

Individual Meet Results

Extramót SH 2013 02-nóv-13 to 03-nóv-13 [Ageup: 31.12.2013] SC Meters - FINA Points

Location: Hafnarfjörður

Time	F/P/S	Event	Place	Points	Improv
Karen Mist Arngeirsdóttir (13) W					
4:51.24S 524	F # 15A	Women 400 Free	IRB	18	---
	33.43	1:10.85 1:48.29	2:25.60	3:03.13 3:40.18	4:16.77 4:51.24
	(33.43)	(37.42) (37.44)	(37.31)	(37.53) (37.05)	(36.59) (34.47)
5:33.51S 479	F # 23A	Women 400 IM	IRB	16	---
	37.60	1:21.32 2:06.16	2:50.21	3:33.67 4:18.78	4:57.33 5:33.51
	(37.60)	(43.72) (44.84)	(44.05)	(43.46) (45.11)	(38.55) (36.18)
Gunnhildur Björg Baldursdóttir (13) W					
4:50.70S 527	F # 15A	Women 400 Free	IRB	16	---
	33.85	1:11.07 1:47.91	2:24.63	3:01.04 3:38.22	4:14.85 4:50.70
	(33.85)	(37.22) (36.84)	(36.72)	(36.41) (37.18)	(36.63) (35.85)
5:33.53S 479	F # 23A	Women 400 IM	IRB	17	---
	35.91	1:16.13 2:00.29	2:42.76	3:30.33 4:17.89	4:56.56 5:33.53
	(35.91)	(40.22) (44.16)	(42.47)	(47.57) (47.56)	(38.67) (36.97)
Pröstur Bjarnason (16) M					
4:04.88S 655	F # 16A	Men 400 Free	IRB	3	---
	28.26	59.17 1:30.45	2:01.82	2:32.29 3:03.29	3:34.35 4:04.88
	(28.26)	(30.91) (31.28)	(31.37)	(30.47) (31.00)	(31.06) (30.53)
4:39.03S 601	F # 24A	Men 400 IM	IRB	2	---
	30.67	1:05.53 1:41.55	2:16.28	2:57.02 3:37.88	4:09.08 4:39.03
	(30.67)	(34.86) (36.02)	(34.73)	(40.74) (40.86)	(31.20) (29.95)
Ólöf Edda Eðvarðsdóttir (16) W					
4:30.47S 655	F # 15A	Women 400 Free	IRB	6	---
	31.30	1:05.20 1:39.49	2:13.70	2:48.18 3:22.63	3:56.91 4:30.47
	(31.30)	(33.90) (34.29)	(34.21)	(34.48) (34.45)	(34.28) (33.56)
2:26.05S 557	F # 19A	Women 200 Back	IRB	2	---
	34.34	1:11.29 1:49.17	2:26.05		
	(34.34)	(36.95) (37.88)	(36.88)		
Jóna Halla Egilsdóttir (14) W					
4:45.04S 559	F # 15A	Women 400 Free	IRB	13	---
	32.71	1:08.38 1:43.97	2:20.26	2:56.56 3:32.83	4:09.16 4:45.04
	(32.71)	(35.67) (35.59)	(36.29)	(36.30) (36.27)	(36.33) (35.88)
5:33.49S 479	F # 23A	Women 400 IM	IRB	15	---
	36.95	1:21.52 2:03.60	2:45.28	3:33.43 4:22.30	4:58.39 5:33.49
	(36.95)	(44.57) (42.08)	(41.68)	(48.15) (48.87)	(36.09) (35.10)
Ágústa Marý Einarsdóttir (12) W					
1:40.84S 240	F # 21A	Women 100 Breast	IRB	31	---
	47.98	1:40.84			
	(47.98)	(52.86)			
47.98S 216	F # 521A	Women 50 Breast	IRB		---

Individual Meet Results

Extramót SH 2013 02-nóv-13 to 03-nóv-13 [Ageup: 31.12.2013] SC Meters - FINA Points

