



# Úrslit

## FM & JM á langgeil 2024

Stað: Páls Hóll  
Hylur: 50m

Fyrireikari  
Stevnudagur:

Svimjisamband Føroya  
mai 10, 2024 til mai 12, 2024

### Kapping 1, 800m Frí Kvinnur - Tíðar Finala

FAR 9:06.88 Vár Erlingsdóttir Eidesga 2001 Havnar Svímjifelag (FRO) Debrecen (HUN) 23.04.2022  
FAR.JR 9:09.34 Vár Erlingsdóttir Eidesga 2001 Havnar Svímjifelag (FRO) Broenshoej (DEN) 15.04.2016  
FM-Kravtið LG: 12:04.18 - SG: 11:56.03

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Lea Petersen	2009 Svímjifelagið Ægir	490	10:14.52	99,43 %	
	Entry time: 10:11.04 (+3.48)					
	50m: 34.09	100m: 1:12.01 (37.92)	150m: 1:50.54 (38.53)	200m: 2:29.42 (38.88)		
	250m: 3:08.45 (39.03)	300m: 3:47.60 (39.15)	350m: 4:26.78 (39.18)	400m: 5:05.56 (38.78)		
	450m: 5:43.02 (37.46)	500m: 6:21.88 (38.86)	550m: 7:00.54 (38.66)	600m: 7:39.77 (39.23)		
	650m: 8:18.76 (38.99)	700m: 8:58.23 (39.47)	750m: 9:36.82 (38.59)	800m: 10:14.52 (37.70)		
2	Margit Højbro	2007 Fuglafjarðar Svímjifelag	478	10:19.97	97,11 %	
	Entry time: 10:02.57 (+17.40)					
	50m: 34.26	100m: 1:11.91 (37.65)		200m: 2:29.46 (2:29.46)		
	250m: 3:08.49 (39.03)	300m: 3:47.54 (39.05)		400m: 5:06.20 (5:06.20)		
		500m: 6:25.25 (6:25.25)	550m: 7:06.01 (40.76)	600m: 7:44.28 (38.27)		
		700m: 9:02.36 (9:02.36)		800m: 10:19.97 (10:19.97)		
3	Bjarta í Lágabø	2009 Suðuroyar Svímjifelag	455	10:30.25	100,38 %	
	Entry time: 10:32.66 (-2.41)					
	50m: 34.37	100m: 1:12.48 (38.11)	150m: 1:50.90 (38.42)	200m: 2:29.75 (38.85)		
	250m: 3:08.88 (39.13)	300m: 3:48.16 (39.28)	350m: 4:27.35 (39.19)	400m: 5:06.76 (39.41)		
	450m: 5:45.59 (38.83)	500m: 6:25.55 (39.96)	550m: 7:05.54 (39.99)	600m: 7:46.34 (40.80)		
	650m: 8:27.21 (40.87)	700m: 9:08.18 (40.97)	750m: 9:48.44 (40.26)	800m: 10:30.25 (41.81)		
4	Mariella Henriksen	2010 Havnar Svímjifelag	387	11:05.20	97,46 %	
	Entry time: 10:48.72 (+16.48)					
	50m: 35.88	100m: 1:15.03 (39.15)	150m: 1:56.35 (41.32)	200m: 2:37.98 (41.63)		
	250m: 3:20.45 (42.47)	300m: 4:02.76 (42.31)	350m: 4:45.34 (42.58)	400m: 5:27.80 (42.46)		
	450m: 6:10.09 (42.29)	500m: 6:52.73 (42.64)	550m: 7:36.07 (43.34)	600m: 8:18.48 (42.41)		
	650m: 9:00.66 (42.18)	700m: 9:43.14 (42.48)	750m: 10:25.85 (42.71)	800m: 11:05.20 (39.35)		
5	Sissal Rógvadóttir	2010 Suðuroyar Svímjifelag	366	11:17.43	98,63 %	
	Entry time: 11:08.27 (+9.16)					
	50m: 35.88	100m: 1:16.42 (40.54)	150m: 1:58.01 (41.59)	200m: 2:39.73 (41.72)		
		300m: 4:05.13 (4:05.13)		400m: 5:30.38 (5:30.38)		
	450m: 6:13.63 (43.25)	500m: 6:57.26 (43.63)	550m: 7:40.78 (43.52)	600m: 8:24.93 (44.15)		
	650m: 9:09.47 (44.54)		750m: 10:34.52 (10:34.52)	800m: 11:17.43 (42.91)		

Kapping almenn: 10.05.2024 09:54:28

### Kapping 2, 1500m Frí Menn - Tíðar Finala

FAR 14:46.33 Pál Joensen 1990 Suðuroyar Svímjifelag (FR) Shanghai (CHN) 31.07.2011  
FAR.JR 15:51.66 Óli Mortensen 1996 Havnar Svímjifelag (FRO) Amsterdam (NED) 12.12.2014  
FM-Kravtið LG: 21:41.13 - SG: 21:06.83

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Líggjas Joensen	2008 Svímjifelagið Ægir	660	16:40.21	97,67 %	
	Entry time: 16:17.40 (+22.81)					
	50m: 29.35	100m: 1:01.05 (31.70)	150m: 1:32.95 (31.90)	200m: 2:05.39 (32.44)		
	250m: 2:37.73 (32.34)	300m: 3:10.44 (32.71)	350m: 3:42.99 (32.55)	400m: 4:15.69 (32.70)		
	450m: 4:48.84 (33.15)	500m: 5:22.33 (33.49)	550m: 5:55.81 (33.48)	600m: 6:28.89 (33.08)		
	650m: 7:02.04 (33.15)	700m: 7:35.47 (33.43)	750m: 8:08.52 (33.05)	800m: 8:41.97 (33.45)		
	850m: 9:15.71 (33.74)	900m: 9:49.20 (33.49)	950m: 10:24.48 (35.28)	1000m: 10:57.55 (33.07)		
	1050m: 11:31.95 (34.40)	1100m: 12:06.37 (34.42)	1150m: 12:40.92 (34.55)	1200m: 13:15.57 (34.65)		
	1450m: 16:06.21 (33.71)	1500m: 16:40.21 (34.00)	1350m: 14:57.94 (34.22)	1400m: 15:32.50 (34.56)		





