



# Úrslit

## ABMS 2020

Stað: Svímjöhóllin í Gundadali  
Hylur: 25m

Fyrirtekari  
Stevnudagur:

Svímjísamband Føroya  
maí 30, 2020 til maí 31, 2020

### Kapping 1, 200m Frí Kvinnur 1-11 ár -

FAR 2:00.74 Vár Erlingsdóttir Eidesga 2001 Havnar Svímjífelag (FAR) Gibraltar (GIB) 08.07.2019  
FAR.JR 2:02.18 Vár Erlingsdóttir Eidesga 2001 Havnar Svímjífelag (FAR) Reykjavík (ISL) 02.12.2017

Raðf	Navn	Føðia Felag	R.T	FINA	Tíð	Munur
1	Halla Háfoss	2009 Havnar Svímjífelag	---	203	<b>3:07.64</b>	
	50m: 41.75	100m: 1:31.12 (49.37)	150m: 2:20.80 (49.68)	200m: 3:07.64	(46.84)	

Kapping almenn: 31.05.2020 13:47:19

### Kapping 1, 200m Frí Kvinnur 12-13 ár -

FAR 2:00.74 Vár Erlingsdóttir Eidesga 2001 Havnar Svímjífelag (FAR) Gibraltar (GIB) 08.07.2019  
FAR.JR 2:02.18 Vár Erlingsdóttir Eidesga 2001 Havnar Svímjífelag (FAR) Reykjavík (ISL) 02.12.2017

Raðf	Navn	Føðia Felag	R.T	FINA	Tíð	Munur
1	Lea Osberg Højsted	2008 Svímjífelagið Ægir	+0.49	451	<b>2:23.92</b>	
	50m: 33.13	100m: 1:10.29 (37.16)	150m: 1:48.03 (37.74)	200m: 2:23.92	(35.89)	
2	Jóhanna Ólavsdóttir	2007 Fuglafjarðar Svímjífelag	+0.63	437	<b>2:25.51</b>	+1.59
	50m: 33.76	100m: 1:10.79 (37.03)	150m: 1:48.99 (38.20)	200m: 2:25.51	(36.52)	
3	Margit Højbro	2007 Fuglafjarðar Svímjífelag	---	415	<b>2:28.00</b>	+4.08
	50m: 34.06	100m: 1:11.80 (37.74)	150m: 1:50.17 (38.37)	200m: 2:28.00	(37.83)	
-	Durita M. Askham	2008 Svímjífelagið Ægir	---		<b>DSQ</b>	Tjóvstart

Kapping almenn: 31.05.2020 13:47:19

### Kapping 2, 200m Frí Menn 1-12 ár -

FAR 1:46.61 Pal Joensen 1990 Suðuroyar Svímjífelag (FA Rijeka (CRO)) 14.12.2008  
FAR.JR 1:46.61 Pal Joensen 1990 Suðuroyar Svímjífelag (FA Rijeka (CRO)) 14.12.2008

Raðf	Navn	Føðia Felag	R.T	FINA	Tíð	Munur
1	Fróði Hansen	2008 Fuglafjarðar Svímjífelag	---	312	<b>2:26.46</b>	
	50m: 32.87	100m: 1:10.40 (37.53)	150m: 1:49.20 (38.80)	200m: 2:26.46	(37.26)	
2	Líggjas Joensen	2008 Svímjífelagið Ægir	+0.60	259	<b>2:35.75</b>	+9.29
	50m: 34.18	100m: 1:14.58 (40.40)	150m: 1:56.80 (42.22)	200m: 2:35.75	(38.95)	
3	Fedja Drobnjak	2008 Svímjífelagið Ægir	+0.74	254	<b>2:36.73</b>	+10.27
	50m: 36.72	100m: 1:16.47 (39.75)	150m: 1:58.24 (41.77)	200m: 2:36.73	(38.49)	
4	Silas Dam Lindberg	2008 Havnar Svímjífelag	---	245	<b>2:38.71</b>	+12.25
	50m: 36.26	100m: 1:16.48 (40.22)	150m: 1:58.23 (41.75)	200m: 2:38.71	(40.48)	

Kapping almenn: 31.05.2020 13:47:25

### Kapping 2, 200m Frí Menn 13-14 ár -

FAR 1:46.61 Pal Joensen 1990 Suðuroyar Svímjífelag (FA Rijeka (CRO)) 14.12.2008  
FAR.JR 1:46.61 Pal Joensen 1990 Suðuroyar Svímjífelag (FA Rijeka (CRO)) 14.12.2008

Raðf	Navn	Føðia Felag	R.T	FINA	Tíð	Munur
1	Heini M. Askham	2006 Svímjífelagið Ægir	+0.69	391	<b>2:15.82</b>	
	50m: 31.88	100m: 1:07.06 (35.18)	150m: 1:42.25 (35.19)	200m: 2:15.82	(33.57)	
2	Sámal Torkilsson	2006 Fuglafjarðar Svímjífelag	+0.82	382	<b>2:16.90</b>	+1.08
	50m: 32.50	100m: 1:08.32 (35.82)	150m: 1:44.16 (35.84)	200m: 2:16.90	(32.74)	
3	Hanus Lydersen	2006 Svímjífelagið Ægir	+0.52	220	<b>2:44.37</b>	+28.55
	50m: 35.02	100m: 1:18.07 (43.05)	150m: 2:01.96 (43.89)	200m: 2:44.37	(42.41)	

Kapping almenn: 31.05.2020 13:47:25

### Kapping 3, 100m Bringu Kvinnur 12-13 ár -

FAR 1:11.53 Ásbjörg Hjelm 1999 Ægir Klaksvík (FAR) Torshavn (FAR) 15.05.2015  
FAR.JR 1:11.53 Ásbjörg Hjelm 1999 Ægir Klaksvík (FAR) Torshavn (FAR) 15.05.2015

Raðf	Navn	Føðia Felag	R.T	FINA	Tíð	Munur
1	Róa Trygvadóttir	2008 Svímjífelagið Ægir	+0.58	342	<b>1:29.12</b>	
	50m: 41.99	100m: 1:29.12 (47.13)				



## Úrslit

### Kapping 3, 100m Bringu Kvinnur 12-13 ár -

Raðf	Navn	Føðia Felag	R.T	FINA	Tíð	Munur
2	Ragnhild Jacobsen 50m: 48.05	2008 Svímjifelagið Ægir 100m: 1:42.39 (54.34)	---	225	<b>1:42.39</b>	+13.27
3	Dorteia Dam 50m: 52.93	2007 Havnar Svímjifelag 100m: 1:54.62 (1:01.69)	---	161	<b>1:54.62</b>	+25.50
4	Jóhanna Katrina Jacobsen 50m: 55.75	2007 Havnar Svímjifelag 100m: 1:59.14 (1:03.39)	---	143	<b>1:59.14</b>	+30.02
5	Silja Bech 50m: 55.29	2008 Suðuroyar Svímjifelag 100m: 1:59.92 (1:04.63)	---	140	<b>1:59.92</b>	+30.80
-	Birita Vesturtún	2007 Fuglafjarðar Svímjifelag	+0.54		<b>DSQ</b>	Tjóvstart

Kapping almenn: 31.05.2020 13:47:32

### Kapping 3, 100m Bringu Kvinnur 1-11 ár -

FAR	1:11.53	Ásbjørð Hjelm	1999 Ægir Klaksvik (FAR)	Torshavn (FAR)	15.05.2015
FAR.JR	1:11.53	Ásbjørð Hjelm	1999 Ægir Klaksvik (FAR)	Torshavn (FAR)	15.05.2015

Raðf	Navn	Føðia Felag	R.T	FINA	Tíð	Munur
1	Bjarta í Lágabø 50m: 52.71	2009 Suðuroyar Svímjifelag 100m: 1:52.47 (59.76)	---	170	<b>1:52.47</b>	
2	Lea Petersen 50m: 53.76	2009 Svímjifelagið Reysti 100m: 1:56.54 (1:02.78)	---	153	<b>1:56.54</b>	+4.07
3	Halla Háfoss 50m: 54.86	2009 Havnar Svímjifelag 100m: 1:56.70 (1:01.84)	---	152	<b>1:56.70</b>	+4.23
4	Diana Bech 50m: 1:05.91	2010 Suðuroyar Svímjifelag 100m: 2:23.28 (1:17.37)	---	82	<b>2:23.28</b>	+30.81
5	Jórun Winther 50m: 1:06.37	2011 Suðuroyar Svímjifelag 100m: 2:25.80 (1:19.43)	---	78	<b>2:25.80</b>	+33.33

Kapping almenn: 31.05.2020 13:47:32

### Kapping 4, 100m Bringu Menn 13-14 ár -

FAR	1:02.38	Róland Toftum	1998 Suðuroyar Svímjifelag (FA Gibraltar (GIB)	08.07.2019
FAR.JR	1:03.43	Róland Toftum	1998 Suðuroyar Svímjifelag (FA Torshavn (FAR)	19.09.2016

Raðf	Navn	Føðia Felag	R.T	FINA	Tíð	Munur
1	Andreas Debess 50m: 37.42	2006 Suðuroyar Svímjifelag 100m: 1:21.02 (43.60)	+0.67	323	<b>1:21.02</b>	
2	Jóni Janusarson Strøm 50m: 39.85	2006 Havnar Svímjifelag 100m: 1:23.77 (43.92)	+0.61	292	<b>1:23.77</b>	+2.75
3	Pætur E. Thorkildshøj 50m: 44.09	2007 Havnar Svímjifelag 100m: 1:33.86 (49.77)	+0.50	207	<b>1:33.86</b>	+12.84
4	Hanus Lydersen 50m: 46.10	2006 Svímjifelagið Ægir 100m: 1:42.00 (55.90)	+0.74	162	<b>1:42.00</b>	+20.98
5	Ólavur R. Av Steinum 50m: 54.88	2007 Havnar Svímjifelag 100m: 2:01.52 (1:06.64)	---	95	<b>2:01.52</b>	+40.50

Kapping almenn: 31.05.2020 13:47:36

### Kapping 4, 100m Bringu Menn 1-12 ár -

FAR	1:02.38	Róland Toftum	1998 Suðuroyar Svímjifelag (FA Gibraltar (GIB)	08.07.2019
FAR.JR	1:03.43	Róland Toftum	1998 Suðuroyar Svímjifelag (FA Torshavn (FAR)	19.09.2016

