



Afrefekaskrá ÍRB

Grein	Methafi í 25m	Tími	Dags	Methafi í 50m	Tími	Dags
Konur						
25 Skríð	Eva Margrét Falsdóttir	NJD 00:13,26	29.11.2022			
50 Skríð	Sunneva Dögg Robertson	NJD 00:27,10	17.11.2017	Sunneva Dögg Fríriksdóttir	NJD 00:27,85	13.2.2016
100 Skríð	Sunneva Dögg Fríriksdóttir	NJD 00:57,65	21.11.2015	Sunneva Dögg Fríriksdóttir	NJD 00:59,33	12.4.2015
200 Skríð	Sunneva Dögg Fríriksdóttir	NJD 02:01,69	11.12.2015	Sunneva Dögg Fríriksdóttir	NJD 02:05,27	24.4.2016
400 Skríð	Sunneva Dögg Fríriksdóttir	NJD 04:14,60	13.11.2015	Sunneva Dögg Fríriksdóttir	NJD 04:20,66	22.4.2016
800 Skríð	Sunneva Dögg Fríriksdóttir	NJD 08:55,57	14.11.2014	Sunneva Dögg Fríriksdóttir	NJD 09:11,90	23.6.2015
1500 Skríð	Sunneva Dögg Fríriksdóttir	NJD 17:12,86	14.11.2014	Eydis Ósk Kolbeinsdóttir	NJD 17:34,44	12.4.2015
25 Bak	Eydis Ósk Kolbeinsdóttir	NJD 00:15,34	15.03.2016			
50 Bak	Íris Ósk Hilmarsdóttir	KEF 00:29,95	22.11.2013	Íris Ósk Hilmarsdóttir	KEF 00:30,93	15.6.2013
100 Bak	Íris Ósk Hilmarsdóttir	KEF 01:03,11	22.11.2013	Íris Ósk Hilmarsdóttir	KEF 01:06,29	11.4.2014
200 Bak	Íris Ósk Hilmarsdóttir	KEF 02:14,18	14.12.2012	Íris Ósk Hilmarsdóttir	KEF 02:19,85	15.6.2013
25 Bringa	Karen Mist Amgeirsdóttir	NJD 00:16,49	29.03.2017			
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	Eydis Ósk Kolbeinsdóttir	NJD 00:13,91	11.04.2019			
50 Flug	Eydis Konráðsdóttir	KEF 00:28,22	25.11.1995	Eydis Konráðsdóttir	KEF 00:28,25	3.7.2000
100 Flug	Eydis Konráðsdóttir	KEF 01:02,25	19.3.1996	Erla Dögg Haraldsdóttir	KEF 01:02,65	12.5.2013
200 Flug	Jóhanna Júlía Júlíusdóttir	KEF 02:16,90	21.5.2012	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	Eva Margrét Falsdóttir	KEF 04:52,34	18.12.2021	Ólöf Edda Eðvarðsdóttir	KEF 05:02,33	15.6.2013
Stúlkur (15 - 17)						
25 Skríð	Eva Margrét Falsdóttir	NJD 00:13,26	29.11.2022			
50 Skríð	Sunneva Dögg Robertson	NJD 00:27,27	1.12.2016	Sunneva Dögg Fríriksdóttir	NJD 00:27,85	13.2.2016
100 Skríð	Sunneva Dögg Fríriksdóttir	NJD 00:57,65	21.11.2015	Sunneva Dögg Fríriksdóttir	NJD 00:59,33	12.4.2015
200 Skríð	Sunneva Dögg Fríriksdóttir	NJD 02:01,69	11.12.2015	Sunneva Dögg Fríriksdóttir	NJD 02:05,27	24.4.2016
400 Skríð	Sunneva Dögg Fríriksdóttir	NJD 04:14,60	13.11.2015	Sunneva Dögg Fríriksdóttir	NJD 04:20,66	22.4.2016
800 Skríð	Sunneva Dögg Fríriksdóttir	NJD 08:55,57	14.11.2014	Sunneva Dögg Fríriksdóttir	NJD 09:11,90	23.6.2015
1500 Skríð	Sunneva Dögg Fríriksdóttir	NJD 17:12,86	14.11.2014	Eydis Ósk Kolbeinsdóttir	NJD 17:34,44	12.4.2015
25 Bak	Eydis Ósk Kolbeinsdóttir	NJD 00:15,34	15.03.2016			