# Úrslit

## Kapping 2, 1500m Frí Menn - Tíðar Finala

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
2	Heini Mohr Askham	2006 Svímjifelagið Ægir	653	16:43.71	99,43 %	
	Entry time: 16:38.00 (+5.71)					
	50m: 29.96	100m: 1:02.18 (32.22)	150m: 1:35.77 (33.59)	200m: 2:09.23 (33.46)		
	250m: 2:43.09 (33.86)	300m: 3:16.64 (33.55)	350m: 3:50.65 (34.01)	400m: 4:24.09 (33.44)		
	450m: 4:57.26 (33.17)	500m: 5:30.26 (33.00)	550m: 6:03.49 (33.23)	600m: 6:36.62 (33.13)		
	650m: 7:10.05 (33.43)	700m: 7:43.56 (33.51)	750m: 8:16.87 (33.31)	800m: 8:50.59 (33.72)		
	850m: 9:24.50 (33.91)	900m: 9:58.36 (33.86)	950m: 10:32.05 (33.69)	1000m: 11:05.72 (33.67)		
	1050m: 11:40.14 (34.42)	1100m: 12:13.74 (33.60)	1150m: 12:47.79 (34.05)	1200m: 13:21.70 (33.91)		
	1250m: 13:55.65 (33.95)	1300m: 14:29.64 (33.99)	1350m: 15:03.62 (33.98)	1400m: 15:37.61 (33.99)		
	1450m: 16:11.31 (33.70)	1500m: 16:43.71 (32.40)				
3	Silas Dam Lindberg	2008 Havnar Svímjifelag	626	16:57.82	99,43 %	
	Entry time: 16:52.06 (+5.76)					
	50m: 29.61	100m: 1:02.02 (32.41)	150m: 1:35.42 (33.40)	200m: 2:09.42 (34.00)		
	250m: 2:42.63 (33.21)	300m: 3:16.56 (33.93)	350m: 3:50.12 (33.56)	400m: 4:24.01 (33.89)		
	450m: 4:57.63 (33.62)	500m: 5:31.45 (33.82)	550m: 6:05.63 (34.18)	600m: 6:40.13 (34.50)		
	650m: 7:13.87 (33.74)	700m: 7:48.46 (34.59)	750m: 8:23.06 (34.60)	800m: 8:57.36 (34.30)		
	850m: 9:31.65 (34.29)	900m: 10:06.10 (34.45)	950m: 10:40.09 (33.99)	1000m: 11:14.60 (34.51)		
	1050m: 11:48.66 (34.06)	1100m: 12:23.59 (34.93)	1150m: 12:57.75 (34.16)	1200m: 13:32.21 (34.46)		
	1250m: 14:06.82 (34.61)	1300m: 14:41.47 (34.65)	1350m: 15:15.90 (34.43)	1400m: 15:50.48 (34.58)		
	1450m: 16:25.08 (34.60)	1500m: 16:57.82 (32.74)				
4	Fróði Hansen	2008 Fuglafjarðar Svímjifelag	574	17:27.75	97,55 %	
	Entry time: 17:02.69 (+25.06)					
	50m: 30.18	100m: 1:03.25 (33.07)	150m: 1:36.74 (33.49)	200m: 2:10.71 (33.97)		
	250m: 2:44.73 (34.02)	300m: 3:18.89 (34.16)	350m: 3:53.07 (34.18)	400m: 4:27.07 (34.00)		
	450m: 5:02.05 (34.98)	500m: 5:37.66 (35.61)	550m: 6:13.67 (36.01)	600m: 6:49.32 (35.65)		
	650m: 7:25.47 (36.15)	700m: 8:01.67 (36.20)	750m: 8:37.60 (35.93)	800m: 9:13.15 (35.55)		
	850m: 9:48.92 (35.77)	900m: 10:24.61 (35.69)	950m: 11:00.06 (35.45)	1000m: 11:35.77 (35.71)		
	1050m: 12:11.32 (35.55)	1100m: 12:47.15 (35.83)	1150m: 13:22.54 (35.39)	1200m: 13:58.03 (35.49)		
	1250m: 14:33.28 (35.25)	1300m: 15:09.07 (35.79)	1350m: 15:44.51 (35.44)	1400m: 16:19.21 (34.70)		
	1450m: 16:53.99 (34.78)	1500m: 17:27.75 (33.76)				
5	Ólavur Winther Jákupsson	2008 Havnar Svímjifelag	518	18:04.07	97,68 %	
	Entry time: 17:39.44 (+24.63)					
	50m: 31.74	100m: 1:06.12 (34.38)	150m: 1:41.67 (35.55)	200m: 2:17.52 (35.85)		
	250m: 2:52.92 (35.40)	300m: 3:29.47 (36.55)	350m: 4:05.36 (35.89)	400m: 4:41.17 (35.81)		
	450m: 5:16.97 (35.80)	500m: 5:53.10 (36.13)	550m: 6:28.36 (35.26)	600m: 7:04.63 (36.27)		
	650m: 7:40.77 (36.14)	700m: 8:17.06 (36.29)	750m: 8:53.57 (36.51)	800m: 9:30.22 (36.65)		
	850m: 10:06.92 (36.70)	900m: 10:43.52 (36.60)	950m: 11:19.73 (36.21)	1000m: 11:57.09 (37.36)		
	1050m: 12:33.12 (36.03)	1100m: 13:09.69 (36.57)	1150m: 13:46.28 (36.59)	1200m: 14:23.17 (36.89)		
	1250m: 15:00.44 (37.27)	1300m: 15:37.70 (37.26)	1350m: 16:14.21 (36.51)	1400m: 16:51.51 (37.30)		
	1450m: 17:28.20 (36.69)	1500m: 18:04.07 (35.87)				

Kapping almenn: 10.05.2024 10:16:13

## Kapping 3, 200m Bringu Kvinnur - Innleiðandi

FAR	2:41.82	Lea Osberg Højsted	2008 Svímjifelagið Ægir (FRO)	Vágur (FRO)	10.05.2024
FAR.JR	2:41.82	Lea Osberg Højsted	2008 Svímjifelagið Ægir (FRO)	Vágur (FRO)	10.05.2024

FM-Kravtið LG: 03:27.80 - SG: 03:21.02

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Lea Osberg Højsted	2008 Svímjifelagið Ægir	450	2:59.46	93,06 % Q	
	Entry time: 2:47.81 (+11.65)					
	50m: 41.05	100m: 1:30.16 (49.11)	150m: 2:16.68 (46.52)	200m: 2:59.46 (42.78)		
2	Talita Johannesen	2010 Suðuroyar Svímjifelag	447	2:59.87	98,26 % Q	
	Entry time: 2:56.79 (+3.08)					
	50m: 41.64	100m: 1:27.94 (46.30)	150m: 2:14.60 (46.66)	200m: 2:59.87 (45.27)		
3	Rebekka Róðinsdóttir	2007 Fuglafjarðar Svímjifelag	441	3:00.62	97,66 % Q	
	Entry time: 2:56.49 (+4.13)					
	50m: 40.54	100m: 1:27.67 (47.13)	150m: 2:14.38 (46.71)	200m: 3:00.62 (46.24)		
4	Birita Vesturtún	2007 Fuglafjarðar Svímjifelag	388	3:08.55	-	
	50m: 42.97	100m: 1:30.22 (47.25)	150m: 2:19.12 (48.90)	200m: 3:08.55 (49.43)		

12-05-2024 15:21:38

Dátaviðgerð: Swimify 2.11

Loyvt: Suðuroyar Svímjifelag

Síða 2/47





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### Kapping 3, 200m Bringu Kvinnur - Innleiðandi

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
5	Ragnhild Jacobsen	2008 Svímjifelagið Ægir		349	3:15.22	91,98 % Q
	Entry time: 3:00.72 (+14.50)					
	50m: 43.57	100m: 1:35.04 (51.47)	150m: 2:24.74 (49.70)		200m: 3:15.22 (50.48)	
6	Sirið Vesturtún	2011 Fuglafjarðar Svímjifelag		305	3:24.13	96,48 % Q
	Entry time: 3:17.18 (+6.95)					
	50m: 47.39	100m: 1:39.69 (52.30)	150m: 2:33.33 (53.64)		200m: 3:24.13 (50.80)	

Kapping almenn: 10.05.2024 10:17:18

### Kapping 3, 200m Bringu Kvinnur - Finala

FAR	2:41.82	Lea Osberg Højsted	2008 Svímjifelagið Ægir (FRO)	Vágur (FRO)	10.05.2024
FAR.JR	2:41.82	Lea Osberg Højsted	2008 Svímjifelagið Ægir (FRO)	Vágur (FRO)	10.05.2024

FM-Kravtið LG: 03:27.80 - SG: 03:21.02

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Lea Osberg Højsted	2008 Svímjifelagið Ægir		614	2:41.82	109,83 % FAR
	Entry time: 2:59.46 (-17.64)					
	50m: 37.55	100m: 1:17.09 (39.54)	150m: 1:59.38 (42.29)		200m: 2:41.82 (42.44)	
2	Talita Johannesen	2010 Suðuroyar Svímjifelag		482	2:55.32	102,53 %
	Entry time: 2:59.87 (-4.55)					
	50m: 40.11	100m: 1:25.09 (44.98)	150m: 2:11.63 (46.54)		200m: 2:55.32 (43.69)	
3	Rebekka Róðinsdóttir	2007 Fuglafjarðar Svímjifelag		482	2:55.38	102,90 %
	Entry time: 3:00.62 (-5.24)					
	50m: 40.36	100m: 1:25.86 (45.50)	150m: 2:11.78 (45.92)		200m: 2:55.38 (43.60)	
4	Ragnhild Jacobsen	2008 Svímjifelagið Ægir		374	3:10.89	102,22 %
	Entry time: 3:15.22 (-4.33)					
	50m: 40.58	100m: 1:29.00 (48.42)	150m: 2:19.92 (50.92)		200m: 3:10.89 (50.97)	
5	Sirið Vesturtún	2011 Fuglafjarðar Svímjifelag		315	3:22.10	100,99 %
	Entry time: 3:24.13 (-2.03)					
	50m: 46.65	100m: 1:38.91 (52.26)	150m: 2:31.12 (52.21)		200m: 3:22.10 (50.98)	