Raðf	Navn	Føðia Felag	R.T	FINA	Tíð	Munur
1	Fróði Hansen 50m: 42.55	2008 Fuglafjarðar Svímjifelag 100m: 1:29.81 (47.26)	---	237	<b>1:29.81</b>	
2	Eyðun Róðinsson 50m: 48.99	2008 Fuglafjarðar Svímjifelag 100m: 1:44.66 (55.67)	---	150	<b>1:44.66</b>	+14.85
3	Oddvaldur Leivsson 50m: 57.82	2008 Havnar Svímjifelag 100m: 2:05.26 (1:07.44)	---	87	<b>2:05.26</b>	+35.45
4	Ólavur W. Jákupsson 50m: 59.63	2008 Havnar Svímjifelag 100m: 2:13.10 (1:13.47)	---	72	<b>2:13.10</b>	+43.29



## Úrslit

### Kapping 4, 100m Bringu Menn 1-12 ár -

Raðf	Navn	Føðia Felag	R.T	FINA	Tíð	Munur
5	Jónas Rói Fossádal	2009 Havnar Svímjifelag	---	62	<b>2:20.12</b>	+50.31
	50m: 1:05.01	100m: 2:20.12 (1:15.11)				
6	Símun Sámal Joensen	2009 Havnar Svímjifelag	---	54	<b>2:26.51</b>	+56.70
	50m: 1:05.93	100m: 2:26.51 (1:20.58)				

Kapping almenn: 31.05.2020 13:47:36

### Kapping 5, 100m Rygg Kvinnur 12-13 ár -

FAR	1:00.50	Signhild Joensen	2000 Ægir Klaksvik (FAR)	Reykjavik (ISL)	01.12.2017
FAR.JR	1:00.50	Signhild Joensen	2000 Ægir Klaksvik (FAR)	Reykjavik (ISL)	01.12.2017

Raðf	Navn	Føðia Felag	R.T	FINA	Tíð	Munur
1	Jóhanna Ólavsdóttir	2007 Fuglafjarðar Svímjifelag	+0.76	378	<b>1:16.08</b>	
	50m: 37.73	100m: 1:16.08 (38.35)				
2	Lea Osberg Højsted	2008 Svímjifelagið Ægir	+0.72	353	<b>1:17.81</b>	+1.73
	50m: 37.69	100m: 1:17.81 (40.12)				
3	Rebekka Róðinsdóttir	2007 Fuglafjarðar Svímjifelag	+0.71	311	<b>1:21.20</b>	+5.12
	50m: 39.35	100m: 1:21.20 (41.85)				
4	Ragnhild Jacobsen	2008 Svímjifelagið Ægir	+0.81	265	<b>1:25.58</b>	+9.50
	50m: 40.97	100m: 1:25.58 (44.61)				
5	Ninna Johanna N. Kass	2007 Havnar Svímjifelag	+1.83	153	<b>1:42.73</b>	+26.65
	50m: 48.40	100m: 1:42.73 (54.33)				

Kapping almenn: 31.05.2020 13:47:40

### Kapping 5, 100m Rygg Kvinnur 1-11 ár -

FAR	1:00.50	Signhild Joensen	2000 Ægir Klaksvik (FAR)	Reykjavik (ISL)	01.12.2017
FAR.JR	1:00.50	Signhild Joensen	2000 Ægir Klaksvik (FAR)	Reykjavik (ISL)	01.12.2017

Raðf	Navn	Føðia Felag	R.T	FINA	Tíð	Munur
1	Bjarta í Lágabø	2009 Suðuroyar Svímjifelag	+0.69	162	<b>1:40.90</b>	
	50m: 47.96	100m: 1:40.90 (52.94)				
2	Jórun Winther	2011 Suðuroyar Svímjifelag	+0.68	154	<b>1:42.56</b>	+1.66
	50m: 48.73	100m: 1:42.56 (53.83)				
3	Diana Bech	2010 Suðuroyar Svímjifelag	+0.85	96	<b>2:00.03</b>	+19.13
	50m: 56.76	100m: 2:00.03 (1:03.27)				
4	Eva Debess	2010 Suðuroyar Svímjifelag	+0.44	32	<b>2:52.25</b>	+1:11.35
	50m: 1:55.29	100m: 2:52.25 (56.96)				

Kapping almenn: 31.05.2020 13:47:40

### Kapping 6, 100m Rygg Menn 13-14 ár -

FAR	54.45	Magnus Jákupsson	1994 Havnar Svímjifelag (DEN)	Esbjerg (DEN)	31.03.2012
FAR.JR	54.45	Magnus Jákupsson	1994 Havnar Svímjifelag (DEN)	Esbjerg (DEN)	31.03.2012

Raðf	Navn	Føðia Felag	R.T	FINA	Tíð	Munur
1	Lukas Bessason	2007 Svímjifelagið Flot	+0.70	383	<b>1:07.25</b>	
	50m: 31.77	100m: 1:07.25 (35.48)				
2	Isak Brisenfeldt	2006 Havnar Svímjifelag	+0.78	274	<b>1:15.22</b>	+7.97
	50m: 36.79	100m: 1:15.22 (38.43)				
3	Sámal Torkilsson	2006 Fuglafjarðar Svímjifelag	+0.93	273	<b>1:15.32</b>	+8.07
	50m: 38.50	100m: 1:15.32 (36.82)				
4	Pætur E. Thorkildshøj	2007 Havnar Svímjifelag	+0.73	182	<b>1:26.19</b>	+18.94
	50m: 41.93	100m: 1:26.19 (44.26)				
-	Bjarti Ludvig	2006 Suðuroyar Svímjifelag	+0.83		<b>DSQ</b>	Ikki varandi rørsla 1V

Kapping almenn: 31.05.2020 13:47:43

### Kapping 6, 100m Rygg Menn 1-12 ár -

FAR	54.45	Magnus Jákupsson	1994 Havnar Svímjifelag (DEN)	Esbjerg (DEN)	31.03.2012
FAR.JR	54.45	Magnus Jákupsson	1994 Havnar Svímjifelag (DEN)	Esbjerg (DEN)	31.03.2012

Raðf	Navn	Føðia Felag	R.T	FINA	Tíð	Munur
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## Úrslit

### Kapping 6, 100m Rygg Menn 1-12 ár -

Raðf	Navn	Føðia Felag	R.T	FINA	Tíð	Munur
1	Líggjas Joensen 50m: 39.92	2008 Svímjifelagið Ægir 100m: 1:22.74 (42.82)	+0.78	206	<b>1:22.74</b>	
2	Silas Dam Lindberg 50m: 41.33	2008 Havnar Svímjifelag 100m: 1:24.49 (43.16)	+0.60	193	<b>1:24.49</b>	+1.75
3	Bárður Ólavsson 50m: 42.23	2008 Fuglafjarðar Svímjifelag 100m: 1:24.67 (42.44)	+0.73	192	<b>1:24.67</b>	+1.93
4	Fedja Drobnjak 50m: 42.96	2008 Svímjifelagið Ægir 100m: 1:25.47 (42.51)	+0.85	187	<b>1:25.47</b>	+2.73
5	Oddvaldur Leivsson 50m: 43.18	2008 Havnar Svímjifelag 100m: 1:34.90 (51.72)	+0.80	136	<b>1:34.90</b>	+12.16
6	Eyðun Róðinsson 50m: 45.66	2008 Fuglafjarðar Svímjifelag 100m: 1:35.65 (49.99)	+0.71	133	<b>1:35.65</b>	+12.91
7	Johannis Jacobsen 50m: 58.09	2009 Svímjifelagið Reysti 100m: 2:05.70 (1:07.61)	+0.73	58	<b>2:05.70</b>	+42.96
-	Jónas Rói Fossádal	2009 Havnar Svímjifelag	+1.01		<b>DSQ</b>	Ikki varandi rørsla

Kapping almenn: 31.05.2020 13:47:43

### Kapping 7, 50m Firvald Kvinnur 12-13 ár -

FAR	27.67	Kristina Elin Thomsen	1998 Suðuroyar Svímjifelag (FA)	Torshavn (FAR)	11.05.2012
FAR.JR	27.67	Kristina Elin Thomsen	1998 Suðuroyar Svímjifelag (FA)	Torshavn (FAR)	11.05.2012

Raðf	Navn	Føðia Felag	R.T	FINA	Tíð	Munur
1	Róa Trygvadóttir	2008 Svímjifelagið Ægir	+0.57	323	<b>35.50</b>	
2	Jóhanna Ólavsdóttir	2007 Fuglafjarðar Svímjifelag	+0.80	310	<b>36.01</b>	+0.51
3	Birita Vesturtún	2007 Fuglafjarðar Svímjifelag	---	296	<b>36.58</b>	+1.08
4	Rebekka Róðinsdóttir	2007 Fuglafjarðar Svímjifelag	---	291	<b>36.75</b>	+1.25
5	Margit Højbro	2007 Fuglafjarðar Svímjifelag	---	289	<b>36.86</b>	+1.36
6	Ragnhild Jacobsen	2008 Svímjifelagið Ægir	---	185	<b>42.72</b>	+7.22
7	Jóhanna Katrina Jacobsen	2007 Havnar Svímjifelag	+0.65	81	<b>56.28</b>	+20.78
-	Durita M. Askham	2008 Svímjifelagið Ægir	---		<b>DSQ</b>	Ójovn beinspark
-	Silja Bech	2008 Suðuroyar Svímjifelag	+0.87		<b>DSQ</b>	Ójovn beinspark

Kapping almenn: 31.05.2020 13:45:32

### Kapping 7, 50m Firvald Kvinnur 1-11 ár -

FAR	27.67	Kristina Elin Thomsen	1998 Suðuroyar Svímjifelag (FA)	Torshavn (FAR)	11.05.2012
FAR.JR	27.67	Kristina Elin Thomsen	1998 Suðuroyar Svímjifelag (FA)	Torshavn (FAR)	11.05.2012

Raðf	Navn	Føðia Felag	R.T	FINA	Tíð	Munur
1	Halla Háfoss	2009 Havnar Svímjifelag	---	98	<b>52.78</b>	

Kapping almenn: 31.05.2020 13:45:32

### Kapping 8, 50m Firvald Menn 13-14 ár -

FAR	24.70	Magnus Jákupsson	1994 Havnar Svímjifelag (DEN)	Saint-Dizier (FRA)	18.11.2011
FAR.JR	24.70	Magnus Jákupsson	1994 Havnar Svímjifelag (DEN)	Saint-Dizier (FRA)	18.11.2011

Raðf	Navn	Føðia Felag	R.T	FINA	Tíð	Munur
1	Heini M. Askham	2006 Svímjifelagið Ægir	+0.73	349	<b>30.89</b>	
2	Isak Brisenfeldt	2006 Havnar Svímjifelag	+0.68	334	<b>31.32</b>	+0.43
3	Áki Eliassen	2006 Havnar Svímjifelag	---	293	<b>32.72</b>	+1.83
4	Sámal Torkilsson	2006 Fuglafjarðar Svímjifelag	+0.63	290	<b>32.83</b>	+1.94
5	Lukas Besson	2007 Svímjifelagið Flot	+0.66	288	<b>32.92</b>	+2.03
6	Jóni Janusarson Strøm	2006 Havnar Svímjifelag	---	278	<b>33.31</b>	+2.42
7	Erling Erlendsson	2007 Havnar Svímjifelag	+0.70	247	<b>34.66</b>	+3.77



