

## Íslandsmót ÍF - 3/12/2016 to 3/13/2016

## Results

## Grein 1 Konur 200 LC Metra Skriðsund S5-13 S14-S18

	Nafn	Aldu	Lið	S. Tími	Finals Time
1	Aníta Ó Hrafnisdóttir S14	21	Íþróttafélagið Fjörður	2:29.52	2:32.84
	34.00	1:12.66 (38.66)	1:53.18 (40.52)	2:32.84 (39.66)	
2	Sandra Sif Gunnarsdóttir S13	16	Ífr	3:05.46	2:59.66
	41.37	1:28.47 (47.10)	2:15.98 (47.51)	2:59.66 (43.68)	
3	Thelma B Björnsdóttir S6 Sb5	19	Ífr	3:02.10	2:59.71
	42.51	1:27.76 (45.25)	2:13.75 (45.99)	2:59.71 (45.96)	
4	Sigríður Aníta Rögnvaldsóttir S14	13	Íþróttafélagið Fjörður	3:38.59	3:20.55
	42.12	1:33.14 (51.02)	3:20.55 (1:47.41)		
5	Laufey M Vilhelmsdóttir S14	19	Ífr	3:30.07	3:32.39
	46.05	1:40.88 (54.83)	2:37.04 (56.16)	3:32.39 (55.35)	
6	Lára Steinarsdóttir S14		Íþróttafélagið Fjörður	3:36.68	3:41.91
	48.04	1:43.54 (55.50)	2:42.32 (58.78)	3:41.91 (59.59)	
7	Heiður B Egilsdóttir S8	11	Ífr	4:09.26	3:42.70
	51.34	1:51.02 (59.68)	3:42.70 (1:51.68)		
8	Elín Hrefna Geirmund S14	20	Íþróttafélagið Ösp	4:02.15	3:51.62
	46.77	1:45.50 (58.73)	2:46.81 (1:01.31)	3:51.62 (1:04.81)	
9	Katrín Anna Heiðarsd S14	18	Íþróttafélagið Ösp	5:00.26	4:54.15
	53.90	2:13.65 (1:19.75)	3:37.17 (1:23.52)	4:54.15 (1:16.98)	
10	Rakel Aradóttir S14	23	Íþróttafélagið Ösp	5:19.65	5:18.85
	1:05.66		3:52.78 ( )	5:18.85 (1:26.07)	

## Íslandsmót ÍF - 3/12/2016 to 3/13/2016

## Results

## Grein 2 Karlar 200 LC Metra Skriðsund S6-13 S14-S18 S20

Nafn	Aldu	Lið	S. Tími	Finals Time
1 Róbert Í Jónsson S14	14	Íþróttafélagið Fjörður	2:23.46	2:21.66
31.20	1:08.11 (36.91)	1:45.49 (37.38)	2:21.66 (36.17)	
2 Gudmundur H Hermannsson S9	22	Ífr	2:19.94	2:21.67
1:09.03 ( )	1:46.16 (37.13)	2:21.67 (35.51)		
3 Már Gunnarsson S12	16	Nes	2:26.80	2:26.18
33.06	1:09.45 (36.39)	1:48.82 (39.37)	2:26.18 (37.36)	
4 Davíð Þór Torfason S20	18	Sunddeild Fjölnis	2:18.20	2:26.46
32.34	1:09.76 (37.42)	1:48.83 (39.07)	2:26.46 (37.63)	
5 Axel Birkir Þórðarson S14	21	Sundfélagið Óðinn	3:24.36	2:46.35
37.34	1:19.78 (42.44)	2:04.27 (44.49)	2:46.35 (42.08)	
6 Kristján Jónsson S14	16	Íþróttafélagið Ösp	3:03.89	2:47.58
37.30	1:19.96 (42.66)	2:04.19 (44.23)	2:47.58 (43.39)	
7 Bergur Unnar Unnsteinsson S14	15	Sundfélagið Óðinn	2:55.28	2:49.39
34.24	1:16.07 (41.83)	2:03.25 (47.18)	2:49.39 (46.14)	
8 Fannar Logi Jóhannesson S14	15	Sundfélagið Óðinn	3:08.32	3:15.08
1:28.14 ( )	3:15.08 (1:46.94)			
9 Daniel Ísak Sölvason S14	21	Íþróttafélagið Ösp	3:17.39	3:19.18
40.61	1:30.24 (49.63)	2:24.88 (54.64)	3:19.18 (54.30)	
10 Breki Arnarsson S7	19	Sundfélagið Óðinn	3:46.37	3:41.64
45.17	1:38.26 (53.09)	2:37.62 (59.36)	3:41.64 (1:04.02)	
11 Jón Þorri Jónsson S14	26	Íþróttafélagið Ösp	3:27.16	3:59.56
45.47	1:50.11 (1:04.64)	2:55.77 (1:05.66)	3:59.56 (1:03.79)	
12 Magnús Aron Ceesay S14	14	Íþróttafélagið Ösp	3:26.47	4:10.05
53.05	3:03.53 ( )	4:10.05 (1:06.52)		
13 Atli Már Haraldsson S14	21	Íþróttafélagið Ösp	4:21.84	5:30.17
1:16.40	2:44.24 (1:27.84)	4:08.12 (1:23.88)	5:30.17 (1:22.05)	
--- Hjalti Geir Guðmunds S14	17	Íþróttafélagið Ösp	4:52.65	DQ
No touch at turn or finish				
	2:12.35 ( )	3:28.27 (1:15.92)		
--- Guðfinnur Karlsson S11	27	Íþróttafélagið Fjörður	3:02.67	NS

## Íslandsmót ÍF - 3/12/2016 to 3/13/2016

## Results

## Grein 3 Konur 50 LC Metra Flugsund Opinn flokkur

	<b>Nafn</b>	<b>Aldu</b>	<b>Lið</b>	<b>S. Tími</b>	<b>Finals Time</b>
1	Kristín Þorsteinsdóttir S16	23	Ívar	50.44	43.55
2	Ingibjörg F Margeirsdóttir S14	16	Nes	45.86	45.05
3	Sandra Sif Gunnarsdóttir S13	16	Ífr	44.40	45.59
4	Ástrós M Bjarnadóttir S18	16	Nes	44.01	45.90
5	Elín F Ólafsdóttir S9	21	Íþróttafélagið Fjörður	57.45	56.75
6	Heiðrún Gunnarsdóttir S14	22	Nes	1:11.22	1:08.40
---	Kristlaug Halldórsdóttir S14	18	Nes	1:02.60	1:23.02
	Swimmer did not finish				

