



Úrslit

JM-FM á Langgeil 2020

Stað: Páls Hóll
Hylur: 50m

Fyrireikari: Svímjísamband Føroya
Stevnudagur: jul 3, 2020 til jul 5, 2020

Kapping 1, 800m Frí Kvinnur - Finala

FAR 9:08.50 Vár Erlingsdóttir Eidesga 2001 Havnar Svímjífelag (FAR) Bergen (NOR) 05.04.2019
FAR.JR 9:09.34 Vár Erlingsdóttir Eidesga 2001 Havnar Svímjífelag (FAR) Broenshoej (DEN) 15.04.2016

Bronsunál 25m 11:56.03 - Bronsunál 50m 12:04.18

Raðf	Navn	Føðia Felag	R.T	FINA	Tíð	Munur
1	Eyðrið Mortensen	2003 Havnar Svímjífelag	516		10:04.11	
	50m: 32.53	100m: 1:09.26 (36.73)	150m: 1:46.57 (37.31)	200m: 2:24.46 (37.89)		
	250m: 3:02.11 (37.65)	300m: 3:40.30 (38.19)	350m: 4:18.61 (38.31)	400m: 4:57.39 (38.78)		
	450m: 5:36.02 (38.63)	500m: 6:14.70 (38.68)	550m: 6:53.53 (38.83)	600m: 7:32.45 (38.92)		
	650m: 8:11.23 (38.78)	700m: 8:49.86 (38.63)	750m: 9:27.83 (37.97)	800m: 10:04.11 (36.28)		
2	Nancy Nónskarð Dam	2005 Havnar Svímjífelag	492		10:13.89	+9.78
	50m: 33.12	100m: 1:10.35 (37.23)	150m: 1:48.38 (38.03)	200m: 2:27.25 (38.87)		
	250m: 3:06.14 (38.89)	300m: 3:45.46 (39.32)	350m: 4:24.69 (39.23)	400m: 5:04.44 (39.75)		
	450m: 5:44.05 (39.61)	500m: 6:23.51 (39.46)	550m: 7:02.75 (39.24)	600m: 7:42.03 (39.28)		
	650m: 8:21.17 (39.14)	700m: 9:00.13 (38.96)	750m: 9:37.98 (37.85)	800m: 10:13.89 (35.91)		
3	Bjørt A. Sigurðsson	2004 Svímjífelagið Ægir	476		10:20.63	+16.52
	50m: 33.96	100m: 1:11.93 (37.97)	150m: 1:50.66 (38.73)	200m: 2:29.91 (39.25)		
	250m: 3:09.53 (39.62)	300m: 3:49.12 (39.59)	350m: 4:28.45 (39.33)	400m: 5:08.30 (39.85)		
	450m: 5:47.42 (39.12)	500m: 6:26.91 (39.49)	550m: 7:06.41 (39.50)	600m: 7:45.67 (39.26)		
	650m: 8:24.09 (38.42)	700m: 9:03.17 (39.08)	750m: 9:42.49 (39.32)	800m: 10:20.63 (38.14)		
4	Birna Isholm	2006 Svímjífelagið Ægir	382		11:08.04	+1:03.93
	50m: 35.67	100m: 1:16.02 (40.35)	150m: 1:58.08 (42.06)	200m: 2:40.39 (42.31)		
	250m: 3:22.93 (42.54)	300m: 4:04.86 (41.93)	350m: 4:47.82 (42.96)	400m: 5:30.33 (42.51)		
	450m: 6:13.38 (43.05)	500m: 6:56.00 (42.62)	550m: 7:39.13 (43.13)	600m: 8:21.11 (41.98)		
	650m: 9:03.79 (42.68)	700m: 9:46.35 (42.56)	750m: 10:28.38 (42.03)	800m: 11:08.04 (39.66)		
5	Jóhanna Ólavsdóttir	2007 Fuglafjarðar Svímjífelag	375		11:12.02	+1:07.91
	50m: 36.83	100m: 1:17.89 (41.06)	150m: 1:59.68 (41.79)	200m: 2:42.59 (42.91)		
	250m: 3:25.10 (42.51)	300m: 4:07.74 (42.64)	350m: 4:50.48 (42.74)	400m: 5:33.90 (43.42)		
	450m: 6:17.00 (43.10)	500m: 7:00.71 (43.71)	550m: 7:42.78 (42.07)	600m: 8:25.52 (42.74)		
	650m: 9:07.73 (42.21)	700m: 9:49.94 (42.21)	750m: 10:31.33 (41.39)	800m: 11:12.02 (40.69)		
6	Signa Vár Dávadóttir	1998 Havnar Svímjífelag	261		12:38.41	+2:34.30
	50m: 38.61	100m: 1:22.83 (44.22)	150m: 2:09.29 (46.46)	200m: 2:56.44 (47.15)		
	250m: 3:45.08 (48.64)	300m: 4:33.48 (48.40)	350m: 5:21.72 (48.24)	400m: 6:10.32 (48.60)		
	450m: 6:59.14 (48.82)	500m: 7:47.95 (48.81)	550m: 8:36.72 (48.77)	600m: 9:25.43 (48.71)		
	650m: 10:14.22 (48.79)	700m: 11:03.55 (49.33)	750m: 11:52.34 (48.79)	800m: 12:38.41 (46.07)		

Kapping almenn: 03.07.2020 09:53:57

Kapping 2, 1500m Frí Menn - Finala

FAR 14:46.33 Pal Joensen 1990 Suðuroyar Svímjífelag (FA) Shanghai (CHN) 31.07.2011
FAR.JR 15:51.66 Óli Mortensen 1996 Havnar Svímjífelag (FAR) Amsterdam (NED) 12.12.2014

Bronsunál 25m 21:06.83 - Bronsunál 50m 21:41.13

Raðf	Navn	Føðia Felag	R.T	FINA	Tíð	Munur
1	Johan Nónskarð Dam	2002 Havnar Svímjífelag	489		18:25.30	
	50m: 31.60	100m: 1:06.98 (35.38)	150m: 1:42.57 (35.59)	200m: 2:18.73 (36.16)		
	250m: 2:55.20 (36.47)	300m: 3:32.28 (37.08)	350m: 4:09.01 (36.73)	400m: 4:46.42 (37.41)		
	450m: 5:23.21 (36.79)	500m: 6:00.56 (37.35)	550m: 6:37.37 (36.81)	600m: 7:14.83 (37.46)		
	650m: 7:51.78 (36.95)	700m: 8:29.30 (37.52)	750m: 9:06.55 (37.25)	800m: 9:43.66 (37.11)		
	850m: 10:20.48 (36.82)	900m: 10:57.73 (37.25)	950m: 11:34.92 (37.19)	1000m: 12:12.41 (37.49)		
	1050m: 12:49.54 (37.13)	1100m: 13:26.97 (37.43)	1150m: 14:04.25 (37.28)	1200m: 14:42.22 (37.97)		
	1250m: 15:19.54 (37.32)	1300m: 15:57.31 (37.77)	1350m: 16:34.57 (37.26)	1400m: 17:12.18 (37.61)		
	1450m: 17:48.76 (36.58)	1500m: 18:25.30 (36.54)				
2	Jóhannis Erlendsson	2003 Havnar Svímjífelag	458		18:49.36	+24.06
	50m: 31.00	100m: 1:06.41 (35.41)	150m: 1:43.43 (37.02)	200m: 2:21.00 (37.57)		
	250m: 2:58.50 (37.50)	300m: 3:36.07 (37.57)	350m: 4:13.93 (37.86)	400m: 4:51.84 (37.91)		
	450m: 5:29.53 (37.69)	500m: 6:07.07 (37.54)	550m: 6:45.27 (38.20)	600m: 7:22.93 (37.66)		
	650m: 8:00.33 (37.40)	700m: 8:38.64 (38.31)	750m: 9:16.85 (38.21)	800m: 9:55.10 (38.25)		
	850m: 10:33.52 (38.42)	900m: 11:11.51 (37.99)		1000m: 12:27.96 (12:27.96)		
	1050m: 13:06.69 (38.73)	1100m: 13:45.31 (38.62)	1150m: 14:23.15 (37.84)	1200m: 15:40.05 (1:16.90)		
	1250m: 15:02.17 (15:02.17)	1300m: 16:57.24 (1:55.07)	1350m: 16:18.39 (16:18.39)	1400m: 18:13.60 (1:55.21)		
	1450m: 17:35.37 (17:35.37)	1500m: 18:49.36 (1:13.99)				



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Kapping 2, 1500m Frí Menn - Finala

Raðf	Navn	Føðia Félag	R.T	FINA	Tíð	Munur
3	Teitur Winther	2005 Suðuroyar Svímjifelag	431	19:12.63	+47.33	
	50m: 33.11	100m: 1:10.49 (37.38)	150m: 1:48.59 (38.10)	200m: 2:26.54 (37.95)		
	250m: 3:04.25 (37.71)	300m: 3:42.48 (38.23)	350m: 4:20.30 (37.82)	400m: 4:58.35 (38.05)		
	450m: 5:36.61 (38.26)	500m: 6:15.40 (38.79)	550m: 6:54.34 (38.94)	600m: 7:33.19 (38.85)		
	650m: 8:11.55 (38.36)	700m: 8:50.44 (38.89)	750m: 9:29.70 (39.26)	800m: 10:08.09 (38.39)		
	850m: 10:45.94 (37.85)	900m: 11:23.59 (37.65)	950m: 12:01.60 (38.01)	1000m: 12:39.54 (37.94)		
	1050m: 13:18.57 (39.03)	1100m: 13:56.61 (38.04)	1150m: 14:36.21 (39.60)	1200m: 15:15.76 (39.55)		
	1250m: 15:56.00 (40.24)	1300m: 16:35.67 (39.67)	1350m: 17:15.44 (39.77)	1400m: 17:55.02 (39.58)		
	1450m: 18:34.98 (39.96)	1500m: 19:12.63 (37.65)				
4	Høgni Hoydal Thomassen	2002 Havnar Svímjifelag	410	19:32.34	+1:07.04	
	50m: 32.69	100m: 1:09.17 (36.48)	150m: 1:47.29 (38.12)	200m: 2:24.77 (37.48)		
	250m: 3:03.46 (38.69)	300m: 3:40.72 (37.26)	350m: 4:19.79 (39.07)	400m: 4:57.14 (37.35)		
	450m: 5:35.48 (38.34)	500m: 6:13.31 (37.83)	550m: 6:52.77 (39.46)	600m: 7:30.92 (38.15)		
	650m: 8:09.74 (38.82)	700m: 8:48.19 (38.45)	750m: 9:26.96 (38.77)	800m: 10:06.06 (39.10)		
	850m: 10:45.80 (39.74)	900m: 11:23.37 (37.57)	950m: 12:02.69 (39.32)	1000m: 12:41.47 (38.78)		
	1050m: 13:22.13 (40.66)	1100m: 14:02.65 (40.52)	1150m: 14:44.26 (41.61)	1200m: 15:26.06 (41.80)		
	1250m: 16:07.44 (41.38)	1300m: 16:49.49 (42.05)	1350m: 17:31.00 (41.51)	1400m: 18:13.10 (42.10)		
	1450m: 18:54.24 (41.14)	1500m: 19:32.34 (38.10)				
5	Fróði Hansen	2008 Fuglafjarðar Svímjifelag	377	20:04.90	+1:39.60	
	50m: 34.93	100m: 1:14.89 (39.96)	150m: 1:56.72 (41.83)	200m: 2:36.27 (39.55)		
	250m: 3:15.94 (39.67)	300m: 3:55.66 (39.72)	350m: 4:35.70 (40.04)	400m: 5:15.69 (39.99)		
	450m: 5:55.79 (40.10)	500m: 6:36.04 (40.25)	550m: 7:16.76 (40.72)	600m: 7:57.56 (40.80)		
	650m: 8:38.35 (40.79)	700m: 9:18.87 (40.52)	750m: 9:59.50 (40.63)	800m: 10:39.86 (40.36)		
	850m: 11:20.32 (40.46)	900m: 12:00.46 (40.14)	950m: 12:41.03 (40.57)	1000m: 13:21.60 (40.57)		
	1050m: 14:01.85 (40.25)	1100m: 14:43.27 (41.42)	1150m: 15:23.76 (40.49)	1200m: 16:04.68 (40.92)		
	1250m: 16:44.39 (39.71)	1300m: 17:25.45 (41.06)	1350m: 18:05.24 (39.79)	1400m: 18:46.30 (41.06)		
	1450m: 19:25.70 (39.40)	1500m: 20:04.90 (39.20)				

Kapping almenn: 03.07.2020 10:23:20

Kapping 3, 200m Bringu Kvinnur - Innleiðandi

FAR	2:42.03	Sára R. Nysted	2001 Suðuroyar Svímjifelag (FA Vagur (FAR))	25.05.2017
FAR.JR	2:42.03	Sára R. Nysted	2001 Suðuroyar Svímjifelag (FA Vagur (FAR))	25.05.2017

Bronsunál 25m 03:21.02 - Bronsunál 50m 03:27.80

Raðf	Navn	Føðia Félag	R.T	FINA	Tíð	Munur
1	Eyðrið Mortensen	2003 Havnar Svímjifelag	475	2:58.25	Q	
	50m: 41.14	100m: 1:28.41 (47.27)	150m: 2:13.79 (45.38)	200m: 2:58.25 (44.46)		
2	Sofía Toftegaard	2006 Svímjifelagið Ægir	445	3:02.15	+3.90 Q	
	50m: 40.78	100m: 1:28.51 (47.73)	150m: 2:15.83 (47.32)	200m: 3:02.15 (46.32)		
3	Lea Osberg Højsted	2008 Svímjifelagið Ægir	444	3:02.29	+4.04 Q	
	50m: 42.13	100m: 1:28.95 (46.82)	150m: 2:16.29 (47.34)	200m: 3:02.29 (46.00)		
4	Nancy Nónskarð Dam	2005 Havnar Svímjifelag	398	3:08.97	+10.72 Q	
	50m: 41.81	100m: 1:30.28 (48.47)	150m: 2:20.32 (50.04)	200m: 3:08.97 (48.65)		
5	Jóhanna H. Eidesgaard	2004 Havnar Svímjifelag	366	3:14.40	+16.15 Q	
	50m: 43.33	100m: 1:32.92 (49.59)	150m: 2:25.19 (52.27)	200m: 3:14.40 (49.21)		
6	Birita Vesturtún	2007 Fuglafjarðar Svímjifelag	355	3:16.43	+18.18 Q	
	50m: 45.21	100m: 1:35.29 (50.08)	150m: 2:26.41 (51.12)	200m: 3:16.43 (50.02)		
7	Björg Ólavsdóttir	2004 Havnar Svímjifelag	324	3:22.51	+24.26	
	50m: 44.38	100m: 1:35.66 (51.28)	150m: 2:29.28 (53.62)	200m: 3:22.51 (53.23)		
-	Sólvá A. Sigurðsson	2002 Svímjifelagið Ægir		DNS		

Kapping almenn: 03.07.2020 10:25:12

Kapping 3, 200m Bringu Kvinnur - Finala

FAR	2:42.03	Sára R. Nysted	2001 Suðuroyar Svímjifelag (FA Vagur (FAR))	25.05.2017
FAR.JR	2:42.03	Sára R. Nysted	2001 Suðuroyar Svímjifelag (FA Vagur (FAR))	25.05.2017

Bronsunál 25m 03:21.02 - Bronsunál 50m 03:27.80

Raðf	Navn	Føðia Félag	R.T	FINA	Tíð	Munur
1	Eyðrið Mortensen	2003 Havnar Svímjifelag	492	2:56.18	(45.09)	
	50m: 40.17	100m: 1:25.92 (45.75)	150m: 2:11.09 (45.17)	200m: 2:56.18 (45.09)		
2	Sofía Toftegaard	2006 Svímjifelagið Ægir	442	3:02.50	+6.32	
	50m: 41.00	100m: 1:29.16 (48.16)	150m: 2:16.90 (47.74)	200m: 3:02.50 (45.60)		



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Kapping 3, 200m Bringu Kvinnur - Finala

Raðf	Navn	Føðia Felag	R.T	FINA	Tíð	Munur
3	Nancy Nónskarð Dam	2005 Havnar Svímjifelag		416	3:06.23	+10.05
	50m: 40.48	100m: 1:28.58 (48.10)	150m: 2:17.74 (49.16)		200m: 3:06.23 (48.49)	
4	Birita Vesturtún	2007 Fuglafjarðar Svímjifelag		390	3:10.36	+14.18
	50m: 43.05	100m: 1:32.29 (49.24)	150m: 2:22.60 (50.31)		200m: 3:10.36 (47.76)	
5	Jóhanna H. Eidesgaard	2004 Havnar Svímjifelag		362	3:15.09	+18.91
	50m: 42.65	100m: 1:32.69 (50.04)	150m: 2:24.73 (52.04)		200m: 3:15.09 (50.36)	
-	Lea Osberg Højsted	2008 Svímjifelagið Ægir			DSQ	Tjövstart

Kapping almenn: 03.07.2020 17:21:24

Kapping 4, 200m Bringu Menn - Innleiðandi

FAR	2:21.71	Pal Joensen	1990 Suðuroyar Svímjifelag (FA Bergen (NOR)	31.05.2015
FAR.JR	2:23.72	Róland Toftum	1998 Suðuroyar Svímjifelag (FA Laugardalslaug (ISL)	24.01.2016

Bronsunál 25m 02:59.49 - Bronsunál 50m 03:09.22

Raðf	Navn	Føðia Felag	R.T	FINA	Tíð	Munur
1	Bartal E. Eidesgaard	2003 Havnar Svímjifelag		523	2:37.17	Q
	50m: 34.06	100m: 1:14.18 (40.12)	150m: 1:56.30 (42.12)		200m: 2:37.17 (40.87)	
2	Niklas Jógvan Arge	2004 Havnar Svímjifelag		470	2:42.86	+5.69 Q
	50m: 34.78	100m: 1:16.51 (41.73)	150m: 2:00.06 (43.55)		200m: 2:42.86 (42.80)	
3	Rani Jacobsen	2001 Suðuroyar Svímjifelag		454	2:44.75	+7.58 Q
	50m: 37.72	100m: 1:22.11 (44.39)	150m: 2:03.37 (41.26)		200m: 2:44.75 (41.38)	
4	Høgni Hoydal Thomassen	2002 Havnar Svímjifelag		360	2:57.96	+20.79 Q
	50m: 40.13	100m: 1:26.56 (46.43)	150m: 2:13.93 (47.37)		200m: 2:57.96 (44.03)	
5	Andreas Debess	2006 Suðuroyar Svímjifelag		310	3:07.14	+29.97 Q
	50m: 41.48	100m: 1:30.73 (49.25)	150m: 2:18.86 (48.13)		200m: 3:07.14 (48.28)	
6	Markus Bárðarson Dahl	2005 Havnar Svímjifelag		282	3:13.01	+35.84 x
	50m: 41.98	100m: 1:30.63 (48.65)	150m: 2:21.37 (50.74)		200m: 3:13.01 (51.64)	
7	Jákup Í Jákupsstovu	2004 Svímjifelagið Flot		263	3:17.58	+40.41 Q
	50m: 45.90	100m: 1:35.74 (49.84)	150m: 2:27.66 (51.92)		200m: 3:17.58 (49.92)	
-	Villiam Marius Samuelsen	2005 Havnar Svímjifelag		261	3:17.98	+40.81 x
	50m: 43.13	100m: 1:32.84 (49.71)	150m: 2:25.22 (52.38)		200m: 3:17.98 (52.76)	

Kapping almenn: 03.07.2020 10:33:21

Kapping 4, 200m Bringu Menn - Finala

FAR	2:21.71	Pal Joensen	1990 Suðuroyar Svímjifelag (FA Bergen (NOR)	31.05.2015
FAR.JR	2:23.72	Róland Toftum	1998 Suðuroyar Svímjifelag (FA Laugardalslaug (ISL)	24.01.2016

Bronsunál 25m 02:59.49 - Bronsunál 50m 03:09.22

Raðf	Navn	Føðia Felag	R.T	FINA	Tíð	Munur
1	Bartal E. Eidesgaard	2003 Havnar Svímjifelag		521	2:37.32	
	50m: 33.92	100m: 1:13.55 (39.63)	150m: 1:55.33 (41.78)		200m: 2:37.32 (41.99)	
2	Niklas Jógvan Arge	2004 Havnar Svímjifelag		484	2:41.32	+4.00
	50m: 36.33	100m: 1:18.47 (42.14)	150m: 2:01.81 (43.34)		200m: 2:41.32 (39.51)	
3	Rani Jacobsen	2001 Suðuroyar Svímjifelag		478	2:41.94	+4.62
	50m: 36.41	100m: 1:18.91 (42.50)	150m: 2:00.63 (41.72)		200m: 2:41.94 (41.31)	
4	Andreas Debess	2006 Suðuroyar Svímjifelag		298	3:09.56	+32.24
	50m: 40.72	100m: 1:31.55 (50.83)	150m: 2:20.10 (48.55)		200m: 3:09.56 (49.46)	
5	Jákup Í Jákupsstovu	2004 Svímjifelagið Flot		288	3:11.71	+34.39
	50m: 45.38	100m: 1:32.84 (47.46)	150m: 2:23.24 (50.40)		200m: 3:11.71 (48.47)	
-	Høgni Hoydal Thomassen	2002 Havnar Svímjifelag			DSQ	2 firvaldspark

Kapping almenn: 03.07.2020 17:25:23

Kapping 5, 100m Firvald Kvinnur - Innleiðandi

FAR	1:04.58	Poula Mohr	1995 Fuglafjarðar Svímjifelag (F Barcelona (ESP)	28.07.2013
FAR.JR	1:04.75	Sára R. Nysted	2001 Suðuroyar Svímjifelag (FA Vagur (FAR)	11.03.2016

Bronsunál 25m 01:21.57 - Bronsunál 50m 01:22.87

Raðf	Navn	Føðia Felag	R.T	FINA	Tíð	Munur
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05-07-2020 19:23.33

Dátaviðgerð: WinGrodan 2.6

Loyvt: Suðuroyar Svímjifelag

Síða 3/36



Úrslit

Kapping 5, 100m Firvald Kvinnur - Innleiðandi

Raðf	Navn	Føðia Felag	R.T	FINA	Tíð	Munur
1	Rebekka Trygvadóttir	2004 Svímjifelagið Ægir		539	1:08.15	Q
	50m: 31.81	100m: 1:08.15 (36.34)				
2	Elisabeth Erlandsdóttir	2005 Havnar Svímjifelag		522	1:08.89	+0.74 Q
	50m: 31.86	100m: 1:08.89 (37.03)				
3	Malan Jóhansdóttir	2004 Svímjifelagið Ægir		472	1:11.21	+3.06 Q
	50m: 33.00	100m: 1:11.21 (38.21)				
4	Róa Trygvadóttir	2008 Svímjifelagið Ægir		317	1:21.33	+13.18 Q
	50m: 38.01	100m: 1:21.33 (43.32)				
5	Jóhanna Ólavsdóttir	2007 Fuglafjarðar Svímjifelag		276	1:25.17	+17.02 Q
	50m: 40.03	100m: 1:25.17 (45.14)				
6	Signa Vár Dávadóttir	1998 Havnar Svímjifelag		228	1:30.75	+22.60 Q
	50m: 39.98	100m: 1:30.75 (50.77)				
7	Durita M. Askham	2008 Svímjifelagið Ægir		224	1:31.30	+23.15
	50m: 40.69	100m: 1:31.30 (50.61)				
-	Vár E. Eidesgaard	2001 Havnar Svímjifelag			DNS	

