

Results summary

Men, Short Course (25m)

	Distance,Stroke	Pl.	Time	Round		Distance,Stroke	Pl.	Time	Round
Sigmar Snær Ágústsson	09/08/2009		090809-3180						
	25 Freestyle	9	43.89	PB		25 Breaststroke	10	56.72	PB
	25 Backstroke	7	45.55	PB					
Viktor Bergmann Arnarson	11/05/2010		110510-4540						
	25 Freestyle	7	33.62	PB		25 Breaststroke	3	40.03	PB
	25 Backstroke	9	51.95						
Arnar Milos Arnbjörnsson	26/01/2008		260108-2390						
	50 Freestyle		49.39			200 Backstroke	4	4:16.94	PB
	50 Freestyle		45.12			50 Breaststroke		1:02.99	PB
	100 Freestyle	9	1:46.56	PB		50 Breaststroke		1:00.32	PB
	100 Freestyle		1:41.49	PB		100 Breaststroke		2:16.22	PB
	200 Freestyle	8	3:41.71	PB		100 Breaststroke	5	2:09.15	PB
	50 Backstroke		57.97	PB		200 Breaststroke	3	4:42.77	PB
	100 Backstroke		2:03.16	PB		100 Medley	7	2:00.31	PB
Gylfi Örn Atlason	28/07/2007		280707-2520						
	50 Freestyle		1:14.12	PB		50 Backstroke		1:11.30	PB
	100 Freestyle	22	2:50.91	PB		100 Backstroke	13	2:37.72	PB
Egill Orri Baldursson	12/08/2009		120809-3930						
	25 Freestyle	4	30.62			25 Breaststroke	7	43.45	
	25 Backstroke	4	33.94						
Gabriel Ingi Derti	23/11/2008		231108-3860						
	50 Freestyle		49.97	PB		50 Backstroke		1:01.62	
	50 Freestyle		46.96	PB		100 Backstroke		2:15.86	PB
	100 Freestyle	10	1:50.12	PB		100 Backstroke	5	2:09.96	PB
	100 Freestyle		1:50.89	PB		200 Backstroke	5	4:31.42	PB
	200 Freestyle	9	3:55.92	PB		100 Medley	9	2:03.86	PB
	50 Backstroke		1:04.00						
Ómar Magni Egilsson	26/11/2006		261106-2640						
	50 Freestyle		45.53			200 Backstroke	5	3:29.27	PB
	100 Freestyle	19	1:36.11			50 Breaststroke		1:00.10	PB
	200 Freestyle		3:28.70	PB		100 Breaststroke		2:10.90	PB
	200 Freestyle	18	3:17.42	PB		200 Breaststroke	9	4:35.67	PB
	400 Freestyle	12	7:11.08	PB		100 Medley	11	1:51.35	PB
Daði Rafn Falsson	10/09/2008		100908-4090						
	50 Freestyle		47.34	PB		400 Freestyle	2	7:27.36	PB
	50 Freestyle		48.57	PB		50 Breaststroke		1:04.83	PB
	100 Freestyle	7	1:43.28	PB		50 Breaststroke		1:00.23	PB
	100 Freestyle		1:45.78	PB		100 Breaststroke		2:20.52	PB
	100 Freestyle		1:43.98	PB		100 Breaststroke	4	2:07.06	PB
	200 Freestyle		3:43.23	PB		200 Breaststroke	4	4:48.17	PB
	200 Freestyle	4	3:33.98	PB		100 Medley	4	1:51.47	PB
Elmar Hrafn Gestsson	25/09/2008		250908-2290						
	50 Freestyle		1:00.23	PB		50 Breaststroke		1:09.24	PB
	100 Freestyle	16	2:10.04	PB		100 Breaststroke		2:29.13	PB
	50 Backstroke		1:02.69	PB		100 Breaststroke	8	2:22.35	PB
	100 Backstroke	6	2:11.77	PB		200 Breaststroke	7	5:02.10	PB
	50 Breaststroke		1:14.22	PB					
Alexander Grétar Grétarsson	09/05/2008		090508-4150						
	50 Freestyle		55.43			50 Breaststroke		1:09.18	
	50 Freestyle		55.96			50 Breaststroke		1:06.76	PB
	100 Freestyle	13	2:02.41			100 Breaststroke		2:28.14	PB
	100 Freestyle		2:06.05			100 Breaststroke	10	2:23.11	PB
	200 Freestyle	10	4:17.16	PB		200 Breaststroke	5	5:01.84	PB
	100 Backstroke	4	2:08.72	PB		100 Medley	10	2:08.82	PB
Helgi Þór Guðmundsson	11/09/2008		110908-4580						
	50 Freestyle		1:04.02	PB		50 Backstroke		1:22.04	
	100 Freestyle	17	2:21.35	PB		100 Backstroke	15	2:54.47	PB