## Íslandsmót ÍF - 3/12/2016 to 3/13/2016

## Results

## Grein 4 Karlar 50 LC Metra Flugsund Opinn flokkur

	<b>Nafn</b>	<b>Aldu</b>	<b>Lið</b>	<b>S. Tími</b>	<b>Finals Time</b>
1	Jón Margeir Sverrisson S14	24	Sunddeild Fjölnis	27.24	27.35
2	Björn Axel Agnarsson S20	14	Ífr	31.66	30.98
3	Ragnar I Magnússon S14	23	Íþróttafélagið Fjörður	33.92	34.22
4	Marinó I Adolfsson S9 Sb8	19	Ífr	43.28	43.91
5	Ásmundur Þ Ásmundsson S14	29	Íþróttafélagið Fjörður	41.39	44.36

## Íslandsmót ÍF - 3/12/2016 to 3/13/2016

## Results

## Grein 5 Konur 50 LC Metra Bringusund S4-13 S14-S18

Nafn	Aldu	Lið	S. Tími	Finals Time
1 Lára Steinarsdóttir S14		Íþróttafélagið Fjörður	53.66	50.66
2 Thelma B Björnsdóttir S6 Sb5	19	Ífr	56.55	56.35
3 Ástrós M Bjarnadóttir S18	16	Nes	49.58	57.19
4 Birta Bjarnadóttir S14	12	Nes	58.45	59.45
5 Ingibjörg F Margeirsdóttir S14	16	Nes	49.41	1:01.63
6 Ólafía O Svanbergisdóttir S9	13	Þróttur Neskaupsstað	1:05.64	1:02.30
7 Kristlaug Halldórsdóttir S14	18	Nes	57.89	1:05.24
8 Elín Hrefna Geirmund S14	20	Íþróttafélagið Ösp	1:05.87	1:08.03
9 Katrín Anna Heiðarsd S14	18	Íþróttafélagið Ösp	1:09.51	1:10.10
10 Linda Björg Björgvinsdóttir S8	22	Nes	1:11.20	1:15.31
11 Rakel Aradóttir S14	23	Íþróttafélagið Ösp	1:37.19	1:32.42
--- Heiðrún Gunnarsdóttir S14	22	Nes	1:04.60	DQ
Illegal downward dolphin kick				

## Íslandsmót ÍF - 3/12/2016 to 3/13/2016

## Results

## Grein 6 Karlar 50 LC Metra Bringusund S4-13 S14-S18

Nafn	Aldu	Lið	S. Tími	Finals Time
1 Emil S Björnsson S14	19	Ífr	42.90	42.90
2 Adrian Erwin S14		Íþróttafélagið Fjörður	42.82	42.95
3 Fannar Logi Jóhannesson S14	15	Sundfélagið Óðinn	48.50	43.49
4 Bergur Unnar Unnsteinsson S14	15	Sundfélagið Óðinn	46.14	44.03
5 Ásmundur Þ Ásmundsson S14	29	Íþróttafélagið Fjörður	43.25	47.85
6 Kristján Jónsson S14	16	Íþróttafélagið Ösp	46.22	50.37
7 Marínó I Adolfsson S9 Sb8	19	Ífr	1:00.14	51.21
8 Daníel Ísak Sölvason S14	21	Íþróttafélagið Ösp	52.81	53.94
9 Reynir A Magnússon S14	14	Ífr	56.73	54.69
10 Jón Þorri Jónsson S14	26	Íþróttafélagið Ösp	57.10	54.84
11 Björn D Daníelsson S10 Sb9	29	Ífr	54.44	55.15
12 Ingólfur M Bjarnason S10	15	Nes	59.45	55.97
13 Róbert Salvar Reynisson S8	16	Nes	55.74	56.98
14 Alexander Guðmundsson S14	12	Nes	1:01.20	1:07.73
15 Leó Baldursson S14	10	Nes	1:49.90	1:21.65
16 Haukur H Loftsson S4	15	Ífr	2:32.43	2:48.51
--- Hjalti Geir Guðmunds S14	17	Íþróttafélagið Ösp	1:09.11	DQ
Did not swim stroke specified				
--- Guðfinnur Karlsson S11	27	Íþróttafélagið Fjörður	47.21	NS
--- Óskar F Björnsson S14	10	Nes	1:38.00	NS

## Íslandsmót ÍF - 3/12/2016 to 3/13/2016

## Results

## Grein 7 Konur 100 LC Metra Baksund S5-13 S14-S18

	Nafn	Aldu	Lið	S. Tími	Finals Time
1	Aníta Ó Hrafnisdóttir S14	21	Íþróttafélagið Fjörður	1:26.78	1:24.73
	41.75	1:24.73 (42.98)			
2	Kristín Á Jónsdóttir S14	26	Íþróttafélagið Fjörður	1:45.03	1:49.22
	52.26	1:49.22 (56.96)			
3	Sigríður Aníta Rögnvaldsdóttir S14	13	Íþróttafélagið Fjörður	1:44.74	1:51.49
	53.31	1:51.49 (58.18)			
4	Kristín Þorsteinsdóttir S16	23	Ívar	1:48.47	1:52.08
	53.37	1:52.08 (58.71)			
5	Laufey M Vilhelmsdóttir S14	19	Ífr	2:01.96	1:55.66
	55.95	1:55.66 (59.71)			
6	Heiður B Egilsdóttir S8	11	Ífr	2:06.15	1:58.66
	56.59	1:58.66 (1:02.07)			
7	Elín F Ólafsdóttir S9	21	Íþróttafélagið Fjörður	2:02.63	2:05.21
	59.29	2:05.21 (1:05.92)			
8	Heiðrún Gunnarsdóttir S14	22	Nes	1:54.20	2:15.80
	58.55	2:15.80 (1:17.25)			
9	Sonja Sigurdardóttir S4sb3	26	Ífr	2:16.18	2:15.88
	1:05.65	2:15.88 (1:10.23)			
10	Elín Hrefna Geirmund S14	20	Íþróttafélagið Ösp	2:25.31	2:24.70
	1:06.93	2:24.70 (1:17.77)			
11	Katrín Anna Heiðarsd S14	18	Íþróttafélagið Ösp	2:30.53	2:29.93
	1:07.42	2:29.93 (1:22.51)			
12	Rakel Aradóttir S14	23	Íþróttafélagið Ösp	2:46.08	2:51.87
	1:20.91	2:51.87 (1:30.96)			
13	Karen Axelsdóttir s4	23	Íþróttafélagið Ösp	5:12.11	4:01.49
	2:02.18	4:01.49 (1:59.31)			

