

Grein 1 Karla/Male 50-54 400 Metra Skriðsund/Fritt

1	Toivo Honkonen	53	Swimming Club Penguiens	5:07.95	5:09.23
	33.60 36.70 39.06 39.78 39.62 40.26 40.76 39.45				
2	Pétur Pétursson	50	Sunddeild Ármanns	6:15.00	5:55.65
	38.49 42.03 44.93 45.85 46.20 47.32 46.38 44.45				
3	Valgeir S. Kárason	52	Tindastóll	6:09.87	5:58.94
	41.90 43.89 44.93 46.09 47.59 45.27 46.80 42.47				
4	Kári Kaaber	53	Sundfélag Hafnarfjarðar	NT	6:16.54
	39.51 44.66 47.23 47.46 48.08 48.45 52.94 48.21				

Grein 1 Karla/Male 55-59 400 Metra Skriðsund/Fritt

1	Raimo Hiltunen	57	Poseidon	5:43.92	5:50.60
	40.18 42.80 44.32 45.21 44.33 44.81 44.73 44.22				

Grein 2 Kvenna/Female 30-34 400 Metra Skriðsund/Fritt

1	Grith Sigsgaard	31	Brönderslev	4:42.50	4:46.85
	32.54 36.08 36.63 36.46 35.92 36.76 36.56 35.90				

Grein 2 Kvenna/Female 40-44 400 Metra Skriðsund/Fritt

1	Karen Malmquist	42	Sundfélagið Ódinn	5:25.00	5:49.79
	37.84 41.91 43.99 44.63 45.46 45.65 46.00 44.31				
2	Hanne Klausen	43	Korsör Svømmeklub	6:35.19	6:10.85
	40.92 44.71 46.05 47.64 47.93 48.79 48.95 45.86				

Grein 2 Kvenna/Female 50-54 400 Metra Skriðsund/Fritt

1	Berta Sveinbjarnardóttir	51	Ungmennasamband Borgarfjarðar	6:50.00	6:43.74
	43.24 48.71 52.01 52.74 52.70 52.44 51.46 50.44				

Grein 2 Kvenna/Female 60-64 400 Metra Skriðsund/Fritt

1	Elisabeth Ketelsen	60	Lyngby svoemmeklub	6:20.28	6:23.38
	43.59 47.76 49.60 49.35 49.25 49.29 49.20 45.34				

Grein 3 Karla/Male 25-29 50 Metra Flugsund/Fjáril

1	Hjalti Guðmundsson	25	Sundfélag Hafnarfjarðar	27.00	27.04
2	Davíð Freyr Þórunnarson	25	Sundfélag Hafnarfjarðar	28.00	27.30
3	Heimir Örn Sveinsson	27	Sundfélag Hafnarfjarðar	NT	29.44
4	Dan Pedersen	25	Nord Svømmeklub	29.89	30.50
5	Albert Þór Kristjánsson	26	Sundfélag Hafnarfjarðar	NT	30.79
6	Jesper Mortensen	25	Nyköbing	30.89	31.19

Grein 3 Karla/Male 30-34 50 Metra Flugsund/Fjáril

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1	Petri Oksanen	32	Kajaanin Uimaseura	40.00	29.77
2	Hannes Már Sigurðsson	32	Sunddeild Stjörnumunnar	32.00	30.98
3	Magni Þór Samsonarson	33	Sundfélag Hafnarfjarðar	31.36	31.21
4	Árni Rúnar Árnason	30	Sundfélag Hafnarfjarðar	31.25	31.67
Grein 3 Karla/Male 35-39 50 Metra Flugsund/Fjáril					
1	Mats Norlin	38	Stockholms Kappsimmingsklubb	28.00	28.29
2	Jóhann Björnsson	37	Íþróttabandalag Reykjanesbæjar	NT	30.59
3	Theódór Ólafsson	38	Sundfélag Hafnarfjarðar	NT	32.38
4	Kristinn Magnússon	36	Sundfélag Hafnarfjarðar	32.78	32.56
Grein 3 Karla/Male 40-44 50 Metra Flugsund/Fjáril					
1	Guðni Guðnason	41	Sundfélag Hafnarfjarðar	30.59	31.74
2	Grétar Guðnason	44	Sundfélag Hafnarfjarðar	32.40	32.90
3	Björn Starcke	40	Hermes	37.00	33.93
4	Kim Larsen	40	Nyköbing	35.13	35.52
5	Kristján Matthíasson	42	Umsk	NT	40.15
Grein 3 Karla/Male 45-49 50 Metra Flugsund/Fjáril					
1	Guðjón Guðnason	49	Sundfélag Hafnarfjarðar	29.50	31.26
2	Halldór Kristiansen	47	Umsk	32.00	32.11
Grein 3 Karla/Male 50-54 50 Metra Flugsund/Fjáril					
1	Toivo Honkonen	53	Swimming Club Penguins	32.71	32.49
2	Hans Birgir Friðriksson	50	Tindastóll	35.56	36.04
Grein 3 Karla/Male 55-59 50 Metra Flugsund/Fjáril					
1	Kari Raassina	56	Swimming Jyväskylä	40.70	43.79
Grein 3 Karla/Male 60-64 50 Metra Flugsund/Fjáril					
1	Einari Kirjavainen	61	Swimming Jyväskylä	33.30	32.43
2	Jan Johansen	63	Hermes	36.00	34.92
Grein 3 Karla/Male 75-79 50 Metra Flugsund/Fjáril					
1	Lansiharju Teuvo	75	Pihlavan Työväen Urheilijat ry	49.40	51.15
Grein 4 Kvenna/Female 25-29 50 Metra Flugsund/Fjáril					
1	Ingibjörg Isaksen	26	Umfl	35.06	34.36
2	Guðrún Brynja Rúnarsdóttir	25	Sundfélag Hafnarfjarðar	NT	34.64
3	Berglind Júlía Valdimarsdótti	28	Sunddeild KR	NT	35.22
Grein 4 Kvenna/Female 30-34 50 Metra Flugsund/Fjáril					
1	María Alma Valdimarsdóttir	33	Hsh	NT	38.79
Grein 4 Kvenna/Female 35-39 50 Metra Flugsund/Fjáril					
1	Elín Viðarsdóttir	39	Sunddeild Fjölnis	NT	36.91
2	Dorthe Mathiesen	36	Nyköbing	41.19	39.03
Grein 4 Kvenna/Female 40-44 50 Metra Flugsund/Fjáril					
1	Unnur Karlsdóttir	43	Sundfélag Hafnarfjarðar	NT	46.97
Grein 4 Kvenna/Female 45-49 50 Metra Flugsund/Fjáril					
1	Pirkko Kiiski	49	Swimming Jyväskylä	49.50	52.67
Grein 4 Kvenna/Female 55-59 50 Metra Flugsund/Fjáril					
1	Judy Eriksson	57	Alleröd	46.00	45.93
Grein 5 Karla/Male 25-29 100 Metra Bringusund/Bröst					
1	Hjalti Guðmundsson	25	Sundfélag Hafnarfjarðar	1:09.15	1:08.28
	33.33 34.95				
2	Fredrik Rosenholm	28	Stockholms Kappsimmingsklubb	1:09.00	1:09.63
	32.53 37.10				
3	Henry Töndering	28	Odense Svømme Klub	1:18.00	1:18.57
	36.16 42.41				
Grein 5 Karla/Male 30-34 100 Metra Bringusund/Bröst					
1	Morten Hansen	34	Nyköbing	1:12.57	1:14.08
	33.61 40.47				
2	Þorbergur Viðarsson	33	Sundfélag Akraness	1:21.00	1:19.65
	37.55 42.10				

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3	Jóhann Samsonarson 39.80 45.81	34	Sundfélag Hafnarfjarðar	NT	1:25.61
4	Brian Daniel Marshall 41.67 45.58	32	Sundfélag Hafnarfjarðar	1:28.09	1:27.25
5	Sigurþór Örn Rúnarsson 40.47 47.40	30	Sundfélag Hafnarfjarðar	NT	1:27.87
6	Karl Georg Klein 41.77 46.45	34	Sundfélag Hafnarfjarðar	NT	1:28.22
Grein 5 Karla/Male 35-39 100 Metra Bringusund/Bröst					
1	Þórður Óskarsson 36.40 41.00	37	Íþróttabandalag Reykjanesbæjar	NT	1:17.40
2	Arnþór Ragnarsson 36.01 41.53	35	Sundfélag Hafnarfjarðar	1:15.96	1:17.54
3	Steinn Jóhannsson 40.45 45.14	35	Sundfélag Hafnarfjarðar	NT	1:25.59
Grein 5 Karla/Male 40-44 100 Metra Bringusund/Bröst					
1	Per Norlin 33.08 40.12	41	Stockholms Kappsimmingsklubb	1:13.00	1:13.20
2	Björn Starcke 38.67 43.43	40	Hermes	1:22.00	1:22.10
3	Hrafnkell Marinósson 43.06 48.46	41	Sundfélag Hafnarfjarðar	1:31.40	1:31.52
4	Kristján Matthíasson 42.55 53.08	42	Umsk	NT	1:35.63
Grein 5 Karla/Male 45-49 100 Metra Bringusund/Bröst					
1	Wolfgang Frosti Sahr 39.22 42.89	45	Sundfélagið Óðinn	1:24.70	1:22.11
2	Guðjón Guðnason 39.80 44.03	49	Sundfélag Hafnarfjarðar	1:16.00	1:23.83
3	Sigmar Björnsson 41.38 45.86	45	Íþróttabandalag Reykjanesbæjar	NT	1:27.24
4	Júlíus Ívarsson 42.58 46.89	47	Sundfélag Hafnarfjarðar	1:32.82	1:29.47
5	Einar Hauksson 41.97 48.19	45	Umsk	1:29.21	1:30.16
6	Björgvin Björgvinsson 48.54 54.33	48	Sundfélag Hafnarfjarðar	1:41.13	1:42.87
Grein 5 Karla/Male 50-54 100 Metra Bringusund/Bröst					
1	Ólafur Baldursson 39.70 47.40	51	Knattspyrnufélag Siglufjarðar	1:22.70	1:27.10
2	Kári Kaaber 42.91 44.59	53	Sundfélag Hafnarfjarðar	1:29.39	1:27.50
3	Ágúst Einarsson 42.46 47.43	50	Sunddeild Ármanns	1:28.09	1:29.89
4	Sigurður Haraldsson 44.52 50.84	50	Umsk	NT	1:35.36
Grein 5 Karla/Male 55-59 100 Metra Bringusund/Bröst					
1	Gestur Jónsson 41.49 47.52	55	Sundfélagið Óðinn	1:25.02	1:29.01
2	Trausti Sveinbjörnsson 47.15 54.03	57	Sundfélag Hafnarfjarðar	1:39.00	1:41.18
3	Hernberg Pekka Juhani 50.64 56.67	59	Porin Pyrintö	1:49.86	1:47.31
Grein 5 Karla/Male 60-64 100 Metra Bringusund/Bröst					
1	Einari Kirjavainen 40.22 45.25	61	Swimming Jyväskylá	1:22.30	1:25.47
2	Garðar Erlendsson	61	Sunddeild Ármanns	NT	1:40.14