Kapping almenn: 10.05.2024 17:17:05

### Kapping 4, 200m Bringu Menn - Innleiðandi

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

FM-Kravtið LG: 03:09.22 - SG: 02:59.49

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Bartal Erlingsson Eidesgaard	2003 Havnar Svímjifelag		443	2:44.55	85,32 % Q
	Entry time: 2:23.49 (+21.06)					
	50m: 34.19	100m: 1:16.64 (42.45)	150m: 2:00.68 (44.04)		200m: 2:44.55 (43.87)	
2	Fróði Hansen	2008 Fuglafjarðar Svímjifelag		340	2:59.78	82,13 % Q
	Entry time: 2:32.53 (+27.25)					
	50m: 42.33	100m: 1:27.05 (44.72)	150m: 2:14.24 (47.19)		200m: 2:59.78 (45.54)	
3	Heini Mohr Askham	2006 Svímjifelagið Ægir		281	3:11.51	81,25 % Q
	Entry time: 2:41.27 (+30.24)					
	50m: 45.11	100m: 1:34.04 (48.93)	150m: 2:25.81 (51.77)		200m: 3:11.51 (45.70)	
4	Sigbjartur J. Egholm	2009 Havnar Svímjifelag		250	3:19.18	103,88 % -
	Entry time: 3:27.21 (-8.03)					
	50m: 42.34	100m: 1:33.64 (51.30)	150m: 2:27.08 (53.44)		200m: 3:19.18 (52.10)	
5	Andrias Mellempgaard	2009 Havnar Svímjifelag		196	3:35.76	98,43 % -
	Entry time: 3:32.43 (+3.33)					
	50m: 48.37	100m: 1:43.54 (55.17)	150m: 2:38.97 (55.43)		200m: 3:35.76 (56.79)	

Kapping almenn: 10.05.2024 10:22:32





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## Kapping 4, 200m Bringu Menn - Finala

FAR 2:21.71 Pál Joensen 1990 Suðuroyar Svímjifelag (FR Bergen (NOR)) 31.05.2015  
FAR.JR 2:23.72 Róland Toftum 1998 Suðuroyar Svímjifelag (FR Laugardalslaug (ISL)) 24.01.2016  
FM-Kravtið LG: 03:09.22 - SG: 02:59.49

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	<b>Fróði Hansen</b>	2008 Fuglafjarðar Svímjifelag		583	<b>2:30.12</b>	116,50 %
	Entry time: 2:59.78 (-29.66)					
	50m: 33.26	100m: 1:12.54 (39.28)	150m: 1:51.47 (38.93)		200m: 2:30.12 (38.65)	
2	<b>Bartal Erlingsson Eidesgaard</b>	2003 Havnar Svímjifelag		564	<b>2:31.79</b>	107,75 %
	Entry time: 2:44.55 (-12.76)					
	50m: 33.07	100m: 1:10.04 (36.97)	150m: 1:50.57 (40.53)		200m: 2:31.79 (41.22)	
3	<b>Heini Mohr Askham</b>	2006 Svímjifelagið Ægir		421	<b>2:47.33</b>	112,63 %
	Entry time: 3:11.51 (-24.18)					
	50m: 36.31	100m: 1:20.03 (43.72)	150m: 2:04.30 (44.27)		200m: 2:47.33 (43.03)	

Kapping almenn: 10.05.2024 17:27:09

## 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 (FR Vagur (FRO)) 11.03.2016  
FM-Kravtið LG: 01:22.87 - SG: 01:21.57

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	<b>Jóhanna Ólavsdóttir</b>	2007 Fuglafjarðar Svímjifelag		507	<b>1:09.57</b>	94,96 % Q
	Entry time: 1:06.23 (+3.34)					
	50m: 33.79	100m: 1:09.57 (35.78)				
2	<b>Durita Mohr Askham</b>	2008 Svímjifelagið Ægir		394	<b>1:15.63</b>	99,91 % Q
	Entry time: 1:15.56 (+0.07)					
	50m: 34.10	100m: 1:15.63 (41.53)				
3	<b>Rebekka Róðinsdóttir</b>	2007 Fuglafjarðar Svímjifelag		335	<b>1:19.82</b>	101,35 % Q
	Entry time: 1:20.91 (-1.09)					
	50m: 37.19	100m: 1:19.82 (42.63)				
4	<b>Lilja Lenvig Harrýsdóttir</b>	2009 Havnar Svímjifelag		287	<b>1:24.09</b>	-
	50m: 38.72	100m: 1:24.09 (45.37)				

Kapping almenn: 10.05.2024 10:25:12

## 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 (FR Vagur (FRO)) 11.03.2016  
FM-Kravtið LG: 01:22.87 - SG: 01:21.57

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	<b>Jóhanna Ólavsdóttir</b>	2007 Fuglafjarðar Svímjifelag		539	<b>1:08.14</b>	102,06 %
	Entry time: 1:09.57 (-1.43)					
	50m: 33.63	100m: 1:08.14 (34.51)				
2	<b>Rebekka Róðinsdóttir</b>	2007 Fuglafjarðar Svímjifelag		426	<b>1:13.71</b>	107,65 %
	Entry time: 1:19.82 (-6.11)					
	50m: 34.77	100m: 1:13.71 (38.94)				
3	<b>Durita Mohr Askham</b>	2008 Svímjifelagið Ægir		384	<b>1:16.29</b>	99,13 %
	Entry time: 1:15.63 (+0.66)					
	50m: 35.62	100m: 1:16.29 (40.67)				

Kapping almenn: 10.05.2024 17:30:38

## 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  
FM-Kravtið LG: 01:14.42 - SG: 01:11.82

12-05-2024 15:21:39

Dátaviðgerð: Swimify 2.11

Loyvt: Suðuroyar Svímjifelag

Síða 4/47





# Úrslit

## Kapping 6, 100m Firvald Menn - Innleiðandi

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Isak Brisenfeldt	2006 Havnar Svímjifelag		558	1:00.04	94,09 % Q
	Entry time: 56.69 (+3.35)					
	50m: 28.40	100m: 1:00.04 (31.64)				
2	Áki Eliassen	2006 Havnar Svímjifelag		524	1:01.31	97,18 % Q
	Entry time: 59.63 (+1.68)					
	50m: 29.56	100m: 1:01.31 (31.75)				
3	Bárður Ólavsson	2008 Fuglafjarðar Svímjifelag		518	1:01.56	100,49 % Q
	Entry time: 1:01.86 (-0.30)					
	50m: 28.91	100m: 1:01.56 (32.65)				
4	Líggjas Joensen	2008 Svímjifelagið Ægir		506	1:02.03	102,13 % Q
	Entry time: 1:03.38 (-1.35)					
	50m: 29.10	100m: 1:02.03 (32.93)				
5	Oddvaldur Leivsson	2008 Havnar Svímjifelag		453	1:04.36	101,67 % Q
	Entry time: 1:05.45 (-1.09)					
	50m: 28.53	100m: 1:04.36 (35.83)				
6	Jóni Janusarson Strøm	2006 Havnar Svímjifelag		402	1:07.00	99,76 % Q
	Entry time: 1:06.84 (+0.16)					
	50m: 31.39	100m: 1:07.00 (35.61)				
7	Fróði Hansen	2008 Fuglafjarðar Svímjifelag		395	1:07.34	94,15 % R1
	Entry time: 1:03.62 (+3.72)					
	50m: 31.02	100m: 1:07.34 (36.32)				
8	Ólavur Winther Jákupsson	2008 Havnar Svímjifelag		362	1:09.33	99,78 % R2
	Entry time: 1:09.18 (+0.15)					
	50m: 30.82	100m: 1:09.33 (38.51)				
9	Óli Mikkelsen	2008 Havnar Svímjifelag		342	1:10.67	97,77 %
	Entry time: 1:09.13 (+1.54)					
	50m: 31.87	100m: 1:10.67 (38.80)				
10	Theodor Salter	2011 Havnar Svímjifelag		329	1:11.58	102,04 %
	Entry time: 1:13.07 (-1.49)					
	50m: 35.28	100m: 1:11.58 (36.30)				
11	Jens Martin Dam	2009 Havnar Svímjifelag		190	1:25.96	
	Entry time: 1:25.96	100m: 1:25.96 (47.34)				