## Íslandsmót ÍF - 3/12/2016 to 3/13/2016

## Results

## Grein 8 Karlar 100 LC Metra Baksund S6-13 S14-S18 S20

Nafn	Aldu	Lið	S. Tími	Finals Time
1 Róbert Í Jónsson S14	14	Íþróttafélagið Fjörður	1:18.73	1:16.19
36.77	1:16.19 (39.42)			
2 Davíð Þór Torfason S20	18	Sunddeild Fjölnis	1:13.79	1:19.36
37.98	1:19.36 (41.38)			
3 Ragnar I Magnússon S14	23	Íþróttafélagið Fjörður	1:16.32	1:23.20
4 Marínó I Adólfsson S9 Sb8	19	Ífr	1:24.85	1:27.72
43.33	1:27.72 (44.39)			
5 Axel Birkir Þórðarson S14	21	Sundfélagið Óðinn	1:48.92	1:36.68
47.67	1:36.68 (49.01)			
6 Ásmundur Þ Ásmundsson S14	29	Íþróttafélagið Fjörður	1:38.28	1:38.05
47.17	1:38.05 (50.88)			
7 Kristján Jónsson S14	16	Íþróttafélagið Ösp	1:52.22	1:38.86
48.65	1:38.86 (50.21)			
8 Adrian Erwin S14		Íþróttafélagið Fjörður	1:33.07	1:39.61
9 Hjörtur M Ingvarsson S6	20	Íþróttafélagið Fjörður	1:46.77	1:47.45
10 Benjamín L Snorrason S14	20	Ífr	1:49.57	1:48.63
50.93	1:48.63 (57.70)			
11 Jón Þorri Jónsson S14	26	Íþróttafélagið Ösp	1:51.31	1:55.67
54.23	1:55.67 (1:01.44)			
12 Guðmundur Karlsson S10 Sb9	19	Ífr	1:57.45	1:55.87
56.87	1:55.87 (59.00)			
13 Jónatan N Snorrason S14	24	Ífr	1:57.66	2:00.90
14 Michel T Masselter S-6	25	Ífr	2:05.31	2:11.72
1:01.39	2:11.72 (1:10.33)			
15 Daniel Ísak Sölvason S14	21	Íþróttafélagið Ösp	2:07.95	2:14.21
59.83	2:14.21 (1:14.38)			
16 Magnús Aron Ceesay S14	14	Íþróttafélagið Ösp	2:09.77	2:24.02
17 Atli Már Haraldsson S14	21	Íþróttafélagið Ösp	2:33.32	2:29.76
1:07.57	2:29.76 (1:22.19)			
--- Hjalti Geir Guðmunds S14	17	Íþróttafélagið Ösp	2:15.41	DQ
--- Guðfinnur Karlsson S11	27	Íþróttafélagið Fjörður	1:37.45	NS



## Íslandsmót ÍF - 3/12/2016 to 3/13/2016

## Results

## Grein 11 Konur 200 LC Metra Fjósund Opinn flokkur

	<b>Nafn</b>	<b>Aldu</b>	<b>Lið</b>	<b>S. Tími</b>	<b>Finals Time</b>
1	Aníta Ó Hrafnisdóttir S14	21	Íþróttafélagið Fjörður	2:53.78	2:55.65
	39.63	1:25.91 (46.28)	2:16.90 (50.99)	2:55.65 (38.75)	
2	Thelma B Björnsdóttir S6 Sb5	19	Ífr	3:41.97	3:37.99
	49.92	1:50.22 (1:00.30)	2:52.84 (1:02.62)	3:37.99 (45.15)	
---	Sandra Sif Gunnarsdóttir S13	16	Ífr	3:30.32	DQ
	Did not touch wall with both hands simultaneously at turn and/or finish - breast				
		1:43.47 ( )	2:51.01 (1:07.54)	DQ (45.81)	

## Íslandsmót ÍF - 3/12/2016 to 3/13/2016

## Results

## Grein 12 Karlar 200 LC Metra Fjósund Opinn flokkur

	<b>Nafn</b>	<b>Aldu</b>	<b>Lið</b>	<b>S. Tími</b>	<b>Finals Time</b>
1	Jón Margeir Sverrisson S14	24	Sunddeild Fjölnis	2:18.79	2:24.91
	29.17	1:08.80 (39.63)	1:50.58 (41.78)	2:24.91 (34.33)	
2	Róbert Í Jónsson S14	14	Íþróttafélagið Fjörður	2:35.64	2:35.72
	32.68	1:14.40 (41.72)	2:01.59 (47.19)	2:35.72 (34.13)	
3	Björn Axel Agnarsson S20	14	Ífr	2:35.84	2:36.01
	32.78	1:14.73 (41.95)	2:00.64 (45.91)	2:36.01 (35.37)	
4	Már Gunnarsson S12	16	Nes	2:47.90	2:43.81
	35.32	1:17.13 (41.81)	2:07.26 (50.13)	2:43.81 (36.55)	
5	Hjörtur M Ingvarsson S6	20	Íþróttafélagið Fjörður	3:55.05	3:58.99
	56.84	1:53.68 (56.84)	3:07.09 (1:13.41)	3:58.99 (51.90)	

## Íslandsmót ÍF - 3/12/2016 to 3/13/2016

## Results

## Grein 13 Konur 100 LC Metra Skriðsund S4-13 S14-S18

Nafn	Aldu	Lið	S. Tími	Finals Time
1 Ástrós M Bjarnadóttir S18	16	Nes	1:21.60	1:24.74
39.18	1:24.74 (45.56)			
2 Sigríður Aníta Rögnvaldsóttir S14	13	Íþróttafélagið Fjörður	1:34.60	1:26.67
39.38	1:26.67 (47.29)			
3 Kristín Þorsteinsdóttir S16	23	Ívar	1:24.98	1:27.54
39.12	1:27.54 (48.42)			
4 Kristín Á Jónsdóttir S14	26	Íþróttafélagið Fjörður	1:26.48	1:34.80
43.33	1:34.80 (51.47)			
5 Ólafía O Svanbergadóttir S9	13	Þróttur Neskaupsstað	1:44.01	1:38.34
6 Laufey M Vilhelmsdóttir S14	19	Ífr	1:36.72	1:40.23
48.93	1:40.23 (51.30)			
7 Elín Hrefna Geirmund S14	20	Íþróttafélagið Ösp	1:46.96	1:41.07
47.67	1:41.07 (53.40)			
8 Lára Steinarsdóttir S14		Íþróttafélagið Fjörður	1:45.43	1:42.32
46.58	1:42.32 (55.74)			
9 Birta Bjarnadóttir S14	12	Nes	1:48.50	1:45.58
48.20	1:45.58 (57.38)			
10 Elín F Ólafsdóttir S9	21	Íþróttafélagið Fjörður	1:43.78	1:45.59
48.04	1:45.59 (57.55)			
11 Heiður B Egilsdóttir S8	11	Ífr	1:54.36	1:51.00
53.72	1:51.00 (57.28)			
12 Katrín Anna Heiðarsd S14	18	Íþróttafélagið Ösp	2:13.89	2:15.89
58.23	2:15.89 (1:17.66)			
13 Sonja Sigurdardóttir S4sb3	26	Ífr	2:15.73	2:21.90
1:07.59	2:21.90 (1:14.31)			
14 Rákel Aradóttir S14	23	Íþróttafélagið Ösp	2:34.60	2:31.30
1:07.34	2:31.30 (1:23.96)			

