

Sunddeild Fjölnis
Ólafur Þór Gunnlaugsson

Individual Meet Results

Icelandic Championships LC 19-mar-09 to 22-mar-09 [Ageup: 31.12.2009] LC Meters 35,18

Location: Laugardalslaug

Sunddeild Fjölnis [FJÖL] Coach: Ólafur Þór Gunnlaugsson

Time	F/P/S	Event	Place	Points	Improv
Steingerður Hauksdóttir (13) F					
*2:53,35L 406		<u>200m baksund Kvenna Undanrásir</u>	24	---	-6,22
		38,93 1:22,72 2:08,66 2:53,35			
		(38,93) (43,79) (45,94) (44,69)			
*36,90L 461		<u>50m baksund Kvenna Undanrásir</u>	15	---	-1,44
*1:21,06L 411		<u>4x100m fjórsund Kvenna Undanr. 1.spr. baks.</u>	---	---	-12,91
		39,30			
		(39,30)			

Boðsund :

4x200m skriðsund Kvenna Undanrásir 4.spr.	2.35.68
4x100m skriðsund Kvenna Undanrásir 4.spr.	1.11.06
4x100m fjórsund Kvenna Undanrásir 1.spr. baks	1.21.01*

Katrín Unnur Ólafsdóttir (13) F

*1:19,97L 308		<u>4x100m skriðsund Kvenna Undanr. 1.spr.</u>	---	---	---
		38,14			
		(38,14)			

Boðsund :

4x200m skriðsund Kvenna Undanrásir 2.spr.	2.55.07
4x100m skriðsund Kvenna Undanrásir 1.spr.	1.19.97*
4x100m fjórsund Kvenna Undanrásir 3.spr. flugs	1.36.33

Daniel Hannes Pálsson (14) M

**18:36,24L	505	<u>1500m skriðsund Karla Úrslit</u>	10	7	-21,90
<u>Fjölismet Drengja 13-14 ára</u>					
33,14- 1:09,78 - 1:47,04 - 2:24,45 - 3:01,92 - 3:39,84 - 4:17,56 - 4:55,45 - 5:33,22 - 6:11,05					
(33,14)(36,64) (37,26)(37,41) (37,47)(37,92) (37,72)(37,89) (37,77)(37,83) = 6.11.05					
1.09.78 1.14.67 1.15.39 1.15.61 1.15.60					
6:48,16 - 7:25,63 - 8:03,06 - 8:40,57 - 9:17,76 - **9:55,22 -10:32,70 -11:10,49 -11:47,84-12:25,47					
(37,11)(37,47) (37,43)(37,51) (37,19)(37,46) (37,48) (37,79) (37,35)(37,63)					
<u>Fjölismet Drengja 13-14 ára</u>					
1.14.58 1.14.94 1.14.65 1.15.27 1.14.98 = 6.14.42					
13:02,71-13:40,45-14:17,35-14:55,06-15:32,07-16:09,94-16:46,71-17:23,80-18:00,50-18:36,24					
(37,24)(37,74) (36,90)(37,71) (37,01)(37,87) (36,77)(37,09) (36,70) (35,74)					

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Time	F/P/S	Event	Place	Points	Improv
1.14.98	1.14.61	1.14.88	1.13.86	1.12.44	= 6.10.77
31,11L 433		<u>50m flugsund Karla Undanrásir</u>	25	---	0,01
**4:45,12L 487		<u>400m skriðsund Karla Undanrásir</u>	15	---	-7,68
	32,45 1:08,02 1:44,42 2:20,75 2:57,42 3:33,86 4:10,15 4:45,12				
	(32,45) (35,57) (36,40) (36,33) (36,67) (36,44) (36,29) (34,97)				
		<u>Fjölrismet Drengja 13-14 ára</u>			
**1:09,22L 417		<u>100m flugsund Karla Undanrásir</u>	14	---	-0,71
	32,56 1:09,22				
	(32,56)(36,66)				
		<u>Fjölrismet Drengja 13-14 ára</u>			
*1:03,37L 443		<u>4x100m skriðsund Karla Undanrásir 1.spr.</u>	---	---	-0,44
	30,83				
	(30,83)				
**2:29,27L 459		<u>200m flugsund Karla Úrslit</u>	6	---	-11,41
	33,21 1:10,57 1:50,00 2:29,27				
	(33,21) (37,36) (39,43)(39,27)				
		<u>Fjölrismet Dr – Pi - Ka</u>			
**2:37,25L 393		<u>200m flugsund Karla Undanrásir</u>	6	---	-3,43
	35,11 1:14,43 1:55,82 2:37,25				
	(35,11) (39,32) (41,39)(41,43)				
		<u>Fjölrismet Dr – Pi</u>			
**2:16,60L 466		<u>200m skriðsund Karla Undanrásir</u>	26	---	-0,36
	32,19 1:07,15 00,00 2:16,60				
	(32,19) (34,96) (67,15)(2:16,60)				
		<u>Fjölrismet Drengja 13-14 ára</u>			
4x200m skriðsund	Kvenna	Undanrásir 4.spr.	2.17.45		
4x200m skriðsund	Karla	Úrslit 4.spr.	2.16.48		
4x100m skriðsund	Karla	Undanrásir 1.spr.	1.03.37 *		
4x100m fjórsund	Karla	Undanrásir 3.spr. flugs	1.09.42		