Nói Sebastían Gunnarsson	27/05/2006	270506-3560				
	50 Freestyle	1:06.08	PB	200 Freestyle	22	4:31.23 PB
	50 Freestyle	57.67	PB	50 Backstroke		56.94 PB
	100 Freestyle	28	2:18.62 PB	100 Backstroke	16	2:03.29 PB
	100 Freestyle		3:21.70 PB	100 Medley	15	2:11.44 PB
Sigurður Bjarni Gunnarsson	22/11/2005	221105-3890				
	50 Freestyle	57.83	PB	50 Backstroke		1:07.83 PB
	50 Freestyle	56.47	PB	100 Backstroke	17	2:21.15 PB
	100 Freestyle	26	2:02.65 PB	50 Breaststroke		1:14.17 PB
	100 Freestyle		2:09.99 PB	100 Breaststroke	11	2:33.24 PB
200 Freestyle	23	4:42.21 PB				
Daniel Hjartarson	22/02/2008	220208-2810				
	50 Freestyle	1:11.38		50 Backstroke		1:21.60 PB
	100 Freestyle	20	2:32.35 PB	100 Backstroke	14	2:48.16 PB
Nikolai Leo Jónsson	22/07/2008	220708-3730				
	50 Freestyle	1:10.50	PB	50 Breaststroke		1:17.86 PB
	100 Freestyle	18	2:25.66 PB	100 Breaststroke		2:39.48 PB
	50 Backstroke		1:07.63 PB	100 Breaststroke	12	2:40.97 PB
	100 Backstroke	8	2:16.67 PB	200 Breaststroke	9	5:18.91 PB
50 Breaststroke		1:17.01 PB	100 Medley	14	2:27.92 PB	
Denas Kazulis	13/01/2008	130108-2880				
	50 Freestyle	40.96		100 Breaststroke		1:54.15 PB
	100 Freestyle	1:31.35	PB	100 Breaststroke	2	1:49.38 PB
	200 Freestyle	2	3:12.79 PB	200 Breaststroke	1	3:54.29 PB
	50 Backstroke	49.96		50 Butterfly		50.57 PB
	100 Backstroke	1	1:40.88 PB	100 Medley	1	1:37.64 PB
	50 Breaststroke		53.83	200 Medley	1	3:30.82 PB
50 Breaststroke		52.78				
Marko Medic	17/07/2009	170709-2410				
	25 Freestyle	11	49.39	25 Breaststroke	4	42.82 PB
	25 Backstroke	5	36.48 PB			
Ögmundur Ingi Ögmundsson	18/06/2010	180610-2430				
	25 Freestyle	12	53.88	25 Backstroke	10	53.38 PB
Árni Þór Pálmason	06/04/2009	060409-3150				
	25 Freestyle	2	24.03 PB	50 Backstroke		1:09.12 PB
	50 Freestyle		1:01.67	100 Backstroke	11	2:20.98 PB
	100 Freestyle	14	2:08.34 PB	25 Butterfly	2	39.16 PB
25 Backstroke	2	31.66 PB				
Kacper Paulukanis	09/11/2008	091108-2320				
	50 Freestyle		1:15.41 PB	100 Freestyle	21	2:42.36 PB
Guðmundur Leo Rafnsson	16/08/2006	160806-3540				
	50 Freestyle	40.94		200 Freestyle	14	3:04.05 PB
	50 Freestyle	43.51		400 Freestyle	9	6:32.83 PB
	50 Freestyle	40.46		50 Backstroke		46.39 PB
	100 Freestyle	13	1:25.89	100 Backstroke	7	1:35.25
	100 Freestyle		1:32.51	50 Butterfly		48.60
	100 Freestyle		1:27.00	100 Medley	7	1:38.60 PB
	200 Freestyle		3:15.56	200 Medley	9	3:24.71 PB
Bjarni Ívar Ragnarsson	13/05/2008	130508-2350				
	50 Freestyle	44.57	PB	50 Backstroke		49.65 PB
	50 Freestyle	45.30	PB	100 Backstroke	2	1:41.62 PB
	100 Freestyle	3	1:36.29 PB	200 Backstroke	1	3:39.05 PB
	100 Freestyle		1:39.46 PB	50 Butterfly		54.41 PB
	200 Freestyle	3	3:27.19 PB	100 Butterfly	2	2:01.16 PB
	50 Backstroke		51.44 PB	100 Medley	3	1:48.06 PB
Jakob Ingi Reynisson	23/02/2006	230206-2440				
	50 Freestyle	51.76		100 Breaststroke		2:11.99
	100 Freestyle	24	1:49.49	200 Breaststroke	8	4:34.76
	50 Breaststroke		1:01.45			
Szymon Sienkiewicz	24/04/2009	240409-2330				
	25 Freestyle	3	27.58 PB	25 Breaststroke	6	43.37 PB
	25 Backstroke	6	42.63			

