

Results summary

Men, Long Course (50m)

	Distance,Stroke	Pl.	Time RoundDiff.	Distance,Stroke	Pl.	Time RoundDiff.
Pröstur Bjarnason	02/09/1997		020997-3119			
	50 Freestyle	1	24.93 98%			
Már Gunnarsson S12	19/11/1999		191199-2869			
	50 Freestyle	9	29.61 106% PB	50 Butterfly		33.70 105% PB
	50 Freestyle		31.17 95%	100 Butterfly		1:22.02 84%
	100 Freestyle	9	1:04.71 106% PB	100 Butterfly	8	1:15.09 101% PB
	50 Butterfly		37.03 87%	200 Butterfly	3	2:56.72 PB
Kári Snær Halldórsson	13/01/2004		130104-3470			
	50 Freestyle		34.87 93%	100 Backstroke		1:21.38 98%
	50 Freestyle		34.65 94%	200 Backstroke	1	2:44.69 104% PB
	100 Freestyle		1:14.68 94%	50 Butterfly		38.46 91%
	100 Freestyle		1:13.87 96%	50 Butterfly		36.87 99%
	200 Freestyle	2	2:34.54 98%	100 Butterfly		1:24.43 93%
	200 Freestyle		2:35.19 97%	200 Butterfly	5	3:01.49 PB
	400 Freestyle	2	5:19.17 101% PB	200 Medley	3	2:44.44 103% PB
	50 Backstroke		39.40 97%			
Fannar Snævar Hauksson	07/09/2004		070904-3140			
	50 Freestyle		31.21 81%	100 Breaststroke	2	1:23.30 106% PB
	100 Freestyle		1:07.02 79%	50 Butterfly		31.49 80%
	200 Freestyle		2:20.56 94%	50 Butterfly		30.63 84%
	400 Freestyle	1	4:50.27 102% PB	100 Butterfly	1	1:07.37 104% PB
	50 Breaststroke		38.70 106% PB	200 Medley	1	2:32.86 105% PB
Björgvin Theodór Hilmarsson	06/07/1998		060798-2659			
	50 Freestyle	2	26.37 99%	50 Butterfly	1	28.14 108% PB
Alexander Logi Jónsson	17/11/2004		171104-3270			
	50 Freestyle		36.92 91%	50 Breaststroke		45.67 99%
	100 Freestyle		1:21.85 86%	100 Breaststroke	3	1:34.99 97%
	100 Freestyle	8	1:16.18 99%	50 Butterfly		39.19 106% PB
	200 Freestyle	3	2:44.72 102% PB	100 Butterfly		1:28.26 136% PB
	50 Backstroke		40.37 92%	100 Butterfly	6	1:26.50 142% PB
	100 Backstroke	3	1:22.48 110% PB	400 Medley	2	6:17.35 PB
Aron Fannar Kristínarson	14/06/2003		140603-3330			
	50 Freestyle		29.17 97%	100 Backstroke	2	1:10.94 90%
	100 Freestyle	7	1:01.42 97%	200 Backstroke	2	2:34.31 90%
	50 Backstroke	2	32.22 98%	50 Butterfly		30.96 102% PB
	50 Backstroke		37.02 74%	50 Butterfly	7	32.02 96%
	50 Backstroke		34.27 86%	200 Medley	4	2:28.27 117% PB
	100 Backstroke		1:16.74 77%			
Flosi Ómarsson	04/09/2003		040903-2240			
	50 Freestyle		33.09 86%	50 Backstroke		34.39 87%
	50 Freestyle		31.32 96%	100 Backstroke	3	1:12.22 104% PB
	100 Freestyle		1:11.13 93%	50 Butterfly	10	32.86 123% PB
	100 Freestyle	10	1:06.13 107% PB	100 Butterfly		1:18.95 99%
	200 Freestyle	6	2:29.85 100%	400 Medley	4	5:46.35 101% PB
	50 Backstroke	3	33.16 94%			
Daniel Patrick Riley	20/07/2003		200703-2780			
	50 Freestyle		33.00 96%	100 Backstroke		1:27.92 92%
	100 Freestyle		1:09.67 96%	100 Backstroke	8	1:22.00 106% PB
	200 Freestyle	5	2:27.00 108% PB	200 Backstroke	7	2:57.27 98%
	50 Backstroke		42.21 95%	50 Butterfly		32.19 100% PB
	50 Backstroke		39.63 107% PB	200 Medley	7	2:38.84 109% PB
Sigmundur Þór Sigurmundarson	30/08/2005		300805-2050			
	50 Freestyle		39.18 99%	400 Freestyle	4	5:50.28 133% PB
	50 Freestyle	5	36.49 114% PB	200 Backstroke	5	3:34.84 PB
	50 Freestyle		37.34 109% PB	50 Breaststroke		54.14 106% PB
	100 Freestyle	10	1:20.86 118% PB	100 Breaststroke	5	1:54.39 110% PB
	100 Freestyle		1:21.41 117% PB	50 Butterfly		51.52 128% PB
	200 Freestyle		2:51.38 130% PB	200 Medley	10	3:29.47 117% PB