## Íslandsmót ÍF - 3/12/2016 to 3/13/2016

## Results

## Grein 14 Karlar 100 LC Metra Skriðsund S5-13 S14-S18 S20

Nafn	Aldu	Lið	S. Tími	Finals Time
1 Róbert Í Jónsson S14	14	Íþróttafélagið Fjörður	1:14.23	1:04.53
30.58	1:04.53 (33.95)			
2 Davíð Þór Torfason S20	18	Sunddeild Fjölnis	1:03.16	1:05.77
30.75	1:05.77 (35.02)			
3 Björn Axel Agnarsson S20	14	Ífr	1:07.14	1:05.87
32.34	1:05.87 (33.53)			
4 Ragnar I Magnússon S14	23	Íþróttafélagið Fjörður	1:05.06	1:07.50
5 Gudmundur H Hermannsson S9	22	Ífr	1:05.36	1:08.83
32.74	1:08.83 (36.09)			
6 Bergur Unnar Unnsteinsson S14	15	Sundfélagið Óðinn	1:18.28	1:10.86
31.86	1:10.86 (39.00)			
7 Axel Birkir Þórðarson S14	21	Sundfélagið Óðinn	1:26.26	1:16.26
8 Adrian Erwin S14		Íþróttafélagið Fjörður	1:17.13	1:19.34
9 Kristján Jónsson S14	16	Íþróttafélagið Ösp	1:24.53	1:19.76
37.41	1:19.76 (42.35)			
10 Marínó I Adolfsson S9 Sb8	19	Ífr	1:16.97	1:21.92
39.23	1:21.92 (42.69)			
11 Emil S Björnsson S14	19	Ífr	1:24.49	1:24.23
39.82	1:24.23 (44.41)			
12 Ásmundur Þ Ásmundsson S14	29	Íþróttafélagið Fjörður	1:13.16	1:27.90
40.72	1:27.90 (47.18)			
13 Fannar Logi Jóhannesson S14	15	Sundfélagið Óðinn	1:25.28	1:27.96
40.14	1:27.96 (47.82)			
14 Daniel Ísak Sölvason S14	21	Íþróttafélagið Ösp	1:32.86	1:31.70
40.89	1:31.70 (50.81)			
15 Róbert Salvar Reynisson S8	16	Nes	1:28.80	1:32.05
41.25	1:32.05 (50.80)			
16 Ingólfur M Bjarnason S10	15	Nes	1:34.80	1:32.27
42.94	1:32.27 (49.33)			
17 Alexander Guðmundsson S14	12	Nes	1:37.80	1:35.03
44.99	1:35.03 (50.04)			
18 Breki Arnarsson S7	19	Sundfélagið Óðinn	1:36.22	1:35.37
44.59	1:35.37 (50.78)			
19 Benjamín L Snorrason S14	20	Ífr	1:33.13	1:36.45
44.72	1:36.45 (51.73)			
20 Gudmundur Karlsson S10 Sb9	19	Ífr	1:46.90	1:41.22
48.05	1:41.22 (53.17)			
21 Jón Þorri Jónsson S14	26	Íþróttafélagið Ösp	1:48.92	1:43.62
46.22	1:43.62 (57.40)			
22 Björn D Danielsson S10 Sb9	29	Ífr	1:45.42	1:51.14
50.58	1:51.14 (1:00.56)			
23 Jónatan N Snorrason S14	24	Ífr	1:36.05	1:51.46
24 Reynir A Magnússon S14	14	Ífr	2:03.57	1:51.81
51.66	1:51.81 (1:00.15)			
25 Magnús Aron Ceesay S14	14	Íþróttafélagið Ösp	1:48.62	1:57.38
51.21	1:57.38 (1:06.17)			
26 Atli Már Haraldsson S14	21	Íþróttafélagið Ösp	2:29.34	2:31.62
1:15.41	2:31.62 (1:16.21)			
--- Hjalti Geir Guðmunds S14	17	Íþróttafélagið Ösp	2:23.85	DQ
No touch at turn or finish				
--- Guðfinnur Karlsson S11	27	Íþróttafélagið Fjörður	1:23.37	NS

## Íslandsmót ÍF - 3/12/2016 to 3/13/2016

## Results

## Grein 15 Konur 400 LC Metra Medley S1-10 S14 Relay

Lið	Relay	S. Tími	Finals Time
1 Íþróttafélagið Fjörður	A	NT	6:44.20
1) Sigríður Aníta Rögnvaldsóttir S142)	Lára Steinarsdóttir S14	3) Aníta Ó Hrafnisdóttir S14 21	4) Kristín Á Jónsdóttir S14 26
51.84	1:51.26 (1:51.26)	2:43.10 (51.84)	3:38.72 (1:47.46)
	5:09.30 (1:30.58)	5:52.36 (43.06)	6:44.20 (1:34.90)
2 Ífr	A	NT	7:20.35
1) Heiður B Egilsdóttir S8 11	2) Thelma B Björnsdóttir S6 Sb5 19	3) Sandra Sif Gunnarsdóttir S13 16	4) Laufey M Vilhelmsdóttir S14 19
57.21	1:58.84 (1:58.84)	2:54.92 (56.08)	3:59.69 (2:00.85)
4:44.82 (45.13)	5:38.94 (1:39.25)	6:27.56 (48.62)	7:20.35 (1:41.41)

## Íslandsmót ÍF - 3/12/2016 to 3/13/2016

## Results

## Grein 16 Karlar 400 LC Metra Medley S1-10 S14 Relay

Lið	Relay	S. Tími	Finals Time
1 Íþróttafélagið Fjörður	A	NT	5:51.38
1) Adrian Erwin S14	2) Róbert Í Jónsson S14 14	3) Ragnar I Magnússon S14 23	4) Ásmundur Þ Ásmundsson S14 21
46.14	1:35.04 (1:35.04)	2:15.04 (40.00)	3:02.67 (1:27.63)
3:38.92 (36.25)	4:27.36 (1:24.69)	5:04.77 (37.41)	5:51.38 (1:24.02)
2 Ífr	A	NT	7:14.04
1) Michel T Masselter S-6 25	2) Björn D Danielsson S10 Sb9 29	3) Guðmundur H Hermannsson S9 24	4) Marínó I Adolfsson S9 Sb8 19
1:01.79	1:43.64 (1:43.64)	3:07.97 (1:24.33)	4:10.98 (2:27.34)
4:58.68 (47.70)	5:52.86 (1:41.88)	6:31.35 (38.49)	7:14.04 (1:21.18)
3 Íþróttafélagið Ösp	A	NT	8:05.08
1) Jón Þorri Jónsson S14 26	2) Daníel Ísak Sölvason S14 21	3) Kristján Jónsson S14 16	4) Atli Már Haraldsson S14 21
55.71	1:58.50 (1:58.50)	4:01.66 (2:03.16)	
	5:21.03 (1:19.37)	8:05.08 (2:44.05)	

