

Results summary

Men, Long Course (50m)

	Distance,Stroke	Pl.	Time RoundDiff.	Distance,Stroke	Pl.	Time RoundDiff.
Már Gunnarsson S12	19/11/1999		191199-2869			
	50 Freestyle		33.44 85%	50 Backstroke		36.77 89%
	50 Freestyle	27	30.44 103% PB	100 Backstroke	11	1:13.23 102% PB
	100 Freestyle		1:09.10 93%	100 Backstroke		1:15.74 95%
	200 Freestyle	28	2:22.59 100% PB	200 Backstroke	8	2:38.56 116% PB
	50 Backstroke	12	35.61 95%	50 Butterfly		35.02 98%
	50 Backstroke		35.89 93%	200 Medley	12	2:39.54 106% PB
Fannar Snævar Hauksson	07/09/2004		070904-3140			
	50 Freestyle		28.19 99%	100 Backstroke		1:10.71 F 95%
	100 Freestyle	17	59.44 107% PB	100 Backstroke	6	1:06.55 F 108% PB
	50 Backstroke		31.61 F 105% PB	100 Backstroke	6	1:06.20 109% PB
	50 Backstroke		33.56 F 93%	100 Backstroke		1:10.90 95%
	50 Backstroke	6	30.00 F 117% PB	200 Backstroke	5	2:27.21 F 108% PB
	50 Backstroke		33.76 92%	200 Backstroke	5	2:27.84 107% PB
	50 Backstroke	7	30.53 113% PB	50 Butterfly	6	28.13 F 103% PB
	50 Backstroke		31.27 107% PB	50 Butterfly	7	28.48 100%
Aron Fannar Kristínarson	14/06/2003		140603-3330			
	50 Freestyle		28.94 98%	50 Backstroke		34.54 85%
	50 Freestyle		30.31 90%	50 Backstroke		32.30 97%
	100 Freestyle	23	1:00.52 109% PB	100 Backstroke		1:11.27 F 94%
	100 Freestyle		1:04.54 96%	100 Backstroke	7	1:07.68 F 104% PB
	200 Freestyle	16	2:13.29 107% PB	100 Backstroke		1:11.33 94%
	50 Backstroke		34.44 F 86%	100 Backstroke	7	1:07.34 105% PB
	50 Backstroke		32.59 F 96%	200 Backstroke	4	2:26.05 F 108% PB
	50 Backstroke	10	32.38 97%	200 Backstroke	4	2:26.77 107% PB
Flosi Ómarsson	04/09/2003		040903-2240			
	50 Backstroke	11	32.50 97%			
Baldvin Sigmarsson	18/08/1997		180897-3139			
	50 Breaststroke	6	32.77 F 92%	50 Breaststroke	6	33.13 90%
Tristan Þór K Wium	13/05/2002		130502-2960			
	50 Freestyle		32.76 83%	200 Freestyle	30	2:23.42 93%
	50 Freestyle		32.97 82%	200 Freestyle		2:22.48 94%
	100 Freestyle		1:09.19 85%	400 Freestyle	17	4:48.19 100% PB
	100 Freestyle		1:08.76 86%			

Total 54 individual results, average performance: 98.3%

0 new record(s), 22 new personal best(s)

Biggest improvement: Fannar Snævar Hauksson, 50 Backstroke 30.00

Results summary

Women, Long Course (50m)