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Time	F/P/S	Event	Place	Points	Improv
*2:45,41L 351		<u>200m baksund Karla Undanrásir</u> 39,56 1:22,10 2:04,53 2:45,41 (39,56) (42,54) (42,43) (40,88)	21	---	-9,44
2:27,86L 368		<u>4x200m skriðsund Karla Undanr. 1.spr.</u> 33,03 1:12,43 1:51,32 (33,03) (39,40) (38,89)	---	---	6,28
*5:01,74L 411		<u>400m skriðsund Karla Undanrásir</u> 32,36 1:09,83 1:48,34 2:27,08 3:06,34 3:46,08 4:25,10 5:01,74 (32,36) (37,47) (38,51) (38,74) (39,26) (39,74) (39,02) (36,64)	26	---	-2,80
*35,13L 366		<u>50m baksund Karla Undanrásir</u>	19	---	-0,02
*1:17,16L 341		<u>100m baksund Karla Undanrásir</u> 38,14 1:17,16 (38,14) (39,02)	21	---	-1,14
4x200m skriðsund Karla Undanrásir 4.spr.		2.27.86			
4x200m skriðsund Karla Úrslit 2.spr.		2.24.32			
4x100m skriðsund Karla Undanrásir 4.spr.		1.03.21			
4x100m fjórsund Karla Undanrásir 4.spr. skr.s.		1.03.36			

Bára Sæmundsdóttir (14) F

*2:52,75L 313		<u>4x200m skriðsund Kvenna Undanr. 1.spr.</u> 37,69 1:22,75 2:09,76 (37,69) (45,06) (47,01)	---	---	-5,69
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Boðsund :

4x200m skriðsund Kvenna Undanrásir 1.spr.	*2:52,75
4x100m fjórsund Kvenna Undanrásir 4.spr. skrs	1.15.30

Kristinn Þórarinnsson (13) M

2:35,67L 421	<u>200m baksund Karla Undanrásir</u> 36,30 1:15,27 1:55,80 2:35,67	11	---	2,09
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Time	F/P/S	Event	Place	Points	Improv
	(36,30) (38,97) (40,53) (39,87)				
*2:20,53L 428		<u>4x200m skriðsund Karla Úrslit 1.spr.</u>	---	---	-5,17
	30,82 1:05,85 1:43,17				
	(30,82) (35,03) (37,32)				
*5:01,33L 412		<u>400m skriðsund Karla Undanrásir</u>	25	---	-3,13
	31,93 1:08,73 1:47,59 2:26,68 3:06,15 3:46,26 4:24,41 5:01,33				
	(31,93) (36,80) (38,86) (39,09) (39,47) (40,11) (38,15) (36,92)				
34,21L 397		<u>50m baksund Karla Undanrásir</u>	17	---	1,04
*1:11,82L 423		<u>100m baksund Karla Undanrásir</u>	15	---	-0,01
	35,06 1:11,82				
	(35,06) (36,76)				
1:12,17L 417		<u>4x100m fjórsund Karla Undanrásir 1.spr. baks.</u>	---	---	0,34
	35,18				
	(35,18)				

4x200m skriðsund Karla	Undanrásir 3.spr.	2.24.81
4x200m skriðsund Karla	Úrslit 1.spr.	2.20.53*
4x100m skriðsund Karla	Undanrásir 2.spr.	1.06.23
4x100m fjórsund Karla	Undanrásir 1.spr. baks	1:12,17

Birta Lind Hallgrímsdóttir (11) F

4x100m skriðsund Kvenna Undanrásir 3.spr. . 1.21.85

Póra Sigrún Kjartansdóttir (13) F

4x100m skriðsund Kvenna Undanrásir 2.spr. . 1.19.97

Edward Árni Pálsson (12) M

4x200m skriðsund Karla Undanrásir 3.spr. . 2.43.76

4x200m skriðsund Karla Úrslit 2.spr. 2.40.09

Daníel Arnar Þorsteinsson (13) M

4x100m skriðsund Karla Undanrásir 3.spr. . 1.12.80

4x100m fjórsund Karla Undanrásir 2.spr. bri.s. 1.43.20

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Location: Laugardalslaug

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Time	F/P/S	Event	Place	Points	Improv
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