Location: Hafnarfjörður

Time	F/P/S	Event	Place	Points	Improv
Sandra Ósk Elíasdóttir (14) W					
10:57.02S 401	F # 3A	Women 800 Free	IRB	13	---
	36.36	1:17.03 1:58.17 2:39.16 3:20.69 4:02.42 4:43.85 5:25.40			-14.58
	(36.36)	(40.67) (41.14) (40.99) (41.53) (41.73) (41.43) (41.55)			
	6:07.29	6:49.09 7:30.71 8:12.72 8:54.61 9:36.25 10:17.15 10:57.02			
	(41.89)	(41.80) (41.62) (42.01) (41.89) (41.64) (40.90) (39.87)			
5:15.28S 413	F # 15A	Women 400 Free	IRB	30	---
	35.61	1:14.84 1:54.64 2:34.96 3:15.17 3:55.86 4:36.09 5:15.28			-10.42
	(35.61)	(39.23) (39.80) (40.32) (40.21) (40.69) (40.23) (39.19)			
5:47.36S 424	F # 23A	Women 400 IM	IRB	26	---
	37.09	1:19.66 2:06.09 2:51.76 3:39.36 4:27.90 5:08.71 5:47.36			-11.38
	(37.09)	(42.57) (46.43) (45.67) (47.60) (48.54) (40.81) (38.65)			
1:18.83S 343	F # 26A	Women 100 Back	IRB	19	---
	38.61	1:18.83			0.05
	(38.61)	(40.22)			
33.00S 403	F # 32A	Women 50 Fly	IRB	10	---
Elva Björg Elvarsdóttir (16) W					
1:31.21S 253	F # 1A	Women 100 IM	IRB	66	---
	42.55	1:31.21			---
	(42.55)	(48.66)			
1:14.10S 326	F # 11A	Women 100 Free	IRB	34	---
	35.56	1:14.10			-6.83
	(35.56)	(38.54)			
5:46.42S 311	F # 15A	Women 400 Free	IRB	45	---
	39.66	1:23.76 2:08.01 2:51.71 3:34.79 4:19.29 5:03.69 5:46.42			---
	(39.66)	(44.10) (44.25) (43.70) (43.08) (44.50) (44.40) (42.73)			
6:55.30S 248	F # 23A	Women 400 IM	IRB	35	---
	42.00	1:35.11 --- 3:20.65 4:22.68 5:27.25 6:11.66 6:55.30			---
	(42.00)	(53.11) --- (3:20.65) (1:02.03) (1:04.57) (44.41) (43.64)			
1:33.89S 203	F # 26A	Women 100 Back	IRB	47	---
	45.82	1:33.89			---
	(45.82)	(48.07)			
3:12.84S 269	F # 34A	Women 200 IM	IRB	38	---
	40.06	1:30.20 2:31.60 3:12.84			---
	(40.06)	(50.14) (1:01.40) (41.24)			
1:35.11S 193	F # 023A	Women 100 Fly	IRB		---
					-2.45
Birta María Falsdóttir (15) W					
4:34.78S 624	F # 15A	Women 400 Free	IRB	9	---
	31.31	1:05.33 1:40.02 2:14.85 2:49.94 3:24.85 4:00.11 4:34.78			2.03
	(31.31)	(34.02) (34.69) (34.83) (35.09) (34.91) (35.26) (34.67)			
5:18.70S 549	F # 23A	Women 400 IM	IRB	7	---
	34.20	1:12.34 1:54.01 2:34.25 3:21.20 4:08.26 4:43.85 5:18.70			-0.58
	(34.20)	(38.14) (41.67) (40.24) (46.95) (47.06) (35.59) (34.85)			
Guðný Birna Falsdóttir (10) W					
1:34.12S 230	F # 1A	Women 100 IM	IRB	70	---
	45.60	1:34.12			-4.00
	(45.60)	(48.52)			
6:11.83S 252	F # 15A	Women 400 Free	IRB	51	---
	41.98	1:28.93 2:16.54 3:04.15 3:51.15 4:38.07 5:26.27 6:11.83			4.29
	(41.98)	(46.95) (47.61) (47.61) (47.00) (46.92) (48.20) (45.56)			

Individual Meet Results

Extramót SH 2013 02-nóv-13 to 03-nóv-13 [Ageup: 31.12.2013] SC Meters - FINA Points
Location: Hafnarfjörður

Time	F/P/S	Event	Place	Points	Improv
Sunneva Dögg Friðriksdóttir (14) W					
4:27.84S 674	F # 15A	Women 400 Free	IRB	3	---
	30.99	1:04.43 1:38.28	2:12.47	2:46.61 3:20.75	3:54.77 4:27.84
	(30.99)	(33.44) (33.85)	(34.19)	(34.14) (34.14)	(34.02) (33.07)
5:11.31S 589	F # 23A	Women 400 IM	IRB	2	---
	32.95	1:10.32 1:51.08	2:29.91	3:15.89 4:02.55	4:37.58 5:11.31
	(32.95)	(37.37) (40.76)	(38.83)	(45.98) (46.66)	(35.03) (33.73)
1:10.32S 479	F # 023A	Women 100 Fly	IRB		---
Sigmar Marijón Friðriksson (12) M					
3:00.04S 222	F # 8A	Men 200 Fly	IRB	8	---
	38.62	1:25.64 2:14.81	3:00.04		
	(38.62)	(47.02) (49.17)	(45.23)		
5:05.64S 337	F # 16A	Men 400 Free	IRB	21	---
	34.24	1:12.22 1:50.92	2:30.19	3:09.29 3:48.28	4:27.78 5:05.64
	(34.24)	(37.98) (38.70)	(39.27)	(39.10) (38.99)	(39.50) (37.86)
1:30.14S 234	F # 22A	Men 100 Breast	IRB	14	---
	43.21	1:30.14			
	(43.21)	(46.93)			
2:30.19S 289	F # 016A	Men 200 Free	IRB		---
Sigrún Helga Guðnadóttir (11) W					
1:21.85S 242	F # 11A	Women 100 Free	IRB	49	---
	39.04	1:21.85			
	(39.04)	(42.81)			
1:49.05S 190	F # 21A	Women 100 Breast	IRB	40	---
	52.37	1:49.05			
	(52.37)	(56.68)			
Írena Guðnýjardóttir (13) W					
10:54.28S 406	F # 3A	Women 800 Free	IRB	12	---
	37.01	1:17.14 1:58.35	2:39.81	3:20.96 4:02.54	4:44.02 5:25.65
	(37.01)	(40.13) (41.21)	(41.46)	(41.15) (41.58)	(41.48) (41.63)
	6:07.69	6:50.06 7:31.63	8:12.91	8:54.31 9:35.12	10:15.81 10:54.28
	(42.04)	(42.37) (41.57)	(41.28)	(41.40) (40.81)	(40.69) (38.47)
5:21.92S 388	F # 15A	Women 400 Free	IRB	34	---
	36.74	1:16.17 1:56.86	2:38.23	3:19.92 4:00.91	4:41.57 5:21.92
	(36.74)	(39.43) (40.69)	(41.37)	(41.69) (40.99)	(40.66) (40.35)
6:16.91S 332	F # 23A	Women 400 IM	IRB	30	---
	43.43	1:35.00 2:24.48	3:13.99	4:03.52 4:55.17	5:37.40 6:16.91
	(43.43)	(51.57) (49.48)	(49.51)	(49.53) (51.65)	(42.23) (39.51)
1:25.03S 274	F # 26A	Women 100 Back	IRB	34	---
	41.42	1:25.03			
	(41.42)	(43.61)			
2:56.84S DQ	F # 34A	Women 200 IM	IRB	---	---
	40.84	1:28.22 2:17.24	2:56.84		
	(40.84)	(47.38) (49.02)	(39.60)		
2:38.23S 346	F # 015A	Women 200 Free	IRB		---

