

**Sunddeild Fjölnis**  
**Ólafur Þór Gunnlaugsson**

**Individual Meet Results**

**Haustmót S.d.Fjölnis 30-okt-09 to 01-nóv-09 [Ageup: 31.12.2009] SC Meters**

**Location: Reykjavík**

**Sunddeild Fjölnis [FJÖL] Coach: Vadim Forafonov**

Time	F/P/S	Event	Place	Points	Improv
<b>Henný Mist Aðalsteinsdóttir (9) F</b>					
1:23,29S	F # 1A	Female 12 & Under 50 Breast	40	---	---
1:11,03S	F # 7A	Female 12 & Under 50 Free	65	---	---
<b>Lena Rós Arnarsdóttir (10) F</b>					
NS	F # 1A	Female 12 & Under 50 Breast	---	---	---
NS	F # 3A	Female 12 & Under 50 Back	---	---	---
NS	F # 7A	Female 12 & Under 50 Free	---	---	---
NS	F # 11A	Female 12 & Under 200 Breast	---	---	---
NS	F # 15A	Female 12 & Under 200 Free	---	---	---
NS	F # 25A	Female 12 & Under 100 Free	---	---	---
NS	F # 27A	Female 12 & Under 100 Breast	---	---	---
<b>Guðrún Þóra Atladóttir (10) F</b>					
1:27,85S DQ	F # 1A	Female 12 & Under 50 Breast	---	---	---
1:10,76S	F # 7A	Female 12 & Under 50 Free	64	---	-8,72
<b>Kristín Birta Atladóttir (10) F</b>					
58,47S	F # 1A	Female 12 & Under 50 Breast	31	---	---
49,76S	F # 7A	Female 12 & Under 50 Free	45	---	-3,11
4:20,91S	F # 11A	Female 12 & Under 200 Breast	23	---	---
58,14S	F # 19A	Female 12 & Under 50 Fly	29	---	-25,89
1:52,27S	F # 25A	Female 12 & Under 100 Free	47	---	-25,80
2:06,90S	F # 27A	Female 12 & Under 100 Breast	25	---	---
<b>Karólína Vilborg Erlendsdóttir (14) F</b>					
47,53S	F # 1B	Female 13-14 50 Breast	15	2	---
43,49S	F # 3B	Female 13-14 50 Back	16	1	-3,17
35,95S	F # 7B	Female 13-14 50 Free	16	1	0,22
3:01,87S	F # 15B	Female 13-14 200 Free	18	---	-0,50
1:20,83S	F # 25B	Female 13-14 100 Free	15	2	-7,40
1:44,51S	F # 27B	Female 13-14 100 Breast	7	12	---
6:27,17S	F # 33B	Female 13-14 400 Free	10	7	-33,72
<b>Ylfa Björg Finnsdóttir (11) F</b>					
49,81S	F # 1A	Female 12 & Under 50 Breast	14	3	-0,44
41,96S	F # 3A	Female 12 & Under 50 Back	9	9	-1,03
36,35S	F # 7A	Female 12 & Under 50 Free	12	5	-0,37
3:01,05S	F # 15A	Female 12 & Under 200 Free	14	3	-2,93
3:10,63S DQ	F # 17A	Female 12 & Under 200 Back	---	---	---
1:20,17S	F # 25A	Female 12 & Under 100 Free	11	6	-3,65
1:45,49S	F # 31A	Female 12 & Under 100 Fly	9	9	2,10
35,27S	F # 35B	200 Free Relay Lead Off	---	---	-1,45
<b>Viktor Forafonov (7) M</b>					
1:01,14S DQ	F # 2A	Male 12 & Under 50 Breast	---	---	---
51,87S	F # 4A	Male 12 & Under 50 Back	15	2	-5,50
46,33S	F # 8A	Male 12 & Under 50 Free	23	---	-4,83
3:47,16S	F # 16A	Male 12 & Under 200 Free	17	---	---
1:17,02S	F # 20A	Male 12 & Under 50 Fly	17	---	11,33
1:49,35S	F # 26A	Male 12 & Under 100 Free	29	---	5,16
2:18,90S	F # 28A	Male 12 & Under 100 Breast	21	---	---
<b>Rakel Guðjónsdóttir (9) F</b>					
NS	F # 1A	Female 12 & Under 50 Breast	---	---	---