Kapping almenn: 03.07.2020 10:38:57

Kapping 5, 100m Firvald Kvinnur - Finala

FAR	1:04.58	Poula Mohr	1995 Fuglafjarðar Svímjifelag (F Barcelona (ESP)	28.07.2013
FAR.JR	1:04.75	Sára R. Nysted	2001 Suðuroyar Svímjifelag (FA Vagur (FAR)	11.03.2016

Bronsunál 25m 01:21.57 - Bronsunál 50m 01:22.87

Raðf	Navn	Føðia Felag	R.T	FINA	Tíð	Munur
1	Rebekka Trygvadóttir	2004 Svímjifelagið Ægir		568	1:06.97	
	50m: 31.24	100m: 1:06.97 (35.73)				
2	Elisabeth Erlandsdóttir	2005 Havnar Svímjifelag		566	1:07.06	+0.09
	50m: 31.22	100m: 1:07.06 (35.84)				
3	Malan Jóhansdóttir	2004 Svímjifelagið Ægir		444	1:12.70	+5.73
	50m: 34.44	100m: 1:12.70 (38.26)				
4	Róa Trygvadóttir	2008 Svímjifelagið Ægir		352	1:18.55	+11.58
	50m: 36.96	100m: 1:18.55 (41.59)				
5	Jóhanna Ólavsdóttir	2007 Fuglafjarðar Svímjifelag		341	1:19.38	+12.41
	50m: 36.07	100m: 1:19.38 (43.31)				
6	Signa Vár Dávadóttir	1998 Havnar Svímjifelag		249	1:28.10	+21.13
	50m: 40.72	100m: 1:28.10 (47.38)				

Kapping almenn: 03.07.2020 17:27:34

Kapping 6, 100m Firvald Menn - Innleiðandi

FAR	54.12	Magnus Jákupsson	1994 Havnar Svímjifelag (DEN)	Antwerp (BEL)	07.07.2012
FAR.JR	54.12	Magnus Jákupsson	1994 Havnar Svímjifelag (DEN)	Antwerp (BEL)	07.07.2012

Bronsunál 25m 01:11.82 - Bronsunál 50m 01:14.42

Raðf	Navn	Føðia Felag	R.T	FINA	Tíð	Munur
1	Johan Nónskarð Dam	2002 Svímjifelag		485	1:02.98	Q
	50m: 30.04	100m: 1:02.98 (32.94)				
2	Natanael A. Matras	2002 Svímjifelagið Ægir		475	1:03.44	+0.46 Q
	50m: 30.01	100m: 1:03.44 (33.43)				
3	Róland Toftum	1998 Suðuroyar Svímjifelag		406	1:06.81	+3.83 Q
	50m: 30.11	100m: 1:06.81 (36.70)				
4	Hans Jacob Hjelm	2003 Suðuroyar Svímjifelag		393	1:07.53	+4.55 Q
	50m: 30.29	100m: 1:07.53 (37.24)				
5	Jóhannis Erlendsson	2003 Havnar Svímjifelag		316	1:12.65	+9.67 Q
	50m: 33.04	100m: 1:12.65 (39.61)				
6	Isak Brisenfeldt	2006 Havnar Svímjifelag		309	1:13.17	+10.19 Q
	50m: 32.79	100m: 1:13.17 (40.38)				
7	Sámal Torkilsson	2006 Fuglafjarðar Svímjifelag		265	1:17.01	+14.03
	50m: 34.95	100m: 1:17.01 (42.06)				



Úrslit

Kapping 6, 100m Firvald Menn - Innleiðandi

Raðf	Navn	Fæðia Félag	R.T	FINA	Tíð	Munur
8	Dávid Gislason	2005 Havnar Svímjifelag	254		1:18.13	+15.15
	50m: 36.10	100m: 1:18.13 (42.03)				
9	Fróði Hansen	2008 Fuglafjarðar Svímjifelag	176		1:28.31	+25.33
	50m: 39.60	100m: 1:28.31 (48.71)				
-	Jóni Janusarson Strøm	2006 Havnar Svímjifelag			DSQ	Tjóstart

Kapping almenn: 03.07.2020 10:43:56

Kapping 6, 100m Firvald Menn - Finala

FAR	54.12	Magnus Jákupsson	1994 Havnar Svímjifelag (DEN)	Antwerp (BEL)	07.07.2012
FAR.JR	54.12	Magnus Jákupsson	1994 Havnar Svímjifelag (DEN)	Antwerp (BEL)	07.07.2012

Bronsunál 25m 01:11.82 - Bronsunál 50m 01:14.42

Raðf	Navn	Fæðia Félag	R.T	FINA	Tíð	Munur
1	Róland Toftum	1998 Suðuroyar Svímjifelag	584		59.19	
	50m: 27.36	100m: 59.19 (31.83)				
2	Johan Nónskarð Dam	2002 Havnar Svímjifelag	547		1:00.49	+1.30
	50m: 28.71	100m: 1:00.49 (31.78)				
3	Natanael A. Matras	2002 Svímjifelagið Ægir	431		1:05.49	+6.30
	50m: 30.72	100m: 1:05.49 (34.77)				
4	Isak Brisenfeldt	2006 Havnar Svímjifelag	331		1:11.49	+12.30
	50m: 32.37	100m: 1:11.49 (39.12)				
5	Hans Jacob Hjelm	2003 Suðuroyar Svímjifelag	312		1:12.98	+13.79
	50m: 33.10	100m: 1:12.98 (39.88)				
6	Jóhannis Erlendsson	2003 Havnar Svímjifelag	310		1:13.13	+13.94
	50m: 33.49	100m: 1:13.13 (39.64)				

Kapping almenn: 03.07.2020 17:30:32

Kapping 7, 200m Blandað Kvinnur - Innleiðandi

FAR	2:20.41	Sára R. Nysted	2001 Suðuroyar Svímjifelag (FA Laugardalslaug (ISL))	23.01.2016
FAR.JR	2:20.41	Sára R. Nysted	2001 Suðuroyar Svímjifelag (FA Laugardalslaug (ISL))	23.01.2016

Bronsunál 25m 03:02.03 - Bronsunál 50m 03:08.39

Raðf	Navn	Fæðia Félag	R.T	FINA	Tíð	Munur
1	Kristina Í Skála	2005 Havnar Svímjifelag	487		2:40.22	Q
	50m: 33.23	100m: 1:11.62 (38.39) 150m: 2:02.35 (50.73) 200m: 2:40.22 (37.87)				
2	Eyðrið Mortensen	2003 Havnar Svímjifelag	484		2:40.54	+0.32 Q
	50m: 34.77	100m: 1:17.15 (42.38) 150m: 2:02.57 (45.42) 200m: 2:40.54 (37.97)				
3	Malan Jóhansdóttir	2004 Svímjifelagið Ægir	431		2:46.90	+6.68 Q
	50m: 32.87	100m: 1:16.40 (43.53) 150m: 2:06.67 (50.27) 200m: 2:46.90 (40.23)				
4	Lea Osberg Højsted	2008 Svímjifelagið Ægir	399		2:51.26	+11.04 Q
	50m: 39.37	100m: 1:24.92 (45.55) 150m: 2:15.20 (50.28) 200m: 2:51.26 (36.06)				
5	Sofía Toftegaard	2006 Svímjifelagið Ægir	390		2:52.59	+12.37 -
	50m: 35.18	100m: 1:22.05 (46.87) 150m: 2:12.95 (50.90) 200m: 2:52.59 (39.64)				
6	Miriam Mortensen	2004 Havnar Svímjifelag	383		2:53.64	+13.42 Q
	50m: 33.32	100m: 1:16.54 (43.22) 150m: 2:13.86 (57.32) 200m: 2:53.64 (39.78)				
7	Róa Trygvadóttir	2008 Svímjifelagið Ægir	374		2:54.97	+14.75 Q
	50m: 40.35	100m: 1:27.70 (47.35) 150m: 2:18.97 (51.27) 200m: 2:54.97 (36.00)				
8	Björg Ólavsdóttir	2004 Havnar Svímjifelag	361		2:57.08	+16.86
	50m: 40.00	100m: 1:24.42 (44.42) 150m: 2:16.38 (51.96) 200m: 2:57.08 (40.70)				
9	Jóhanna Ólavsdóttir	2007 Fuglafjarðar Svímjifelag	337		3:01.12	+20.90
	50m: 40.26	100m: 3:01.12 (2:20.86) 150m: 2:20.07 () 200m: 3:01.12 (41.05)				
10	Bára D. Nattestad	2004 Havnar Svímjifelag	315		3:05.34	+25.12
	50m: 37.36	100m: 1:23.51 (46.15) 150m: 2:21.07 (57.56) 200m: 3:05.34 (44.27)				
11	Durita M. Askham	2008 Svímjifelagið Ægir	286		3:11.34	+31.12
	50m: 43.39	100m: 1:31.54 (48.15) 150m: 2:30.39 (58.85) 200m: 3:11.34 (40.95)				
12	Oddvá Seda D. Nattestad	2006 Havnar Svímjifelag	275		3:13.74	+33.52
	50m: 41.67	100m: 1:35.31 (53.64) 150m: 2:34.45 (59.14) 200m: 3:13.74 (39.29)				



Úrslit

Kapping 7, 200m Blandað Kvinnur - Innleiðandi

Raðf	Navn	Føðia Felag	R.T	FINA	Tíð	Munur
-	Vár E. Eidesgaard	2001 Havnar Svímjifelag			DNS	

Kapping almenn: 03.07.2020 11:25:58

Kapping 7, 200m Blandað Kvinnur - Finala

FAR	2:20.41	Sára R. Nysted	2001 Suðuroyar Svímjifelag (FA	Laugardalslaug (ISL)	23.01.2016
FAR.JR	2:20.41	Sára R. Nysted	2001 Suðuroyar Svímjifelag (FA	Laugardalslaug (ISL)	23.01.2016

Bronsunál 25m 03:02.03 - Bronsunál 50m 03:08.39

Raðf	Navn	Føðia Felag	R.T	FINA	Tíð	Munur
1	Eyðrið Mortensen	2003 Havnar Svímjifelag	533		2:35.47	
	50m: 33.89	100m: 1:12.43 (38.54)	150m: 1:58.08 (45.65)		200m: 2:35.47 (37.39)	
2	Kristina Í Skála	2005 Havnar Svímjifelag	487		2:40.25	+4.78
	50m: 34.08	100m: 1:11.30 (37.22)	150m: 2:02.37 (51.07)		200m: 2:40.25 (37.88)	
3	Malan Jóhansdóttir	2004 Svímjifelagið Ægir	426		2:47.60	+12.13
	50m: 34.00	100m: 1:20.16 (46.16)	150m: 2:07.27 (47.11)		200m: 2:47.60 (40.33)	
4	Róa Trygvadóttir	2008 Svímjifelagið Ægir	415		2:49.08	+13.61
	50m: 40.18	100m: 1:24.54 (44.36)	150m: 2:14.16 (49.62)		200m: 2:49.08 (34.92)	
5	Lea Osberg Højsted	2008 Svímjifelagið Ægir	404		2:50.52	+15.05
	50m: 42.10	100m: 1:27.81 (45.71)	150m: 2:13.65 (45.84)		200m: 2:50.52 (36.87)	
6	Miriam Mortensen	2004 Havnar Svímjifelag	400		2:51.11	+15.64
	50m: 33.68	100m: 1:17.94 (44.26)	150m: 2:14.10 (56.16)		200m: 2:51.11 (37.01)	

Kapping almenn: 03.07.2020 17:42:35

Kapping 8, 200m Blandað Menn - Innleiðandi

FAR	2:06.92	Magnus Jákupsson	1994 Havnar Svímjifelag (DEN)	Esbjerg (DEN)	13.07.2012
FAR.JR	2:06.92	Magnus Jákupsson	1994 Havnar Svímjifelag (DEN)	Esbjerg (DEN)	13.07.2012

Bronsunál 25m 02:43.76 - Bronsunál 50m 02:50.29

Raðf	Navn	Føðia Felag	R.T	FINA	Tíð	Munur
1	Rani Jacobsen	2001 Suðuroyar Svímjifelag	384		2:36.84	Q
	50m: 33.42	100m: 1:17.32 (43.90)	150m: 2:00.33 (43.01)		200m: 2:36.84 (36.51)	
2	Hans Jacob Hjelm	2003 Suðuroyar Svímjifelag	358		2:40.48	+3.64 Q
	50m: 32.25	100m: 1:15.38 (43.13)	150m: 2:04.33 (48.95)		200m: 2:40.48 (36.15)	
3	Rúni Dahl	2004 Suðuroyar Svímjifelag	347		2:42.13	+5.29 Q
	50m: 34.11	100m: 1:16.56 (42.45)	150m: 2:03.23 (46.67)		200m: 2:42.13 (38.90)	
4	Jóni Janusarson Strøm	2006 Havnar Svímjifelag	336		2:43.93	+7.09 Q
	50m: 34.32	100m: 1:18.54 (44.22)	150m: 2:07.02 (48.48)		200m: 2:43.93 (36.91)	
5	Lukas Besson	2007 Svímjifelagið Flot	331		2:44.76	+7.92 Q
	50m: 34.22	100m: 1:16.56 (42.34)	150m: 2:06.71 (50.15)		200m: 2:44.76 (38.05)	
6	Dávid Gíslason	2005 Havnar Svímjifelag	314		2:47.71	+10.87 Q
	50m: 33.83	100m: 1:19.17 (45.34)	150m: 2:12.12 (52.95)		200m: 2:47.71 (35.59)	
7	Karl Joensen	2005 Svímjifelagið Flot	312		2:47.96	+11.12
	50m: 35.59	100m: 1:17.95 (42.36)	150m: 2:09.41 (51.46)		200m: 2:47.96 (38.55)	
8	Fróði Hansen	2008 Fuglafjarðar Svímjifelag	269		2:56.43	+19.59
	50m: 39.44	100m: 1:27.62 (48.18)	150m: 2:16.53 (48.91)		200m: 2:56.43 (39.90)	
-	Villiam Marius Samuelsen	2005 Havnar Svímjifelag	323		2:46.10	+9.26 x
	50m: 34.65	100m: 1:15.83 (41.18)	150m: 2:08.28 (52.45)		200m: 2:46.10 (37.82)	

Kapping almenn: 03.07.2020 11:34:30

Kapping 8, 200m Blandað Menn - Finala

FAR	2:06.92	Magnus Jákupsson	1994 Havnar Svímjifelag (DEN)	Esbjerg (DEN)	13.07.2012
FAR.JR	2:06.92	Magnus Jákupsson	1994 Havnar Svímjifelag (DEN)	Esbjerg (DEN)	13.07.2012

Bronsunál 25m 02:43.76 - Bronsunál 50m 02:50.29

Raðf	Navn	Føðia Felag	R.T	FINA	Tíð	Munur
1	Rani Jacobsen	2001 Suðuroyar Svímjifelag	425		2:31.54	
	50m: 32.32	100m: 1:15.51 (43.19)	150m: 1:56.07 (40.56)		200m: 2:31.54 (35.47)	



Úrslit

Kapping 8, 200m Blandað Menn - Finala

Raðf	Navn	Føðia Felag	R.T	FINA	Tíð	Munur
2	Rúni Dahl	2004 Suðuroyar Svímjifelag		383	2:36.96	+5.42
	50m: 35.45	100m: 1:16.89 (41.44)	150m: 2:00.01 (43.12)		200m: 2:36.96 (36.95)	
3	Hans Jacob Hjelm	2003 Suðuroyar Svímjifelag		371	2:38.52	+6.98
	50m: 31.14	100m: 1:13.90 (42.76)	150m: 2:03.10 (49.20)		200m: 2:38.52 (35.42)	
4	Jóni Janusarson Strøm	2006 Havnar Svímjifelag		346	2:42.23	+10.69
	50m: 35.06	100m: 1:18.47 (43.41)	150m: 2:06.15 (47.68)		200m: 2:42.23 (36.08)	
5	Dávid Gislason	2005 Havnar Svímjifelag		324	2:45.93	+14.39
	50m: 33.62	100m: 1:17.54 (43.92)	150m: 2:10.11 (52.57)		200m: 2:45.93 (35.82)	
6	Lukas Bessason	2007 Svímjifelagið Flot		286	2:52.86	+21.32
	50m: 36.25	100m: 1:20.06 (43.81)	150m: 2:12.06 (52.00)		200m: 2:52.86 (40.80)	

Kapping almenn: 03.07.2020 17:46:38

Kapping 9, 50m Rygg Kvinnur - Innleiðandi

FAR	29.54	Signhild Joensen	2000 Ægir Klaksvik (FAR)	Glasgow (GBR)	04.08.2018
FAR.JR	29.59	Signhild Joensen	2000 Ægir Klaksvik (FAR)	Broenshoej (DEN)	04.04.2017

Bronsunál 25m 00:38.34 - Bronsunál 50m 00:40.30

Raðf	Navn	Føðia Felag	R.T	FINA	Tíð	Munur
1	Signhild Joensen	2000 Svímjifelagið Ægir		717	30.14	Q
2	Elisabeth Erlendsdóttir	2005 Havnar Svímjifelag		683	30.63	+0.49 Q
3	Barbara Debes	2000 Svímjifelagið Ægir		572	32.49	+2.35 Q
4	Ronja Ró í Dímun	2004 Havnar Svímjifelag		561	32.71	+2.57 Q
5	Kristina í Skála	2005 Havnar Svímjifelag		547	32.98	+2.84 Q
6	Jonna Joensen	2005 Svímjifelagið Ægir		532	33.28	+3.14 Q
7	Maria Bjarnastein Antoft	2000 Havnar Svímjifelag		463	34.87	+4.73
8	Elin Christiansen	2004 Suðuroyar Svímjifelag		453	35.12	+4.98
9	Björg Ólavsdóttir	2004 Havnar Svímjifelag		440	35.45	+5.31
10	Miriam Mortensen	2004 Havnar Svímjifelag		422	35.96	+5.82
11	Bjørk L Sørensen	2004 Suðuroyar Svímjifelag		405	36.44	+6.30
12	Birita Vesturtún	2007 Fuglafjarðar Svímjifelag		335	38.81	+8.67
13	Jóhanna Ólavsdóttir	2007 Fuglafjarðar Svímjifelag		328	39.10	+8.96
14	Lea Osberg Højsted	2008 Svímjifelagið Ægir		306	40.03	+9.89
15	Durita M. Askham	2008 Svímjifelagið Ægir		281	41.16	+11.02
16	Signa Vár Dávadóttir	1998 Havnar Svímjifelag		277	41.36	+11.22
17	Oddvá Sedeá D. Nattestad	2006 Havnar Svímjifelag		248	42.94	+12.80
-	Sólvá A. Sigurðsson	2002 Svímjifelagið Ægir			DNS	

Kapping almenn: 03.07.2020 11:46:14

Kapping 9, 50m Rygg Kvinnur - Finala

FAR	29.54	Signhild Joensen	2000 Ægir Klaksvik (FAR)	Glasgow (GBR)	04.08.2018
FAR.JR	29.59	Signhild Joensen	2000 Ægir Klaksvik (FAR)	Broenshoej (DEN)	04.04.2017

Bronsunál 25m 00:38.34 - Bronsunál 50m 00:40.30

Raðf	Navn	Føðia Felag	R.T	FINA	Tíð	Munur
1	Signhild Joensen	2000 Svímjifelagið Ægir		713	30.20	
2	Elisabeth Erlendsdóttir	2005 Havnar Svímjifelag		686	30.59	+0.39
3	Barbara Debes	2000 Svímjifelagið Ægir		592	32.12	+1.92
4	Jonna Joensen	2005 Svímjifelagið Ægir		566	32.61	+2.41
5	Ronja Ró í Dímun	2004 Havnar Svímjifelag		557	32.79	+2.59
6	Kristina í Skála	2005 Havnar Svímjifelag		531	33.31	+3.11

Kapping almenn: 03.07.2020 17:52:00



Úrslit

Kapping 10, 50m Rygg Menn - Innleiðandi

FAR 26.34 Magnus Jákupsson 1994 Havnar Svímjifelag (DEN) Esbjerg (DEN) 10.07.2012
FAR.JR 26.34 Magnus Jákupsson 1994 Havnar Svímjifelag (DEN) Esbjerg (DEN) 10.07.2012

Bronsunál 25m 00:33.19 - Bronsunál 50m 00:35.85

Raðf	Navn	Føðia Felag	R.T	FINA	Tíð	Munur
1	Bartal Debess	2002 Suðuroyar Svímjifelag		514	29.96	Q
2	Martin V. Sivertsen	2002 Svímjifelagið Ægir		461	31.06	+1.10 Q
3	Lukas Bessason	2007 Svímjifelagið Flot		399	32.60	+2.64 Q
4	Róland Toftum	1998 Suðuroyar Svímjifelag		365	33.58	+3.62 Q
5	Andreas Debess	2006 Suðuroyar Svímjifelag		305	35.64	+5.68 Q
6	Otto Jacobsen	1999 Svímjifelagið Flot		294	36.09	+6.13 Q
7	Karl Joensen	2005 Svímjifelagið Flot		277	36.78	+6.82
8	Isak Brisenfeldt	2006 Havnar Svímjifelag		253	37.93	+7.97
9	Jóni Janusarson Strøm	2006 Havnar Svímjifelag		251	38.03	+8.07
10	Snorri Fríðheim Mortensen	2005 Havnar Svímjifelag		245	38.35	+8.39 x
11	Jákup Í Jákupsstovu	2004 Svímjifelagið Flot		237	38.76	+8.80
12	Sámal Torkilsson	2006 Fuglafjarðar Svímjifelag		232	39.04	+9.08
13	Fróði Hansen	2008 Fuglafjarðar Svímjifelag		199	41.08	+11.12
14	Markus Bárðarson Dahl	2005 Havnar Svímjifelag		187	41.93	+11.97 x
-	Villiam Marius Samuelsen	2005 Havnar Svímjifelag			DNS	x

Kapping almenn: 03.07.2020 11:47:21

Kapping 10, 50m Rygg Menn - Finala

FAR 26.34 Magnus Jákupsson 1994 Havnar Svímjifelag (DEN) Esbjerg (DEN) 10.07.2012
FAR.JR 26.34 Magnus Jákupsson 1994 Havnar Svímjifelag (DEN) Esbjerg (DEN) 10.07.2012

Bronsunál 25m 00:33.19 - Bronsunál 50m 00:35.85

Raðf	Navn	Føðia Felag	R.T	FINA	Tíð	Munur
1	Róland Toftum	1998 Suðuroyar Svímjifelag		577	28.82	
2	Bartal Debess	2002 Suðuroyar Svímjifelag		535	29.56	+0.74
3	Martin V. Sivertsen	2002 Svímjifelagið Ægir		466	30.95	+2.13
4	Lukas Bessason	2007 Svímjifelagið Flot		416	32.13	+3.31
5	Otto Jacobsen	1999 Svímjifelagið Flot		299	35.89	+7.07
6	Andreas Debess	2006 Suðuroyar Svímjifelag		265	37.34	+8.52

Kapping almenn: 03.07.2020 17:54:20

Kapping 11, 200m Frí Kvinnur - Innleiðandi

FAR 2:05.66 Sára R. Nysted 2001 Suðuroyar Svímjifelag (FA) Hodmezovasarhely (HUN) 08.07.2016
FAR.JR 2:05.66 Sára R. Nysted 2001 Suðuroyar Svímjifelag (FA) Hodmezovasarhely (HUN) 08.07.2016

