



Afrekaskrá UMFN

Grein	Methafi í 25m		Tími	Dags	Methafi í 50m		Tími	Dags
Konur								
25 Skrið	Sunneva Dögg Friðriksdóttir	NJD	00:13.81	15.03.2016	Sunneva Dögg Friðriksdóttir	NJD	00:27.85	13.02.2016
50 Skrið	Erla Dögg Haraldsdóttir	NJD	00:27.16	15.11.2007	Sunneva Dögg Friðriksdóttir	NJD	00:59.33	12.04.2015
100 Skrið	Sunneva Dögg Friðriksdóttir	NJD	00:57.65	21.11.2015	Sunneva Dögg Friðriksdóttir	NJD	02:05.27	24.4.2016
200 Skrið	Sunneva Dögg Friðriksdóttir	NJD	02:01.69	11.12.2015	Sunneva Dögg Friðriksdóttir	NJD	04:20.66	22.4.2016
400 Skrið	Sunneva Dögg Friðriksdóttir	NJD	04:14.60	13.11.2015	Sunneva Dögg Friðriksdóttir	NJD	09:11.90	23.6.2015
800 Skrið	Sunneva Dögg Friðriksdóttir	NJD	08:55.57	14.11.2014	Sunneva Dögg Friðriksdóttir	NJD	17:34.44	12.4.2015
1500 Skrið	Sunneva Dögg Friðriksdóttir	NJD	17:12.86	14.11.2014				
25 Bak	Eydis Ósk Kolbeinsdóttir	NJD	00:15.34	15.03.2016				
50 Bak	Eydis Ósk Kolbeinsdóttir	NJD	00:30.99	24.09.2016	Erla Dögg Haraldsdóttir	NJD	00:32.80	23.2.2007
100 Bak	Eydis Ósk Kolbeinsdóttir	NJD	01:05.84	25.09.2016	Sunneva Dögg Friðriksdóttir	NJD	01:11.44	9.5.2015
200 Bak	Sunneva Dögg Friðriksdóttir	NJD	02:20.71	24.09.2016	Eydis Ósk Kolbeinsdóttir	NJD	02:28.43	12.4.2015
25 Bringa	Karen Mist Arngeldsdóttir	NJD	00:16.77	25.11.2015				
50 Bringa	Erla Dögg Haraldsdóttir	NJD	00:31.26	19.11.2009	Erla Dögg Haraldsdóttir	NJD	00:31.96	7.4.2011
100 Bringa	Erla Dögg Haraldsdóttir	NJD	01:08.58	19.6.2008	Erla Dögg Haraldsdóttir	NJD	01:10.66	14.6.2008
200 Bringa	Erla Dögg Haraldsdóttir	NJD	02:26.83	16.5.2008	Erla Dögg Haraldsdóttir	NJD	02:32.49	14.6.2008
25 Flug	Sunneva Dögg Friðriksdóttir	NJD	00:14.63	15.03.2016				
50 Flug	Erla Dögg Haraldsdóttir	NJD	00:28.36	15.11.2007	Erla Dögg Haraldsdóttir	NJD	00:28.33	7.4.2011
100 Flug	Erla Dögg Haraldsdóttir	NJD	01:02.42	19.4.2008	Erla Dögg Haraldsdóttir	NJD	01:02.65	12.5.2012
200 Flug	Erla Dögg Haraldsdóttir	NJD	02:18.22	12.10.2007	Erla Dögg Haraldsdóttir	NJD	02:18.79	3.4.2008
100 Fjór	Erla Dögg Haraldsdóttir	NJD	01:01.77	19.11.2009				
200 Fjór	Erla Dögg Haraldsdóttir	NJD	02:15.32	19.11.2009	Erla Dögg Haraldsdóttir	NJD	02:18.45	7.4.2011
400 Fjór	Erla Dögg Haraldsdóttir	NJD	04:52.56	13.3.2008	Erla Dögg Haraldsdóttir	NJD	05:04.50	4.7.2008