## Úrslit

### Kapping 8, 50m Firvald Menn 13-14 ár -

Raðf	Navn	Føðia Felag	R.T	FINA	Tíð	Munur
8	Bjarti Ludvig	2006 Suðuroyar Svímjifelag	+0.76	227	35.62	+4.73
9	Hanus Lydersen	2006 Svímjifelagið Ægir	+0.72	158	40.15	+9.26

Kapping almenn: 31.05.2020 13:51:00

### Kapping 8, 50m Firvald Menn 1-12 ár -

FAR	24.70	Magnus Jákupsson	1994 Havnar Svímjifelag (DEN)	Saint-Dizier (FRA)	18.11.2011
FAR.JR	24.70	Magnus Jákupsson	1994 Havnar Svímjifelag (DEN)	Saint-Dizier (FRA)	18.11.2011

Raðf	Navn	Føðia Felag	R.T	FINA	Tíð	Munur
1	Fróði Hansen	2008 Fuglafjarðar Svímjifelag	---	204	36.89	
2	Silas Dam Lindberg	2008 Havnar Svímjifelag	+0.52	163	39.80	+2.91
3	Fedja Drobnjak	2008 Svímjifelagið Ægir	+0.53	142	41.64	+4.75
4	Eyðun Róðinsson	2008 Fuglafjarðar Svímjifelag	---	134	42.43	+5.54
5	Bragi Mørkøre	2008 Havnar Svímjifelag	---	103	46.39	+9.50
-	Theodor Salter	2011 Havnar Svímjifelag	---		DSQ	Armar ikki yvir vatn

Kapping almenn: 31.05.2020 13:51:00

### Kapping 9, 200m Blandað Kvinnur 1-11 ár -

FAR	2:16.52	Sára R. Nysted	2001 Suðuroyar Svímjifelag (FA Bergen (NOR)	11.12.2015
FAR.JR	2:16.52	Sára R. Nysted	2001 Suðuroyar Svímjifelag (FA Bergen (NOR)	11.12.2015

Raðf	Navn	Føðia Felag	R.T	FINA	Tíð	Munur
1	Halla Háfoss	2009 Havnar Svímjifelag	---	166	3:41.67	
	50m: 54.23	100m: 1:50.84 (56.61)	150m: 2:53.59 (1:02.75)	200m: 3:41.67 (48.08)		

Kapping almenn: 31.05.2020 13:56:37

### Kapping 9, 200m Blandað Kvinnur 12-13 ár -

FAR	2:16.52	Sára R. Nysted	2001 Suðuroyar Svímjifelag (FA Bergen (NOR)	11.12.2015
FAR.JR	2:16.52	Sára R. Nysted	2001 Suðuroyar Svímjifelag (FA Bergen (NOR)	11.12.2015

Raðf	Navn	Føðia Felag	R.T	FINA	Tíð	Munur
1	Lea Osberg Højsted	2008 Svímjifelagið Ægir	+0.74	392	2:46.39	
	50m: 37.09	100m: 1:19.37 (42.28)	150m: 2:07.36 (47.99)	200m: 2:46.39 (39.03)		
2	Margit Højbro	2007 Fuglafjarðar Svímjifelag	---	371	2:49.57	+3.18
	50m: 39.15	100m: 1:21.71 (42.56)	150m: 2:11.62 (49.91)	200m: 2:49.57 (37.95)		
3	Róa Trygvadóttir	2008 Svímjifelagið Ægir	---	340	2:54.47	+8.08
	50m: 39.26	100m: 1:24.60 (45.34)	150m: 2:16.78 (52.18)	200m: 2:54.47 (37.69)		

Kapping almenn: 31.05.2020 13:56:37

### Kapping 10, 200m Blandað Menn 13-14 ár -

FAR	2:01.97	Pal Joensen	1990 Suðuroyar Svímjifelag (FA Torshavn (FAR)	14.04.2012
FAR.JR	2:05.26	Magnus Jákupsson	1994 Havnar Svímjifelag (DEN) Thisted (DEN)	25.11.2011

Raðf	Navn	Føðia Felag	R.T	FINA	Tíð	Munur
1	Heini M. Askham	2006 Svímjifelagið Ægir	+0.76	339	2:37.15	
	50m: 33.90	100m: 1:16.56 (42.66)	150m: 2:01.11 (44.55)	200m: 2:37.15 (36.04)		
2	Jóni Janusarson Strøm	2006 Havnar Svímjifelag	---	314	2:41.15	+4.00
	50m: 34.63	100m: 1:19.49 (44.86)	150m: 2:06.09 (46.60)	200m: 2:41.15 (35.06)		
3	Lukas Besson	2007 Svímjifelagið Flot	+0.80	312	2:41.49	+4.34
	50m: 35.26	100m: 1:15.21 (39.95)	150m: 2:03.74 (48.53)	200m: 2:41.49 (37.75)		
4	Áki Eliassen	2006 Havnar Svímjifelag	+0.30	230	2:58.85	+21.70
	50m: 35.04	100m: 1:21.42 (46.38)	150m: 2:17.03 (55.61)	200m: 2:58.85 (41.82)		

Kapping almenn: 31.05.2020 14:02:24

### Kapping 10, 200m Blandað Menn 1-12 ár -

FAR	2:01.97	Pal Joensen	1990 Suðuroyar Svímjifelag (FA Torshavn (FAR)	14.04.2012
FAR.JR	2:05.26	Magnus Jákupsson	1994 Havnar Svímjifelag (DEN) Thisted (DEN)	25.11.2011



## Úrslit

### Kapping 10, 200m Blandað Menn 1-12 ár -

Raðf	Navn	Føðia Felag	R.T	FINA	Tíð	Munur
1	Bárður Ólavsson	2008 Fuglafjarðar Svímjifelag	---	258	<b>2:52.08</b>	
	50m: 39.48	100m: 1:24.40 (44.92)	150m: 2:14.68 (50.28)		200m: 2:52.08 (37.40)	
2	Líggjas Joensen	2008 Svímjifelagið Ægir	+0.77	169	<b>3:17.91</b>	+25.83
	50m: 48.97	100m: 1:36.81 (47.84)	150m: 2:38.72 (1:01.91)		200m: 3:17.91 (39.19)	
3	Bragi Mørkøre	2008 Havnar Svímjifelag	---	126	<b>3:38.56</b>	+46.48
	50m: 50.28	100m: 1:44.37 (54.09)	150m: 2:53.16 (1:08.79)		200m: 3:38.56 (45.40)	

Kapping almenn: 31.05.2020 14:02:24

### Kapping 15, 50m Bringu Kvinnur 12-13 ár -

FAR	32.70	Ásbjörg Hjelm	1999 Ægir Klaksvík (FAR)	Torshavn (FAR)	14.05.2015
FAR.JR	32.70	Ásbjörg Hjelm	1999 Ægir Klaksvík (FAR)	Torshavn (FAR)	14.05.2015

Raðf	Navn	Føðia Felag	R.T	FINA	Tíð	Munur
1	Lea Osberg Højsted	2008 Svímjifelagið Ægir	+0.67	383	<b>39.31</b>	
2	Birita Vesturtún	2007 Fuglafjarðar Svímjifelag	+0.78	370	<b>39.75</b>	+0.44
3	Rebekka Róðinsdóttir	2007 Fuglafjarðar Svímjifelag	---	324	<b>41.56</b>	+2.25
4	Róa Trygvadóttir	2008 Svímjifelagið Ægir	---	277	<b>43.80</b>	+4.49
5	Durita M. Askham	2008 Svímjifelagið Ægir	---	242	<b>45.80</b>	+6.49
6	Ragnhild Jacobsen	2008 Svímjifelagið Ægir	---	207	<b>48.28</b>	+8.97
7	Dorteia Dam	2007 Havnar Svímjifelag	+0.81	170	<b>51.53</b>	+12.22
8	Ninna Johanna N. Kass	2007 Havnar Svímjifelag	---	155	<b>53.14</b>	+13.83

Kapping almenn: 31.05.2020 14:23:08

### Kapping 15, 50m Bringu Kvinnur 1-11 ár -

FAR	32.70	Ásbjörg Hjelm	1999 Ægir Klaksvík (FAR)	Torshavn (FAR)	14.05.2015
FAR.JR	32.70	Ásbjörg Hjelm	1999 Ægir Klaksvík (FAR)	Torshavn (FAR)	14.05.2015

Raðf	Navn	Føðia Felag	R.T	FINA	Tíð	Munur
1	Bjarta í Lágabø	2009 Suðuroyar Svímjifelag	+0.52	166	<b>51.87</b>	
2	Lea Petersen	2009 Svímjifelagið Reysti	---	142	<b>54.67</b>	+2.80
3	Tórunn Højgaard Weihe	2009 Havnar Svímjifelag	---	104	<b>1:00.59</b>	+8.72
4	Natasja F. Ellingsgaard	2011 Havnar Svímjifelag	---	88	<b>1:03.97</b>	+12.10
5	Diana Bech	2010 Suðuroyar Svímjifelag	---	80	<b>1:06.12</b>	+14.25
6	Jórun Winther	2011 Suðuroyar Svímjifelag	---	72	<b>1:08.55</b>	+16.68
-	Halla Háfoss	2009 Havnar Svímjifelag	---		<b>DSQ</b>	Órógvæði svímjara á geil

Kapping almenn: 31.05.2020 14:23:08

### Kapping 16, 50m Bringu Menn 13-14 ár -

FAR	28.37	Róland Toftum	1998 Suðuroyar Svímjifelag (FA)	Torshavn (FAR)	30.11.2019
FAR.JR	29.00	Róland Toftum	1998 Suðuroyar Svímjifelag (FA)	Torshavn (FAR)	18.09.2016

Raðf	Navn	Føðia Felag	R.T	FINA	Tíð	Munur
1	Andreas Debess	2006 Suðuroyar Svímjifelag	+0.68	343	<b>36.06</b>	
2	Jóni Janusarson Strøm	2006 Havnar Svímjifelag	---	286	<b>38.32</b>	+2.26
3	Hanus Lydersen	2006 Svímjifelagið Ægir	+0.50	172	<b>45.33</b>	+9.27
4	Jóannes Clementsen	2007 Suðuroyar Svímjifelag	+0.43	172	<b>45.38</b>	+9.32
5	Pætur E. Thorkildshøj	2007 Havnar Svímjifelag	---	172	<b>45.39</b>	+9.33
6	Bjarti Ludvig	2006 Suðuroyar Svímjifelag	+0.80	169	<b>45.60</b>	+9.54
7	Ólavur R. Av Steinum	2007 Havnar Svímjifelag	---	95	<b>55.23</b>	+19.17
-	Lukas Besson	2007 Svímjifelagið Flot	---		<b>DNS</b>	

