



# Afrefaskrá ÍRB

## Grein Methafi í 25m Tími Dags Methafi í 50m Tími Dags

Konur								
25 Skrið	Eva Margrét Falsdóttir	NJD	00:13,26	29.11.2022				
50 Skrið	Sunneva Dögg Robertson	NJD	00:27,10	17.11.2017	Sunneva Dögg Friðriksdóttir	NJD	00:27,85	13.2.2016
100 Skrið	Sunneva Dögg Friðriksdóttir	NJD	00:57,65	21.11.2015	Sunneva Dögg Friðriksdóttir	NJD	00:59,33	12.4.2015
200 Skrið	Sunneva Dögg Friðriksdóttir	NJD	02:01,69	11.12.2015	Sunneva Dögg Friðriksdóttir	NJD	02:05,27	24.4.2016
400 Skrið	Sunneva Dögg Friðriksdóttir	NJD	04:14,60	13.11.2015	Sunneva Dögg Friðriksdóttir	NJD	04:20,66	22.4.2016
800 Skrið	Sunneva Dögg Friðriksdóttir	NJD	08:55,57	14.11.2014	Sunneva Dögg Friðriksdóttir	NJD	09:11,90	23.6.2015
1500 Skrið	Sunneva Dögg Friðriksdóttir	NJD	17:12,86	14.11.2014	Eydís Ósk Kolbeinsdóttir	NJD	17:34,44	12.4.2015
25 Bak	Eydís 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	Eydís Ósk Kolbeinsdóttir	NJD	00:13,91	11.04.2019				
50 Flug	Eydís Ósk Kolbeinsdóttir	KEF	00:28,22	25.11.1995	Eydís Ósk Kolbeinsdóttir	KEF	00:28,25	3.7.2000
100 Flug	Eydís Ósk Kolbeinsdóttir	KEF	01:02,25	19.3.1996	Erla Dögg Haraldsdóttir	NJD	01:02,65	12.5.2012
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	Ólóf Edda Eðvarðsdóttir	KEF	05:02,33	15.6.2013

## Stúlkur (15 - 18)

25 Skrið	Eva Margrét Falsdóttir	NJD	00:13,26	29.11.2022				
50 Skrið	Sunneva Dögg Robertson	NJD	00:27,27	1.12.2016	Sunneva Dögg Friðriksdóttir	NJD	00:27,85	13.2.2016
100 Skrið	Sunneva Dögg Friðriksdóttir	NJD	00:57,65	21.11.2015	Sunneva Dögg Friðriksdóttir	NJD	00:59,33	11.4.2015
200 Skrið	Sunneva Dögg Friðriksdóttir	NJD	02:01,69	11.12.2015	Sunneva Dögg Friðriksdóttir	NJD	02:05,27	24.4.2016
400 Skrið	Sunneva Dögg Friðriksdóttir	NJD	04:14,60	13.11.2015	Sunneva Dögg Friðriksdóttir	NJD	04:20,66	22.4.2016
800 Skrið	Sunneva Dögg Friðriksdóttir	NJD	08:55,57	14.11.2014	Sunneva Dögg Friðriksdóttir	NJD	09:11,90	23.6.2015
1500 Skrið	Sunneva Dögg Friðriksdóttir	NJD	17:12,86	14.11.2014	Eydís Ósk Kolbeinsdóttir	NJD	17:34,44	12.4.2015
25 Bak	Eydís 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	02:14,27	22.11.2013	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	Erla Dögg Haraldsdóttir	NJD	01:13,42	20.5.2000
200 Bringa	Eva Margrét Falsdóttir	KEF	02:31,98	09.11.2019	Íris Edda Heimsdóttir	KEF	02:35,80	20.05.2000
25 Flug	Eva Margrét Falsdóttir	KEF	00:14,33	22.03.2021				
50 Flug	Eydís Ósk Kolbeinsdóttir	KEF	00:28,22	25.11.1995	Erla Dögg Haraldsdóttir	NJD	00:29,66	18.2.2005
100 Flug	Eydís Ósk Kolbeinsdóttir	KEF	01:02,48	25.11.1995	Eydís Ósk Kolbeinsdóttir	KEF	01:03,87	23.8.1995
200 Flug	Jóhanna Júlía Júlíusdóttir	KEF	04:14,60	14.12.2012	Jóhanna Júlía Júlíusdóttir	KEF	04:14,60	14.12.2012
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	02:21,74	03.06.2023
400 Fjór	Eva Margrét Falsdóttir	KEF	04:52,34	18.12.2021	Ólóf Edda Eðvarðsdóttir	KEF	05:02,33	15.6.2013