Individual Meet Results

Extramót SH 2013 02-nóv-13 to 03-nóv-13 [Ageup: 31.12.2013] SC Meters - FINA Points
Location: Hafnarfjörður

Time	F/P/S	Event	Place	Points	Improv
Daníel Diego Gullien (15) M					
19:00.79S 413	F # 12A	Men 1500 Free	IRB	4	---
					-0.08
		32.18 1:08.15 1:45.15 2:22.18 2:59.97 3:37.37 4:15.91 4:53.56			
		(32.18) (35.97) (37.00) (37.03) (37.79) (37.40) (38.54) (37.65)			
		5:32.75 6:10.96 6:50.22 7:28.78 8:06.69 8:45.29 9:23.40 10:01.82			
		(39.19) (38.21) (39.26) (38.56) (37.91) (38.60) (38.11) (38.42)			
		10:41.37 11:19.76 11:58.75 12:36.60 13:15.91 13:53.98 14:33.04 15:11.54			
		(39.55) (38.39) (38.99) (37.85) (39.31) (38.07) (39.06) (38.50)			
		15:50.22 16:29.57 17:07.42 17:45.32 18:23.77 19:00.79			
		(38.68) (39.35) (37.85) (37.90) (38.45) (37.02)			
4:42.90S 425	F # 16A	Men 400 Free	IRB	15	---
					-11.14
		31.45 1:06.82 1:42.21 2:18.80 2:54.30 3:30.67 4:07.75 4:42.90			
		(31.45) (35.37) (35.39) (36.59) (35.50) (36.37) (37.08) (35.15)			
5:25.46S 378	F # 24A	Men 400 IM	IRB	10	---
					-4.16
		35.60 1:16.91 1:58.96 2:39.98 3:25.22 4:11.87 4:49.95 5:25.46			
		(35.60) (41.31) (42.05) (41.02) (45.24) (46.65) (38.08) (35.51)			
1:09.73S 345	F # 25A	Men 100 Back	IRB	9	---
					-0.92
		34.06 1:09.73			
		(34.06) (35.67)			
2:33.00S 372	F # 33A	Men 200 IM	IRB	8	---
					1.66
		34.12 1:13.03 1:58.49 2:33.00			
		(34.12) (38.91) (45.46) (34.51)			
Vigdís Júlía Halldórsdóttir (12) W					
3:22.28S 294	F # 9A	Women 200 Breast	IRB	18	---
					-8.78
		46.84 1:37.94 2:30.84 3:22.28			
		(46.84) (51.10) (52.90) (51.44)			
1:38.00S 261	F # 21A	Women 100 Breast	IRB	27	---
					-3.05
		46.26 1:38.00			
		(46.26) (51.74)			
1:37.94S 262	F # 009A	Women 100 Breast	IRB		---
					-3.11
46.84S 232	F # 509A	Women 50 Breast	IRB		---
					-0.13
46.26S 241	F # 521A	Women 50 Breast	IRB		---
					-0.71
Bjarnrís Sól Helenudóttir (13) W					
1:24.63S 317	F # 1A	Women 100 IM	IRB	47	---

		39.34 1:24.63			
		(39.34) (45.29)			
3:33.65S DQ	F # 9A	Women 200 Breast	IRB	---	---

		48.25 1:42.52 2:39.53 3:33.65			
		(48.25) (54.27) (57.01) (54.12)			
5:17.41S 405	F # 15A	Women 400 Free	IRB	32	---

		35.63 1:15.30 1:55.95 2:37.40 3:17.87 3:59.13 4:39.48 5:17.41			
		(35.63) (39.67) (40.65) (41.45) (40.47) (41.26) (40.35) (37.93)			
6:25.63S 310	F # 23A	Women 400 IM	IRB	32	---

		43.54 1:35.61 2:22.83 3:09.24 4:08.08 5:06.11 5:47.95 6:25.63			
		(43.54) (52.07) (47.22) (46.41) (58.84) (58.03) (41.84) (37.68)			
1:21.74S 308	F # 26A	Women 100 Back	IRB	24	---
					-3.77
		40.25 1:21.74			
		(40.25) (41.49)			
3:03.63S 312	F # 34A	Women 200 IM	IRB	32	---
					-4.66
		40.67 1:26.57 2:23.92 3:03.63			
		(40.67) (45.90) (57.35) (39.71)			
1:35.61S 190	F # 023A	Women 100 Fly	IRB		---

Individual Meet Results

Extramót SH 2013 02-nóv-13 to 03-nóv-13 [Ageup: 31.12.2013] SC Meters - FINA Points
Location: Hafnarfjörður

