

Results summary

Men, Long Course (50m)

	Distance,Stroke	Pl.	Time RoundDiff.	Distance,Stroke	Pl.	Time RoundDiff.
Ómar Magni Egilsson	26/11/2006		261106-2640			
50 Freestyle			40.47 82%	200 Backstroke	6	3:21.25 97%
100 Freestyle			1:29.01 91%	50 Breaststroke		57.81 75%
200 Freestyle			3:04.32 89%	100 Breaststroke	10	2:04.16 94%
400 Freestyle	7		6:20.49 99%	50 Butterfly		49.70 78%
50 Backstroke			46.03 89%	50 Butterfly		51.02 74%
50 Backstroke			45.44 91%	100 Butterfly	9	1:52.94 87%
100 Backstroke			1:38.30 95%	200 Medley	2	3:31.78 98%
100 Backstroke	3		1:34.87 102% PB			
Kári Snær Halldórsson	13/01/2004		130104-3470			
50 Freestyle			35.42 90%	50 Backstroke		40.06 94%
50 Freestyle			34.57 95%	100 Backstroke		1:22.28 96%
50 Freestyle			34.38 96%	200 Backstroke	2	2:48.46 99%
100 Freestyle	2		1:12.52 108% PB	50 Breaststroke		38.39 104% PB
100 Freestyle			1:15.57 100%	100 Breaststroke		1:22.87 98%
100 Freestyle			1:14.22 103% PB	200 Breaststroke	1	2:56.66 107% PB
200 Freestyle	3		2:33.22 103% PB	50 Butterfly		36.68 100% PB
200 Freestyle			2:38.48 97%	100 Butterfly	5	1:22.79 97%
400 Freestyle	4		5:20.75 105% PB			
Alexander Logi Jónsson	17/11/2004		171104-3270			
50 Freestyle			37.96 86%	100 Backstroke		1:28.02 97%
50 Freestyle			37.01 90%	200 Backstroke	4	2:56.80 109% PB
100 Freestyle			1:19.88 154% PB	50 Breaststroke		45.54 102% PB
100 Freestyle	3		1:15.81 171% PB	50 Breaststroke		45.59 102% PB
200 Freestyle			2:46.62 156% PB	100 Breaststroke	1	1:33.72 107% PB
400 Freestyle	7		5:39.59 PB	100 Breaststroke		1:35.28 104% PB
50 Backstroke			42.36 103% PB	200 Breaststroke	3	3:17.71 109% PB
50 Backstroke	3		38.75 123% PB			
Guðmundur Leo Rafnsson	16/08/2006		160806-3540			
50 Freestyle			37.98 99%	50 Breaststroke		52.45 127% PB
100 Freestyle	2		1:19.67 100% PB	100 Breaststroke	6	1:48.37 128% PB
50 Backstroke			45.14 89%	100 Breaststroke		1:51.10 122% PB
100 Backstroke			1:32.52 93%	200 Breaststroke	2	3:49.12 129% PB
200 Backstroke	3		3:06.37 104% PB	50 Butterfly		46.76 93%
50 Breaststroke			52.48 127% PB	100 Butterfly	8	1:41.73 97%
50 Breaststroke	2		50.05 139% PB			
Jakob Ingi Reynisson	23/02/2006		230206-2440			
50 Freestyle			41.41 141% PB	50 Backstroke		46.24 174% PB
50 Freestyle			37.92 168% PB	100 Backstroke		1:37.68 167% PB
100 Freestyle			1:27.61 141% PB	100 Backstroke	2	1:33.86 181% PB
100 Freestyle	3		1:20.75 166% PB	200 Backstroke	5	3:16.59 174% PB
200 Freestyle			3:01.67 159% PB	50 Breaststroke		55.72 128% PB
400 Freestyle	6		6:03.98 PB	100 Breaststroke	8	1:56.23 140% PB
50 Backstroke			47.21 167% PB			
Daníel Patrick Riley	20/07/2003		200703-2780			
50 Freestyle			36.53 80%	200 Backstroke	4	2:55.37 117% PB
50 Freestyle			32.33 103% PB	50 Breaststroke		39.17 107% PB
100 Freestyle	6		1:08.15 108% PB	50 Breaststroke		41.22 97%
100 Freestyle			1:16.84 85%	100 Breaststroke	2	1:21.88 122% PB
200 Freestyle			2:39.32 92%	100 Breaststroke		1:27.61 107% PB
400 Freestyle	4		5:20.72 103% PB	200 Breaststroke	3	2:59.72 118% PB
50 Backstroke			41.74 97%	50 Butterfly		32.27 103% PB
100 Backstroke			1:26.41 96%	100 Butterfly	2	1:13.07 96%
Gabriel Þór Sigurmundsson	22/06/2003		220603-2370			
50 Backstroke			43.43 92%	100 Breaststroke	3	1:37.92 105% PB
100 Backstroke			1:29.31 98%	50 Butterfly		40.29 97%
100 Backstroke	5		1:26.83 104% PB	50 Butterfly		40.11 98%
200 Backstroke	6		3:02.75 106% PB	100 Butterfly	4	1:26.12 105% PB
50 Breaststroke			45.90 101% PB	200 Medley	1	3:00.60 105% PB
50 Breaststroke	5		47.04 97%			