**Sunddeild Fjölnis**  
**Ólafur Þór Gunnlaugsson**

**Individual Meet Results**

**Haustmót S.d.Fjölnis 30-okt-09 to 01-nóv-09 [Ageup: 31.12.2009] SC Meters**

**Location: Revkjavík**

**Sunddeild Fjölnis [FJÖL] Coach: Vadim Forafonov**

Time	F/P/S	Event	Place	Points	Improv
NS	F # 3A	Female 12 & Under 50 Back	---	---	---
NS	F # 7A	Female 12 & Under 50 Free	---	---	---
NS	F # 25A	Female 12 & Under 100 Free	---	---	---
NS	F # 27A	Female 12 & Under 100 Breast	---	---	---
<b>Pálmi Guðlaugsson (22) M</b>					
49,35S	F # 4C	Male 15 & Over 50 Back	6	13	-0,65
37,83S	F # 8C	Male 15 & Over 50 Free	13	4	-0,84
44,33S	F # 20C	Male 15 & Over 50 Fly	10	7	-1,13
<b>Kolbrun Halla Guðmundsdóttir (9) F</b>					
1:12,53S	F # 1A	Female 12 & Under 50 Breast	37	---	---
NS	F # 7A	Female 12 & Under 50 Free	---	---	---
<b>Jón Atli Guðmundsson (10) M</b>					
NS	F # 2A	Male 12 & Under 50 Breast	---	---	---
NS	F # 8A	Male 12 & Under 50 Free	---	---	---
NS	F # 26A	Male 12 & Under 100 Free	---	---	---
NS	F # 28A	Male 12 & Under 100 Breast	---	---	---
<b>Garðar Örn Gylfason (10) M</b>					
NS	F # 4A	Male 12 & Under 50 Back	---	---	---
45,57S	F # 8A	Male 12 & Under 50 Free	22	---	-1,38
3:38,76S	F # 16A	Male 12 & Under 200 Free	16	1	-11,86
1:00,67S	F # 20A	Male 12 & Under 50 Fly	13	4	-3,18
55,77S	F # 24A	200 Medley Relay Lead Off	---	---	0,94
1:43,56S	F # 26A	Male 12 & Under 100 Free	25	---	2,12
2:00,21S	F # 30A	Male 12 & Under 100 Back	8	11	-7,33
<b>Birta Lind Hallgrímsdóttir (11) F</b>					
41,36S	F # 3A	Female 12 & Under 50 Back	7	12	-0,67
36,88S	F # 7A	Female 12 & Under 50 Free	15	2	1,26
3:58,16S	F # 11A	Female 12 & Under 200 Breast	16	1	7,47
3:03,69S	F # 17A	Female 12 & Under 200 Back	3	16	-3,93
45,18S	F # 19A	Female 12 & Under 50 Fly	11	6	1,92
43,32S	F # 23A	200 Medley Relay Lead Off	---	---	1,29
1:29,31S	F # 29A	Female 12 & Under 100 Back	5	14	0,73
6:07,98S	F # 33A	Female 12 & Under 400 Free	8	11	10,33
<b>Bragi Snær Hallsson (12) M</b>					
47,73S	F # 2A	Male 12 & Under 50 Breast	9	9	-16,58
37,99S	F # 4A	Male 12 & Under 50 Back	1	20	0,43
33,97S	F # 8A	Male 12 & Under 50 Free	4	15	0,32
3:31,86S	F # 12A	Male 12 & Under 200 Breast	2	17	-2,69
2:36,09S	F # 16A	Male 12 & Under 200 Free	2	17	-4,95
36,55S	F # 20A	Male 12 & Under 50 Fly	1	20	-0,73
1:42,86S	F # 28A	Male 12 & Under 100 Breast	6	13	-2,85
1:23,57S	F # 32A	Male 12 & Under 100 Fly	2	17	0,02
5:30,37S	F # 34A	Male 12 & Under 400 Free	2	17	3,80
34,37S	F # 36A	200 Free Relay Lead Off	---	---	0,72
<b>Steingerður Hauksdóttir (13) F</b>					
41,03S	F # 1B	Female 13-14 50 Breast	5	14	-2,02
35,51S	F # 3B	Female 13-14 50 Back	2	17	-0,15
10:28,42S	F # 5B	Female 13-14 800 Free	6	13	-2,50

