



# Afrefekaskrá ÍRB

Grein	Methafi í 25m	Tími	Dags	Methafi í 50m	Tími	Dags
-------	---------------	------	------	---------------	------	------

## Konur

25 Skrið	Eva Margrét Falsdóttir	NJD	00:13,26	29.11.2022		
50 Skrið	Sunneva Dögg Robertson	NJD	00:27,10	17.11.2017	Eydís Ósk Kolbeinsdóttir	NJD 00:26,95 12.4.2024
100 Skrið	Eva Margrét Falsdóttir	KEF	00:57,21	18.12.2023	Sunneva Dögg Fríðriksdóttir	NJD 00:59,33 12.4.2015
200 Skrið	Sunneva Dögg Fríðriksdóttir	NJD	02:01,69	11.12.2015	Sunneva Dögg Fríðriksdóttir	NJD 02:05,27 24.4.2016
400 Skrið	Sunneva Dögg Fríðriksdóttir	NJD	04:14,60	13.11.2015	Sunneva Dögg Fríðriksdóttir	NJD 04:20,66 22.4.2016
800 Skrið	Sunneva Dögg Fríðriksdóttir	NJD	08:55,57	14.11.2014	Sunneva Dögg Fríðriksdóttir	NJD 09:11,90 23.6.2015
1500 Skrið	Sunneva Dögg Fríðriksdóttir	NJD	17:12,86	14.11.2014	Eydís Ósk Kolbeinsdóttir	NJD 17:34,44 12.4.2015
25 Bak	Ástrós Lovisa Hauksdóttir	NJD	00:14,98	07.12.2023		
50 Bak	Íns Ósk Hilmarssdóttir	KEF	00:29,95	22.11.2013	Ástrós Lovisa Hauksdóttir	KEF 00:30,88 12.4.2024
100 Bak	Íns Ósk Hilmarssdóttir	KEF	01:03,11	22.11.2013	Íns Ósk Hilmarssdóttir	KEF 01:06,29 11.4.2014
200 Bak	Íns Ósk Hilmarssdóttir	KEF	02:14,18	14.12.2012	Íns Ósk Hilmarssdóttir	KEF 02:19,85 15.6.2013
25 Bringa	Eva Margrét Falsdóttir	KEF	00:16,37	20.03.2024		
50 Bringa	Erla Dögg Haraldsdóttir	NJD	00:31,26	19.11.2009	Erla Dögg Haraldsdóttir	NJD 00:31,96 7.4.2011
100 Bringa	Erla Dögg Haraldsdóttir	NJD	01:06,58	19.6.2008	Erla Dögg Haraldsdóttir	NJD 01:10,66 14.6.2008
200 Bringa	Erla Dögg Haraldsdóttir	NJD	02:26,83	16.5.2008	Erla Dögg Haraldsdóttir	NJD 02:32,49 14.6.2008
25 Flug	Eydís Ósk Kolbeinsdóttir	NJD	00:13,91	11.04.2019		
50 Flug	Eydís Ósk Kolbeinsdóttir	KEF	00:28,22	25.11.1995	Eydís Ósk Kolbeinsdóttir	KEF 00:28,25 3.7.2000
100 Flug	Eydís Ósk Kolbeinsdóttir	KEF	02:02,25	19.2.1996	Erla Dögg Haraldsdóttir	NJD 01:02,65 12.5.2012
200 Flug	Jóhanna Júlía Júlíusdóttir	KEF	02:16,90	21.5.2012	Erla Dögg Haraldsdóttir	NJD 02:18,79 3.4.2008
100 Fjór	Erla Dögg Haraldsdóttir	NJD	01:01,77	19.11.2009		
200 Fjór	Erla Dögg Haraldsdóttir	NJD	02:15,32	19.11.2009	Erla Dögg Haraldsdóttir	NJD 02:18,45 7.4.2011
400 Fjór	Eva Margrét Falsdóttir	KEF	04:52,30	02.12.2023	Eva Margrét Falsdóttir	KEF 05:01,58 23.3.2024

