

### Individual Meet Results

British Gas ASA Northern Region Zonal Champs 28-Jan-12 to 29-Jan-12 [Ageup: 29.1.2012] LC Meters - FINA Po  
Location: Sheffield

Time	F/P/S	Event	Place	Points	Improv	
<b>Jóna Helena Bjarnadóttir (19) W</b>						
4:39.41L 627	P # 31	Women 16 & Over 400 Free	IRB	20	---	7.73
		31.92 1:06.26 1:41.37 2:17.02 2:52.49 3:28.10 4:03.80 4:39.41				
		(31.92) (34.34) (35.11) (35.65) (35.47) (35.61) (35.70) (35.61)				
<b>Þröstur Bjarnason (14) M</b>						
5:10.55L 484	P # 15	Men 15 & Under 400 IM	IRB	33	---	-7.37
		32.15 1:10.71 1:50.60 2:29.46 3:15.83 4:02.33 4:36.50 5:10.55				
		(32.15) (38.56) (39.89) (38.86) (46.37) (46.50) (34.17) (34.05)				
4:31.15L 535	P # 45	Men 15 & Under 400 Free	IRB	40	---	-3.13
		29.78 1:02.92 1:36.86 2:11.82 2:46.55 3:22.31 3:57.04 4:31.15				
		(29.78) (33.14) (33.94) (34.96) (34.73) (35.76) (34.73) (34.11)				
2:28.44L 429	P # 77	Men 15 & Under 200 Back	IRB	35	---	-3.62
		34.91 1:12.77 1:50.71 2:28.44				
		(34.91) (37.86) (37.94) (37.73)				
<b>Berglind Björgvinsdóttir (14) W</b>						
1:20.73L 509	P # 13	Women 14-15 100 Breast	IRB	7	---	-1.92
		38.19 1:20.73				
		(38.19) (42.54)				
1:20.85L 507	F # 13	Women 14-15 100 Breast	IRB	7	---	-1.80
		37.97 1:20.85				
		(37.97) (42.88)				
2:50.61L 554	F # 75	Women 14-15 200 Breast	IRB	4	---	-4.94
		38.52 1:21.90 2:06.24 2:50.61				
		(38.52) (43.38) (44.34) (44.37)				
2:51.02L 550	P # 75	Women 14-15 200 Breast	IRB	5	---	-4.53
		39.00 1:22.84 2:06.99 2:51.02				
		(39.00) (43.84) (44.15) (44.03)				
<b>Birta María Falsdóttir (14) W</b>						
2:37.41L 482	P # 19	Women 14-15 200 Fly	IRB	18	---	-4.84
		35.09 1:14.77 1:55.66 2:37.41				
		(35.09) (39.68) (40.89) (41.75)				
5:35.04L 520	P # 36	Women 14-15 400 IM	IRB	19	---	-3.09
		35.54 1:15.80 1:59.72 2:41.15 3:31.48 4:21.08 4:58.71 5:35.04				
		(35.54) (40.26) (43.92) (41.43) (50.33) (49.60) (37.63) (36.33)				
<b>Jón Ágúst Guðmundsson (16) M</b>						
5:01.59L 529	P # 16	Men 16-17 400 IM	IRB	21	---	-2.86
		31.80 1:09.20 1:48.20 2:26.49 3:08.76 3:53.54 4:27.60 5:01.59				
		(31.80) (37.40) (39.00) (38.29) (42.27) (44.78) (34.06) (33.99)				
2:21.37L 526	P # 33	Men 16-17 200 IM	IRB	19	---	-5.08
		30.88 1:08.32 1:49.19 2:21.37				
		(30.88) (37.44) (40.87) (32.18)				
4:30.62L 538	P # 46	Men 16-17 400 Free	IRB	38	---	3.31
		29.40 1:02.43 1:36.65 2:11.40 2:46.12 3:21.42 3:56.33 4:30.62				
		(29.40) (33.03) (34.22) (34.75) (34.72) (35.30) (34.91) (34.29)				
2:25.09L 459	P # 78	Men 16-17 200 Back	IRB	22	---	-4.93
		34.51 1:11.16 1:48.75 2:25.09				
		(34.51) (36.65) (37.59) (36.34)				

