|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Héraðsmót HSK - 10.1.2016 - HafnarfjörðurRöð** | **Árangur** | **Vindur** | **Stig** | **Nafn** | **Afr** | **F.ár** | **Félag** | **Sería** |  |  |  |
| ***60 metra hlaup - Karla - 10.01.2016*** |  |  |  |  |  |  |  |  |  |  |  |
|   | 7,12  |  |   |  | [Juan Ramon Borges Bosque](http://82.221.94.225/MotFri/CompetitorsAchievements.aspx?CompetitorCode=74876) | 1992 | FH |   |  |  |  |  |  |  |  |  |
|   | 7,29  |  |   |  | [Gylfi Ingvar Gylfason](http://82.221.94.225/MotFri/CompetitorsAchievements.aspx?CompetitorCode=126385) | 1998 | FH |   |  |  |  |  |  |  |  |  |
| 1 | 7,56  |  |   |  | [Víðir Þór Þrastarson](http://82.221.94.225/MotFri/CompetitorsAchievements.aspx?CompetitorCode=20667) | 1980 | HSK |   |  |  |  |  |  |  |  |  |
|   | 7,79  |  |   |  | [Hjörtur Ívan Sigbjörnsson](http://82.221.94.225/MotFri/CompetitorsAchievements.aspx?CompetitorCode=136123) | 1995 | BBLIK |   |  |  |  |  |  |  |  |  |
| 2 | 7,87  |  |   |  | [Ólafur Guðmundsson](http://82.221.94.225/MotFri/CompetitorsAchievements.aspx?CompetitorCode=2504) | 1969 | SELFOSS |   |  |  |  |  |  |  |  |  |
| 3 | 8,06 Pb.  |  |   |  | [Hjalti Sigurðsson](http://82.221.94.225/MotFri/CompetitorsAchievements.aspx?CompetitorCode=66117) | 1994 | GARPUR |   |  |  |  |  |  |  |  |  |
| 4 | 8,48  |  |   |  | [Rökkvi Hljómur Kristjánsson](http://82.221.94.225/MotFri/CompetitorsAchievements.aspx?CompetitorCode=49930) | 1995 | GARPUR |   |  |  |  |  |  |  |  |  |
| 5 | 8,79  |  |   |  | [Haraldur Gísli Kristjánsson](http://82.221.94.225/MotFri/CompetitorsAchievements.aspx?CompetitorCode=14881) | 1973 | GARPUR |   |  |  |  |  |  |  |  |  |
| 6 | 9,14 Pb.  |  |   |  | [Birgir Örn Hauksson](http://82.221.94.225/MotFri/CompetitorsAchievements.aspx?CompetitorCode=24851) | 1984 | GARPUR |   |  |  |  |  |  |  |  |  |
| ***800 metra hlaup - Karla - 10.01.2016*** |  |  |  |  |  |  |  |  |  |  |  |
|   | 2:16,66  |  |   |  | [Vilhjálmur Þór Svansson](http://82.221.94.225/MotFri/CompetitorsAchievements.aspx?CompetitorCode=109127) | 1986 | ÍSÍ |   |  |  |  |  |  |  |  |  |
|   | 2:17,48  |  |   |  | [Vignir Már Lýðsson](http://82.221.94.225/MotFri/CompetitorsAchievements.aspx?CompetitorCode=37264) | 1989 | ÍR |   |  |  |  |  |  |  |  |  |
| 1 | 2:18,30  |  |   |  | [Þorsteinn Magnússon](http://82.221.94.225/MotFri/CompetitorsAchievements.aspx?CompetitorCode=16960) | 1976 | HSK |   |  |  |  |  |  |  |  |  |
| 2 | 2:26,48 Pb.  |  |   |  | [Guðmann Óskar Magnússon](http://82.221.94.225/MotFri/CompetitorsAchievements.aspx?CompetitorCode=20589) | 1968 | DÍMON |   |  |  |  |  |  |  |  |  |