## Stúlkur (15 - 18)

25 Skrið	Eva Margrét Falsdóttir	NJD	00:13,26	29.11.2022		
50 Skrið	Eva Margrét Falsdóttir	KEF	00:27,21	18.12.2023	Sunneva Dögg Fríðriksdóttir	NJD 00:27,85 13.2.2016
100 Skrið	Eva Margrét Falsdóttir	KEF	00:57,21	18.12.2023	Sunneva Dögg Fríðriksdóttir	NJD 00:59,33 12.4.2015
200 Skrið	Sunneva Dögg Fríðriksdóttir	NJD	02:01,69	11.12.2015	Sunneva Dögg Fríðriksdóttir	NJD 02:05,27 24.4.2016
400 Skrið	Sunneva Dögg Fríðriksdóttir	NJD	04:14,60	13.11.2015	Sunneva Dögg Fríðriksdóttir	NJD 04:20,66 22.4.2016
800 Skrið	Sunneva Dögg Fríðriksdóttir	NJD	08:55,57	14.11.2014	Sunneva Dögg Fríðriksdóttir	NJD 09:11,90 23.6.2015
1500 Skrið	Sunneva Dögg Fríðriksdóttir	NJD	17:12,86	14.11.2014	Eydís Ósk Kolbeinsdóttir	NJD 17:34,44 12.4.2015
25 Bak	Ástrós Lovisa Hauksdóttir	NJD	00:14,98	07.12.2023		
50 Bak	Ástrós Lovisa Hauksdóttir	NJD	00:29,93	10.11.2023	Ástrós Lovisa Hauksdóttir	KEF 00:30,88 12.4.2024
100 Bak	Íns Ósk Hilmarssdóttir	KEF	01:03,11	22.11.2013	Íns Ósk Hilmarssdóttir	KEF 01:06,29 11.4.2014
200 Bak	Íns Ósk Hilmarssdóttir	KEF	02:14,27	22.11.2013	Íns Ósk Hilmarssdóttir	KEF 02:19,85 15.6.2013
25 Bringa	Karen Mist Amgeirsdóttir	NJD	00:16,49	29.03.2017		
50 Bringa	Eva Margrét Falsdóttir	KEF	00:32,23	12.11.2023	Eva Margrét Falsdóttir	KEF 00:33,84 19.12.2023
100 Bringa	Eva Margrét Falsdóttir	KEF	01:10,14	16.12.2023	Íns Edda Heimsdóttir	KEF 01:13,42 20.5.2000
200 Bringa	Eva Margrét Falsdóttir	KEF	02:31,14	01.10.2020	Íns Edda Heimsdóttir	KEF 02:35,80 20.05.2000
25 Flug	Eva Margrét Falsdóttir	KEF	00:14,29	07.12.2023		
50 Flug	Eydís Ósk Kolbeinsdóttir	KEF	00:28,22	25.11.1995	Erla Dögg Haraldsdóttir	NJD 00:29,66 18.2.2005
100 Flug	Eydís Ósk Kolbeinsdóttir	KEF	01:02,48	25.11.1995	Eydís Ósk Kolbeinsdóttir	KEF 01:03,87 23.6.1995
200 Flug	Jóhanna Júlía Júlíusdóttir	KEF	02:16,90	21.5.2012	Jóhanna Júlía Júlíusdóttir	KEF 02:19,90 04.06.2017
100 Fjór	Eva Margrét Falsdóttir	KEF	01:03,31	10.11.2023		
200 Fjór	Eva Margrét Falsdóttir	KEF	02:16,01	12.11.2023	Eva Margrét Falsdóttir	KEF 02:21,74 03.06.2023
400 Fjór	Eva Margrét Falsdóttir	KEF	04:52,30	02.12.2023	Ólöf Edda Eðvarðsdóttir	KEF 05:02,33 15.6.2013