Gabríel Þór Sigurmundsson	22/06/2003		220603-2370				
	100 Backstroke		1:29.02	95%	100 Breaststroke	1:37.62	101% PB
	200 Backstroke	9	3:00.35	103% PB	200 Breaststroke	6 3:27.67	102% PB
	50 Breaststroke		45.78	101% PB	50 Butterfly	38.20	108% PB
	50 Breaststroke		45.44	102% PB	200 Medley	10 2:56.06	105% PB
100 Breaststroke	5	1:38.50	99%				
Gabriel Ari Tryggvarson	07/04/2003		070403-2770				
	50 Backstroke		37.27	88%	100 Breaststroke	4 1:36.25	PB
	100 Backstroke	7	1:18.10	117% PB	50 Butterfly	37.47	PB
	50 Breaststroke		44.34	PB	100 Butterfly	9 1:29.35	PB
50 Breaststroke	3	42.93	PB				
Tristan Þór K Wium	13/05/2002		130502-2960				
	50 Freestyle		33.84	78%	50 Butterfly	35.78	85%
	100 Freestyle		1:10.29	82%	50 Butterfly	34.74	91%
	200 Freestyle		2:25.91	89%	100 Butterfly	1:18.26	89%
	400 Freestyle		5:00.83	92%	100 Butterfly	1:18.39	88%
	800 Freestyle	3	10:03.41	100% PB	200 Butterfly	2 2:46.49	96%
	50 Backstroke		41.65	78%	200 Medley	8 2:41.24	99%
	100 Backstroke		1:25.29	85%	400 Medley	3 5:46.19	105% PB
	200 Backstroke	6	2:49.55	105% PB			

Total 123 individual results, average performance: 99.5%

0 new record(s), 59 new personal best(s)

Biggest improvement: Alexander Logi Jónsson, 100 Butterfly 1:26.50

Results summary

Women, Long Course (50m)