| 3 | 2:34,11  |  |   |  | [Hilmar Sigurjónsson](http://82.221.94.225/MotFri/CompetitorsAchievements.aspx?CompetitorCode=37840) | 1988 | SELFOSS |   |  |  |  |  |  |  |  |  |
| 4 | 2:39,51 Pb.  |  |   |  | [Hjalti Sigurðsson](http://82.221.94.225/MotFri/CompetitorsAchievements.aspx?CompetitorCode=66117) | 1994 | GARPUR |   |  |  |  |  |  |  |  |  |
| ***60 metra grind (106,7cm) - Karla - 10.01.2016*** |  |  |  |  |  |  |  |  |  |  |  |
|   | 8,84 Pb.  |  |   |  | [Árni Björn Höskuldsson](http://82.221.94.225/MotFri/CompetitorsAchievements.aspx?CompetitorCode=45813) | 1992 | FH |   |  |  |  |  |  |  |  |  |
|   | 8,88  |  |   |  | [Ingi Rúnar Kristinsson](http://82.221.94.225/MotFri/CompetitorsAchievements.aspx?CompetitorCode=56437) | 1993 | BBLIK |   |  |  |  |  |  |  |  |  |
| 1 | 9,16  |  |   |  | [Ólafur Guðmundsson](http://82.221.94.225/MotFri/CompetitorsAchievements.aspx?CompetitorCode=2504) | 1969 | SELFOSS |   |  |  |  |  |  |  |  |  |
| 2 | 11,47 Pb.  |  |   |  | [Hjalti Sigurðsson](http://82.221.94.225/MotFri/CompetitorsAchievements.aspx?CompetitorCode=66117) | 1994 | GARPUR |   |  |  |  |  |  |  |  |  |
| 3 | 12,05  |  |   |  | [Rökkvi Hljómur Kristjánsson](http://82.221.94.225/MotFri/CompetitorsAchievements.aspx?CompetitorCode=49930) | 1995 | GARPUR |   |  |  |  |  |  |  |  |  |
| ***Hástökk - Karla - 10.01.2016*** |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 1,90 =Sb.  |  |   |  | [Anton Kári Kárason](http://82.221.94.225/MotFri/CompetitorsAchievements.aspx?CompetitorCode=33905) | 1992 | HSK | 1,40/- 1,45/- 1,50/- 1,55/- 1,60/- 1,65/- 1,70/- 1,75/- 1,80/- 1,85/o 1,90/xxo |  |  |  |  |  |  |  |  |
| 2 | 1,65  |  |   |  | [Guðmann Óskar Magnússon](http://82.221.94.225/MotFri/CompetitorsAchievements.aspx?CompetitorCode=20589) | 1968 | DÍMON | 1,40/o 1,45/- 1,50/o 1,55/- 1,60/o 1,65/xo 1,70/xxx |  |  |  |  |  |  |  |  |
| 3 | 1,65  |  |   |  | [Hilmar Sigurjónsson](http://82.221.94.225/MotFri/CompetitorsAchievements.aspx?CompetitorCode=37840) | 1988 | SELFOSS | 1,40/- 1,45/o 1,50/- 1,55/o 1,60/xxo 1,65/xo 1,70/xxx |  |  |  |  |  |  |  |  |
| 4 | 1,65 Sb.  |  |   |  | [Ólafur Guðmundsson](http://82.221.94.225/MotFri/CompetitorsAchievements.aspx?CompetitorCode=2504) | 1969 | SELFOSS | 1,40/- 1,45/- 1,50/- 1,55/xxo 1,60/xxo 1,65/xo 1,70/xxx |  |  |  |  |  |  |  |  |
| 5 | 1,55 Pb.  |  |   |  | [Birgir Örn Hauksson](http://82.221.94.225/MotFri/CompetitorsAchievements.aspx?CompetitorCode=24851) | 1984 | GARPUR | 1,40/o 1,45/o 1,50/o 1,55/xxo 1,60/xxx |  |  |  |  |  |  |  |  |
| 6 | 1,45 Pb.  |  |   |  | [Hjalti Sigurðsson](http://82.221.94.225/MotFri/CompetitorsAchievements.aspx?CompetitorCode=66117) | 1994 | GARPUR | 1,40/o 1,45/o 1,50/xxx |  |  |  |  |  |  |  |  |