**Sunddeild Fjölnis**  
**Ólafur Þór Gunnlaugsson**

**Individual Meet Results**

**Haustmót S.d.Fjölnis 30-okt-09 to 01-nóv-09 [Ageup: 31.12.2009] SC Meters**

**Location: Revkjavík**

**Sunddeild Fjölnis [FJÖL] Coach: Vadim Forafonov**

Time	F/P/S	Event	Place	Points	Improv
30,89S	F # 7B	Female 13-14 50 Free	2	17	0,09
2:46,12S	F # 9B	Female 13-14 200 IM	5	14	-3,58
2:43,21S	F # 17B	Female 13-14 200 Back	3	16	-1,16
5:52,03S	F # 21B	Female 13-14 400 IM	3	16	-2,92
35,89S	F # 23B	200 Medley Relay Lead Off	---	---	0,23
1:06,86S	F # 25B	Female 13-14 100 Free	3	16	-0,18
1:16,26S	F # 29B	Female 13-14 100 Back	2	17	0,24
5:07,03S	F # 33B	Female 13-14 400 Free	4	15	4,01
30,55S	F # 35B	200 Free Relay Lead Off	---	---	-0,25
<b>Embla Katrín Jónsdóttir (13) F</b>					
55,19S	F # 1B	Female 13-14 50 Breast	18	---	---
NS	F # 7B	Female 13-14 50 Free	---	---	---
NS	F # 11B	Female 13-14 200 Breast	---	---	---
NS	F # 15B	Female 13-14 200 Free	---	---	---
NS	F # 25B	Female 13-14 100 Free	---	---	---
NS	F # 27B	Female 13-14 100 Breast	---	---	---
<b>Þóra Sigrún Kjartansdóttir (13) F</b>					
44,20S	F # 1B	Female 13-14 50 Breast	8	11	-5,97
38,37S	F # 3B	Female 13-14 50 Back	11	6	-1,21
33,86S	F # 7B	Female 13-14 50 Free	12	5	-0,08
3:02,80S	F # 9B	Female 13-14 200 IM	12	5	0,48
2:41,36S	F # 15B	Female 13-14 200 Free	10	7	-0,21
36,49S	F # 19B	Female 13-14 50 Fly	5	14	-4,40
1:13,93S	F # 25B	Female 13-14 100 Free	10	7	-0,28
1:23,25S	F # 29B	Female 13-14 100 Back	10	7	1,17
1:26,84S	F # 31B	Female 13-14 100 Fly	5	14	-10,94
<b>Katrín Unnur Ólafsdóttir (13) F</b>					
46,12S	F # 1B	Female 13-14 50 Breast	11	6	0,58
39,76S	F # 3B	Female 13-14 50 Back	12	5	-0,62
34,21S	F # 7B	Female 13-14 50 Free	13	4	0,32
3:24,10S	F # 11B	Female 13-14 200 Breast	5	14	-2,64
39,31S	F # 19B	Female 13-14 50 Fly	8	11	-1,83
1:14,91S	F # 25B	Female 13-14 100 Free	11	6	0,11
1:25,49S	F # 31B	Female 13-14 100 Fly	4	15	-1,67
<b>Thelma Rán Óttarsdóttir (13) F</b>					
45,98S	F # 1B	Female 13-14 50 Breast	10	7	-1,05
38,52S	F # 7B	Female 13-14 50 Free	21	---	-1,25
41,04S	F # 19B	Female 13-14 50 Fly	10	7	-8,77
1:22,42S	F # 25B	Female 13-14 100 Free	16	1	-4,97
1:39,37S	F # 27B	Female 13-14 100 Breast	5	14	-6,89
6:51,44S	F # 33B	Female 13-14 400 Free	11	6	---
<b>Daniel Hannes Pálsson (14) M</b>					
36,71S	F # 2B	Male 13-14 50 Breast	2	17	-1,29
17:44,74S	F # 6B	Male 13-14 1500 Free	1	20	-16,66
2:28,56S	F # 10B	Male 13-14 200 IM	3	16	-0,14
2:29,54S	F # 14B	Male 13-14 200 Fly	3	16	1,25
29,57S	F # 20B	Male 13-14 50 Fly	1	20	-0,59