	Distance,Stroke	Pl.	Time RoundDiff.	Distance,Stroke	Pl.	Time RoundDiff.
<b>Pórdís M Aðalsteinsdóttir</b> 15/12/2003 151203-2050						
	50 Freestyle	7	34.73 86%	50 Backstroke		46.40 80%
	50 Freestyle		36.57 77%	50 Backstroke		44.63 86%
	50 Freestyle		36.49 78%	100 Backstroke		1:35.23 82%
	100 Freestyle		1:17.21 85%	100 Backstroke	9	1:31.81 88%
	100 Freestyle	15	1:14.87 91%	200 Backstroke	4	3:12.86 89%
	200 Freestyle	8	2:39.11 90%			
<b>Pórunn Kolbrún Árnadóttir</b> 23/04/2002 230402-3530						
	50 Backstroke		41.10 100%	50 Butterfly		35.82 96%
	100 Backstroke	6	1:25.04 101% PB	100 Butterfly	4	1:21.81 99%
	50 Butterfly		37.26 89%	200 Medley	17	3:00.11 94%
	50 Butterfly	7	35.59 97%			
<b>Karen Mist Arngeirsdóttir</b> 09/02/2000 090200-2320						
	50 Breaststroke		35.81 91%	100 Breaststroke		1:17.33 90%
	50 Breaststroke		36.21 89%	100 Breaststroke	1	1:17.41 90%
	50 Breaststroke	1	34.63 97%	200 Breaststroke	1	2:46.34 94%
<b>Rebekka Marín Arngeirsdóttir</b> 22/09/2005 220905-2840						
	50 Freestyle	5	34.33 102% PB	200 Freestyle	2	2:46.40 95%
	50 Freestyle		37.91 83%	50 Backstroke		39.59 106% PB
	50 Freestyle		35.58 95%	100 Backstroke	2	1:21.08 107% PB
	100 Freestyle		1:20.86 88%	100 Butterfly		1:28.77 93%
	100 Freestyle	5	1:15.07 102% PB	400 Medley	1	6:15.11 102% PB
<b>Gunnhildur Björg Baldursdóttir</b> 02/11/2000 021100-3310						
	50 Freestyle		32.61 88%	800 Freestyle	2	9:51.65 102% PB
	100 Freestyle		1:08.83 92%	50 Backstroke	5	35.53 102% PB
	200 Freestyle		2:23.91 98%	50 Butterfly		32.26 93%
	400 Freestyle		4:54.96 101% PB	200 Medley	4	2:36.29 100% PB
<b>Amelía Björk Davíðsdóttir</b> 26/09/2003 260903-3220						
	50 Freestyle	9	39.01 104% PB	50 Backstroke		53.46 103% PB
	50 Freestyle		44.13 81%	100 Backstroke	10	1:50.40 PB
	100 Freestyle		3:21.62 20%	200 Backstroke	5	3:54.15 PB
	200 Freestyle	10	3:23.88 PB	50 Butterfly		47.38 96%
	50 Backstroke		56.52 93%	200 Medley	20	3:32.35 PB
<b>Thelma Lind Einarsdóttir</b> 26/01/2005 260105-3450						
	50 Freestyle	2	31.19 103% PB	50 Butterfly	4	37.28 97%
	50 Breaststroke		44.30 94%	50 Butterfly		39.87 85%
	50 Breaststroke	3	43.64 97%	100 Butterfly	3	1:25.19 98%
	100 Breaststroke	1	1:31.99 94%	100 Butterfly		1:26.90 94%
	50 Butterfly		38.44 91%	200 Butterfly	2	2:58.82 PB
<b>Ástrós Elísa Eyþórsdóttir</b> 11/06/2002 110602-3320						
	50 Backstroke		41.48 105% PB	50 Breaststroke	3	41.13 91%
	50 Backstroke		40.70 109% PB	100 Breaststroke	3	1:28.39 90%
	100 Backstroke		1:25.49 102% PB	50 Butterfly		39.15 82%
	100 Backstroke	3	1:23.43 107% PB	100 Butterfly		1:25.26 91%
	200 Backstroke	2	2:55.24 99%	200 Medley	12	2:51.49 97%
	50 Breaststroke		41.39 90%	400 Medley	4	6:02.00 99%
<b>Eva Margrét Falsdóttir</b> 05/06/2005 050605-3020						
	50 Freestyle	1	30.07 108% PB	50 Breaststroke	1	38.24 90%
	50 Freestyle		32.30 94%	100 Breaststroke		1:20.83 94%
	100 Freestyle		1:10.18 89%	200 Breaststroke	1	2:49.62 96%
	200 Freestyle	1	2:25.52 102% PB	50 Butterfly		35.65 82%
	50 Backstroke	1	36.16 100%	100 Butterfly	2	1:18.31 99%
	50 Breaststroke		37.86 91%			
<b>Guðný Birna Falsdóttir</b> 04/02/2003 040203-2810						
	50 Breaststroke	7	44.22 90%	100 Butterfly	5	1:29.04 90%
	50 Butterfly		41.44 77%	100 Butterfly		1:27.85 93%
	50 Butterfly	8	38.43 89%	200 Butterfly	2	3:08.12 PB
	50 Butterfly		40.84 79%	200 Medley	16	2:58.11 92%
	50 Butterfly		39.81 83%	400 Medley	6	6:14.24 88%
	100 Butterfly		1:32.65 83%			