| 7 | 1,45  |  |   |  | [Rökkvi Hljómur Kristjánsson](http://82.221.94.225/MotFri/CompetitorsAchievements.aspx?CompetitorCode=49930) | 1995 | GARPUR | 1,40/o 1,45/xo 1,50/xxx |  |  |  |  |  |  |  |  |
| ***Langstökk - Karla - 10.01.2016*** |  |  |  |  |  |  |  |  |  |  |  |
|   | 6,39 Pb.  |  |   |  | [Gylfi Ingvar Gylfason](http://82.221.94.225/MotFri/CompetitorsAchievements.aspx?CompetitorCode=126385) | 1998 | FH | 5,83/ - 6,13/ - 6,16/ - 6,09/ - óg/ - 6,39/ |  |  |  |  |  |  |  |  |
| 1 | 5,77  |  |   |  | [Ólafur Guðmundsson](http://82.221.94.225/MotFri/CompetitorsAchievements.aspx?CompetitorCode=2504) | 1969 | SELFOSS | 5,40/ - 5,50/ - 5,71/ - 5,68/ - 5,77/ - 5,70/ |  |  |  |  |  |  |  |  |
| 2 | 5,59  |  |   |  | [Víðir Þór Þrastarson](http://82.221.94.225/MotFri/CompetitorsAchievements.aspx?CompetitorCode=20667) | 1980 | HSK | 5,57/ - 5,51/ - 5,56/ - 5,57/ - 5,50/ - 5,59/ |  |  |  |  |  |  |  |  |
| 3 | 5,15 Pb.  |  |   |  | [Hjalti Sigurðsson](http://82.221.94.225/MotFri/CompetitorsAchievements.aspx?CompetitorCode=66117) | 1994 | GARPUR | 4,73/ - 4,04/ - óg/ - 4,90/ - 4,97/ - 5,15/ |  |  |  |  |  |  |  |  |
| 4 | 4,89  |  |   |  | [Haraldur Gísli Kristjánsson](http://82.221.94.225/MotFri/CompetitorsAchievements.aspx?CompetitorCode=14881) | 1973 | GARPUR | óg/ - 4,71/ - óg/ - 4,68/ - 4,89/ - óg/ |  |  |  |  |  |  |  |  |
| 5 | 4,88  |  |   |  | [Rökkvi Hljómur Kristjánsson](http://82.221.94.225/MotFri/CompetitorsAchievements.aspx?CompetitorCode=49930) | 1995 | GARPUR | 4,88/ - óg/ - 4,81/ - 4,76/ - 4,88/ - óg/ |  |  |  |  |  |  |  |  |
| 6 | 4,83  |  |   |  | [Birgir Örn Hauksson](http://82.221.94.225/MotFri/CompetitorsAchievements.aspx?CompetitorCode=24851) | 1984 | GARPUR | óg/ - 4,83/ - 4,63/ - 4,41/ - 4,69/ - óg/ |  |  |  |  |  |  |  |  |
| ***Kúluvarp (7,26 kg) - Karla - 10.01.2016*** |  |  |  |  |  |  |  |  |  |  |  |
|   | 14,11 Pb.  |  |   |  | [Ingi Rúnar Kristinsson](http://82.221.94.225/MotFri/CompetitorsAchievements.aspx?CompetitorCode=56437) | 1993 | BBLIK | 12,77 - 12,88 - 13,16 - 13,41 - 13,78 - 14,11 |  |  |  |  |  |  |  |  |
| 1 | 12,36 Sb.  |  |   |  | [Ólafur Guðmundsson](http://82.221.94.225/MotFri/CompetitorsAchievements.aspx?CompetitorCode=2504) | 1969 | SELFOSS | óg - 10,57 - 11,88 - óg - 12,36 - 11,99 |  |  |  |  |  |  |  |  |
| 2 | 10,97 Pb.  |  |   |  | [Rökkvi Hljómur Kristjánsson](http://82.221.94.225/MotFri/CompetitorsAchievements.aspx?CompetitorCode=49930) | 1995 | GARPUR | 10,26 - 10,08 - 10,62 - 9,83 - 10,97 - 9,95 |  |  |  |  |  |  |  |  |
| 3 | 10,56  |  |   |  | [Haraldur Gísli Kristjánsson](http://82.221.94.225/MotFri/CompetitorsAchievements.aspx?CompetitorCode=14881) | 1973 | GARPUR | 9,56 - 10,56 - 10,18 - 9,88 - 10,32 - 9,90 |  |  |  |  |  |  |  |  |