Kapping almenn: 10.05.2024 10:29:27

## 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

FM-Kravtið LG: 01:14.42 - SG: 01:11.82

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Líggjas Joensen	2008 Svímjifelagið Ægir		578	59.36	104,30 %
	Entry time: 1:02.03 (-2.67)					
	50m: 28.16	100m: 59.36 (31.20)				
2	Áki Eliassen	2006 Havnar Svímjifelag		571	59.58	102,82 %
	Entry time: 1:01.31 (-1.73)					
	50m: 27.60	100m: 59.58 (31.98)				
3	Bárður Ólavsson	2008 Fuglafjarðar Svímjifelag		527	1:01.21	100,57 %
	Entry time: 1:01.56 (-0.35)					
	50m: 29.04	100m: 1:01.21 (32.17)				
4	Oddvaldur Leivsson	2008 Havnar Svímjifelag		473	1:03.44	101,43 %
	Entry time: 1:04.36 (-0.92)					
	50m: 28.57	100m: 1:03.44 (34.87)				







# Úrslit

## Kapping 6, 100m Firvald Menn - Finala

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
5	Jóni Janusarson Strøm	2006 Havnar Svímjifelag		457	1:04.18	104,21 %
Entry time: 1:07.00 (-2.82)						
50m: 28.92 100m: 1:04.18 (35.26)						
-	Isak Brisenfeldt	2006 Havnar Svímjifelag			DNS	

Kapping almenn: 10.05.2024 17:40:54

## Kapping 7, 4x100m Frí Mix - Innleiðandi

FAR	3:53.85	Svímjifelagið Ægir	2006 Svímjifelagið Ægir (FRO)	Vágur (FRO)	10.05.2024
FAR.JR	3:53.85	Svímjifelagið Ægir	2006 Svímjifelagið Ægir (FRO)	Vágur (FRO)	10.05.2024
Raðf	Navn	Aldur Felag	AQU	Tíð	Munur
1	HS MIX	18 Havnar Svímjifelag	467 Q		4:16.27 96,26 %
	Jóni Janusarson Strøm	2006	27.99 56.91		56.91
	Oddvá Sedeá D. Nattestad	2006	33.30 1:10.18		2:07.09
	Dorteá Dam	2007	29.82 1:04.39		3:11.48
	Áki Eliassen	2006	30.91 1:04.79		4:16.27
2	Svímjifelagið Ægir	16 Svímjifelagið Ægir	447 Q		4:19.99 88,46 %
	Tórir Olsen	2011	32.53 1:07.03		1:07.03
	Líggjas Joensen	2008	28.13 57.44		2:04.47
	Durita Mohr Askham	2008	34.08 1:06.83		3:11.30
	Lea Petersen	2009	33.51 1:08.69		4:19.99
3	HS MIX 2	16 Havnar Svímjifelag	397 Q		4:30.33 95,45 %
	Silas Dam Lindberg	2008	33.05 1:09.13		1:09.13
	Lilja Lenvig Harrýsdóttir	2009	32.74 1:09.41		2:18.54
	Mariella Henriksen	2010	34.81 1:11.98		3:30.52
	Oddvaldur Leivsson	2008	28.87 59.81		4:30.33
4	Svímjifelagið Ægir hold 2	18 Svímjifelagið Ægir	346 Q		4:43.05 94,78 %
	Ragnhild Jacobsen	2008	37.94 1:19.60		1:19.60
	Lea Osberg Højsted	2008	34.22 1:12.84		2:32.44
	Benjamin Havn	2011	32.72 1:09.06		3:41.50
	Heini Mohr Askham	2006	29.53 1:01.55		4:43.05
5	Fuglafjarðar Svímjifelag	17 Fuglafjarðar Svímjifelag	290 Q		5:00.25 79,67 %
	Jóhanna Ólavsdóttir	2007	35.01 1:15.17		1:15.17
	Fróði Hansen	2008	37.94 1:18.68		2:33.85
	Birita Vesturtún	2007	38.05 1:20.26		3:54.11
	Bárður Ólavsson	2008	31.75 1:06.14		5:00.25

Kapping almenn: 10.05.2024 10:43:49

## Kapping 7, 4x100m Frí Mix - Finala

FAR	3:53.85	Svímjifelagið Ægir	2006 Svímjifelagið Ægir (FRO)	Vágur (FRO)	10.05.2024
FAR.JR	3:53.85	Svímjifelagið Ægir	2006 Svímjifelagið Ægir (FRO)	Vágur (FRO)	10.05.2024
Raðf	Navn	Aldur Felag	AQU	Tíð	Munur





# Úrslit

## Kapping 7, 4x100m Frí Mix - Finala

Raðf	Navn	Aldur	Felag	AQU	Tíð	Munur
<b>1</b>	<b>Svimjifelagið Ægir</b>		18 Svímjifelagið Ægir	614	<b>3:53.85</b>	110,05 FAR
	Lea Osberg Højsted	2008		30.76	1:04.54	1:04.54
	Heini Mohr Askham	2006		26.11	54.19	1:58.73
	Róa Trygvadóttir	2008		29.14	1:02.06	3:00.79
	Líggjas Joensen	2008		26.16	53.06	3:53.85
<b>2</b>	<b>HS MIX</b>		18 Havnar Svímjifelag	512	<b>4:08.51</b>	103,03
	Jóni Janusarson Strøm	2006		29.17	56.52	56.52
	Lilja Lenvig Harrýsdóttir	2009		33.18	1:08.87	2:05.39
	Dorteia Dam	2007		30.36	1:04.62	3:10.01
	Áki Eliassen	2006		27.38	58.50	4:08.51
<b>3</b>	<b>HS MIX 2</b>		18 Havnar Svímjifelag	481	<b>4:13.76</b>	106,13
	Oddvaldur Leivsson	2008		27.22	56.62	56.62
	Mariella Henriksen	2010		33.18	1:09.26	2:05.88
	Oddvá Seda D. Nattestad	2006		30.75	1:06.92	3:12.80
	Ólavur Winther Jákupsson	2008		29.11	1:00.96	4:13.76
<b>4</b>	<b>Fuglafjarðar Svímjifelag</b>		17 Fuglafjarðar Svímjifelag	479	<b>4:14.11</b>	115,37
	Jóhanna Ólavsdóttir	2007		32.76	1:08.61	1:08.61
	Bárður Ólavsson	2008		28.83	1:00.06	2:08.67
	Fróði Hansen	2008		27.48	58.76	3:07.43
	Birita Vesturtún	2007		31.90	1:06.68	4:14.11
<b>5</b>	<b>Svimjifelagið Ægir hold 2</b>		16 Svímjifelagið Ægir	359	<b>4:39.60</b>	101,22
	Benjamin Havn	2011		32.54	1:08.45	1:08.45
	Durita Mohr Askham	2008		32.85	1:08.71	2:17.16
	Tórir Olsen	2011		31.27	1:06.12	3:23.28
	Ragnhild Jacobsen	2008		36.41	1:16.32	4:39.60

Kapping almenn: 10.05.2024 18:01:03

## Kapping 8, 200m Blandað Kvinnur - Innleiðandi

FAR 2:20.41 Sára R. Nysted 2001 Suðuroyar Svímjifelag (FR Laugardalslaug (ISL) 23.01.2016  
FAR.JR 2:20.41 Sára R. Nysted 2001 Suðuroyar Svímjifelag (FR Laugardalslaug (ISL) 23.01.2016  
FM-Kravtið LG: 03:08.29 - SG: 03:02.03

Raðf	Navn	Føðia	Felag	R.T	AQU	Tíð	Munur
<b>1</b>	<b>Jóhanna Ólavsdóttir</b>		2007 Fuglafjarðar Svímjifelag		522	<b>2:36.58</b>	93,45 % Q
	Entry time: 2:26.95 (+9.63)						
	50m: 32.86	100m: 1:12.25 (39.39)	150m: 1:58.34 (46.09)		200m: 2:36.58 (38.24)		
<b>2</b>	<b>Bjarta í Lágabø</b>		2009 Suðuroyar Svímjifelag		491	<b>2:39.79</b>	96,51 % Q
	Entry time: 2:34.40 (+5.39)						
	50m: 32.20	100m: 1:12.64 (40.44)	150m: 1:59.97 (47.33)		200m: 2:39.79 (39.82)		
<b>3</b>	<b>Rebekka Róðinsdóttir</b>		2007 Fuglafjarðar Svímjifelag		483	<b>2:40.70</b>	97,22 % Q
	Entry time: 2:36.36 (+4.34)						
	50m: 34.37	100m: 1:14.02 (39.65)	150m: 2:02.20 (48.18)		200m: 2:40.70 (38.50)		
<b>4</b>	<b>Durita Mohr Askham</b>		2008 Svímjifelagið Ægir		399	<b>2:51.27</b>	94,33 % Q
	Entry time: 2:42.08 (+9.19)						
	50m: 35.32	100m: 1:22.76 (47.44)	150m: 2:11.64 (48.88)		200m: 2:51.27 (39.63)		