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<b>Íris Ósk Hilmarsdóttir (13) W</b>						
2:28.67L 592	P # 1	Women 13 & Under 200 Back	IRB	12	---	-12.02
	34.48	1:12.89 1:51.26 2:28.67				
	(34.48)	(38.41) (38.37) (37.41)				
1:09.87L 576	P # 48	Women 13 & Under 100 Back	IRB	10	---	-5.26
	34.40	1:09.87				
	(34.40)	(35.47)				
1:10.09L 570	F # 48	Women 13 & Under 100 Back	IRB	9	---	-5.04
	34.97	1:10.09				
	(34.97)	(35.12)				
<b>Einar Þór Ívarsson (15) M</b>						
5:02.98L 521	P # 15	Men 15 & Under 400 IM	IRB	22	---	-0.43
	31.15	1:07.45 1:47.07 2:25.45 3:08.89 3:53.74 4:28.42 5:02.98				
	(31.15)	(36.30) (39.62) (38.38) (43.44) (44.85) (34.68) (34.56)				
2:22.56L 513	P # 32	Men 15 & Under 200 IM	IRB	23	---	-5.06
	30.64	1:08.47 1:50.46 2:22.56				
	(30.64)	(37.83) (41.99) (32.10)				
4:25.22L 571	P # 45	Men 15 & Under 400 Free	IRB	26	---	-4.84
	29.73	1:02.36 1:35.67 2:09.32 2:42.99 3:17.70 3:51.63 4:25.22				
	(29.73)	(32.63) (33.31) (33.65) (33.67) (34.71) (33.93) (33.59)				
2:08.81L 497	P # 65	Men 15 & Under 200 Free	IRB	32	---	0.05
	29.31	1:01.28 1:35.91 2:08.81				
	(29.31)	(31.97) (34.63) (32.90)				
<b>Laufey Jóna Jónsdóttir (13) W</b>						
1:23.22L 464	P # 12	Women 13 & Under 100 Breast	IRB	9	---	-2.34
	40.09	1:23.22				
	(40.09)	(43.13)				
DQ	F # 12	Women 13 & Under 100 Breast	IRB	---	---	---
2:56.80L 498	P # 74	Women 13 & Under 200 Breast	IRB	10	---	-6.69
	40.96	1:26.23 2:11.35 2:56.80				
	(40.96)	(45.27) (45.12) (45.45)				
2:57.43L 493	F # 74	Women 13 & Under 200 Breast	IRB	9	---	-6.06
	40.90	1:25.89 2:11.52 2:57.43				
	(40.90)	(44.99) (45.63) (45.91)				
<b>Jóhanna Júlía Júlíusdóttir (15) W</b>						
2:26.15L 602	P # 19	Women 14-15 200 Fly	IRB	16	---	0.05
	31.37	1:08.26 1:46.70 2:26.15				
	(31.37)	(36.89) (38.44) (39.45)				
5:09.77L 658	P # 36	Women 14-15 400 IM	IRB	14	---	-6.45
	32.47	1:08.56 1:48.17 2:27.08 3:12.93 3:58.61 4:34.51 5:09.77				
	(32.47)	(36.09) (39.61) (38.91) (45.85) (45.68) (35.90) (35.26)				
2:27.25L 629	P # 55	Women 14-15 200 IM	IRB	11	---	1.38
	30.98	1:09.68 1:53.62 2:27.25				
	(30.98)	(38.70) (43.94) (33.63)				
2:56.50L 500	P # 75	Women 14-15 200 Breast	IRB	21	---	12.20
	41.37	1:25.34 2:10.90 2:56.50				
	(41.37)	(43.97) (45.56) (45.60)				