Kapping almenn: 31.05.2020 14:28:20

### Kapping 16, 50m Bringu Menn 1-12 ár -



## Úrslit

### Kapping 16, 50m Bringu Menn 1-12 ár -

FAR 28.37 Róland Toftum 1998 Suðuroyar Svímjifelag (FA Torshavn (FAR) 30.11.2019  
FAR.JR 29.00 Róland Toftum 1998 Suðuroyar Svímjifelag (FA Torshavn (FAR) 18.09.2016

Raðf	Navn	Føðia Felag	R.T	FINA	Tíð	Munur
1	Fróði Hansen	2008 Fuglafjarðar Svímjifelag	---	221	41.76	
2	Eyðun Róðinsson	2008 Fuglafjarðar Svímjifelag	+0.44	140	48.54	+6.78
3	Fedja Drobnjak	2008 Svímjifelagið Ægir	+0.59	113	52.16	+10.40
4	Oddvaldur Leivsson	2008 Havnar Svímjifelag	---	88	56.58	+14.82
5	Bragi Mørkøre	2008 Havnar Svímjifelag	---	80	58.38	+16.62
6	Ólavur W. Jákupsson	2008 Havnar Svímjifelag	+0.68	65	1:02.74	+20.98
7	Jónas Rói Fossádal	2009 Havnar Svímjifelag	---	56	1:05.77	+24.01
8	Símun Sámal Joensen	2009 Havnar Svímjifelag	---	48	1:09.44	+27.68
-	Theodor Salter	2011 Havnar Svímjifelag	---		DSQ	Fleir firvaldspørk við star

Kapping almenn: 31.05.2020 14:28:20

### Kapping 17, 100m Frí Kvinnur 12-13 ár -

FAR 56.48 Vár Erlingsdóttir Eidesga 2001 Havnar Svímjifelag (FAR) Gibraltar (GIB) 11.07.2019  
FAR.JR 56.98 Vár Erlingsdóttir Eidesga 2001 Havnar Svímjifelag (FAR) Reykjavik (ISL) 02.12.2017

Raðf	Navn	Føðia Felag	R.T	FINA	Tíð	Munur
1	Róa Trygvadóttir	2008 Svímjifelagið Ægir	---	381	1:09.27	
	50m: 33.64	100m: 1:09.27 (35.63)				
2	Jóhanna Ólavsdóttir	2007 Fuglafjarðar Svímjifelag	---	361	1:10.51	+1.24
	50m: 34.25	100m: 1:10.51 (36.26)				
3	Margit Højbro	2007 Fuglafjarðar Svímjifelag	---	361	1:10.53	+1.26
	50m: 34.32	100m: 1:10.53 (36.21)				
4	Durita M. Askham	2008 Svímjifelagið Ægir	---	301	1:14.90	+5.63
	50m: 35.38	100m: 1:14.90 (39.52)				
5	Birita Vesturtún	2007 Fuglafjarðar Svímjifelag	---	294	1:15.49	+6.22
	50m: 35.64	100m: 1:15.49 (39.85)				
6	Ragnhild Jacobsen	2008 Svímjifelagið Ægir	---	251	1:19.59	+10.32
	50m: 38.12	100m: 1:19.59 (41.47)				
7	Dorteia Dam	2007 Havnar Svímjifelag	+0.80	238	1:21.01	+11.74
	50m: 37.81	100m: 1:21.01 (43.20)				
8	Silja Bech	2008 Suðuroyar Svímjifelag	+0.84	190	1:27.29	+18.02
	50m: 41.56	100m: 1:27.29 (45.73)				
9	Jóhanna Katrina Jacobsen	2007 Havnar Svímjifelag	---	169	1:30.78	+21.51
	50m: 42.94	100m: 1:30.78 (47.84)				
10	Ninna Johanna N. Kass	2007 Havnar Svímjifelag	+0.93	166	1:31.25	+21.98
	50m: 42.75	100m: 1:31.25 (48.50)				
-	Silja Á Rógvi	2008 Havnar Svímjifelag	---		DNS	

Kapping almenn: 31.05.2020 14:34:48

### Kapping 17, 100m Frí Kvinnur 1-11 ár -

FAR 56.48 Vár Erlingsdóttir Eidesga 2001 Havnar Svímjifelag (FAR) Gibraltar (GIB) 11.07.2019  
FAR.JR 56.98 Vár Erlingsdóttir Eidesga 2001 Havnar Svímjifelag (FAR) Reykjavik (ISL) 02.12.2017

Raðf	Navn	Føðia Felag	R.T	FINA	Tíð	Munur
1	Bjarta Í Lágabø	2009 Suðuroyar Svímjifelag	+0.55	201	1:25.78	
	50m: 41.74	100m: 1:25.78 (44.04)				
2	Halla Háfoss	2009 Havnar Svímjifelag	---	199	1:26.02	+0.24
	50m: 41.61	100m: 1:26.02 (44.41)				
3	Lea Petersen	2009 Svímjifelagið Reysti	---	176	1:29.54	+3.76
	50m: 41.60	100m: 1:29.54 (47.94)				
4	Tórunn Højgaard Weihe	2009 Havnar Svímjifelag	---	154	1:33.57	+7.79
	50m: 43.25	100m: 1:33.57 (50.32)				



## Úrslit

### Kapping 17, 100m Frí Kvinnur 1-11 ár -

Raðf	Navn	Føðia Felag	R.T	FINA	Tíð	Munur
5	Diana Bech	2010 Suðuroyar Svímjifelag	---	123	<b>1:40.79</b>	+15.01
	50m: 48.63	100m: 1:40.79 (52.16)				
6	Natasja F. Ellingsgaard	2011 Havnar Svímjifelag	---	105	<b>1:46.30</b>	+20.52
	50m: 49.40	100m: 1:46.30 (56.90)				
7	Jórun Winther	2011 Suðuroyar Svímjifelag	+0.45	104	<b>1:46.64</b>	+20.86
	50m: 48.49	100m: 1:46.64 (58.15)				
8	Eva Debess	2010 Suðuroyar Svímjifelag	---	94	<b>1:50.44</b>	+24.66
	50m: 51.61	100m: 1:50.44 (58.83)				

Kapping almenn: 31.05.2020 14:34:48

### Kapping 18, 100m Frí Menn 13-14 ár -

FAR 50.04 Pal Joensen 1990 Suðuroyar Svímjifelag (FA) Godby (SWE) 01.07.2009  
FAR.JR 50.67 Magnus Jákupsson 1994 Havnar Svímjifelag (DEN) Laugardalslaug (ISL) 10.12.2011

Raðf	Navn	Føðia Felag	R.T	FINA	Tíð	Munur
1	Andreas Debess	2006 Suðuroyar Svímjifelag	+0.58	414	<b>1:00.28</b>	
	50m: 29.00	100m: 1:00.28 (31.28)				
2	Lukas Besson	2007 Svímjifelagið Flot	+0.78	409	<b>1:00.50</b>	+0.22
	50m: 29.40	100m: 1:00.50 (31.10)				
3	Heini M. Askham	2006 Svímjifelagið Ægir	+0.75	384	<b>1:01.81</b>	+1.53
	50m: 29.18	100m: 1:01.81 (32.63)				
4	Jóni Janusarson Strøm	2006 Havnar Svímjifelag	---	330	<b>1:04.99</b>	+4.71
	50m: 32.05	100m: 1:04.99 (32.94)				
5	Sámal Torkilsson	2006 Fuglafjarðar Svímjifelag	---	323	<b>1:05.49</b>	+5.21
	50m: 31.97	100m: 1:05.49 (33.52)				
6	Bjarti Ludvig	2006 Suðuroyar Svímjifelag	+0.81	285	<b>1:08.27</b>	+7.99
	50m: 32.35	100m: 1:08.27 (35.92)				
7	Isak Brisenfeldt	2006 Havnar Svímjifelag	---	285	<b>1:08.28</b>	+8.00
	50m: 32.74	100m: 1:08.28 (35.54)				
8	Hanus Lydersen	2006 Svímjifelagið Ægir	+0.77	235	<b>1:12.76</b>	+12.48
	50m: 32.93	100m: 1:12.76 (39.83)				
9	Pætur E. Thorkildshøj	2007 Havnar Svímjifelag	---	226	<b>1:13.76</b>	+13.48
	50m: 35.40	100m: 1:13.76 (38.36)				
10	Ólavur R. Av Steinum	2007 Havnar Svímjifelag	---	115	<b>1:32.19</b>	+31.91
	50m: 43.15	100m: 1:32.19 (49.04)				

Kapping almenn: 31.05.2020 14:41:13

### Kapping 18, 100m Frí Menn 1-12 ár -

FAR 50.04 Pal Joensen 1990 Suðuroyar Svímjifelag (FA) Godby (SWE) 01.07.2009  
FAR.JR 50.67 Magnus Jákupsson 1994 Havnar Svímjifelag (DEN) Laugardalslaug (ISL) 10.12.2011

Raðf	Navn	Føðia Felag	R.T	FINA	Tíð	Munur
1	Líggjas Joensen	2008 Svímjifelagið Ægir	+0.74	233	<b>1:12.98</b>	
	50m: 35.48	100m: 1:12.98 (37.50)				
2	Bárður Ólavsson	2008 Fuglafjarðar Svímjifelag	---	226	<b>1:13.68</b>	+0.70
	50m: 36.32	100m: 1:13.68 (37.36)				
3	Fedja Drobniak	2008 Svímjifelagið Ægir	+0.58	217	<b>1:14.69</b>	+1.71
	50m: 36.89	100m: 1:14.69 (37.80)				
4	Silas Dam Lindberg	2008 Havnar Svímjifelag	---	209	<b>1:15.61</b>	+2.63
	50m: 36.12	100m: 1:15.61 (39.49)				
5	Eyðun Róðinsson	2008 Fuglafjarðar Svímjifelag	---	148	<b>1:24.87</b>	+11.89
	50m: 40.31	100m: 1:24.87 (44.56)				
6	Bragi Mørkøre	2008 Havnar Svímjifelag	---	126	<b>1:29.49</b>	+16.51
	50m: 42.92	100m: 1:29.49 (46.57)				
7	Oddvaldur Leivsson	2008 Havnar Svímjifelag	---	126	<b>1:29.51</b>	+16.53
	50m: 41.55	100m: 1:29.51 (47.96)				





