

Lágmörk fyrir mót SSÍ/ÍF 2021-2024

A lágmörk - Konur

	50 skrið	100 skrið	200 skrið	400 skrið	50 flug	100 flug	200 flug	50 bak	100 bak	200 bak	50 bringa	100 bringa	200 bringa	100 fjór	200 fjór	
S1																S1
S2	01:27,66	03:11,51	06:58,43		01:30,48			01:39,98	03:32,65		01:48,51	03:57,51		03:37,33		S2
S3	01:05,19	02:22,41	05:11,14		01:08,76			01:21,04	03:59,33		01:18,72	02:52,29	06:13,30	02:45,17	05:54,99	S3
S4	00:57,97	02:06,64	04:36,69		01:01,36			01:09,20	02:27,34		01:13,88	02:41,70	05:50,36	02:27,39	05:16,78	S4
S5	00:55,21	01:53,21	04:10,69		01:00,17			00:56,58	02:00,48	04:18,69	01:08,23	02:29,34	05:23,57	02:21,35	05:03,79	S5
S6	00:49,09	01:46,16	03:48,05	07:36,08	00:51,75	01:57,53		00:55,96	01:59,15	04:15,83	01:01,49	02:14,58	04:51,59	02:03,10	04:24,57	S6
S7	00:47,53	01:41,54	03:41,21	07:29,77	00:48,67	01:50,52		00:55,06	01:57,24	04:11,72	01:00,90	02:13,30	04:48,83	01:57,31	04:12,12	S7
S8	00:42,15	01:31,69	03:18,54	06:46,25	00:43,72	01:39,30	03:38,01	00:46,49	01:38,99	03:32,54	00:48,86	01:46,95	03:51,73	01:45,13	03:45,95	S8
S9	00:39,24	01:25,86	03:07,99	06:35,76	00:39,51	01:29,73	03:17,02	00:45,47	01:36,81	03:27,87	00:46,58	01:41,96	03:40,91	01:37,04	03:28,57	S9
S10	00:38,85	01:22,50	03:01,58	06:14,73	00:40,32	01:31,57	03:21,04	00:44,45	01:34,65	03:23,21				01:35,64	03:25,54	S10
S11	00:41,43	01:32,43	03:19,80	06:57,88	00:43,60	01:39,02	03:37,41	00:48,95	01:44,24	03:43,81	00:51,72	01:53,21	04:05,28	01:47,05	03:50,07	S11
S12	00:37,92	01:23,69	03:01,92	06:20,74	00:39,67	01:30,08	03:17,79	00:44,87	01:35,54	03:25,13	00:47,14	01:43,17	03:43,55	01:35,44	03:25,13	S12
S13	00:37,84	01:21,36	02:59,08	06:14,26	00:38,88	01:28,29	03:13,84	00:43,08	01:31,72	03:16,94	00:45,10	01:38,72	03:33,89	01:33,38	03:20,70	S13
S14	00:36,35	01:19,42	02:53,51	06:03,15	00:39,73	01:30,23	03:18,11	00:42,80	01:31,14	03:15,69	00:46,69	01:42,20	03:41,43	01:37,26	03:29,03	S14
S16	00:41,68	01:37,76	03:33,00	07:37,03	00:46,70	01:51,95	04:05,17	00:52,77	01:53,06	03:58,09	00:56,68	02:06,29	04:29,02	01:56,30	04:09,95	S16

Sundmaður þarf að ná 1 (einu) A -lágmarki til að geta nýtt sér B-lágmark.