**Sunddeild Fjölnis**  
**Ólafur Þór Gunnlaugsson**

**Individual Meet Results**

**Haustmót S.d.Fjölnis 30-okt-09 to 01-nóv-09 [Ageup: 31.12.2009] SC Meters**

**Location: Reykjavík**

**Sunddeild Fjölnis [FJÖL] Coach: Vadim Forafonov**

Time	F/P/S	Event	Place	Points	Improv
5:08,39S	F # 22B	Male 13-14 400 IM	2	17	-6,65
59,54S	F # 26B	Male 13-14 100 Free	2	17	-0,53
1:05,60S	F # 32B	Male 13-14 100 Fly	1	20	-1,21
<b>Davíð Alexander Pálsson (8) M</b>					
NS	F # 2A	Male 12 & Under 50 Breast	---	---	---
56,06S	F # 4A	Male 12 & Under 50 Back	19	---	-2,58
48,94S	F # 8A	Male 12 & Under 50 Free	30	---	-5,12
3:47,64S	F # 16A	Male 12 & Under 200 Free	18	---	---
1:15,30S	F # 20A	Male 12 & Under 50 Fly	16	1	4,50
1:49,19S	F # 26A	Male 12 & Under 100 Free	28	---	-4,69
2:03,81S	F # 30A	Male 12 & Under 100 Back	10	7	0,42
<b>Edward Árni Pálsson (12) M</b>					
42,35S	F # 2A	Male 12 & Under 50 Breast	3	16	-0,80
19:29,95S	F # 6A	Male 12 & Under 1500 Free	1	20	---
30,88S	F # 8A	Male 12 & Under 50 Free	1	20	-0,18
2:51,20S DQ	F # 10A	Male 12 & Under 200 IM	---	---	---
2:24,82S	F # 16A	Male 12 & Under 200 Free	1	20	-1,12
5:53,73S	F # 22A	Male 12 & Under 400 IM	1	20	-0,13
1:07,16S	F # 26A	Male 12 & Under 100 Free	1	20	-0,96
1:30,88S	F # 28A	Male 12 & Under 100 Breast	1	20	-3,74
5:05,82S	F # 34A	Male 12 & Under 400 Free	1	20	0,58
<b>Brynjar Núi Sighvatsson (11) M</b>					
52,44S	F # 4A	Male 12 & Under 50 Back	16	1	-7,46
40,93S DQ	F # 8A	Male 12 & Under 50 Free	---	---	---
3:19,46S	F # 16A	Male 12 & Under 200 Free	12	5	-0,85
51,44S	F # 20A	Male 12 & Under 50 Fly	9	9	---
1:28,87S	F # 26A	Male 12 & Under 100 Free	18	---	-2,54
1:56,53S	F # 30A	Male 12 & Under 100 Back	7	12	-4,54
6:50,03S	F # 34A	Male 12 & Under 400 Free	7	12	-18,17
<b>Arnar Kári Sigurðarson (15) M</b>					
38,69S	F # 2C	Male 15 & Over 50 Breast	2	17	-7,31
19:18,35S	F # 6C	Male 15 & Over 1500 Free	5	14	-84,06
26,31S	F # 8C	Male 15 & Over 50 Free	3	16	0,03
2:32,65S	F # 10C	Male 15 & Over 200 IM	7	12	-2,57
2:10,01S	F # 16C	Male 15 & Over 200 Free	11	6	-0,41
30,96S	F # 20C	Male 15 & Over 50 Fly	8	11	0,14
57,99S	F # 26C	Male 15 & Over 100 Free	6	13	-0,62
1:14,26S	F # 32C	Male 15 & Over 100 Fly	5	14	0,39
26,65S	F # 36C	200 Free Relay Lead Off	---	---	0,37
<b>Laufey Snorradóttir (9) F</b>					
1:00,27S	F # 1A	Female 12 & Under 50 Breast	32	---	---
1:02,25S	F # 3A	Female 12 & Under 50 Back	27	---	---
50,94S	F # 7A	Female 12 & Under 50 Free	47	---	-14,67
1:56,88S	F # 25A	Female 12 & Under 100 Free	48	---	-33,38
2:08,39S DQ	F # 27A	Female 12 & Under 100 Breast	---	---	---
54,91S	F # 35A	200 Free Relay Lead Off	---	---	-10,70
<b>Lovísa Snorradóttir (13) F</b>					
46,68S	F # 1B	Female 13-14 50 Breast	12	5	-0,15

