

|    | Héraðsmót HSK 25. maí 2023- Hveragerði                                                  |         |       |         |      |
|----|-----------------------------------------------------------------------------------------|---------|-------|---------|------|
|    | 1. gr. 50 m skriðs. Kvenna                                                              | Félag   | Aldur | Tími    |      |
| 1. | Karítas Líf Róbertsdóttir                                                               | Selfoss |       | 0:49,67 | mín. |
| 2. | Sara Fanney Snorradóttir 2010                                                           | Selfoss |       | 00:53,2 | mín. |
| 3. | Kaltla Sif Ægisdóttir 2000                                                              | Suðri   |       | 58,97   | mín. |
| 4. | Anna Sigurveig Ólafsdóttir 2000                                                         | Suðri   |       | 1:00,96 | mín. |
|    | Erika Kristín Eypórsdóttir 2015                                                         | Hamar   |       | 01:19,1 | mín. |
|    | Elísabet Þóra Óðinsdóttir 2015                                                          | Hamar   |       | 01:38,8 | mín. |
|    |                                                                                         |         |       |         |      |
|    | 2. gr. 50 m skriðs. Karla                                                               |         |       |         |      |
|    |                                                                                         |         |       |         |      |
| 1. | Arnór Karlsson 2009                                                                     | Selfoss | 2009  | 36,59   | mín. |
| 2. | Róbert Freyr Atlason Norðdal 2011                                                       | Selfoss | 2011  | 36,89   | mín. |
|    |                                                                                         |         |       |         |      |
|    | Haraldur Fróði Elvarsson 2013                                                           | Hamar   | 2013  | 1:01,24 | mín. |
|    | Órvar Þór Einarsson 2014                                                                | Hamar   | 2014  | 1:12,24 | mín. |
|    | Aron Núi Bárðarson 2013                                                                 | Hamar   |       | 1:16,64 | mín. |
|    | Danielius Helgi Liaugminas 2013                                                         | Hamar   |       | 1:38,23 | mín. |
|    | Elmar Atli Davíðsson 2016                                                               | Hamar   |       | 2:06,06 | mín. |
|    | Steingrímur Darri Elvarsson 2016                                                        | Hamar   |       | 2:12,43 | mín. |
|    |                                                                                         |         |       |         |      |
|    |                                                                                         |         |       |         |      |
|    | 3. gr. 100m. flugs Kvenna                                                               |         |       |         |      |
|    |                                                                                         |         |       |         |      |
|    | 5. gr. 50m baks. kvenna                                                                 |         |       |         |      |
|    |                                                                                         |         |       |         |      |
| 1. | Hafrún Kemp Helgadóttir 2008                                                            | Hamar   | 2008  | 0:55,71 | mín. |
|    | Erika Kristín Eypórsdóttir 2015                                                         | Hamar   |       | 1:36,33 | mín. |
|    |                                                                                         |         |       |         |      |
|    | 6. gr. 50m baks. Karla                                                                  |         |       |         |      |
|    | 1. riðill                                                                               |         |       |         |      |
| 1. | Róbert Freyr Atlason Norðdal 2011                                                       | Selfoss | 2011  | 0:53,17 | mín. |
|    |                                                                                         |         |       |         |      |
|    | Órvar Þór Einarsson 2014                                                                | Hamar   | 2014  | 1:23,29 | mín. |
|    |                                                                                         |         |       |         |      |
|    | 7. gr. 100m skriðs. kvenna                                                              |         |       |         |      |
|    |                                                                                         |         |       | Tími    | Tími |
| 1. | Hafrún Kemp Helgadóttir 2008                                                            | Hamar   | 2008  | 1:42,74 | mín. |
| 2. | Sara Fanney Snorradóttir 2010                                                           | Selfoss |       | 2:08,76 | mín. |
|    |                                                                                         |         |       |         |      |
|    |                                                                                         |         |       |         |      |
|    | 8. gr. 100m skriðs. Karla                                                               | Félag   | Aldur |         |      |
|    |                                                                                         |         |       |         |      |
| 1. | Arnór Karlsson 2009                                                                     | Selfoss | 2009  | 1:20,51 | mín. |
| 2. | Róbert Freyr Atlason Norðdal 2011                                                       | Selfoss | 2011  | 1:29,69 | mín. |
|    |                                                                                         |         |       |         |      |
|    |                                                                                         |         |       |         |      |
|    | 9. gr. 50m bringus. Kvenna                                                              |         |       |         |      |
|    |                                                                                         |         |       |         |      |
| 1. | Karítas Líf Róbertsdóttir 2010                                                          | Selfoss |       | 0:55,05 | mín. |
| 2. | Anna Sigurveig Ólafsdóttir 2000                                                         | Suðri   |       | 0:59,72 | mín. |
| 3. | Kaltla Sif Ægisdóttir 2000                                                              | Suðri   |       | 1:16,96 | mín. |
|    |                                                                                         |         |       |         |      |
|    |                                                                                         |         |       |         |      |
|    | 10. gr. 50m. bringus. Karla                                                             |         |       |         |      |
|    |                                                                                         |         |       |         |      |
|    | Haraldur Fróði Elvarsson 2013                                                           | Hamar   | 2013  | 1:09,27 | mín. |
|    |                                                                                         |         |       |         |      |
|    |                                                                                         |         |       |         |      |
|    | 13. gr. 50m flugs. Kvenna                                                               |         |       |         |      |
|    |                                                                                         |         |       |         |      |
|    | 14. gr. 50m flugs. Karla                                                                |         |       |         |      |
|    |                                                                                         |         |       |         |      |
|    |                                                                                         |         |       |         |      |
|    | 15. gr. 100m. Bringus. Kvenna                                                           |         |       |         |      |
|    |                                                                                         |         |       |         |      |
| 1. | Hafrún Kemp Helgadóttir 2008                                                            | Hamar   | 2008  | 2:14,19 | mín. |
| 2. | Sara Fanney Snorradóttir 2010                                                           | Selfoss |       | 2:30,83 | mín. |
|    |                                                                                         |         |       |         |      |
|    |                                                                                         |         |       |         |      |
|    | 16. gr. 100m. Bringus. Karla                                                            |         |       |         |      |
| 1. | Haraldur Fróði Elvarsson 2013                                                           | Hamar   | 2013  | 2:31,51 | mín. |
|    |                                                                                         |         |       |         |      |
|    |                                                                                         |         |       |         |      |
|    | 17. gr. 100m baks kvenna                                                                |         |       |         |      |
| 1. | Karítas Líf Róbertsdóttir 2010                                                          | Selfoss |       | 2:01,17 | mín. |
|    |                                                                                         |         |       |         |      |
|    | 18. gr. 100m baks karla                                                                 |         |       |         |      |
|    |                                                                                         |         |       |         |      |
| 1. | Arnór Karlsson 2009                                                                     | Selfoss | 2009  | 1:32,26 | mín. |
|    |                                                                                         |         |       |         |      |
|    |                                                                                         |         |       |         |      |
|    | Stigahæstu sundmenn voru: Arnór Karlsson, UMF Selfoss 21 stig;                          |         |       |         |      |
|    | Hafrún Kemp Helgadóttir, Hamri 21 stig; Karítas Líf Róbertsdóttir, UMF Selfoss 21 stig. |         |       |         |      |
|    |                                                                                         |         |       |         |      |
|    | Stigahæsta félag var UMF Selfoss með 74 stig, Hamar fékk 21 stig og Suðri 16 stig.      |         |       |         |      |
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