## Úrslit

### Kapping 18, 100m Frí Menn 1-12 ár -

Raðf	Navn	Føðia Felag	R.T	FINA	Tíð	Munur
8	Ólavur W. Jákupsson	2008 Havnar Svímjifelag	+0.59	110	<b>1:33.71</b>	+20.73
	50m: 43.05	100m: 1:33.71 (50.66)				
9	Johannis Jacobsen	2009 Svímjifelagið Reysti	-.--	86	<b>1:41.58</b>	+28.60
	50m: 47.73	100m: 1:41.58 (53.85)				
10	Jónas Rói Fossádal	2009 Havnar Svímjifelag	+0.55	74	<b>1:46.89</b>	+33.91
	50m: 51.93	100m: 1:46.89 (54.96)				
-	Símun Sámal Joensen	2009 Havnar Svímjifelag	-.--		<b>DSQ</b>	Nart ikki við fjarendan

Kapping almenn: 31.05.2020 14:41:13

### Kapping 19, 100m Firvald Kvinnur 12-13 ár -

FAR	1:01.93	Poula Mohr	1995 Havnar Svímjifelag (FAR)	Torshavn (FAR)	14.04.2013
FAR.JR	1:03.15	Vár Erlingsdóttir Eidesga	2001 Havnar Svímjifelag (FAR)	Torshavn (FAR)	26.03.2017

Raðf	Navn	Føðia Felag	R.T	FINA	Tíð	Munur
1	Róa Trygvadóttir	2008 Svímjifelagið Ægir	-.--	262	<b>1:25.28</b>	
	50m: 39.03	100m: 1:25.28 (46.25)				
2	Rebekka Róðinsdóttir	2007 Fuglafjarðar Svímjifelag	-.--	253	<b>1:26.31</b>	+1.03
	50m: 41.39	100m: 1:26.31 (44.92)				
3	Durita M. Askham	2008 Svímjifelagið Ægir	-.--	182	<b>1:36.31</b>	+11.03
	50m: 41.75	100m: 1:36.31 (54.56)				

Kapping almenn: 31.05.2020 14:46:03

### Kapping 20, 100m Firvald Menn 13-14 ár -

FAR	54.66	Magnus Jákupsson	1994 Havnar Svímjifelag (DEN)	Thisted (DEN)	27.11.2011
FAR.JR	54.66	Magnus Jákupsson	1994 Havnar Svímjifelag (DEN)	Thisted (DEN)	27.11.2011

Raðf	Navn	Føðia Felag	R.T	FINA	Tíð	Munur
1	Isak Brisenfeldt	2006 Havnar Svímjifelag	+0.56	292	<b>1:12.39</b>	
	50m: 33.92	100m: 1:12.39 (38.47)				
2	Heini M. Askham	2006 Svímjifelagið Ægir	-.--	242	<b>1:17.11</b>	+4.72
	50m: 34.39	100m: 1:17.11 (42.72)				
3	Áki Eliassen	2006 Havnar Svímjifelag	+0.49	241	<b>1:17.16</b>	+4.77
	50m: 35.76	100m: 1:17.16 (41.40)				
4	Hanus Lydersen	2006 Svímjifelagið Ægir	-.--	114	<b>1:39.09</b>	+26.70
	50m: 42.34	100m: 1:39.09 (56.75)				
-	Sámal Torkilsson	2006 Fuglafjarðar Svímjifelag	+0.90		<b>DSQ</b>	Tjóvstart

Kapping almenn: 31.05.2020 14:51:18

### Kapping 20, 100m Firvald Menn 1-12 ár -

FAR	54.66	Magnus Jákupsson	1994 Havnar Svímjifelag (DEN)	Thisted (DEN)	27.11.2011
FAR.JR	54.66	Magnus Jákupsson	1994 Havnar Svímjifelag (DEN)	Thisted (DEN)	27.11.2011

Raðf	Navn	Føðia Felag	R.T	FINA	Tíð	Munur
1	Bárður Ólavsson	2008 Fuglafjarðar Svímjifelag	-.--	194	<b>1:23.04</b>	
	50m: 38.21	100m: 1:23.04 (44.83)				

Kapping almenn: 31.05.2020 14:51:18

### Kapping 21, 400m Blandað Kvinnur 12-13 ár -

FAR	4:50.30	Sára R. Nysted	2001 Suðuroyar Svímjifelag (FA)	Bergen (NOR)	12.12.2015
FAR.JR	4:50.30	Sára R. Nysted	2001 Suðuroyar Svímjifelag (FA)	Bergen (NOR)	12.12.2015

Raðf	Navn	Føðia Felag	R.T	FINA	Tíð	Munur
1	Jóhanna Ólavsdóttir	2007 Fuglafjarðar Svímjifelag	+0.35	420	<b>5:45.76</b>	
	50m: 38.42	100m: 1:24.40 (45.98)				
	250m: 3:39.01 (49.86)	300m: 4:28.74 (49.73)				
		150m: 2:06.47 (42.07)				
		350m: 5:07.63 (38.89)				
		200m: 2:49.15 (42.68)				
		400m: 5:45.76 (38.13)				
2	Lea Osberg Højsted	2008 Svímjifelagið Ægir	+0.60	385	<b>5:55.70</b>	+9.94
	50m: 39.26	100m: 1:26.42 (47.16)				
	250m: 3:46.62 (49.75)	300m: 4:35.31 (48.69)				
		150m: 2:11.60 (45.18)				
		350m: 5:17.22 (41.91)				
		200m: 2:56.87 (45.27)				
		400m: 5:55.70 (38.48)				



# Úrslit

## Kapping 21, 400m Blandað Kvinnur 12-13 ár -

Raðf	Navn	Føðia Felag	R.T	FINA	Tíð	Munur
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Kapping almenn: 31.05.2020 15:00:09

## Kapping 22, 400m Blandað Menn 13-14 ár -

FAR	4:18.97	Pal Joensen	1990	Suðuroyar Svímjifelag (FA)	Torshavn (FAR)	15.04.2012
FAR.JR	4:26.12	Alvi Hjelm	1996	Ægir Klaksvik (FAR)	Upplands Vaesby (SWE)	13.12.2014

Raðf	Navn	Føðia Felag	R.T	FINA	Tíð	Munur
1	Lukas Bessason	2007 Svímjifelagið Flot	+0.64	236	6:20.64	
	50m: 43.25	100m: 1:34.44 (51.19)	150m: 2:22.18 (47.74)	200m: 3:09.54 (42.36)		
	250m: 4:02.36 (52.82)	300m: 4:54.76 (52.40)	350m: 5:38.26 (43.50)	400m: 6:20.64 (42.38)		

Kapping almenn: 31.05.2020 15:09:05

## Kapping 22, 400m Blandað Menn 1-12 ár -

FAR	4:18.97	Pal Joensen	1990	Suðuroyar Svímjifelag (FA)	Torshavn (FAR)	15.04.2012
FAR.JR	4:26.12	Alvi Hjelm	1996	Ægir Klaksvik (FAR)	Upplands Vaesby (SWE)	13.12.2014

Raðf	Navn	Føðia Felag	R.T	FINA	Tíð	Munur
1	Fróði Hansen	2008 Fuglafjarðar Svímjifelag	--	282	5:58.70	
	50m: 40.78	100m: 1:29.11 (48.33)	150m: 2:15.12 (46.01)	200m: 2:59.54 (44.42)		
	250m: 3:49.14 (49.60)	300m: 4:40.04 (50.90)	350m: 5:20.59 (40.55)	400m: 5:58.70 (38.11)		
2	Silas Dam Lindberg	2008 Havnar Svímjifelag	--	210	6:35.83	+37.13
	50m: 43.02	100m: 1:34.45 (51.43)	150m: 2:23.11 (48.66)	200m: 3:11.18 (48.07)		
	250m: 4:09.75 (58.57)	300m: 5:08.67 (58.92)	350m: 5:52.12 (43.45)	400m: 6:35.83 (43.71)		

Kapping almenn: 31.05.2020 15:09:05

## Kapping 23, 50m Rygg Kvinnur 12-13 ár -

FAR	28.51	Birita Debes	1995	Svímjifelagið Flot (FAR)	Istanbul (TUR)	15.12.2012
FAR.JR	28.75	Signhild Joensen	2000	Ægir Klaksvik (FAR)	Reykjavik (ISL)	02.12.2017

Raðf	Navn	Føðia Felag	R.T	FINA	Tíð	Munur
1	Rebekka Róðinsdóttir	2007 Fuglafjarðar Svímjifelag	+0.74	308	38.00	
2	Birita Vesturtún	2007 Fuglafjarðar Svímjifelag	+0.83	293	38.62	+0.62
3	Durita M. Askham	2008 Svímjifelagið Ægir	+0.79	280	39.22	+1.22
4	Margit Højbro	2007 Fuglafjarðar Svímjifelag	+0.82	269	39.73	+1.73
5	Ragnhild Jacobsen	2008 Svímjifelagið Ægir	+0.90	264	40.01	+2.01
6	Dorteia Dam	2007 Havnar Svímjifelag	+0.91	192	44.45	+6.45
7	Ninna Johanna N. Kass	2007 Havnar Svímjifelag	+1.10	139	49.55	+11.55
8	Silja Bech	2008 Suðuroyar Svímjifelag	+0.96	121	51.88	+13.88
-	Silja Á Rógvi	2008 Havnar Svímjifelag	--		DNS	

Kapping almenn: 31.05.2020 15:15:29

## Kapping 23, 50m Rygg Kvinnur 1-11 ár -

FAR	28.51	Birita Debes	1995	Svímjifelagið Flot (FAR)	Istanbul (TUR)	15.12.2012
FAR.JR	28.75	Signhild Joensen	2000	Ægir Klaksvik (FAR)	Reykjavik (ISL)	02.12.2017

Raðf	Navn	Føðia Felag	R.T	FINA	Tíð	Munur
1	Bjarta í Lágabø	2009 Suðuroyar Svímjifelag	+0.69	167	46.59	
2	Jórun Winther	2011 Suðuroyar Svímjifelag	+0.70	147	48.56	+1.97
3	Lea Petersen	2009 Svímjifelagið Reysti	+0.72	145	48.83	+2.24
4	Tórunn Højgaard Weihe	2009 Havnar Svímjifelag	+0.65	119	52.15	+5.56
5	Eva Debess	2010 Suðuroyar Svímjifelag	+0.66	100	55.17	+8.58
6	Elisabeth Bjartalíð	2009 Svímjifelagið Ægir	+0.79	92	56.86	+10.27
7	Diana Bech	2010 Suðuroyar Svímjifelag	+0.91	91	57.00	+10.41
8	Durita Davidsen	2011 Svímjifelagið Ægir	+0.82	83	58.69	+12.10