Gabriel Ari Tryggvarson	07/04/2003	070403-2770					
50 Freestyle		33.90	PB	200 Freestyle		2:35.63	PB
50 Freestyle		34.04	PB	400 Freestyle	5	5:21.51	PB
50 Freestyle		32.40	PB	50 Backstroke		40.56	PB
100 Freestyle		1:12.32	PB	50 Backstroke	5	34.98	PB
100 Freestyle		1:13.05	PB	100 Backstroke		1:24.58	PB
100 Freestyle	5	1:08.06	PB	200 Backstroke	2	2:51.26	PB
200 Freestyle	3	2:30.87	PB				

Total 113 individual results, average performance: 108.3%

0 new record(s), 69 new personal best(s)

Biggest improvement: Jakob Ingi Reynisson, 100 Backstroke 1:33.86

Results summary

Women, Long Course (50m)

	Distance,Stroke	Pl.	Time RoundDiff.	Distance,Stroke	Pl.	Time RoundDiff.
Bergþóra Sif Árnadóttir	24/08/2005		240805-3750			
50 Freestyle			37.52 77%	50 Butterfly		38.97 87%
100 Freestyle			1:19.23 82%	50 Butterfly		38.27 91%
200 Freestyle			2:44.93 86%	50 Butterfly	2	35.75 104% PB
400 Freestyle	6		5:30.83 94%	100 Butterfly		1:33.44 83%
50 Backstroke			42.91 88%	100 Butterfly	2	1:22.50 107% PB
100 Backstroke			1:28.17 87%	200 Butterfly	1	3:11.18 PB
200 Backstroke	4		2:56.40 108% PB	200 Medley	2	3:03.50 101% PB
50 Butterfly			43.12 71%			
Rebekka Marín Arngeirsdóttir	22/09/2005		220905-2840			
50 Freestyle			36.36 91%	400 Freestyle	8	5:35.93 101% PB
50 Freestyle			36.74 89%	50 Backstroke		42.77 91%
50 Freestyle			36.07 92%	50 Backstroke		41.66 95%
100 Freestyle	3		1:17.49 96%	100 Backstroke		1:27.38 92%
100 Freestyle			1:18.31 94%	100 Backstroke	2	1:25.04 97%
100 Freestyle			1:17.56 95%	200 Backstroke	3	2:55.78 101% PB
200 Freestyle	5		2:42.07 102% PB	50 Butterfly		38.49 99%
200 Freestyle			2:44.64 99%	100 Butterfly	5	1:25.61 101% PB
Pórey Una Arnlaugsdóttir	11/09/2006		110906-4040			
50 Freestyle	2		36.57 98%	100 Backstroke	4	1:29.95 97%
50 Freestyle			38.67 88%	50 Butterfly		43.22 84%
100 Freestyle			1:21.83 90%	50 Butterfly		42.72 86%
200 Freestyle			2:48.47 101% PB	100 Butterfly		1:37.17 92%
