



Piltari (16 - 18)					
25 Skríð	Guðmundur Leo Rafnsson	KEF	00:11:67	21.11.2024	
50 Skríð	NÚB	00:23:02	08.11.2024	Denas Kazulis	NÚB 00:23:96 14.11.2025
100 Skríð	Guðmundur Leo Rafnsson	NÚB	00:49:91	09.11.2024	Guðmundur Leo Rafnsson
200 Skríð	Guðmundur Leo Rafnsson	NÚB	01:53:12	23.09.2023	Denas Kazulis
400 Skríð	Guðmundur Leo Rafnsson	NÚB	01:58:38	28.09.2024	Denas Kazulis
800 Skríð	Sindri Þór Jakobsson	NÚB	08:29:17	29.11.2008	Sindri Þór Jakobsson
1500 Skríð	Sindri Þór Jakobsson	NÚB	15:57:19	29.11.2008	Sindri Þór Jakobsson
25 Bak	Guðmundur Leo Rafnsson	NÚB	00:12:97	21.11.2024	
50 Bak	Guðmundur Leo Rafnsson	NÚB	00:24:99	09.11.2024	Guðmundur Leo Rafnsson
100 Bak	Guðmundur Leo Rafnsson	NÚB	00:49:55	09.11.2024	Guðmundur Leo Rafnsson
200 Bak	Guðmundur Leo Rafnsson	NÚB	01:55:79	19.10.2024	Guðmundur Leo Rafnsson
25 Bringa	Kári Snær Halldórsson	NÚB	00:14:47	29.11.2022	
50 Bringa	Jón Oddur Sigurðsson	NÚB	00:28:47	8.12.2001	Jón Oddur Sigurðsson
100 Bringa	Jón Oddur Sigurðsson	NÚB	01:03:07	2001	Kári Snær Halldórsson
200 Bringa	Jón Oddur Sigurðsson	NÚB	02:02:55	2001	Guðmundur Leo Rafnsson
50 Flug	Guðmundur Leo Rafnsson	NÚB	00:12:03	21.11.2024	
100 Flug	Fannar Snævar Hauksson	NÚB	00:24:55	30.10.2022	Fannar Snævar Hauksson
200 Flug	Fannar Snævar Hauksson	NÚB	00:55:04	18.11.2022	Fannar Snævar Hauksson
400 Flug	Sindri Þór Jakobsson	NÚB	01:57:21	19.12.2009	Sindri Þór Jakobsson
800 Flug	Sindri Þór Jakobsson	NÚB	02:22:22	29.10.2009	Sindri Þór Jakobsson
200 Fjór	Sindri Þór Jakobsson	NÚB	02:08:32	17.12.2008	Guðmundur Leo Rafnsson
400 Fjór	Guðmundur Leo Rafnsson	NÚB	04:29:02	19.11.2009	Sindri Þór Jakobsson

Sveinar (11 & 12)						
25 Skríð	Fannar Sveinvar Hauksson	NJD	00:14:55	30.11.2016		
50 Skríð	Denas Kazulius	NJD	00:28:99	19.9.2020		
100 Skríð	Guðmundur Óskur Ónnarsson	NJD	01:03:31	1995	Denas Kazulius	NJD 00:30,57 29.2.2020
200 Skríð	Denas Kazulius	NJD	02:18:74	19.9.2020	Denas Kazulius	NJD 01:06,61 15.2.2020
400 Skríð	Denas Kazulius	NJD	04:52:56	3.7.2020	Signar Marjón Fríðriksson	NJD 02:34,84 09.02.2019
800 Skríð	Gunnar Óm Amarnson	NJD	10:10:41	5.11.2014	Signar Marjón Fríðriksson	NJD 05:28,24 1.3.2013
1500 Skríð	Gunnar Óm Amarnson	NJD	19:04:91	5.11.2014	Signar Marjón Fríðriksson	NJD 11:21,81 20.4.2013
25 Bak	Fannar Sveinvar Hauksson	NJD	00:16:65	30.11.2016		
50 Bak	Fannar Sveinvar Hauksson	NJD	00:33:83	5.11.2016	Gisl Kristján Traustason	NJD 00:36,64 16.12.2021
100 Bak	Fannar Sveinvar Hauksson	NJD	01:11:63	30.10.2016	Denas Kazulius	NJD 01:19,21 15.2.2020
200 Bak	Fannar Sveinvar Hauksson	NJD	02:19:45	05.11.2016	Denas Kazulius	NJD 02:47,95 16.2.2020
25 Bringa	Kári Snær Hallgrósson	NJD	00:19:03	30.11.2016		
50 Bringa	Gunnar Óm Amarnson	NJD	00:37:00	2.10.2004	Denas Kazulius	NJD 00:42,95 15.2.2020
100 Bringa	Gunnar Óm Amarnson	NJD	01:17:52	25.6.2004	Gunnar Óm Amarnson	NJD 01:24,24 1.5.2004
200 Bringa	Gunnar Óm Amarnson	NJD	02:43:38	20.11.2004	Signar Marjón Fríðriksson	NJD 03:10,77 14.12.2013
400 Bringa	Fannar Sveinvar Hauksson	NJD	05:40:40	30.11.2016		
50 Flug	Guðmundur Óskur Ónnarsson	NJD	00:32:24	1995	Gisl Kristján Traustason	NJD 00:33,05 16.12.2021
100 Flug	Guðmundur Óskur Ónnarsson	NJD	01:13:33	1995	Denas Kazulius	NJD 01:19,37 16.2.2020
200 Flug	Hermann Ragnar Ónnarsson	NJD	02:23:27	17.10.1998	Denas Kazulius	NJD 02:54,09 1.3.2020
100 Fjór	Gunnar Óm Amarnson	NJD	01:13:67	2.10.2004	Denas Kazulius	NJD 02:45,91 1.3.2020
200 Fjór	Gunnar Óm Amarnson	NJD	02:43:83	19.11.2004	Fannar Sveinvar Hauksson	NJD 05:28,59 15.12.2016
400 Fjór	Fannar Sveinvar Hauksson	NJD	05:45:68	14.12.2016		