	Distance,Stroke	Pl.	Time RoundDiff.	Distance,Stroke	Pl.	Time RoundDiff.
Þórdís M Aðalsteinsdóttir	15/12/2003		151203-2050			
	50 Freestyle		36.30 78%	200 Freestyle		2:39.69 89%
	50 Freestyle		36.06 79%	400 Freestyle		5:28.45 89%
	100 Freestyle		1:16.94 86%	400 Freestyle	28	5:25.76 91%
	100 Freestyle		1:17.14 85%	800 Freestyle	20	11:03.70 96%
	200 Freestyle		2:40.11 89%			
Þórunn Kolbrún Árnadóttir	23/04/2002		230402-3530			
	50 Freestyle		33.03 96%	200 Freestyle	17	2:25.51 109% PB
	50 Freestyle		33.72 92%	200 Freestyle		2:30.63 101% PB
	100 Freestyle		1:10.38 102% PB	400 Freestyle	24	5:07.93 101% PB
100 Freestyle		1:11.64 98%				
Karen Mist Argeirsdóttir	09/02/2000		090200-2320			
	50 Breaststroke		36.56 F 88%	100 Breaststroke		1:17.72 F 91%
	50 Breaststroke	1	34.44 F 99%	100 Breaststroke	1	1:13.55 F 101% PB
	50 Breaststroke		34.14 F 101% PB	100 Breaststroke		1:22.67 80%
	50 Breaststroke		39.06 77%	100 Breaststroke	1	1:15.92 95%
	50 Breaststroke	1	34.80 97%	200 Breaststroke	1	2:41.97 F 99%
50 Breaststroke		35.45 94%	200 Breaststroke	3	2:51.97 88%	
Gunnhildur Björg Baldursdóttir	02/11/2000		021100-3310			
	50 Butterfly		31.81 F 96%	100 Butterfly		1:11.17 89%
	50 Butterfly	11	32.01 95%	100 Butterfly	10	1:10.36 91%
	50 Butterfly		32.99 89%	200 Butterfly	2	2:25.84 F 96%
	50 Butterfly		32.12 94%	200 Butterfly	3	2:30.44 90%
	100 Butterfly		1:08.29 F 97%	400 Medley	3	5:21.09 99%
100 Butterfly		1:09.37 94%				
Thelma Lind Einarsdóttir	26/01/2005		260105-3450			
	50 Freestyle		33.00 92%	50 Butterfly		37.41 96%
	50 Freestyle		31.67 100%	100 Butterfly		1:24.30 102% PB
	100 Freestyle		1:09.13 95%	200 Medley	19	2:47.37 100% PB
	100 Freestyle	17	1:06.58 102% PB	400 Medley	12	5:48.27 102% PB
200 Freestyle	15	2:24.82 103% PB				
Ástrós Elísa Eypórsdóttir	11/06/2002		110602-3320			
	50 Freestyle		31.91 94%	50 Breaststroke		39.31 105% PB
	100 Freestyle	21	1:07.24 101% PB	100 Breaststroke		1:26.70 99%
	50 Breaststroke		40.85 97%	100 Breaststroke	10	1:23.68 107% PB
50 Breaststroke	11	39.50 104% PB	200 Breaststroke	9	3:01.58 99%	
Eva Margrét Falsdóttir	05/06/2005		050605-3020			
	50 Breaststroke		37.54 F 100% PB	100 Breaststroke	3	1:18.47 F 111% PB
	50 Breaststroke	3	36.20 F 108% PB	100 Breaststroke		1:22.54 100% PB
	50 Breaststroke		37.38 F 101% PB	100 Breaststroke	3	1:19.09 109% PB
	50 Breaststroke		39.40 91%	200 Breaststroke	3	2:46.58 F 110% PB
	50 Breaststroke	4	36.76 105% PB	200 Breaststroke	2	2:51.91 104% PB
	50 Breaststroke		37.73 99%	50 Butterfly		34.82 86%
100 Breaststroke		1:19.82 F 107% PB	200 Medley	9	2:40.05 102% PB	
Guðný Birna Falsdóttir	04/02/2003		040203-2810			
	50 Freestyle		35.73 85%	200 Freestyle		2:33.01 93%
	50 Freestyle		36.25 82%	400 Freestyle		5:13.09 91%
	50 Freestyle		35.06 88%	400 Freestyle		5:21.70 86%
	100 Freestyle		1:14.20 89%	400 Freestyle	26	5:09.80 93%
	100 Freestyle		1:16.53 84%	800 Freestyle	12	10:28.00 94%
	100 Freestyle		1:13.59 91%	800 Freestyle		10:52.26 87%
	200 Freestyle		2:33.79 92%	1500 Freestyle	10	20:32.02 88%
	200 Freestyle		2:37.50 88%			

