

IF lágmörk - Kvenna

	50 frjálst	100 frjálst	200 frjálst	400 frjálst	50 flug	100 flug	50 bak	100 bak	50 bringa	100 bringa	100 fjór	150 þrisund	200 fjór	
S1														S1
S2	01:36,30	03:30,37	07:39,64		01:39,39		01:56,37	03:42,87	01:59,61			06:10,91		S2
S3	01:31,26	03:19,38	07:15,61		01:33,71		01:40,20	03:35,14	01:56,09			03:37,68		S3
S4	01:16,34	02:46,77	06:04,37		01:13,29		01:22,31	02:56,73	01:20,35	02:55,27		05:26,88		S4
S5	00:56,61	02:04,69	04:33,43		01:07,86		01:10,14	02:30,59	01:11,13	02:35,16	02:36,63		05:36,63	S5
S6	00:47,00	01:44,23	03:50,79	08:22,95	00:53,26		00:57,76	02:04,01	01:04,80	02:21,34	02:01,33		04:20,76	S6
S7	00:45,16	01:38,00	03:37,12	07:43,94	00:53,14		00:55,87	01:59,95	01:04,28	02:20,21	02:07,99		04:35,09	S7
S8	00:41,70	01:33,31	03:24,95	07:23,56	00:46,67	01:45,99	00:52,04	01:51,74	00:52,78	01:55,12	01:48,96		03:54,17	S8
S9	00:38,11	01:23,67	03:07,69	06:55,11	00:40,75	01:32,54	00:45,24	01:37,13	00:47,58	01:43,77	01:37,70		03:29,97	S9
S10	00:37,26	01:20,72	02:59,28	06:24,29	00:40,07	01:31,00	00:42,73	01:31,75			01:32,95		03:19,78	S10
S11	00:43,94	01:39,44	03:40,39	08:10,18	00:48,86	01:50,96	00:54,02	01:55,97	01:00,77	02:12,56	02:02,34		04:22,92	S11
S12	00:38,75	01:24,65	03:04,96	06:27,11	00:41,86	01:35,07	00:48,44	01:44,01	00:50,38	01:49,90	01:40,56		03:36,13	S12
S13	00:37,51	01:22,49	03:04,96	06:27,11	00:41,86	01:35,07	00:46,60	01:41,52	00:50,68	01:49,90	01:40,19		03:35,34	S13
S14	00:36,95	01:20,73	02:56,37		00:39,43	01:29,53	00:44,38	01:35,29	00:48,22	01:45,19	01:34,12		03:22,29	S14
S18	00:43,60	01:35,26	03:28,12		00:46,52	01:45,65	00:52,37	01:52,44	00:56,90	02:04,12	01:51,06		03:58,70	S18
S19	00:36,95	01:20,73	02:56,37		00:39,43	01:29,53	00:44,38	01:35,29	00:48,22	01:45,19	01:51,06		03:22,29	S19

ÍF lágmörk- Karla

	50 frjálst	100 frjálst	200 frjálst	400 frjálst	50 flug	100 flug	50 bak	100 bak	50 bringa	100 bringa	100 fjór	150 þrisund	200 fjór	
S1	01:52,38	04:12,11	09:08,17		02:00,54		02:07,76	04:41,75	02:19,46			07:45,98		S1
S2	01:33,52	03:29,80	07:36,18		01:35,14		01:29,15	03:29,90	02:02,94			05:29,21		S2
S3	01:17,69	02:50,82	06:03,90		01:14,63		01:20,74	02:54,14	01:09,20			04:34,90		S3
S4	00:52,08	01:57,81	04:37,46		00:58,72		01:06,19	02:22,75	01:07,83	02:29,33		03:46,72		S4
S5	00:48,69	01:47,96	03:51,37		00:56,68		00:55,41	01:59,51	01:00,47	02:13,12	02:03,45		04:27,15	S5
S6	00:41,56	01:32,78	03:21,58	07:12,06	00:44,06		00:50,47	01:48,85	00:53,54	01:57,86	01:47,77		03:53,21	S6
S7	00:37,86	01:23,79	03:04,62	06:43,40	00:42,40		00:45,78	01:38,74	00:49,24	01:48,41	01:40,78		03:38,09	S7
S8	00:35,55	01:18,24	02:50,38	06:01,61	00:37,79	01:23,94	00:41,87	01:30,31	00:44,32	01:37,56	01:28,61		03:11,75	S8
S9	00:33,69	01:13,16	02:40,79	05:42,99	00:35,73	01:19,36	00:39,11	01:24,35	00:42,27	01:33,06	01:24,55		03:02,97	S9
S10	00:31,55	01:09,89	02:32,98	05:30,29	00:34,03	01:15,59	00:37,53	01:20,94			01:19,25		02:51,50	S10
S11	00:36,04	01:23,36	03:04,84	07:06,05	00:45,57	01:41,23	00:46,09	01:39,40	00:48,71	01:47,24	01:40,56		03:37,61	S11
S12	00:31,74	01:11,20	02:34,82	05:34,03	00:36,74	01:21,60	00:41,65	01:29,82	00:43,16	01:35,02	01:26,28		03:06,71	S12
S13	00:31,74	01:10,83	02:34,82	05:34,03	00:36,74	01:21,60	00:40,79	01:27,98	00:43,16	01:35,02	01:30,27		03:06,71	S13
S14	00:31,48	01:10,62	02:33,55		00:35,11	01:17,98	00:38,24	01:22,49	00:41,51	01:31,37	01:21,32		02:55,97	S14
S18	00:34,63	01:17,68	02:48,91		00:38,62	01:25,78	00:42,07	01:30,74	00:45,66	01:40,51	01:29,45		03:13,57	S18
S19	00:31,48	01:10,62	02:33,55		00:35,11	01:17,98	00:38,24	01:22,49	00:41,51	01:31,37	01:29,45		02:55,97	S19