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	46.43	53.71				
Grein 5 Karla/Male 65-69 100 Metra Bringusund/Bröst						
1 Óli G Þórðarson	67	Sundfélag Hafnarfjarðar	1:38.23		1:36.28	
	45.01	51.27				
2 Benny Pedersen	66	Hermes	1:38.50		1:39.06	
	47.61	51.45				
Grein 6 Kvenna/Female 25-29 100 Metra Bringusund/Bröst						
1 Ingibjörg Isaksen	26	Umfl	1:26.87		1:26.06	
	40.93	45.13				
Grein 6 Kvenna/Female 30-34 100 Metra Bringusund/Bröst						
1 Grith Sigsgaard	31	Brönderslev	1:26.60		1:26.88	
	41.60	45.28				
Grein 6 Kvenna/Female 35-39 100 Metra Bringusund/Bröst						
1 Linda Björk Ólafsdóttir	35	Sundfélag Hafnarfjarðar	1:44.63		1:45.23	
	49.51	55.72				
2 Kristína Sigurðardóttir	36	Sundfélag Hafnarfjarðar	NT		1:45.58	
	50.57	55.01				
3 Astrid Margrét Magnúsdóttir	39	Sundfélagið Óðinn	NT		1:51.06	
	53.77	57.29				
Grein 6 Kvenna/Female 40-44 100 Metra Bringusund/Bröst						
1 Birna Ólafsdóttir	40	Sundfélag Hafnarfjarðar	1:34.66		1:34.89	
	44.85	50.04				
2 Kolbrún Ólafsdóttir	41	Sundfélag Hafnarfjarðar	NT		1:43.66	
	49.13	54.53				
3 Unnur Karlsdóttir	43	Sundfélag Hafnarfjarðar	1:46.49		1:46.82	
	51.22	55.60				
4 Vilborg Jóhannsdóttir	44	Sundfélagið Óðinn	1:35.00		1:53.08	
	52.41	1:00.67				
5 Bryndís Ólafsdóttir	42	Umsk	NT		1:53.58	
	55.00	58.58				
Grein 6 Kvenna/Female 45-49 100 Metra Bringusund/Bröst						
1 Birna Björnsdóttir	46	Sunddeild KR	NT		1:56.69	
	54.90	1:01.79				
2 Guðný Einarsdóttir	47	Sundfélag Hafnarfjarðar	NT		2:09.46	
	57.75	1:11.71				
Grein 6 Kvenna/Female 50-54 100 Metra Bringusund/Bröst						
1 Winnie Grönbech	50	Hermes	1:55.00		1:47.89	
	53.56	54.33				
Grein 6 Kvenna/Female 55-59 100 Metra Bringusund/Bröst						
1 Pirjo-Leena Pitkänen	58	Swimming Jyväskylä	1:45.83		1:55.21	
	55.71	59.50				
Grein 7 Karla/Male 25-29 100 Metra Baksund/Rygg						
1 Dan Pedersen	25	Nord Svømmeklub	1:06.87		1:06.79	
	32.69	34.10				
2 Heimir Örn Sveinsson	27	Sundfélag Hafnarfjarðar	NT		1:11.47	
	34.14	37.33				
Grein 7 Karla/Male 30-34 100 Metra Baksund/Rygg						
1 Morten Hansen	34	Nyköbing	1:06.50		1:08.14	
	32.88	35.26				
2 Tryggvi Ingason	30	Sundfélagið Óðinn	NT		1:15.48	
	37.07	38.41				
3 Jóhann Samsonarson	34	Sundfélag Hafnarfjarðar	1:17.31		1:16.72	
	37.74	38.98				
4 Árni Rúnar Árnason	30	Sundfélag Hafnarfjarðar	1:17.60		1:17.96	
	38.15	39.81				
Grein 7 Karla/Male 35-39 100 Metra Baksund/Rygg						
1 Eðvarð Þór Eðvarðsson	36	Íþróttabandalag Reykjanesbæjar	NT		1:04.00	

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	31.21	32.79				
2	Mats Norlin		38	Stockholms Kappsimmingsklubb	1:07.00	1:10.70
	32.13	38.57				
3	Kristinn Magnússon		36	Sundfélag Hafnarfjarðar	1:16.80	1:16.46
	38.36	38.10				
Grein 7 Karla/Male 50-54 100 Metra Baksund/Rygg						
1	Pétur Pétursson		50	Sunddeild Ármanns	1:25.42	1:24.17
	41.58	42.59				
Grein 7 Karla/Male 55-59 100 Metra Baksund/Rygg						
1	Raimo Hiltunen		57	Poseidon	1:26.88	1:29.39
	44.22	45.17				
2	Kari Raassina		56	Swimming Jyväskylä	1:38.80	1:48.50
	52.75	55.75				
3	Hernberg Pekka Juhani		59	Porin Pyrintö	1:54.89	1:51.82
	54.84	56.98				
Grein 7 Karla/Male 60-64 100 Metra Baksund/Rygg						
1	Jan Johansen		63	Hermes	1:25.00	1:27.16
	40.22	46.94				
Grein 8 Kvenna/Female 19-24 100 Metra Baksund/Rygg						
1	Eva Dís Björgvinsdóttir		23	Sundfélag Hafnarfjarðar	NT	1:30.44
	43.66	46.78				
Grein 8 Kvenna/Female 25-29 100 Metra Baksund/Rygg						
1	Maria Brockdorff		25	Nyköbing	1:32.69	1:29.87
	43.53	46.34				
Grein 8 Kvenna/Female 35-39 100 Metra Baksund/Rygg						
1	Elín Viðarsdóttir		39	Sunddeild Fjölnis	1:19.25	1:21.82
	39.47	42.35				
2	Dorthe Mathiesen		36	Nyköbing	1:29.74	1:31.71
	44.57	47.14				
Grein 8 Kvenna/Female 40-44 100 Metra Baksund/Rygg						
1	Karen Malmquist		42	Sundfélagið Óðinn	1:24.00	1:27.97
	44.17	43.80				
2	Hanne Klausen		43	Korsör Svømmeklub	1:44.47	1:38.36
	48.59	49.77				
Grein 8 Kvenna/Female 45-49 100 Metra Baksund/Rygg						
1	Sigríður L. Sigurðardóttir		48	Sunddeild Ármanns	1:41.05	1:36.56
	47.58	48.98				
Grein 8 Kvenna/Female 50-54 100 Metra Baksund/Rygg						
1	Ingibjörg Svala Ólafsdóttir		50	Sundfélag Hafnarfjarðar	1:35.97	1:37.19
	45.86	51.33				
Grein 8 Kvenna/Female 55-59 100 Metra Baksund/Rygg						
1	Bente Sörensen		56	Korsör Svømmeklub	1:35.80	1:41.36
	48.75	52.61				
Grein 8 Kvenna/Female 60-64 100 Metra Baksund/Rygg						
1	Elisabeth Ketelsen		60	Lyngby svoemmeklub	1:29.97	1:31.69
	45.57	46.12				
Grein 8 Kvenna/Female 70-74 100 Metra Baksund/Rygg						
1	Grethe Bendtsen		73	Lyngby svoemmeklub	1:43.00	1:37.83
	47.74	50.09				
Grein 8 Kvenna/Female 80-84 100 Metra Baksund/Rygg						
1	Lisa Friis		80	Gi-40	2:12.86	2:13.63
	1:03.85	1:09.78				
Grein 9 Karla/Male 120-159 4x50 Metra Skriðsund/Fritt						
1	Stockholms Kappsimmingsklu		A		NT	1:44.49
	1) Per Norlin 41		2) Fredrik Rosenholm 28		3) Magnus Boman 30	4) Mats
Norlin 38	26.73	25.77	26.95	25.04		

