

Íslandsmót í frjálsum íþróttum 2013.

Ungir iðkendur.

60 m hlaup

Anna Björk Elkjær Emilsdóttir	13.57	sek
Þuríður Arna Óskarsdóttir	15.20	-
Hulda Ólafía Sigurðardóttir	16.23	-
Hafliði Hafþórsson	13.46	-
Ísar Þorsteinsson	12.77	-

Langstökk

Ísar Þorsteinsson	2.57	cm
Hafliði Hafþórsson	2.95	-
Hilmar Örn Sveinsson	2.00	-
Þuríður Arna Óskarsdóttir	1.20	-
Hulda Ólafía Sigurðardóttir	1.75	-

60 m hlaup karlar.

T 37, T42

1. Helgi Sveinsson	Ármann	10.09	sek	548	stig
2. Haukur Gunnarsson	Nes	9.99	-	481	-
3. Pálmi Gunnlaugsson		11.78	sek	293	-
4. Marinó Ingi Adolfsson		12.99	-		
5. Hjalti B Eiðsson		14.81	-	198	-
6. Heiðar Hjalti Bergsson		14.98		143	-

60 m hjólastólarace - karlar

T 53

1. Arnar Helgi Lárusson	Nes	14.69	sek	301	stig	íslandsmet
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60 m hlaup karlar

T20

1.	Kristófer Sigmarsson	Eik	7.70	sek
2.	Ágúst Þór Weaber	Gnýr	8.09	sek
3.	Sigurjón Sigtryggsson	Snerpa	8.75	sek
4.	Jósef W. Daníelsson	Nes	8.98	sek
5.	Birgir Eiðsson	Ösp	9.06	-
6.	Haraldur Þórarinnsson	Ösp	9.18	-
7.	Adrían Óskar Erwin	Ösp	9.29	-
8.	Bjarki Guðnason	Nes	10.01	-
9.	Róbert Alexander Erwin	Ösp	10.22	-
10.	Héðinn Jónsson	Ösp	10.38	-
11.	Ari Ægirsson	Nes	10.52	-
12.	Bjarni Friðrik Ófeigsson	Suðri	10.60	-
13.	Ingvar Þór Ásmundsson	Ösp	12.82	-

Langstökk karlar

F37, F42

1.	Helgi Sveinsson (F42)	Ármani	4.67 cm	588 stig
2.	Baldur Ævar Baldursson (F37)	Snerpa	4.47 -	556 -
3.				

F20

1.	Kristófer Sigmarsson	Eik	5.52 cm
2.	Ágúst Þór Weaber	Gnýr	5.08 -
3.	Adrían Óskar Erwin	Ösp	4.06 -
4.	Birgir Eiðsson	Ösp	3.88 -
5.	Haraldur Þórarinnsson	Ösp	3.80 -
6.	Jósef W Daníelsson	Nes	3.79 -
7.	Bjarki Guðnason	Nes	3.00 -
8.	Héðinn Jónsson	Eik	2.92 -
9.	Ari Ægirsson	Nes	2.66 -
10.	Sæþór Helgi Jensson	Ösp	2.55 -
11.	Róbert Alexander Erwin	Ösp	1.57

Kúluvarp karlar

F 37

1.	Baldur Ævar Baldursson	Snerpa	9.54	cm
2.	Haukur Gunnarsson	Nes	7.24	-
3.	Marinó Ingi Adolfsson	ÍFR	5.71	-
4.	Heiðar Hjalti Bergsson	Eik	4.23	-

F20

1.	Kristófer Sigmarsson	Eik	8.28	-
2.	Ágúst Þór Weaber	Gnýr	7.31	-
3.	Birgir Eiðsson	Ösp	6.54	-
4.	Haraldur Þórarinnsson	Ösp	6.50	-
5.	Sæþór Helgi Jenson	Ösp	5.85	-
6.	Reynir Ingólfsson	Suðri	5.64	-
7.	Bjarni Friðrik Ófeigsson	Suðri	4.64	-
8.	Róbert Alexander Erwin	Ösp	3.45	-