## Íslandsmót ÍF - 3/12/2016 to 3/13/2016

## Results

## Grein 17 Karlar 400 LC Metra Skriðsund S1-10 S14 Relay

Lið	Relay	S. Tími	Finals Time
1 Íþróttafélagið Fjörður	A	NT	4:52.79
1) Ásmundur Þ Ásmundsson S14 29	2) Ragnar I Magnússon S14 23	3) Adrian Erwin S14	4) Róbert Í Jónsson S14 14
35.36	1:20.56 (1:20.56)	1:51.18 (30.62)	2:28.56 (1:08.00)
3:04.51 (35.95)	3:45.81 (1:17.25)	4:16.84 (31.03)	4:52.79 (1:06.98)
2 Sundfélagið Óðinn	A	NT	5:43.58
1) Breki Arnarsson S7 19	2) Axel Birkir Þórðarson S14 21	3) Fannar Logi Jóhannesson S14 15	4) Bergur Unnar Unnsteinsson S14
47.08	1:42.17 (1:42.17)	2:20.47 (38.30)	3:02.73 (1:20.56)
3:42.23 (39.50)	4:31.46 (1:28.73)	5:03.46 (32.00)	5:43.58 (1:12.12)
3 Nes	A	NT	5:46.31
1) Már Gunnarsson S12 16	2) Ingólfur M Bjarnason S10 15	3) Alexander Guðmundsson S14 12	4) Róbert Salvar Reynisson S8 16
32.90	1:08.85 (1:08.85)	1:50.00 (41.15)	2:36.49 (1:27.64)
3:20.93 (44.44)	4:15.56 (1:39.07)	4:57.83 (42.27)	5:46.31 (1:30.75)
4 Ífr	A	NT	6:35.65
1) Michel T Masselter S-6 25	2) Guðmundur Karlsson S10 Sb9	3) Guðmundur H Hermannsson S9 24	4) Marínó I Adolfsson S9 Sb8 19
	2:12.48 (2:12.48)	3:00.97 (48.49)	3:58.10 (1:45.62)
	5:11.01 (1:12.91)	6:35.65 (1:24.64)	
5 Ífr	B	NT	6:53.65
1) Emil S Björnsson S14 19	2) Reynir A Magnússon S14 14	3) Snævar Örn Kristmannsson S14 94	4) Björn D Danielsson S10 Sb9 29
40.38	1:24.95 (1:24.95)	2:17.36 (52.41)	3:17.13 (1:52.18)
4:10.68 (53.55)	4:17.84 (1:00.71)	5:57.41 (1:39.57)	6:53.65 (2:35.81)
--- Íþróttafélagið Ösp	A	NT	DQ
Early swimmer take-off swimmer #3			
1) Hjalti Geir Guðmunds S14 17	2) Atli Már Haraldsson S14 21	3) Magnús Aron Ceesay S14 14	4) Jón Þorri Jónsson S14 26
	1:55.57 (1:55.57)	2:41.67 (46.10)	3:39.81 (1:44.24)
5:11.64 (1:31.83)	6:26.98 (2:47.17)	DQ (2:10.29)	

## Íslandsmót ÍF - 3/12/2016 to 3/13/2016

## Results

## Grein 18 Konur 400 LC Metra Skriðsund S1-10 S14 Relay

Lið	Relay	S. Tími	Finals Time
1 Íþróttafélagið Fjörður	A	NT	5:57.73
1) Sigríður Aníta Rögnvaldsóttir S142)	Lára Steinarsdóttir S14	3) Kristín Á Jónsdóttir S14 26	4) Aníta Ó Hrafnisdóttir S14 21
38.12	1:27.54 (1:27.54)	3:09.44 (1:41.90)	
	4:43.99 (1:34.55)	5:57.73 (1:13.74)	
--- Nes	A	NT	DQ
Stroke infraction swimmer #1			
1) Kristlaug Halldórsdóttir S14 18	2) Linda Björg Björgvinsdóttir S8 223)	Ingibjörg F Margeirsdóttir S14 164)	Birta Bjarnadóttir S14 12
56.71	1:46.96 (1:46.96)	3:19.55 (1:32.59)	4:50.58 (3:03.62)
5:30.01 (39.43)	6:18.14 (1:27.56)	7:07.91 (49.77)	DQ (1:49.41)



## Íslandsmót ÍF - 3/12/2016 to 3/13/2016

## Results

## Grein 19 Karlar 50 LC Metra Skriðsund S6-13 S14-S18 S20

Nafn	Aldu	Lið	S. Tími	Finals Time
1 Davíð Þór Torfason S20	18	Sunddeild Fjölnis	29.03	29.22
2 Róbert Í Jónsson S14	14	Íþróttafélagið Fjörður	29.76	29.35
3 Ragnar I Magnússon S14	23	Íþróttafélagið Fjörður	28.70	30.39
4 Björn Axel Agnarsson S20	14	Ífr	31.67	30.60
5 Guðmundur H Hermannsson S9	22	Ífr	30.24	30.62
6 Már Gunnarsson S12	16	Nes	31.88	31.30
7 Bergur Unnar Unnsteinsson S14	15	Sundfélagið Óðinn	34.18	31.34
8 Axel Birkir Þórðarson S14	21	Sundfélagið Óðinn	39.22	35.23
9 Adrian Erwin S14		Íþróttafélagið Fjörður	28.07	35.25
10 Marínó I Adólfsson S9 Sb8	19	Ífr	35.06	35.83
11 Kristján Jónsson S14	16	Íþróttafélagið Ösp	35.12	36.35
12 Ásmundur Þ Ásmundsson S14	29	Íþróttafélagið Fjörður	29.49	37.14
13 Fannar Logi Jóhannesson S14	15	Sundfélagið Óðinn	38.24	37.70
14 Daniel Ísak Sölvason S14	21	Íþróttafélagið Ösp	37.40	38.31
15 Emil S Björnsson S14	19	Ífr	36.97	38.55
16 Ingólfur M Bjarnason S10	15	Nes	40.12	38.94
17 Breki Arnarsson S7	19	Sundfélagið Óðinn	41.56	42.18
18 Guðmundur Karlsson S10 Sb9	19	Ífr	43.56	42.46
19 Alexander Guðmundsson S14	12	Nes	44.45	42.63
20 Jón Þorri Jónsson S14	26	Íþróttafélagið Ösp	47.71	43.70
21 Benjamín L Snorrason S14	20	Ífr	42.44	46.03
22 Magnús Aron Ceesay S14	14	Íþróttafélagið Ösp	46.21	49.23
23 Björn D Danielsson S10 Sb9	29	Ífr	49.29	50.57
24 Snævar Örn Kristmannsson S14	9	Ífr	50.30	50.65
25 Hjalti Geir Guðmunds S14	17	Íþróttafélagið Ösp	57.64	56.68
26 Michel T Masselter S-6	25	Ífr	47.20	1:01.22
27 Leó Baldursson S14	10	Nes	1:31.50	1:07.31
28 Atli Már Haraldsson S14	21	Íþróttafélagið Ösp	1:08.33	1:14.52
29 Haukur H Loftsson S4	15	Ífr	2:48.78	2:22.29
--- Róbert Salvar Reynisson S8	16	Nes	38.75	DQ
False start				
--- Óskar F Björnsson S14	10	Nes	1:44.60	NS
--- Andri F Ágústsson S18	11	Nes	1:45.90	NS