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2	Íþróttabandalag Reykjanesbæj	A		NT	1:50.13
	1) Jóhann Björnsson 37	2) Örn Steinar Marínósson 32	3) Eðvarð Þór Eðvarðsson 36	4) Þórður Óskarsson 37	
	28.44	19.94	33.48	28.27	
3	Sundfélag Hafnarfjarðar	B		NT	1:52.75
	1) Sigþór Árnason 35	2) Jóhann Samsonarson 34	3) Kristinn Magnússon 36	4) Brian Daniel Marshall 32	
	28.44	29.04	27.80	27.47	
4	Sundfélag Hafnarfjarðar	A		NT	1:58.12
	1) Karl Georg Klein 34	2) Magni Þór Samsonarson 33	3) Albert Þór Kristjánsson 26	4) Arnþór Ragnarsson 35	
	28.47	29.91	30.40	29.34	
5	Umsk	A		NT	2:18.26
	1) Þorgeir Sigurðsson 46	2) Sigurður Haraldsson 50	3) Kristján Matthíasson 42	4) Einar Hauksson 45	
	34.43	38.08	35.73	30.02	
Grein 9 Karla/Male 160-199 4x50 Metra Skriðsund/Fritt					
1	Sundfélag Hafnarfjarðar	A		NT	1:55.58
	1) Guðjón Guðnason 49	2) Guðni Guðnason 41	3) Grétar Guðnason 44	4) Theódór Ólafsson 38	
	29.89	29.04	28.05	28.60	
2	Íþróttabandalag Reykjanesbæj	A		NT	2:00.86
	1) Eiríkur Sigurðsson 41	2) Borgar L. Jónsson 34	3) Sigurður Ragnarsson 43	4) Sigmar Björnsson 45	
	29.20	27.51	31.03	33.12	
3	Sundfélagið Óðinn	A		NT	2:07.67
	1) Ingi Arnvið Hansen 36	2) Gestur Jónsson 55	3) Wolfgang Frosti Sahr 45	4) Tryggvi Ingason 30	
	31.27	36.36	30.09	29.95	
Grein 9 Karla/Male 200-239 4x50 Metra Skriðsund/Fritt					
1	Ungmennasamband Borgarfja	A		2:25.00	2:19.14
	1) Ingimundur Ingimundarson 59	2) Sigvaldi Ingimundarson 59	3) Páll Ólafsson 58	4) Guðmundur Samúelsson 62	
	35.62	36.83	33.71	32.98	
2	Sunddeild Ármanns	A		2:22.15	2:20.92
	1) Garðar Erlendsson 61	2) Ágúst Einarsson 50	3) Jóhann B. Garðarsson 50	4) Pétur Pétursson 50	
	45.79	31.87	33.48	29.78	
Grein 9 Karla/Male 240-279 4x50 Metra Skriðsund/Fritt					
1	Sundfélag Hafnarfjarðar	A		NT	2:31.35
	1) Óli G Þórðarson 67	2) Júlíus Júlíusson 61	3) Trausti Sveinbjörnsson 57	4) Óli G Þórðarson 67	
	37.70	36.07	37.43	40.15	
Grein 10 Kvenna/Female 100-119 4x50 Metra Skriðsund/Fritt					
1	Sundfélag Hafnarfjarðar	A		NT	2:20.55
	1) Guðrún Brynja Rúnarsdóttir 25	2) Kristín S Harðardóttir 27	3) Ágústa Valdís Jónsdóttir 28	4) Jóhanna Iða Halldórsdóttir 25	
	32.39	35.57	34.84	37.75	
Grein 10 Kvenna/Female 120-159 4x50 Metra Skriðsund/Fritt					
1	Sundfélagið Óðinn	A		NT	2:35.48
	1) Telma Ríkhardsdóttir 31	2) Astrid Margrét Magnúsdóttir 42	3) Vilborg Jóhannsdóttir 44	4) Karen Malmquist 42	
	34.09	39.98	1:21.61		
Grein 10 Kvenna/Female 160-199 4x50 Metra Skriðsund/Fritt					
1	Sundfélag Hafnarfjarðar	A		NT	2:29.51
	1) Kolbrún Ólafsdóttir 41	2) Ingibjörg Svala Ólafsdóttir 50	3) Kristína Sigurðardóttir 36	4) Birna Ólafsdóttir 40	
	34.23	40.22	38.92	36.14	

Grein 11 Karla/Male 25-29 100 Metra Skriðsund/Fritt

Nordic Masters Championship - 3:10:03 AM to 4:10:03 AM

Úrslit

1	Jesper Mortensen	25	Nyköbing	1:02.80	1:21.47
	40.73 40.74				
Grein 11 Karla/Male 30-34 100 Metra Skriðsund/Fritt					
1	Morten Hansen	34	Nyköbing	56.46	57.40
	27.42 29.98				
2	Hálf dán Freyr Örnólfsson	30	Sundfélag Hafnarfjarðar	1:02.51	1:00.04
	29.35 30.69				
3	Petri Oksanen	32	Kajaanin Uimaseura	1:00.00	1:00.65
	28.65 32.00				
4	Karl Georg Klein	34	Sundfélag Hafnarfjarðar	NT	1:03.71
	30.28 33.43				
5	Tryggvi Ingason	30	Sundfélagið Óðinn	NT	1:05.99
	32.03 33.96				
6	Hannes Már Sigurðsson	32	Sunddeild Stjörnnunnar	1:04.00	1:07.27
	30.75 36.52				
Grein 11 Karla/Male 35-39 100 Metra Skriðsund/Fritt					
1	Mats Norlin	38	Stockholms Kappsimmingsklubb	57.00	56.36
	26.94 29.42				
2	David Crukleton	37	Sunddeild KR	1:05.34	1:03.58
	31.27 32.31				
3	Ásgeir Eiríkur Guðnason	39	Sundfélagið Óðinn	1:03.05	1:07.96
	31.58 36.38				
4	Ingi Arnvið Hansen	36	Sundfélagið Óðinn	1:05.10	1:08.48
	32.53 35.95				
5	Kristinn Magnússon	36	Sundfélag Hafnarfjarðar	NT	1:10.47
	33.52 36.95				
Grein 11 Karla/Male 40-44 100 Metra Skriðsund/Fritt					
1	Guðni Guðnason	41	Sundfélag Hafnarfjarðar	1:01.93	1:03.31
	30.59 32.72				
2	Grétar Guðnason	44	Sundfélag Hafnarfjarðar	1:05.82	1:07.51
	32.57 34.94				
3	Kim Larsen	40	Nyköbing	1:08.20	1:08.85
	32.86 35.99				
Grein 11 Karla/Male 45-49 100 Metra Skriðsund/Fritt					
1	Halldór Kristiansen	47	Umsk	1:07.00	1:04.57
	31.41 33.16				
2	Einar Hauksson	45	Umsk	1:06.71	1:08.35
	32.33 36.02				
3	Júlíus Ívarsson	47	Sundfélag Hafnarfjarðar	1:18.01	1:16.96
	35.80 41.16				
4	Þorgeir Sigurðsson	46	Umsk	1:19.57	1:18.05
	36.16 41.89				
5	Jóhannes Benediktsson	46	Sunddeild KR	NT	1:55.75
	51.24 1:04.51				
Grein 11 Karla/Male 50-54 100 Metra Skriðsund/Fritt					
1	Pétur Pétursson	50	Sunddeild Ármanns	1:10.20	1:08.99
	33.98 35.01				
2	Hans Birgir Friðriksson	50	Tindastóll	1:08.25	1:09.41
	31.55 37.86				
3	Sigurður Haraldsson	50	Umsk	NT	1:23.32
	38.38 44.94				
Grein 11 Karla/Male 55-59 100 Metra Skriðsund/Fritt					
1	Risto Raitio	56	Poseidon	1:10.91	1:13.23
	34.18 39.05				
2	Ingimundur Ingimundarson	59	Ungmennasamband Borgarfjarðar	1:16.00	1:15.71
	36.15 39.56				
3	Raimo Hiltunen	57	Poseidon	1:15.89	1:16.74

Nordic Masters Championship - 3:10:03 AM to 4:10:03 AM

Úrslit

	37.77	38.97				
Grein 11 Karla/Male 65-69 100 Metra Skriðsund/Fritt						
1 Óli G Þórðarson			67 Sundfélag Hafnarfjarðar	1:27.53		1:25.92
	39.51	46.41				
Grein 11 Karla/Male 75-79 100 Metra Skriðsund/Fritt						
1 Lansiharju Teuvo			75 Pihlavan Työväen Urheilijat ry	1:34.40		1:37.78
	43.51	54.27				
Grein 12 Kvænna/Female 19-24 100 Metra Skriðsund/Fritt						
1 Eva Dís Björgvinsdóttir			23 Sundfélag Hafnarfjarðar	NT		1:18.00
	37.13	40.87				
2 Lára Dóra Valdimarsdóttir			24 Sundfélag Akraness	NT		1:22.09
	39.31	42.78				
3 Ása Þóra Guðmundsdóttir			24 Sundfélag Akraness	NT		1:23.10
	39.69	43.41				
Grein 12 Kvænna/Female 25-29 100 Metra Skriðsund/Fritt						
1 Guðrún Brynja Rúnarsdóttir			25 Sundfélag Hafnarfjarðar	NT		1:12.09
	33.76	38.33				
2 Maria Brockdorff			25 Nyköbing	1:16.63		1:15.16
	36.27	38.89				
3 Kristín S Harðardóttir			27 Sundfélag Hafnarfjarðar	NT		1:20.01
	37.42	42.59				
Grein 12 Kvænna/Female 30-34 100 Metra Skriðsund/Fritt						
1 Grith Sigsgaard			31 Brønderslev	1:05.00		1:06.26
	31.80	34.46				
2 Telma Ríkharðsdóttir			31 Sundfélagið Óðinn	1:14.05		1:17.64
	36.89	40.75				
Grein 12 Kvænna/Female 35-39 100 Metra Skriðsund/Fritt						
1 Sari Luoto			36 Poseidon	1:16.11		1:18.46
	37.64	40.82				
2 Kristína Sigurðardóttir			36 Sundfélag Hafnarfjarðar	NT		1:26.44
	41.07	45.37				
3 Sigrun Hauksdóttir			37 Sunddeild KR	NT		1:26.79
	38.95	47.84				
4 Astrid Margrét Magnúsdóttir			39 Sundfélagið Óðinn	NT		1:28.72
	41.77	46.95				
Grein 12 Kvænna/Female 40-44 100 Metra Skriðsund/Fritt						
1 Karen Malmquist			42 Sundfélagið Óðinn	1:12.59		1:14.57
	35.25	39.32				
2 Kolbrún Ólafsdóttir			41 Sundfélag Hafnarfjarðar	NT		1:15.81
	36.23	39.58				
3 Hanne Klausen			43 Korsör Svømmeklub	1:18.16		1:16.54
	36.47	40.07				
4 Unnur Karlsdóttir			43 Sundfélag Hafnarfjarðar	1:27.00		1:29.52
	42.47	47.05				
5 Vilborg Jóhannsdóttir			44 Sundfélagið Óðinn	1:29.80		1:53.41
	51.92	1:01.49				
Grein 12 Kvænna/Female 45-49 100 Metra Skriðsund/Fritt						
1 Sigríður L. Sigurðardóttir			48 Sunddeild Ármanns	1:25.36		1:23.68
	41.42	42.26				
2 Pirkko Kiiski			49 Swimming Jyväskylä	1:27.00		1:34.19
	44.56	49.63				
Grein 12 Kvænna/Female 50-54 100 Metra Skriðsund/Fritt						
1 Berta Sveinbjarnardóttir			51 Ungmennasamband Borgarfjarðar	1:24.00		1:25.25
	39.65	45.60				
2 Ingibjörg Svala Ólafsdóttir			50 Sundfélag Hafnarfjarðar	1:34.18		1:31.85
	43.56	48.29				
3 Elísabet Ingibergsdóttir			50 Sundfélag Hafnarfjarðar	NT		1:36.27