## Telpur (13 & 14)

25 Skrið	Eva Margrét Falsdóttir	KEF	00:14,02	11.04.2019		
50 Skrið	Soffía Klemenzdóttir	KEF	00:27,56	15.11.2007	Soffía Klemenzdóttir	KEF 00:28,37 10.2.2007
100 Skrið	Soffía Klemenzdóttir	KEF	00:59,34	22.9.2007	Soffía Klemenzdóttir	KEF 01:00,97 16.3.2007
200 Skrið	Eydís Ósk Kolbeinsdóttir	NJD	02:01,61	14.11.2014	Sunneva Dögg Fríðriksdóttir	NJD 02:12,12 14.2.2013
400 Skrið	Sunneva Dögg Fríðriksdóttir	NJD	04:24,52	22.11.2013	Sunneva Dögg Fríðriksdóttir	NJD 04:35,94 14.12.2013
800 Skrið	Sunneva Dögg Fríðriksdóttir	NJD	09:03,01	29.11.2013	Eydís Ósk Kolbeinsdóttir	NJD 09:21,24 11.4.2014
1500 Skrið	Sunneva Dögg Fríðriksdóttir	NJD	18:04,04	28.11.2013	Eydís Ósk Kolbeinsdóttir	NJD 17:48,38 11.4.2014
25 Bak	Íns Ósk Hilmarssdóttir	KEF	00:15,83	5.12.2012		
50 Bak	Íns Ósk Hilmarssdóttir	KEF	00:30,44	14.12.2012	Íns Ósk Hilmarssdóttir	KEF 00:31,26 8.12.2012
100 Bak	Íns Ósk Hilmarssdóttir	KEF	01:03,90	16.11.2012	Íns Ósk Hilmarssdóttir	KEF 01:06,88 8.12.2012
200 Bak	Íns Ósk Hilmarssdóttir	KEF	02:14,13	14.12.2012	Íns Ósk Hilmarssdóttir	KEF 02:23,22 7.7.2012
25 Bringa	Karen Mist Amgeirsdóttir	NJD	00:12,43	13.04.2019		
50 Bringa	Karen Mist Amgeirsdóttir	NJD	00:33,54	26.9.2014	Karen Mist Amgeirsdóttir	NJD 00:34,66 12.7.2014
100 Bringa	Karen Mist Amgeirsdóttir	NJD	01:11,91	14.11.2014	Eva Margrét Falsdóttir	KEF 01:14,93 05.04.2019
200 Bringa	Eva Margrét Falsdóttir	KEF	02:31,08	09.11.2014	Eva Margrét Falsdóttir	KEF 02:36,69 07.04.2019
25 Flug	Elisabet Arnósdóttir	KEF	00:14,68	29.11.2022		
50 Flug	Elisabet Arnósdóttir	KEF	00:29,22	20.11.2022	Elisabet Arnósdóttir	KEF 00:29,38 11.02.2023
100 Flug	Ólöf Edda Eðvarðsdóttir	KEF	01:05,71	23.6.2011	Elisabet Arnósdóttir	KEF 01:07,58 14.5.2023
200 Flug	Ólöf Edda Eðvarðsdóttir	KEF	02:20,75	25.11.2011	Ólöf Edda Eðvarðsdóttir	KEF 02:24,80 25.7.2011
100 Fjór	Soffía Klemenzdóttir	KEF	01:07,40	15.1.2007		
200 Fjór	Eva Margrét Falsdóttir	KEF	02:21,87	9.12.2011	Eva Margrét Falsdóttir	KEF 02:26,61 06.04.2019
400 Fjór	Ólöf Edda Eðvarðsdóttir	KEF	04:53,67	9.12.2011	Ólöf Edda Eðvarðsdóttir	KEF 05:04,19 7.4.2011