Bronsunál 25m 02:44.96 - Bronsunál 50m 02:48.77

Raðf	Navn	Føðia Felag	R.T	FINA	Tíð	Munur
1	Alisa Vestergård	2003 Suðuroyar Svímjifelag		506	2:21.71	Q
	50m: 32.52	100m: 1:09.02 (36.50)	150m: 1:45.89 (36.87)		200m: 2:21.71 (35.82)	
2	Bjørn A. Sigurðsson	2004 Svímjifelagið Ægir		482	2:24.09	+2.38 Q
	50m: 32.80	100m: 1:09.89 (37.09)	150m: 1:47.14 (37.25)		200m: 2:24.09 (36.95)	
3	Birna Isholm	2006 Svímjifelagið Ægir		442	2:28.28	+6.57 Q
	50m: 33.18	100m: 1:10.41 (37.23)	150m: 1:49.07 (38.66)		200m: 2:28.28 (39.21)	
4	Jonna Joensen	2005 Svímjifelagið Ægir		397	2:33.62	+11.91 Q
	50m: 34.14	100m: 1:13.21 (39.07)	150m: 1:54.29 (41.08)		200m: 2:33.62 (39.33)	
5	Bjørk L Sørensen	2004 Suðuroyar Svímjifelag		344	2:41.14	+19.43 Q
	50m: 37.17	100m: 1:17.43 (40.26)	150m: 1:59.96 (42.53)		200m: 2:41.14 (41.18)	
6	Bára D. Nattestad	2004 Havnar Svímjifelag		223	3:06.29	+44.58 -
	50m: 42.12	100m: 1:29.15 (47.03)	150m: 2:17.72 (48.57)		200m: 3:06.29 (48.57)	



Úrslit

Kapping 11, 200m Frí Kvinnur - Innleiðandi

Raðf Navn Føðia Felag R.T FINA Tíð Munur
Kapping almenn: 03.07.2020 11:51:10

Kapping 11, 200m Frí Kvinnur - Finala

FAR 2:05.66 Sára R. Nysted 2001 Suðuroyar Svímjifelag (FA) Hodmezovasarhely (HUN) 08.07.2016
FAR.JR 2:05.66 Sára R. Nysted 2001 Suðuroyar Svímjifelag (FA) Hodmezovasarhely (HUN) 08.07.2016
Bronsunál 25m 02:44.96 - Bronsunál 50m 02:48.77

Raðf	Navn	Føðia Felag	R.T	FINA	Tíð	Munur
1	Alisa Vestergård	2003 Suðuroyar Svímjifelag	561		2:16.95	
	50m: 30.93	100m: 1:05.85 (34.92)	150m: 1:41.52 (35.67)		200m: 2:16.95 (35.43)	
2	Björt A. Sigurðsson	2004 Svímjifelagið Ægir	495		2:22.76	+5.81
	50m: 32.18	100m: 1:08.50 (36.32)	150m: 1:46.07 (37.57)		200m: 2:22.76 (36.69)	
3	Birna Isholm	2006 Svímjifelagið Ægir	474		2:24.82	+7.87
	50m: 33.48	100m: 1:10.27 (36.79)	150m: 1:47.82 (37.55)		200m: 2:24.82 (37.00)	
4	Jonna Joensen	2005 Svímjifelagið Ægir	399		2:33.36	+16.41
	50m: 34.14	100m: 1:13.00 (38.86)	150m: 1:54.36 (41.36)		200m: 2:33.36 (39.00)	
5	Bjørk L Sørensen	2004 Suðuroyar Svímjifelag	366		2:37.88	+20.93
	50m: 36.26	100m: 1:17.24 (40.98)	150m: 1:58.15 (40.91)		200m: 2:37.88 (39.73)	

Kapping almenn: 03.07.2020 17:58:35

Kapping 12, 200m Frí Menn - Innleiðandi

FAR 1:48.98 Pal Joensen 1990 Suðuroyar Svímjifelag (FA) Broenshoej (DEN) 23.03.2012
FAR.JR 1:55.21 Magnus Jákupsson 1994 Havnar Svímjifelag (DEN) Esbjerg (DEN) 13.07.2012
Bronsunál 25m 02:28.43 - Bronsunál 50m 02:32.36

Raðf	Navn	Føðia Felag	R.T	FINA	Tíð	Munur
1	Johan Nónskarð Dam	2002 Havnar Svímjifelag	623		1:59.38	Q
	50m: 27.95	100m: 57.87 (29.92)	150m: 1:28.91 (31.04)		200m: 1:59.38 (30.47)	
2	Bartal E. Eidesgaard	2003 Havnar Svímjifelag	595		2:01.27	+1.89 Q
	50m: 27.28	100m: 57.78 (30.50)	150m: 1:29.56 (31.78)		200m: 2:01.27 (31.71)	
3	Jóhannis Erlendsson	2003 Havnar Svímjifelag	421		2:16.02	+16.64 Q
	50m: 29.93	100m: 1:04.32 (34.39)	150m: 1:40.76 (36.44)		200m: 2:16.02 (35.26)	
4	Andreas Debess	2006 Suðuroyar Svímjifelag	416		2:16.57	+17.19 Q
	50m: 30.32	100m: 1:05.34 (35.02)	150m: 1:41.52 (36.18)		200m: 2:16.57 (35.05)	
5	Martin V. Sivertsen	2002 Svímjifelagið Ægir	406		2:17.64	+18.26 Q
	50m: 30.71	100m: 1:05.61 (34.90)	150m: 1:41.82 (36.21)		200m: 2:17.64 (35.82)	
6	Heini M. Askham	2006 Svímjifelagið Ægir	400		2:18.38	+19.00 Q
	50m: 29.74	100m: 1:04.64 (34.90)	150m: 1:41.81 (37.17)		200m: 2:18.38 (36.57)	
7	Teitur Winther	2005 Suðuroyar Svímjifelag	361		2:23.16	+23.78
	50m: 31.81	100m: 1:09.11 (37.30)	150m: 1:47.04 (37.93)		200m: 2:23.16 (36.12)	
8	Rúni Dahl	2004 Suðuroyar Svímjifelag	358		2:23.57	+24.19
	50m: 30.13	100m: 1:05.81 (35.68)	150m: 1:44.19 (38.38)		200m: 2:23.57 (39.38)	
9	Dávid Gíslason	2005 Havnar Svímjifelag	323		2:28.59	+29.21
	50m: 32.88	100m: 1:10.57 (37.69)	150m: 1:49.36 (38.79)		200m: 2:28.59 (39.23)	
10	Isak Brisenfeldt	2006 Havnar Svímjifelag	305		2:31.50	+32.12
	50m: 34.37	100m: 1:13.90 (39.53)	150m: 1:52.75 (38.85)		200m: 2:31.50 (38.75)	
11	Sámal Torkilsson	2006 Fuglafjarðar Svímjifelag	297		2:32.76	+33.38
	50m: 1:53.18	100m: 1:13.02 ()			200m: 2:32.76 (2:32.76)	
12	Karl Joensen	2005 Svímjifelagið Flot	282		2:35.46	+36.08
	50m: 35.45	100m: 1:14.93 (39.48)	150m: 1:56.61 (41.68)		200m: 2:35.46 (38.85)	
13	Jákup Í Jákupsstovu	2004 Svímjifelagið Flot	279		2:36.02	+36.64
	50m: 35.47	100m: 1:14.53 (39.06)	150m: 1:55.23 (40.70)		200m: 2:36.02 (40.79)	
14	Markus Bárðarson Dahl	2005 Havnar Svímjifelag	271		2:37.54	+38.16 x
		100m: 2:37.54 (2:37.54)			200m: 2:37.54 (2:37.54)	
-	Villiam Marius Samuelsen	2005 Havnar Svímjifelag			DNS	x

Kapping almenn: 03.07.2020 12:05:33



Úrslit

Kapping 12, 200m Frí Menn - Finala

FAR 1:48.98 Pal Joensen 1990 Suðuroyar Svímjifelag (FA Broenshoej (DEN) 23.03.2012
FAR.JR 1:55.21 Magnus Jákupsson 1994 Havnar Svímjifelag (DEN) Esbjerg (DEN) 13.07.2012
Bronsunál 25m 02:28.43 - Bronsunál 50m 02:32.36

Raðf	Navn	Føðia Felag	R.T	FINA	Tíð	Munur
1	Johan Nónskarð Dam	2002 Havnar Svímjifelag		613	2:00.03	
	50m: 28.46	100m: 59.28 (30.82)	150m: 1:30.44 (31.16)		200m: 2:00.03	(29.59)
2	Bartal E. Eidesgaard	2003 Havnar Svímjifelag		610	2:00.26	+0.23
	50m: 28.47	100m: 59.29 (30.82)	150m: 1:30.50 (31.21)		200m: 2:00.26	(29.76)
3	Jóhannis Erlendsson	2003 Havnar Svímjifelag		475	2:10.67	+10.64
	50m: 29.71	100m: 1:03.30 (33.59)	150m: 1:37.50 (34.20)		200m: 2:10.67	(33.17)
4	Martin V. Sivertsen	2002 Svímjifelagið Ægir		468	2:11.32	+11.29
	50m: 29.53	100m: 1:03.64 (34.11)	150m: 1:38.62 (34.98)		200m: 2:11.32	(32.70)
5	Andreas Debess	2006 Suðuroyar Svímjifelag		423	2:15.83	+15.80
	50m: 30.24	100m: 1:05.26 (35.02)	150m: 1:41.26 (36.00)		200m: 2:15.83	(34.57)
6	Heini M. Askham	2006 Svímjifelagið Ægir		420	2:16.19	+16.16
	50m: 32.36	100m: 1:07.41 (35.05)	150m: 1:42.84 (35.43)		200m: 2:16.19	(33.35)

Kapping almenn: 03.07.2020 18:06:35

Kapping 13, 4X100m Blandað Kvinnur - Innleiðandi

FAR 4:33.08 Ægir Klaksvik Ægir Klaksvik (FAR) Vagur (FAR) 26.04.2019
FAR.JR 4:44.99 Havnar Svímjifelag Havnar Svímjifelag (FAR) Vagur (FAR) 25.05.2017

Raðf	Navn	Aldur Felag	FINA	Tíð	Munur
1	1 LD Kvinnur Ægir 3	16 Svímjifelagið Ægir	513 Q	4:47.77	
	Jonna Joensen	2005	35.32	1:12.44	1:12.44
	Rebekka Trygvadóttir	2004	36.57	1:17.82	2:30.26
	Malan Jóhansdóttir	2004	33.37	2:30.26	
	Björt A. Sigurðsson	2004	4:12.93	4:47.77	4:47.77
2	1 LD Kvinnur Ægir 1	20 Svímjifelagið Ægir	449 Q	5:00.73	+12.96
	Signhild Joensen	2000	33.29	1:06.82	1:06.82
	Lea Osberg Højsted	2008	40.98	1:25.80	2:32.62
	Sofía Toftegaard	2006	36.79	2:32.62	
	Birna Isholm	2006	4:24.74	5:00.73	5:00.73
3	1 Ld Hs 2 Gentur	15 Havnar Svímjifelag	437 Q	5:03.54	+15.77
	Elisabeth Erlendsdóttir	2005	33.45	2:33.96	2:33.96
	Nancy Nónskarð Dam	2005	46.52	1:12.25	3:46.21
	Kristina í Skála	2005	39.04	3:46.21	
	Oddvá Sedeá D. Nattestad	2006	4:22.15	5:03.54	5:03.54
4	1 Ld Hs 1 Gentur	17 Havnar Svímjifelag	434 Q	5:04.30	+16.53
	Björg Ólavsdóttir	2004	36.95	1:17.05	1:17.05
	Eyðrið Mortensen	2003	36.82	1:21.29	2:38.34
	Miriam Mortensen	2004	34.89	1:22.28	4:00.62
	Ronja Ró í Dímun	2004	29.16	1:03.68	5:04.30
5	1 LD Kvinnur Ægir 2	21 Svímjifelagið Ægir	368 Q	5:21.36	+33.59
	Barbara Debes	2000	35.68	1:18.33	1:18.33
	Ásbjörg Hjelm	1999	36.05	1:22.12	2:40.45
	Róa Trygvadóttir	2008	40.76	2:40.45	
	Durita M. Askham	2008	4:40.43	5:21.36	5:21.36



Úrslit

Kapping 13, 4X100m Blandað Kvinnur - Innleiðandi

Raðf	Navn	Aldur	Felag	FINA	Tíð	Munur
6	Susvim Sisters		18 Suðuroyar Svímjifelag	351 -	5:26.44	+38.67
	Bjørk L Sørensen	2004		39.01	2:55.20	2:55.20
	Elin Christiansen	2004		49.73	1:14.97	4:10.17
	Alisa Vestergård	2003		41.53	4:10.17	
	Lea Midjord	2002		4:44.95	5:26.44	5:26.44

Kapping almenn: 03.07.2020 12:44:58

Kapping 13, 4X100m Blandað Kvinnur - Finala

FAR	4:33.08	Ægir Klaksvík	Ægir Klaksvík (FAR)	Vagur (FAR)	26.04.2019	
FAR.JR	4:44.99	Havnar Svímjifelag	Havnar Svímjifelag (FAR)	Vagur (FAR)	25.05.2017	
Raðf	Navn	Aldur	Felag	FINA	Tíð	Munur
1	1 LD Kvinnur Ægir 1		20 Svímjifelagið Ægir	579	4:36.28	
	Signhild Joensen	2000		31.45	1:04.99	1:04.99
	Rebekka Trygvadóttir	2004		36.58	1:19.14	2:24.13
	Malan Jóhansdóttir	2004		33.12	1:11.20	3:35.33
	Barbara Debes	2000		29.04	1:00.95	4:36.28
2	1 Ld Hs 1 Gentur		17 Havnar Svímjifelag	556	4:40.03	+3.75
	Elisabeth Erlendsdóttir	2005		32.37	1:07.00	1:07.00
	Eyðrið Mortensen	2003		37.93	1:20.57	2:27.57
	Kristina í Skála	2005		32.76	1:09.97	3:37.54
	Ronja Ró í Dímun	2004		29.18	1:02.49	4:40.03
3	1 LD Kvinnur Ægir 2		21 Svímjifelagið Ægir	458	4:58.90	+22.62
	Jonna Joensen	2005		35.33	1:12.92	1:12.92
	Ásbjörg Hjelm	1999		37.23	1:21.89	2:34.81
	Sofía Toftegaard	2006		36.46	1:17.27	3:52.08
	Björt A. Sigurðsson	2004		31.45	1:06.82	4:58.90
4	1 Ld Hs 2 Gentur		16 Havnar Svímjifelag	374	5:19.63	+43.35
	Björg Ólavsdóttir	2004		36.48	1:17.91	1:17.91
	Jóhanna H. Eidesgaard	2004		42.42	1:31.28	2:49.19
	Nancy Nónskarð Dam	2005		33.90	1:20.35	4:09.54
	Miriam Mortensen	2004		33.23	1:10.09	5:19.63
5	1 LD Kvinnur Ægir 3		14 Svímjifelagið Ægir	327	5:34.29	+58.01
	Durita M. Askham	2008		42.10		
	Lea Osberg Højsted	2008		2:11.71	3:00.30	3:00.30
	Róa Trygvadóttir	2008		41.64	1:25.60	4:25.90
	Birna Isholm	2006		32.90	1:08.39	5:34.29

Kapping almenn: 03.07.2020 18:24:20

Kapping 14, 4X100m Blandað Menn - Innleiðandi

FAR	4:11.85	Havnar Svímjifelag	Havnar Svímjifelag (FAR)	Vagur (FAR)	08.06.2018	
FAR.JR	4:27.12	Havnar Svímjifelag	Havnar Svímjifelag (FAR)	Vagur (FAR)	07.04.2018	
Raðf	Navn	Aldur	Felag	FINA	Tíð	Munur
1	1 LH Menn Ægir 1		20 Svímjifelagið Ægir	443 Q	4:31.83	
	Martin V. Sivertsen	2002		34.14	1:11.89	1:11.89
	Rókur Trygvason	2000		32.58	1:10.21	2:22.10
	Natanael A. Matras	2002		31.52	1:07.07	3:29.17
	Heini M. Askham	2006		30.01	1:02.66	4:31.83



Úrslit

Kapping 14, 4X100m Blandað Menn - Innleiðandi

Raðf	Navn	Aldur	Felag		FINA	Tíð	Munur
2	1 LH Hs 1 Menn		18 Havnar Svímjifelag		436 Q	4:33.18	+1.35
	Bartal E. Eidesgaard	2003		32.99	1:08.16	1:08.16	
	Høgni Hoydal Thomassen	2002		37.80	1:21.34	2:29.50	
	Johan Nónskarð Dam	2002		30.21	1:04.07	3:33.57	
	Jóhannis Erlendsson	2003		27.77	59.61	4:33.18	
3	Susvim Harrar		22 Suðuroyar Svímjifelag		410 Q	4:38.81	+6.98
	Róland Toftum	1998		33.25	1:10.12	1:10.12	
	Rani Jacobsen	2001		34.70	1:15.67	2:25.79	
	Rói Bech	2001		33.25	1:15.48	3:41.27	
	Bartal Debess	2002		27.16	57.54	4:38.81	
4	Susvim Dreingir		17 Suðuroyar Svímjifelag		347 Q	4:54.86	+23.03
	Teitur Winther	2005		37.24	1:16.95	1:16.95	
	Rúni Dahl	2004		37.10	1:24.15	2:41.10	
	Hans Jacob Hjelm	2003		30.97	1:09.65	3:50.75	
	Andreas Debess	2006		29.74	1:04.11	4:54.86	
5	1 LH Hs 2 Menn		16 Havnar Svímjifelag		326 -	5:01.10	+29.27
	Villiam Marius Samuelsen	2005		1:58.20	1:16.78	1:16.78	
	Markus Bárðarson Dahl	2005		1:59.06	1:28.06	2:44.84	
	Niklas Jógvan Arge	2004		1:41.18	2:44.84		
	Dávid Gíslason	2005			5:01.10	5:01.10	
6	Flot		21 Svímjifelagið Flot		274 Q	5:18.78	+46.95
	Lukas Besson	2007		34.36	2:46.47	2:46.47	
	Jákup í Jákupsstovu	2004		49.06	1:28.42	4:14.89	
	Karl Joensen	2005		47.76	4:14.89		
	Otto Jacobsen	1999		4:45.16	5:18.78	5:18.78	

Kapping almenn: 03.07.2020 12:39:52

Kapping 14, 4X100m Blandað Menn - Finala

FAR	4:11.85	Havnar Svímjifelag	Havnar Svímjifelag (FAR)	Vagur (FAR)	08.06.2018		
FAR.JR	4:27.12	Havnar Svímjifelag	Havnar Svímjifelag (FAR)	Vagur (FAR)	07.04.2018		
Raðf	Navn	Aldur	Felag		FINA	Tíð	Munur
1	Susvim Harrar		22 Suðuroyar Svímjifelag		536	4:15.05	
	Bartal Debess	2002		30.95	1:03.41	1:03.41	
	Róland Toftum	1998		31.03	1:06.55	2:09.96	
	Hans Jacob Hjelm	2003		30.17	1:06.40	3:16.36	
	Rói Bech	2001		26.91	58.69	4:15.05	
2	1 LH Hs 1 Menn		18 Havnar Svímjifelag		505	4:20.14	+5.09
	Bartal E. Eidesgaard	2003		32.61			
	Niklas Jógvan Arge	2004		1:39.74	2:18.46	2:18.46	
	Johan Nónskarð Dam	2002		30.68	1:02.80	3:21.26	
	Jóhannis Erlendsson	2003		27.39	58.88	4:20.14	
3	1 LH Menn Ægir 1		20 Svímjifelagið Ægir		482	4:24.32	+9.27
	Martin V. Sivertsen	2002		33.54	1:10.64	1:10.64	
	Rókur Trygvason	2000		32.10	1:07.27	2:17.91	
	Natanael A. Matras	2002		30.10	1:04.19	3:22.10	
	Heini M. Askham	2006		29.40	1:02.22	4:24.32	



Úrslit

Kapping 14, 4X100m Blandað Menn - Finala

Raðf	Navn	Aldur	Felag	FINA	Tíð	Munur
4	Susvim Dreingir		19 Suðuroyar Svímjifelag	339		4:57.21 +42.16
	Teitur Winther	2005		36.82	1:16.49	1:16.49
	Rúni Dahl	2004		37.20	1:23.90	2:40.39
	Rani Jacobsen	2001		32.71	1:13.33	3:53.72
	Andreas Debess	2006		29.44	1:03.49	4:57.21
5	Flot		21 Svímjifelagið Flot	284		5:15.24 +1:00.1
	Lukas Besson	2007		34.88	1:13.34	1:13.34
	Jákup Í Jákupsstovu	2004		43.55	1:13.34	
	Karl Joensen	2005		3:20.72	4:10.79	4:10.79
	Otto Jacobsen	1999		30.60	1:04.45	5:15.24

Kapping almenn: 03.07.2020 18:29:32

Kapping 15, 400m Frí Kvinnur - Innleiðandi

FAR 4:22.79 Sára R. Nysted 2001 Suðuroyar Svímjifelag (FA Hodmezovasarhely (HUN) 07.07.2016

FAR.JR 4:22.79 Sára R. Nysted 2001 Suðuroyar Svímjifelag (FA Hodmezovasarhely (HUN) 07.07.2016

Bronsunál 25m 05:49.43 - Bronsunál 50m 05:53.22

Raðf	Navn	Føðia Felag	R.T	FINA	Tíð	Munur
1	Rebekka Trygvadóttir	2004 Svímjifelagið Ægir		577	4:44.03	Q
	50m: 32.74	100m: 1:08.23 (35.49)	150m: 1:44.66 (36.43)	200m: 2:21.64 (36.98)		
	250m: 2:57.92 (36.28)	300m: 3:34.45 (36.53)	350m: 4:09.88 (35.43)	400m: 4:44.03 (34.15)		
2	Eyðrið Mortensen	2003 Havnar Svímjifelag		574	4:44.44	+0.41 Q
	50m: 32.93	100m: 1:08.58 (35.65)	150m: 1:44.83 (36.25)	200m: 2:21.42 (36.59)		
	250m: 2:57.85 (36.43)	300m: 3:34.63 (36.78)	350m: 4:10.20 (35.57)	400m: 4:44.44 (34.24)		
3	Nancy Nónskarð Dam	2005 Havnar Svímjifelag		490	4:59.77	+15.74 Q
	50m: 33.02	100m: 1:10.26 (37.24)	150m: 1:48.70 (38.44)	200m: 2:28.02 (39.32)		
	250m: 3:06.79 (38.77)	300m: 3:46.01 (39.22)	350m: 4:23.96 (37.95)	400m: 4:59.77 (35.81)		
4	Bjørn A. Sigurðsson	2004 Svímjifelagið Ægir		473	5:03.32	+19.29 Q
	50m: 34.79	100m: 1:12.83 (38.04)	150m: 1:52.06 (39.23)	200m: 2:31.44 (39.38)		
	250m: 3:10.17 (38.73)	300m: 3:48.54 (38.37)	350m: 4:26.93 (38.39)	400m: 5:03.32 (36.39)		
5	Jóhanna Ólavsdóttir	2007 Fuglafjarðar Svímjifelag		436	5:11.71	+27.68 Q
	50m: 35.35	100m: 1:13.63 (38.28)	150m: 1:53.60 (39.97)	200m: 2:33.36 (39.76)		
	250m: 3:13.10 (39.74)	300m: 3:53.44 (40.34)	350m: 4:32.91 (39.47)	400m: 5:11.71 (38.80)		
6	Birna Isholm	2006 Svímjifelagið Ægir		406	5:19.25	+35.22 Q
	50m: 35.45	100m: 1:14.52 (39.07)	150m: 1:54.86 (40.34)	200m: 2:36.06 (41.20)		
	250m: 3:17.24 (41.18)	300m: 3:58.67 (41.43)	350m: 4:39.50 (40.83)	400m: 5:19.25 (39.75)		
7	Oddvá Sæda D. Nattestad	2006 Havnar Svímjifelag		276	6:02.98	+1:18.95
	50m: 38.28	100m: 1:23.50 (45.22)	150m: 2:12.04 (48.54)	200m: 2:57.76 (45.72)		
	250m: 3:47.63 (49.87)	300m: 4:32.82 (45.19)	350m: 5:20.93 (48.11)	400m: 6:02.98 (42.05)		
-	Vár E. Eidesgaard	2001 Havnar Svímjifelag			DNS	