400 Freestyle	3		5:35.41 108% PB	200 Butterfly	2	3:20.93 PB
50 Backstroke	3		40.30 112% PB	200 Medley	1	3:10.46 103% PB
50 Backstroke			44.19 94%			
Sunneva Bergmann Ásbjörnsdóttir	13/01/2007		130107-3030			
50 Freestyle	4		37.10 109% PB	50 Backstroke		48.47 97%
50 Freestyle			41.82 86%	100 Backstroke	8	1:38.27 98%
50 Freestyle			39.11 98%	50 Breaststroke		52.55 94%
100 Freestyle			1:27.06 102% PB	100 Breaststroke	11	1:49.80 97%
100 Freestyle	8		1:21.72 116% PB	50 Butterfly		48.68 107% PB
200 Freestyle			3:00.98 98%	100 Butterfly	12	1:50.43 PB
400 Freestyle	12		6:07.00 PB			
Katla María Brynjarsdóttir	15/04/2007		150407-2650			
50 Freestyle			37.59 92%	100 Backstroke		1:29.33 95%
50 Freestyle			37.17 94%	100 Backstroke	3	1:26.68 100% PB
100 Freestyle			1:19.45 99%	200 Backstroke	4	3:01.48 103% PB
100 Freestyle	4		1:17.21 105% PB	50 Breaststroke		52.92 96%
200 Freestyle			2:45.02 99%	100 Breaststroke	13	1:51.77 98%
400 Freestyle	5		5:36.42 100%	50 Butterfly		44.78 104% PB
50 Backstroke			43.04 98%	100 Butterfly	8	1:38.15 100%
50 Backstroke			42.11 102% PB			
Natalía Dögg Brynjarsdóttir	13/12/2007		131207-3280			
50 Freestyle			42.42 86%	100 Backstroke		1:38.84 96%
50 Freestyle			41.37 90%	100 Backstroke	6	1:35.65 102% PB
100 Freestyle			1:28.12 90%	200 Backstroke	7	3:16.98 PB
100 Freestyle	12		1:25.61 96%	50 Breaststroke		53.84 98%
200 Freestyle			2:59.02 103% PB	100 Breaststroke	12	1:51.27 102% PB
400 Freestyle	9		5:57.79 104% PB	50 Butterfly		46.11 99%
50 Backstroke			48.47 92%	100 Butterfly	6	1:36.84 109% PB
50 Backstroke			47.38 97%			
Amelía Björk Davíðsdóttir	26/09/2003		260903-3220			
50 Freestyle	7		39.71 129% PB	100 Breaststroke	1	1:37.02 108% PB
50 Freestyle			41.67 117% PB	100 Breaststroke		1:36.02 110% PB
100 Freestyle	4		1:29.32 115% PB	200 Breaststroke	3	3:24.77 PB
50 Breaststroke			46.42 102% PB	50 Butterfly		46.52 PB
50 Breaststroke	8		45.58 105% PB	100 Butterfly	6	1:41.80 PB
50 Breaststroke			45.32 107% PB			