## Telpur (13 & 14)

25 Skrið	Eva Margrét Falsdóttir	KEF	00:14,02	11.04.2019				
50 Skrið	Soffía Klemenzdóttir	KEF	00:27,56	15.11.2007	Soffía Klemenzdóttir	KEF	00:28,37	10.2.2007
100 Skrið	Soffía Klemenzdóttir	KEF	00:59,34	22.9.2007	Soffía Klemenzdóttir	KEF	01:00,97	16.3.2007
200 Skrið	Eydís Ósk Kolbeinsdóttir	NJD	01:07,61	14.11.2014	Sunneva Dögg Friðriksdóttir	NJD	01:12,12	9.11.2013
400 Skrið	Sunneva Dögg Friðriksdóttir	NJD	04:24,52	22.11.2013	Sunneva Dögg Friðriksdóttir	NJD	04:35,94	14.12.2013
800 Skrið	Sunneva Dögg Friðriksdóttir	NJD	09:03,01	29.11.2013	Eydís Ósk Kolbeinsdóttir	NJD	09:21,24	11.4.2014
1500 Skrið	Sunneva Dögg Friðriksdóttir	NJD	17:10,94	22.11.2013	Eydís 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	02:14,13	14.12.2012	Íris Ósk Hilmarsdóttir	KEF	02:23,22	7.7.2012
25 Bringa	Karen Mist Amgeirsdóttir	NJD	00:17,43	14.04.2019				
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	02:31,98	09.11.2019	Eva Margrét Falsdóttir	KEF	02:36,69	07.04.2019
25 Flug	Elisabet Amoddssdóttir	KEF	00:14,68	29.11.2022				
50 Flug	Elisabet Amoddssdóttir	KEF	00:29,22	20.11.2022	Elisabet Amoddssdóttir	KEF	00:29,38	11.02.2023
100 Flug	Ólóf Edda Eðvarðsdóttir	KEF	01:05,71	23.6.2011	Elisabet Amoddssdóttir	KEF	01:07,58	14.5.2023
200 Flug	Ólóf Edda Eðvarðsdóttir	KEF	02:20,75	25.11.2011	Ólóf Edda Eðvarðsdóttir	KEF	02:24,80	25.7.2011
100 Fjór	Soffía Klemenzdóttir	KEF	01:07,60	15.11.2007				
200 Fjór	Ólóf Edda Eðvarðsdóttir	KEF	02:21,87	9.12.2011	Eva Margrét Falsdóttir	KEF	02:26,61	06.04.2019
400 Fjór	Ólóf Edda Eðvarðsdóttir	KEF	04:53,67	9.12.2011	Ólóf Edda Eðvarðsdóttir	KEF	05:04,19	7.4.2011