Kapping almenn: 04.07.2020 09:43:34

Kapping 15, 400m Frí Kvinnur - Finala

FAR 4:22.79 Sára R. Nysted 2001 Suðuroyar Svímjifelag (FA Hodmezovasarhely (HUN) 07.07.2016

FAR.JR 4:22.79 Sára R. Nysted 2001 Suðuroyar Svímjifelag (FA Hodmezovasarhely (HUN) 07.07.2016

Bronsunál 25m 05:49.43 - Bronsunál 50m 05:53.22

Raðf	Navn	Føðia Felag	R.T	FINA	Tíð	Munur
1	Rebekka Trygvadóttir	2004 Svímjifelagið Ægir		593	4:41.33	
	50m: 32.56	100m: 1:07.98 (35.42)	150m: 1:44.17 (36.19)	200m: 2:20.59 (36.42)		
	250m: 2:56.08 (35.49)	300m: 3:31.98 (35.90)	350m: 4:07.41 (35.43)	400m: 4:41.33 (33.92)		
2	Eyðrið Mortensen	2003 Havnar Svímjifelag		592	4:41.50	+0.17
	50m: 32.27	100m: 1:07.59 (35.32)	150m: 1:43.33 (35.74)	200m: 2:19.61 (36.28)		
	250m: 2:55.70 (36.09)	300m: 3:32.00 (36.30)	350m: 4:07.55 (35.55)	400m: 4:41.50 (33.95)		
3	Nancy Nónskarð Dam	2005 Havnar Svímjifelag		512	4:55.49	+14.16
	50m: 32.82	100m: 1:09.01 (36.19)	150m: 1:46.32 (37.31)	200m: 2:24.81 (38.49)		
	250m: 3:03.38 (38.57)	300m: 3:42.14 (38.76)	350m: 4:19.60 (37.46)	400m: 4:55.49 (35.89)		



Úrslit

Kapping 15, 400m Frí Kvinnur - Finala

Raðf	Navn	Føðia Felag	R.T	FINA	Tíð	Munur
4	Björt A. Sigurðsson	2004 Svímjifelagið Ægir		493	4:59.20	+17.87
	50m: 33.66	100m: 1:11.02 (37.36)	150m: 1:49.62 (38.60)	200m: 2:28.25 (38.63)		
	250m: 3:06.80 (38.55)	300m: 3:44.48 (37.68)	350m: 4:21.46 (36.98)	400m: 4:59.20 (37.74)		
5	Birna Isholm	2006 Svímjifelagið Ægir		451	5:08.13	+26.80
	50m: 34.29	100m: 1:11.90 (37.61)	150m: 1:50.74 (38.84)	200m: 2:29.65 (38.91)		
	250m: 3:09.53 (39.88)	300m: 3:49.69 (40.16)	350m: 4:29.88 (40.19)	400m: 5:08.13 (38.25)		
6	Jóhanna Ólavsdóttir	2007 Fuglafjarðar Svímjifelag		409	5:18.46	+37.13
	50m: 35.39	100m: 1:15.03 (39.64)	150m: 1:55.56 (40.53)	200m: 2:36.57 (41.01)		
	250m: 3:17.61 (41.04)	300m: 3:58.11 (40.50)	350m: 4:38.60 (40.49)	400m: 5:18.46 (39.86)		

Kapping almenn: 04.07.2020 17:07:40

Kapping 16, 400m Frí Menn - Innleiðandi

FAR	3:46.84	Pal Joensen	1990 Suðuroyar Svímjifelag (FA)	Broenshoej (DEN)	22.03.2012
FAR.JR	3:59.67	Óli Mortensen	1996 Havnar Svímjifelag (FAR)	Dordrecht (NED)	09.07.2014

Bronsunál 25m 05:17.05 - Bronsunál 50m 05:28.74

Raðf	Navn	Føðia Felag	R.T	FINA	Tíð	Munur
1	Johan Nónskarð Dam	2002 Havnar Svímjifelag		630	4:16.58	Q
	50m: 29.32	100m: 1:01.42 (32.10)	150m: 1:33.70 (32.28)	200m: 2:06.58 (32.88)		
	250m: 2:39.32 (32.74)	300m: 3:12.22 (32.90)	350m: 3:45.17 (32.95)	400m: 4:16.58 (31.41)		
2	Jóhannis Erlendsson	2003 Havnar Svímjifelag		452	4:46.69	+30.11 Q
	50m: 30.55	100m: 1:05.94 (35.39)	150m: 1:41.98 (36.04)	200m: 2:18.96 (36.98)		
	250m: 2:56.28 (37.32)	300m: 3:33.68 (37.40)	350m: 4:11.55 (37.87)	400m: 4:46.69 (35.14)		
3	Teitur Winther	2005 Suðuroyar Svímjifelag		435	4:50.30	+33.72 Q
	50m: 32.03	100m: 1:07.89 (35.86)	150m: 1:44.75 (36.86)	200m: 2:22.54 (37.79)		
	250m: 2:59.93 (37.39)	300m: 3:37.32 (37.39)	350m: 4:15.15 (37.83)	400m: 4:50.30 (35.15)		
4	Heini M. Askham	2006 Svímjifelagið Ægir		429	4:51.61	+35.03 Q
	50m: 33.12	100m: 1:09.96 (36.84)	150m: 1:47.46 (37.50)	200m: 2:24.39 (36.93)		
	250m: 3:01.18 (36.79)	300m: 3:37.89 (36.71)	350m: 4:14.46 (36.57)	400m: 4:51.61 (37.15)		
5	Fróði Hansen	2008 Fuglafjarðar Svímjifelag		348	5:12.86	+56.28 Q
	50m: 35.06	100m: 1:15.04 (39.98)	150m: 1:56.11 (41.07)	200m: 2:37.23 (41.12)		
	250m: 3:17.07 (39.84)	300m: 3:56.92 (39.85)	350m: 4:35.97 (39.05)	400m: 5:12.86 (36.89)		
6	Dávid Gislason	2005 Havnar Svímjifelag		346	5:13.25	+56.67 Q
	50m: 34.38	100m: 1:13.83 (39.45)	150m: 1:54.62 (40.79)	200m: 2:35.73 (41.11)		
	250m: 3:16.46 (40.73)	300m: 3:57.96 (41.50)	350m: 4:38.02 (40.06)	400m: 5:13.25 (35.23)		
7	Markus Bárðarson Dahl	2005 Havnar Svímjifelag		244	5:51.80	+1:35.22 x
	50m: 38.28	100m: 1:21.26 (42.98)	150m: 2:05.51 (44.25)	200m: 2:51.27 (45.76)		
		300m: 4:22.74 (4:22.74)		400m: 5:51.80 (5:51.80)		

Kapping almenn: 04.07.2020 09:58:39

Kapping 16, 400m Frí Menn - Finala

FAR	3:46.84	Pal Joensen	1990 Suðuroyar Svímjifelag (FA)	Broenshoej (DEN)	22.03.2012
FAR.JR	3:59.67	Óli Mortensen	1996 Havnar Svímjifelag (FAR)	Dordrecht (NED)	09.07.2014

Bronsunál 25m 05:17.05 - Bronsunál 50m 05:28.74

Raðf	Navn	Føðia Felag	R.T	FINA	Tíð	Munur
1	Johan Nónskarð Dam	2002 Havnar Svímjifelag		499	4:37.28	
	50m: 30.89	100m: 1:05.47 (34.58)	150m: 1:40.88 (35.41)	200m: 2:17.22 (36.34)		
	250m: 2:52.72 (35.50)	300m: 3:28.47 (35.75)	350m: 4:02.99 (34.52)	400m: 4:37.28 (34.29)		
2	Jóhannis Erlendsson	2003 Havnar Svímjifelag		480	4:40.90	+3.62
	50m: 31.27	100m: 1:06.39 (35.12)	150m: 1:41.90 (35.51)	200m: 2:17.84 (35.94)		
	250m: 2:53.96 (36.12)	300m: 3:29.71 (35.75)	350m: 4:05.59 (35.88)	400m: 4:40.90 (35.31)		
3	Teitur Winther	2005 Suðuroyar Svímjifelag		463	4:44.37	+7.09
	50m: 31.93	100m: 1:07.29 (35.36)	150m: 1:43.53 (36.24)	200m: 2:19.82 (36.29)		
	250m: 2:56.43 (36.61)	300m: 3:33.34 (36.91)	350m: 4:09.69 (36.35)	400m: 4:44.37 (34.68)		
4	Heini M. Askham	2006 Svímjifelagið Ægir		457	4:45.66	+8.38
	50m: 32.88	100m: 1:08.26 (35.38)	150m: 1:44.52 (36.26)	200m: 2:20.95 (36.43)		
	250m: 2:57.81 (36.86)	300m: 3:34.24 (36.43)	350m: 4:11.01 (36.77)	400m: 4:45.66 (34.65)		
5	Dávid Gislason	2005 Havnar Svímjifelag		367	5:07.36	+30.08
	50m: 33.19	100m: 1:10.28 (37.09)	150m: 1:49.23 (38.95)	200m: 2:28.20 (38.97)		
	250m: 3:08.71 (40.51)	300m: 3:48.16 (39.45)	350m: 4:28.70 (40.54)	400m: 5:07.36 (38.66)		



Úrslit

Kapping 16, 400m Frí Menn - Finala

Raðf	Navn	Føðia Felag	R.T	FINA	Tíð	Munur
6	Fróði Hansen	2008 Fuglafjarðar Svimmifelag		363	5:08.47	+31.19
	50m: 34.97	100m: 1:14.47 (39.50)	150m: 1:54.09 (39.62)		200m: 2:33.46 (39.37)	
	250m: 3:12.89 (39.43)	300m: 3:52.70 (39.81)	350m: 4:31.19 (38.49)		400m: 5:08.47 (37.28)	

Kapping almenn: 04.07.2020 17:13:21

Kapping 17, 50m Firvald Kvinnur - Innleiðandi

FAR	28.29	Astrid Foldarskarð	1994 Svimmifelagið Flot (FAR)	Broenshoej (DEN)	30.03.2014
FAR.JR	28.44	Vár Erlingsdóttir Eidesga	2001 Havnar Svimmifelag (FAR)	Bergen (NOR)	14.04.2018

Bronsunál 25m 00:36.41 - Bronsunál 50m 00:36.49

Raðf	Navn	Føðia Felag	R.T	FINA	Tíð	Munur
1	Barbara Debes	2000 Svimmifelagið Ægir		523	30.32	-
2	Signhild Joensen	2000 Svimmifelagið Ægir		522	30.34	+0.02 -
3	Ronja Ró í Dímun	2004 Havnar Svimmifelag		520	30.38	+0.06 Q
4	Kristina í Skála	2005 Havnar Svimmifelag		504	30.69	+0.37 Q
5	Alisa Vestergård	2003 Suðuroyar Svimmifelag		499	30.79	+0.47 Q
6	Malan Jóhansdóttir	2004 Svimmifelagið Ægir		436	32.21	+1.89 Q
7	Miriam Mortensen	2004 Havnar Svimmifelag		435	32.24	+1.92 Q
8	Sofía Toftegaard	2006 Svimmifelagið Ægir		404	33.04	+2.72 Q
9	Elin Christiansen	2004 Suðuroyar Svimmifelag		370	34.02	+3.70
10	Róa Trygvadóttir	2008 Svimmifelagið Ægir		312	36.01	+5.69
11	Signa Vár Dávadóttir	1998 Havnar Svimmifelag		307	36.20	+5.88
12	Jóhanna Ólavsdóttir	2007 Fuglafjarðar Svimmifelag		286	37.05	+6.73
13	Durita M. Askham	2008 Svimmifelagið Ægir		272	37.67	+7.35
14	Birita Vesturtún	2007 Fuglafjarðar Svimmifelag		270	37.78	+7.46
15	Jóhanna H. Eidesgaard	2004 Havnar Svimmifelag		260	38.24	+7.92
16	Lea Osberg Højsted	2008 Svimmifelagið Ægir		250	38.74	+8.42
17	Oddvá Sæde D. Nattestad	2006 Havnar Svimmifelag		194	42.18	+11.86
-	Bára D. Nattestad	2004 Havnar Svimmifelag			DNS	
-	Sólvá A. Sigurðsson	2002 Svimmifelagið Ægir			DNS	
-	Vár E. Eidesgaard	2001 Havnar Svimmifelag			DNS	

Kapping almenn: 04.07.2020 10:04:38

Kapping 17, 50m Firvald Kvinnur - Finala

FAR	28.29	Astrid Foldarskarð	1994 Svimmifelagið Flot (FAR)	Broenshoej (DEN)	30.03.2014
FAR.JR	28.44	Vár Erlingsdóttir Eidesga	2001 Havnar Svimmifelag (FAR)	Bergen (NOR)	14.04.2018

Bronsunál 25m 00:36.41 - Bronsunál 50m 00:36.49

Raðf	Navn	Føðia Felag	R.T	FINA	Tíð	Munur
1	Ronja Ró í Dímun	2004 Havnar Svimmifelag		572	29.43	
2	Kristina í Skála	2005 Havnar Svimmifelag		502	30.72	+1.29
2	Alisa Vestergård	2003 Suðuroyar Svimmifelag		502	30.72	+1.29
4	Miriam Mortensen	2004 Havnar Svimmifelag		453	31.80	+2.37
5	Sofía Toftegaard	2006 Svimmifelagið Ægir		419	32.64	+3.21
6	Malan Jóhansdóttir	2004 Svimmifelagið Ægir		402	33.09	+3.66

Kapping almenn: 04.07.2020 17:15:45

Kapping 18, 50m Firvald Menn - Innleiðandi

FAR	24.69	Magnus Jákupsson	1994 Havnar Svimmifelag (DEN)	Antwerp (BEL)	04.07.2012
FAR.JR	24.69	Magnus Jákupsson	1994 Havnar Svimmifelag (DEN)	Antwerp (BEL)	04.07.2012

Bronsunál 25m 00:32.49 - Bronsunál 50m 00:33.26



Úrslit

Kapping 18, 50m Firvald Menn - Innleiðandi

Raðf	Navn	Føðia Félag	R.T	FINA	Tíð	Munur
1	Rókur Trygvason	2000 Svímjifelagið Ægir	621		26.09	Q
2	Bartal E. Eidesgaard	2003 Havnar Svímjifelag	570		26.85	+0.76 Q
3	Róland Toftum	1998 Suðuroyar Svímjifelag	464		28.76	+2.67 Q
4	Martin V. Sivertsen	2002 Svímjifelagið Ægir	462		28.79	+2.70 Q
5	Hans Jacob Hjelm	2003 Suðuroyar Svímjifelag	434		29.41	+3.32 Q
6	Jóhannis Erlendsson	2003 Havnar Svímjifelag	397		30.30	+4.21 Q
7	Niklas Jógvan Arge	2004 Havnar Svímjifelag	395		30.35	+4.26
8	Heini M. Askham	2006 Svímjifelagið Ægir	341		31.85	+5.76
9	Isak Brisenfeldt	2006 Havnar Svímjifelag	341		31.86	+5.77
10	Jóni Janusarson Strøm	2006 Havnar Svímjifelag	325		32.38	+6.29
11	Lukas Bessason	2007 Svímjifelagið Flot	317		32.66	+6.57
12	Dávid Gíslason	2005 Havnar Svímjifelag	303		33.13	+7.04
13	Andreas Debess	2006 Suðuroyar Svímjifelag	297		33.36	+7.27
14	Karl Joensen	2005 Svímjifelagið Flot	280		34.03	+7.94
15	Sámal Torkilsson	2006 Fuglafjarðar Svímjifelag	276		34.17	+8.08
16	Heini Holm Jacobsen	2004 Havnar Svímjifelag	247		35.45	+9.36 x
17	Jákup Í Jákupsstovu	2004 Svímjifelagið Flot	242		35.69	+9.60
18	Snorri Fríðheim Mortensen	2005 Havnar Svímjifelag	232		36.24	+10.15 x
19	Markus Bárðarson Dahl	2005 Havnar Svímjifelag	208		37.56	+11.47 x
20	Fróði Hansen	2008 Fuglafjarðar Svímjifelag	178		39.58	+13.49
-	Natanael A. Matras	2002 Svímjifelagið Ægir			DSQ	Tjövstart

Kapping almenn: 04.07.2020 10:10:49

Kapping 18, 50m Firvald Menn - Finala

FAR	24.69	Magnus Jákupsson	1994 Havnar Svímjifelag (DEN)	Antwerp (BEL)	04.07.2012
FAR.JR	24.69	Magnus Jákupsson	1994 Havnar Svímjifelag (DEN)	Antwerp (BEL)	04.07.2012

Bronsunál 25m 00:32.49 - Bronsunál 50m 00:33.26

Raðf	Navn	Føðia Félag	R.T	FINA	Tíð	Munur
1	Rókur Trygvason	2000 Svímjifelagið Ægir	652		25.67	
2	Róland Toftum	1998 Suðuroyar Svímjifelag	643		25.79	+0.12
3	Bartal E. Eidesgaard	2003 Havnar Svímjifelag	582		26.66	+0.99
4	Martin V. Sivertsen	2002 Svímjifelagið Ægir	466		28.72	+3.05
5	Jóhannis Erlendsson	2003 Havnar Svímjifelag	404		30.11	+4.44
6	Hans Jacob Hjelm	2003 Suðuroyar Svímjifelag	400		30.20	+4.53

Kapping almenn: 04.07.2020 17:20:55

Kapping 19, 100m Rygg Kvinnur - Innleiðandi

FAR	1:03.01	Signhild Joensen	2000 Ægir Klaksvík (FAR)	Bergen (NOR)	06.04.2019
FAR.JR	1:03.38	Signhild Joensen	2000 Ægir Klaksvík (FAR)	Broenshoej (DEN)	03.04.2017

Bronsunál 25m 01:22.20 - Bronsunál 50m 01:26.64

Raðf	Navn	Føðia Félag	R.T	FINA	Tíð	Munur
1	Elisabeth Erlendsdóttir	2005 Havnar Svímjifelag	628		1:07.22	Q
	50m: 32.64	100m: 1:07.22 (34.58)				
2	Signhild Joensen	2000 Svímjifelagið Ægir	618		1:07.56	+0.34 Q
	50m: 32.69	100m: 1:07.56 (34.87)				
3	Kristina Í Skála	2005 Havnar Svímjifelag	579		1:09.07	+1.85 Q
	50m: 33.77	100m: 1:09.07 (35.30)				



Úrslit

Kapping 19, 100m Rygg Kvinnur - Innleiðandi

Raðf	Navn	Føðia Felag	R.T	FINA	Tíð	Munur
4	Jonna Joensen 50m: 35.19	2005 Svímjifelagið Ægir 100m: 1:11.76 (36.57)		516	1:11.76	+4.54 Q
5	Björg Ólavsdóttir 50m: 36.22	2004 Havnar Svímjifelag 100m: 1:16.60 (40.38)		424	1:16.60	+9.38 Q
6	Elin Christiansen 50m: 38.95	2004 Suðuroyar Svímjifelag 100m: 1:19.02 (40.07)		386	1:19.02	+11.80 Q
7	Björk L Sørensen 50m: 39.40	2004 Suðuroyar Svímjifelag 100m: 1:19.78 (40.38)		375	1:19.78	+12.56
8	Jóhanna Ólavsdóttir 50m: 40.82	2007 Fuglafjarðar Svímjifelag 100m: 1:24.58 (43.76)		315	1:24.58	+17.36
9	Signa Vár Dávadóttir 50m: 41.00	1998 Havnar Svímjifelag 100m: 1:30.19 (1:30.19)		260	1:30.19	+22.97

Kapping almenn: 04.07.2020 10:18:52

Kapping 19, 100m Rygg Kvinnur - Finala

FAR	1:03.01	Signhild Joensen	2000 Ægir Klaksvik (FAR)	Bergen (NOR)	06.04.2019
FAR.JR	1:03.38	Signhild Joensen	2000 Ægir Klaksvik (FAR)	Broenshoej (DEN)	03.04.2017

Bronsunál 25m 01:22.20 - Bronsunál 50m 01:26.64

Raðf	Navn	Føðia Felag	R.T	FINA	Tíð	Munur
1	Signhild Joensen 50m: 31.22	2000 Svímjifelagið Ægir 100m: 1:04.82 (33.60)		700	1:04.82	
2	Elisabeth Erlendsdóttir 50m: 31.90	2005 Havnar Svímjifelag 100m: 1:05.80 (33.90)		669	1:05.80	+0.98
3	Kristina Í Skála 50m: 34.25	2005 Havnar Svímjifelag 100m: 1:09.66 (35.41)		564	1:09.66	+4.84
4	Jonna Joensen 50m: 33.97	2005 Svímjifelagið Ægir 100m: 1:11.58 (37.61)		520	1:11.58	+6.76
5	Elin Christiansen 50m: 37.67	2004 Suðuroyar Svímjifelag 100m: 1:17.54 (39.87)		409	1:17.54	+12.72
6	Björg Ólavsdóttir 50m: 36.24	2004 Havnar Svímjifelag 100m: 1:17.77 (41.53)		405	1:17.77	+12.95

Kapping almenn: 04.07.2020 17:25:03

Kapping 20, 100m Rygg Menn - Innleiðandi

FAR	56.64	Magnus Jákupsson	1994 Havnar Svímjifelag (DEN)	Esbjerg (DEN)	15.07.2012
FAR.JR	56.64	Magnus Jákupsson	1994 Havnar Svímjifelag (DEN)	Esbjerg (DEN)	15.07.2012

Bronsunál 25m 01:13.01 - Bronsunál 50m 01:17.45

Raðf	Navn	Føðia Felag	R.T	FINA	Tíð	Munur
1	Bartal Debess 50m: 30.49	2002 Suðuroyar Svímjifelag 100m: 1:03.73 (33.24)		538	1:03.73	Q
2	Martin V. Sivertsen 50m: 33.10	2002 Svímjifelagið Ægir 100m: 1:10.25 (37.15)		402	1:10.25	+6.52 -
3	Lukas Bessason 50m: 34.13	2007 Svímjifelagið Flot 100m: 1:11.96 (37.83)		374	1:11.96	+8.23 Q
4	Rúni Dahl 50m: 34.84	2004 Suðuroyar Svímjifelag 100m: 1:15.54 (40.70)		323	1:15.54	+11.81 Q
5	Karl Joensen 50m: 38.42	2005 Svímjifelagið Flot 100m: 1:17.64 (39.22)		297	1:17.64	+13.91 Q
6	Teitur Winther 50m: 37.53	2005 Suðuroyar Svímjifelag 100m: 1:17.96 (40.43)		294	1:17.96	+14.23 Q
7	Sámal Torkilsson 50m: 39.83	2006 Fuglafjarðar Svímjifelag 100m: 1:19.83 (40.00)		273	1:19.83	+16.10 Q
8	Isak Brisenfeldt 50m: 41.00	2006 Havnar Svímjifelag 100m: 1:21.97 (40.97)		253	1:21.97	+18.24