**Sunddeild Fjölnis**  
**Ólafur Þór Gunnlaugsson**

**Individual Meet Results**

**Haustmót S.d.Fjölnis 30-okt-09 to 01-nóv-09 [Ageup: 31.12.2009] SC Meters**

**Location: Reykjavík**

**Sunddeild Fjölnis [FJÖL] Coach: Vadim Forafonov**

<b>Time</b>	<b>F/P/S</b>	<b>Event</b>	<b>Place</b>	<b>Points</b>	<b>Improv</b>
42,45S	F # 3B	Female 13-14 50 Back	15	2	-2,35
NS	F # 5B	Female 13-14 800 Free	---	---	---
34,62S	F # 7B	Female 13-14 50 Free	14	3	-1,78
2:50,25S	F # 15B	Female 13-14 200 Free	14	3	-32,81
47,14S	F # 19B	Female 13-14 50 Fly	13	4	---
1:17,51S	F # 25B	Female 13-14 100 Free	13	4	-13,89
1:43,26S	F # 31B	Female 13-14 100 Fly	8	11	---
6:16,50S	F # 33B	Female 13-14 400 Free	9	9	---
<b>Bára Sæmundsdóttir (14) F</b>					
40,27S	F # 3B	Female 13-14 50 Back	14	3	-3,13
33,56S	F # 7B	Female 13-14 50 Free	10	7	0,01
3:12,98S	F # 9B	Female 13-14 200 IM	14	3	5,44
3:08,29S	F # 17B	Female 13-14 200 Back	8	11	-3,74
38,60S	F # 19B	Female 13-14 50 Fly	7	12	-2,00
1:13,12S	F # 25B	Female 13-14 100 Free	9	9	0,39
1:31,97S	F # 29B	Female 13-14 100 Back	13	4	0,91
<b>Davíð Þór Torfason (10) M</b>					
55,73S	F # 4A	Male 12 & Under 50 Back	18	---	-7,88
48,42S	F # 8A	Male 12 & Under 50 Free	28	---	-9,73
<b>Guðrún Ásta Þórarinsdóttir (9) F</b>					
52,77S	F # 3A	Female 12 & Under 50 Back	22	---	-1,11
43,64S	F # 7A	Female 12 & Under 50 Free	29	---	-0,12
3:42,87S	F # 15A	Female 12 & Under 200 Free	30	---	-12,57
1:40,43S	F # 25A	Female 12 & Under 100 Free	33	---	1,60
1:57,01S	F # 29A	Female 12 & Under 100 Back	20	---	-11,37
7:43,14S	F # 33A	Female 12 & Under 400 Free	15	2	---
<b>Kristinn Þórarinsson (13) M</b>					
29,76S	F # 4B	Male 13-14 50 Back	1	20	-0,40
18:13,53S	F # 6B	Male 13-14 1500 Free	3	16	-169,43
27,39S	F # 8B	Male 13-14 50 Free	2	17	-0,15
2:35,73S	F # 14B	Male 13-14 200 Fly	5	14	-9,75
2:19,08S	F # 18B	Male 13-14 200 Back	1	20	-3,35
5:11,36S	F # 22B	Male 13-14 400 IM	3	16	-24,05
31,72S	F # 24C	200 Medley Relay Lead Off	---	---	1,56
1:00,10S	F # 26B	Male 13-14 100 Free	3	16	-1,02
1:06,90S	F # 30B	Male 13-14 100 Back	1	20	1,26
<b>Kristján Gylfi Þórisson (9) M</b>					
1:15,58S	F # 2A	Male 12 & Under 50 Breast	18	---	---
59,11S	F # 4A	Male 12 & Under 50 Back	22	---	-1,05
58,11S	F # 8A	Male 12 & Under 50 Free	36	---	-6,40
2:12,22S	DQ	F # 26A	---	---	---
3:07,77S	DQ	F # 28A	---	---	---