## Úrslit

### Kapping 8, 200m Blandað Kvinnur - Innleiðandi

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
5	Birita Vesturtún	2007 Fuglafjarðar Svímjifelag		378	2:54.33	94,58 % Q
	Entry time: 2:45.36 (+8.97)					
	50m: 38.21	100m: 1:23.79 (45.58)	150m: 2:14.29 (50.50)		200m: 2:54.33 (40.04)	
6	Sirið Vesturtún	2011 Fuglafjarðar Svímjifelag		358	2:57.57	96,57 % Q
	Entry time: 2:51.68 (+5.89)					
	50m: 38.35	100m: 1:24.86 (46.51)	150m: 2:16.44 (51.58)		200m: 2:57.57 (41.13)	
7	Oddvá Sedeá D. Nattestad	2006 Havnar Svímjifelag		314	3:05.39	94,03 % R1
	Entry time: 2:54.94 (+10.45)					
	50m: 40.06	100m: 1:30.71 (50.65)	150m: 2:22.97 (52.26)		200m: 3:05.39 (42.42)	

Kapping almenn: 10.05.2024 11:32:47

### Kapping 8, 200m Blandað Kvinnur - Finala

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

FM-Kravtið LG: 03:08.29 - SG: 03:02.03

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Jóhanna Ólavsdóttir	2007 Fuglafjarðar Svímjifelag		587	2:30.59	103,83 %
	Entry time: 2:36.58 (-5.99)					
	50m: 33.06	100m: 1:09.83 (36.77)	150m: 1:55.08 (45.25)		200m: 2:30.59 (35.51)	
2	Bjarta í Lágabø	2009 Suðuroyar Svímjifelag		537	2:35.10	102,94 %
	Entry time: 2:39.79 (-4.69)					
	50m: 31.82	100m: 1:10.18 (38.36)	150m: 1:57.26 (47.08)		200m: 2:35.10 (37.84)	
3	Rebekka Róðinsdóttir	2007 Fuglafjarðar Svímjifelag		444	2:45.24	97,17 %
	Entry time: 2:40.70 (+4.54)					
	50m: 36.74	100m: 1:17.32 (40.58)	150m: 2:06.78 (49.46)		200m: 2:45.24 (38.46)	
4	Durita Mohr Askham	2008 Svímjifelagið Ægir		389	2:52.64	99,20 %
	Entry time: 2:51.27 (+1.37)					
	50m: 36.45	100m: 1:23.04 (46.59)	150m: 2:14.17 (51.13)		200m: 2:52.64 (38.47)	
5	Sirið Vesturtún	2011 Fuglafjarðar Svímjifelag		365	2:56.40	100,66 %
	Entry time: 2:57.57 (-1.17)					
	50m: 40.51	100m: 1:26.39 (45.88)	150m: 2:17.76 (51.37)		200m: 2:56.40 (38.64)	
6	Oddvá Sedeá D. Nattestad	2006 Havnar Svímjifelag		339	3:00.77	102,49 %
	Entry time: 3:05.39 (-4.62)					
	50m: 41.45	100m: 1:30.41 (48.96)	150m: 2:21.60 (51.19)		200m: 3:00.77 (39.17)	

Kapping almenn: 10.05.2024 18:10:48

### Kapping 9, 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

FM-Kravtið LG: 02:50.29 - SG: 02:43.76

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Líggjas Joensen	2008 Svímjifelagið Ægir		545	2:19.49	98,91 % Q
	Entry time: 2:17.98 (+1.51)					
	50m: 29.56	100m: 1:05.96 (36.40)	150m: 1:49.67 (43.71)		200m: 2:19.49 (29.82)	
2	Fróði Hansen	2008 Fuglafjarðar Svímjifelag		525	2:21.25	96,55 % Q
	Entry time: 2:16.54 (+4.71)					
	50m: 29.98	100m: 1:08.20 (38.22)	150m: 1:46.64 (38.44)		200m: 2:21.25 (34.61)	
3	Bárður Ólavsson	2008 Fuglafjarðar Svímjifelag		409	2:33.53	93,51 % Q
	Entry time: 2:24.17 (+9.36)					
	50m: 31.30	100m: 1:12.82 (41.52)	150m: 1:59.46 (46.64)		200m: 2:33.53 (34.07)	







# Úrslit

## Kapping 9, 200m Blandað Menn - Innleiðandi

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
4	<b>Bartal Erlingsson Eidesgaard</b>	2003 Havnar Svímjifelag		402	<b>2:34.38</b>	82,14 % Q
	Entry time: 2:10.99 (+23.39)					
	50m: 32.21	100m: 1:14.54 (42.33)	150m: 1:58.84 (44.30)		200m: 2:34.38 (35.54)	
Kapping almenn: 10.05.2024 11:32:56						

## Kapping 9, 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
FM-Kravtið	LG: 02:50.29	SG: 02:43.76			

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	<b>Líggjas Joensen</b>	2008 Svímjifelagið Ægir		569	<b>2:17.52</b>	101,41 %
	Entry time: 2:19.49 (-1.97)					
	50m: 29.69	100m: 1:04.74 (35.05)	150m: 1:47.21 (42.47)		200m: 2:17.52 (30.31)	
2	<b>Fróði Hansen</b>	2008 Fuglafjarðar Svímjifelag		563	<b>2:18.06</b>	102,26 %
	Entry time: 2:21.25 (-3.19)					
	50m: 29.23	100m: 1:07.40 (38.17)	150m: 1:45.81 (38.41)		200m: 2:18.06 (32.25)	
3	<b>Bárður Ólavsson</b>	2008 Fuglafjarðar Svímjifelag		489	<b>2:24.68</b>	105,76 %
	Entry time: 2:33.53 (-8.85)					
	50m: 30.05	100m: 1:09.49 (39.44)	150m: 1:53.24 (43.75)		200m: 2:24.68 (31.44)	
-	<b>Bartal Erlingsson Eidesgaard</b>	2003 Havnar Svímjifelag			<b>DNS</b>	
Kapping almenn: 10.05.2024 18:14:37						

## Kapping 10, 50m Rygg Kvinnur - Innleiðandi

FAR	29.47	Elisabeth Erlendsdóttir	2005 Havnar Svímjifelag (FRO)	Kobenhavn (DEN)	13.04.2024
FAR.JR	29.59	Sighild Joensen	2000 Ægir Klaksvik (FRO)	Broenshoej (DEN)	04.04.2017
FM-Kravtið	LG: 00:40.30	SG: 00:38.34			

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	<b>Bjarta í Lágabø</b>	2009 Suðuroyar Svímjifelag	0.57	606	<b>31.74</b>	98,01 % Q
	Entry time: 31.12 (+0.62)					
2	<b>Lea Osberg Højsted</b>	2008 Svímjifelagið Ægir		540	<b>32.97</b>	101,35 % Q
	Entry time: 33.42 (-0.45)					
3	<b>Dorteia Dam</b>	2007 Havnar Svímjifelag		490	<b>34.05</b>	102,46 % Q
	Entry time: 34.91 (-0.86)					
4	<b>Jórun Winther</b>	2011 Suðuroyar Svímjifelag	-0.88	486	<b>34.14</b>	102,07 % Q
	Entry time: 34.86 (-0.72)					
5	<b>Rebekka Róðinsdóttir</b>	2007 Fuglafjarðar Svímjifelag	0.26	483	<b>34.22</b>	101,44 % Q
	Entry time: 34.72 (-0.50)					
6	<b>Birita Vesturtún</b>	2007 Fuglafjarðar Svímjifelag		460	<b>34.78</b>	100,00 % Q
	Entry time: 34.78 (=)					
7	<b>Emma Debes</b>	2010 Suðuroyar Svímjifelag	0.71	386	<b>36.86</b>	101,36 % R1
	Entry time: 37.37 (-0.51)					
8	<b>Sissal Rógvadóttir</b>	2010 Suðuroyar Svímjifelag		361	<b>37.70</b>	98,98 % R2
	Entry time: 37.32 (+0.38)					
9	<b>Ragnhild Jacobsen</b>	2008 Svímjifelagið Ægir	0.75	353	<b>37.98</b>	98,15 %
	Entry time: 37.29 (+0.69)					
10	<b>Talita Johannesen</b>	2010 Suðuroyar Svímjifelag		331	<b>38.81</b>	99,51 %
	Entry time: 38.62 (+0.19)					