Results summary

Women, Short Course (25m)

	Distance,Stroke	Pl.	Time Round		Distance,Stroke	Pl.	Time Round
Salvör Adolfsdóttir	15/10/2008		151008-2080				
	50 Freestyle		1:14.91 PB		100 Backstroke	12	2:20.44 PB
	100 Freestyle	23	2:41.05 PB		50 Breaststroke		1:26.82 PB
	50 Backstroke		1:07.49 PB		100 Breaststroke	15	3:06.67 PB
Emilía Karen Ágústsdóttir	03/08/2009		030809-3780				
	25 Freestyle	11	34.08		25 Breaststroke	9	43.63
	25 Backstroke	10	35.59		50 Breaststroke		1:45.84
	50 Backstroke		1:08.67 PB		100 Breaststroke	17	3:32.13 PB
	100 Backstroke	14	2:25.26 PB		25 Butterfly	3	45.04
Bergþóra Sif Árnadóttir	24/08/2005		240805-3750				
	50 Freestyle		34.55 PB		200 Freestyle	1	2:32.07
	50 Freestyle		36.74		400 Freestyle	1	5:18.54 PB
	50 Freestyle		34.86 PB		50 Breaststroke		49.12
	100 Freestyle	2	1:11.57 PB		100 Breaststroke	10	1:45.67
	100 Freestyle		1:17.10		50 Butterfly		39.18
	100 Freestyle		1:14.40		100 Medley	2	1:23.14 PB
	200 Freestyle		2:38.91		200 Medley	2	2:57.73
Rebekka Marín Arngæisdóttir	22/09/2005		220905-2840				
	50 Freestyle		37.16		200 Freestyle	5	2:46.80
	50 Freestyle		41.12		400 Freestyle	3	5:54.26 PB
	50 Freestyle		37.96		50 Breaststroke		44.87 PB
	100 Freestyle	7	1:17.10 PB		100 Breaststroke	4	1:34.19 PB
	100 Freestyle		1:27.67		50 Butterfly		42.23
	100 Freestyle		1:21.06		100 Medley	3	1:24.61 PB
	200 Freestyle		3:00.32		200 Medley	3	3:02.45 PB
Pórey Una Arnlaugsdóttir	11/09/2006		110906-4040				
	50 Freestyle		41.80		200 Backstroke	6	3:08.18 PB
	100 Freestyle		1:28.16		50 Butterfly		47.32 PB
	200 Freestyle	12	2:58.13 PB		100 Butterfly	7	1:40.80 PB
	50 Backstroke		45.62		100 Medley	12	1:35.26 PB
	100 Backstroke		1:34.30 PB				
Elísabet Arnoddsdóttir	12/02/2009		120209-2990				
	25 Freestyle	1	21.00 PB		100 Backstroke	10	2:14.19 PB
	50 Freestyle		56.00		25 Breaststroke	1	30.94 PB
	50 Freestyle		53.84		50 Breaststroke		1:13.15 PB
	100 Freestyle	14	2:00.28 PB		100 Breaststroke	12	2:36.63 PB
	100 Freestyle		1:59.69 PB		25 Butterfly	1	30.53 PB
	200 Freestyle	10	4:16.22 PB		100 Medley	8	2:12.87 PB
	25 Backstroke	1	23.87 PB				
Sunneva Bergmann Ásbjörnsdóttir	13/01/2007		130107-3030				
	50 Freestyle		43.03 PB		200 Backstroke	5	3:37.65 PB
	50 Freestyle		42.99 PB		50 Breaststroke		54.34 PB
	100 Freestyle	2	1:28.92 PB		100 Breaststroke	2	1:54.94 PB
	100 Freestyle		1:34.25 PB		50 Butterfly		57.03 PB
	200 Freestyle	2	3:09.87 PB		100 Butterfly	4	2:00.31 PB
	50 Backstroke		50.72 PB				
Dagbjört Arna Atladóttir	04/03/2009		040309-3140				
	25 Freestyle	16	36.64 PB		25 Breaststroke	29	1:13.89
	25 Backstroke	23	51.00 PB				
Freydís Lilja Bergþórsdóttir	30/07/2009		300709-2140				
	25 Freestyle	3	29.56		25 Breaststroke	6	40.35 PB
	50 Freestyle		1:16.48		25 Butterfly	2	44.72 PB
	100 Freestyle	22	2:37.33 PB				
Birta Mjöll Böðvarsdóttir	10/02/2009		100209-2250				
	25 Freestyle	12	34.20 PB		25 Backstroke	7	35.28 PB
	50 Freestyle		1:29.32		25 Breaststroke	7	40.59 PB
	100 Freestyle	25	3:06.77 PB				
Katla María Brynjarsdóttir	15/04/2007		150407-2650				
	50 Backstroke		47.78		50 Butterfly		50.92
	100 Backstroke		1:40.25		100 Butterfly	3	1:52.62
	200 Backstroke	2	3:23.78 PB		100 Medley	3	1:39.78
	50 Butterfly		51.99		200 Medley	1	3:25.76 PB