Stúlkur (15 - 17)								
25 Skrið		Sunneva Dögg Friðriksdóttir	NJD	00:13.81	15.03.2016			
50 Skrið		Sunneva Dögg Robertson	NJD	00:27.27	01.12.2016			
100 Skrið		Sunneva Dögg Friðriksdóttir	NJD	00:57.65	21.11.2015			
200 Skrið		Sunneva Dögg Friðriksdóttir	NJD	02:01.69	11.12.2015			
400 Skrið		Sunneva Dögg Friðriksdóttir	NJD	04:14.60	13.11.2015			
800 Skrið		Sunneva Dögg Friðriksdóttir	NJD	08:55.57	14.11.2014			
1500 Skrið		Sunneva Dögg Friðriksdóttir	NJD	17:12.86	14.11.2014			
25 Bak		Eydis Ósk Kolbeinsdóttir	NJD	00:15.34	15.03.2016			
50 Bak		Eydis Ósk Kolbeinsdóttir	NJD	00:30.99	24.09.2016			
100 Bak		Eydis Ósk Kolbeinsdóttir	NJD	01:05.84	25.09.2016			
200 Bak		Sunneva Dögg Friðriksdóttir	NJD	02:20.71	24.09.2016			
25 Bringa		Karen Mist Arngeldsdóttir	NJD	00:16.77	25.11.2015			
50 Bringa		Erla Dögg Haraldsdóttir	NJD	00:33.00	29.12.2004			
100 Bringa		Erla Dögg Haraldsdóttir	NJD	01:11.62	19.3.2004			
200 Bringa		Erla Dögg Haraldsdóttir	NJD	02:32.90	19.3.2004			
25 Flug		Sunneva Dögg Friðriksdóttir	NJD	00:14.63	15.03.2016			
50 Flug		Erla Dögg Haraldsdóttir	NJD	00:29.63	27.2.2004			
100 Flug		Erla Dögg Haraldsdóttir	NJD	01:04.15	25.6.2004			
200 Flug		Sunneva Dögg Robertson	NJD	02:21.68	29.10.2016			
100 Fjór		Erla Dögg Haraldsdóttir	NJD	01:06.00	12.7.2005			
200 Fjór		Erla Dögg Haraldsdóttir	NJD	02:19.13	19.3.2004			
400 Fjór		Sunneva Dögg Robertson	NJD	04:53.38	10.12.2016			

Telpur (13 & 14)								
25 Skrið		Sunneva Dögg Friðriksdóttir	NJD	00:14.63	11.12.2013			
50 Skrið		Erla Dögg Haraldsdóttir	NJD	00:28.34	2.11.2002			
100 Skrið		Sunneva Dögg Friðriksdóttir	NJD	01:00.23	13.12.2013			
200 Skrið		Eydis Ósk Kolbeinsdóttir	NJD	02:07.61	14.11.2014			
400 Skrið		Sunneva Dögg Friðriksdóttir	NJD	04:24.62	22.11.2013			
800 Skrið		Sunneva Dögg Friðriksdóttir	NJD	09:03.01	29.11.2013			
1500 Skrið		Sunneva Dögg Friðriksdóttir	NJD	17:16.94	22.11.2013			
25 Bak		Eydis Ósk Kolbeinsdóttir	NJD	00:17.18	9.12.2014			
50 Bak		Eydis Ósk Kolbeinsdóttir	NJD	00:32.56	26.9.2014			
100 Bak		Eydis Ósk Kolbeinsdóttir	NJD	01:07.68	13.6.2014			
200 Bak		Eydis Ósk Kolbeinsdóttir	NJD	02:22.82	14.11.2014			
25 Bringa		Karen Mist Arngeldsdóttir	NJD	00:17.65	2.4.2014			
50 Bringa		Karen Mist Arngeldsdóttir	NJD	00:33.54	26.9.2014			
100 Bringa		Karen Mist Arngeldsdóttir	NJD	01:11.91	14.11.2014			
200 Bringa		Erla Dögg Haraldsdóttir	NJD	02:37.53	7.12.2002			
25 Flug		Sandra Ósk Elíasdóttir	NJD	00:15.55	11.12.2013			
50 Flug		Eydis Ósk Kolbeinsdóttir	NJD	00:30.99	26.9.2014			
100 Flug		Gunnhildur Björg Baldursdóttir	NJD	01:07.94	10.10.2014			
200 Flug		Gunnhildur Björg Baldursdóttir	NJD	02:24.13	14.11.2014			
100 Fjór		Erla Dögg Haraldsdóttir	NJD	01:08.91	5.10.2002			
200 Fjór		Eydis Ósk Kolbeinsdóttir	NJD	02:23.82	10.10.2014			
400 Fjór		Eydis Ósk Kolbeinsdóttir	NJD	05:00.29	12.12.2014			

Meyjar (11 & 12)								
25 Skrið		Eydis Ósk Kolbeinsdóttir	NJD	00:15.35	5.12.2012			
50 Skrið		Erla Dögg Haraldsdóttir	NJD	00:29.97	2000			
100 Skrið		Erla Dögg Haraldsdóttir	NJD	01:06.80	2000			
200 Skrið		Eydis Ósk Kolbeinsdóttir	NJD	02:22.04	28.9.2012			
400 Skrið		Eydis Ósk Kolbeinsdóttir	NJD	04:54.73	7.12.2012			
800 Skrið		Eydis Ósk Kolbeinsdóttir	NJD	09:56.81	16.11.2012			
1500 Skrið		Anika Mjöll Júlíusdóttir	NJD	18:18.56	13.12.2012			
25 Bak		Eydis Ósk Kolbeinsdóttir	NJD	00:17.31	5.12.2012			
50 Bak		Anika Mjöll Júlíusdóttir	NJD	00:34.86	2.11.2013			
100 Bak		Eydis Ósk Kolbeinsdóttir	NJD	01:13.70	7.12.2012			
200 Bak		Eydis Ósk Kolbeinsdóttir	NJD	02:38.78	5.10.2012			
25 Bringa		Karen Mist Arngeldsdóttir	NJD	00:18.89	5.12.2012			
50 Bringa		Erla Dögg Haraldsdóttir	NJD	00:36.24	14.12.2000			
100 Bringa		Erla Dögg Haraldsdóttir	NJD	01:20.17	2000			
200 Bringa		Karen Mist Arngeldsdóttir	NJD	02:52.30	16.11.2012			
25 Flug		Eydis Ósk Kolbeinsdóttir	NJD	00:16.14	5.12.2012			
50 Flug		Eydis Ósk Kolbeinsdóttir	NJD	00:34.48	7.12.2012			
100 Flug		Sólveig María Baldursdóttir	NJD	01:16.25	01.10.2016			
200 Flug		Sólveig María Baldursdóttir	NJD	02:44.83	29.10.2016			
100 Fjór		Erla Dögg Haraldsdóttir	NJD	01:12.65	2000			
200 Fjór		Anika Mjöll Júlíusdóttir	NJD	02:40.53	13.12.2013			
400 Fjór		Eydis Ósk Kolbeinsdóttir	NJD	05:22.60	7.12.2012			