Nordic Masters Championship - 3:10:03 AM to 4:10:03 AM

Úrslit

	42.65	53.62				
Grein 12 Kvenna/Female 55-59 100 Metra Skriðsund/Fritt						
1 Bente Sörensen			56 Korsör Svømmeklub	1:32.13		1:34.91
	43.14	51.77				
Grein 12 Kvenna/Female 60-64 100 Metra Skriðsund/Fritt						
1 Elisabeth Ketelsen			60 Lyngby svoemmeklub	1:21.99		1:22.07
	39.58	42.49				
Grein 13 Karla/Male 25-29 100 Metra Flugsund/Fjáril						
1 Davíð Freyr Þórunnarson			25 Sundfélag Hafnarfjarðar	10.40		1:00.78
	27.94	32.84				
2 Dan Pedersen			25 Nord Svømmeklub	1:06.62		1:07.43
	30.24	37.19				
Grein 13 Karla/Male 30-34 100 Metra Flugsund/Fjáril						
1 Magni Þór Samsonarson			33 Sundfélag Hafnarfjarðar	1:11.39		1:12.18
	33.28	38.90				
2 Árni Rúnar Árnason			30 Sundfélag Hafnarfjarðar	NT		1:12.28
	33.01	39.27				
Grein 13 Karla/Male 35-39 100 Metra Flugsund/Fjáril						
1 Jóhann Björnsson			37 Íróttabandalag Reykjanesbæjar	NT		1:11.95
	33.25	38.70				
Grein 13 Karla/Male 40-44 100 Metra Flugsund/Fjáril						
1 Guðni Guðnason			41 Sundfélag Hafnarfjarðar	1:11.10		1:12.81
	33.69	39.12				
Grein 13 Karla/Male 45-49 100 Metra Flugsund/Fjáril						
1 Halldór Kristiansen			47 Umsk	1:12.00		1:11.60
	32.94	38.66				
Grein 13 Karla/Male 50-54 100 Metra Flugsund/Fjáril						
1 Toivo Honkonen			53 Swimming Club Penguiens	1:13.07		1:16.80
	34.21	42.59				
2 Valgeir S. Kárason			52 Tindastóll	NT		1:41.54
	49.03	52.51				
Grein 13 Karla/Male 55-59 100 Metra Flugsund/Fjáril						
1 Kari Raassina			56 Swimming Jyväskylä	1:38.70		1:49.06
	51.25	57.81				
2 Hernberg Pekka Juhani			59 Porin Pyrintö	1:55.91		1:56.14
	55.36	1:00.78				
Grein 13 Karla/Male 60-64 100 Metra Flugsund/Fjáril						
1 Jan Johansen			63 Hermes	1:25.00		1:25.85
	37.69	48.16				
Grein 15 Karla/Male 25-29 50 Metra Bringusund/Bröst						
1 Hjalti Guðmundsson			25 Sundfélag Hafnarfjarðar	31.00		30.90
2 Fredrik Rosenholm			28 Stockholms Kappsímningsklubb	32.00		31.54
3 Henry Töndering			28 Odense Svømme Klub	34.20		34.82
Grein 15 Karla/Male 30-34 50 Metra Bringusund/Bröst						
1 Eyleifur Jóhannesson			32 Sundfélag Akraness	34.90		34.40
2 Þorbergur Viðarsson			33 Sundfélag Akraness	34.50		36.09
3 Hannes Már Sigurðsson			32 Sunddeild Stjórnunnar	36.00		36.52
4 Petri Oksanen			32 Kajaanin Uimaseura	40.00		37.00
5 Jóhann Samsonarson			34 Sundfélag Hafnarfjarðar	37.52		38.11
6 Karl Georg Klein			34 Sundfélag Hafnarfjarðar	39.98		39.67
Grein 15 Karla/Male 35-39 50 Metra Bringusund/Bröst						
1 Ingi Arnvið Hansen			36 Sundfélagið Ódinn	35.05		35.96
2 Steinn Jóhannsson			35 Sundfélag Hafnarfjarðar	NT		40.45
3 Hörður Oddfríðarson			39 Sundfélagið Ægir	NT		43.42
Grein 15 Karla/Male 40-44 50 Metra Bringusund/Bröst						
1 Per Norlin			41 Stockholms Kappsímningsklubb	32.80		32.40

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Úrslit

2	Eiríkur Sigurðsson	41	Íþróttabandalag Reykjanesbæjar	NT	35.32
3	Sigurður Ragnarsson	43	Íþróttabandalag Reykjanesbæjar	NT	36.54
4	Björn Starcke	40	Hermes	37.00	37.53
5	Hrafnkell Marinósson	41	Sundfélag Hafnarfjarðar	40.42	40.98
6	Karvel Hreiðarsson	42	Íþróttabandalag Reykjanesbæjar	NT	42.69
7	Haldor Gunnar Haldorson	40	Sunddeild KR	NT	45.40
8	Guðmundur Rafn Bjarnason	43	Sundfélag Hafnarfjarðar	43.40	45.78
Grein 15 Karla/Male 45-49 50 Metra Bringusund/Bröst					
1	Wolfgang Frosti Sahr	45	Sundfélagið Óðinn	36.50	36.54
2	Guðjón Guðnason	49	Sundfélag Hafnarfjarðar	37.20	38.62
3	Sigmar Björnsson	45	Íþróttabandalag Reykjanesbæjar	NT	38.74
4	Júlíus Ívarsson	47	Sundfélag Hafnarfjarðar	40.50	40.95
5	Einar Hauksson	45	Umsk	40.24	41.04
6	Björgvin Björgvinsson	48	Sundfélag Hafnarfjarðar	40.67	45.60
7	Pétur Böðvarsson	48	Sunddeild KR	NT	46.15
8	Jóhannes Benediktsson	46	Sunddeild KR	NT	51.06
Grein 15 Karla/Male 50-54 50 Metra Bringusund/Bröst					
1	Ólafur Baldursson	51	Knattspyrnufélag Siglufjarðar	38.25	38.96
2	Kári Kaaber	53	Sundfélag Hafnarfjarðar	40.04	39.51
2	Jóhann B. Garðarsson	50	Sunddeild Ármanns	39.68	39.51
4	Ágúst Einarsson	50	Sunddeild Ármanns	39.00	39.64
5	Sigurður Haraldsson	50	Umsk	NT	43.64
Grein 15 Karla/Male 55-59 50 Metra Bringusund/Bröst					
1	Gestur Jónsson	55	Sundfélagið Óðinn	36.80	39.23
2	Trausti Sveinbjörnsson	57	Sundfélag Hafnarfjarðar	43.00	42.87
3	Helgi Gíslason	56	Sundfélag Hafnarfjarðar	NT	49.43
Grein 15 Karla/Male 60-64 50 Metra Bringusund/Bröst					
1	Einari Kirjavainen	61	Swimming Jyväskylä	36.11	35.98
2	Garðar Erlendsson	61	Sunddeild Ármanns	44.50	44.00
3	Júlíus Júlíusson	61	Sundfélag Hafnarfjarðar	41.34	51.22
Grein 15 Karla/Male 65-69 50 Metra Bringusund/Bröst					
1	Benny Pedersen	66	Hermes	45.60	42.89
2	Óli G Þórðarson	67	Sundfélag Hafnarfjarðar	45.65	44.70
Grein 15 Karla/Male 70-74 50 Metra Bringusund/Bröst					
1	Kalevi Nummelin	72	Borgá Simmare-Porvoon Uimarit	48.34	51.87
Grein 16 Kvenna/Female 19-24 50 Metra Bringusund/Bröst					
1	Lára Dóra Valdimarsdóttir	24	Sundfélag Akraness	NT	50.06
Grein 16 Kvenna/Female 30-34 50 Metra Bringusund/Bröst					
1	Guðrún Vaka Sigurðardóttir	30	Sundfélagið Óðinn	52.05	57.67
Grein 16 Kvenna/Female 35-39 50 Metra Bringusund/Bröst					
1	Ragnheiður Runólfsdóttir	37	Sundfélag Akraness	39.00	40.01
2	Astrid Margrét Magnúsdóttir	39	Sundfélagið Óðinn	NT	47.65
3	Linda Björk Ólafsdóttir	35	Sundfélag Hafnarfjarðar	49.08	47.81
4	Sari Luoto	36	Poseidon	47.69	48.53
5	Kristína Sigurðardóttir	36	Sundfélag Hafnarfjarðar	NT	50.60
6	Sigrun Hauksdóttir	37	Sunddeild KR	NT	51.92
7	Oddrún Halldóra Magnúsdótti	38	Sundfélagið Óðinn	NT	54.18
8	Pauliina Melamies	35	Poseidon	54.85	54.42
Grein 16 Kvenna/Female 40-44 50 Metra Bringusund/Bröst					
1	Birna Ólafsdóttir	40	Sundfélag Hafnarfjarðar	42.81	43.31
2	Kolbrún Ólafsdóttir	41	Sundfélag Hafnarfjarðar	46.87	46.54
3	Vilborg Jóhannsdóttir	44	Sundfélagið Óðinn	48.50	49.82
4	Ásrún Vilbergsdóttir	42	Sundfélag Hafnarfjarðar	58.50	54.90
Grein 16 Kvenna/Female 45-49 50 Metra Bringusund/Bröst					