Natalía Dögg Brynjarsdóttir	13/12/2007	131207-3280					
	50 Freestyle		44.18	PB	200 Freestyle	1	3:09.58 PB
	50 Freestyle		43.66	PB	50 Butterfly		54.68 PB
	100 Freestyle	3	1:29.98	PB	100 Medley	2	1:38.74 PB
	100 Freestyle		1:34.04	PB	200 Medley	3	3:38.16 PB
Sandra Mjöll Brynjarsdóttir	28/12/2010	281210-2540					
	25 Freestyle	26	42.90		25 Butterfly	5	54.59 PB
	25 Backstroke	18	44.53				
Adriana Agnes Derti	26/09/2010	260910-3370					
	25 Freestyle	18	37.11		25 Breaststroke	23	59.13
	25 Backstroke	14	38.65		25 Butterfly	6	57.20 PB
Thelma Lind Einarsdóttir	26/01/2005	260105-3450					
	50 Freestyle		32.73	PB	100 Backstroke	2	1:18.29 PB
	100 Freestyle	1	1:07.82	PB	200 Backstroke	2	2:47.25 PB
	50 Backstroke		39.57		50 Butterfly		38.47
	50 Backstroke		37.96		100 Medley	1	1:18.73 PB
	100 Backstroke		1:22.38		200 Medley	1	2:49.64 PB
Eva Margrét Falsdóttir	05/06/2005	050605-3020					
	50 Backstroke		37.41	PB	50 Breaststroke		38.87
	50 Backstroke		36.37	PB	100 Breaststroke	1	1:23.42
	100 Backstroke		1:18.67		100 Breaststroke		1:23.87
	100 Backstroke	1	1:15.91	PB	200 Breaststroke	1	2:56.22
	200 Backstroke	1	2:41.27	PB	50 Butterfly		34.69
	50 Breaststroke		38.72		100 Butterfly	1	1:15.23 PB
Sevdije Fejzulahi	20/05/2009	200509-4120					
	25 Freestyle	31	53.71	PB	25 Backstroke	26	53.78 PB
Sigríður Þóra Gabrielsdóttir	28/11/2010	281110-2680					
	25 Freestyle	24	42.22	PB	25 Backstroke	17	44.07 PB
Birgitta Eva Gísladóttir	13/01/2009	130109-2250					
	25 Freestyle	19	39.39	PB	25 Breaststroke	22	57.94 PB
	25 Backstroke	22	48.54				
Eydís Freyja Guðmundsdóttir	31/05/2009	310509-2640					
	25 Freestyle	13	35.36		25 Breaststroke	16	52.09 PB
	25 Backstroke	15	40.61	PB			
Jóhanna Arna Gunnarsdóttir	02/03/2006	020306-2620					
	50 Freestyle		39.95		50 Breaststroke		49.35 PB
	100 Freestyle		1:26.03		100 Breaststroke		1:44.14 PB
	200 Freestyle		2:57.46		100 Breaststroke	9	1:41.85 PB
	400 Freestyle	4	5:54.81	PB	200 Breaststroke	4	3:32.71 PB
	50 Backstroke		41.60	PB	50 Butterfly		42.45 PB
	100 Backstroke	4	1:25.36	PB	100 Butterfly	5	1:31.85 PB
	50 Breaststroke		48.92	PB			
Stefanía Ósk Halldórsdóttir	18/11/2006	181106-2710					
	50 Freestyle		38.50		100 Breaststroke	3	1:34.11 PB
	100 Freestyle		1:20.85		50 Butterfly		43.85
	200 Freestyle	6	2:46.85	PB	100 Medley	8	1:27.32 PB
	50 Breaststroke		45.44	PB	200 Medley	5	3:06.32 PB
Ástrós Lovísa Hauksdóttir	07/10/2008	071008-2230					
	50 Freestyle		55.36		200 Freestyle	9	4:13.96 PB
	50 Freestyle		54.19		50 Backstroke		1:02.92
	100 Freestyle	15	2:00.52	PB	100 Backstroke		2:12.27 PB
	100 Freestyle		2:00.96	PB	200 Backstroke	7	4:30.14 PB
Jóhanna Bára Holm	03/03/2007	030307-3130					
	50 Freestyle		51.65	PB	50 Backstroke		1:08.78
	50 Freestyle		55.57		50 Backstroke		1:03.95 PB
	100 Freestyle	12	1:50.44	PB	100 Backstroke		2:22.60 PB
	100 Freestyle		2:03.48	PB	100 Backstroke	9	2:10.71 PB
	200 Freestyle	11	4:20.06	PB	200 Backstroke	8	4:56.28 PB
Sóldís Harpa Holm	29/12/2009	291209-2890					
	25 Freestyle	27	50.00	PB	25 Breaststroke	20	54.26 PB
	25 Backstroke	25	52.06	PB			