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<b>Sveinn Ólafur Lúðvíksson (15) M</b>						
1:10.54L 399	P # 9	Men 15 & Under 100 Back	IRB	41	---	-1.03
	34.06	1:10.54				
	(34.06)	(36.48)				
2:31.56L 403	P # 77	Men 15 & Under 200 Back	IRB	45	---	-0.39
	34.62	1:12.60 1:52.16 2:31.56				
	(34.62)	(37.98) (39.56) (39.40)				
<b>Baldvin Sigmarsson (14) M</b>						
4:50.63L 591	F # 15	Men 15 & Under 400 IM	IRB	7	---	-9.58
	30.26	1:06.22 1:44.35 2:22.44 3:04.53 3:47.02 4:19.27 4:50.63				
	(30.26)	(35.96) (38.13) (38.09) (42.09) (42.49) (32.25) (31.36)				
4:51.69L 584	P # 15	Men 15 & Under 400 IM	IRB	8	---	-8.52
	29.77	1:04.44 1:43.03 2:21.68 3:04.13 3:46.54 4:19.42 4:51.69				
	(29.77)	(34.67) (38.59) (38.65) (42.45) (42.41) (32.88) (32.27)				
2:19.47L 548	P # 32	Men 15 & Under 200 IM	IRB	12	---	-3.76
	29.78	1:07.54 1:47.74 2:19.47				
	(29.78)	(37.76) (40.20) (31.73)				
2:18.53L 522	P # 51	Men 15 & Under 200 Fly	IRB	12	---	-2.09
	30.11	1:05.16 1:41.15 2:18.53				
	(30.11)	(35.05) (35.99) (37.38)				
1:03.27L 488	P # 71	Men 15 & Under 100 Fly	IRB	21	---	-0.56
	29.23	1:03.27				
	(29.23)	(34.04)				
<b>Kristófer Sigurðsson (16) M</b>						
26.30L 505	P # 5	Men 16-17 50 Free	IRB	16	---	0.07
56.16L 583	P # 27	Men 16-17 100 Free	IRB	15	---	-1.00
	27.09	56.16				
	(27.09)	(29.07)				
4:16.80L 629	P # 46	Men 16-17 400 Free	IRB	6	---	-6.54
	29.22	1:01.52 1:34.94 2:08.52 2:40.94 3:13.04 3:44.39 4:16.80				
	(29.22)	(32.30) (33.42) (33.58) (32.42) (32.10) (31.35) (32.41)				
4:21.75L 594	F # 46	Men 16-17 400 Free	IRB	10	---	-1.59
	29.26	1:01.64 1:34.32 2:07.40 2:40.53 3:13.93 3:48.32 4:21.75				
	(29.26)	(32.38) (32.68) (33.08) (33.13) (33.40) (34.39) (33.43)				
2:03.80L 559	P # 66	Men 16-17 200 Free	IRB	18	---	-1.94
	27.66	58.30 1:30.92 2:03.80				
	(27.66)	(30.64) (32.62) (32.88)				
<b>Svanfríður Steingrímsdóttir (12) W</b>						
1:23.28L 463	P # 12	Women 13 & Under 100 Breast	IRB	10	---	-1.40
	39.74	1:23.28				
	(39.74)	(43.54)				
1:26.50L 414	F # 12	Women 13 & Under 100 Breast	IRB	9	---	1.82
	41.19	1:26.50				
	(41.19)	(45.31)				
2:57.23L 494	P # 74	Women 13 & Under 200 Breast	IRB	11	---	-1.01
	41.89	1:25.49 2:12.20 2:57.23				
	(41.89)	(43.60) (46.71) (45.03)				
2:59.57L 475	F # 74	Women 13 & Under 200 Breast	IRB	10	---	1.33
	41.81	1:27.81 2:14.26 2:59.57				
	(41.81)	(46.00) (46.45) (45.31)				

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<b>Aleksandra Wasilewska (15) W</b>					
2:37.48L 481	P # 19	Women 14-15 200 Fly	IRB	21	---
	34.07	1:13.37 1:54.88 2:37.48			1.15
	(34.07)	(39.30) (41.51) (42.60)			
5:30.37L 543	P # 36	Women 14-15 400 IM	IRB	22	---
	34.51	1:14.02 1:57.55 2:39.97 3:28.55 4:16.34 4:53.81 5:30.37			2.72
	(34.51)	(39.51) (43.53) (42.42) (48.58) (47.79) (37.47) (36.56)			