Birna Hilmarsdóttir		27/09/2002	270902-3240				
50 Freestyle			33.12	82%	200 Freestyle		2:20.85 96%
50 Freestyle			32.46	85%	200 Freestyle		2:23.52 92%
50 Freestyle			30.36	97%	400 Freestyle		4:50.46 99%
50 Freestyle			32.89	83%	400 Freestyle		4:52.57 98%
100 Freestyle			1:09.16	84%	400 Freestyle	9	4:45.90 103% PB
100 Freestyle	7		1:03.37	100% PB	800 Freestyle	5	9:47.51 103% PB
100 Freestyle			1:08.01	87%	800 Freestyle		9:46.29 103% PB
100 Freestyle			1:09.30	84%	1500 Freestyle	3	18:26.51 104% PB
200 Freestyle			2:22.67	93%			
Diljá Rún Ívarsdóttir		01/04/2002	010402-2470				
50 Butterfly	16		33.40	90%	100 Butterfly	11	1:10.96 103% PB
50 Butterfly			32.57	94%	200 Medley	11	2:41.52 100%
50 Butterfly			32.68	94%	400 Medley	7	5:37.41 98%
100 Butterfly			1:11.50	101% PB			
Eydís Ósk Kolbeinsdóttir		12/10/2000	121000-2960				
50 Freestyle			31.84	82%	400 Freestyle		4:36.40 95%
50 Freestyle			30.55	89%	400 Freestyle	1	4:29.55 100% PB
50 Freestyle			31.74	82%	800 Freestyle	1	9:12.65 101% PB
100 Freestyle			1:03.46	95%	800 Freestyle		9:22.60 97%
100 Freestyle			1:06.33	87%	1500 Freestyle	1	17:42.19 99%
100 Freestyle			1:06.13	87%	50 Butterfly		31.88 95%
200 Freestyle			2:16.85	92%	100 Butterfly		1:08.62 99%
200 Freestyle			2:10.87	100% PB	200 Medley	2	2:30.45 96%
200 Freestyle			2:16.41	92%	400 Medley	1	5:02.99 105% PB
400 Freestyle			4:37.99	94%			
Hafdís Eva Pálsdóttir		03/03/2004	030304-2760				
50 Backstroke			35.48	95%	100 Backstroke		1:18.32 93%
50 Backstroke	13		35.45	95%	200 Backstroke	9	2:43.50 100% PB
50 Backstroke			35.85	93%	50 Butterfly		33.91 90%
50 Backstroke			37.10	87%	200 Medley	17	2:43.62 106% PB
100 Backstroke	9		1:16.12	99%			
Sylwia Sienkiewicz		13/06/1999	130699-3089				
50 Freestyle	12		29.39	99%	50 Butterfly		33.63 82%
50 Backstroke	8		34.49 F	96%	50 Butterfly	9	31.10 95%
50 Backstroke	7		34.27	98%	100 Butterfly	8	1:09.64 F 92%
50 Butterfly	8		31.55 F	93%	100 Butterfly	8	1:09.83 92%
50 Butterfly			31.79 F	91%	100 Butterfly		1:13.36 83%
50 Butterfly			31.73 F	92%	200 Butterfly	7	2:38.17 86%
50 Butterfly			32.09	90%	200 Medley	3	2:32.14 F 98%
50 Butterfly			32.21	89%	200 Medley	4	2:34.79 95%
Ásta Kamilla Sigurðardóttir		23/02/2004	230204-2760				
50 Freestyle			30.79	104% PB	100 Freestyle	15	1:05.98 109% PB
50 Freestyle			35.77	77%	200 Freestyle		2:35.03 90%
50 Freestyle			31.17	102% PB	400 Freestyle		5:14.35 103% PB
50 Freestyle	14		29.98	110% PB	800 Freestyle	15	10:32.59 109% PB
100 Freestyle			1:15.04	84%			
Stefanía Sigurþórsdóttir		31/01/2001	310101-3460				
50 Freestyle			30.08	91%	50 Backstroke		35.79 86%
50 Backstroke	6		32.67 F	103% PB	100 Backstroke	5	1:10.15 F 101% PB
50 Backstroke			34.18 F	94%	100 Backstroke		1:13.34 F 92%
50 Backstroke			35.67 F	86%	100 Backstroke	4	1:10.55 100%
50 Backstroke			33.74	96%	100 Backstroke		1:14.66 89%
50 Backstroke	5		33.05	101% PB	200 Backstroke	2	2:28.34 F 103% PB
50 Backstroke			34.37	93%	200 Backstroke	2	2:31.52 99%
4 x 100 Freestyle	:	Ásta Kamilla Sigurðardóttir	04	Eva Margrét Falsdóttir	05	7	4:21.50
		Thelma Lind Einarsdóttir	05	Hafdís Eva Pálsdóttir	04		
4 x 100 Freestyle	:	Stefanía Sigurþórsdóttir	01	Eydís Ósk Kolbeinsdóttir	00	4	4:09.98
		Sylwia Sienkiewicz	99	Birna Hilmarsdóttir	02		
4 x 100 Medley	:	Hafdís Eva Pálsdóttir	04	Ásta Kamilla Sigurðardóttir	04	7	4:50.98
		Eva Margrét Falsdóttir	05	Thelma Lind Einarsdóttir	05		
4 x 100 Medley	:	Stefanía Sigurþórsdóttir	01	Sylwia Sienkiewicz	99	2	4:36.67
		Karen Mist Arngæirsdóttir	00	Eydís Ósk Kolbeinsdóttir	00		

Total 176 individual results, average performance: 94.9%  
0 new record(s), 49 new personal best(s)  
Biggest improvement: Eva Margrét Falsdóttir, 100 Breaststroke 1:18.47