Elísabet Jóhannesdóttir	12/12/2006	121206-3070				
	50 Backstroke	42.06	PB	50 Butterfly	41.87	PB
	50 Backstroke	42.91		50 Butterfly	42.26	
	100 Backstroke	1:28.08	PB	100 Butterfly	4	1:28.43 PB
	100 Backstroke	5	1:27.45 PB	100 Medley	6	1:27.08 PB
200 Backstroke	3	2:58.15 PB	200 Medley	4	3:06.05 PB	
Þorgerður Tinna Kristinsdóttir	18/03/2009	180309-3650				
	25 Freestyle	15	36.60 PB	25 Breaststroke	10	43.76 PB
25 Backstroke	5	34.75 PB				
Rebekka Rós Magnadóttir	26/05/2007	260507-2650				
	50 Freestyle	43.78	PB	200 Freestyle	3:29.05	PB
	50 Freestyle	46.92		200 Freestyle	5	3:22.77 PB
	50 Freestyle	43.55	PB	400 Freestyle	2	7:05.68 PB
	100 Freestyle	4	1:34.00 PB	50 Butterfly		48.49 PB
	100 Freestyle		1:40.11 PB	100 Butterfly	2	1:49.55 PB
100 Freestyle		1:35.66 PB	100 Medley	6	1:49.93 PB	
Viktoría Erla Magnúsdóttir	26/12/2006	261206-3230				
	50 Freestyle	54.98	PB	50 Backstroke	1:03.37	PB
	50 Freestyle	52.87	PB	100 Backstroke	27	2:18.43 PB
	100 Freestyle	33	1:59.07 PB	100 Breaststroke	27	2:16.60 PB
	100 Freestyle		1:56.06 PB	100 Medley	30	2:10.41 PB
200 Freestyle	33	4:14.06 PB				
Kornelia Nadia Maniak	22/02/2010	220210-2430				
	25 Freestyle	14	35.37 PB	25 Breaststroke	8	41.10 PB
25 Backstroke	9	35.34 PB				
Nada Medaguine	22/05/2008	220508				
	50 Backstroke	1:31.80	PB	100 Backstroke	16	3:18.09 PB
Embla Önnudóttir	02/12/2006	021206-2880				
	50 Freestyle	55.87		200 Freestyle	3:42.21	PB
	50 Freestyle	49.98		400 Freestyle	8	7:36.05 PB
	100 Freestyle	32	1:58.08	100 Backstroke	19	1:54.74 PB
100 Freestyle		1:47.99				
Agnes Jóna Pálmadóttir	04/04/2008	040408-3980				
	50 Freestyle	1:01.39		100 Backstroke	15	2:35.65 PB
	100 Freestyle	17	2:11.69	50 Breaststroke		1:26.14
	100 Freestyle		2:16.28	100 Breaststroke	16	3:07.39 PB
	200 Freestyle	12	4:51.70 PB	100 Medley	10	2:34.75 PB
50 Backstroke		1:11.62 PB				