## Meyjar (11 & 12)

25 Skrið	Eva Margrét Falsdóttir	KEF	00:14,59	29.11.2017		
50 Skrið	Elisabet Arnósdóttir	KEF	00:29,00	04.12.2021	Soffía Klemenzdóttir	KEF 00:30,75 18.3.2005
100 Skrið	Soffía Klemenzdóttir	KEF	01:04,02	18.11.2005	Stefanía Sigurðarsdóttir	KEF 01:05,08 14.12.2013
200 Skrið	Stefanía Sigurðarsdóttir	KEF	02:16,04	7.12.2013	Stefanía Sigurðarsdóttir	KEF 02:19,48 14.12.2013
400 Skrið	Stefanía Sigurðarsdóttir	KEF	04:33,03	20.12.2013	Stefanía Sigurðarsdóttir	KEF 04:36,01 14.12.2013
800 Skrið	Stefanía Sigurðarsdóttir	KEF	09:33,04	29.11.2013	Stefanía Sigurðarsdóttir	KEF 10:11,89 14.12.2013
1500 Skrið	Stefanía Sigurðarsdóttir	KEF	18:31,29	13.12.2013	Stefanía Sigurðarsdóttir	KEF 19:30,89 14.12.2013
25 Bak	Jóhanna Matthea Jóhannesdóttir	KEF	00:16,53	11.12.2013		
50 Bak	Elisabet Arnósdóttir	KEF	00:33,31	05.12.2021	Elisabet Arnósdóttir	KEF 00:35,84 16.12.2021
100 Bak	Elisabet Arnósdóttir	KEF	01:11,97	25.09.2021	Eva Margrét Falsdóttir	KEF 01:16,69 20.12.2017
200 Bak	Elisabet Arnósdóttir	KEF	02:32,48	15.12.2021	Jóhanna Júlía Júlíusdóttir	KEF 02:44,09 3.4.2008
25 Bringa	Jóhanna Matthea Jóhannesdóttir	KEF	00:17,97	11.12.2013		
50 Bringa	Eva Margrét Falsdóttir	KEF	00:32,14	01.12.2017	Eva Margrét Falsdóttir	KEF 00:37,58 20.12.2017
100 Bringa	Ólöf Edda Eðvarðsdóttir	KEF	01:17,05	19.11.2009	Eva Margrét Falsdóttir	KEF 01:22,89 7.4.2017
200 Bringa	Ólöf Edda Eðvarðsdóttir	KEF	02:44,39	19.11.2009	Ólöf Edda Eðvarðsdóttir	KEF 02:52,21 25.4.2009
25 Flug	Díliá Rún Iversdóttir	KEF	00:15,55	9.12.2014		
50 Flug	Elisabet Arnósdóttir	KEF	00:30,40	04.12.2021	Elisabet Arnósdóttir	KEF 00:31,68 16.12.2021
100 Flug	Elisabet Arnósdóttir	KEF	01:09,39	18.12.2021	Elisabet Arnósdóttir	KEF 01:12,96 16.12.2021
200 Flug	Elisabet Arnósdóttir	KEF	02:33,07	15.12.2021	Elisabet Arnósdóttir	KEF 02:42,22 16.12.2021
100 Fjór	Eva Margrét Falsdóttir	KEF	01:11,00	19.12.2017		
200 Fjór	Ólöf Edda Eðvarðsdóttir	KEF	02:32,05	15.1.2009	Stefanía Sigurðarsdóttir	KEF 02:37,43 14.12.2013
400 Fjór	Stefanía Sigurðarsdóttir	KEF	05:13,93	29.11.2013	Stefanía Sigurðarsdóttir	KEF 05:32,92 14.12.2013