Úrslit

Kapping 20, 100m Rygg Menn - Innleiðandi

Raðf	Navn	Føðia Felag	R.T	FINA	Tíð	Munur
9	Heini Holm Jacobsen	2004 Havnar Svímjifelag	247		1:22.53	+18.80 x
	50m: 40.60	100m: 1:22.53 (41.93)				
10	Jóni Janusarson Strøm	2006 Havnar Svímjifelag	247		1:22.60	+18.87
	50m: 41.17	100m: 1:22.60 (41.43)				
11	Jákup Í Jákupsstovu	2004 Svímjifelagið Flot	246		1:22.68	+18.95
	50m: 40.72	100m: 1:22.68 (41.96)				
12	Dávid Gíslason	2005 Havnar Svímjifelag	242		1:23.10	+19.37
	50m: 39.20	100m: 1:23.10 (43.90)				
13	Fróði Hansen	2008 Fuglafjarðar Svímjifelag	216		1:26.32	+22.59
	50m: 42.62	100m: 1:26.32 (43.70)				
14	Snorri Fríðheim Mortensen	2005 Havnar Svímjifelag	188		1:30.42	+26.69 x
	50m: 42.58	100m: 1:30.42 (47.84)				
-	Vílliam Marius Samuelsen	2005 Havnar Svímjifelag	345		1:13.92	+10.19 x
	50m: 35.76	100m: 1:13.92 (38.16)				

Kapping almenn: 04.07.2020 10:26:02

Kapping 20, 100m Rygg Menn - Finala

FAR	56.64	Magnus Jákupsson	1994 Havnar Svímjifelag (DEN)	Esbjerg (DEN)	15.07.2012
FAR.JR	56.64	Magnus Jákupsson	1994 Havnar Svímjifelag (DEN)	Esbjerg (DEN)	15.07.2012

Bronsunál 25m 01:13.01 - Bronsunál 50m 01:17.45

Raðf	Navn	Føðia Felag	R.T	FINA	Tíð	Munur
1	Bartal Debess	2002 Suðuroyar Svímjifelag	410		1:09.74	
	50m: 32.22	100m: 1:09.74 (37.52)				
2	Lukas Bessason	2007 Svímjifelagið Flot	380		1:11.56	+1.82
	50m: 33.91	100m: 1:11.56 (37.65)				
3	Rúni Dahl	2004 Suðuroyar Svímjifelag	351		1:13.50	+3.76
	50m: 34.13	100m: 1:13.50 (39.37)				
4	Karl Joensen	2005 Svímjifelagið Flot	309		1:16.64	+6.90
	50m: 36.96	100m: 1:16.64 (39.68)				
5	Sámal Torkilsson	2006 Fuglafjarðar Svímjifelag	288		1:18.50	+8.76
	50m: 39.07	100m: 1:18.50 (39.43)				
6	Teitur Winther	2005 Suðuroyar Svímjifelag	277		1:19.50	+9.76
	50m: 37.83	100m: 1:19.50 (41.67)				

Kapping almenn: 04.07.2020 17:31:19

Kapping 21, 100m Bringu Kvinnur - Innleiðandi

FAR	1:15.34	Ásbjörg Hjelm	1999 Ægir Klaksvík (FAR)	Baku (AZE)	26.06.2015
FAR.JR	1:15.34	Ásbjörg Hjelm	1999 Ægir Klaksvík (FAR)	Baku (AZE)	26.06.2015

Bronsunál 25m 01:33.15 - Bronsunál 50m 01:35.79

Raðf	Navn	Føðia Felag	R.T	FINA	Tíð	Munur
1	Rebekka Trygvadóttir	2004 Svímjifelagið Ægir	506		1:20.44	Q
	50m: 39.08	100m: 1:20.44 (41.36)				
2	Eyðrið Mortensen	2003 Havnar Svímjifelag	487		1:21.50	+1.06 Q
	50m: 38.63	100m: 1:21.50 (42.87)				
3	Ásbjörg Hjelm	1999 Svímjifelagið Ægir	478		1:22.00	+1.56 Q
	50m: 37.50	100m: 1:22.00 (44.50)				
4	Ronja Ró Í Dímun	2004 Havnar Svímjifelag	434		1:24.66	+4.22 -
	50m: 38.41	100m: 1:24.66 (46.25)				
5	Sofía Toftegaard	2006 Svímjifelagið Ægir	407		1:26.47	+6.03 Q
	50m: 40.09	100m: 1:26.47 (46.38)				
6	Lea Osberg Højsted	2008 Svímjifelagið Ægir	397		1:27.23	+6.79 Q
	50m: 41.14	100m: 1:27.23 (46.09)				
7	Nancy Nónskarð Dam	2005 Havnar Svímjifelag	396		1:27.26	+6.82 -
	50m: 40.18	100m: 1:27.26 (47.08)				



Úrslit

Kapping 21, 100m Bringu Kvinnur - Innleiðandi

Raðf	Navn	Føðia Felag	R.T	FINA	Tíð	Munur
8	Birita Vesturtún 50m: 41.09	2007 Fuglafjarðar Svímjifelag 100m: 1:29.25 (48.16)		370	1:29.25	+8.81 Q
9	Elin Christiansen 50m: 44.51	2004 Suðuroyar Svímjifelag 100m: 1:31.08 (46.57)		349	1:31.08	+10.64
10	Jóhanna H. Eidesgaard 50m: 42.65	2004 Havnar Svímjifelag 100m: 1:31.19 (48.54)		347	1:31.19	+10.75
11	Björg Ólavsdóttir 50m: 43.38	2004 Havnar Svímjifelag 100m: 1:33.65 (50.27)		321	1:33.65	+13.21
12	Oddvá Sedeá D. Nattestad 50m: 46.23	2006 Havnar Svímjifelag 100m: 1:41.92 (55.69)		249	1:41.92	+21.48
-	Sólvá A. Sigurðsson	2002 Svímjifelagið Ægir			DNS	

Kapping almenn: 04.07.2020 11:00:06

Kapping 21, 100m Bringu Kvinnur - Finala

FAR	1:15.34	Ásbjörg Hjelm	1999 Ægir Klaksvík (FAR)	Baku (AZE)	26.06.2015
FAR.JR	1:15.34	Ásbjörg Hjelm	1999 Ægir Klaksvík (FAR)	Baku (AZE)	26.06.2015

Bronsunál 25m 01:33.15 - Bronsunál 50m 01:35.79

Raðf	Navn	Føðia Felag	R.T	FINA	Tíð	Munur
1	Rebekka Trygvadóttir 50m: 36.66	2004 Svímjifelagið Ægir 100m: 1:18.20 (41.54)		551	1:18.20	
2	Eyðrið Mortensen 50m: 38.18	2003 Havnar Svímjifelag 100m: 1:20.16 (41.98)		512	1:20.16	+1.96
3	Ásbjörg Hjelm 50m: 37.29	1999 Svímjifelagið Ægir 100m: 1:21.78 (44.49)		482	1:21.78	+3.58
4	Sofía Toftegaard 50m: 41.97	2006 Svímjifelagið Ægir 100m: 1:27.17 (45.20)		398	1:27.17	+8.97
5	Lea Osberg Højsted 50m: 42.65	2008 Svímjifelagið Ægir 100m: 1:27.44 (44.79)		394	1:27.44	+9.24
6	Birita Vesturtún 50m: 42.16	2007 Fuglafjarðar Svímjifelag 100m: 1:28.36 (46.20)		382	1:28.36	+10.16

Kapping almenn: 04.07.2020 17:34:40

Kapping 22, 100m Bringu Menn - Innleiðandi

FAR	1:05.35	Róland Toftum	1998 Suðuroyar Svímjifelag (FA)	Broenshoej (DEN)	04.04.2017
FAR.JR	1:06.14	Rókur Trygvason	2000 Svímjifelagið Reysti (FAR)	Bergen (NOR)	13.04.2018

Bronsunál 25m 01:23.07 - Bronsunál 50m 01:25.29

Raðf	Navn	Føðia Felag	R.T	FINA	Tíð	Munur
1	Bartal E. Eidesgaard 50m: 33.14	2003 Havnar Svímjifelag 100m: 1:12.18 (39.04)		489	1:12.18	Q
2	Niklas Jógvan Arge 50m: 34.34	2004 Havnar Svímjifelag 100m: 1:14.23 (39.89)		449	1:14.23	+2.05 Q
3	Róland Toftum 50m: 35.83	1998 Suðuroyar Svímjifelag 100m: 1:15.43 (39.60)		428	1:15.43	+3.25 Q
4	Rani Jacobsen 50m: 35.63	2001 Suðuroyar Svímjifelag 100m: 1:17.48 (41.85)		395	1:17.48	+5.30 Q
5	Høgni Hoydal Thomassen 50m: 37.63	2002 Havnar Svímjifelag 100m: 1:21.82 (44.19)		335	1:21.82	+9.64 Q
6	Markus Bárðarson Dahl 50m: 40.81	2005 Havnar Svímjifelag 100m: 1:27.65 (46.84)		273	1:27.65	+15.47 x
7	Andreas Debess 50m: 42.36	2006 Suðuroyar Svímjifelag 100m: 1:28.31 (45.95)		267	1:28.31	+16.13 -
8	Karl Joensen 50m: 42.06	2005 Svímjifelagið Flot 100m: 1:29.46 (47.40)		257	1:29.46	+17.28 Q
9	Jóni Janusarson Strøm 50m: 43.82	2006 Havnar Svímjifelag 100m: 1:29.71 (45.89)		254	1:29.71	+17.53



Úrslit

Kapping 22, 100m Bringu Menn - Innleiðandi

Raðf	Navn	Fæðia Félag	R.T	FINA	Tíð	Munur
10	Lukas Bessason	2007 Svímjifelagið Flot	251		1:30.14	+17.96
	50m: 43.10	100m: 1:30.14 (47.04)				
11	Jákup Í Jákupsstovu	2004 Svímjifelagið Flot	221		1:33.98	+21.80
	50m: 45.22	100m: 1:33.98 (48.76)				
12	Fróði Hansen	2008 Fuglafjarðar Svímjifelag	214		1:34.98	+22.80
	50m: 44.38	100m: 1:34.98 (50.60)				
-	William Marius Samuelsen	2005 Havnar Svímjifelag			DSQ	x Crawl bein

Kapping almenn: 04.07.2020 11:09:07

Kapping 22, 100m Bringu Menn - Finala

FAR 1:05.35 Róland Toftum 1998 Suðuroyar Svímjifelag (FA) Broenshoej (DEN) 04.04.2017
FAR.JR 1:06.14 Rókur Trygvason 2000 Svímjifelagið Reysti (FAR) Bergen (NOR) 13.04.2018

Bronsunál 25m 01:23.07 - Bronsunál 50m 01:25.29

Raðf	Navn	Fæðia Félag	R.T	FINA	Tíð	Munur
1	Róland Toftum	1998 Suðuroyar Svímjifelag	588		1:07.89	
	50m: 33.24	100m: 1:07.89 (34.65)				
2	Bartal E. Eidesgaard	2003 Havnar Svímjifelag	539		1:09.87	+1.98
	50m: 32.46	100m: 1:09.87 (37.41)				
3	Niklas Jógvan Arge	2004 Havnar Svímjifelag	461		1:13.60	+5.71
	50m: 34.15	100m: 1:13.60 (39.45)				
4	Rani Jacobsen	2001 Suðuroyar Svímjifelag	436		1:15.00	+7.11
	50m: 34.43	100m: 1:15.00 (40.57)				
5	Høgni Hoydal Thomassen	2002 Havnar Svímjifelag	312		1:23.82	+15.93
	50m: 38.37	100m: 1:23.82 (45.45)				
6	Karl Joensen	2005 Svímjifelagið Flot	206		1:36.21	+28.32
	50m: 46.17	100m: 1:36.21 (50.04)				

Kapping almenn: 04.07.2020 17:41:45

Kapping 23, 100m Frí Kvinnur - Innleiðandi

FAR 58.12 Vár Erlingsdóttir Eidesga 2001 Havnar Svímjifelag (FAR) Vagur (FAR) 24.02.2018
FAR.JR 58.12 Vár Erlingsdóttir Eidesga 2001 Havnar Svímjifelag (FAR) Vagur (FAR) 24.02.2018

Bronsunál 25m 01:15.06 - Bronsunál 50m 01:17.24

Raðf	Navn	Fæðia Félag	R.T	FINA	Tíð	Munur
1	Alisa Vestergård	2003 Suðuroyar Svímjifelag	592		1:01.57	Q
	50m: 29.74	100m: 1:01.57 (31.83)				
2	Elisabeth Erlendsdóttir	2005 Havnar Svímjifelag	555		1:02.91	+1.34 Q
	50m: 30.23	100m: 1:02.91 (32.68)				
3	Barbara Debes	2000 Svímjifelagið Ægir	546		1:03.23	+1.66 Q
	50m: 30.25	100m: 1:03.23 (32.98)				
4	Ronja Ró í Dímun	2004 Havnar Svímjifelag	532		1:03.81	+2.24 Q
	50m: 30.17	100m: 1:03.81 (33.64)				
5	Nancy Nónskarð Dam	2005 Havnar Svímjifelag	526		1:04.04	+2.47 Q
	50m: 31.30	100m: 1:04.04 (32.74)				
6	Kristina í Skála	2005 Havnar Svímjifelag	506		1:04.89	+3.32 -
	50m: 31.40	100m: 1:04.89 (33.49)				
7	Jonna Joensen	2005 Svímjifelagið Ægir	492		1:05.46	+3.89 Q
	50m: 31.18	100m: 1:05.46 (34.28)				
8	Björt A. Sigurðsson	2004 Svímjifelagið Ægir	455		1:07.19	+5.62
	50m: 32.33	100m: 1:07.19 (34.86)				
9	Birna Isholm	2006 Svímjifelagið Ægir	441		1:07.93	+6.36
	50m: 32.28	100m: 1:07.93 (35.65)				
10	Miriam Mortensen	2004 Havnar Svímjifelag	430		1:08.50	+6.93
	50m: 33.04	100m: 1:08.50 (35.46)				
11	Bjørk L Sørensen	2004 Suðuroyar Svímjifelag	395		1:10.44	+8.87
	50m: 34.18	100m: 1:10.44 (36.26)				



Úrslit

Kapping 23, 100m Frí Kvinnur - Innleiðandi

Raðf	Navn	Føðia Felag	R.T	FINA	Tíð	Munur
12	Róa Trygvadóttir	2008 Svímjifelagið Ægir		388	1:10.88	+9.31
	50m: 33.97	100m: 1:10.88 (36.91)				
13	Jóhanna Ólavsdóttir	2007 Fuglafjarðar Svímjifelag		358	1:12.79	+11.22
	50m: 34.90	100m: 1:12.79 (37.89)				
14	Signa Vár Dávadóttir	1998 Havnar Svímjifelag		316	1:15.91	+14.34
	50m: 36.71	100m: 1:15.91 (39.20)				
15	Birita Vesturtún	2007 Fuglafjarðar Svímjifelag		313	1:16.11	+14.54
	50m: 36.07	100m: 1:16.11 (40.04)				
16	Oddvá Sedea D. Nattestad	2006 Havnar Svímjifelag		312	1:16.17	+14.60
	50m: 36.56	100m: 1:16.17 (39.61)				
17	Durita M. Askham	2008 Svímjifelagið Ægir		283	1:18.69	+17.12
	50m: 36.50	100m: 1:18.69 (42.19)				
-	Vár E. Eidesgaard	2001 Havnar Svímjifelag			DNS	
-	Bára D. Nattestad	2004 Havnar Svímjifelag			DNS	

Kapping almenn: 04.07.2020 11:17:50

Kapping 23, 100m Frí Kvinnur - Finala

FAR	58.12	Vár Erlingsdóttir Eidesga	2001 Havnar Svímjifelag (FAR)	Vagur (FAR)	24.02.2018
FAR.JR	58.12	Vár Erlingsdóttir Eidesga	2001 Havnar Svímjifelag (FAR)	Vagur (FAR)	24.02.2018

Bronsunál 25m 01:15.06 - Bronsunál 50m 01:17.24

Raðf	Navn	Føðia Felag	R.T	FINA	Tíð	Munur
1	Barbara Debes	2000 Svímjifelagið Ægir		610	1:00.95	
	50m: 29.15	100m: 1:00.95 (31.80)				
2	Alisa Vestergård	2003 Suðuroyar Svímjifelag		593	1:01.53	+0.58
	50m: 30.08	100m: 1:01.53 (31.45)				
3	Ronja Ró í Dímun	2004 Havnar Svímjifelag		576	1:02.12	+1.17
	50m: 29.51	100m: 1:02.12 (32.61)				
4	Elisabeth Erlendsdóttir	2005 Havnar Svímjifelag		557	1:02.84	+1.89
	50m: 30.17	100m: 1:02.84 (32.67)				
5	Nancy Nónskarð Dam	2005 Havnar Svímjifelag		505	1:04.90	+3.95
	50m: 31.56	100m: 1:04.90 (33.34)				
6	Jonna Joensen	2005 Svímjifelagið Ægir		452	1:07.35	+6.40
	50m: 31.92	100m: 1:07.35 (35.43)				

Kapping almenn: 04.07.2020 17:44:58

Kapping 24, 100m Frí Menn - Innleiðandi

FAR	51.91	Magnus Jákupsson	1994 Havnar Svímjifelag (DEN)	Esbjerg (DEN)	10.07.2012
FAR.JR	51.91	Magnus Jákupsson	1994 Havnar Svímjifelag (DEN)	Esbjerg (DEN)	10.07.2012

Bronsunál 25m 01:07.13 - Bronsunál 50m 01:10.07

Raðf	Navn	Føðia Felag	R.T	FINA	Tíð	Munur
1	Rókur Trygvason	2000 Svímjifelagið Ægir		650	54.15	-
	50m: 26.05	100m: 54.15 (28.10)				
2	Bartal E. Eidesgaard	2003 Havnar Svímjifelag		626	54.83	+0.68 Q
	50m: 26.41	100m: 54.83 (28.42)				
3	Bartal Debess	2002 Suðuroyar Svímjifelag		581	56.21	+2.06 Q
	50m: 27.02	100m: 56.21 (29.19)				
4	Martin V. Sivertsen	2002 Svímjifelagið Ægir		551	57.19	+3.04 Q
	50m: 27.10	100m: 57.19 (30.09)				
5	Andreas Debess	2006 Suðuroyar Svímjifelag		449	1:01.24	+7.09 Q
	50m: 28.83	100m: 1:01.24 (32.41)				
6	Rúni Dahl	2004 Suðuroyar Svímjifelag		420	1:02.60	+8.45 -
	50m: 28.89	100m: 1:02.60 (33.71)				
7	Lukas Bessason	2007 Svímjifelagið Flot		413	1:02.96	+8.81 Q
	50m: 29.92	100m: 1:02.96 (33.04)				



Úrslit

Kapping 24, 100m Frí Menn - Innleiðandi

Raðf	Navn	Føðia Felag	R.T	FINA	Tíð	Munur
8	Otto Jacobsen 50m: 30.24	1999 Svímjifelagið Flot 100m: 1:03.16 (32.92)	409		1:03.16	+9.01 Q
9	Heini M. Askham 50m: 30.45	2006 Svímjifelagið Ægir 100m: 1:04.58 (34.13)	383		1:04.58	+10.43
10	Karl Joensen 50m: 31.57	2005 Svímjifelagið Flot 100m: 1:05.87 (34.30)	361		1:05.87	+11.72
11	Teitur Winther 50m: 31.65	2005 Suðuroyar Svímjifelag 100m: 1:05.98 (34.33)	359		1:05.98	+11.83
12	Dávid Gíslason 50m: 30.94	2005 Havnar Svímjifelag 100m: 1:06.25 (35.31)	355		1:06.25	+12.10
13	Jákup Í Jákupsstovu 50m: 32.68	2004 Svímjifelagið Flot 100m: 1:07.82 (35.14)	330		1:07.82	+13.67
14	Jóni Janusarson Strøm 50m: 33.29	2006 Havnar Svímjifelag 100m: 1:08.48 (35.19)	321		1:08.48	+14.33
15	Sámal Torkilsson 50m: 32.98	2006 Fuglafjarðar Svímjifelag 100m: 1:08.57 (35.59)	320		1:08.57	+14.42
16	Isak Brisenfeldt 50m: 33.27	2006 Havnar Svímjifelag 100m: 1:09.84 (36.57)	303		1:09.84	+15.69
17	Markus Bárðarson Dahl 100m: 1:11.15 (1:11.15)	2005 Havnar Svímjifelag	286		1:11.15	+17.00 x
18	Fróði Hansen 50m: 34.61	2008 Fuglafjarðar Svímjifelag 100m: 1:11.86 (37.25)	278		1:11.86	+17.71
19	Snorri Fríðheim Mortensen 50m: 33.82	2005 Havnar Svímjifelag 100m: 1:12.44 (38.62)	271		1:12.44	+18.29 x
20	Heini Holm Jacobsen 50m: 35.37	2004 Havnar Svímjifelag 100m: 1:13.69 (38.32)	257		1:13.69	+19.54 x
-	Vílliam Marius Samuelsen 50m: 30.17	2005 Havnar Svímjifelag 100m: 1:03.28 (33.11)	407		1:03.28	+9.13 x
-	Hans Jacob Hjelm	2003 Suðuroyar Svímjifelag			DSQ	Tjónvstart

Kapping almenn: 04.07.2020 11:25:10

Kapping 24, 100m Frí Menn - Finala

FAR	51.91	Magnus Jákupsson	1994 Havnar Svímjifelag (DEN)	Esbjerg (DEN)	10.07.2012
FAR.JR	51.91	Magnus Jákupsson	1994 Havnar Svímjifelag (DEN)	Esbjerg (DEN)	10.07.2012

Bronsunál 25m 01:07.13 - Bronsunál 50m 01:10.07

Raðf	Navn	Føðia Felag	R.T	FINA	Tíð	Munur
1	Bartal E. Eidesgaard 50m: 26.16	2003 Havnar Svímjifelag 100m: 54.02 (27.86)	654		54.02	
2	Bartal Debess 50m: 26.83	2002 Suðuroyar Svímjifelag 100m: 55.89 (29.06)	591		55.89	+1.87
3	Martin V. Sivertsen 50m: 27.35	2002 Svímjifelagið Ægir 100m: 57.86 (30.51)	532		57.86	+3.84
4	Andreas Debess 50m: 29.33	2006 Suðuroyar Svímjifelag 100m: 1:02.58 (33.25)	421		1:02.58	+8.56
5	Otto Jacobsen 50m: 30.49	1999 Svímjifelagið Flot 100m: 1:05.85 (35.36)	361		1:05.85	+11.83
6	Lukas Bessason 50m: 32.24	2007 Svímjifelagið Flot 100m: 1:07.03 (34.79)	342		1:07.03	+13.01