## Íslandsmót ÍF - 3/12/2016 to 3/13/2016

## Results

## Grein 20 Konur 50 LC Metra Skriðsund S4-13 S14-S18

	Nafn	Aldu	Lið	S. Tími	Finals Time
1	Aníta Ó Hrafnisdóttir S14	21	Íþróttafélagið Fjörður	34.34	33.06
2	Sandra Sif Gunnarsdóttir S13	16	Ífr	37.50	36.48
3	Sigríður Aníta Rögnvaldsdóttir S14	13	Íþróttafélagið Fjörður	33.53	37.80
4	Ingibjörg F Margeirsdóttir S14	16	Nes	38.12	38.28
5	Kristín Þorsteinsdóttir S16	23	Ívar	36.84	38.42
6	Thelma B Björnsdóttir S6 Sb5	19	Ífr	40.94	41.38
7	Kristín Á Jónsdóttir S14	26	Íþróttafélagið Fjörður	38.98	42.88
8	Laufey M Vilhelmsdóttir S14	19	Ífr	47.28	43.21
9	Elín Hrefna Geirmund S14	20	Íþróttafélagið Ösp	45.12	44.89
10	Tanya E Jóhannsdóttir S7	12	Íþróttafélagið Fjörður	47.54	46.12
11	Lára Steinarsdóttir S14		Íþróttafélagið Fjörður	47.03	46.54
12	Elín F Ólafsdóttir S9	21	Íþróttafélagið Fjörður	46.01	46.97
13	Birta Bjarnadóttir S14	12	Nes	49.78	48.98
14	Heiðrún Gunnarsdóttir S14	22	Nes	52.45	54.21
15	Katrín Anna Heiðarsd S14	18	Íþróttafélagið Ösp	52.11	56.24
16	Sonja Sigurdardóttir S4sb3	26	Ífr	1:01.27	1:06.14
17	Rakel Aradóttir S14	23	Íþróttafélagið Ösp	1:02.26	1:07.68
18	Linda Björg Björgvinsdóttir S8	22	Nes	1:04.50	1:11.95
---	Kristlaug Halldórsdóttir S14 False start	18	Nes	48.75	DQ
---	Ástrós M Bjarnadóttir S18	16	Nes	37.89	NS

## Íslandsmót ÍF - 3/12/2016 to 3/13/2016

## Results

## Grein 21 Karlar 50 LC Metra Baksund S4-12 S14-S18

Nafn	Aldu	Lið	S. Tími	Finals Time
1 Bergur Unnar Unnsteinsson S14	15	Sundfélagið Óðinn	43.12	38.23
2 Ragnar I Magnússon S14	23	Íþróttafélagið Fjörður	34.37	38.70
3 Marinó I Adolfsson S9 Sb8	19	Ífr	40.07	41.50
4 Axel Birkir Þórðarson S14	21	Sundfélagið Óðinn	47.20	43.07
5 Kristján Jónsson S14	16	Íþróttafélagið Ösp	48.77	44.86
6 Adrian Erwin S14		Íþróttafélagið Fjörður	45.90	46.42
7 Ásmundur Þ Ásmundsson S14	29	Íþróttafélagið Fjörður	45.27	47.71
8 Fannar Logi Jóhannesson S14	15	Sundfélagið Óðinn	48.21	50.28
9 Emil S Björnsson S14	19	Ífr	53.92	51.05
10 Gudmundur Karlsson S10 Sb9	19	Ífr	57.54	52.05
11 Jónatan N Snorrason S14	24	Ífr	52.05	53.08
12 Jón Þorri Jónsson S14	26	Íþróttafélagið Ösp	51.11	53.56
13 Daniel Ísak Sölvason S14	21	Íþróttafélagið Ösp	51.33	55.97
14 Hjörtur M Ingvarsson S6	20	Íþróttafélagið Fjörður	50.99	56.98
15 Reynir A Magnússon S14	14	Ífr	1:03.07	58.00
16 Ingólfur M Bjarnason S10	15	Nes	51.23	58.44
17 Róbert Salvar Reynisson S8	16	Nes	51.23	1:01.39
18 Snævar Örn Kristmannsson S14	9	Ífr	1:01.74	1:01.80
19 Michel T Masselter S-6	25	Ífr	57.01	1:02.10
20 Atli Már Haraldsson S14	21	Íþróttafélagið Ösp	1:10.36	1:04.19
21 Magnús Aron Ceesay S14	14	Íþróttafélagið Ösp	57.98	1:04.81
22 Björn D Danielsson S10 Sb9	29	Ífr	1:12.61	1:05.24
23 Hjalti Geir Guðmunds S14	17	Íþróttafélagið Ösp	1:11.35	1:10.18

## Íslandsmót ÍF - 3/12/2016 to 3/13/2016

## Results

## Grein 22 Konur 50 LC Metra Baksund S4-12 S14-S18

	Nafn	Aldu	Lið	S. Tími	Finals Time
1	Sandra Sif Gunnarsdóttir S13	16	Ífr	48.41	48.38
2	Ingibjörg F Margeirsdóttir S14	16	Nes	44.58	49.72
3	Kristín Á Jónsdóttir S14	26	Íþróttafélagið Fjörður	46.97	51.09
4	Kristín Þorsteinsdóttir S16	23	Ívar	50.81	51.87
5	Laufey M Vilhelmsdóttir S14	19	Ífr	58.65	52.76
6	Tanya E Jóhannsdóttir S7	12	Íþróttafélagið Fjörður	1:03.77	55.14
7	Heiðrún Gunnarsdóttir S14	22	Nes	51.22	58.73
8	Elín Hrefna Geirmund S14	20	Íþróttafélagið Ösp	1:10.96	1:02.15
9	Sonja Sigurdardóttir S4sb3	26	Ífr	1:00.79	1:03.76
10	Katrín Anna Heiðarsd S14	18	Íþróttafélagið Ösp	1:08.53	1:05.88
11	Linda Björg Björgvinsdóttir S8	22	Nes	1:05.70	1:07.91
12	Kristlaug Halldórsdóttir S14	18	Nes	57.56	1:17.99
13	Rakel Aradóttir S14	23	Íþróttafélagið Ösp	1:10.32	1:22.01
---	Sigríður Aníta Rögnvaldsóttir S14	13	Íþróttafélagið Fjörður	50.14	DQ
	False start				