Kara Sól Gunnlaugsdóttir								
	14/10/2005		141005-2510					
50 Freestyle	13	48.60	117%	PB	50 Backstroke		1:01.95	108% PB
50 Freestyle		46.98	126%	PB	100 Backstroke		2:11.01	106% PB
50 Freestyle		44.94	137%	PB	200 Backstroke	3	4:26.19	PB
100 Freestyle		1:42.14	129%	PB	50 Butterfly	7	1:00.02	PB
100 Freestyle	12	1:37.34	142%	PB	50 Butterfly		51.46	PB
200 Freestyle	10	3:30.85	130%	PB	200 Medley	8	3:48.52	PB
Birna Hilmarsdóttir								
	27/09/2002		270902-3240					
50 Freestyle	3	31.41	91%		50 Breaststroke		43.76	94%
50 Freestyle		33.28	81%		50 Breaststroke	5	42.13	101% PB
100 Freestyle		1:11.00	80%		100 Breaststroke	5	1:31.07	102% PB
200 Freestyle	5	2:28.03	87%		50 Butterfly	6	35.43	85%
Diljá Rún Ívarsdóttir								
	01/04/2002		010402-2470					
50 Freestyle		35.30	74%		400 Freestyle	5	5:13.85	91%
50 Freestyle		35.66	72%		50 Breaststroke		43.33	86%
100 Freestyle		1:13.74	83%		100 Breaststroke	7	1:32.10	86%
100 Freestyle		1:14.84	80%		50 Butterfly		34.75	83%
200 Freestyle		2:33.91	93%		50 Butterfly	3	33.59	89%
200 Freestyle	6	2:33.44	94%		100 Butterfly	2	1:15.41	89%
Eydís Ósk Kolbeinsdóttir								
	12/10/2000		121000-2960					
50 Freestyle		30.76	88%		400 Freestyle	2	5:01.96	80%
100 Freestyle		1:03.87	94%		200 Medley	2	2:32.05	94%
200 Freestyle		2:16.43	92%					
Birta Líf Ólafsdóttir								
	05/04/2002		050402-3390					
50 Backstroke		44.07	84%		50 Butterfly		38.69	86%
50 Backstroke		42.54	90%		100 Butterfly		1:25.38	90%
50 Backstroke	10	42.78	89%		100 Butterfly		1:24.46	92%
100 Backstroke		1:31.27	89%		200 Butterfly	1	3:00.78	94%
100 Backstroke	8	1:28.29	95%		200 Medley	18	3:02.73	94%
200 Backstroke	3	3:07.00	89%		400 Medley	7	6:26.08	93%
50 Butterfly		38.42	87%					
Sylwia Sienkiewicz								
	13/06/1999		130699-3089					
50 Freestyle	5	31.85	84%		50 Butterfly		34.42	78%
50 Backstroke	4	35.24	92%		100 Butterfly	3	1:18.03	73%
50 Butterfly		36.24	70%		200 Medley	8	2:46.43	82%
50 Butterfly	4	33.66	81%					

Total 153 individual results, average performance: 93.1%

0 new record(s), 39 new personal best(s)

Biggest improvement: Kara Sól Gunnlaugsdóttir, 100 Freestyle 1:37.34