| 4 | 9,65  |  |   |  | [Víðir Þór Þrastarson](http://82.221.94.225/MotFri/CompetitorsAchievements.aspx?CompetitorCode=20667) | 1980 | HSK | 8,43 - 9,37 - 9,17 - 9,42 - 9,40 - 9,65 |  |  |  |  |  |  |  |  |
| ***60 metra hlaup - Kvenna - 10.01.2016*** |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 8,41  |  |   |  | [Fjóla Signý Hannesdóttir](http://82.221.94.225/MotFri/CompetitorsAchievements.aspx?CompetitorCode=15451) | 1989 | SELFOSS | 1989 |  |  |  |  |  |  |  |  |
| ***200 metra hlaup - Kvenna - 10.01.2016*** |  |  |  |  |  |  |  |  |  |  |  |
|   | 25,00  |  |   |  | [Arna Stefanía Guðmundsdóttir](http://82.221.94.225/MotFri/CompetitorsAchievements.aspx?CompetitorCode=55865) | 1995 | FH | 1995 |  |  |  |  |  |  |  |  |
| ***60 metra grind (84 cm) - Kvenna - 10.01.2016*** |  |  |  |  |  |  |  |  |  |  |  |
|   | 8,72 Pb.  |  |   |  | [Arna Stefanía Guðmundsdóttir](http://82.221.94.225/MotFri/CompetitorsAchievements.aspx?CompetitorCode=55865) | 1995 | FH |   |  |  |  |  |  |  |  |  |
| 1 | 9,20  |  |   |  | [Fjóla Signý Hannesdóttir](http://82.221.94.225/MotFri/CompetitorsAchievements.aspx?CompetitorCode=15451) | 1989 | SELFOSS |   |  |  |  |  |  |  |  |  |
| ***Hástökk - Kvenna - 10.01.2016*** |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 1,25  |  |   |  | [Fjóla Signý Hannesdóttir](http://82.221.94.225/MotFri/CompetitorsAchievements.aspx?CompetitorCode=15451) | 1989 | SELFOSS | 1,25/xo |  |  |  |  |  |  |  |  |
| ***Langstökk - Kvenna - 10.01.2016*** |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 3,55  |  |   |  | [Fjóla Signý Hannesdóttir](http://82.221.94.225/MotFri/CompetitorsAchievements.aspx?CompetitorCode=15451) | 1989 | SELFOSS | óg/ - sl/ - 3,55/ - sl/ - sl/ - sl/ |  |  |  |  |  |  |  |  |
| ***Kúluvarp (4,0 kg) - Kvenna - 10.01.2016*** |  |  |  |  |  |  |  |  |  |  |  |
| 1 | 11,16  |  |   |  | [Eyrún Halla Haraldsdóttir](http://82.221.94.225/MotFri/CompetitorsAchievements.aspx?CompetitorCode=38565) | 1990 | SELFOSS | 9,95 - 10,69 - óg - 10,38 - óg - 11,16 |  |  |  |  |  |  |  |  |
| 2 | 10,65 Sb.  |  |   |  | [Thelma Björk Einarsdóttir](http://82.221.94.225/MotFri/CompetitorsAchievements.aspx?CompetitorCode=39143) | 1996 | SELFOSS | 10,57 - 10,65 - óg - óg - óg - óg |  |  |  |  |  |  |  |  |
| 3 | 9,40  |  |   |  | [Fjóla Signý Hannesdóttir](http://82.221.94.225/MotFri/CompetitorsAchievements.aspx?CompetitorCode=15451) | 1989 | SELFOSS | 8,98 - 9,36 - 9,40 - 8,90 - 8,30 - 9,13 |  |  |  |  |  |  |  |  |
| 4 | 8,67  |  |   |  | [Guðrún Hulda Sigurjónsdóttir](http://82.221.94.225/MotFri/CompetitorsAchievements.aspx?CompetitorCode=57562) | 1985 | SUÐRI | 8,62 - 8,67 - óg - óg - 8,30 - 8,15 |  |  |  |  |  |  |  |  |