Hnátur (9 & 10)								
25 Skrið		Thelma Lind Einarsdóttir	NJD	00:16.83	25.11.2015			
50 Skrið		Eydis Konráðsdóttir	NJD	00:33.26	22.7.1988			
100 Skrið		Briet Björk Hauksdóttir	NJD	01:22.18	25.09.2016			
200 Skrið		Bergþóra Sif Árnadóttir	NJD	02:47.32	15.12.2015			
400 Skrið		Briet Björk Hauksdóttir	NJD	06:10.81	07.05.2016			
800 Skrið		Ísól Hanna Guðmundsdóttir	NJD	13:10.19	18.11.2011			
1500 Skrið		Anika Mjöll Júlíusdóttir	NJD	25:27.34	18.11.2011			
25 Bak		Birgitta Rún Vignisdóttir	NJD	00:20.06	5.12.2012			
50 Bak		Thelma Lind Einarsdóttir	NJD	00:41.57	29.11.2015			
100 Bak		Thelma Lind Einarsdóttir	NJD	01:28.52	15.12.2015			
200 Bak		Thelma Lind Einarsdóttir	NJD	03:06.90	15.12.2015			
25 Bringa		Birgitta Rún Vignisdóttir	NJD	00:22.59	5.12.2012			
50 Bringa		Eydis Konráðsdóttir	NJD	00:46.57	22.7.1988			
100 Bringa		Briet Björk Hauksdóttir	NJD	01:41.27	24.06.2016			
200 Bringa		Briet Björk Hauksdóttir	NJD	03:35.92	25.09.2016			
25 Flug		Birgitta Rún Vignisdóttir	NJD	00:19.54	5.12.2012			
50 Flug		Eydis Konráðsdóttir	NJD	00:38.97	22.7.1988			
100 Flug		Þórdís María Aðalsteinsdóttir	NJD	01:38.98	13.12.2013			
200 Flug		Anika Mjöll Júlíusdóttir	NJD	03:46.15	7.12.2011			
100 Fjór		Bergþóra Sif Árnadóttir	NJD	01:34.20	29.11.2015			
200 Fjór		Briet Björk Hauksdóttir	NJD	03:18.05	30.10.2016			
400 Fjór		Anika Mjöll Júlíusdóttir	NJD	07:05.28	25.11.2011			

Snótir (8 & U)								
25 Skrið		Bergþóra Sif Árnadóttir	NJD	00:20.38	11.12.2013			
50 Skrið		Katla María Riley	NJD	00:47.96	27.3.2015			
100 Skrið		Katla María Riley	NJD	01:45.01	15.12.2015			
200 Skrið		Bergþóra Sif Árnadóttir	NJD	03:58.34	13.12.2013			
400 Skrið		Briet Björk Hauksdóttir	NJD	08:10.12	5.12.2014			
1500 Skrið								
25 Bak		Katla María Brynjarsdóttir	NJD	00:24.43	8.5.2015			
50 Bak		Katla María Brynjarsdóttir	NJD	00:56.07	9.5.2015			
100 Bak		Katla María Brynjarsdóttir	NJD	01:56.36	9.5.2015			
200 Bak		Briet Björk Hauksdóttir	NJD	04:16.58	17.12.2014			
25 Bringa		Sólveig María Baldursdóttir	NJD	00:29.01	5.12.2012			
50 Bringa		Sólveig María Baldursdóttir	NJD	01:03.89	7.12.2012			
100 Bringa		Una María Unnarsdóttir	NJD	02:01.02	2001			
200 Bringa		Una María Unnarsdóttir	NJD	04:06.35	2001			
25 Flug		Katla María Riley	NJD	00:25.37	25.11.2015			
50 Flug		Katla María Riley	NJD	00:58.20	15.12.2015			
100 Flug		Katla María Riley	NJD	02:07.60	15.12.2015			
200 Flug								
100 Fjór		Elisabeth Matthíasdóttir	NJD	01:55.80	2001			
200 Fjór		Briet Björk Hauksdóttir	NJD	04:18.46	17.12.2014			
400 Fjór								

Íslands Met
ÍRB Met
2015+
2010+
2000-2009
1999-