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Úrslit

1	Ann-Mari Tarkkanen	46	Poseidon	53.87	53.49
2	Birna Björnsdóttir	46	Sunddeild KR	NT	53.50
3	Guðný Einarsdóttir	47	Sundfélag Hafnarfjarðar	NT	56.90
Grein 16 Kvenna/Female 50-54 50 Metra Bringusund/Bröst					
1	Winnie Grönbech	50	Hermes	49.00	47.11
2	Elisabet Ingibergsdóttir	50	Sundfélag Hafnarfjarðar	NT	54.12
Grein 16 Kvenna/Female 55-59 50 Metra Bringusund/Bröst					
1	Pirjo-Leena Pitkänen	58	Swimming Jyväskylä	48.87	54.09
Grein 17 Karla/Male 25-29 100 Metra Fjósund/IM					
1	Hjalti Guðmundsson	25	Sundfélag Hafnarfjarðar	1:05.00	1:02.87
	29.95 32.92				
2	Heimir Örn Sveinsson	27	Sundfélag Hafnarfjarðar	NT	1:07.19
	30.31 36.88				
3	Henry Töndering	28	Odense Svømme Klub	1:08.80	1:13.02
	35.37 37.65				
4	Albert Þór Kristjánsson	26	Sundfélag Hafnarfjarðar	NT	1:13.20
	33.76 39.44				
Grein 17 Karla/Male 30-34 100 Metra Fjósund/IM					
1	Morten Hansen	34	Nyköbing	1:04.27	1:05.59
	29.48 36.11				
2	Eyleifur Jóhannesson	32	Sundfélag Akraness	1:09.70	1:08.30
	31.71 36.59				
3	Þorbergur Viðarsson	33	Sundfélag Akraness	1:10.00	1:11.52
	32.89 38.63				
4	Hálfðán Freyr Örnólfsson	30	Sundfélag Hafnarfjarðar	1:14.66	1:12.05
	34.72 37.33				
5	Hannes Már Sigurðsson	32	Sunddeild Stjörnnunnar	1:15.00	1:14.22
	35.29 38.93				
6	Jóhann Samsonarson	34	Sundfélag Hafnarfjarðar	1:15.06	1:14.86
	34.55 40.31				
7	Brian Daniel Marshall	32	Sundfélag Hafnarfjarðar	1:23.19	1:17.09
	35.01 42.08				
8	Tryggvi Ingason	30	Sundfélagið Óðinn	NT	1:17.76
	35.91 41.85				
9	Magni Þór Samsonarson	33	Sundfélag Hafnarfjarðar	1:16.30	1:18.77
	36.90 41.87				
Grein 17 Karla/Male 35-39 100 Metra Fjósund/IM					
1	Eðvarð Þór Eðvarðsson	36	Íþróttabandalag Reykjanesbæjar	NT	1:04.73
	30.30 34.43				
2	Mats Norlin	38	Stockholms Kappsímningsklubb	1:07.00	1:05.82
	30.51 35.31				
3	David Crukleton	37	Sunddeild KR	1:20.87	1:15.05
	34.67 40.38				
4	Ingi Arnvið Hansen	36	Sundfélagið Óðinn	1:21.05	1:16.96
	37.42 39.54				
5	Kristinn Magnússon	36	Sundfélag Hafnarfjarðar	1:16.74	1:17.01
	34.82 42.19				
6	Theódór Ólafsson	38	Sundfélag Hafnarfjarðar	NT	1:23.74
	35.64 48.10				
Grein 17 Karla/Male 40-44 100 Metra Fjósund/IM					
1	Björn Starcke	40	Hermes	1:21.00	1:18.64
	39.06 39.58				
2	Grétar Guðnason	44	Sundfélag Hafnarfjarðar	1:23.90	1:24.98
	39.01 45.97				
3	Haldor Gunnar Haldorson	40	Sunddeild KR	NT	1:44.94
	50.30 54.64				
Grein 17 Karla/Male 45-49 100 Metra Fjósund/IM					

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1	Guðjón Guðnason 34.97 40.01	49	Sundfélag Hafnarfjarðar	1:11.30	1:14.98
2	Halldór Kristiansen 35.24 40.23	47	Umsk	1:18.00	1:15.47
Grein 17 Karla/Male 50-54 100 Metra Fjósund/IM					
1	Kári Kaaber 49.03 42.55	53	Sundfélag Hafnarfjarðar	1:29.70	1:31.58
Grein 17 Karla/Male 55-59 100 Metra Fjósund/IM					
1	Gestur Jónsson 49.03 45.61	55	Sundfélagið Óðinn	1:22.50	1:34.64
2	Kari Raassina 44.15 53.01	56	Swimming Jyväskylä	1:32.50	1:37.16
3	Hernberg Pekka Juhani 55.14 55.52	59	Porin Pyrintö	1:50.29	1:50.66
Grein 17 Karla/Male 60-64 100 Metra Fjósund/IM					
1	Einari Kirjavainen 39.31 39.66	61	Swimming Jyväskylä	1:17.59	1:18.97
2	Jan Johansen 38.03 44.14	63	Hermes	1:25.00	1:22.17
Grein 18 Kvenna/Female 25-29 100 Metra Fjósund/IM					
1	Ingibjörg Isaksen 36.88 41.96	26	Umfl	1:30.44	1:18.84
2	Guðrún Brynja Rúnarsdóttir 37.35 44.55	25	Sundfélag Hafnarfjarðar	NT	1:21.90
Grein 18 Kvenna/Female 30-34 100 Metra Fjósund/IM					
1	Grith Sigsgaard 36.33 40.17	31	Brönderslev	1:16.50	1:16.50
2	Telma Ríkhardsdóttir 42.58 43.52	31	Sundfélagið Óðinn	1:25.10	1:26.10
Grein 18 Kvenna/Female 35-39 100 Metra Fjósund/IM					
1	Elín Viðarsdóttir 38.19 46.95	39	Sunddeild Fjölnis	NT	1:25.14
2	Dorthe Mathiesen 40.82 46.78	36	Nyköbing	1:27.23	1:27.60
Grein 18 Kvenna/Female 40-44 100 Metra Fjósund/IM					
1	Karen Malmquist 40.85 44.62	42	Sundfélagið Óðinn	1:23.20	1:25.47
2	Unnur Karlsdóttir 53.05 52.78	43	Sundfélag Hafnarfjarðar	NT	1:45.83
3	Bryndís Ólafsdóttir 57.86 53.83	42	Umsk	1:53.64	1:51.69
Grein 18 Kvenna/Female 45-49 100 Metra Fjósund/IM					
1	Pirkko Kiiski 55.56 55.30	49	Swimming Jyväskylä	1:47.34	1:50.86
Grein 18 Kvenna/Female 50-54 100 Metra Fjósund/IM					
1	Ingibjörg Svala Ólafsdóttir 48.22 56.64	50	Sundfélag Hafnarfjarðar	1:41.56	1:44.86
Grein 18 Kvenna/Female 55-59 100 Metra Fjósund/IM					
1	Bente Sörensen 47.08 54.54	56	Korsör Svømmeklub	1:40.83	1:41.62
Grein 18 Kvenna/Female 70-74 100 Metra Fjósund/IM					
1	Grethe Bendtsen 51.41 55.46	73	Lyngby svoemmeklub	1:48.00	1:46.87
Grein 19 Karla/Male 100-119 4x50 Metra Fjósund/IM					
1	Sundfélag Hafnarfjarðar 1) Heimir Örn Sveinsson 27	A		NT	1:55.88
	2) Hjalti Guðmundsson 25				
	3) Davíð Freyr Þórunnarson 25				4) Hálfán
	Freyr Örnólfsson 30				