50 Bak	Íris Ósk Hilmarsdóttir	KEF 00:29,95	22.11.2013	Íris Ósk Hilmarsdóttir	KEF 00:30,93	15.6.2013
100 Bak	Íris Ósk Hilmarsdóttir	KEF 01:03,11	22.11.2013	Íris Ósk Hilmarsdóttir	KEF 01:06,29	11.4.2014
200 Bak	Íris Ósk Hilmarsdóttir	KEF 02:14,18	14.12.2012	Íris Ósk Hilmarsdóttir	KEF 02:19,85	15.6.2013
25 Bringa	Karen Mist Amgeirsdóttir	NJD 00:16,49	29.03.2017			
50 Bringa	Eva Margrét Falsdóttir	KEF 00:32,98	14.11.2021	Erla Dögg Haraldsdóttir	NJD 00:34,00	18.2.2005
100 Bringa	Karen Mist Amgeirsdóttir	NJD 01:11,07	19.12.2017	Íris Edda Heimisdóttir	KEF 01:13,42	20.5.2000
200 Bringa	Eva Margrét Falsdóttir	KEF 02:31,98	09.11.2019	Íris Edda Heimisdóttir	KEF 02:35,80	20.05.2000
25 Flug	Eva Margrét Falsdóttir	KEF 00:14,33	22.03.2021			
50 Flug	Eydis Konráðsdóttir	KEF 00:28,22	25.11.1995	Erla Dögg Haraldsdóttir	NJD 00:29,66	18.2.2005
100 Flug	Eydis Konráðsdóttir	KEF 01:02,48	25.11.1995	Eydis Konráðsdóttir	KEF 01:03,87	23.8.1995
200 Flug	Jóhanna Júlía Júlíusdóttir	KEF 04:16,90	21.5.2012	Jóhanna Júlía Júlíusdóttir/Gunnhildur Björk Baldursson	KEF 04:22,58	2.4.2012/09.04.2017
100 Fjór	Eva Margrét Falsdóttir	KEF 01:05,06	12.11.2021			
200 Fjór	Eva Margrét Falsdóttir	KEF 02:17,44	05.12.2021	Eva Margrét Falsdóttir	KEF 02:22,44	11.4.2021
400 Fjór	Eva Margrét Falsdóttir	KEF 04:52,34	18.12.2021	Ólöf Edda Eðvarðsdóttir	KEF 05:02,33	15.6.2013
Telpur (13 & 14)						
25 Skríð	Eva Margrét Falsdóttir	KEF 00:14,02	11.04.2019			
50 Skríð	Soffía Klemenzdóttir	KEF 00:27,56	15.11.2007	Soffía Klemenzdóttir	KEF 00:28,37	10.2.2007
100 Skríð	Soffía Klemenzdóttir	KEF 00:59,34	23.9.2007	Soffía Klemenzdóttir	KEF 01:00,97	16.3.2007
200 Skríð	Eydis Ósk Kolbeinsdóttir	NJD 00:57,61	14.11.2014	Sunneva Dögg Fríriksdóttir	NJD 02:12,12	9.11.2013
400 Skríð	Sunneva Dögg Fríriksdóttir	NJD 04:24,52	22.11.2013	Sunneva Dögg Fríriksdóttir	NJD 04:35,94	14.12.2013
800 Skríð	Sunneva Dögg Fríriksdóttir	NJD 09:03,01	29.11.2013	Eydis Ósk Kolbeinsdóttir	NJD 09:21,24	11.4.2014
1500 Skríð	Sunneva Dögg Fríriksdóttir	NJD 17:12,86	14.11.2014	Eydis Ósk Kolbeinsdóttir	NJD 17:48,38	11.4.2014
25 Bak	Íris Ósk Hilmarsdóttir	KEF 00:15,83	5.12.2012			
50 Bak	Íris Ósk Hilmarsdóttir	KEF 00:30,44	14.12.2012	Íris Ósk Hilmarsdóttir	KEF 00:31,26	8.12.2012
100 Bak	Íris Ósk Hilmarsdóttir	KEF 01:03,90	16.11.2012	Íris Ósk Hilmarsdóttir	KEF 01:06,88	8.12.2012
200 Bak	Íris Ósk Hilmarsdóttir	KEF 02:14,18	14.12.2012	Íris Ósk Hilmarsdóttir	KEF 02:23,22	7.7.2012
25 Bringa	Karen Mist Amgeirsdóttir	NJD 00:17,43	11.04.2021			
50 Bringa	Karen Mist Amgeirsdóttir	NJD 00:33,54	26.9.2014	Karen Mist Amgeirsdóttir	NJD 00:34,66	12.7.2014