## Úrslit

### Kapping 23, 50m Rygg Kvinnur 1-11 ár -

Raðf	Navn	Føðia	Felag	R.T	FINA	Tíð	Munur
9	Natasja F. Ellingsgaard	2011	Havnar Svímjifelag	+1.04	58	1:05.96	+19.37
-	Rebecca Jacobsen	2011	Svímjifelagið Ægir	+0.80		DSQ	á bók í vending

Kapping almenn: 31.05.2020 15:15:29

### Kapping 24, 50m Rygg Menn 13-14 ár -

FAR	25.22	Magnus Jákupsson	1994 Havnar Svímjifelag (DEN)	Esbjerg (DEN)		31.03.2012
FAR.JR	25.22	Magnus Jákupsson	1994 Havnar Svímjifelag (DEN)	Esbjerg (DEN)		31.03.2012

Raðf	Navn	Føðia	Felag	R.T	FINA	Tíð	Munur
1	Lukas Bessason	2007	Svímjifelagið Flot	+0.70	357	31.31	
2	Bjarti Ludvig	2006	Suðuroyar Svímjifelag	+0.77	246	35.43	+4.12
3	Isak Brisenfeldt	2006	Havnar Svímjifelag	+0.79	243	35.57	+4.26
4	Erling Erlendsson	2007	Havnar Svímjifelag	+0.78	221	36.70	+5.39
5	Sámal Torkilsson	2006	Fuglafjarðar Svímjifelag	+0.83	213	37.19	+5.88
6	Jóannes Clementsen	2007	Suðuroyar Svímjifelag	+0.63	193	38.43	+7.12
7	Áki Eliassen	2006	Havnar Svímjifelag	+0.79	162	40.68	+9.37
8	Hanus Lydersen	2006	Svímjifelagið Ægir	+1.03	135	43.21	+11.90
9	Ólavur R. Av Steinum	2007	Havnar Svímjifelag	+0.72	81	51.17	+19.86

Kapping almenn: 31.05.2020 15:22:14

### Kapping 24, 50m Rygg Menn 1-12 ár -

FAR	25.22	Magnus Jákupsson	1994 Havnar Svímjifelag (DEN)	Esbjerg (DEN)		31.03.2012
FAR.JR	25.22	Magnus Jákupsson	1994 Havnar Svímjifelag (DEN)	Esbjerg (DEN)		31.03.2012

Raðf	Navn	Føðia	Felag	R.T	FINA	Tíð	Munur
1	Líggjas Joensen	2008	Svímjifelagið Ægir	+0.80	190	38.61	
2	Silas Dam Lindberg	2008	Havnar Svímjifelag	+0.66	161	40.81	+2.20
3	Fedja Drobniak	2008	Svímjifelagið Ægir	+0.78	156	41.21	+2.60
4	Bárður Ólavsson	2008	Fuglafjarðar Svímjifelag	+0.75	136	43.14	+4.53
5	Eyðun Róðinsson	2008	Fuglafjarðar Svímjifelag	+0.69	114	45.75	+7.14
6	Bragi Mørkøre	2008	Havnar Svímjifelag	+0.97	110	46.34	+7.73
7	Oddvaldur Leivsson	2008	Havnar Svímjifelag	+0.86	93	48.98	+10.37
8	Jónas Rói Fossádal	2009	Havnar Svímjifelag	+1.05	75	52.61	+14.00
9	Ólavur W. Jákupsson	2008	Havnar Svímjifelag	+0.85	72	53.21	+14.60
-	Símun Sámal Joensen	2009	Havnar Svímjifelag	+1.00		DSQ	Setti av á bók
-	Johannis Jacobsen	2009	Svímjifelagið Reysti	+0.78		DSQ	á mál á búki

Kapping almenn: 31.05.2020 15:22:14

### Kapping 27, 50m Frí Kvinnur 12-13 ár -

FAR	26.04	Guðrun Mortensen	1997 Suðuroyar Svímjifelag (FA)	Laugardalslaug (ISL)		11.12.2011
FAR.JR	26.04	Guðrun Mortensen	1997 Suðuroyar Svímjifelag (FA)	Laugardalslaug (ISL)		11.12.2011

Raðf	Navn	Føðia	Felag	R.T	FINA	Tíð	Munur
1	Lea Osberg Højsted	2008	Svímjifelagið Ægir	+0.66	404	31.01	
2	Róa Trygvadóttir	2008	Svímjifelagið Ægir	---	377	31.72	+0.71
3	Rebekka Róðinsdóttir	2007	Fuglafjarðar Svímjifelag	---	347	32.62	+1.61
4	Durita M. Askham	2008	Svímjifelagið Ægir	---	318	33.56	+2.55
5	Margit Højbro	2007	Fuglafjarðar Svímjifelag	---	306	34.02	+3.01
6	Jóhanna Ólavsdóttir	2007	Fuglafjarðar Svímjifelag	---	305	34.05	+3.04
7	Birita Vesturtún	2007	Fuglafjarðar Svímjifelag	---	282	34.93	+3.92
8	Ragnhild Jacobsen	2008	Svímjifelagið Ægir	+0.68	273	35.32	+4.31



# Úrslit

## Kapping 27, 50m Frí Kvinnur 12-13 ár -

Raðf	Navn	Føðia Felag	R.T	FINA	Tíð	Munur
9	Dorteia Dam	2007 Havnar Svimmifelag	---	271	<b>35.41</b>	+4.40
10	Jóhanna Katrína Jacobsen	2007 Havnar Svimmifelag	---	177	<b>40.78</b>	+9.77
11	Ninna Johanna N. Kass	2007 Havnar Svimmifelag	---	162	<b>42.01</b>	+11.00
-	Silja Á Rógvi	2008 Havnar Svimmifelag	---		<b>DNS</b>	

Kapping almenn: 31.05.2020 15:43:16

## Kapping 27, 50m Frí Kvinnur 1-11 ár -

FAR 26.04 Guðrun Mortensen 1997 Suðuroyar Svimmifelag (FA Laugardalslaug (ISL) 11.12.2011  
FAR.JR 26.04 Guðrun Mortensen 1997 Suðuroyar Svimmifelag (FA Laugardalslaug (ISL) 11.12.2011

Raðf	Navn	Føðia Felag	R.T	FINA	Tíð	Munur
1	Halla Háfoss	2009 Havnar Svimmifelag	---	207	<b>38.74</b>	
2	Lea Petersen	2009 Svimmifelagið Reysti	---	200	<b>39.15</b>	+0.41
3	Bjarta í Lágabø	2009 Suðuroyar Svimmifelag	---	188	<b>39.98</b>	+1.24
4	Tórunn Højgaard Weihe	2009 Havnar Svimmifelag	---	150	<b>43.10</b>	+4.36
5	Diana Bech	2010 Suðuroyar Svimmifelag	---	124	<b>45.91</b>	+7.17
6	Rebecca Jacobsen	2011 Svimmifelagið Ægir	---	117	<b>46.84</b>	+8.10
7	Elisabeth Bjartalíð	2009 Svimmifelagið Ægir	---	117	<b>46.88</b>	+8.14
8	Natasja F. Ellingsgaard	2011 Havnar Svimmifelag	---	114	<b>47.19</b>	+8.45
9	Jórun Winther	2011 Suðuroyar Svimmifelag	---	111	<b>47.71</b>	+8.97
10	Eva Debess	2010 Suðuroyar Svimmifelag	---	100	<b>49.39</b>	+10.65
11	Durita Davidsen	2011 Svimmifelagið Ægir	---	70	<b>55.51</b>	+16.77

Kapping almenn: 31.05.2020 15:43:16

## Kapping 28, 50m Frí Menn 13-14 ár -

FAR 23.05 Rókur Trygvason 2000 Svimmifelagið Reysti (FAR) Torshavn (FAR) 01.12.2019  
FAR.JR 23.24 Pauli Ø. Mohr 1991 Fuglafjarðar Svimmifelag (F Berlin (GER) 15.11.2009

Raðf	Navn	Føðia Felag	R.T	FINA	Tíð	Munur
1	Andreas Debess	2006 Suðuroyar Svimmifelag	+0.59	404	<b>27.40</b>	
2	Lukas Besson	2007 Svimmifelagið Flot	+0.73	385	<b>27.84</b>	+0.44
3	Heini M. Askham	2006 Svimmifelagið Ægir	+0.41	378	<b>28.00</b>	+0.60
4	Isak Brisenfeldt	2006 Havnar Svimmifelag	+0.56	334	<b>29.18</b>	+1.78
5	Jóni Janusarson Strøm	2006 Havnar Svimmifelag	---	326	<b>29.41</b>	+2.01
6	Hanus Lydersen	2006 Svimmifelagið Ægir	+0.72	298	<b>30.33</b>	+2.93
7	Sámal Torkilsson	2006 Fuglafjarðar Svimmifelag	---	275	<b>31.15</b>	+3.75
8	Bjarti Ludvig	2006 Suðuroyar Svimmifelag	+0.75	271	<b>31.28</b>	+3.88
9	Áki Eliassen	2006 Havnar Svimmifelag	+0.49	270	<b>31.34</b>	+3.94
10	Erling Erlendsson	2007 Havnar Svimmifelag	+0.56	257	<b>31.84</b>	+4.44
11	Pætur E. Thorkildshøj	2007 Havnar Svimmifelag	---	234	<b>32.87</b>	+5.47
12	Jóannes Clementsen	2007 Suðuroyar Svimmifelag	+0.47	233	<b>32.91</b>	+5.51
13	Ólavur R. Av Steinum	2007 Havnar Svimmifelag	---	123	<b>40.72</b>	+13.32

Kapping almenn: 31.05.2020 15:49:35

## Kapping 28, 50m Frí Menn 1-12 ár -

FAR 23.05 Rókur Trygvason 2000 Svimmifelagið Reysti (FAR) Torshavn (FAR) 01.12.2019  
FAR.JR 23.24 Pauli Ø. Mohr 1991 Fuglafjarðar Svimmifelag (F Berlin (GER) 15.11.2009

Raðf	Navn	Føðia Felag	R.T	FINA	Tíð	Munur
1	Fróði Hansen	2008 Fuglafjarðar Svimmifelag	---	272	<b>31.24</b>	
2	Líggjas Joensen	2008 Svimmifelagið Ægir	+0.73	263	<b>31.61</b>	+0.37