Lágmörk fyrir mót SSÍ/ÍF 2021-2024

B lágmörk - Konur

	50 skrið	100 skrið	200 skrið	400 skrið	50 flug	100 flug	200 flug	50 bak	100 bak	200 bak	50 bringa	100 bringa	200 bringa	100 fjór	200 fjór	
S1																S1
S2	01:42,15	03:43,16	08:07,58		01:45,43			01:56,50	04:07,79		02:06,45	04:36,76		04:13,25		S2
S3	01:15,46	02:44,84	06:00,16		01:19,60			01:33,80	04:37,03		01:31,12	03:19,43	07:12,11	03:11,20	06:50,92	S3
S4	01:06,69	02:25,70	05:18,33		01:10,60			01:19,61	02:49,52		01:25,00	03:06,04	06:43,09	02:49,58	06:04,46	S4
S5	01:03,17	02:09,52	04:46,81	10:07,86	01:08,84	02:36,34		01:04,73	02:17,84	04:55,96	01:18,06	02:50,85	06:10,19	02:41,71	05:47,56	S5
S6	00:55,87	02:00,82	04:19,56	08:39,10	00:58,90	02:13,77		01:03,69	02:15,62	04:51,18	01:09,98	02:33,17	05:31,87	02:20,11	05:01,13	S6
S7	00:53,84	01:55,02	04:10,57	08:29,46	00:55,13	02:05,19		01:02,36	02:12,80	04:45,13	01:08,99	02:30,99	05:27,16	02:12,88	04:45,58	S7
S8	00:47,53	01:43,40	03:43,89	07:38,12	00:49,31	01:51,98	04:05,85	00:52,42	01:51,63	03:59,68	00:55,10	02:00,61	04:21,32	01:58,55	04:14,80	S8
S9	00:44,06	01:36,42	03:31,12	07:24,45	00:44,37	01:40,77	03:41,26	00:51,06	01:48,73	03:53,44	00:52,31	01:54,50	04:08,09	01:48,98	03:54,23	S9
S10	00:43,46	01:32,29	03:23,13	06:59,20	00:45,11	01:42,43	03:44,90	00:49,72	01:45,88	03:47,33				01:46,99	03:49,94	S10
S11	00:46,35	01:43,40	03:43,51	07:47,47	00:48,78	01:50,78	04:03,22	00:54,76	01:56,61	04:10,37	00:57,86	02:06,64	04:34,40	01:59,76	04:17,38	S11
S12	00:42,42	01:33,62	03:23,51	07:05,93	00:44,38	01:40,78	03:41,26	00:50,19	01:46,88	03:49,48	00:52,73	01:55,42	04:10,08	01:46,77	03:49,47	S12
S13	00:42,34	01:31,02	03:20,33	06:58,68	00:43,49	01:38,77	03:36,85	00:48,19	01:42,61	03:40,31	00:50,46	01:50,44	03:59,28	01:44,47	03:44,52	S13
S14	00:40,67	01:28,84	03:14,11	06:46,25	00:44,45	01:40,94	03:41,63	00:47,88	01:41,96	03:38,91	00:52,23	01:54,32	04:07,71	01:48,80	03:53,84	S14
S16	00:46,63	01:49,36	03:58,28	08:31,27	00:52,24	02:05,24	04:34,27	00:59,03	02:06,48	04:26,35	01:03,40	02:21,28	05:00,95	02:10,10	04:39,61	S16

Sundmaður þarf að ná 1 (einu) A -lágmarki til að geta nýtt sér B-lágmark.

Lágmörk fyrir mót SSÍ/ÍF 2021-2024

A lágmörk - Karlar

	50 skrið	100 skrið	200 skrið	400 skrið	50 flug	100 flug	200 flug	50 bak	100 bak	200 bak	50 bringa	100 bringa	200 bringa	100 fjór	200 fjór	
S1	01:31,05	03:24,26	07:24,14		01:36,97			01:43,76	03:45,49		01:53,00					S1
S2	01:16,55	02:51,73	06:13,41		01:14,68			01:18,35	03:05,67		01:14,73	02:43,80		02:56,65	06:22,29	S2
S3	01:01,26	02:19,73	05:08,82		01:04,56			01:06,91	02:25,77		01:13,38	02:40,85	05:56,65	02:32,73	05:30,50	S3
S4	00:57,52	02:03,54	04:15,29		00:58,16			01:03,48	02:18,30		01:04,98	02:22,42	05:15,79	02:17,58	04:57,73	S4
S5	00:45,90	01:40,81	03:38,61	07:55,89	00:46,60	01:43,47		00:47,82	01:44,17	03:44,86	00:59,11	02:09,56	04:47,26	01:52,97	04:04,46	S5
S6	00:43,59	01:35,40	03:28,14	07:20,89	00:46,14	01:42,45		00:49,99	01:48,90	03:55,06	00:53,90	01:58,15	04:21,97	01:49,42	03:56,78	S6
S7	00:39,93	01:30,05	03:11,98	06:39,88	00:42,75	01:34,93		00:46,14	01:40,52	03:36,98	00:47,99	01:45,20	03:53,26	01:41,58	03:39,83	S7
S8	00:38,61	01:23,47	03:02,88	06:25,78	00:39,12	01:26,86	03:14,49	00:41,77	01:31,00	03:16,44	00:44,63	01:37,83	03:36,91	01:34,25	03:23,96	S8
S9	00:34,47	01:16,16	02:46,78	05:59,41	00:36,99	01:22,14	03:03,92	00:40,32	01:27,84	03:09,60	00:42,69	01:33,58	03:27,50	01:29,53	03:13,74	S9
S10	00:32,69	01:11,86	02:37,77	05:40,02	00:34,60	01:16,84	02:52,06	00:37,25	01:21,15	02:55,17				01:22,38	02:58,27	S10
S11	00:36,74	01:21,49	02:57,66	06:20,95	00:39,09	01:26,80	03:14,36	00:44,70	01:37,38	03:30,21	00:45,79	01:40,36	03:42,54	01:31,16	03:17,27	S11
S12	00:33,39	01:13,39	02:41,22	05:47,85	00:36,27	01:20,53	03:00,32	00:38,69	01:24,29	03:01,94	00:41,54	01:31,04	03:21,87	01:26,99	03:08,26	S12
S13	00:32,93	01:11,87	02:37,80	05:37,58	00:34,33	01:16,23	02:50,69	00:36,71	01:19,97	02:52,63	00:40,77	01:29,35	03:18,12	01:20,46	02:54,11	S13
S14	00:32,70	01:13,35	02:39,49	05:44,12	00:35,06	01:17,28	02:54,30	00:37,32	01:21,29	02:55,47	00:41,28	01:30,49	03:20,64	01:23,94	03:01,66	S14
S16	00:36,35	01:22,52	03:05,14	06:36,58	00:39,42	01:30,29	03:30,29	00:43,92	01:35,12	03:31,50	00:48,68	01:49,28	03:49,30	01:46,01	03:31,15	S16