Kapping almenn: 04.07.2020 17:54:08

Kapping 25, 400m Blandað Kvinnur - Innleiðandi

FAR	4:59.73	Sára R. Nysted	2001 Suðuroyar Svímjifelag (FA)	Hodmezovasarhely (HUN)	06.07.2016
FAR.JR	4:59.73	Sára R. Nysted	2001 Suðuroyar Svímjifelag (FA)	Hodmezovasarhely (HUN)	06.07.2016

Bronsunál 25m 06:26.80 - Bronsunál 50m 06:37.88

Raðf	Navn	Føðia Felag	R.T	FINA	Tíð	Munur
05-07-2020 19:23.42	Dátaviðgerð:	WinGrodan 2.6	Loyvt:	Suðuroyar Svímjifelag		Síða 22/36



Úrslit

Kapping 25, 400m Blandað Kvinnur - Innleiðandi

Raðf	Navn	Fæðia Félag	R.T	FINA	Tíð	Munur
1	Malan Jóhansdóttir	2004 Svímjifelagið Ægir	421		5:55.35	Q
	50m: 33.47	100m: 1:12.80 (39.33)	150m: 2:00.49 (47.69)	200m: 2:46.28 (45.79)		
	250m: 3:39.57 (53.29)	300m: 4:32.92 (53.35)	350m: 5:16.12 (43.20)	400m: 5:55.35 (39.23)		
2	Jóhanna Ólavsdóttir	2007 Fuglafjarðar Svímjifelag	383		6:06.62	+11.27 Q
	50m: 39.12	100m: 1:26.93 (47.81)	150m: 2:14.42 (47.49)	200m: 3:00.17 (45.75)		
	250m: 3:52.61 (52.44)	300m: 4:46.26 (53.65)	350m: 5:27.89 (41.63)	400m: 6:06.62 (38.73)		
3	Lea Osberg Højsted	2008 Svímjifelagið Ægir	383		6:06.70	+11.35 Q
	50m: 43.78	100m: 1:36.14 (52.36)	150m: 2:24.74 (48.60)	200m: 3:11.92 (47.18)		
	250m: 4:01.81 (49.89)	300m: 4:51.06 (49.25)	350m: 5:30.15 (39.09)	400m: 6:06.70 (36.55)		
-	Vár E. Eidesgaard	2001 Havnar Svímjifelag			DNS	

Kapping almenn: 04.07.2020 11:31:43

Kapping 25, 400m Blandað Kvinnur - Finala

FAR	4:59.73	Sára R. Nysted	2001 Suðuroyar Svímjifelag (FA)	Hodmezovasarhely (HUN)	06.07.2016
FAR.JR	4:59.73	Sára R. Nysted	2001 Suðuroyar Svímjifelag (FA)	Hodmezovasarhely (HUN)	06.07.2016

Bronsunál 25m 06:26.80 - Bronsunál 50m 06:37.88

Raðf	Navn	Fæðia Félag	R.T	FINA	Tíð	Munur
1	Jóhanna Ólavsdóttir	2007 Fuglafjarðar Svímjifelag	455		5:46.23	
	50m: 37.97	100m: 1:24.62 (46.65)	150m: 2:09.02 (44.40)	200m: 2:52.92 (43.90)		
	250m: 3:41.61 (48.69)	300m: 4:30.55 (48.94)	350m: 5:08.51 (37.96)	400m: 5:46.23 (37.72)		
2	Malan Jóhansdóttir	2004 Svímjifelagið Ægir	439		5:50.34	+4.11
	50m: 34.16	100m: 1:13.52 (39.36)	150m: 2:00.29 (46.77)	200m: 2:45.36 (45.07)		
	250m: 3:36.73 (51.37)	300m: 4:29.87 (53.14)	350m: 5:09.81 (39.94)	400m: 5:50.34 (40.53)		
3	Lea Osberg Højsted	2008 Svímjifelagið Ægir	370		6:10.91	+24.68
	50m: 45.74	100m: 1:38.67 (52.93)	150m: 2:25.78 (47.11)	200m: 3:11.91 (46.13)		
	250m: 4:02.36 (50.45)	300m: 4:53.38 (51.02)	350m: 5:32.53 (39.15)	400m: 6:10.91 (38.38)		

Kapping almenn: 04.07.2020 18:02:30

Kapping 26, 400m Blandað Menn - Innleiðandi

FAR	4:30.17	Alvi Hjelm	1996 Ægir Klaksvik (FAR)	Broenshoej (DEN)	15.04.2016
FAR.JR	4:41.42	Óli Mortensen	1996 Havnar Svímjifelag (FAR)	Amsterdam (NED)	14.12.2014

Bronsunál 25m 05:51.79 - Bronsunál 50m 06:04.24

Raðf	Navn	Fæðia Félag	R.T	FINA	Tíð	Munur
1	Johan Nónskarð Dam	2002 Havnar Svímjifelag	404		5:29.83	Q
	50m: 31.53	100m: 1:07.49 (35.96)	150m: 1:52.56 (45.07)	200m: 2:35.85 (43.29)		
	250m: 3:24.19 (48.34)	300m: 4:12.42 (48.23)	350m: 4:52.31 (39.89)	400m: 5:29.83 (37.52)		
2	Rúni Dahl	2004 Suðuroyar Svímjifelag	314		5:58.60	+28.77 Q
	50m: 36.39	100m: 1:27.25 (50.86)	150m: 2:12.72 (45.47)	200m: 2:59.12 (46.40)		
	250m: 3:47.32 (48.20)	300m: 4:38.53 (51.21)	350m: 5:18.56 (40.03)	400m: 5:58.60 (40.04)		
3	Lukas Besson	2007 Svímjifelagið Flot	277		6:14.03	+44.20 Q
	50m: 37.79	100m: 1:28.73 (50.94)	150m: 2:16.30 (47.57)	200m: 3:03.12 (46.82)		
	250m: 3:57.88 (3:57.88)	300m: 4:51.16 (53.28)	350m: 5:34.04 (42.88)	400m: 6:14.03 (39.99)		
4	Dávid Gíslason	2005 Havnar Svímjifelag	270		6:17.03	+47.20 Q
	50m: 41.77	100m: 1:33.24 (51.47)	150m: 2:23.58 (50.34)	200m: 3:13.47 (49.89)		
	250m: 4:08.02 (54.55)	300m: 5:01.33 (53.31)	350m: 5:38.55 (37.22)	400m: 6:17.03 (38.48)		

Kapping almenn: 04.07.2020 11:40:16

Kapping 26, 400m Blandað Menn - Finala

FAR	4:30.17	Alvi Hjelm	1996 Ægir Klaksvik (FAR)	Broenshoej (DEN)	15.04.2016
FAR.JR	4:41.42	Óli Mortensen	1996 Havnar Svímjifelag (FAR)	Amsterdam (NED)	14.12.2014

Bronsunál 25m 05:51.79 - Bronsunál 50m 06:04.24

Raðf	Navn	Fæðia Félag	R.T	FINA	Tíð	Munur
1	Johan Nónskarð Dam	2002 Havnar Svímjifelag	424		5:24.52	
	50m: 31.73	100m: 1:09.04 (37.31)	150m: 1:53.90 (44.86)	200m: 2:36.68 (42.78)		
	250m: 3:23.66 (46.98)	300m: 4:11.40 (47.74)	350m: 4:48.69 (37.29)	400m: 5:24.52 (35.83)		
2	Rúni Dahl	2004 Suðuroyar Svímjifelag	376		5:37.58	+13.06
	50m: 35.03	100m: 1:20.45 (45.42)	150m: 2:04.03 (43.58)	200m: 2:48.14 (44.11)		
	250m: 3:33.68 (45.54)	300m: 4:20.81 (47.13)	350m: 4:58.80 (37.99)	400m: 5:37.58 (38.78)		



Úrslit

Kapping 26, 400m Blandað Menn - Finala

Raðf	Navn	Føðia Felag	R.T	FINA	Tíð	Munur
3	Lukas Bessason	2007 Svímjifelagið Flot		334	5:51.44	+26.92
	50m: 36.26	100m: 1:25.32 (49.06)	150m: 2:08.67 (43.35)	200m: 2:54.45 (45.78)		
	250m: 3:44.69 (50.24)	300m: 4:36.51 (51.82)	350m: 5:14.31 (37.80)	400m: 5:51.44 (37.13)		
4	Dávid Gislason	2005 Havnar Svímjifelag		310	6:00.00	+35.48
	50m: 38.48	100m: 1:24.82 (46.34)	150m: 2:11.66 (46.84)	200m: 2:59.07 (47.41)		
	250m: 3:52.91 (53.84)	300m: 4:44.44 (51.53)	350m: 5:21.85 (37.41)	400m: 6:00.00 (38.15)		

Kapping almenn: 04.07.2020 18:12:49

Kapping 27, 4X200m Frí Kvinnur - Innleiðandi

FAR	8:55.15	Ægir Klaksvík	Ægir Klaksvík (FAR)	Vagur (FAR)	12.03.2016
FAR.JR	8:55.15	Ægir Klaksvík	Ægir Klaksvík (FAR)	Vagur (FAR)	12.03.2016

Raðf	Navn	Aldur Felag	FINA	Tíð	Munur	
1	1 Ld Hs 1 Gentur	17 Havnar Svímjifelag	520 Q	9:33.78		
	Ronja Ró í Dímun	2004	32.07	1:08.53	2:21.85	2:21.85
	Miriam Mortensen	2004	33.00	1:11.53	2:26.66	4:48.51
	Eyðrið Mortensen	2003	30.41	1:06.30	2:18.81	7:07.32
	Jóhanna H. Eidesgaard	2004	33.44	1:10.34	2:26.46	9:33.78
2	1 LD Kvinnur Ægir 3	16 Svímjifelagið Ægir	510 Q	9:37.48	+3.70	
	Rebekka Trygvadóttir	2004				
	Malan Jóhansdóttir	2004				
	Björt A. Sigurðsson	2004				
	Birna Isholm	2006		9:37.48	9:37.48	
3	1 LD Hs 2 Gentur	15 Havnar Svímjifelag	479 Q	9:49.43	+15.65	
	Nancy Nónskarð Dam	2005	32.84	1:09.18	2:21.21	2:21.21
	Elisabeth Erlendsdóttir	2005	32.08	1:08.59	2:20.29	4:41.50
	Kristina í Skála	2005	31.86	1:07.72	2:20.26	7:01.76
	Oddvá Sedeá D. Nattestad	2006	35.93	1:16.84	2:47.67	9:49.43
4	1 LD Kvinnur Ægir 2	21 Svímjifelagið Ægir	422 Q	10:14.86	+41.08	
	Lea Osberg Højsted	2008	36.03	1:16.01	2:33.49	2:33.49
	Róa Trygvadóttir	2008	37.41	1:17.21	2:34.95	5:08.44
	Barbara Debes	2000	33.48	1:12.15	2:30.89	7:39.33
	Ásbjörg Hjelm	1999	34.89	1:14.74	2:35.53	10:14.86
5	1 LD Kvinnur Ægir 1	20 Svímjifelagið Ægir	394 Q	10:29.08	+55.30	
	Sofía Toftegaard	2006	36.03	1:17.18	2:44.31	2:44.31
	Durita M. Askham	2008	37.94	1:23.98	2:44.31	
	Signhild Joensen	2000	6:08.55	6:44.94	7:57.68	7:57.68
	Jonna Joensen	2005	33.11	1:11.93	2:31.40	10:29.08

Kapping almenn: 04.07.2020 12:16:25

Kapping 27, 4X200m Frí Kvinnur - Finala

FAR	8:55.15	Ægir Klaksvík	Ægir Klaksvík (FAR)	Vagur (FAR)	12.03.2016
FAR.JR	8:55.15	Ægir Klaksvík	Ægir Klaksvík (FAR)	Vagur (FAR)	12.03.2016

Raðf	Navn	Aldur Felag	FINA	Tíð	Munur	
1	1 LD Kvinnur Ægir 3	20 Svímjifelagið Ægir	593	9:09.08		
	Björt A. Sigurðsson	2004	31.77	1:08.11	2:23.27	2:23.27
	Signhild Joensen	2000	30.88	1:05.22	2:15.03	4:38.30
	Rebekka Trygvadóttir	2004	31.01	1:05.49	2:15.06	6:53.36
	Barbara Debes	2000	30.08	1:04.37	2:15.72	9:09.08



Úrslit

Kapping 27, 4X200m Frí Kvinnur - Finala

Raðf	Navn	Aldur	Felag		FINA	Tíð	Munur
2	1 Ld Hs 1 Gentur		17 Havnar Svímjifelag		574	9:15.13	+6.05
	Kristina Í Skála	2005		31.84	1:07.43	2:20.25	2:20.25
	Nancy Nónskarð Dam	2005		32.04	1:07.47	2:19.37	4:39.62
	Eyðrið Mortensen	2003		30.21	1:04.68	2:16.22	6:55.84
	Elisabeth Erlendsdóttir	2005		30.24	1:04.98	2:19.29	9:15.13
3	1 LD Hs 2 Gentur		16 Havnar Svímjifelag		460	9:57.84	+48.76
	Ronja Ró í Dímun	2004		32.36	1:08.47	2:22.56	2:22.56
	Miriam Mortensen	2004		33.24	1:10.78	2:27.37	4:49.93
	Jóhanna H. Eidesgaard	2004		33.67	1:11.98	2:29.54	7:19.47
	Björg Ólavsdóttir	2004		33.63	1:13.86	2:38.37	9:57.84
4	1 LD Kvinnur Ægir 2		16 Svímjefelagið Ægir		431	10:10.58	+1:01.5
	Lea Osberg Højsted	2008		35.57	1:16.36	2:33.94	2:33.94
	Malan Jóhansdóttir	2004		35.20	1:13.91	2:33.11	5:07.05
	Jonna Joensen	2005		32.20	1:10.66	2:29.04	7:36.09
	Birna Isholm	2006		34.43	1:14.14	2:34.49	10:10.58
5	1 LD Kvinnur Ægir 1		21 Svímjefelagið Ægir		373	10:40.71	+1:31.6
	Durita M. Askham	2008		39.22	1:24.34	2:51.59	2:51.59
	Róa Trygvadóttir	2008		34.51	1:13.97	2:32.63	5:24.22
	Sofía Toftegaard	2006		36.55	1:18.52	2:41.53	8:05.75
	Ásbjörg Hjelm	1999		33.99	1:14.14	2:34.96	10:40.71

Kapping almenn: 04.07.2020 18:32:13

Kapping 28, 4X200m Frí Menn - Innleiðandi

FAR	8:01.67	Havnar Svímjifelag	Havnar Svímjifelag (FAR)	Vagur (FAR)	26.04.2019		
FAR.JR	8:38.50	1 LH Hs 1 Menn	2002 Havnar Svímjifelag (FAR)	Páls Høll (FAR)	04.07.2020		
Raðf	Navn	Aldur	Felag		FINA	Tíð	Munur
1	1 LH Hs 1 Menn		18 Havnar Svímjifelag		435 Q	9:12.35	
	Høgni Hoydal Thomassen	2002		31.93	1:07.81	2:22.67	2:22.67
	Jóhannis Erlendsson	2003		29.93	1:04.36	2:12.33	4:35.00
	Bartal E. Eidesgaard	2003		31.49	1:07.25	2:20.76	6:55.76
	Johan Nónskarð Dam	2002		30.86	1:05.58	2:16.59	9:12.35
2	1 LH Menn Ægir 1		20 Svímjefelagið Ægir		380 Q	9:37.70	+25.35
	Rókur Trygvason	2000		29.25	1:02.65	2:12.18	2:12.18
	Natanael A. Matras	2002		32.50	1:10.79	2:23.36	4:35.54
	Heini M. Askham	2006		35.13	1:14.35	2:29.68	7:05.22
	Martin V. Sivertsen	2002		34.15	1:12.71	2:32.48	9:37.70
3	1 LH Hs 2 Menn		16 Havnar Svímjifelag		330 -	10:05.40	+53.05
	Villiam Marius Samuelsen	2005		33.64	1:11.18	2:29.37	2:29.37
	Niklas Jógvan Arge	2004		33.08	1:11.13	2:26.30	4:55.67
	Markus Bárðarson Dahl	2005		37.99	4:55.67	2:40.40	7:36.07
	Dávid Gíslason	2005		32.83	1:10.56	2:29.33	10:05.40
4	Susvim Dreingir		17 Suðuroyar Svímjifelag		304 Q	10:22.28	+1:09.9
	Hans Jacob Hjelm	2003		31.92	1:10.40	2:28.04	2:28.04
	Teitur Winther	2005		34.42	1:14.48	2:36.45	5:04.49
	Rúni Dahl	2004		36.74	1:17.72	2:43.12	7:47.61
	Andreas Debess	2006		33.84	1:13.91	2:34.67	10:22.28



Úrslit

Kapping 28, 4X200m Frí Menn - Innleiðandi

Raðf	Navn	Aldur	Felag	FINA	Tíð	Munur
5	Flot	21	Svimjifelagið Flot	270 Q	10:47.49	+1:35.1
	Karl Joensen	2005		34.45 1:13.27 2:29.21	2:29.21	
	Jákup Í Jákupsstovu	2004		38.01 1:21.07 2:29.21		
	Lukas Bessason	2007		5:53.38 6:35.88 8:00.25	8:00.25	
	Otto Jacobsen	1999		37.54 1:19.69 2:47.24	10:47.49	
- 1	LH Hs 3 Menn	0	Havnar Svímjifelag		DNS	
				13:49.01 14:46.64 15:44.26	15:44.26	
				1:35.64 40.00 1:40.97	17:25.23	
				17:25.23 56.23 17:25.23		

Kapping almenn: 04.07.2020 12:33:52

Kapping 28, 4X200m Frí Menn - Finala

FAR	8:01.67	Havnar Svímjifelag	Havnar Svímjifelag (FAR)	Vagur (FAR)	26.04.2019	
FAR.JR	8:38.50	1 LH Hs 1 Menn	2002 Havnar Svímjifelag (FAR)	Páls Høll (FAR)	04.07.2020	
Raðf	Navn	Aldur	Felag	FINA	Tíð	Munur
1	1 LH Hs 1 Menn	18	Havnar Svímjifelag	526	8:38.50	FAR.JR
	Bartal E. Eidesgaard	2003		27.61 58.25 2:02.11	2:02.11	
	Høgni Hoydal Thomassen	2002		31.20 1:06.29 2:19.82	4:21.93	
	Jóhannis Erlendsson	2003		28.97 1:02.70 2:12.10	6:34.03	
	Johan Nónskarð Dam	2002		28.84 1:00.57 2:04.47	8:38.50	
2	1 LH Menn Ægir 1	20	Svimjifelagið Ægir	475	8:56.23	+17.73
	Natanael A. Matras	2002		31.46 1:06.21 2:18.75	2:18.75	
	Rókur Trygvason	2000		26.75 58.96 2:05.47	4:24.22	
	Heini M. Askham	2006		31.72 1:08.29 2:20.98	6:45.20	
	Martin V. Sivertsen	2002		27.75 1:00.80 2:11.03	8:56.23	
3	Susvim Dreingir	17	Suðuroyar Svímjifelag	391	9:31.97	+53.47
	Hans Jacob Hjelm	2003		30.21 1:05.52 2:20.41	2:20.41	
	Teitur Winther	2005		31.96 1:08.86 2:21.79	4:42.20	
	Rúni Dahl	2004		30.36 1:06.53 2:24.09	7:06.29	
	Andreas Debess	2006		31.53 1:09.76 2:25.68	9:31.97	
4	Flot	21	Svimjifelagið Flot	333	10:03.53	+1:25.0
	Karl Joensen	2005		32.20 1:08.38 2:25.21	2:25.21	
	Jákup Í Jákupsstovu	2004		34.18 1:12.99 2:25.21		
	Lukas Bessason	2007		5:28.02 7:24.33 7:24.33	7:24.33	
	Otto Jacobsen	1999		34.36 7:24.33 2:39.20	10:03.53	

Kapping almenn: 04.07.2020 18:48:15

Kapping 29, 1500m Frí Kvinnur - Finala

FAR	17:25.28	Vár Erlingsdóttir Eidesga	2001 Havnar Svímjifelag (FAR)	Broenshoej (DEN)	13.04.2016
FAR.JR	17:25.28	Vár Erlingsdóttir Eidesga	2001 Havnar Svímjifelag (FAR)	Broenshoej (DEN)	13.04.2016
Bronsunál 25m 22:53.86 - Bronsunál 50m 22:55.01					

Raðf	Navn	Føðia	Felag	R.T FINA	Tíð	Munur
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Úrslit

Kapping 29, 1500m Frí Kvinnur - Finala

Raðf	Navn	Føðia Félag	R.T	FINA	Tíð	Munur
1	Eyðrið Mortensen	2003 Havnar Svímjifelag	476	19:38.89		
	50m: 35.04	100m: 1:13.72 (38.68)	150m: 1:52.79 (39.07)	200m: 2:31.94 (39.15)		
	250m: 3:10.56 (38.62)	300m: 3:49.63 (39.07)	350m: 4:28.32 (38.69)	400m: 5:08.14 (39.82)		
	450m: 5:47.47 (39.33)	500m: 6:26.63 (39.16)	550m: 7:06.16 (39.53)	600m: 7:46.11 (39.95)		
	650m: 8:25.52 (39.41)	700m: 9:05.55 (40.03)	750m: 9:45.26 (39.71)	800m: 10:25.42 (40.16)		
	850m: 11:04.79 (39.37)	900m: 11:44.71 (39.92)	950m: 12:24.15 (39.44)	1000m: 13:04.07 (39.92)		
	1050m: 13:43.81 (39.74)	1100m: 14:23.76 (39.95)	1150m: 15:03.23 (39.47)	1200m: 15:43.19 (39.96)		
	1250m: 16:22.81 (39.62)	1300m: 17:02.96 (40.15)	1350m: 17:42.57 (39.61)	1400m: 18:22.34 (39.77)		
	1450m: 19:01.64 (39.30)	1500m: 19:38.89 (37.25)				
2	Nancy Nónskarð Dam	2005 Havnar Svímjifelag	457	19:54.46	+15.57	
	50m: 34.57	100m: 1:13.25 (38.68)	150m: 1:52.56 (39.31)	200m: 2:32.06 (39.50)		
	250m: 3:11.30 (39.24)	300m: 3:51.35 (40.05)	350m: 4:31.00 (39.65)	400m: 5:11.91 (40.91)		
	450m: 5:52.17 (40.26)	500m: 6:32.36 (40.19)	550m: 7:12.32 (39.96)	600m: 7:53.33 (41.01)		
	650m: 8:33.01 (39.68)	700m: 9:13.49 (40.48)	750m: 9:53.50 (40.01)	800m: 10:33.65 (40.15)		
	850m: 11:13.95 (40.80)	900m: 11:54.29 (40.34)	950m: 12:34.56 (40.27)	1000m: 13:16.17 (41.61)		
	1050m: 13:55.96 (39.79)	1100m: 14:36.81 (40.85)	1150m: 15:16.80 (39.99)	1200m: 15:57.39 (40.59)		
	1250m: 16:38.19 (40.80)	1300m: 17:18.98 (40.79)	1350m: 17:59.30 (40.32)	1400m: 18:39.16 (39.86)		
	1450m: 19:18.08 (38.92)	1500m: 19:54.46 (36.38)				
3	Björt A. Sigurðsson	2004 Svímjifelagið Ægir	428	20:21.05	+42.16	
	50m: 35.49	100m: 1:15.70 (40.21)	150m: 1:56.68 (40.98)	200m: 2:37.09 (40.41)		
	250m: 3:17.80 (40.71)	300m: 3:58.60 (40.80)	350m: 4:40.00 (41.40)	400m: 5:20.95 (40.95)		
	450m: 6:01.46 (40.51)	500m: 6:42.56 (41.10)	550m: 7:23.15 (40.59)	600m: 8:04.29 (41.14)		
	650m: 8:45.16 (40.87)	700m: 9:26.32 (41.16)	750m: 10:07.96 (41.64)	800m: 10:48.64 (40.68)		
	850m: 11:29.29 (40.65)	900m: 12:10.42 (41.13)	950m: 12:51.73 (41.31)	1000m: 13:32.85 (41.12)		
	1050m: 14:13.75 (40.90)	1100m: 14:55.37 (41.62)	1150m: 15:36.25 (40.88)	1200m: 16:17.26 (41.01)		
	1250m: 16:58.32 (41.06)	1300m: 17:39.00 (40.68)	1350m: 18:19.68 (40.68)	1400m: 19:00.78 (41.10)		
	1450m: 19:41.54 (40.76)	1500m: 20:21.05 (39.51)				