# Úrslit

## Kapping 10, 50m Rygg Kvinnur - Innleiðandi

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
11	Silja Bech	2008 Suðuroyar Svímjifelag	0.87	310	39.67	99,87 %
Entry time: 39.62 (+0.05)						
12	Lilja Strøm Winther	2009 Suðuroyar Svímjifelag		275	41.28	100,46 % -
Entry time: 41.47 (-0.19)						

Kapping almenn: 10.05.2024 11:32:30

## Kapping 10, 50m Rygg Kvinnur - Finala

FAR	29.47	Elisabeth Erlendsdóttir	2005 Havnar Svímjifelag (FRO)	Kobenhavn (DEN)	13.04.2024
FAR.JR	29.59	Signhild Joensen	2000 Ægir Klaksvik (FRO)	Broenshoej (DEN)	04.04.2017

FM-Kravtið LG: 00:40.30 - SG: 00:38.34

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Bjarta í Lágabø	2009 Suðuroyar Svímjifelag		630	31.33	101,29 %
Entry time: 31.74 (-0.41)						
2	Rebekka Róðinsdóttir	2007 Fuglafjarðar Svímjifelag		503	33.77	101,32 %
Entry time: 34.22 (-0.45)						
3	Jórun Winther	2011 Suðuroyar Svímjifelag		496	33.91	100,67 %
Entry time: 34.14 (-0.23)						
4	Lea Osberg Højsted	2008 Svímjifelagið Ægir		473	34.46	95,48 %
Entry time: 32.97 (+1.49)						
5	Dorteia Dam	2007 Havnar Svímjifelag		471	34.52	98,62 %
Entry time: 34.05 (+0.47)						
6	Birita Vesturtún	2007 Fuglafjarðar Svímjifelag		359	37.79	91,35 %
Entry time: 34.78 (+3.01)						

Kapping almenn: 10.05.2024 18:26:03

## Kapping 11, 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

FM-Kravtið LG: 00:35.85 - SG: 00:33.19

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Óli Mikkelsen	2008 Havnar Svímjifelag	-0.96	509	29.49	100,17 % Q
Entry time: 29.54 (-0.05)						
2	Oddvaldur Leivsson	2008 Havnar Svímjifelag	-0.32	469	30.30	99,80 % Q
Entry time: 30.24 (+0.06)						
3	Bartal Erlingsson Eidesgaard	2003 Havnar Svímjifelag	0.67	400	31.95	87,66 % Q
Entry time: 28.44 (+3.51)						
4	Bárður Ólavsson	2008 Fuglafjarðar Svímjifelag	0.71	341	33.70	95,37 % Q
Entry time: 32.21 (+1.49)						
5	Aron Berg Joensen	2009 Havnar Svímjifelag	0.75	148	44.48	90,01 % -
Entry time: 40.44 (+4.04)						
6	Jóhannis í Stórustovu	2011 Havnar Svímjifelag	0.70	126	46.94	58,95 % Q
Entry time: 33.28 (+13.66)						

Kapping almenn: 10.05.2024 11:33:26

## Kapping 11, 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

FM-Kravtið LG: 00:35.85 - SG: 00:33.19





# Úrslit

## Kapping 11, 50m Rygg Menn - Finala

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	<b>Bartal Erlingsson Eidesgaard</b> Entry time: 31.95 (-2.89)	2003 Havnar Svímjifelag		532	<b>29.06</b>	109,05 %
2	<b>Óli Mikkelsen</b> Entry time: 29.49 (+0.06)	2008 Havnar Svímjifelag		506	<b>29.55</b>	99,80 %
3	<b>Oddvaldur Leivsson</b> Entry time: 30.30 (+0.34)	2008 Havnar Svímjifelag		454	<b>30.64</b>	98,88 %
4	<b>Bárður Ólavsson</b> Entry time: 33.70 (-0.11)	2008 Fuglafjarðar Svímjifelag		344	<b>33.59</b>	100,33 %
5	<b>Jóhannis í Stórustovu</b> Entry time: 46.94 (-13.25)	2011 Havnar Svímjifelag		341	<b>33.69</b>	128,23 %

Kapping almenn: 10.05.2024 18:27:56

## Kapping 12, 200m Frí Kvinnur - Innleiðandi

FAR 2:05.66 Sára R. Nysted 2001 Suðuroyar Svímjifelag (FR Hodmezovasarhely (HUN) 08.07.2016  
FAR.JR 2:05.66 Sára R. Nysted 2001 Suðuroyar Svímjifelag (FR Hodmezovasarhely (HUN) 08.07.2016  
FM-Kravtið LG: 02:48.77 - SG: 02:44.96

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	<b>Alisa Vestergård</b> Entry time: 2:10.92 (+11.08) 50m: 31.98 100m: 1:08.09 (36.11) 150m: 1:45.16 (37.07) 200m: 2:22.00 (36.84)	2003 Suðuroyar Svímjifelag		501	<b>2:22.00</b>	91,54 % Q
2	<b>Margit Højbro</b> Entry time: 2:21.91 (+1.92) 50m: 32.53 100m: 1:09.04 (36.51) 150m: 1:46.84 (37.80) 200m: 2:23.83 (36.99)	2007 Fuglafjarðar Svímjifelag		483	<b>2:23.83</b>	98,65 % Q
3	<b>Jórun Winther</b> Entry time: 2:24.21 (-0.36) 50m: 32.47 100m: 1:08.34 (35.87) 150m: 1:45.90 (37.56) 200m: 2:23.85 (37.95)	2011 Suðuroyar Svímjifelag		482	<b>2:23.85</b>	100,25 % Q
4	<b>Lea Petersen</b> Entry time: 2:20.00 (+5.18) 50m: 32.86 100m: 1:08.96 (36.10) 150m: 1:47.71 (38.75) 200m: 2:25.18 (37.47)	2009 Svímjifelagið Ægir		469	<b>2:25.18</b>	96,30 % Q
5	<b>Dorteá Dam</b> Entry time: 2:27.81 (-1.78) 50m: 33.21 100m: 1:10.55 (37.34) 150m: 1:49.20 (38.65) 200m: 2:26.03 (36.83)	2007 Havnar Svímjifelag		461	<b>2:26.03</b>	101,20 % Q
6	<b>Birita Vesturtún</b> Entry time: 2:19.67 (+6.90) 50m: 33.52 100m: 1:10.27 (36.75) 200m: 2:26.57 (2:26.57)	2007 Fuglafjarðar Svímjifelag		456	<b>2:26.57</b>	95,06 % Q
7	<b>Durita Mohr Askham</b> Entry time: 2:22.82 (+6.99) 50m: 34.32 100m: 1:12.35 (38.03) 150m: 1:51.39 (39.04) 200m: 2:29.81 (38.42)	2008 Svímjifelagið Ægir		427	<b>2:29.81</b>	95,11 % R1
8	<b>Lilja Lenvig Harrýsdóttir</b> Entry time: 2:38.81 (-4.46) 50m: 35.50 100m: 1:15.81 (40.31) 150m: 1:56.02 (40.21) 200m: 2:34.35 (38.33)	2009 Havnar Svímjifelag		390	<b>2:34.35</b>	102,81 % R2
9	<b>Oddvá Seda D. Nattestad</b> Entry time: 2:31.38 (+4.20) 50m: 35.76 100m: 1:16.59 (40.83) 150m: 1:58.84 (42.25) 200m: 2:35.58 (36.74)	2006 Havnar Svímjifelag		381	<b>2:35.58</b>	97,23 %
10	<b>Mariella Henriksen</b> Entry time: 2:36.03 (-0.31) 50m: 35.45 100m: 1:15.92 (40.47) 150m: 1:57.91 (41.99) 200m: 2:35.72 (37.81)	2010 Havnar Svímjifelag		380	<b>2:35.72</b>	100,20 %
11	<b>Sirið Vesturtún</b> Entry time: 2:29.22 (+11.34) 50m: 35.74 100m: 1:16.77 (41.03) 150m: 2:00.11 (43.34) 200m: 2:40.56 (40.45)	2011 Fuglafjarðar Svímjifelag		347	<b>2:40.56</b>	92,40 %