100 Bringa	Karen Mist Amgeirsdóttir	NJD 01:11,91	14.11.2014	Eva Margrét Falsdóttir	KEF 01:14,93	05.04.2019
200 Bringa	Eva Margrét Falsdóttir	KEF 02:31,68	09.11.2019	Eva Margrét Falsdóttir	KEF 02:36,69	07.04.2019
25 Flug	Elisabet Arnóddsdóttir	KEF 00:14,68	29.11.2022			
50 Flug	Elisabet Arnóddsdóttir	KEF 00:29,22	20.11.2022	Elisabet Arnóddsdóttir	KEF 00:29,38	11.02.2023
100 Flug	Ólöf Edda Eðvarðsdóttir	KEF 01:05,71	23.6.2011	Elisabet Arnóddsdóttir	KEF 01:07,60	12.3.2023
200 Flug	Ólöf Edda Eðvarðsdóttir	KEF 02:20,75	25.11.2011	Ólöf Edda Eðvarðsdóttir	KEF 02:24,80	25.7.2011
100 Fjór	Soffía Klemenzdóttir	KEF 01:07,60	15.11.2007			
200 Fjór	Ólöf Edda Eðvarðsdóttir	KEF 02:21,87	9.12.2011	Eva Margrét Falsdóttir	KEF 02:26,61	06.04.2019
400 Fjór	Ólöf Edda Eðvarðsdóttir	KEF 04:53,67	9.12.2011	Ólöf Edda Eðvarðsdóttir	KEF 05:04,19	7.4.2011
Meyjar (11 & 12)						
25 Skríð	Eva Margrét Falsdóttir	KEF 00:14,59	29.11.2017			
50 Skríð	Elisabet Arnóddsdóttir	KEF 00:29,00	04.12.2021	Soffía Klemenzdóttir	KEF 00:30,75	18.3.2005
100 Skríð	Soffía Klemenzdóttir	KEF 01:04,02	18.11.2005	Stefanía Sigurpórsdóttir	KEF 01:05,08	14.12.2013
200 Skríð	Stefanía Sigurpórsdóttir	KEF 02:16,04	7.12.2013	Stefanía Sigurpórsdóttir	KEF 02:19,45	14.12.2013
400 Skríð	Stefanía Sigurpórsdóttir	KEF 04:39,08	26.11.2013	Stefanía Sigurpórsdóttir	KEF 04:50,01	14.12.2013
800 Skríð	Stefanía Sigurpórsdóttir	KEF 09:33,04	29.11.2013	Stefanía Sigurpórsdóttir	KEF 10:11,89	14.12.2013
1500 Skríð	Stefanía Sigurpórsdóttir	KEF 18:31,29	13.12.2013	Stefanía Sigurpórsdóttir	KEF 19:30,89	14.12.2013
25 Bak	Jóhanna Matthea Jóhannessdóttir	KEF 00:16,53	11.12.2013			
50 Bak	Elisabet Arnóddsdóttir	KEF 00:33,31	05.12.2021	Elisabet Arnóddsdóttir	KEF 00:35,84	16.12.2021
100 Bak	Elisabet Arnóddsdóttir	KEF 01:11,97	25.09.2021	Eva Margrét Falsdóttir	KEF 01:16,69	20.12.2017
200 Bak	Elisabet Arnóddsdóttir	KEF 02:32,48	15.12.2021	Jóhanna Júlía Júlíusdóttir	KEF 02:44,09	3.4.2008
25 Bringa	Jóhanna Matthea Jóhannessdóttir	KEF 00:17,97	11.12.2013			
50 Bringa	Eva Margrét Falsdóttir	KEF 00:36,13	19.12.2017	Eva Margrét Falsdóttir	KEF 00:37,58	20.12.2017
100 Bringa	Ólöf Edda Eðvarðsdóttir	KEF 01:17,05	19.11.2009	Eva Margrét Falsdóttir	KEF 01:22,89	7.4.2017
200 Bringa	Ólöf Edda Eðvarðsdóttir	KEF 02:44,39	19.11.2009	Ólöf Edda Eðvarðsdóttir	KEF 02:52,21	25.4.2009
25 Flug	Díliá Rún Ivarsdóttir	KEF 00:15,65	9.12.2014			
50 Flug	Elisabet Arnóddsdóttir	KEF 00:30,40	04.12.2021	Elisabet Arnóddsdóttir	KEF 00:31,68	16.12.2021
100 Flug	Elisabet Arnóddsdóttir	KEF 01:09,39	18.12.2021	Elisabet Arnóddsdóttir	KEF 01:12,96	16.12.2021