Kapping almenn: 05.07.2020 08:55:10

Kapping 30, 800m Frí Menn - Finala

FAR	7:45.55	Pal Joensen	1990 Suðuroyar Svímjifelag (FA)	Shanghai (CHN)	26.07.2011
FAR.JR	8:13.75	Óli Mortensen	1996 Havnar Svímjifelag (FAR)	Canet-En-Roussillon (FRA)	12.06.2014

Bronsunál 25m 11:02.38 - Bronsunál 50m 11:15.37

Raðf	Navn	Føðia Félag	R.T	FINA	Tíð	Munur
1	Johan Nónskarð Dam	2002 Havnar Svímjifelag	477	9:38.43		
	50m: 32.34	100m: 1:09.08 (36.74)	150m: 1:45.66 (36.58)	200m: 2:22.81 (37.15)		
	250m: 2:59.40 (36.59)	300m: 3:36.36 (36.96)	350m: 4:13.22 (36.86)	400m: 4:49.94 (36.72)		
	450m: 5:26.69 (36.75)	500m: 6:03.80 (37.11)	550m: 6:40.03 (36.23)	600m: 7:15.57 (35.54)		
	650m: 7:51.78 (36.21)	700m: 8:28.01 (36.23)	750m: 9:02.19 (34.18)	800m: 9:38.43 (36.24)		
2	Jóhannis Erlendsson	2003 Havnar Svímjifelag	469	9:41.71	+3.28	
	50m: 32.92	100m: 1:09.31 (36.39)	150m: 1:46.25 (36.94)	200m: 2:23.05 (36.80)		
	250m: 2:59.67 (36.62)	300m: 3:36.46 (36.79)	350m: 4:13.56 (37.10)	400m: 4:50.09 (36.53)		
	450m: 5:26.89 (36.80)	500m: 6:03.79 (36.90)	550m: 6:40.60 (36.81)	600m: 7:16.64 (36.04)		
	650m: 7:52.35 (35.71)	700m: 8:29.02 (36.67)	750m: 9:05.74 (36.72)	800m: 9:41.71 (35.97)		
3	Høgni Hoydal Thomassen	2002 Havnar Svímjifelag	461	9:44.93	+6.50	
	50m: 32.20	100m: 1:08.94 (36.74)	150m: 1:46.19 (37.25)	200m: 2:22.77 (36.58)		
	250m: 2:59.57 (36.80)	300m: 3:36.49 (36.92)	350m: 4:13.49 (37.00)	400m: 4:50.16 (36.67)		
	450m: 5:26.90 (36.74)	500m: 6:03.57 (36.67)	550m: 6:40.47 (36.90)	600m: 7:16.68 (36.21)		
	650m: 7:54.25 (37.57)	700m: 8:31.49 (37.24)	750m: 9:08.51 (37.02)	800m: 9:44.93 (36.42)		
4	Teitur Winther	2005 Suðuroyar Svímjifelag	426	10:00.64	+22.21	
	50m: 32.90	100m: 1:09.14 (36.24)	150m: 1:46.76 (37.62)	200m: 2:23.89 (37.13)		
	250m: 3:01.33 (37.44)	300m: 3:37.90 (36.57)	350m: 4:15.70 (37.80)	400m: 4:53.46 (37.76)		
	450m: 5:31.54 (38.08)	500m: 6:09.80 (38.26)	550m: 6:48.47 (38.67)	600m: 7:27.05 (38.58)		
	650m: 8:05.34 (38.29)	700m: 8:44.31 (38.97)	750m: 9:23.00 (38.69)	800m: 10:00.64 (37.64)		
5	Heini M. Askham	2006 Svímjifelagið Ægir	414	10:06.30	+27.87	
	50m: 33.71	100m: 1:10.60 (36.89)	150m: 1:49.69 (39.09)	200m: 2:28.28 (38.59)		
	250m: 3:08.23 (39.95)	300m: 3:46.67 (38.44)	350m: 4:25.99 (39.32)	400m: 5:04.65 (38.66)		
	450m: 5:43.58 (38.93)	500m: 6:22.89 (39.31)	550m: 7:01.85 (38.96)	600m: 7:39.70 (37.85)		
	650m: 8:17.59 (37.89)	700m: 8:54.51 (36.92)	750m: 9:31.19 (36.68)	800m: 10:06.30 (35.11)		
-	Rúni Dahl	2004 Suðuroyar Svímjifelag			DNS	

Kapping almenn: 05.07.2020 09:05:18

Kapping 31, 200m Firvald Kvinnur - Innleiðandi

FAR	2:27.37	Vár Erlingsdóttir Eidesga	2001 Havnar Svímjifelag (FAR)	Vagur (FAR)	28.04.2019
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05-07-2020 19:23.45

Dátaviðgerð: WinGrodan 2.6

Loyvt: Suðuroyar Svímjifelag

Síða 27/36



Úrslit

Kapping 31, 200m Firvald Kvinnur - Innleiðandi

FAR.JR 2:28.40 Jana Bjartalíð Thomsen 2000 Ægir Klaksvik (FAR) Vagur (FAR) 04.03.2017
Bronsunál 25m 02:58.67 - Bronsunál 50m 03:01.96

Raðf	Navn	Føðia Felag	R.T	FINA	Tíð	Munur
1	Rebekka Trygvadóttir	2004 Svímjifelagið Ægir		507	2:32.74	Q
	50m: 33.34	100m: 1:11.18 (37.84)	150m: 1:51.69 (40.51)		200m: 2:32.74 (41.05)	
2	Malan Jóhansdóttir	2004 Svímjifelagið Ægir		420	2:42.53	+9.79 Q
	50m: 37.31	100m: 1:17.85 (40.54)	150m: 2:01.37 (43.52)		200m: 2:42.53 (41.16)	

Kapping almenn: 05.07.2020 09:09:01

Kapping 31, 200m Firvald Kvinnur - Finala

FAR 2:27.37 Vár Erlingsdóttir Eidesga 2001 Havnar Svímjifelag (FAR) Vagur (FAR) 28.04.2019
FAR.JR 2:28.40 Jana Bjartalíð Thomsen 2000 Ægir Klaksvik (FAR) Vagur (FAR) 04.03.2017
Bronsunál 25m 02:58.67 - Bronsunál 50m 03:01.96

Raðf	Navn	Føðia Felag	R.T	FINA	Tíð	Munur
1	Rebekka Trygvadóttir	2004 Svímjifelagið Ægir		462	2:37.52	
	50m: 33.66	100m: 1:14.09 (40.43)	150m: 1:55.26 (41.17)		200m: 2:37.52 (42.26)	
2	Malan Jóhansdóttir	2004 Svímjifelagið Ægir		442	2:39.84	+2.32
	50m: 34.83	100m: 1:14.51 (39.68)	150m: 1:56.39 (41.88)		200m: 2:39.84 (43.45)	

Kapping almenn: 05.07.2020 15:07:48

Kapping 32, 200m Firvald Menn - Innleiðandi

FAR 2:06.05 Óli Mortensen 1996 Havnar Svímjifelag (FAR) Vagur (FAR) 13.03.2016
FAR.JR 2:11.04 Óli Mortensen 1996 Havnar Svímjifelag (FAR) Barcelona (ESP) 14.06.2014
Bronsunál 25m 02:41.68 - Bronsunál 50m 02:46.57

Raðf	Navn	Føðia Felag	R.T	FINA	Tíð	Munur
1	Johan Nónskarð Dam	2002 Havnar Svímjifelag		467	2:22.66	Q
	50m: 31.27	100m: 1:08.06 (36.79)	150m: 1:45.54 (37.48)		200m: 2:22.66 (37.12)	
2	Jóhannis Erlendsson	2003 Havnar Svímjifelag		295	2:46.27	+23.61 Q
	50m: 35.88	100m: 1:18.47 (42.59)	150m: 2:02.65 (44.18)		200m: 2:46.27 (43.62)	
3	Sámal Torkilsson	2006 Fuglafjarðar Svímjifelag		231	3:00.43	+37.77 Q
	50m: 37.87	100m: 1:23.94 (46.07)	150m: 2:11.24 (47.30)		200m: 3:00.43 (49.19)	

Kapping almenn: 05.07.2020 09:13:02

Kapping 32, 200m Firvald Menn - Finala

FAR 2:06.05 Óli Mortensen 1996 Havnar Svímjifelag (FAR) Vagur (FAR) 13.03.2016
FAR.JR 2:11.04 Óli Mortensen 1996 Havnar Svímjifelag (FAR) Barcelona (ESP) 14.06.2014
Bronsunál 25m 02:41.68 - Bronsunál 50m 02:46.57

Raðf	Navn	Føðia Felag	R.T	FINA	Tíð	Munur
1	Johan Nónskarð Dam	2002 Havnar Svímjifelag		443	2:25.17	
	50m: 31.56	100m: 1:08.17 (36.61)	150m: 1:47.06 (38.89)		200m: 2:25.17 (38.11)	
2	Jóhannis Erlendsson	2003 Havnar Svímjifelag		299	2:45.57	+20.40
	50m: 34.49	100m: 1:16.31 (41.82)	150m: 2:00.84 (44.53)		200m: 2:45.57 (44.73)	
3	Sámal Torkilsson	2006 Fuglafjarðar Svímjifelag		232	3:00.00	+34.83
	50m: 39.03	100m: 1:24.62 (45.59)	150m: 2:13.29 (48.67)		200m: 3:00.00 (46.71)	

Kapping almenn: 05.07.2020 15:14:48

Kapping 33, 50m Frí Kvinnur - Innleiðandi

FAR 26.52 Vár Erlingsdóttir Eidesga 2001 Havnar Svímjifelag (FAR) Bergen (NOR) 15.04.2018
FAR.JR 26.52 Vár Erlingsdóttir Eidesga 2001 Havnar Svímjifelag (FAR) Bergen (NOR) 15.04.2018
Bronsunál 25m 00:34.25 - Bronsunál 50m 00:35.35

Raðf	Navn	Føðia Felag	R.T	FINA	Tíð	Munur
1	Ronja Ró í Dímun	2004 Havnar Svímjifelag		588	28.24	Q
2	Alisa Vestergård	2003 Suðuroyar Svímjifelag		585	28.30	+0.06 Q
3	Barbara Debes	2000 Svímjifelagið Ægir		580	28.37	+0.13 Q
4	Elisabeth Erlendsdóttir	2005 Havnar Svímjifelag		577	28.43	+0.19 Q



Úrslit

Kapping 33, 50m Frí Kvinnur - Innleiðandi

Raðf	Navn	Føðia Felag	R.T	FINA	Tíð	Munur
5	Nancy Nónskarð Dam	2005 Havnar Svímjifelag		520	29.42	+1.18 Q
6	Jonna Joensen	2005 Svímjifelagið Ægir		516	29.51	+1.27 Q
7	Kristina Í Skála	2005 Havnar Svímjifelag		490	30.01	+1.77
8	Birna Isholm	2006 Svímjifelagið Ægir		461	30.62	+2.38
9	Miriam Mortensen	2004 Havnar Svímjifelag		453	30.81	+2.57
10	Elin Christiansen	2004 Suðuroyar Svímjifelag		439	31.13	+2.89
11	Bjørnt A. Sigurðsson	2004 Svímjifelagið Ægir		438	31.15	+2.91
12	Bjørk L Sørensen	2004 Suðuroyar Svímjifelag		428	31.39	+3.15
13	Lea Osberg Højsted	2008 Svímjifelagið Ægir		412	31.80	+3.56
14	Jóhanna H. Eidesgaard	2004 Havnar Svímjifelag		405	31.98	+3.74
15	Róa Trygvadóttir	2008 Svímjifelagið Ægir		404	32.01	+3.77
16	Bára D. Nattestad	2004 Havnar Svímjifelag		386	32.49	+4.25
17	Sofía Toftegaard	2006 Svímjifelagið Ægir		384	32.54	+4.30
18	Jóhanna Ólavsdóttir	2007 Fuglafjarðar Svímjifelag		359	33.29	+5.05
19	Birita Vesturtún	2007 Fuglafjarðar Svímjifelag		350	33.58	+5.34
20	Oddvá Sedeá D. Nattestad	2006 Havnar Svímjifelag		326	34.38	+6.14
21	Signa Vár Dávadóttir	1998 Havnar Svímjifelag		317	34.71	+6.47
22	Durita M. Askham	2008 Svímjifelagið Ægir		290	35.74	+7.50

Kapping almenn: 05.07.2020 09:20:36

Kapping 33, 50m Frí Kvinnur - Finala

FAR	26.52	Vár Erlingsdóttir Eidesga	2001 Havnar Svímjifelag (FAR)	Bergen (NOR)	15.04.2018
FAR.JR	26.52	Vár Erlingsdóttir Eidesga	2001 Havnar Svímjifelag (FAR)	Bergen (NOR)	15.04.2018

Bronsunál 25m 00:34.25 - Bronsunál 50m 00:35.35

Raðf	Navn	Føðia Felag	R.T	FINA	Tíð	Munur
1	Barbara Debes	2000 Svímjifelagið Ægir		612	27.87	
2	Ronja Ró í Dímun	2004 Havnar Svímjifelag		609	27.91	+0.04
3	Alisa Vestergård	2003 Suðuroyar Svímjifelag		608	27.94	+0.07
4	Elisabeth Erlendsdóttir	2005 Havnar Svímjifelag		583	28.33	+0.46
5	Nancy Nónskarð Dam	2005 Havnar Svímjifelag		532	29.21	+1.34
6	Jonna Joensen	2005 Svímjifelagið Ægir		483	30.15	+2.28

Kapping almenn: 05.07.2020 15:19:59

Kapping 34, 50m Frí Menn - Innleiðandi

FAR	23.48	Magnus Jákupsson	1994 Havnar Svímjifelag (DEN)	Esbjerg (DEN)	13.07.2012
FAR.JR	23.48	Magnus Jákupsson	1994 Havnar Svímjifelag (DEN)	Esbjerg (DEN)	13.07.2012

Bronsunál 25m 00:30.26 - Bronsunál 50m 00:31.23

Raðf	Navn	Føðia Felag	R.T	FINA	Tíð	Munur
1	Bartal E. Eidesgaard	2003 Havnar Svímjifelag		585	24.99	Q
2	Rókur Trygvason	2000 Svímjifelagið Ægir		581	25.05	+0.06 Q
3	Róland Toftum	1998 Suðuroyar Svímjifelag		543	25.63	+0.64 -
3	Bartal Debess	2002 Suðuroyar Svímjifelag		543	25.63	+0.64 Q
5	Martin V. Sivertsen	2002 Svímjifelagið Ægir		522	25.96	+0.97 Q
6	Otto Jacobsen	1999 Svímjifelagið Flot		410	28.14	+3.15 Q
7	Andreas Debess	2006 Suðuroyar Svímjifelag		409	28.16	+3.17 Q
8	Rúni Dahl	2004 Suðuroyar Svímjifelag		396	28.47	+3.48
9	Rani Jacobsen	2001 Suðuroyar Svímjifelag		391	28.59	+3.60



Úrslit

Kapping 34, 50m Frí Menn - Innleiðandi

Raðf	Navn	Føðia Felag	R.T	FINA	Tíð	Munur
10	Hans Jacob Hjelm	2003 Suðuroyar Svímjifelag	389		28.64	+3.65
11	Lukas Besson	2007 Svímjifelagið Flot	385		28.72	+3.73
12	Heini M. Askham	2006 Svímjifelagið Ægir	383		28.79	+3.80
13	Karl Joensen	2005 Svímjifelagið Flot	339		29.96	+4.97
14	Dávid Gislason	2005 Havnar Svímjifelag	336		30.05	+5.06
15	Markus Bárðarson Dahl	2005 Havnar Svímjifelag	327		30.33	+5.34
16	Isak Brisenfeldt	2006 Havnar Svímjifelag	322		30.50	+5.51
17	Teitur Winther	2005 Suðuroyar Svímjifelag	321		30.52	+5.53
18	Jákup í Jákupsstovu	2004 Svímjifelagið Flot	316		30.68	+5.69
19	Jóni Janusarson Strøm	2006 Havnar Svímjifelag	315		30.71	+5.72
20	Sámal Torkilsson	2006 Fuglafjarðar Svímjifelag	287		31.69	+6.70
21	Fróði Hansen	2008 Fuglafjarðar Svímjifelag	274		32.17	+7.18
-	Villiam Marius Samuelsen	2005 Havnar Svímjifelag	383		28.79	+3.80 x
-	Snorri Fríðheim Mortensen	2005 Havnar Svímjifelag			DSQ	x Tjónvstart (Óstillur)
-	Jóhannis Erlendsson	2003 Havnar Svímjifelag			DNS	

Kapping almenn: 05.07.2020 09:28:14

Kapping 34, 50m Frí Menn - Finala

FAR	23.48	Magnus Jákupsson	1994 Havnar Svímjifelag (DEN)	Esbjerg (DEN)	13.07.2012
FAR.JR	23.48	Magnus Jákupsson	1994 Havnar Svímjifelag (DEN)	Esbjerg (DEN)	13.07.2012

Bronsunál 25m 00:30.26 - Bronsunál 50m 00:31.23

Raðf	Navn	Føðia Felag	R.T	FINA	Tíð	Munur
1	Rókur Trygvason	2000 Svímjifelagið Ægir	694		23.61	
2	Bartal E. Eidesgaard	2003 Havnar Svímjifelag	580		25.07	+1.46
3	Bartal Debess	2002 Suðuroyar Svímjifelag	576		25.12	+1.51
4	Martin V. Sivertsen	2002 Svímjifelagið Ægir	522		25.96	+2.35
5	Otto Jacobsen	1999 Svímjifelagið Flot	415		28.03	+4.42
6	Andreas Debess	2006 Suðuroyar Svímjifelag	399		28.38	+4.77

Kapping almenn: 05.07.2020 15:22:20

Kapping 35, 200m Rygg Kvinnur - Innleiðandi

FAR	2:14.01	Signhild Joensen	2000 Ægir Klaksvik (FAR)	Broenshoej (DEN)	05.04.2017
FAR.JR	2:14.01	Signhild Joensen	2000 Ægir Klaksvik (FAR)	Broenshoej (DEN)	05.04.2017

Bronsunál 25m 02:58.10 - Bronsunál 50m 03:05.32

Raðf	Navn	Føðia Felag	R.T	FINA	Tíð	Munur
1	Signhild Joensen	2000 Svímjifelagið Ægir	562		2:29.40	Q
	50m: 34.46	100m: 1:12.88 (38.42)	150m: 1:51.38 (38.50)	200m: 2:29.40 (38.02)		
2	Elisabeth Erlendsdóttir	2005 Havnar Svímjifelag	553		2:30.23	+0.83 Q
	50m: 34.87	100m: 1:13.61 (38.74)	150m: 1:52.27 (38.66)	200m: 2:30.23 (37.96)		
3	Kristina í Skála	2005 Havnar Svímjifelag	536		2:31.82	+2.42 Q
	50m: 34.95	100m: 1:13.29 (38.34)	150m: 1:52.59 (39.30)	200m: 2:31.82 (39.23)		
4	Alisa Vestergård	2003 Suðuroyar Svímjifelag	460		2:39.68	+10.28 -
	50m: 37.29	100m: 1:18.91 (41.62)	150m: 2:00.34 (41.43)	200m: 2:39.68 (39.34)		
5	Jonna Joensen	2005 Svímjifelagið Ægir	446		2:41.41	+12.01 Q
	50m: 37.30	100m: 1:19.75 (42.45)	150m: 2:01.70 (41.95)	200m: 2:41.41 (39.71)		
6	Björg Ólavsdóttir	2004 Havnar Svímjifelag	411		2:45.85	+16.45 Q
	50m: 38.53	100m: 1:20.82 (42.29)	150m: 2:04.05 (43.23)	200m: 2:45.85 (41.80)		
7	Jóhanna Ólavsdóttir	2007 Fuglafjarðar Svímjifelag	364		2:52.74	+23.34 Q
	50m: 40.57	100m: 1:25.46 (44.89)	150m: 2:09.83 (44.37)	200m: 2:52.74 (42.91)		



Úrslit

Kapping 35, 200m Rygg Kvinnur - Innleiðandi

Raðf	Navn	Føðia Felag	R.T	FINA	Tíð	Munur
8	Bjørk L Sørensen	2004 Suðuroyar Svímjifelag		330	2:58.43	+29.03
	50m: 42.36	100m: 1:28.12 (45.76)	150m: 2:13.68 (45.56)		200m: 2:58.43 (44.75)	

Kapping almenn: 05.07.2020 10:05:12

Kapping 35, 200m Rygg Kvinnur - Finala

FAR	2:14.01	Signhild Joensen	2000 Ægir Klaksvik (FAR)	Broenshoej (DEN)	05.04.2017
FAR.JR	2:14.01	Signhild Joensen	2000 Ægir Klaksvik (FAR)	Broenshoej (DEN)	05.04.2017

Bronsunál 25m 02:58.10 - Bronsunál 50m 03:05.32

Raðf	Navn	Føðia Felag	R.T	FINA	Tíð	Munur
1	Signhild Joensen	2000 Svímjifelagið Ægir		648	2:22.49	
	50m: 32.87	100m: 1:08.98 (36.11)	150m: 1:46.23 (37.25)		200m: 2:22.49 (36.26)	
2	Elisabeth Erlendsdóttir	2005 Havnar Svímjifelag		551	2:30.42	+7.93
	50m: 35.46	100m: 1:14.75 (39.29)	150m: 1:53.62 (38.87)		200m: 2:30.42 (36.80)	
3	Kristina Í Skála	2005 Havnar Svímjifelag		538	2:31.66	+9.17
	50m: 34.90	100m: 1:13.47 (38.57)	150m: 1:52.70 (39.23)		200m: 2:31.66 (38.96)	
4	Jonna Joensen	2005 Svímjifelagið Ægir		455	2:40.28	+17.79
	50m: 35.99	100m: 1:16.75 (40.76)	150m: 1:58.96 (42.21)		200m: 2:40.28 (41.32)	
5	Björg Ólavsdóttir	2004 Havnar Svímjifelag		396	2:47.94	+25.45
	50m: 38.06	100m: 1:21.61 (43.55)	150m: 2:05.45 (43.84)		200m: 2:47.94 (42.49)	
6	Jóhanna Ólavsdóttir	2007 Fuglafjarðar Svímjifelag		382	2:49.98	+27.49
	50m: 40.43	100m: 1:23.33 (42.90)	150m: 2:07.26 (43.93)		200m: 2:49.98 (42.72)	