Time	F/P/S	Event	Place	Points	Improv			
Birna Hilmarsdóttir (11) W								
1:24.14S 323	F # 1A	Women 100 IM	IRB	45	---	-4.57		
	39.10	1:24.14						
	(39.10)	(45.04)						
3:29.90S 263	F # 9A	Women 200 Breast	IRB	21	---	1.05		
	48.45	1:42.51	2:37.79	3:29.90				
	(48.45)	(54.06)	(55.28)	(52.11)				
5:23.84S 381	F # 15A	Women 400 Free	IRB	35	---	-8.14		
	38.39	1:19.48	2:01.72	2:43.80	3:25.09	4:05.54	4:45.39	5:23.84
	(38.39)	(41.09)	(42.24)	(42.08)	(41.29)	(40.45)	(39.85)	(38.45)
6:35.45S 287	F # 23A	Women 400 IM	IRB	34	---	-6.94		
	49.19	1:47.06	2:36.25	3:23.48	4:19.00	5:15.29	5:56.61	6:35.45
	(49.19)	(57.87)	(49.19)	(47.23)	(55.52)	(56.29)	(41.32)	(38.84)
Íris Ósk Hilmarsdóttir (15) W								
4:30.07S 658	F # 15A	Women 400 Free	IRB	4	---	0.32		
	30.64	1:04.78	1:38.73	2:13.29	2:47.34	3:22.22	3:56.91	4:30.07
	(30.64)	(34.14)	(33.95)	(34.56)	(34.05)	(34.88)	(34.69)	(33.16)
5:03.70S 635	F # 23A	Women 400 IM	IRB	1	---	-5.61		
	32.93	1:11.19	1:48.20	2:25.02	3:10.11	3:55.29	4:30.40	5:03.70
	(32.93)	(38.26)	(37.01)	(36.82)	(45.09)	(45.18)	(35.11)	(33.30)
Björgvin Theodór Hilmarsson (15) M								
4:31.59S 480	F # 16A	Men 400 Free	IRB	10	---	-4.76		
	30.91	1:05.04	1:39.50	2:14.02	2:48.56	3:23.07	3:57.63	4:31.59
	(30.91)	(34.13)	(34.46)	(34.52)	(34.54)	(34.51)	(34.56)	(33.96)
5:31.94S 357	F # 24A	Men 400 IM	IRB	12	---	-8.01		
	36.64	1:19.21	2:01.29	2:41.27	3:30.09	4:20.45	4:56.67	5:31.94
	(36.64)	(42.57)	(42.08)	(39.98)	(48.82)	(50.36)	(36.22)	(35.27)
1:13.02S 301	F # 25A	Men 100 Back	IRB	13	---	0.42		
	35.81	1:13.02						
	(35.81)	(37.21)						
2:40.76S 321	F # 33A	Men 200 IM	IRB	13	---	7.61		
	---	---	---	2:40.76				
	---	---	---	(2:40.76)				
Diljá Rún Ívarsdóttir (11) W								
1:15.95S 439	F # 1A	Women 100 IM	IRB	20	---	-6.06		
	35.98	1:15.95						
	(35.98)	(39.97)						
31.44S 404	F # 13A	Women 50 Free	IRB	21	---	-2.60		
5:37.00S 464	F # 23A	Women 400 IM	IRB	20	---	-31.14		
	36.85	1:19.95	2:03.53	2:46.40	3:33.85	4:20.60	4:59.13	5:37.00
	(36.85)	(43.10)	(43.58)	(42.87)	(47.45)	(46.75)	(38.53)	(37.87)
1:16.78S 372	F # 26A	Women 100 Back	IRB	18	---	-3.01		
	37.96	1:16.78						
	(37.96)	(38.82)						
2:41.76S 457	F # 34A	Women 200 IM	IRB	12	---	-4.22		
	35.40	1:17.46	2:04.05	2:41.76				
	(35.40)	(42.06)	(46.59)	(37.71)				
1:19.95S 326	F # 023A	Women 100 Fly	IRB		---	-1.02		

Individual Meet Results

Extramót SH 2013 02-nóv-13 to 03-nóv-13 [Ageup: 31.12.2013] SC Meters - FINA Points

Location: Hafnarfjörður

Time	F/P/S	Event	Place	Points	Improv
Jakub Cezary Jaks (12) M					
NS	F # 2A	Men 100 IM	IRB	---	---
3:13.93S 240	F # 10A	Men 200 Breast	IRB	---	-1.61
	45.09	1:34.10 2:24.73		3:13.93	
	(45.09)	(49.01) (50.63)		(49.20)	
Jóhanna Matthea Jóhannsdóttir (12) W					
1:15.72S 443	F # 1A	Women 100 IM	IRB	---	1.11
	36.09	1:15.72			
	(36.09)	(39.63)			
1:06.24S 456	F # 11A	Women 100 Free	IRB	---	-1.23
	32.00	1:06.24			
	(32.00)	(34.24)			
31.20S 413	F # 13A	Women 50 Free	IRB	---	0.23
1:21.23S 459	F # 21A	Women 100 Breast	IRB	---	-5.24
	38.08	1:21.23			
	(38.08)	(43.15)			
Agata Jóhannsdóttir (15) W					
1:17.86S 407	F # 1A	Women 100 IM	IRB	---	-2.48
	37.69	1:17.86			
	(37.69)	(40.17)			
2:58.53S 428	F # 9A	Women 200 Breast	IRB	---	-2.04
	40.41	1:25.34 2:11.13		2:58.53	
	(40.41)	(44.93) (45.79)		(47.40)	
5:08.37S 442	F # 15A	Women 400 Free	IRB	---	-6.62
	34.22	1:13.09 1:52.54		2:31.55 3:10.99 3:50.36	
	(34.22)	(38.87) (39.45)		(39.01) (39.44) (39.37)	
				4:29.82 5:08.37	
				(39.46) (38.55)	
5:47.14S 425	F # 23A	Women 400 IM	IRB	---	-16.89
	39.17	1:26.09 2:10.73		2:55.01 3:40.89 4:28.15	
	(39.17)	(46.92) (44.64)		(44.28) (45.88) (47.26)	
				5:08.52 5:47.14	
				(40.37) (38.62)	
38.95S 404	F # 28A	Women 50 Breast	IRB	---	-0.61
20:17.45S 443	F # 36A	Women 1500 Free	IRB	---	5.60
	34.81	1:13.64 1:53.64		2:34.14 3:14.35 3:54.62	
	(34.81)	(38.83) (40.00)		(40.50) (40.21) (40.27)	
				(40.36) (40.56)	
	5:56.43	6:36.44 7:17.20		7:57.83 8:38.42 9:19.14	
	(40.89)	(40.01) (40.76)		(40.63) (40.59) (40.72)	
				(41.50) (40.56)	
	11:22.22	12:02.84 12:43.65		13:24.23 14:04.89 14:46.42	
	(41.02)	(40.62) (40.81)		(40.58) (40.66) (41.53)	
				15:27.45 16:08.78	
				(41.03) (41.33)	
	16:50.56	17:32.00 18:13.82		18:55.24 19:36.82 20:17.45	
	(41.78)	(41.44) (41.82)		(41.42) (41.58) (40.63)	