200 Flug	Elisabet Arnóddsdóttir	KEF 02:33,07	15.12.2021	Elisabet Arnóddsdóttir	KEF 02:42,22	16.12.2021
100 Fjór	Eva Margrét Falsdóttir	KEF 01:11,00	19.12.2017			
200 Fjór	Ólöf Edda Eðvarðsdóttir	KEF 02:32,05	19.11.2009	Stefanía Sigurpórsdóttir	KEF 02:37,43	14.12.2013
400 Fjór	Stefanía Sigurpórsdóttir	KEF 05:13,93	29.11.2013	Stefanía Sigurpórsdóttir	KEF 05:32,92	14.12.2013
Hnátur (9 & 10)						
25 Skríð	Eva Margrét Falsdóttir	KEF 00:16,04	25.11.2015			
50 Skríð	Eva Margrét Falsdóttir	KEF 00:33,19	25.6.2015	Eva Margrét Falsdóttir	KEF 00:35,20	15.2.2015
100 Skríð	Eva Margrét Falsdóttir	KEF 01:12,63	27.3.2015	Eva Margrét Falsdóttir	KEF 01:19,67	15.2.2015
200 Skríð	Eva Margrét Falsdóttir	KEF 02:37,30	25.9.2015	Eva Margrét Falsdóttir	KEF 02:45,41	15.2.2015
400 Skríð	Ólöf Edda Eðvarðsdóttir	KEF 05:35,34	28.6.2007	Stefanía Ósk Halldórsdóttir	KEF 05:53,71	15.12.2016
800 Skríð	Katla María Brynjarsdóttir	NJD 11:24,08	19.12.2017	Eva Margrét Falsdóttir	KEF 11:54,56	7.2.2015
1500 Skríð	Eva Margrét Falsdóttir	KEF 21:22,74	15.12.2015	Stefanía Sigurpórsdóttir	KEF 23:15,41	3.12.2011
25 Bak	Elisabet Arnóddsdóttir	KEF 00:18,23	11.04.2019			
50 Bak	Eva Margrét Falsdóttir	KEF 00:39,62	15.7.2015	Eva Margrét Falsdóttir	KEF 00:41,04	6.12.2014
100 Bak	Eva Margrét Falsdóttir	KEF 01:20,48	28.11.2015	Eva Margrét Falsdóttir	KEF 01:23,79	16.12.2015
200 Bak	Eva Margrét Falsdóttir	KEF 02:53,19	15.7.2015	Eva Margrét Falsdóttir	KEF 03:08,62	6.12.2014
25 Bringa	Eva Margrét Falsdóttir	KEF 00:20,05	25.3.2015			
50 Bringa	Eva Margrét Falsdóttir	KEF 00:40,05	15.12.2015	Eva Margrét Falsdóttir	KEF 00:43,88	15.2.2015
100 Bringa	Eva Margrét Falsdóttir	KEF 01:31,62	2.10.2015	Eva Margrét Falsdóttir	KEF 01:34,95	16.7.2015
200 Bringa	Eva Margrét Falsdóttir	KEF 03:10,88	31.10.2015	Eva Margrét Falsdóttir	KEF 03:18,95	16.7.2015
25 Flug	Eva Margrét Falsdóttir	KEF 00:17,01	25.11.2015			
50 Flug	Eva Margrét Falsdóttir	KEF 00:36,36	2.10.2015	Eva Margrét Falsdóttir	KEF 00:39,75	15.2.2015
100 Flug	Eva Margrét Falsdóttir	KEF 01:24,31	31.10.2015	Eva Margrét Falsdóttir	KEF 01:33,72	16.12.2015
200 Flug	Elisabet Arnóddsdóttir	KEF 03:17,98	13.12.2019	Eva Margrét Falsdóttir	KEF 03:14,00	16.12.2015
100 Fjór	Eva Margrét Falsdóttir	KEF 01:20,99	25.9.2015			
200 Fjór	Eva Margrét Falsdóttir	KEF 02:50,08	28.11.2015	Eva Margrét Falsdóttir	KEF 02:57,84	16.7.2015
400 Fjór	Eva Margrét Falsdóttir	KEF 06:10,99	9.5.2015	Eva Margrét Falsdóttir	KEF 06:13,20	16.12.2015
Snóttir (8 & U)						
25 Skríð	Eva Margrét Falsdóttir	KEF 00:18,33	11.12.2013			</