## Úrslit

### Kapping 12, 200m Frí Kvinnur - Innleiðandi

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
12	Silja Bech	2008 Suðuroyar Svímjifelag		342	<b>2:41.34</b>	94,21 %
	Entry time: 2:32.51 (+8.83)					
	50m: 36.92	100m: 1:17.43 (40.51)	150m: 2:00.13 (42.70)		200m: 2:41.34 (41.21)	
13	Sissal Rógvadóttir	2010 Suðuroyar Svímjifelag		340	<b>2:41.63</b>	100,82 %
	Entry time: 2:42.96 (-1.33)					
	50m: 36.41	100m: 1:18.35 (41.94)	150m: 2:01.61 (43.26)		200m: 2:41.63 (40.02)	
14	Naomi Friang	2010 Fuglafjarðar Svímjifelag		339	<b>2:41.82</b>	101,78 %
	Entry time: 2:44.76 (-2.94)					
	50m: 36.78	100m: 1:17.47 (40.69)	150m: 2:00.85 (43.38)		200m: 2:41.82 (40.97)	
15	Ninna í Hjøllum	2009 Suðuroyar Svímjifelag		304	<b>2:47.70</b>	96,36 %
	Entry time: 2:41.81 (+5.89)					
	50m: 35.60	100m: 1:17.54 (41.94)	150m: 2:02.06 (44.52)		200m: 2:47.70 (45.64)	
16	India Linnea Bech	2011 Havnar Svímjifelag		270	<b>2:54.45</b>	95,20 %
	Entry time: 2:46.46 (+7.99)					
	50m: 37.87	100m: 1:21.51 (43.64)	150m: 2:07.99 (46.48)		200m: 2:54.45 (46.46)	

Kapping almenn: 10.05.2024 11:40:55

### Kapping 12, 200m Frí Kvinnur - Finala

FAR 2:05.66 Sára R. Nysted 2001 Suðuroyar Svímjifelag (FR Hodmezovasarhely (HUN) 08.07.2016  
FAR.JR 2:05.66 Sára R. Nysted 2001 Suðuroyar Svímjifelag (FR Hodmezovasarhely (HUN) 08.07.2016  
FM-Kravtið LG: 02:48.77 - SG: 02:44.96

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Alisa Vestergård	2003 Suðuroyar Svímjifelag		607	<b>2:13.25</b>	106,16 %
	Entry time: 2:22.00 (-8.75)					
	50m: 29.80	100m: 1:03.43 (33.63)	150m: 1:38.48 (35.05)		200m: 2:13.25 (34.77)	
2	Jórun Winther	2011 Suðuroyar Svímjifelag		500	<b>2:22.10</b>	101,22 %
	Entry time: 2:23.85 (-1.75)					
	50m: 31.91	100m: 1:07.51 (35.60)	150m: 1:45.46 (37.95)		200m: 2:22.10 (36.64)	
3	Lea Petersen	2009 Svímjifelagið Ægir		499	<b>2:22.27</b>	102,00 %
	Entry time: 2:25.18 (-2.91)					
	50m: 31.94	100m: 1:07.42 (35.48)	150m: 1:45.01 (37.59)		200m: 2:22.27 (37.26)	
4	Dorteia Dam	2007 Havnar Svímjifelag		447	<b>2:27.55</b>	98,96 %
	Entry time: 2:26.03 (+1.52)					
	50m: 33.46	100m: 1:10.93 (37.47)	150m: 1:49.92 (38.99)		200m: 2:27.55 (37.63)	
5	Birita Vesturtún	2007 Fuglafjarðar Svímjifelag		391	<b>2:34.29</b>	94,73 %
	Entry time: 2:26.57 (+7.72)					
	50m: 33.45	100m: 1:11.12 (37.67)	150m: 1:52.38 (41.26)		200m: 2:34.29 (41.91)	
-	Margit Højbro	2007 Fuglafjarðar Svímjifelag			<b>DSQ</b>	
	Tjónstartur (startari og yvirdómari skulu vera samdir)					

Kapping almenn: 10.05.2024 18:38:35

### Kapping 13, 200m Frí Menn - Innleiðandi

FAR 1:48.98 Pál Joensen 1990 Suðuroyar Svímjifelag (FR Broenshoej (DEN) 23.03.2012  
FAR.JR 1:53.20 Liggjas Joensen 2008 Ægir Klaksvik (FRO) Kobenhavn (DEN) 12.04.2024  
FM-Kravtið LG: 02:32.36 - SG: 02:28.43

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Heini Mohr Askham	2006 Svímjifelagið Ægir		606	<b>2:00.50</b>	96,27 % Q
	Entry time: 1:56.17 (+4.33)					
	50m: 28.49	100m: 58.72 (30.23)	150m: 1:30.15 (31.43)		200m: 2:00.50 (30.35)	





# Úrslit

## Kapping 13, 200m Frí Menn - Innleiðandi

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
2	Líggjas Joensen	2008 Svímjifelagið Ægir		589	2:01.62	92,56 % Q
	Entry time: 1:53.20 (+8.42)					
	50m: 28.49	100m: 59.40 (30.91)	150m: 1:31.41 (32.01)		200m: 2:01.62 (30.21)	
3	Isak Brisenfeldt	2006 Havnar Svímjifelag		581	2:02.20	93,03 % Q
	Entry time: 1:54.24 (+7.96)					
	50m: 29.00	100m: 1:00.54 (31.54)	150m: 1:32.06 (31.52)		200m: 2:02.20 (30.14)	
4	Oddvaldur Leivsson	2008 Havnar Svímjifelag		563	2:03.51	100,41 % Q
	Entry time: 2:04.02 (-0.51)					
	50m: 28.80	100m: 1:00.52 (31.72)	150m: 1:32.68 (32.16)		200m: 2:03.51 (30.83)	
5	Silas Dam Lindberg	2008 Havnar Svímjifelag		544	2:04.90	101,38 % Q
	Entry time: 2:06.65 (-1.75)					
	50m: 28.51	100m: 59.50 (30.99)	150m: 1:32.06 (32.56)		200m: 2:04.90 (32.84)	
6	Áki Eliassen	2006 Havnar Svímjifelag		533	2:05.77	100,82 % Q
	Entry time: 2:06.81 (-1.04)					
	50m: 29.12	100m: 1:01.23 (32.11)	150m: 1:33.95 (32.72)		200m: 2:05.77 (31.82)	
7	Fróði Hansen	2008 Fuglafjarðar Svímjifelag		511	2:07.56	96,73 % R1
	Entry time: 2:03.52 (+4.04)					
	50m: 28.90	100m: 1:00.91 (32.01)	150m: 1:34.14 (33.23)		200m: 2:07.56 (33.42)	
8	Tórir Olsen	2011 Svímjifelagið Ægir		359	2:23.41	102,51 % R2
	Entry time: 2:27.10 (-3.69)					
	50m: 33.71	100m: 1:10.81 (37.10)	150m: 1:48.68 (37.87)		200m: 2:23.41 (34.73)	
9	Theodor Salter	2011 Havnar Svímjifelag		359	2:23.49	104,71 %
	Entry time: 2:30.59 (-7.10)					
	50m: 33.23	100m: 1:11.20 (37.97)	150m: 1:48.10 (36.90)		200m: 2:23.49 (35.39)	
10	Jóhannis í Stórustovu	2011 Havnar Svímjifelag		352	2:24.34	99,08 %
	Entry time: 2:23.02 (+1.32)					
	50m: 32.89	100m: 1:10.77 (37.88)	150m: 1:48.91 (38.14)		200m: 2:24.34 (35.43)	
11	Benjamin Havn	2011 Svímjifelagið Ægir		323	2:28.59	99,82 %
	Entry time: 2:28.32 (+0.27)					
	50m: 33.93	100m: 1:12.85 (38.92)	150m: 1:51.20 (38.35)		200m: 2:28.59 (37.39)	
12	Jens Martin Dam	2009 Havnar Svímjifelag		311	2:30.41	107,90 %
	Entry time: 2:43.32 (-12.91)					
	50m: 33.77	100m: 1:13.13 (39.36)	150m: 1:53.46 (40.33)		200m: 2:30.41 (36.95)	
13	Aron Berg Joensen	2009 Havnar Svímjifelag		291	2:33.76	100,52 % -
	Entry time: 2:34.57 (-0.81)					
	50m: 33.64	100m: 1:12.17 (38.53)	150m: 1:53.62 (41.45)		200m: 2:33.76 (40.14)	
14	Sigbjartur J. Egholm	2009 Havnar Svímjifelag		265	2:38.79	98,45 % -
	Entry time: 2:36.37 (+2.42)					
	50m: 34.43	100m: 1:15.67 (41.24)	150m: 1:58.63 (42.96)		200m: 2:38.79 (40.16)	
15	Andrias Mellemsgaard	2009 Havnar Svímjifelag		198	2:54.76	103,51 % -
	Entry time: 3:01.12 (-6.36)					
	50m: 37.51	100m: 1:21.93 (44.42)	150m: 2:08.44 (46.51)		200m: 2:54.76 (46.32)	