Sundmaður þarf að ná 1 (einu) A -lágmarki til að geta nýtt sér B-lágmark.

Lágmörk fyrir mót SSÍ/ÍF 2021-2024

B lágmörk - Karlar

	50 skrið	100 skrið	200 skrið	400 skrið	50 flug	100 flug	200 flug	50 bak	100 bak	200 bak	50 bringa	100 bringa	200 bringa	100 fjór	200 fjór	
S1	01:46,87	03:59,76	08:41,32		01:53,82			02:01,79	04:24,68		02:12,63					S1
S2	01:29,20	03:20,11	07:15,12		01:27,02			01:31,30	03:36,35		01:27,08	03:10,86		03:25,85		S2
S3	01:10,91	02:41,74	05:57,47		01:14,73			01:17,45	02:48,73		01:24,94	03:06,19	06:52,83	02:56,78	06:22,57	S3
S4	01:06,18	02:22,13	04:53,71		01:06,92			01:13,04	02:39,11		01:14,75	02:43,85	06:03,31	02:38,29	05:42,54	S4
S5	00:52,51	01:55,33	04:10,11	09:04,45	00:53,31	01:58,38		00:54,71	01:59,18	04:17,25	01:07,62	02:28,22	05:28,65	02:09,24	04:39,68	S5
S6	00:49,61	01:48,58	03:56,90	08:21,80	00:52,51	01:56,60		00:56,89	02:03,94	04:27,53	01:01,35	02:14,47	04:58,17	02:04,53	04:29,49	S6
S7	00:45,23	01:42,00	03:37,46	07:32,95	00:48,43	01:47,53		00:52,27	01:53,86	04:05,78	00:54,36	01:59,16	04:24,22	01:55,06	04:09,00	S7
S8	00:43,54	01:34,13	03:26,24	07:15,04	00:44,11	01:37,95	03:39,33	00:47,11	01:42,62	03:41,52	00:50,33	01:50,32	04:04,61	01:46,29	03:50,01	S8
S9	00:38,71	01:25,53	03:07,29	06:43,63	00:41,54	01:32,24	03:26,55	00:45,28	01:38,64	03:32,93	00:47,95	01:45,10	03:53,03	01:40,54	03:37,58	S9
S10	00:36,57	01:20,39	02:56,50	06:20,37	00:38,71	01:25,96	03:12,48	00:41,67	01:30,78	03:15,96				01:32,15	03:19,43	S10
S11	00:41,10	01:31,16	03:18,74	07:06,17	00:43,73	01:37,10	03:37,43	00:50,01	01:48,94	03:55,16	00:51,22	01:52,28	04:08,95	01:41,98	03:40,68	S11
S12	00:37,35	01:22,10	03:00,36	06:29,14	00:40,57	01:30,09	03:21,72	00:43,28	01:34,29	03:23,53	00:46,47	01:41,85	03:45,83	01:37,32	03:30,60	S12
S13	00:36,84	01:20,40	02:56,53	06:17,64	00:38,40	01:25,28	03:10,95	00:41,07	01:29,47	03:13,12	00:45,60	01:39,96	03:41,64	01:30,01	03:14,77	S13
S14	00:36,58	01:22,06	02:58,42	06:24,96	00:39,22	01:26,45	03:14,99	00:41,74	01:30,94	03:16,30	00:46,18	01:41,23	03:44,45	01:33,91	03:23,22	S14
S16	00:40,67	01:32,32	03:27,12	07:23,65	00:44,09	01:41,01	03:55,25	00:49,13	01:46,41	03:56,60	00:54,46	02:02,25	04:16,51	01:58,59	03:56,21	S16

Sundmaður þarf að ná 1 (einu) A -lágmarki til að geta nýtt sér B-lágmark.