Jóhanna Arna Gunnarsdóttir	02/03/2006	020306-2620					
50 Freestyle		37.25	95%	50 Breaststroke		49.61	88%
100 Freestyle	2	1:16.35	108% PB	100 Breaststroke	5	1:45.94	86%
50 Backstroke		2:15.49	8%	100 Breaststroke		1:44.17	89%
100 Backstroke		1:28.69	80%	200 Breaststroke	5	3:35.24	95%
200 Backstroke	3	2:59.29	109% PB	50 Butterfly		40.56	92%
50 Breaststroke		50.76	84%	100 Butterfly	2	1:26.14	124% PB
50 Breaststroke	3	46.93	98%				
Stefanía Ósk Halldórsdóttir	18/11/2006	181106-2710					
50 Freestyle		37.52	91%	50 Breaststroke		45.05	92%
100 Freestyle	3	1:16.86	102% PB	100 Breaststroke	2	1:34.66	94%
50 Backstroke		44.74	93%	100 Breaststroke		1:34.82	94%
100 Backstroke		1:33.62	108% PB	200 Breaststroke	1	3:15.71	97%
200 Backstroke	6	3:07.99	110% PB	50 Butterfly		40.68	93%
50 Breaststroke		45.46	90%	100 Butterfly	4	1:28.20	98%
50 Breaststroke	1	44.74	93%				
Elísabet Jóhannesdóttir	12/12/2006	121206-3070					
50 Freestyle		37.22	80%	100 Backstroke		1:26.16	92%
50 Freestyle		35.03	90%	200 Backstroke	1	2:54.41	104% PB
100 Freestyle		1:18.97	85%	50 Breaststroke		47.11	96%
100 Freestyle		1:14.55	96%	100 Breaststroke		1:37.65	97%
200 Freestyle	1	2:33.12	110% PB	200 Breaststroke	2	3:20.35	121% PB
200 Freestyle		2:45.03	94%	50 Butterfly	1	38.09	95%
400 Freestyle	1	5:31.44	100% PB	50 Butterfly		37.87	96%
50 Backstroke		41.56	90%	100 Butterfly	1	1:23.71	98%
Rebekka Rós Magnadóttir	26/05/2007	260507-2650					
50 Freestyle		42.25	89%	100 Backstroke		1:39.45	94%
50 Freestyle		39.18	103% PB	100 Backstroke	7	1:37.37	98%
100 Freestyle		1:27.82	93%	200 Backstroke	9	3:20.71	108% PB
100 Freestyle	9	1:22.57	105% PB	50 Breaststroke		1:00.40	98%
200 Freestyle		3:02.62	98%	100 Breaststroke	16	2:02.69	104% PB
400 Freestyle	13	6:10.13	101% PB	50 Butterfly		44.50	104% PB
50 Backstroke		48.07	99%	100 Butterfly	7	1:37.08	115% PB
Pórhildur Ósk Þ Snædal	04/02/2005	040205-2920					
50 Freestyle		39.43	86%	100 Backstroke	3	1:29.87	163% PB
50 Freestyle		35.96	103% PB	100 Backstroke		1:34.43	148% PB
100 Freestyle		1:23.15	98%	200 Backstroke	6	3:11.59	147% PB
100 Freestyle	2	1:15.33	119% PB	50 Breaststroke		51.96	97%
200 Freestyle		2:55.43	104% PB	100 Breaststroke	7	1:47.38	104% PB
400 Freestyle	12	6:00.13	149% PB	50 Butterfly		40.52	280% PB
50 Backstroke		43.86	105% PB	100 Butterfly	7	1:33.48	133% PB
50 Backstroke		44.92	100% PB				
Athena Líf Þrastardóttir	24/07/2007	240707-2410					
50 Freestyle		38.53	82%	400 Freestyle	8	5:50.22	105% PB
50 Freestyle		38.53	82%	50 Backstroke		43.04	94%
50 Freestyle		37.46	87%	50 Backstroke	1	39.78	110% PB
100 Freestyle		1:21.38	114% PB	50 Backstroke		41.98	99%
100 Freestyle		1:21.83	113% PB	100 Backstroke		1:29.12	95%
100 Freestyle	5	1:17.40	126% PB	100 Backstroke	1	1:24.95	104% PB
200 Freestyle	6	2:47.59	116% PB	200 Backstroke	2	2:59.22	108% PB
200 Freestyle		2:51.90	110% PB				
Fjóla Margrét Viðarsdóttir	16/01/2007	160107-3910					
50 Freestyle		42.55	90%	50 Breaststroke		1:00.44	90%
100 Freestyle		1:32.06	89%	100 Breaststroke	18	2:03.57	95%
200 Freestyle		3:08.19	95%	50 Butterfly		51.97	107% PB
400 Freestyle	15	6:16.69	103% PB	50 Butterfly		52.47	105% PB
50 Backstroke		2:33.96	9%	50 Butterfly	6	49.91	116% PB
100 Backstroke		1:41.54	94%	100 Butterfly	13	1:52.30	118% PB
200 Backstroke	10	3:22.22	PB	200 Medley	5	3:33.66	107% PB

Total 198 individual results, average performance: 99.8%

0 new record(s), 87 new personal best(s)

Biggest improvement: Pórhildur Ósk Þ Snædal, 50 Butterfly 40.52