Individual Meet Results

Extramót SH 2013 02-nóv-13 to 03-nóv-13 [Ageup: 31.12.2013] SC Meters - FINA Points

Location: Hafnarfjörður

Time	F/P/S	Event	Place	Points	Improv
Erna Guðrún Jónsdóttir (12) W					
1:23.36S 332	F # 1A	Women 100 IM	IRB	42	---
	38.59	1:23.36			-5.93
	(38.59)	(44.77)			
3:16.61S 320	F # 9A	Women 200 Breast	IRB	16	---
	45.11	1:34.90 2:26.18 3:16.61			-15.45
	(45.11)	(49.79) (51.28) (50.43)			
5:31.32S 356	F # 15A	Women 400 Free	IRB	39	---
	36.90	1:18.20 2:01.02 2:43.98 3:25.92 4:08.10 4:49.57 5:31.32			-37.02
	(36.90)	(41.30) (42.82) (42.96) (41.94) (42.18) (41.47) (41.75)			
1:32.84S 308	F # 21A	Women 100 Breast	IRB	18	---
	43.73	1:32.84			-7.69
	(43.73)	(49.11)			
1:18.20S 277	F # 015A	Women 100 Free	IRB	---	-0.05
45.11S 260	F # 509A	Women 50 Breast	IRB	---	-0.51
36.90S 250	F # 515A	Women 50 Free	IRB	---	-0.40
43.73S 285	F # 521A	Women 50 Breast	IRB	---	-1.89
Guðrún Eir Jónsdóttir (15) W					
4:43.93S 566	F # 15A	Women 400 Free	IRB	12	---
	31.81	1:07.25 1:43.26 2:19.47 2:55.52 3:31.73 4:08.39 4:43.93			-1.61
	(31.81)	(35.44) (36.01) (36.21) (36.05) (36.21) (36.66) (35.54)			
5:25.10S 517	F # 23A	Women 400 IM	IRB	12	---
	35.44	1:16.65 1:58.32 2:39.23 3:26.73 4:13.46 4:50.02 5:25.10			-4.33
	(35.44)	(41.21) (41.67) (40.91) (47.50) (46.73) (36.56) (35.08)			
Heiðrún Katla Jónsdóttir (13) W					
11:34.27S 339	F # 3A	Women 800 Free	IRB	15	---
	39.35	1:22.12 2:05.86 2:49.84 3:34.63 4:18.14 5:02.78 5:46.64			-5.08
	(39.35)	(42.77) (43.74) (43.98) (44.79) (43.51) (44.64) (43.86)			
	6:30.57	7:15.48 7:57.97 8:41.48 9:25.23 10:08.66 10:51.78 11:34.27			
	(43.93)	(44.91) (42.49) (43.51) (43.75) (43.43) (43.12) (42.49)			
5:36.54S 340	F # 15A	Women 400 Free	IRB	40	---
	37.85	1:20.14 2:02.89 2:46.17 3:29.26 4:12.90 4:54.64 5:36.54			-11.43
	(37.85)	(42.29) (42.75) (43.28) (43.09) (43.64) (41.74) (41.90)			
6:22.73S 317	F # 23A	Women 400 IM	IRB	31	---
	43.97	1:36.95 2:23.60 3:11.29 4:02.08 4:54.74 5:39.18 6:22.73			-7.84
	(43.97)	(52.98) (46.65) (47.69) (50.79) (52.66) (44.44) (43.55)			
1:22.46S 300	F # 26A	Women 100 Back	IRB	27	---
	40.54	1:22.46			-1.39
	(40.54)	(41.92)			
3:05.36S 303	F # 34A	Women 200 IM	IRB	33	---
	43.71	1:30.70 2:22.78 3:05.36			5.03
	(43.71)	(46.99) (52.08) (42.58)			

Individual Meet Results

Extramót SH 2013 02-nóv-13 to 03-nóv-13 [Ageup: 31.12.2013] SC Meters - FINA Points
Location: Hafnarfjörður