## Íslandsmót ÍF - 3/12/2016 to 3/13/2016

## Results

## Grein 23 Karlar 100 LC Metra Flugsund Opinn flokkur

	<b>Nafn</b>	<b>Aldu</b>	<b>Lið</b>	<b>S. Tími</b>	<b>Finals Time</b>
1	Jón Margeir Sverrisson S14 27.63	24	Sunddeild Fjölnis	1:01.95	1:00.78
		1:00.78 (33.15)			
2	Björn Axel Agnarsson S20 33.53	14	Ífr	1:11.19	1:08.17
		1:08.17 (34.64)			
3	Róbert Í Jónsson S14 32.55	14	Íþróttafélagið Fjörður	1:12.62	1:11.18
		1:11.18 (38.63)			
4	Davíð Þór Torfason S20 36.02	18	Sunddeild Fjölnis	1:17.43	1:18.78
		1:18.78 (42.76)			
5	Már Gunnarsson S12 37.96	16	Nes	1:27.95	1:20.76
		1:20.76 (42.80)			

## Íslandsmót ÍF - 3/12/2016 to 3/13/2016

## Results

## Grein 24 Konur 100 LC Metra Flugsund Opinn flokkur

<b>Nafn</b>	<b>Aldur</b>	<b>Lið</b>	<b>S. Tími</b>	<b>Finals Time</b>
1 Elín F Ólafsdóttir S9	21	Íþróttafélagið Fjörður	2:12.16	2:06.51
55.38	2:06.51 (1:11.13)			

## Íslandsmót ÍF - 3/12/2016 to 3/13/2016

## Results

## Grein 25 Karlar 100 LC Metra Bringusund S5-13 S14-S18

Nafn	Aldu	Lið	S. Tími	Finals Time
1 Róbert Í Jónsson S14	14	Íþróttafélagið Fjörður	1:22.62	1:25.09
39.12	1:25.09 (45.97)			
2 Fannar Logi Jóhannesson S14	15	Sundfélagið Óðinn	1:36.16	1:33.67
43.59	1:33.67 (50.08)			
3 Bergur Unnar Unnsteinsson S14	15	Sundfélagið Óðinn	1:39.85	1:35.29
44.75	1:35.29 (50.54)			
4 Adrian Erwin S14		Íþróttafélagið Fjörður	1:34.01	1:39.20
44.29	1:39.20 (54.91)			
5 Emil S Björnsson S14	19	Ífr	1:40.56	1:39.54
47.13	1:39.54 (52.41)			
6 Kristján Jónsson S14	16	Íþróttafélagið Ösp	1:51.02	1:49.54
52.13	1:49.54 (57.41)			
7 Benjamín L Snorrason S14	20	Ífr	1:46.60	1:52.99
8 Ásmundur Þ Ásmundsson S14	29	Íþróttafélagið Fjörður	1:39.59	1:54.61
53.41	1:54.61 (1:01.20)			
9 Björn D Danielsson S10 Sb9	29	Ífr	1:55.24	1:58.11
57.16	1:58.11 (1:00.95)			
10 Daniel Ísak Sölvason S14	21	Íþróttafélagið Ösp	1:57.65	2:01.93
53.67	2:01.93 (1:08.26)			
11 Reynir A Magnússon S14	14	Ífr	2:04.34	2:02.77
57.24	2:02.77 (1:05.53)			
12 Jónatan N Snorrason S14	24	Ífr	1:50.70	2:10.38
58.03	2:10.38 (1:12.35)			
13 Alexander Guðmundsson S14	12	Nes	2:10.00	2:31.79
---				
Magnús Aron Ceesay S14	14	Íþróttafélagið Ösp	2:37.48	DQ
Feet not turned outward during propulsive part of kick				
1:14.23	DQ (1:23.69)			
---				
Hjalti Geir Guðmunds S14	17	Íþróttafélagið Ösp	2:37.11	DQ
Did not swim stroke specified				
1:02.21	DQ (1:10.52)			

## Íslandsmót ÍF - 3/12/2016 to 3/13/2016

## Results

## Grein 26 Konur 100 LC Metra Bringusund S5-12 S14-S18

	<b>Nafn</b>	<b>Aldu</b>	<b>Lið</b>	<b>S. Tími</b>	<b>Finals Time</b>
1	Lára Steinarsdóttir S14		Íþróttafélagið Fjörður	1:51.56	1:49.58
	52.32	1:49.58 (57.26)			
2	Thelma B Björnsdóttir S6 Sb5	19	Ífr	2:00.97	2:00.53
	57.79	2:00.53 (1:02.74)			
3	Birta Bjarnadóttir S14	12	Nes	2:10.30	2:14.79
	1:02.30	2:14.79 (1:12.49)			
4	Elín Hrefna Geirmund S14	20	Íþróttafélagið Ösp	2:19.75	2:26.01
	1:08.27	2:26.01 (1:17.74)			
5	Katrín Anna Heiðarsd S14	18	Íþróttafélagið Ösp	2:33.54	2:45.51
	1:12.63	2:45.51 (1:32.88)			