## Meistarar (11 & 12)

25 Skrið	Eva Margrét Falsdóttir	KEF	00:14,59	29.11.2017				
50 Skrið	Elisabet Amoddssdóttir	KEF	00:29,00	04.12.2021	Soffía Klemenzdóttir	KEF	00:30,75	18.3.2005
100 Skrið	Soffía Klemenzdóttir	KEF	01:04,02	18.11.2005	Stefanía Sigurþórsdóttir	KEF	01:05,08	14.12.2013
200 Skrið	Stefanía Sigurþórsdóttir	KEF	02:16,04	7.12.2013	Stefanía Sigurþórsdóttir	KEF	02:19,63	14.12.2013
400 Skrið	Stefanía Sigurþórsdóttir	KEF	04:34,09	29.11.2013	Stefanía Sigurþórsdóttir	KEF	04:43,01	14.12.2013
800 Skrið	Stefanía Sigurþórsdóttir	KEF	09:33,04	29.11.2013	Stefanía Sigurþórsdóttir	KEF	10:11,89	14.12.2013
1500 Skrið	Stefanía Sigurþórsdóttir	KEF	18:31,29	13.12.2013	Stefanía Sigurþórsdóttir	KEF	19:30,89	14.12.2013
25 Bak	Jóhanna Matthea Jóhannesdóttir	KEF	00:16,53	11.12.2013				
50 Bak	Elisabet Amoddssdóttir	KEF	00:33,31	22.12.2021	Elisabet Amoddssdóttir	KEF	00:35,84	16.12.2021
100 Bak	Elisabet Amoddssdóttir	KEF	01:11,97	25.09.2021	Eva Margrét Falsdóttir	KEF	01:16,69	20.12.2017
200 Bak	Elisabet Amoddssdóttir	KEF	02:32,48	15.12.2021	Jóhanna Júlía Júlíusdóttir	KEF	02:44,09	3.4.2008
25 Bringa	Jóhanna Matthea Jóhannesdóttir	KEF	00:17,97	11.12.2013				
50 Bringa	Eva Margrét Falsdóttir	KEF	00:34,13	18.12.2019	Eva Margrét Falsdóttir	KEF	00:37,58	20.12.2017
100 Bringa	Ólóf Edda Eðvarðsdóttir	KEF	01:17,05	19.11.2009	Eva Margrét Falsdóttir	KEF	01:22,89	7.4.2017
200 Bringa	Ólóf Edda Eðvarðsdóttir	KEF	02:44,39	19.11.2009	Ólóf Edda Eðvarðsdóttir	KEF	02:52,21	25.4.2009
25 Flug	Díli Rún Iversdóttir	KEF	00:15,55	9.12.2014				
50 Flug	Elisabet Amoddssdóttir	KEF	00:30,40	04.12.2021	Elisabet Amoddssdóttir	KEF	00:31,68	16.12.2021
100 Flug	Elisabet Amoddssdóttir	KEF	01:09,39	18.12.2021	Elisabet Amoddssdóttir	KEF	01:12,96	16.12.2021
200 Flug	Elisabet Amoddssdóttir	KEF	02:33,07	15.12.2021	Elisabet Amoddssdóttir	KEF	02:42,22	16.12.2021
100 Fjór	Eva Margrét Falsdóttir	KEF	01:11,00	19.12.2017				
200 Fjór	Ólóf Edda Eðvarðsdóttir	KEF	02:32,05	19.11.2009	Stefanía Sigurþórsdóttir	KEF	02:37,43	14.12.2013
400 Fjór	Stefanía Sigurþórsdóttir	KEF	05:13,93	29.11.2013	Stefanía Sigurþórsdóttir	KEF	05:39,32	14.12.2013

## Hnúttur (9 & 10)

25 Skrið	Eva Margrét Falsdóttir	KEF	00:16,04	25.11.2015				
50 Skrið	Eva Margrét Falsdóttir	KEF	00:33,19	25.6.2015	Eva Margrét Falsdóttir	KEF	00:35,20	15.2.2015
100 Skrið	Eva Margrét Falsdóttir	KEF	01:12,63	27.3.2015	Eva Margrét Falsdóttir	KEF	01:19,67	15.2.2015
200 Skrið	Eva Margrét Falsdóttir	KEF	02:37,30	25.9.2015	Eva Margrét Falsdóttir	KEF	02:45,41	15.2.2015
400 Skrið	Ólóf Edda Eðvarðsdóttir	KEF	05:35,34	28.6.2007	Stefanía Ósk Halldórsdóttir	KEF	05:53,71	15.12.2016
800 Skrið	Katla María Brynjarsdóttir	NJD	11:24,08	19.12.2010	Eva Margrét Falsdóttir	KEF	11:54,56	7.2.2015
1500 Skrið	Eva Margrét Falsdóttir	KEF	21:22,74	15.12.2015	Stefanía Sigurþórsdóttir	KEF	23:15,41	3.12.2011
25 Bak	Elisabet Amoddssdóttir	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 Amoddssdóttir	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