Snáðar (8 & U)						
25 Skríð	Denas Kazulis	NJD	00:18,62	30.11.2016		
50 Skríð	Denas Kazulis	NJD	00:41,98	05.11.2016	Denas Kazulis	NJD 00:46,52 14.02.2016
100 Skríð	Denas Kazulis	NJD	01:39,22	26.11.2016	Denas Kazulis	NJD 01:46,87 14.02.2016
200 Skríð	Denas Kazulis	NJD	03:28,44	27.11.2016	Denas Kazulis	NJD 03:24,97 15.12.2016
400 Skríð	Denas Kazulis	NJD	06:58,18	14.12.2016	Guðmundur Leo Rafnsson	NJD 08:18,11 17.12.2016
800 Skríð						
1500 Skríð						
50 Bak	Denas Kazulis	NJD	00:22,35	30.11.2016		
50 Bak	Denas Kazulis	NJD	00:50,37	05.11.2016	Fannar Snævar Hauksson	NJD 00:52,96 22.12.2016
100 Bak	Denas Kazulis	NJD	01:56,57	14.02.2016	Fannar Snævar Hauksson	NJD 01:56,94 22.12.2016
200 Bak	Denas Kazulis	NJD	03:48,54	07.12.2016	Guðmundur Leo Rafnsson	NJD 03:55,76 6.12.2016
25 Bringa	Denas Kazulis	NJD	00:25,12	30.11.2016		
50 Bringa	Denas Kazulis	NJD	00:56,39	27.11.2016	Denas Kazulis	NJD 00:53,51 15.12.2016
100 Bringa	Denas Kazulis	NJD	01:58,70	27.11.2016	Denas Kazulis	NJD 01:55,31 15.12.2016
200 Bringa	Denas Kazulis	NJD	04:06,90	05.11.2016	Hafsteinn Emissón	NJD 04:57,23 6.12.2016
25 Flug	Denas Kazulis	NJD	00:23,07	30.11.2016		
50 Flug	Denas Kazulis	NJD	00:54,11	27.11.2016	Hafsteinn Emissón	NJD 01:11,03 6.12.2016
100 Flug						
200 Flug						
100 Fjór	Denas Kazulis	NJD	01:47,31	05.11.2016		
200 Fjór	Denas Kazulis	NJD	03:55,05	05.11.2016		

Age Group	Islands Met	IRG Met	2015+	2010+	2000-2009	1999-
18-29	~85%	~80%	~75%	~70%	~65%	~60%
30-39	~80%	~75%	~70%	~65%	~60%	~55%
40-49	~75%	~70%	~65%	~60%	~55%	~50%
50-59	~70%	~65%	~60%	~55%	~50%	~45%
60-69	~65%	~60%	~55%	~50%	~45%	~40%
70-79	~60%	~55%	~50%	~45%	~40%	~35%
80-89	~55%	~50%	~45%	~40%	~35%	~30%
90+	~50%	~45%	~40%	~35%	~30%	~25%