## Úrslit

### Kapping 28, 50m Frí Menn 1-12 ár -

Raðf	Navn	Føðia Felag	R.T	FINA	Tíð	Munur
3	Fedja Drobnsjak	2008 Svímjifelagið Ægir	+0.56	188	<b>35.32</b>	+4.08
4	Eyðun Róðinsson	2008 Fuglafjarðar Svímjifelag	-.-	138	<b>39.19</b>	+7.95
5	Bragi Mørkøre	2008 Havnar Svímjifelag	-.-	119	<b>41.11</b>	+9.87
6	Oddvaldur Leivsson	2008 Havnar Svímjifelag	-.-	117	<b>41.38</b>	+10.14
7	Ólavur W. Jákupsson	2008 Havnar Svímjifelag	+0.84	108	<b>42.54</b>	+11.30
8	Símun Sámal Joensen	2009 Havnar Svímjifelag	-.-	97	<b>44.00</b>	+12.76
9	Jónas Rói Fossádal	2009 Havnar Svímjifelag	-.-	79	<b>47.14</b>	+15.90
10	Johannis Jacobsen	2009 Svímjifelagið Reysti	-.-	75	<b>47.95</b>	+16.71
11	Theodor Salter	2011 Havnar Svímjifelag	-.-	40	<b>59.13</b>	+27.89

Kapping almenn: 31.05.2020 15:49:35

### Kapping 29, 200m Rygg Kvinnur 12-13 ár -

FAR	2:09.32	Signhild Joensen	2000 Ægir Klaksvik (FAR)	Reykjavik (ISL)	03.12.2017
FAR.JR	2:09.32	Signhild Joensen	2000 Ægir Klaksvik (FAR)	Reykjavik (ISL)	03.12.2017

Raðf	Navn	Føðia Felag	R.T	FINA	Tíð	Munur
1	Rebekka Róðinsdóttir	2007 Fuglafjarðar Svímjifelag	+0.82	263	<b>3:06.01</b>	
	50m: 43.67	100m: 1:30.66 (46.99)	150m: 2:18.39 (47.73)	200m: 3:06.01 (47.62)		
2	Jóhanna Katrína Jacobsen	2007 Havnar Svímjifelag	+0.97	138	<b>3:50.42</b>	+44.41
	50m: 53.40	100m: 1:54.78 (1:01.38)	150m: 2:55.37 (1:00.59)	200m: 3:50.42 (55.05)		

Kapping almenn: 31.05.2020 15:56:31

### Kapping 30, 200m Rygg Menn 13-14 ár -

FAR	1:59.98	Magnus Jákupsson	1994 Havnar Svímjifelag (DEN)	Laugardalslaug (ISL)	11.12.2011
FAR.JR	1:59.98	Magnus Jákupsson	1994 Havnar Svímjifelag (DEN)	Laugardalslaug (ISL)	11.12.2011

Raðf	Navn	Føðia Felag	R.T	FINA	Tíð	Munur
1	Isak Brisenfeldt	2006 Havnar Svímjifelag	+0.80	270	<b>2:43.36</b>	
	50m: 37.68	100m: 1:19.20 (41.52)	150m: 2:01.89 (42.69)	200m: 2:43.36 (41.47)		

Kapping almenn: 31.05.2020 16:02:25

### Kapping 30, 200m Rygg Menn 1-12 ár -

FAR	1:59.98	Magnus Jákupsson	1994 Havnar Svímjifelag (DEN)	Laugardalslaug (ISL)	11.12.2011
FAR.JR	1:59.98	Magnus Jákupsson	1994 Havnar Svímjifelag (DEN)	Laugardalslaug (ISL)	11.12.2011

Raðf	Navn	Føðia Felag	R.T	FINA	Tíð	Munur
1	Bárður Ólavsson	2008 Fuglafjarðar Svímjifelag	+0.71	208	<b>2:58.05</b>	
	50m: 43.97	100m: 1:29.69 (45.72)	150m: 2:15.46 (45.77)	200m: 2:58.05 (42.59)		
2	Líggjas Joensen	2008 Svímjifelagið Ægir	+0.87	180	<b>3:06.93</b>	+8.88
	50m: 46.67	100m: 1:36.83 (50.16)	150m: 2:22.89 (46.06)	200m: 3:06.93 (44.04)		

Kapping almenn: 31.05.2020 16:02:25

### Kapping 31, 200m Bringu Kvinnur 12-13 ár -

FAR	2:36.12	Emma F. Nystrøm	1996 Havnar Svímjifelag (FAR)	Torshavn (FAR)	18.05.2014
FAR.JR	2:37.64	Turið S. Christiansen	1996 Ægir Klaksvik (FAR)	Klaksvik (FAR)	05.11.2011

Raðf	Navn	Føðia Felag	R.T	FINA	Tíð	Munur
1	Lea Osberg Højsted	2008 Svímjifelagið Ægir	+0.62	391	<b>3:03.94</b>	
	50m: 41.92	100m: 1:29.56 (47.64)	150m: 2:17.27 (47.71)	200m: 3:03.94 (46.67)		
2	Birita Vesturtún	2007 Fuglafjarðar Svímjifelag	+0.76	338	<b>3:13.03</b>	+9.09
	50m: 43.18	100m: 1:31.93 (48.75)	150m: 2:22.20 (50.27)	200m: 3:13.03 (50.83)		

Kapping almenn: 31.05.2020 16:07:51

### Kapping 32, 200m Bringu Menn 13-14 ár -



## Úrslit

### Kapping 32, 200m Bringu Menn 13-14 ár -

FAR 2:14.82 Pal Joensen 1990 Suðuroyar Svímjifelag (FA Jersey (GBR) 02.07.2015  
FAR.JR 2:18.95 Rókur Trygvason 2000 Ægir Klaksvik (FAR) Torshavn (FAR) 26.10.2018

Raðf	Navn	Føðia Felag	R.T	FINA	Tíð	Munur
1	<b>Andreas Debess</b> 50m: 38.83	2006 Suðuroyar Svímjifelag 100m: 1:25.28 (46.45) 150m: 2:12.38	+0.73	298	<b>2:59.73</b> (47.10) 200m: 2:59.73	(47.35)
2	<b>Pætur E. Thorkildshøj</b> 50m: 48.86	2007 Havnar Svímjifelag 100m: 1:43.47 (54.61) 150m: 2:38.49	+0.51	188	<b>3:29.62</b> (55.02) 200m: 3:29.62	+29.89 (51.13)

Kapping almenn: 31.05.2020 16:13:28

### Kapping 32, 200m Bringu Menn 1-12 ár -

FAR 2:14.82 Pal Joensen 1990 Suðuroyar Svímjifelag (FA Jersey (GBR) 02.07.2015  
FAR.JR 2:18.95 Rókur Trygvason 2000 Ægir Klaksvik (FAR) Torshavn (FAR) 26.10.2018

Raðf	Navn	Føðia Felag	R.T	FINA	Tíð	Munur
1	<b>Fróði Hansen</b> 50m: 44.07	2008 Fuglafjarðar Svímjifelag 100m: 1:34.53 (50.46) 150m: 2:25.90	---	232	<b>3:15.47</b> (51.37) 200m: 3:15.47	(49.57)

Kapping almenn: 31.05.2020 16:13:28

### Kapping 33, 100m Blandað Kvinnur 12-13 ár -

FAR 1:03.78 Poula Mohr 1995 Havnar Svímjifelag (FAR) Torshavn (FAR) 11.05.2013  
FAR.JR 1:04.93 Sára R. Nysted 2001 Suðuroyar Svímjifelag (FA Klaksvik (FAR) 22.04.2016

Raðf	Navn	Føðia Felag	R.T	FINA	Tíð	Munur
1	<b>Jóhanna Ólavsdóttir</b> 50m: 37.02	2007 Fuglafjarðar Svímjifelag 100m: 1:19.15 (42.13)	+0.64	363	<b>1:19.15</b>	
2	<b>Róa Trygvadóttir</b> 50m: 37.91	2008 Svímjifelagið Ægir 100m: 1:19.67 (41.76)	---	356	<b>1:19.67</b>	+0.52
3	<b>Margit Højbro</b> 50m: 39.17	2007 Fuglafjarðar Svímjifelag 100m: 1:22.90 (43.73)	---	316	<b>1:22.90</b>	+3.75
4	<b>Durita M. Askham</b> 50m: 39.27	2008 Svímjifelagið Ægir 100m: 1:25.97 (46.70)	---	284	<b>1:25.97</b>	+6.82
5	<b>Ragnhild Jacobsen</b> 50m: 41.42	2008 Svímjifelagið Ægir 100m: 1:30.15 (48.73)	---	246	<b>1:30.15</b>	+11.00
6	<b>Silja Bech</b> 50m: 50.73	2008 Suðuroyar Svímjifelag 100m: 1:45.67 (54.94)	+0.82	152	<b>1:45.67</b>	+26.52
7	<b>Jóhanna Katrina Jacobsen</b> 50m: 54.87	2007 Havnar Svímjifelag 100m: 1:52.26 (57.39)	+0.99	127	<b>1:52.26</b>	+33.11
-	<b>Birita Vesturtún</b>	2007 Fuglafjarðar Svímjifelag	---		<b>DSQ</b>	Tjóvstart

Kapping almenn: 31.05.2020 16:20:25

### Kapping 33, 100m Blandað Kvinnur 1-11 ár -

FAR 1:03.78 Poula Mohr 1995 Havnar Svímjifelag (FAR) Torshavn (FAR) 11.05.2013  
FAR.JR 1:04.93 Sára R. Nysted 2001 Suðuroyar Svímjifelag (FA Klaksvik (FAR) 22.04.2016

Raðf	Navn	Føðia Felag	R.T	FINA	Tíð	Munur
1	<b>Bjarta í Lágabø</b> 50m: 48.45	2009 Suðuroyar Svímjifelag 100m: 1:39.41 (50.96)	+0.60	183	<b>1:39.41</b>	
2	<b>Halla Háfoss</b> 50m: 48.57	2009 Havnar Svímjifelag 100m: 1:39.49 (50.92)	---	183	<b>1:39.49</b>	+0.08
3	<b>Jórun Winther</b> 50m: 57.89	2011 Suðuroyar Svímjifelag 100m: 2:08.46 (1:10.57)	---	85	<b>2:08.46</b>	+29.05

Kapping almenn: 31.05.2020 16:20:25

### Kapping 34, 100m Blandað Menn 13-14 ár -

FAR 55.94 Magnus Jákupsson 1994 Havnar Svímjifelag (DEN) Torshavn (FAR) 12.05.2012  
FAR.JR 55.94 Magnus Jákupsson 1994 Havnar Svímjifelag (DEN) Torshavn (FAR) 12.05.2012