## Íslandsmót ÍF - 3/12/2016 to 3/13/2016

## Results

## Grein 27 Karlar 400 LC Metra Skriðsund S6-13 S14-S18 S20

Nafn	Aldu	Lið	S. Tími	Finals Time
1 Björn Axel Agnarsson S20	14	Ífr	4:59.50	4:53.24
	33.57	1:09.87 (36.30)	1:48.30 (38.43)	2:25.51 (37.21)
	3:03.54 (38.03)	3:41.34 (37.80)	4:18.63 (37.29)	4:53.24 (34.61)
2 Gudmundur H Hermannsson S9	22	Ífr	4:56.57	5:03.56
	1:11.53 ( )		2:28.59 ( )	
	3:45.92 ( )	4:25.27 (39.35)	5:03.56 (38.29)	
3 Davíð Þór Torfason S20	18	Sunddeild Fjölnis	4:54.82	5:09.53
	33.89	1:09.31 (35.42)	1:50.39 (41.08)	2:27.86 (37.47)
	3:09.82 (41.96)	3:47.59 (37.77)	4:31.17 (43.58)	5:09.53 (38.36)
4 Axel Birkir Þórðarson S14	21	Sundfélagið Óðinn	6:25.55	6:04.94
	37.96	1:20.74 (42.78)	2:06.40 (45.66)	2:53.81 (47.41)
	5:18.44 (2:24.63)	4:29.63 ( )	6:04.94 (1:35.31)	
5 Kristján Jónsson S14	16	Íþróttafélagið Ösp	7:01.18	6:17.36
	1:29.33 ( )		3:06.93 ( )	
	3:55.89 (48.96)	4:44.74 (48.85)	6:17.36 (1:32.62)	
6 Hjörtur M Ingvarsson S6	20	Íþróttafélagið Fjörður	6:44.85	6:56.11
	47.67	1:39.25 (51.58)	2:31.35 (52.10)	3:24.57 (53.22)
	4:16.66 (52.09)	5:09.79 (53.13)	6:03.70 (53.91)	6:56.11 (52.41)
7 Daniel Ísak Sölvason S14	21	Íþróttafélagið Ösp	7:34.01	7:30.08
	41.49	1:36.86 (55.37)	2:30.88 (54.02)	3:30.68 (59.80)
	4:29.64 (58.96)	5:30.45 (1:00.81)	6:30.98 (1:00.53)	7:30.08 (59.10)
8 Breki Arnarsson S7	19	Sundfélagið Óðinn	8:52.79	8:20.08
	49.83	1:48.82 (58.99)	2:53.87 (1:05.05)	3:59.43 (1:05.56)
	5:06.45 (1:07.02)	6:12.69 (1:06.24)	7:17.83 (1:05.14)	8:20.08 (1:02.25)
9 Jón Þorri Jónsson S14	26	Íþróttafélagið Ösp	8:30.32	8:29.17
	50.51	2:00.17 (1:09.66)	3:07.45 (1:07.28)	4:14.49 (1:07.04)
	5:19.23 (1:04.74)	6:20.16 (1:00.93)	7:28.74 (1:08.58)	8:29.17 (1:00.43)
10 Atli Már Haraldsson S14	21	Íþróttafélagið Ösp	9:56.99	11:07.15
	1:16.14	2:38.34 (1:22.20)	4:00.78 (1:22.44)	5:26.30 (1:25.52)
	6:50.21 (1:23.91)	8:20.45 (1:30.24)	9:46.64 (1:26.19)	11:07.15 (1:20.51)

## Íslandsmót ÍF - 3/12/2016 to 3/13/2016

## Results

## Grein 28 Konur 400 LC Metra Skriðsund S6-13 S14-S18

	Nafn	Aldu	Lið	S. Tími	Finals Time
1	Aníta Ó Hrafnisdóttir S14	21	Íþróttafélagið Fjörður	5:12.72	5:20.45
	36.17	1:16.23 (40.06)	1:57.47 (41.24)	2:38.40 (40.93)	
	3:18.84 (40.44)	3:59.84 (41.00)	4:40.69 (40.85)	5:20.45 (39.76)	
2	Thelma B Björnsdóttir S6 Sb5	19	Ífr	6:07.74	6:12.93
	43.85	1:29.73 (45.88)	2:17.27 (47.54)	3:04.25 (46.98)	
	3:52.11 (47.86)	4:40.04 (47.93)	5:27.37 (47.33)	6:12.93 (45.56)	
3	Sandra Sif Gunnarsdóttir S13	16	Ífr	6:28.91	6:28.91
	42.81	1:36.22 (53.41)	2:26.75 (50.53)	3:16.31 (49.56)	
	4:06.37 (50.06)	4:55.10 (48.73)	5:44.21 (49.11)	6:28.91 (44.70)	
4	Laufey M Vilhelmsdóttir S14	19	Ífr	7:16.32	7:27.20
	48.19	1:44.22 (56.03)	2:39.94 (55.72)	3:37.27 (57.33)	
	4:33.29 (56.02)	5:30.26 (56.97)	6:30.81 (1:00.55)	7:27.20 (56.39)	
5	Rakel Aradóttir S14	23	Íþróttafélagið Ösp	8:49.12	11:03.74
	1:07.30	2:30.73 (1:23.43)	3:52.47 (1:21.74)	5:18.92 (1:26.45)	
	6:41.98 (1:23.06)		9:33.45 ( )	11:03.74 (1:30.29)	

## Íslandsmót ÍF - 3/12/2016 to 3/13/2016

## Results

## Grein 29 Mixed 200 LC Metra Skriðsund S1-13 S14-S20 Relay

Lið	Relay	S. Tími	Finals Time
1 Íþróttafélagið Fjörður	A	NT	2:14.22
1) Aníta Ó Hrafnisdóttir S14 W21	2) Sigríður Aníta Rögnvaldsóttir S143) Ragnar I Magnússon S14 M23	4) Róbert Í Jónsson S14 M14	
33.85	1:11.83 (37.98) 2:14.22 (1:02.39)		
2 Ífr	B	NT	2:37.42
1) Marínó I Adólfsson S9 Sb8 M19	2) Emil S Björnsson S14 M19	3) Sandra Sif Gunnarsdóttir S13 W14) Laufey M Vilhelmsdóttir S14 W	
36.39	1:16.16 (39.77) 2:37.42 (1:21.26)		
3 Íþróttafélagið Fjörður	B	NT	2:39.03
1) Adrian Erwin S14 M	2) Kristín Á Jónsdóttir S14 W26	3) Ásmundur Þ Ásmundsson S14 M24) Lára Steinarsdóttir S14 W	
35.50	1:17.23 (41.73) 1:52.48 (35.25)	2:39.03 (46.55)	
4 Nes	A	NT	2:43.02
1) Már Gunnarsson S12 M16	2) Ingibjörg F Margeirsdóttir S14 W3) Birta Bjarnadóttir S14 W12	4) Róbert Salvar Reynisson S8 M16	
31.30	1:10.61 (39.31) 2:00.05 (49.44)	2:43.02 (42.97)	
5 Íþróttafélagið Ösp	A	NT	2:56.11
1) Elín Hrefna Geirmund S14 W20	2) Kristján Jónsson S14 M16	3) Katrín Anna Heiðarsd S14 W18	4) Daniel Ísak Sölvason S14 M21
	1:20.32 ( ) 2:14.54 (54.22)	2:56.11 (41.57)	
6 Ífr	A	NT	3:02.63
1) Sonja Sigurdardóttir S4sb3 W26	2) Thelma B Björnsdóttir S6 Sb5 W13) Guðmundur H Hermannsson S9 M4) Guðmundur Karlsson S10 Sb9 M		
1:02.75	1:45.88 (43.13) 2:17.41 (31.53)	3:02.63 (45.22)	
7 Nes	B	NT	3:30.96
1) Ingólfur M Bjarnason S10 M15	2) Alexander Guðmundsson S14 M13) Linda Björg Björgvinsdóttir S8 W4) Heiðrún Gunnarsdóttir S14 W22		
40.45	1:25.63 (45.18) 2:10.04 (44.41)	3:30.96 (1:20.92)	