Time	F/P/S	Event	Place	Points	Improv
Aníka Mjöll Júlíusdóttir (12) W					
34.86S 400	F # 5A	Women 50 Back	IRB	13	---
5:28.83S 500	F # 23A	Women 400 IM	IRB	13	---
		35.86 1:18.30 2:00.05 2:41.42 3:27.12 4:13.26 4:52.23 5:28.83 (35.86) (42.44) (41.75) (41.37) (45.70) (46.14) (38.97) (36.60)			
1:14.95S 400	F # 26A	Women 100 Back	IRB	15	---
		36.30 1:14.95 (36.30) (38.65)			
2:40.87S 464	F # 34A	Women 200 IM	IRB	9	---
		35.66 1:16.72 2:03.14 2:40.87 (35.66) (41.06) (46.42) (37.73)			
1:18.30S 347	F # 023A	Women 100 Fly	IRB		---
Eydís Ósk Kolbeinsdóttir (13) W					
4:30.89S 652	F # 15A	Women 400 Free	IRB	7	---
		30.92 1:04.82 1:39.29 2:13.93 2:48.81 3:23.44 3:57.95 4:30.89 (30.92) (33.90) (34.47) (34.64) (34.88) (34.63) (34.51) (32.94)			
5:14.38S 572	F # 23A	Women 400 IM	IRB	4	---
		34.99 1:16.30 1:56.76 2:35.57 3:20.55 4:05.28 4:41.07 5:14.38 (34.99) (41.31) (40.46) (38.81) (44.98) (44.73) (35.79) (33.31)			
2:13.93S 571	F # 015A	Women 200 Free	IRB		---
Klaudia Malesa (12) W					
1:15.80S 442	F # 1A	Women 100 IM	IRB	19	---
		35.82 1:15.80 (35.82) (39.98)			
1:07.69S 427	F # 11A	Women 100 Free	IRB	15	---
		32.90 1:07.69 (32.90) (34.79)			
4:57.80S 490	F # 15A	Women 400 Free	IRB	20	---
		34.44 1:11.64 1:49.53 2:27.53 3:05.18 3:43.66 4:21.97 4:57.80 (34.44) (37.20) (37.89) (38.00) (37.65) (38.48) (38.31) (35.83)			
5:35.95S 469	F # 23A	Women 400 IM	IRB	19	---
		36.76 1:19.08 2:03.12 2:45.62 3:33.46 4:20.95 4:59.29 5:35.95 (36.76) (42.32) (44.04) (42.50) (47.84) (47.49) (38.34) (36.66)			
1:19.08S 337	F # 023A	Women 100 Fly	IRB		---
Rakel Ýr Ottósdóttir (13) W					
5:24.01S 381	F # 15A	Women 400 Free	IRB	36	---
		36.55 1:17.48 1:59.26 2:40.82 3:22.47 4:02.54 4:43.53 5:24.01 (36.55) (40.93) (41.78) (41.56) (41.65) (40.07) (40.99) (40.48)			
5:41.78S 445	F # 23A	Women 400 IM	IRB	22	---
		37.38 1:21.16 2:07.31 2:52.32 3:37.99 4:23.86 5:03.48 5:41.78 (37.38) (43.78) (46.15) (45.01) (45.67) (45.87) (39.62) (38.30)			
Birta Líf Ólafsdóttir (11) W					
5:58.71S 280	F # 15A	Women 400 Free	IRB	46	---
		39.90 1:24.32 2:09.78 2:55.80 3:42.15 4:27.90 5:13.18 5:58.71 (39.90) (44.42) (45.46) (46.02) (46.35) (45.75) (45.28) (45.53)			
1:40.56S 242	F # 21A	Women 100 Breast	IRB	29	---
		48.04 1:40.56 (48.04) (52.52)			
48.04S 215	F # 521A	Women 50 Breast	IRB		---

Individual Meet Results

Extramót SH 2013 02-nóv-13 to 03-nóv-13 [Ageup: 31.12.2013] SC Meters - FINA Points

Location: Hafnarfjörður

Time	F/P/S	Event	Place	Points	Improv
Eiríkur Ingi Ólafsson (14) M					
4:43.07S 424	F # 16A	Men 400 Free	IRB	16	---
	31.92	1:07.65 1:42.96	2:19.55	2:55.73 3:31.60	4:07.86 4:43.07
	(31.92)	(35.73) (35.31)	(36.59)	(36.18) (35.87)	(36.26) (35.21)
5:12.53S 427	F # 24A	Men 400 IM	IRB	7	---
	34.13	1:14.06 1:54.38	2:33.50	3:17.61 4:02.17	4:37.69 5:12.53
	(34.13)	(39.93) (40.32)	(39.12)	(44.11) (44.56)	(35.52) (34.84)
1:13.95S 289	F # 25A	Men 100 Back	IRB	14	---
	36.49	1:13.95			
	(36.49)	(37.46)			
2:31.71S 382	F # 33A	Men 200 IM	IRB	7	---
	33.47	1:13.30 1:57.15	2:31.71		
	(33.47)	(39.83) (43.85)	(34.56)		
Ingi Þór Ólafsson (14) M					
4:29.36S 492	F # 16A	Men 400 Free	IRB	9	---
	30.45	1:04.05 1:38.20	2:12.89	2:46.79 3:21.17	3:55.56 4:29.36
	(30.45)	(33.60) (34.15)	(34.69)	(33.90) (34.38)	(34.39) (33.80)
5:08.88S 443	F # 24A	Men 400 IM	IRB	6	---
	33.45	1:12.64 1:52.26	2:30.81	3:15.70 4:01.65	4:35.68 5:08.88
	(33.45)	(39.19) (39.62)	(38.55)	(44.89) (45.95)	(34.03) (33.20)
9:22.36S 490	F # 29A	Men 800 Free	IRB	4	---
	31.18	1:05.34 1:40.52	2:15.92	2:51.62 3:27.26	4:03.34 4:39.21
	(31.18)	(34.16) (35.18)	(35.40)	(35.70) (35.64)	(36.08) (35.87)
	5:14.79	5:50.34 6:25.91	7:01.17	7:36.91 8:12.46	8:47.93 9:22.36
	(35.58)	(35.55) (35.57)	(35.26)	(35.74) (35.55)	(35.47) (34.43)
Kolbrún Eva Pálmadóttir (11) W					
3:16.25S 322	F # 9A	Women 200 Breast	IRB	15	---
	45.37	1:35.60 2:25.14	3:16.25		
	(45.37)	(50.23) (49.54)	(51.11)		
5:17.38S 405	F # 15A	Women 400 Free	IRB	31	---
	36.19	1:15.94 1:56.52	2:37.40	3:18.14 3:59.06	4:38.83 5:17.38
	(36.19)	(39.75) (40.58)	(40.88)	(40.74) (40.92)	(39.77) (38.55)
6:06.97S 359	F # 23A	Women 400 IM	IRB	29	---
	41.35	1:28.90 2:18.50	3:05.59	3:56.46 4:48.08	5:28.12 6:06.97
	(41.35)	(47.55) (49.60)	(47.09)	(50.87) (51.62)	(40.04) (38.85)
1:35.60S 282	F # 009A	Women 100 Breast	IRB	---	-5.68
1:15.94S 303	F # 015A	Women 100 Free	IRB	---	-1.57
2:37.40S 352	F # 015A	Women 200 Free	IRB	---	-6.53
1:28.90S 237	F # 023A	Women 100 Fly	IRB	---	-1.10
45.37S 255	F # 509A	Women 50 Breast	IRB	---	-1.28
36.19S 265	F # 515A	Women 50 Free	IRB	---	-0.77