Greta Björg Rafnsdóttir	13/12/2010	131210-2800				
	25 Freestyle	4	29.97 PB	25 Breaststroke	11	43.83 PB
25 Backstroke	2	31.97 PB				
Stella María Reynisdóttir	20/07/2007	200707-2220				
	50 Freestyle	53.87		100 Backstroke	5	2:05.37 PB
	100 Freestyle	13	1:52.20 PB	50 Breaststroke		2:30.08
	100 Freestyle		1:58.74 PB	100 Breaststroke	7	2:19.37 PB
	200 Freestyle	8	4:02.66 PB	200 Breaststroke	4	5:11.15 PB
50 Backstroke		59.67				
Embla Júlía Mjöll Robertson	16/03/2009	160309-3180				
	25 Freestyle	8	32.19 PB	25 Breaststroke	15	50.29
25 Backstroke	12	36.31 PB				
Gabija Marija Savickaitė	21/05/2008	210508-3250				
	50 Freestyle	1:01.58	PB	50 Breaststroke		1:15.23 PB
100 Freestyle	20	2:19.71 PB	100 Breaststroke	11	2:34.17 PB	
Athena Líf Þrastardóttir	24/07/2007	240707-2410				
	50 Backstroke	44.88	PB	200 Backstroke	1	3:07.83 PB
	50 Backstroke	44.57	PB	50 Butterfly		43.45 PB
	100 Backstroke		1:34.30 PB	100 Butterfly	1	1:35.76 PB
100 Backstroke	1	1:30.09 PB	100 Medley	1	1:31.97 PB	
Elísa Sól Traustadóttir	23/12/2010	231210-2100				
	25 Freestyle	23	40.55 PB	25 Butterfly	4	50.02 PB
25 Breaststroke	21	54.27 PB				

Sylvía Rún Tryggvadóttir	15/08/2009	150809-2310						
	25 Freestyle	25	42.80		25 Breaststroke	26	1:02.05	PB
	25 Backstroke	20	44.82	PB				
Fjóla Margrét Viðarsdóttir	16/01/2007	160107-3910						
	50 Freestyle		46.11	PB	200 Freestyle	6	3:31.26	PB
	50 Freestyle		52.15		400 Freestyle	3	7:38.06	PB
	50 Freestyle		48.85		50 Breaststroke		59.76	PB
	100 Freestyle	6	1:36.39	PB	100 Breaststroke	3	2:05.55	PB
	100 Freestyle		1:52.98		100 Medley	7	1:50.75	PB
	100 Freestyle		1:45.51		200 Medley	5	4:03.90	PB
	200 Freestyle		3:49.87					

Total 286 individual results, average performance: 104.9%
 0 new record(s), 199 new personal best(s)
 Biggest improvement: Nada Medaguine, 50 Backstroke 1:31.80