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	31.11	30.80	27.01	26.96			
Grein 19 Karla/Male 120-159 4x50 Metra Fjósund/IM							
1 Stockholms Kappsimningsklu					A	NT	1:57.00
1) Mats Norlin 38					2) Per Norlin 41	3) Fredrik Rosenholm 28	4) Morten Hansen 2 34
	30.56	31.64	28.89	25.91			
2 Íþróttabandalag Reykjanesbæj					A	NT	2:01.18
1) Eðvarð Þór Eðvarðsson 36					2) Þórður Óskarsson 37	3) Jóhann Björnsson 37	4) Örn Steinar Marínósson 32
	29.34	34.25	29.62	27.97			
3 Sundfélag Hafnarfjarðar					B	NT	2:13.18
1) Jóhann Samsonarson 34					2) Steinn Jóhannsson 35	3) Brian Daniel Marshall 32	4) Sigþór Árnason 35
	36.92	36.67	31.39	28.20			
4 Sundfélag Hafnarfjarðar					A	NT	2:16.35
1) Theódór Ólafsson 38					2) Albert Þór Kristjánsson 26	3) Magni Þór Samsonarson 33	4) Karl Georg Klein 34
	36.54	39.25	32.05	28.51			
Grein 19 Karla/Male 160-199 4x50 Metra Fjósund/IM							
1 Sundfélag Hafnarfjarðar					A	NT	2:16.42
1) Kristinn Magnússon 36					2) Hrafnkell Marínósson 41	3) Guðni Guðnason 41	4) Grétar Guðnason 44
	34.80	39.80	31.94	29.88			
2 Sundfélagið Óðinn					B	NT	2:17.61
1) Eiríkur Sigurðsson 41					2) Sigmar Björnsson 45	3) Borgar L. Jónsson 34	4) Sigurður Ragnarsson 43
	42.60	38.43	31.60	31.47			
4 Umsk					A	NT	2:33.49
1) Sigurður Haraldsson 50					2) Einar Hauksson 45	3) Halldór Kristiansen 47	4) Þorgeir Sigurðsson 46
	46.20	40.92	32.63	33.74			
Grein 19 Karla/Male 200-239 4x50 Metra Fjósund/IM							
1 Sunddeild Ármanns					A	2:49.53	2:44.51
1) Kári Kaaber 53					2) Helgi Gíslason 56	3) Guðjón Guðnason 49	4) Júlíus Ívarsson 47
	49.80	44.51	37.00	33.20			
2 Sundfélag Hafnarfjarðar					A	NT	2:49.40
1) Kári Kaaber 53					2) Helgi Gíslason 56	3) Guðjón Guðnason 49	4) Júlíus Ívarsson 47
	50.71	49.37	34.79	34.53			
Grein 19 Karla/Male 240-279 4x50 Metra Fjósund/IM							
1 Sundfélag Hafnarfjarðar					A	NT	3:00.94
1) Trausti Sveinbjörnsson 57					2) Óli G Þórðarson 67	3) Alfreð Dan Þórarinsson _ 50	4) Júlíus Júlíusson 61
	48.96	43.57	50.44	37.97			
Grein 20 Kvenna/Female 100-119 4x50 Metra Fjósund/IM							
1 Sundfélag Hafnarfjarðar					A	NT	2:39.94
1) Jóhanna Iða Halldórsdóttir 25					2) Guðrún Vaka Sigurðardóttir 3	3) Guðrún Brynja Rúnarsdóttir 2	4) Kristín Guðbrandsdóttir 29
	42.51	47.09	34.99	35.35			
Grein 20 Kvenna/Female 120-159 4x50 Metra Fjósund/IM							
1 Sundfélagið Óðinn					A	NT	3:00.54
1) Telma Ríkhardsdóttir 31					2) Guðrún Vaka Sigurðardóttir 3	3) Karen Malmquist 42	4) Oddrún Halldóra Magnúsdóttir
	41.25	56.70	40.00	42.59			
Grein 20 Kvenna/Female 160-199 4x50 Metra Fjósund/IM							
1 Sundfélag Hafnarfjarðar					A	NT	2:48.38
1) Ingibjörg Svala Ólafsdóttir 50					2) Birna Ólafsdóttir 40	3) Camilla Rainer Daniels 57	4) Kolbrún Ólafsdóttir 41

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	45.46	44.67	44.82	33.43		
Grein 21 MIXED 100-119 4x50 Metra Fjósund/IM						
1 Sundfélag Hafnarfjarðar				A	NT	2:18.57
1) Guðrún Brynja Rúnarsdóttir				2) Albert Þór Kristjánsson 26	3) Davíð Freyr Þórunnarson 25	4) Kristín S Harðardóttir 27
	38.99	37.08	27.29	35.21		
Grein 21 MIXED 120-159 4x50 Metra Fjósund/IM						
1 Nyköbing				A	2:28.32	2:18.54
1) Jesper Mortensen 25				2) Morten Hansen 34	3) Dorthe Mathiesen 36	4) Maria Brockdorff 25
	32.91	32.50	38.88	34.25		
2 Sundfélag Hafnarfjarðar				A	NT	2:34.49
1) Árni Rúnar Árnason 30				2) Linda Björk Ólafsdóttir 35	3) Magni Þór Samsonarson 33	4) Kristína Sigurðardóttir 36
	36.17	47.19	31.60	39.53		
3 Sundfélagið Óðinn				C	NT	2:34.55
1) Karen Malmquist 42				2) Wolfgang Frosti Sahr 45	3) Gunnar Eiríksson 50	4) Astrid Margrét Magnúsdóttir
	41.46	37.33	36.56	39.20		
4 Sundfélag Hafnarfjarðar				B	NT	2:37.06
1) Steinn Jóhannsson 35				2) Kristín Guðbrandsdóttir 29	3) Arnþór Ragnarsson 35	
	39.83	49.80	31.55	35.88		
5 Sundfélagið Óðinn				B	NT	2:40.80
1) Telma Ríkarðsdóttir 31				2) Guðrún Vaka Sigurðardóttir 3	3) Rúnar Gunnarsson 25	4) Ingi Arnvið Hansen 36
	41.16	55.64	32.37	31.63		
Grein 21 MIXED 160-199 4x50 Metra Fjósund/IM						
1 Sundfélag Hafnarfjarðar				A	NT	2:28.22
1) Kristinn Magnússon 36				2) Birna Ólafsdóttir 40	3) Guðni Guðnason 41	4) Unnur Karlsdóttir 43
	34.04	44.24	31.31	38.63		
2 Poseidon				A	NT	2:42.60
1) Satu Seppala 40				2) Sari Luoto 36	3) Raimo Hiltunen 57	4) Risto Raitio 56
	41.10	47.64	42.64	31.22		
3 Sundfélagið Óðinn				A	NT	2:51.71
1) Dýrleif Skjöldal 40				2) Gestur Jónsson 55	3) Tryggvi Ingason 30	4) Vilborg Jóhannsdóttir 44
	50.62	39.60	34.86	46.63		
4 Sundfélag Hafnarfjarðar				B	NT	3:27.34
1) Elísabet Ingibergsdóttir 50				2) Björgvin Björgvinsson 48	3) Kári Kaaber 53	4) Guðný Einarsdóttir 47
	57.92	48.46	53.55	47.41		
Grein 21 MIXED 200-239 4x50 Metra Fjósund/IM						
1 Sundfélag Hafnarfjarðar				A	NT	2:33.63
1) Ingibjörg Svala Ólafsdóttir 50				2) Guðjón Guðnason 49	3) Grétar Guðnason 44	4) Camilla Rainer Daniels 57
	46.31	37.96	33.36	36.00		
2 Sunddeild Ármanns				A	2:42.85	2:40.24
1) Sigríður L. Sigurðardóttir 48				2) Ágúst Einarsson 50	3) Pétur Pétursson 50	4) Hrafnhildur Kristjánsson 52
	45.06	40.21	37.42	37.55		
3 Swimming Jyväskylä				A	NT	2:50.49
1) Seppo Hytönen 47				2) Pirjo-Leena Pitkänen 58	3) Einari Kirjavainen 61	4) Pirkko Kiiski 49
	42.94	53.85	34.60	39.10		
Grein 22 Karla/Male 25-29 200 Metra Fjósund/IM						
1 Hjalti Guðmundsson				25 Sundfélag Hafnarfjarðar	NT	2:23.39
	31.56	39.68	39.39	32.76		