Individual Meet Results

Extramót SH 2013 02-nóv-13 to 03-nóv-13 [Ageup: 31.12.2013] SC Meters - FINA Points

Location: Hafnarfjörður

Time	F/P/S	Event	Place	Points	Improv
Steinunn Rúna Ragnarsdóttir (14) W					
11:03.69S 389	F # 3A	Women 800 Free	IRB 14	---	-27.36
	37.30	1:18.11 1:59.73	2:41.57 3:23.39	4:05.11 4:47.39	5:29.79
	(37.30)	(40.81) (41.62)	(41.84) (41.82)	(41.72) (42.28)	(42.40)
	6:11.99	6:54.15 7:36.02	8:18.00 8:59.79	9:41.65 10:23.51	11:03.69
	(42.20)	(42.16) (41.87)	(41.98) (41.79)	(41.86) (41.86)	(40.18)
5:27.17S 370	F # 15A	Women 400 Free	IRB 38	---	-13.48
	37.25	1:18.30 1:59.89	2:41.77 3:23.77	4:05.65 4:47.56	5:27.17
	(37.25)	(41.05) (41.59)	(41.88) (42.00)	(41.88) (41.91)	(39.61)
6:03.15S DQ	F # 23A	Women 400 IM	IRB ---	---	---
	41.53	1:31.80 2:19.83	3:06.40 3:53.62	4:41.91 5:23.14	6:03.15
	(41.53)	(50.27) (48.03)	(46.57) (47.22)	(48.29) (41.23)	(40.01)
1:28.98S 239	F # 26A	Women 100 Back	IRB 41	---	-0.01
	43.27	1:28.98			
	(43.27)	(45.71)			
39.52S 234	F # 32A	Women 50 Fly	IRB 27	---	0.92
Hreiðar Máni Ragnarsson (14) M					
1:19.95S 255	F # 2A	Men 100 IM	IRB 28	---	0.08
	36.83	1:19.95			
	(36.83)	(43.12)			
38.18S 207	F # 6A	Men 50 Back	IRB 13	---	-0.78
5:19.43S 295	F # 16A	Men 400 Free	IRB 25	---	-0.11
	35.08	1:14.51 1:55.51	2:37.45 3:17.80	3:57.31 4:38.06	5:19.43
	(35.08)	(39.43) (41.00)	(41.94) (40.35)	(39.51) (40.75)	(41.37)
6:08.01S 262	F # 24A	Men 400 IM	IRB 16	---	-1.91
	40.62	1:31.43 2:19.87	3:06.91 3:58.22	4:50.66 5:29.99	6:08.01
	(40.62)	(50.81) (48.44)	(47.04) (51.31)	(52.44) (39.33)	(38.02)
11:22.20S 274	F # 29A	Men 800 Free	IRB 10	---	27.12
	35.32	1:14.92 1:55.82	2:38.56 3:21.91	4:05.10 4:49.87	5:34.34
	(35.32)	(39.60) (40.90)	(42.74) (43.35)	(43.19) (44.77)	(44.47)
	6:18.65	7:02.78 7:46.92	8:30.46 9:14.48	9:58.21 10:40.98	11:22.20
	(44.31)	(44.13) (44.14)	(43.54) (44.02)	(43.73) (42.77)	(41.22)
Ólafur Garðar Reynisson (12) M					
3:23.99S DQ	F # 10A	Men 200 Breast	IRB ---	---	---
	47.47	1:38.58 2:31.67	3:23.99		
	(47.47)	(51.11) (53.09)	(52.32)		
Sylwia Sienkiewicz (14) W					
4:50.93S 526	F # 15A	Women 400 Free	IRB 17	---	-3.05
	32.36	1:08.32 1:44.86	2:22.02 2:59.20	3:36.95 4:15.02	4:50.93
	(32.36)	(35.96) (36.54)	(37.16) (37.18)	(37.75) (38.07)	(35.91)
5:12.53S 582	F # 23A	Women 400 IM	IRB 3	---	-10.59
	33.40	1:11.76 1:54.05	2:34.78 3:18.22	4:01.85 4:38.08	5:12.53
	(33.40)	(38.36) (42.29)	(40.73) (43.44)	(43.63) (36.23)	(34.45)
Baldvin Sigmarsson (16) M					
4:07.66S 634	F # 16A	Men 400 Free	IRB 5	---	-12.08
	28.23	59.60 1:31.48	2:03.71 2:35.05	3:07.05 3:37.99	4:07.66
	(28.23)	(31.37) (31.88)	(32.23) (31.34)	(32.00) (30.94)	(29.67)
4:37.40S 611	F # 24A	Men 400 IM	IRB 1	---	-2.78
	29.62	1:02.94 1:40.97	2:16.97 2:55.59	3:35.60 4:06.87	4:37.40
	(29.62)	(33.32) (38.03)	(36.00) (38.62)	(40.01) (31.27)	(30.53)