Raðf	Navn	Føðia Felag	R.T	FINA	Tíð	Munur
1	<b>Andreas Debess</b> 50m: 32.37	2006 Suðuroyar Svímjifelag 100m: 1:10.59 (38.22)	+0.61	360	<b>1:10.59</b>	



## Úrslit

### Kapping 34, 100m Blandað Menn 13-14 ár -

Raðf	Navn	Føðia Felag	R.T	FINA	Tíð	Munur
2	Heini M. Askham	2006 Svímjifelagið Ægir	+0.76	331	<b>1:12.64</b>	+2.05
	50m: 34.24	100m: 1:12.64 (38.40)				
3	Jóni Janusarson Strøm	2006 Havnar Svímjifelag	+0.58	317	<b>1:13.67</b>	+3.08
	50m: 35.39	100m: 1:13.67 (38.28)				
4	Erling Erlendsson	2007 Havnar Svímjifelag	+0.62	245	<b>1:20.28</b>	+9.69
	50m: 37.17	100m: 1:20.28 (43.11)				
5	Bjarti Ludvig	2006 Suðuroyar Svímjifelag	---	227	<b>1:22.32</b>	+11.73
	50m: 35.79	100m: 1:22.32 (46.53)				
6	Pætur E. Thorkildshøj	2007 Havnar Svímjifelag	+0.49	215	<b>1:23.85</b>	+13.26
	50m: 40.34	100m: 1:23.85 (43.51)				
7	Áki Eliassen	2006 Havnar Svímjifelag	+0.52	213	<b>1:24.04</b>	+13.45
	50m: 38.09	100m: 1:24.04 (45.95)				

Kapping almenn: 31.05.2020 16:26:49

### Kapping 34, 100m Blandað Menn 1-12 ár -

FAR	55.94	Magnus Jákupsson	1994 Havnar Svímjifelag (DEN)	Torshavn (FAR)	12.05.2012
FAR.JR	55.94	Magnus Jákupsson	1994 Havnar Svímjifelag (DEN)	Torshavn (FAR)	12.05.2012

Raðf	Navn	Føðia Felag	R.T	FINA	Tíð	Munur
1	Bárður Ólavsson	2008 Fuglafjarðar Svímjifelag	---	216	<b>1:23.71</b>	
	50m: 40.61	100m: 1:23.71 (43.10)				
2	Líggjas Joensen	2008 Svímjifelagið Ægir	+0.76	181	<b>1:28.70</b>	+4.99
	50m: 44.24	100m: 1:28.70 (44.46)				
3	Silas Dam Lindberg	2008 Havnar Svímjifelag	+0.46	178	<b>1:29.30</b>	+5.59
	50m: 40.36	100m: 1:29.30 (48.94)				
4	Fedja Drobnjak	2008 Svímjifelagið Ægir	---	175	<b>1:29.85</b>	+6.14
	50m: 42.33	100m: 1:29.85 (47.52)				
5	Eyðun Róðinsson	2008 Fuglafjarðar Svímjifelag	---	158	<b>1:32.96</b>	+9.25
	50m: 44.41	100m: 1:32.96 (48.55)				
6	Bragi Mørkøre	2008 Havnar Svímjifelag	---	117	<b>1:42.64</b>	+18.93
	50m: 46.77	100m: 1:42.64 (55.87)				
7	Jónas Rói Fossádal	2009 Havnar Svímjifelag	---	54	<b>2:12.62</b>	+48.91
	50m: 1:05.30	100m: 2:12.62 (1:07.32)				
-	Oddvaldur Leivsson	2008 Havnar Svímjifelag	---		<b>DSQ</b>	Ójovn armtøk í firvald

Kapping almenn: 31.05.2020 16:26:49

### Kapping 35, 400m Frí Kvinnur 12-13 ár -

FAR	4:14.59	Vár Erlingsdóttir Eidesga	2001 Havnar Svímjifelag (FAR)	Torshavn (FAR)	29.11.2019
FAR.JR	4:17.87	Vár Erlingsdóttir Eidesga	2001 Havnar Svímjifelag (FAR)	Kolding (DEN)	11.12.2016

Raðf	Navn	Føðia Felag	R.T	FINA	Tíð	Munur
1	Margit Højbro	2007 Fuglafjarðar Svímjifelag	+0.69	371	<b>5:25.46</b>	
	50m: 35.81	100m: 1:15.58 (39.77)		150m: 1:56.91 (41.33)	200m: 2:37.96 (41.05)	(41.05)
	250m: 3:19.30 (41.34)	300m: 4:00.22 (40.92)		350m: 4:40.48 (40.26)	400m: 5:25.46 (44.98)	(44.98)
2	Rebekka Róðinsdóttir	2007 Fuglafjarðar Svímjifelag	---	345	<b>5:33.42</b>	+7.96
	50m: 36.57	100m: 1:17.96 (41.39)		150m: 2:00.90 (42.94)	200m: 2:44.05 (43.15)	(43.15)
	250m: 3:27.37 (43.32)	300m: 4:10.36 (42.99)		350m: 4:52.80 (42.44)	400m: 5:33.42 (40.62)	(40.62)

Kapping almenn: 31.05.2020 16:35:04

### Kapping 36, 400m Frí Menn 13-14 ár -

FAR	3:40.12	Pal Joensen	1990 Suðuroyar Svímjifelag (FA)	Istanbul (TUR)	10.12.2009
FAR.JR	3:42.57	Pal Joensen	1990 Suðuroyar Svímjifelag (FA)	Rijeka (CRO)	11.12.2008

Raðf	Navn	Føðia Felag	R.T	FINA	Tíð	Munur
1	Heini M. Askham	2006 Svímjifelagið Ægir	+0.81	380	<b>4:52.86</b>	
	50m: 33.45	100m: 1:10.86 (37.41)		150m: 1:49.07 (38.21)	200m: 2:26.74 (37.67)	(37.67)
	250m: 3:04.61 (37.87)	300m: 3:41.37 (36.76)		350m: 4:17.41 (36.04)	400m: 4:52.86 (35.45)	(35.45)



## Úrslit

### Kapping 36, 400m Frí Menn 13-14 ár -

Raðf	Navn	Føðia Felag	R.T	FINA	Tíð	Munur
2	Erling Erendsson	2007 Havnar Svímjifelag	+0.59	312	<b>5:12.72</b>	+19.86
	50m: 35.88	100m: 1:15.87 (39.99)	150m: 1:56.05 (40.18)	200m: 2:36.33 (40.28)		
	250m: 3:17.56 (41.23)	300m: 3:57.53 (39.97)	350m: 4:36.62 (39.09)	400m: 5:12.72 (36.10)		

Kapping almenn: 31.05.2020 16:42:51

### Kapping 36, 400m Frí Menn 1-12 ár -

FAR	3:40.12	Pal Joensen	1990 Suðuroyar Svímjifelag (FA	Istanbul (TUR)	10.12.2009
FAR.JR	3:42.57	Pal Joensen	1990 Suðuroyar Svímjifelag (FA	Rijeka (CRO)	11.12.2008

Raðf	Navn	Føðia Felag	R.T	FINA	Tíð	Munur
1	Bárður Ólavsson	2008 Fuglafjarðar Svímjifelag	---	282	<b>5:23.66</b>	
	50m: 36.66	100m: 1:17.47 (40.81)	150m: 1:58.95 (41.48)	200m: 2:40.62 (41.67)		
	250m: 3:22.04 (41.42)	300m: 4:03.88 (41.84)	350m: 4:45.68 (41.80)	400m: 5:23.66 (37.98)		
2	Bragi Mørkøre	2008 Havnar Svímjifelag	---	140	<b>6:47.96</b>	+1:24.30
	50m: 47.58	100m: 2:30.55 (1:42.97)	150m: 3:24.02 (53.47)	200m: 5:09.71 (1:45.69)		
	250m: 6:00.72 (51.01)	300m: 6:47.96 (47.24)				

Kapping almenn: 31.05.2020 16:42:51

### Kapping 37, 200m Firvald Kvinnur 12-13 ár -

FAR	2:18.67	Jonna Bjartalíð Thomse	1996 Fuglafjarðar Svímjifelag (F	Jersey (GBR)	02.07.2015
FAR.JR	2:19.92	Jana Bjartalíð Thomsen	2000 Ægir Klaksvík (FAR)	Torshavn (FAR)	25.03.2017

Raðf	Navn	Føðia Felag	R.T	FINA	Tíð	Munur
1	Jóhanna Ólavsdóttir	2007 Fuglafjarðar Svímjifelag	---	329	<b>2:53.22</b>	
	50m: 38.26	100m: 1:23.72 (45.46)	150m: 2:09.37 (45.65)	200m: 2:53.22 (43.85)		
2	Lea Osberg Højsted	2008 Svímjifelagið Ægir	+0.58	251	<b>3:09.53</b>	+16.31
	50m: 42.28	100m: 1:32.00 (49.72)	150m: 2:22.14 (50.14)	200m: 3:09.53 (47.39)		

Kapping almenn: 31.05.2020 16:50:03

### Kapping 38, 200m Firvald Menn 13-14 ár -

FAR	2:01.46	Óli Mortensen	1996 Havnar Svímjifelag (FAR)	Visby (SWE)	26.06.2017
FAR.JR	2:06.94	Óli Mortensen	1996 Havnar Svímjifelag (FAR)	Suduroy (FAR)	22.03.2014

Raðf	Navn	Føðia Felag	R.T	FINA	Tíð	Munur
1	Sámal Torkilsson	2006 Fuglafjarðar Svímjifelag	+0.89	258	<b>2:49.82</b>	
	50m: 37.38	100m: 1:19.65 (42.27)	150m: 2:04.73 (45.08)	200m: 2:49.82 (45.09)		

Kapping almenn: 31.05.2020 16:54:51

### Kapping 38, 200m Firvald Menn 1-12 ár -

FAR	2:01.46	Óli Mortensen	1996 Havnar Svímjifelag (FAR)	Visby (SWE)	26.06.2017
FAR.JR	2:06.94	Óli Mortensen	1996 Havnar Svímjifelag (FAR)	Suduroy (FAR)	22.03.2014

Raðf	Navn	Føðia Felag	R.T	FINA	Tíð	Munur
1	Fróði Hansen	2008 Fuglafjarðar Svímjifelag	---	183	<b>3:10.45</b>	
	50m: 40.52	100m: 1:29.07 (48.55)	150m: 2:19.85 (50.78)	200m: 3:10.45 (50.60)		
2	Silas Dam Lindberg	2008 Havnar Svímjifelag	---	143	<b>3:26.83</b>	+16.38
	50m: 44.54	100m: 1:36.25 (51.71)	150m: 2:31.16 (54.91)	200m: 3:26.83 (55.67)		

Kapping almenn: 31.05.2020 16:54:51