Kapping almenn: 05.07.2020 15:29:48

Kapping 36, 200m Rygg Menn - Innleiðandi

FAR	2:04.12	Magnus Jákupsson	1994 Havnar Svímjifelag (DEN)	Antwerp (BEL)	06.07.2012
FAR.JR	2:04.12	Magnus Jákupsson	1994 Havnar Svímjifelag (DEN)	Antwerp (BEL)	06.07.2012

Bronsunál 25m 02:37.79 - Bronsunál 50m 02:47.18

Raðf	Navn	Føðia Felag	R.T	FINA	Tíð	Munur
1	Bartal Debess	2002 Suðuroyar Svímjifelag		477	2:23.24	Q
	50m: 32.99	100m: 1:09.49 (36.50)	150m: 1:47.49 (38.00)		200m: 2:23.24 (35.75)	
2	Martin V. Sivertsen	2002 Svímjifelagið Ægir		382	2:34.15	+10.91 -
	50m: 35.21	100m: 1:14.02 (38.81)	150m: 1:54.21 (40.19)		200m: 2:34.15 (39.94)	
3	Teitur Winther	2005 Suðuroyar Svímjifelag		343	2:39.85	+16.61 Q
	50m: 38.70	100m: 1:20.71 (42.01)	150m: 2:01.45 (40.74)		200m: 2:39.85 (38.40)	
4	Rúni Dahl	2004 Suðuroyar Svímjifelag		327	2:42.44	+19.20 Q
	50m: 36.59	100m: 1:17.99 (41.40)	150m: 2:00.33 (42.34)		200m: 2:42.44 (42.11)	
5	Lukas Besson	2007 Svímjifelagið Flot		322	2:43.14	+19.90 Q
	50m: 37.83	100m: 1:20.03 (42.20)	150m: 2:03.64 (43.61)		200m: 2:43.14 (39.50)	
6	Isak Brisenfeldt	2006 Havnar Svímjifelag		254	2:56.55	+33.31 Q
	50m: 43.11	100m: 1:29.92 (46.81)	150m: 2:14.02 (44.10)		200m: 2:56.55 (42.53)	
-	Villiam Marius Samuelsen	2005 Havnar Svímjifelag		344	2:39.66	+16.42 x
	50m: 38.42	100m: 1:20.22 (41.80)	150m: 2:01.73 (41.51)		200m: 2:39.66 (37.93)	

Kapping almenn: 05.07.2020 10:13:26

Kapping 36, 200m Rygg Menn - Finala

FAR	2:04.12	Magnus Jákupsson	1994 Havnar Svímjifelag (DEN)	Antwerp (BEL)	06.07.2012
FAR.JR	2:04.12	Magnus Jákupsson	1994 Havnar Svímjifelag (DEN)	Antwerp (BEL)	06.07.2012

Bronsunál 25m 02:37.79 - Bronsunál 50m 02:47.18

Raðf	Navn	Føðia Felag	R.T	FINA	Tíð	Munur
1	Bartal Debess	2002 Suðuroyar Svímjifelag		397	2:32.23	
	50m: 35.10	100m: 1:14.32 (39.22)	150m: 1:53.31 (38.99)		200m: 2:32.23 (38.92)	
2	Teitur Winther	2005 Suðuroyar Svímjifelag		378	2:34.77	+2.54
	50m: 37.00	100m: 1:17.46 (40.46)	150m: 1:57.01 (39.55)		200m: 2:34.77 (37.76)	
3	Rúni Dahl	2004 Suðuroyar Svímjifelag		362	2:37.01	+4.78
	50m: 35.49	100m: 1:15.81 (40.32)	150m: 1:56.39 (40.58)		200m: 2:37.01 (40.62)	



Úrslit

Kapping 36, 200m Rygg Menn - Finala

Raðf	Navn	Føðia Felag	R.T	FINA	Tíð	Munur
4	Lukas Bessason	2007 Svímjifelagið Flot		347	2:39.16	+6.93
	50m: 35.28	100m: 1:14.64 (39.36)	150m: 1:56.77 (42.13)		200m: 2:39.16 (42.39)	
5	Isak Brisenfeldt	2006 Havnar Svímjifelag		295	2:47.98	+15.75
	50m: 39.15	100m: 1:22.52 (43.37)	150m: 2:05.13 (42.61)		200m: 2:47.98 (42.85)	

Kapping almenn: 05.07.2020 15:33:17

Kapping 37, 50m Bringu Kvinnur - Innleiðandi

FAR	34.45	Ásbjörg Hjelm	1999 Ægir Klaksvik (FAR)	Vagur (FAR)	27.05.2017
FAR.JR	34.61	Ásbjörg Hjelm	1999 Ægir Klaksvik (FAR)	Laugardalslaug (ISL)	17.01.2015

Bronsunál 25m 00:42.66 - Bronsunál 50m 00:43.91

Raðf	Navn	Føðia Felag	R.T	FINA	Tíð	Munur
1	Ronja Ró í Dímun	2004 Havnar Svímjifelag		520	36.56	Q
2	Eyðrið Mortensen	2003 Havnar Svímjifelag		519	36.57	+0.01 Q
3	Ásbjörg Hjelm	1999 Svímjifelagið Ægir		512	36.75	+0.19 Q
4	Birna Isholm	2006 Svímjifelagið Ægir		418	39.31	+2.75 Q
5	Nancy Nónskarð Dam	2005 Havnar Svímjifelag		416	39.36	+2.80 Q
6	Malan Jóhansdóttir	2004 Svímjifelagið Ægir		405	39.72	+3.16 Q
7	Lea Osberg Højsted	2008 Svímjifelagið Ægir		387	40.33	+3.77
8	Jóhanna H. Eidesgaard	2004 Havnar Svímjifelag		368	41.01	+4.45
9	Elin Christiansen	2004 Suðuroyar Svímjifelag		364	41.16	+4.60
10	Birita Vesturtún	2007 Fuglafjarðar Svímjifelag		330	42.51	+5.95
11	Björg Ólavsdóttir	2004 Havnar Svímjifelag		323	42.81	+6.25
12	Oddvá Sedeá D. Nattestad	2006 Havnar Svímjifelag		310	43.44	+6.88
13	Jonna Joensen	2005 Svímjifelagið Ægir		305	43.65	+7.09
14	Róa Trygvadóttir	2008 Svímjifelagið Ægir		302	43.82	+7.26
15	Bára D. Nattestad	2004 Havnar Svímjifelag		258	46.14	+9.58
16	Durita M. Askham	2008 Svímjifelagið Ægir		224	48.38	+11.82
17	Signa Vár Dávadóttir	1998 Havnar Svímjifelag		216	48.95	+12.39
-	Sofía Toftegaard	2006 Svímjifelagið Ægir			DSQ	Tjóvstart (óstill)

Kapping almenn: 05.07.2020 10:20:09

Kapping 37, 50m Bringu Kvinnur - Finala

FAR	34.45	Ásbjörg Hjelm	1999 Ægir Klaksvik (FAR)	Vagur (FAR)	27.05.2017
FAR.JR	34.61	Ásbjörg Hjelm	1999 Ægir Klaksvik (FAR)	Laugardalslaug (ISL)	17.01.2015

Bronsunál 25m 00:42.66 - Bronsunál 50m 00:43.91

Raðf	Navn	Føðia Felag	R.T	FINA	Tíð	Munur
1	Ásbjörg Hjelm	1999 Svímjifelagið Ægir		575	35.34	
2	Eyðrið Mortensen	2003 Havnar Svímjifelag		554	35.78	+0.44
3	Ronja Ró í Dímun	2004 Havnar Svímjifelag		526	36.42	+1.08
4	Birna Isholm	2006 Svímjifelagið Ægir		430	38.94	+3.60
5	Nancy Nónskarð Dam	2005 Havnar Svímjifelag		428	39.00	+3.66
6	Malan Jóhansdóttir	2004 Svímjifelagið Ægir		408	39.63	+4.29

Kapping almenn: 05.07.2020 15:38:42

Kapping 38, 50m Bringu Menn - Innleiðandi

FAR	29.43	Róland Toftum	1998 Suðuroyar Svímjifelag (FA Broenshoej (DEN)	05.04.2017
FAR.JR	29.81	Róland Toftum	1998 Suðuroyar Svímjifelag (FA Broenshoej (DEN)	17.04.2016

Bronsunál 25m 00:37.71 - Bronsunál 50m 00:38.76

Raðf	Navn	Føðia Felag	R.T	FINA	Tíð	Munur
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Úrslit

Kapping 38, 50m Bringu Menn - Innleiðandi

Raðf	Navn	Føðia Felag	R.T	FINA	Tíð	Munur
1	Róland Toftum	1998 Suðuroyar Svímjifelag	653		29.91	Q
2	Rókur Trygvason	2000 Svímjifelagið Ægir	560		31.47	+1.56 -
3	Bartal E. Eidesgaard	2003 Havnar Svímjifelag	548		31.70	+1.79 Q
4	Niklas Jógvan Arge	2004 Havnar Svímjifelag	481		33.11	+3.20 Q
5	Rani Jacobsen	2001 Suðuroyar Svímjifelag	442		34.05	+4.14 Q
6	Andreas Debess	2006 Suðuroyar Svímjifelag	298		38.85	+8.94 Q
7	Jóni Janusarson Strøm	2006 Havnar Svímjifelag	283		39.51	+9.60 Q
8	Karl Joensen	2005 Svímjifelagið Flot	280		39.64	+9.73
9	Markus Bárðarson Dahl	2005 Havnar Svímjifelag	275		39.86	+9.95
10	Lukas Bessason	2007 Svímjifelagið Flot	254		40.95	+11.04
11	Fróði Hansen	2008 Fuglafjarðar Svímjifelag	241		41.69	+11.78
12	Dávid Gíslason	2005 Havnar Svímjifelag	227		42.52	+12.61
13	Jákup Í Jákupsstovu	2004 Svímjifelagið Flot	202		44.21	+14.30
14	Isak Brisenfeldt	2006 Havnar Svímjifelag	187		45.30	+15.39
-	Vílliam Marius Samuelsen	2005 Havnar Svímjifelag	207		43.85	+13.94 x

Kapping almenn: 05.07.2020 10:24:14

Kapping 38, 50m Bringu Menn - Finala

FAR	29.43	Róland Toftum	1998 Suðuroyar Svímjifelag (FA Broenshoej (DEN))	05.04.2017
FAR.JR	29.81	Róland Toftum	1998 Suðuroyar Svímjifelag (FA Broenshoej (DEN))	17.04.2016

Bronsunál 25m 00:37.71 - Bronsunál 50m 00:38.76

Raðf	Navn	Føðia Felag	R.T	FINA	Tíð	Munur
1	Róland Toftum	1998 Suðuroyar Svímjifelag	665		29.72	
2	Bartal E. Eidesgaard	2003 Havnar Svímjifelag	605		30.68	+0.96
3	Niklas Jógvan Arge	2004 Havnar Svímjifelag	484		33.05	+3.33
4	Rani Jacobsen	2001 Suðuroyar Svímjifelag	428		34.43	+4.71
5	Andreas Debess	2006 Suðuroyar Svímjifelag	275		39.87	+10.15
6	Jóni Janusarson Strøm	2006 Havnar Svímjifelag	272		40.04	+10.32

Kapping almenn: 05.07.2020 15:41:05

Kapping 39, 4X100m Frí Kvinnur - Innleiðandi

FAR	4:03.56	Ægir Klaksvík	Ægir Klaksvík (FAR)	Vagur (FAR)	27.05.2017
FAR.JR	4:06.78	Ægir Klaksvík	Ægir Klaksvík (FAR)	Vagur (FAR)	13.03.2016

Raðf	Navn	Aldur Felag	FINA	Tíð	Munur
1	1 Ld Hs 1 Gentur	17 Havnar Svímjifelag	512 Q		4:22.41
	Ronja Ró Í Dímun	2004	30.65	1:05.19	1:05.19
	Miriam Mortensen	2004	31.81	1:06.84	2:12.03
	Eyðrið Mortensen	2003	30.17	1:03.68	3:15.71
	Jóhanna H. Eidesgaard	2004	32.10	1:06.70	4:22.41
2	1 LD Kvinnur Ægir 3	16 Svímjifelagið Ægir	506 Q		4:23.59 +1.18
	Malan Jóhansdóttir	2004	32.61	1:07.34	1:07.34
	Jonna Joensen	2005	31.78	1:07.62	2:14.96
	Björt A. Sigurðsson	2004	31.70	1:06.97	3:21.93
	Rebekka Trygvadóttir	2004	29.84	1:01.66	4:23.59



Úrslit

Kapping 39, 4X100m Frí Kvinnur - Innleiðandi

Raðf	Navn	Aldur	Felag	FINA	Tíð	Munur
3	1 Ld Hs 2 Gentur		15 Havnar Svímjifelag	460 Q	4:32.08	+9.67
	Oddvá Sedeá D. Nattestad	2006		36.21 1:17.31	1:17.31	
	Kristína Í Skála	2005		31.32 1:05.92	2:23.23	
	Elisabeth Erlendsdóttir	2005		30.70 1:05.23	3:28.46	
	Nancy Nónskarð Dam	2005		30.17 1:03.62	4:32.08	
4	1 LD Kvinnur Ægir 2		21 Svímjifelagið Ægir	423 Q	4:39.79	+17.38
	Róa Trygvadóttir	2008		33.89 1:10.85	1:10.85	
	Ásbjörg Hjelm	1999		32.28 1:09.40	2:20.25	
	Sofía Toftegaard	2006		32.57 2:20.25		
	Barbara Debes	2000		4:03.01 4:39.79	4:39.79	
5	Susvim Sisters		17 Suðuroyar Svímjifelag	418 Q	4:40.83	+18.42
	Björk L Sørensen	2004		34.62 1:11.31	1:11.31	
	Petra A.Nielsen	2003		34.64 1:15.52	2:26.83	
	Elin Christiansen	2004		32.97 1:09.41	3:36.24	
	Alisa Vestergård	2003		29.60 1:04.59	4:40.83	
6	1 LD Kvinnur Ægir 1		20 Svímjifelagið Ægir	408 Q	4:43.16	+20.75
	Durita M. Askham	2008		36.17 1:17.58	1:17.58	
	Lea Osberg Højsted	2008		33.03 1:09.45	2:27.03	
	Birna Isholm	2006		33.21 1:09.04	3:36.07	
	Signhild Joensen	2000		31.86 1:07.09	4:43.16	

Kapping almenn: 05.07.2020 10:44:34

Kapping 39, 4X100m Frí Kvinnur - Finala

FAR	4:03.56	Ægir Klaksvík	Ægir Klaksvík (FAR)	Vagur (FAR)	27.05.2017	
FAR.JR	4:06.78	Ægir Klaksvík	Ægir Klaksvík (FAR)	Vagur (FAR)	13.03.2016	
Raðf	Navn	Aldur	Felag	FINA	Tíð	Munur
1	1 Ld Hs 1 Gentur		17 Havnar Svímjifelag	605	4:08.32	
	Elisabeth Erlendsdóttir	2005		29.60 1:02.16	1:02.16	
	Nancy Nónskarð Dam	2005		30.23 1:02.45	2:04.61	
	Eyðrið Mortensen	2003		29.51 1:02.07	3:06.68	
	Ronja Ró Í Dímun	2004		28.95 1:01.64	4:08.32	
2	1 LD Kvinnur Ægir 1		20 Svímjifelagið Ægir	572	4:12.91	+4.59
	Björt A. Sigurðsson	2004		30.94 1:05.85	1:05.85	
	Signhild Joensen	2000		29.86 1:02.01	2:07.86	
	Barbara Debes	2000		29.22 1:01.99	3:09.85	
	Rebekka Trygvadóttir	2004		30.02 1:03.06	4:12.91	
3	1 Ld Hs 2 Gentur		16 Havnar Svímjifelag	482	4:27.87	+19.55
	Miriam Mortensen	2004		31.23 1:06.29	1:06.29	
	Kristína Í Skála	2005		31.23 1:05.30	2:11.59	
	Björg Ólavsdóttir	2004		32.80 1:10.65	3:22.24	
	Jóhanna H. Eidesgaard	2004		31.19 1:05.63	4:27.87	
4	1 LD Kvinnur Ægir 3		16 Svímjifelagið Ægir	481	4:28.02	+19.70
	Lea Osberg Højsted	2008		32.24 1:08.47	1:08.47	
	Jonna Joensen	2005		31.02 1:06.79	2:15.26	
	Malan Jóhansdóttir	2004		31.71 1:06.95	3:22.21	
	Birna Isholm	2006		32.13 1:05.81	4:28.02	



Úrslit

Kapping 39, 4X100m Frí Kvinnur - Finala

Raðf	Navn	Aldur	Felag		FINA	Tíð	Munur
5	Susvim Sisters		17 Suðuroyar Svímjifelag		427	4:38.88	+30.56
	Bjørk L Sørensen	2004		33.08	1:09.11	1:09.11	
	Petra A.Nielsen	2003		35.69	1:18.65	2:27.76	
	Elin Christiansen	2004		32.85	1:09.65	3:37.41	
	Alisa Vestergård	2003		28.56	1:01.47	4:38.88	
6	1 LD Kvinnur Ægir 2		21 Svímjifelagið Ægir		424	4:39.39	+31.07
	Ásbjörg Hjelm	1999		31.05	1:05.08	1:05.08	
	Sofía Toftegaard	2006		32.43	1:09.07	2:14.15	
	Róa Trygvadóttir	2008		33.04	1:09.51	3:23.66	
	Durita M. Askham	2008		35.52	1:15.73	4:39.39	

Kapping almenn: 05.07.2020 15:53:10

Kapping 40, 4X100m Frí Menn - Innleiðandi

FAR	3:40.31	Havnar Svímjifelag	Havnar Svímjifelag (FAR)	Vagur (FAR)		28.04.2019	
FAR.JR	3:48.83	1 LH Hs 1 Menn	2002 Havnar Svímjifelag (FAR)	Páls Høll (FAR)		05.07.2020	
Raðf	Navn	Aldur	Felag		FINA	Tíð	Munur
1	1 LH Hs 1 Menn		18 Havnar Svímjifelag		506 Q	3:56.12	
	Johan Nónskarð Dam	2002		27.15	56.11	56.11	
	Jóhannis Erlendsson	2003		28.27	59.93	1:56.04	
	Høgni Hoydal Thomassen	2002		30.52	1:04.89	3:00.93	
	Bartal E. Eidesgaard	2003		26.57	55.19	3:56.12	
2	Susvim Dreingir		17 Suðuroyar Svímjifelag		400 Q	4:15.29	+19.17
	Hans Jacob Hjelm	2003		30.14	1:04.16	1:04.16	
	Teitur Winther	2005		31.38	1:06.67	2:10.83	
	Rúni Dahl	2004		28.62	1:03.45	3:14.28	
	Andreas Debess	2006		29.11	1:01.01	4:15.29	
3	Susvim Harrar		22 Suðuroyar Svímjifelag		400 Q	4:15.31	+19.19
	Rani Jacobsen	2001		29.45	1:02.61	1:02.61	
	Rói Bech	2001		30.92	1:07.88	2:10.49	
	Róland Toftum	1998		31.21	1:05.07	3:15.56	
	Bartal Debess	2002		28.52	59.75	4:15.31	
4	1 LH Menn Ægir 1		20 Svímjifelagið Ægir		400 Q	4:15.36	+19.24
	Rókur Trygvason	2000		32.34	1:07.53	1:07.53	
	Natanael A. Matras	2002		29.90	1:03.99	2:11.52	
	Heini M. Askham	2006		29.95	1:04.10	3:15.62	
	Martin V. Sivertsen	2002		28.24	59.74	4:15.36	
5	1 LH Hs 2 Menn		16 Havnar Svímjifelag		366 Q	4:23.11	+26.99
	Villiam Marius Samuelsen	2005		30.87	1:05.53	1:05.53	
	Niklas Jógvan Arge	2004		29.74	1:03.09	2:08.62	
	Dávid Gíslason	2005		30.35	1:06.23	3:14.85	
	Markus Bárðarson Dahl	2005		3:14.85	1:08.26	4:23.11	
6	Flot		21 Svímjifelagið Flot		348 Q	4:27.46	+31.34
	Karl Joensen	2005		31.50	1:05.42	1:05.42	
	Jákup Í Jákupsstovu	2004		33.72	1:10.26	2:15.68	
	Lukas Bessason	2007		29.80	1:03.90	3:19.58	
	Otto Jacobsen	1999		31.63	1:07.88	4:27.46	

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Úrslit

Kapping 40, 4X100m Frí Menn - Finala

FAR	3:40.31	Havnar Svímjifelag	Havnar Svímjifelag (FAR)	Vagur (FAR)	28.04.2019	
FAR.JR	3:48.83	1 LH Hs 1 Menn	2002 Havnar Svímjifelag (FAR)	Páls Høll (FAR)	05.07.2020	
Raðf	Navn	Aldur	Felag	FINA	Tíð	Munur
1	1 LH Hs 1 Menn		18 Havnar Svímjifelag	556	3:48.83	FAR.JR
	Johan Nónskarð Dam	2002		27.38	55.61	55.61
	Jóhannis Erlendsson	2003		27.61	58.21	1:53.82
	Niklas Jógvan Arge	2004		28.94	1:01.58	2:55.40
	Bartal E. Eidesgaard	2003		25.71	53.43	3:48.83
2	Susvim Harrar		22 Suðuroyar Svímjifelag	556	3:48.84	+0.01
	Bartal Debess	2002		27.07	55.96	55.96
	Andreas Debess	2006		28.38	1:00.86	1:56.82
	Rói Bech	2001		26.53	57.95	2:54.77
	Róland Toftum	1998		26.51	54.07	3:48.84
3	1 LH Menn Ægir 1		20 Svímjifelagið Ægir	529	3:52.73	+3.90
	Rókur Trygvason	2000		25.82	53.17	53.17
	Natanael A. Matras	2002		28.36	1:00.08	1:53.25
	Heini M. Askham	2006		28.50	1:53.25	
	Martin V. Sivertsen	2002		3:21.90	3:52.73	3:52.73
4	Susvim Dreingir		19 Suðuroyar Svímjifelag	395	4:16.43	+27.60
	Hans Jacob Hjelm	2003		29.81	1:02.57	1:02.57
	Rani Jacobsen	2001		30.16	1:04.49	2:07.06
	Teitur Winther	2005		31.32	1:06.06	3:13.12
	Rúni Dahl	2004		28.54	1:03.31	4:16.43
5	Flot		21 Svímjifelagið Flot	374	4:21.10	+32.27
	Karl Joensen	2005		30.94	1:05.24	1:05.24
	Jákup Í Jákupsstovu	2004		32.79	1:07.97	2:13.21
	Lukas Bessason	2007		30.49	1:04.47	3:17.68
	Otto Jacobsen	1999		30.08	1:03.42	4:21.10
6	1 LH Hs 2 Menn		15 Havnar Svímjifelag	347	4:27.85	+39.02
	Villiam Marius Samuelsen	2005		30.11	1:04.16	1:04.16
	Markus Bárðarson Dahl	2005		1:40.90	1:08.42	2:12.58
	Isak Brisenfeldt	2006		1:41.09	1:09.56	3:22.14
	Jóni Janusarson Strøm	2006		3:22.14	1:05.71	4:27.85

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