200 m hlaup karlar

T 37

1.	Michell Thór Massetter	ÍFR	38.28	sek	220 stig
2.	Pálmi Guðlaugsson		39.22	-	204 –

T20

1.	Kristófer Sigmarsson	Eik	26.74	sek
2.	Sigurjón Sigtryggsson	Snerpa	27.98	-
3.	Ágúst Þór Weaber	Gnýr	29.16	-
4.	Adrían Óskar Erwin	Ösp	29.91	-
5.	Haraldur Þórarinnsson	Ösp	29.92	-
6.	Birgir Eiðsson	Ösp	30.84	-
7.	Lúðvík Frímannsson	Ösp	31.13	-
8.	Jósef W Daníelsson	Nes	31.30	-
9.	Sæþór Helgi Jenson	Ösp	33.68	-
10.	Bjarki Guðnason	Nes	33.78	-
11.	Róbert Alexander Erwin	Ösp	34.11	-
12.	Héðinn Jónsson	Eik	34.77	-
13.	Ari Ægirsson	Nes	36.65	-

200 m hjólastólarace

1.	Arnar Helgi Lárusson	Nes	38.14	-	íslandsmet
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400 m hlaup karlar

T37

1.	Michell Thór Massetter	ÍFR	1:30.53 sek
2.	Pálmi Guðlaugsson		1:47.60 –

T20

1.	Kristófer Sigmarsson	Eik	1:03.19 sek
2.	Adrían Óskar Erwin	Ösp	1:06.44 -
3.	Jósef W Daníelsson	Nes	1:11.98 –
4.	Ari Ægirsson	Nes	1:20.18 –
5.	Bjarki Guðnason	Nes	1:25.15 –
6.	Héðinn Jónsson	Eik	1:25.60 –

Hástökk karlar

F20

1.	Kristófer Sigmarsson	Eik	1.65 cm
2.	Ágúst Þór Weaber	Gnýr	1.40 –
3.	Jósef W. Daníelsson	Nes	1.30 –

60 m hlaup konur

T37, T13

1.	Matthildur Ylfa Þorsteinsdóttir	ÍFR	9.73 sek	913 stig
2.	Stefanía Daney Guðmundsdóttir	Eik	9.56 -	620 –

T20

1.	María Einarsdóttir	Eik	11.28 –
2.	Helga Davíðsdóttir	Ösp	11.45 –
3.	Hulda Sigurjónsdóttir	Suðri	11.56 –
4.	Valdís Hrönn Jónsdóttir	Suðri	13.26 –
5.	Kristín Ólafsdóttir	Eik	13.35 –
6.	María Sigurjónsdóttir	Suðri	14.95 –
7.	Sveinbjörg Sveinbjörnsdóttir	Nes	16.88 –
8.	Elínborg Sigurðardóttir	Ösp	24.78 –

Langstökk konur

F37, F11

1.	Matthildur Ylfa Þorsteinsdóttir	ÍFR	4.07 cm	942 stig (F37)
2.	Stefanía Daney Guðmundsdóttir	Eik	3.97 -	316 - (F13)

F20

1.	Hulda Sigurjónsdóttir	Suðri	2.68 –
2.	María Einarsdóttir	Eik	2.64 -
3.	Helga Davíðsdóttir	Ösp	2.63 –
4.	Sigríður Karen Ásgeirsdóttir	Nes	2.41 –
5.	Kristín Ólafsdóttir	Eik	1.77 –
6.	María Sigurjónsdóttir	Suðri	1.58 –
7.	Sveinbjörg Sveinbjörnsdóttir	Nes	1.21

Kúluvarp konur

F37, F13

1.	Ingeborg Eide Garðarsdóttir	FH	6.28 cm	447 stig (F37)
2.	Matthildur Ylfa Þorsteinsdóttir	ÍFR	6.12 -	412 – (F13)
3.	Stefanía Daney Guðmundsdóttir	Eik	6.50 -	302 – (F37)

F20

1.	Hulda Sigurjónsdóttir	Suðri	8.76 –
2.	Sigríður Karen Helgudóttir	Nes	7.93 –
3.	María Sigurjónsdóttir	Suðri	6.15 –
4.	Sigríður Sigurjónsdóttir	Suðri	5.44 –
5.	Valdís Hrönn Jónsdóttir	Suðri	5.08 –
6.	Sveinbjörg Sveinbjörnsdóttir	Nes	5.02 –

200 m hlaup konur

T37, T13

1.	Matthildur Ylfa Þorsteinsdóttir	ÍFR	33.66 sek	602 stig (T37)
2.	Stefanía Daney Guðmundsdóttir	Eik	33.17 -	390 stig (T13)

T20.

1.	Helga Davíðsdóttir	Ösp	40.43 –
2.	María Einarsdóttir	Eik	43.61 –

400 m hlaup konur

T13

1.	Stefanía Daney Guðmundsdóttir	Eik	1:32.66 –
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T20

1.	María Einarsdóttir	Eik	1:43.60 –
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