Individual Meet Results

Extramót SH 2013 02-nóv-13 to 03-nóv-13 [Ageup: 31.12.2013] SC Meters - FINA Points
Location: Hafnarfjörður

Time	F/P/S	Event	Place	Points	Improv	
Kristófer Sigurðsson (18) M						
4:01.52S 683	F # 16A	Men 400 Free	IRB	2	---	2.01
		27.81 58.62 1:29.81 2:01.20 2:31.91 3:02.18 3:32.23 4:01.52				
		(27.81) (30.81) (31.19) (31.39) (30.71) (30.27) (30.05) (29.29)				
4:45.07S 563	F # 24A	Men 400 IM	IRB	3	---	-5.07
		31.14 1:06.98 1:44.84 2:21.43 3:00.50 3:40.47 4:12.48 4:45.07				
		(31.14) (35.84) (37.86) (36.59) (39.07) (39.97) (32.01) (32.59)				
Erla Sigurjónsdóttir (18) W						
4:39.06S 596	F # 15A	Women 400 Free	IRB	11	---	-10.85
		31.24 1:05.51 1:40.81 2:16.44 2:51.89 3:27.96 4:03.89 4:39.06				
		(31.24) (34.27) (35.30) (35.63) (35.45) (36.07) (35.93) (35.17)				
5:17.90S 553	F # 23A	Women 400 IM	IRB	6	---	-1.79
		33.52 1:12.40 1:53.88 2:34.48 3:21.31 4:07.51 4:43.62 5:17.90				
		(33.52) (38.88) (41.48) (40.60) (46.83) (46.20) (36.11) (34.28)				
Stefanía Sigurbjörnsdóttir (12) W						
1:14.55S 464	F # 1A	Women 100 IM	IRB	15	---	-3.56
		36.10 1:14.55				
		(36.10) (38.45)				
2:55.27S 327	F # 7A	Women 200 Fly	IRB	7	---	-9.79
		38.28 1:22.99 2:09.49 2:55.27				
		(38.28) (44.71) (46.50) (45.78)				
30.89S 426	F # 13A	Women 50 Free	IRB	17	---	-1.09
5:23.28S 526	F # 23A	Women 400 IM	IRB	9	---	-19.92
		37.27 1:21.51 2:02.79 2:43.78 3:27.47 4:11.49 4:47.83 5:23.28				
		(37.27) (44.24) (41.28) (40.99) (43.69) (44.02) (36.34) (35.45)				
1:22.99S 291	F # 007A	Women 100 Fly	IRB	---	---	-1.87
1:21.51S 308	F # 023A	Women 100 Fly	IRB	---	---	-3.35
Svanfríður Steingrimsdóttir (14) W						
5:00.89S 475	F # 15A	Women 400 Free	IRB	21	---	-3.05
		34.68 1:12.63 1:50.73 2:28.97 3:07.31 3:45.07 4:23.65 5:00.89				
		(34.68) (37.95) (38.10) (38.24) (38.34) (37.76) (38.58) (37.24)				
5:24.32S 521	F # 23A	Women 400 IM	IRB	11	---	0.48
		36.38 1:18.06 2:02.16 2:44.38 3:27.30 4:10.32 4:48.42 5:24.32				
		(36.38) (41.68) (44.10) (42.22) (42.92) (43.02) (38.10) (35.90)				
Aleksandra Wasilewska (17) W						
4:32.98S 637	F # 15A	Women 400 Free	IRB	8	---	-4.59
		31.43 1:05.47 1:39.95 2:14.59 2:49.22 3:23.97 3:58.94 4:32.98				
		(31.43) (34.04) (34.48) (34.64) (34.63) (34.75) (34.97) (34.04)				
5:15.48S 566	F # 23A	Women 400 IM	IRB	5	---	2.21
		33.52 1:11.92 1:52.81 2:32.81 3:19.99 4:06.83 4:42.17 5:15.48				
		(33.52) (38.40) (40.89) (40.00) (47.18) (46.84) (35.34) (33.31)				
Tristan Þór K Wium (11) M						
3:02.70S 212	F # 8A	Men 200 Fly	IRB	9	---	-1.74
		38.23 1:24.86 2:14.13 3:02.70				
		(38.23) (46.63) (49.27) (48.57)				
5:17.46S 301	F # 16A	Men 400 Free	IRB	24	---	-7.42
		37.34 1:17.49 1:58.47 2:39.04 3:18.97 3:58.47 4:35.49 5:17.46				
		(37.34) (40.15) (40.98) (40.57) (39.93) (39.50) (37.02) (41.97)				
6:10.11S 257	F # 24A	Men 400 IM	IRB	17	---	-10.40
		39.07 1:26.34 2:15.39 3:03.84 3:56.21 4:50.11 5:30.86 6:10.11				
		(39.07) (47.27) (49.05) (48.45) (52.37) (53.90) (40.75) (39.25)				