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2	Dan Pedersen	25	Nord Svømmeklub	2:29.71	2:30.90
	30.97 37.62 47.43 34.88				
3	Henry Töndering	28	Odense Svømme Klub	2:42.00	2:32.12
	31.71 41.67 43.62 35.12				
4	Heimir Örn Sveinsson	27	Sundfélag Hafnarfjarðar	NT	2:34.05
	31.98 40.66 45.72 35.69				
Grein 22 Karla/Male 30-34 200 Metra Fjósund/IM					
1	Morten Hansen	34	Nyköbing	2:23.75	2:24.75
	30.79 37.73 42.40 33.83				
2	Árni Rúnar Árnason	30	Sundfélag Hafnarfjarðar	NT	2:48.70
	34.25 44.00 51.59 38.86				
3	Brian Daniel Marshall	32	Sundfélag Hafnarfjarðar	NT	3:00.76
	39.25 46.46 52.63 42.42				
Grein 22 Karla/Male 45-49 200 Metra Fjósund/IM					
1	Halldór Kristiansen	47	Umsk	NT	2:47.86
	34.69 45.73 50.63 36.81				
2	Wolfgang Frosti Sahr	45	Sundfélagið Óðinn	3:10.00	3:00.95
	38.17 50.39 50.79 41.60				
Grein 22 Karla/Male 50-54 200 Metra Fjósund/IM					
1	Kári Kaaber	53	Sundfélag Hafnarfjarðar	NT	3:27.36
	52.30 57.08 53.58 44.40				
2	Valgeir S. Kárason	52	Tindastóll	NT	3:42.41
	47.40 1:03.74 1:05.26 46.01				
Grein 22 Karla/Male 55-59 200 Metra Fjósund/IM					
1	Kari Raassina	56	Swimming Jyväskylä	3:33.30	3:50.79
	51.32 59.81 1:10.06 49.60				
2	Hernberg Pekka Juhani	59	Porin Pyrintö	3:53.46	3:57.04
	57.92 1:01.01 1:01.61 56.50				
Grein 22 Karla/Male 60-64 200 Metra Fjósund/IM					
1	Einari Kirjavainen	61	Swimming Jyväskylä	3:01.34	3:08.48
	36.78 53.50 53.76 44.44				
Grein 23 Kvenna/Female 30-34 200 Metra Fjósund/IM					
1	Grith Sigsgaard	31	Brønderslev	2:40.50	2:49.69
	37.55 46.39 47.95 37.80				
Grein 23 Kvenna/Female 35-39 200 Metra Fjósund/IM					
1	Dorthe Mathiesen	36	Nyköbing	3:10.96	3:12.69
	40.69 49.91 54.22 47.87				
Grein 24 Karla/Male 25-29 50 Metra Baksund/Rygg					
1	Dan Pedersen	25	Nord Svømmeklub	30.98	31.74
2	Davíð Freyr Þórunnarson	25	Sundfélag Hafnarfjarðar	32.50	32.14
Grein 24 Karla/Male 30-34 50 Metra Baksund/Rygg					
1	Eyleifur Jóhannesson	32	Sundfélag Akraness	31.50	31.17
2	Morten Hansen	34	Nyköbing	31.05	32.28
3	Jóhann Samsonarson	34	Sundfélag Hafnarfjarðar	NT	36.06
Grein 24 Karla/Male 35-39 50 Metra Baksund/Rygg					
1	Eðvarð Þór Eðvarðsson	36	Íþróttabandalag Reykjanesbæjar	28.78	29.56
2	Mats Norlin	38	Stockholms Kappsímningsklubb	30.00	30.41
3	Theódór Ólafsson	38	Sundfélag Hafnarfjarðar	NT	36.96
4	Steinn Jóhannsson	35	Sundfélag Hafnarfjarðar	NT	40.41
Grein 24 Karla/Male 40-44 50 Metra Baksund/Rygg					
1	Jón Hugi Harðarson	40	Sundfélag Akraness	NT	33.53
2	Björn Starcke	40	Hermes	38.00	40.93
Grein 24 Karla/Male 45-49 50 Metra Baksund/Rygg					
1	Guðjón Guðnason	49	Sundfélag Hafnarfjarðar	34.40	37.23
2	Seppo Hytönen	47	Swimming Jyväskylä	38.70	42.94
Grein 24 Karla/Male 50-54 50 Metra Baksund/Rygg					

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1	Pétur Pétursson	50	Sunddeild Ármanns	37.43	38.94
2	Sigurður Haraldsson	50	Umsk	NT	46.98
Grein 24 Karla/Male 55-59 50 Metra Baksund/Rygg					
1	Raimo Hiltunen	57	Poseidon	40.93	42.09
2	Kari Raassina	56	Swimming Jyväskylä	41.80	47.22
3	Hernberg Pekka Juhani	59	Porin Pyrintö	49.90	54.26
Grein 24 Karla/Male 60-64 50 Metra Baksund/Rygg					
1	Jan Johansen	63	Hermes	36.00	37.70
Grein 24 Karla/Male 75-79 50 Metra Baksund/Rygg					
1	Lansiharju Teuvo	75	Pihlavan Työväen Urheilijat ry	50.20	53.33
Grein 25 Kvenna/Female 35-39 50 Metra Baksund/Rygg					
1	Elín Viðarsdóttir	39	Sunddeild Fjölnis	NT	38.04
Grein 25 Kvenna/Female 40-44 50 Metra Baksund/Rygg					
1	Hanne Klausen	43	Korsör Svømmeklub	46.19	44.79
2	Unnur Karlsdóttir	43	Sundfélag Hafnarfjarðar	NT	52.19
3	Bryndís Ólafsdóttir	42	Umsk	NT	56.07
Grein 25 Kvenna/Female 45-49 50 Metra Baksund/Rygg					
1	Sigríður L. Sigurðardóttir	48	Sunddeild Ármanns	44.97	44.17
Grein 25 Kvenna/Female 50-54 50 Metra Baksund/Rygg					
1	Ingibjörg Svala Ólafsdóttir	50	Sundfélag Hafnarfjarðar	44.77	44.71
2	Hrafnhildur Kristjánsdóttir	52	Sunddeild Ármanns	47.20	46.51
Grein 25 Kvenna/Female 55-59 50 Metra Baksund/Rygg					
1	Bente Sørensen	56	Korsör Svømmeklub	43.00	46.46
2	Jóhanna Jónsdótti	59	Umsk	NT	1:05.63
Grein 25 Kvenna/Female 60-64 50 Metra Baksund/Rygg					
1	Elisabeth Ketelsen	60	Lyngby svoemmeklub	41.92	42.74
Grein 25 Kvenna/Female 70-74 50 Metra Baksund/Rygg					
1	Grethe Bendtsen	73	Lyngby svoemmeklub	46.00	46.06
Grein 25 Kvenna/Female 80-84 50 Metra Baksund/Rygg					
1	Lisa Friis	80	Gi-40	1:00.74	1:00.85
Grein 26 Karla/Male 25-29 50 Metra Skriðsund/Fritt					
1	Hjalti Guðmundsson	25	Sundfélag Hafnarfjarðar	25.00	25.10
2	Heimir Örn Sveinsson	27	Sundfélag Hafnarfjarðar	NT	26.30
3	Henry Töndering	28	Odense Svømme Klub	26.20	26.74
4	Jesper Mortensen	25	Nyköbing	27.35	28.27
5	Albert Þór Kristjánsson	26	Sundfélag Hafnarfjarðar	29.46	28.98
Grein 26 Karla/Male 30-34 50 Metra Skriðsund/Fritt					
1	Petri Oksanen	32	Kajaanin Uimaseura	27.00	26.57
2	Hálf dán Freyr Örnólfsson	30	Sundfélag Hafnarfjarðar	27.12	27.17
3	Örn Steinar Marínósson	32	Íþróttabandalag Reykjanesbæjar	NT	27.69
4	Sigurþór Örn Rúnarsson	30	Sundfélag Hafnarfjarðar	NT	28.26
5	Hannes Már Sigurðsson	32	Sunddeild Stjórnunnar	27.00	28.50
6	Þorbergur Viðarsson	33	Sundfélag Akraness	29.00	28.59
7	Karl Georg Klein	34	Sundfélag Hafnarfjarðar	29.27	28.65
8	Magni Þór Samsonarson	33	Sundfélag Hafnarfjarðar	28.58	28.87
9	Árni Rúnar Árnason	30	Sundfélag Hafnarfjarðar	28.15	28.94
Grein 26 Karla/Male 35-39 50 Metra Skriðsund/Fritt					
1	Mats Norlin	38	Stockholms Kappsimmingsklubb	25.50	25.77
2	David Crukleton	37	Sunddeild KR	28.51	27.69
3	Arnþór Ragnarsson	35	Sundfélag Hafnarfjarðar	27.94	27.74
4	Theódór Ólafsson	38	Sundfélag Hafnarfjarðar	NT	28.10
5	Jóhann Björnsson	37	Íþróttabandalag Reykjanesbæjar	NT	28.33
6	Ásgeir Eiríkur Guðnason	39	Sundfélagið Ódinn	29.02	29.63
7	Ingi Arnvið Hansen	36	Sundfélagið Ódinn	28.90	30.72