## Hnátur (9 & 10)

25 Skrið	Eva Margrét Falsdóttir	KEF	00:16,04	25.11.2015		
50 Skrið	Eva Margrét Falsdóttir	KEF	00:33,19	25.6.2015	Eva Margrét Falsdóttir	KEF 00:35,20 15.2.2015
100 Skrið	Eva Margrét Falsdóttir	KEF	01:12,63	27.3.2015	Eva Margrét Falsdóttir	KEF 01:19,67 15.2.2015
200 Skrið	Eva Margrét Falsdóttir	KEF	02:37,30	25.9.2015	Eva Margrét Falsdóttir	KEF 02:45,41 15.2.2015
400 Skrið	Ólöf Edda Eðvarðsdóttir	KEF	05:35,34	28.6.2007	Stefanía Ósk Hallórsdóttir	KEF 05:53,71 15.12.2016
800 Skrið	Katla María Brynjarsdóttir	NJD	11:24,08	19.12.2017	Eva Margrét Falsdóttir	KEF 11:54,56 7.2.2015
1500 Skrið	Eva Margrét Falsdóttir	KEF	21:22,74	15.12.2015	Stefanía Sigurðarsdóttir	KEF 23:15,41 3.12.2011
25 Bak	Elisabet Arnósdóttir	KEF	00:18,23	11.04.2019		
50 Bak	Eva Margrét Falsdóttir	KEF	00:39,62	15.7.2015	Eva Margrét Falsdóttir	KEF 00:41,04 6.12.2014
100 Bak	Elisabet Arnósdóttir	KEF	01:20,48	28.11.2015	Eva Margrét Falsdóttir	KEF 01:23,79 16.12.2015
200 Bak	Eva Margrét Falsdóttir	KEF	02:53,19	15.7.2015	Eva Margrét Falsdóttir	KEF 03:08,62 6.12.2014
25 Bringa	Eva Margrét Falsdóttir	KEF	00:20,05	25.3.2015		
50 Bringa	Eva Margrét Falsdóttir	KEF	00:40,05	15.12.2015	Eva Margrét Falsdóttir	KEF 00:43,88 15.2.2015
100 Bringa	Eva Margrét Falsdóttir	KEF	01:31,62	2.10.2015	Eva Margrét Falsdóttir	KEF 01:34,95 16.7.2015
200 Bringa	Eva Margrét Falsdóttir	KEF	03:10,88	31.10.2015	Eva Margrét Falsdóttir	KEF 03:18,95 16.7.2015
25 Flug	Eva Margrét Falsdóttir	KEF	00:17,01	25.11.2015		
50 Flug	Eva Margrét Falsdóttir	KEF	00:36,36	2.10.2015	Eva Margrét Falsdóttir	KEF 00:39,75 15.2.2015
100 Flug	Eva Margrét Falsdóttir	KEF	01:24,31	31.10.2015	Eva Margrét Falsdóttir	KEF 01:33,72 16.12.2015
200 Flug	Elisabet Arnósdóttir	KEF	03:17,98	13.12.2019	Eva Margrét Falsdóttir	KEF 03:14,00 16.12.2015
100 Fjór	Eva Margrét Falsdóttir	KEF	01:20,99	25.9.2015		
200 Fjór	Eva Margrét Falsdóttir	KEF	02:50,08	28.11.2015	Eva Margrét Falsdóttir	KEF 02:57,84 16.7.2015
400 Fjór	Eva Margrét Falsdóttir	KEF	06:10,99	9.5.2015	Eva Margrét Falsdóttir	KEF 06:13,20 16.12.2015

## Snóttir (8 & U)

25 Skrið	Eva Margrét Falsdóttir	KEF	00:18,33	11.12.2013		
50 Skrið	Eva Margrét Falsdóttir	KEF	00:40,39	11.10.2013	Eva Margrét Falsdóttir	KEF 00:43,28 8.2.2013
100 Skrið	Eva Margrét Falsdóttir	KEF	01:29,38	11.10.2013	Eva Margrét Falsdóttir	KEF 01:32,79 20.7.2013
200 Skrið	Eva Margrét Falsdóttir	KEF	03:22,06	9.11.2013	Eva Margrét Falsdóttir	KEF 03:17,85 14.12.2013
400 Skrið	Eva Margrét Falsdóttir	KEF	06:50,48	9.11.2013	Eva Margrét Falsdóttir	KEF 06:43,85 9.11.2013
800 Skrið	Eva Margrét Falsdóttir	KEF	13:52,77	9.11.2013	Eva Margrét Falsdóttir	KEF 13:58,94 14.12.2013
1500 Skrið	Eva Margrét Falsdóttir	KEF	25:59,11	9.11.2013	Eva Margrét Falsdóttir	KEF 26:08,16