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8 Hörður Oddfríðarson	39 Sundfélagið Ægir	NT	37.35
Grein 26 Karla/Male 40-44 50 Metra Skriðsund/Fritt			
1 Per Norlin	41 Stockholms Kappsimmingsklubb	26.70	27.41
2 Guðni Guðnason	41 Sundfélag Hafnarfjarðar	28.16	28.52
3 Jón Hugi Harðarson	40 Sundfélag Akraness	NT	28.70
4 Eiríkur Sigurðsson	41 Íþróttabandalag Reykjanesbæjar	NT	28.96
5 Grétar Guðnason	44 Sundfélag Hafnarfjarðar	29.05	30.02
6 Björn Starcke	40 Hermes	32.00	30.73
7 Kim Larsen	40 Nyköbing	31.11	32.01
8 Guðmundur Rafn Bjarnason	43 Sundfélag Hafnarfjarðar	NT	34.81
9 Haldor Gunnar Haldorson	40 Sunddeild KR	NT	37.73
Grein 26 Karla/Male 45-49 50 Metra Skriðsund/Fritt			
1 Halldór Kristiansen	47 Umsk	29.00	29.45
2 Seppo Hytönen	47 Swimming Jyväskylä	29.80	29.98
3 Einar Hauksson	45 Umsk	29.82	30.53
4 Þorgeir Sigurðsson	46 Umsk	34.05	33.41
5 Júlíus Ívarsson	47 Sundfélag Hafnarfjarðar	34.41	34.56
6 Pétur Böðvarsson	48 Sunddeild KR	NT	41.32
7 Björgvin Björgvinsson	48 Sundfélag Hafnarfjarðar	46.80	41.97
8 Jóhannes Benediktsson	46 Sunddeild KR	NT	48.79
Grein 26 Karla/Male 50-54 50 Metra Skriðsund/Fritt			
1 Hans Birgir Friðriksson	50 Tindastóll	29.44	29.62
2 Pétur Pétursson	50 Sunddeild Ármanns	30.99	31.07
3 Valgeir S. Kárason	52 Tindastóll	32.67	32.83
4 Jóhann B. Garðarsson	50 Sunddeild Ármanns	32.56	32.98
5 Ágúst Einarsson	50 Sunddeild Ármanns	35.01	33.78
6 Sigurður Haraldsson	50 Umsk	NT	36.55
Grein 26 Karla/Male 55-59 50 Metra Skriðsund/Fritt			
1 Risto Raitio	56 Poseidon	30.38	31.68
2 Ingimundur Ingimundarson	59 Ungmennasamband Borgarfjarðar	34.00	33.08
3 Gestur Jónsson	55 Sundfélagið Óðinn	35.00	35.65
Grein 26 Karla/Male 60-64 50 Metra Skriðsund/Fritt			
1 Einari Kirjavainen	61 Swimming Jyväskylä	29.36	30.26
2 Júlíus Júlíusson	61 Sundfélag Hafnarfjarðar	37.25	37.16
Grein 26 Karla/Male 75-79 50 Metra Skriðsund/Fritt			
1 Lansiharju Teuvo	75 Pihlavan Työväen Urheilijat ry	37.10	39.02
Grein 27 Kvenna/Female 19-24 50 Metra Skriðsund/Fritt			
1 Ása Þóra Guðmundsdóttir	24 Sundfélag Akraness	NT	35.91
2 Lára Dóra Valdimarsdóttir	24 Sundfélag Akraness	NT	36.64
Grein 27 Kvenna/Female 25-29 50 Metra Skriðsund/Fritt			
1 Guðrún Brynja Rúnarsdóttir	25 Sundfélag Hafnarfjarðar	NT	32.82
2 Berglind Júlía Valdimarsdótti	28 Sunddeild KR	NT	32.94
3 María Brockdorff	25 Nyköbing	35.21	34.29
4 Kristín S Harðardóttir	27 Sundfélag Hafnarfjarðar	NT	35.97
Grein 27 Kvenna/Female 30-34 50 Metra Skriðsund/Fritt			
1 Grith Sigsgaard	31 Brønderslev	30.50	30.88
2 María Alma Valdimarsdóttir	33 Hsh	NT	35.61
3 Guðrún Vaka Sigurðardóttir	30 Sundfélagið Óðinn	42.05	52.69
Grein 27 Kvenna/Female 35-39 50 Metra Skriðsund/Fritt			
1 Sari Luoto	36 Poseidon	34.17	35.86
2 Astrid Margrét Magnúsdóttir	39 Sundfélagið Óðinn	NT	38.09
3 Kristína Sigurðardóttir	36 Sundfélag Hafnarfjarðar	NT	39.12
4 Pauliina Melamies	35 Poseidon	40.80	42.64
5 Oddrún Halldóra Magnúsdótti	38 Sundfélagið Óðinn	NT	43.13

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Grein 27 Kvenna/Female 40-44 50 Metra Skriðsund/Fritt				
1	Kolbrún Ólafsdóttir	41	Sundfélag Hafnarfjarðar	32.86 33.64
2	Hanne Klausen	43	Korsör Svømmeklub	35.59 34.57
3	Birna Ólafsdóttir	40	Sundfélag Hafnarfjarðar	35.45 35.94
4	Unnur Karlsdóttir	43	Sundfélag Hafnarfjarðar	36.36 37.60
5	Bryndís Ólafsdóttir	42	Umsk	43.30 41.16
6	Vilborg Jóhannsdóttir	44	Sundfélagið Óðinn	38.72 45.56
7	Ásrún Vilbergsdóttir	42	Sundfélag Hafnarfjarðar	1:02.32 52.13
Grein 27 Kvenna/Female 45-49 50 Metra Skriðsund/Fritt				
1	Sigríður L. Sigurðardóttir	48	Sunddeild Ármanns	37.40 36.29
2	Pirkko Kiiski	49	Swimming Jyväskylä	37.62 38.76
3	Ann-Mari Tarkkanen	46	Poseidon	44.76 42.83
4	Guðný Einarsdóttir	47	Sundfélag Hafnarfjarðar	NT 48.08
5	Birna Björnsdóttir	46	Sunddeild KR	NT 48.61
Grein 27 Kvenna/Female 50-54 50 Metra Skriðsund/Fritt				
1	Berta Sveinbjarnardóttir	51	Ungmennasamband Borgarfjarðar	37.00 36.60
2	Hrafnhildur Kristjánsdóttir	52	Sunddeild Ármanns	37.84 37.47
3	Winnie Grönbech	50	Hermes	41.00 40.32
4	Elisabet Ingibergsdóttir	50	Sundfélag Hafnarfjarðar	NT 40.80
5	Ingibjörg Svala Ólafsdóttir	50	Sundfélag Hafnarfjarðar	41.95 41.03
Grein 27 Kvenna/Female 55-59 50 Metra Skriðsund/Fritt				
1	Judy Eriksson	57	Alleröd	38.00 38.34
2	Bente Sörensen	56	Korsör Svømmeklub	37.98 39.57
3	Jóhanna Jónsdótti	59	Umsk	NT 55.49
Grein 27 Kvenna/Female 60-64 50 Metra Skriðsund/Fritt				
1	Elisabeth Ketelsen	60	Lyngby svoemmeklub	37.33 37.90
Grein 27 Kvenna/Female 70-74 50 Metra Skriðsund/Fritt				
1	Grethe Bendtsen	73	Lyngby svoemmeklub	41.00 42.21
Grein 27 Kvenna/Female 80-84 50 Metra Skriðsund/Fritt				
1	Lisa Friis	80	Gi-40	58.44 57.63
Grein 28 MIXED 100-119 4x50 Metra Skriðsund/Fritt				
1	Sundfélag Hafnarfjarðar	A		NT 2:01.28
1) Heimir Örn Sveinsson 27 2) Kristín S Harðardóttir 27 3) Guðrún Brynja Rúnarsdóttir 2 4) Davíð Freyr Þórunnarson 25				
	26.76	36.09	32.83	25.60
Grein 28 MIXED 120-159 4x50 Metra Skriðsund/Fritt				
1	Nyköbing	A		2:10.26 2:09.99
1) Dorthe Mathiesen 36 2) Kim Larsen 40 3) Jesper Mortensen 25 4) Maria Brockdorff 25				
	36.42	31.94	27.14	34.49
2	Sundfélag Hafnarfjarðar	B		NT 2:15.91
1) Karl Georg Klein 34 2) Kristín Guðbrandsdóttir 29 4) Magni Þór Samsonarson 33				
	29.94	40.61	36.69	28.67
3	Sundfélag Hafnarfjarðar	A		NT 2:16.59
1) Hálfán Freyr Örnólfsson 30 2) Linda Björk Ólafsdóttir 35 3) Kristína Sigurðardóttir 36 4) Árni Rúnar Árnason 30				
	28.13	39.40	46.53	22.53
4	Sundfélagið Óðinn	C		NT 2:26.08
1) Telma Rikharðsdóttir 31 2) Guðrún Vaka Sigurðardóttir 3 3) Ásgeir Eiríkur Guðnason 39 4) Rúnar Gunnarsson 25				
	30.46	45.66	35.97	33.99
Grein 28 MIXED 160-199 4x50 Metra Skriðsund/Fritt				
1	Sundfélag Hafnarfjarðar	A		NT 2:07.76
1) Theódór Ólafsson 38 2) Birna Ólafsdóttir 40 3) Kolbrún Ólafsdóttir 41 4) Guðni Guðnason 41				

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	28.82	36.23	33.75	28.96			
2	Sundfélagið Óðinn				A	NT	2:21.87
	1) Oddrún Halldóra Magnúsdóttir		2) Astrid Margrét Magnúsdóttir		3) Tryggvi Ingason 30		4) Ingi
Arnvið Hansen 36							
	30.79	42.14	38.54	30.40			
3	Poseidon				A	2:21.00	2:24.65
	1) Sari Luoto 36		2) Pauliina Melamies 35		3) Raimo Hiltunen 57		4) Risto
Raitio 56							
	36.24	41.79	35.06	31.56			
4	Sundfélagið Óðinn				B	NT	2:24.89
	1) Wolfgang Frosti Sahr 45		2) Vilborg Jóhannsdóttir 44		3) Gestur Jónsson 55		4) Karen
Malmquist 42							
	29.93	29.33	34.42	51.21			
5	Sundfélag Hafnarfjarðar				B	NT	2:40.01
	1) Guðmundur Rafn Bjarnason 4		2) Ásrún Vilbergsdóttir 42		3) Elísabet Ingibergsdóttir 50		4) Júlíus
Ívarsson 47							
	34.66	51.43	40.13	33.79			
Grein 28 MIXED 200-239 4x50 Metra Skriðsund/Fritt							
1	Sundfélag Hafnarfjarðar				A	NT	2:15.75
	1) Grétar Guðnason 44		2) Camilla Rainer Daniels 57		3) Ingibjörg Svala Ólafsdóttir 50		4) Guðjón
Guðnason 49							
	30.60	39.31	35.45	30.39			
2	Sunddeild Ármanns				A	NT	2:19.32
	1) Jóhann B. Garðarsson 50		2) Hrafnhildur Kristjánsdóttir 52		3) Sigríður L. Sigurðardóttir 48		4) Pétur
Pétursson 50							
	33.36	38.21	36.82	30.93			
3	Ungmennasamband Borgarfja				A	2:30.00	2:28.48
	1) Berta Sveinbjarnardóttir 51		2) Sigvaldi Ingimundarson 59		3) Guðmunda Ólöf Jónasdóttir 5		4)
Ingimundur Ingimundarson 59							
	36.48	41.80	36.66	33.54			
4	Swimming Jvváskylá				A	NT	2:33.82
	1) Seppo Hytönen 47		2) Pirjo-Leena Pitkänen 58		3) Pirkko Kiiski 49		4) Einari
Kirjavainen 61							
	30.60	52.92	38.66	31.64			