Kapping almenn: 10.05.2024 11:52:28

## Kapping 13, 200m Frí Menn - Finala

FAR 1:48.98 Pál Joensen 1990 Suðuroyar Svímjifelag (FR) Broenshoej (DEN) 23.03.2012  
FAR.JR 1:53.20 Líggjas Joensen 2008 Ægir Klaksvik (FRO) Kobenhavn (DEN) 12.04.2024  
FM-Kravtið LG: 02:32.36 - SG: 02:28.43

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

## Kapping 13, 200m Frí Menn - Finala

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	<b>Isak Brisenfeldt</b>	2006 Havnar Svímjifelag		697	<b>1:54.99</b>	105,90 %
	Entry time: 2:02.20 (-7.21)					
	50m: 27.51	100m: 57.28 (29.77)	150m: 1:26.38 (29.10)		200m: 1:54.99 (28.61)	
2	<b>Líggjas Joensen</b>	2008 Svímjifelagið Ægir		668	<b>1:56.63</b>	104,10 %
	Entry time: 2:01.62 (-4.99)					
	50m: 27.53	100m: 57.78 (30.25)	150m: 1:27.13 (29.35)		200m: 1:56.63 (29.50)	
3	<b>Heini Mohr Askham</b>	2006 Svímjifelagið Ægir		646	<b>1:57.97</b>	102,10 %
	Entry time: 2:00.50 (-2.53)					
	50m: 27.96	100m: 57.88 (29.92)	150m: 1:27.94 (30.06)		200m: 1:57.97 (30.03)	
4	<b>Silas Dam Lindberg</b>	2008 Havnar Svímjifelag		566	<b>2:03.28</b>	101,30 %
	Entry time: 2:04.90 (-1.62)					
	50m: 28.03	100m: 59.25 (31.22)	150m: 1:31.23 (31.98)		200m: 2:03.28 (32.05)	
5	<b>Áki Eliassen</b>	2006 Havnar Svímjifelag		506	<b>2:07.99</b>	98,23 %
	Entry time: 2:05.77 (+2.22)					
	50m: 28.79	100m: 1:00.94 (32.15)	150m: 1:34.09 (33.15)		200m: 2:07.99 (33.90)	
6	<b>Tórir Olsen</b>	2011 Svímjifelagið Ægir		359	<b>2:23.44</b>	99,98 %
	Entry time: 2:23.41 (+0.03)					
	50m: 33.19	100m: 1:09.86 (36.67)	150m: 1:47.60 (37.74)		200m: 2:23.44 (35.84)	

Kapping almenn: 10.05.2024 18:43:05

## Kapping 14, 4x100m Blandað Kvinnur - Innleiðandi

FAR	4:33.08	Ægir Klaksvík	Ægir Klaksvík (FRO)	Vagur (FRO)	26.04.2019	
FAR.JR	4:39.73	Havnar Svímjifelag	Havnar Svímjifelag (FRO)	Vagur (FRO)	10.04.2021	
Raðf	Navn	Aldur	Felag	AQU	Tíð	Munur
1	<b>Svímjifelagið Ægir</b>	16	Svímjifelagið Ægir	379 Q		<b>5:18.21</b> 94,19 %
	Lea Osberg Højsted	2008	0.68	35.46	1:13.94	1:13.94
	Ragnhild Jacobsen	2008		40.70	1:29.13	2:43.07
	Durita Mohr Askham	2008		36.36	1:22.39	4:05.46
	Lea Petersen	2009		34.65	1:12.75	5:18.21
2	<b>Suðuroyar Svímjifelag lag 2</b>	14	Suðuroyar Svímjifelag	357 Q		<b>5:24.72</b> 83,90 %
	Jórun Winther	2011	0.67	36.67	1:15.73	1:15.73
	Sissal Rógvadóttir	2010		40.76	1:28.70	2:44.43
	Talita Johannesen	2010		40.25	1:28.43	4:12.86
	Emma Debes	2010		33.53	1:11.86	5:24.72
3	<b>HS KVINNUR</b>	18	Havnar Svímjifelag	328 Q		<b>5:33.75</b>
	Dorteia Dam	2007	0.72	36.94	1:16.89	1:16.89
	Mariella Henriksen	2010		46.78	1:34.34	2:51.23
	Lilja Lenvig Harrysdóttir	2009		42.92	1:30.75	4:21.98
	Oddvá Sedeá D. Nattestad	2006		32.94	1:11.77	5:33.75
4	<b>Fuglafjarðar Svímjifelag</b>	17	Fuglafjarðar Svímjifelag	307 Q		<b>5:41.29</b> 81,94 %
	Rebekka Róðinsdóttir	2007		36.06	1:14.45	1:14.45
	Birita Vesturtún	2007		47.20	1:40.48	2:54.93
	Jóhanna Ólavsdóttir	2007		36.49	1:20.47	4:15.40
	Margit Højbro	2007		41.05	1:25.89	5:41.29





## Úrslit

### Kapping 14, 4x100m Blandað Kvinnur - Innleiðandi

Raðf	Navn	Aldur	Felag	AQU	Tíð	Munur
5	Suðuroyar Svímjifelag		16 Suðuroyar Svímjifelag	281 Q	5:51.66	79,37 %
	Lilja Strøm Winther	2009	0.75	47.00	1:36.40	1:36.40
	Bjarta í Lágabø	2009		42.95	1:30.43	3:06.83
	Silja Bech	2008		40.41	1:26.91	4:33.74
	Ninna í Hjøllum	2009		36.63	1:17.92	5:51.66

Kapping almenn: 10.05.2024 12:09:40

### Kapping 14, 4x100m Blandað Kvinnur - Finala

FAR	4:33.08	Ægir Klaksvík	Ægir Klaksvík (FRO)	Vagur (FRO)	26.04.2019
FAR.JR	4:39.73	Havnar Svímjifelag	Havnar Svímjifelag (FRO)	Vagur (FRO)	10.04.2021

Raðf	Navn	Aldur	Felag	AQU	Tíð	Munur
1	Suðuroyar Svímjifelag lag 2		21 Suðuroyar Svímjifelag	496	4:50.95	110,40
	Jórun Winther	2011		34.75	1:14.03	1:14.03
	Talita Johannesen	2010		39.40	1:22.93	2:36.96
	Bjarta í Lágabø	2009		33.58	1:14.80	3:51.76
	Alisa Vestergård	2003		28.28	59.19	4:50.95
2	Fuglafjarðar Svímjifelag		17 Fuglafjarðar Svímjifelag	486	4:52.87	114,19
	Rebekka Róðinsdóttir	2007		35.07	1:13.28	1:13.28
	Birita Vesturtún	2007		40.41	1:25.72	2:39.00
	Jóhanna Ólavsdóttir	2007		31.54	1:07.85	3:46.85
	Margit Højbro	2007		31.07	1:06.02	4:52.87
3	Svímjefelagið Ægir		16 Svímjefelagið Ægir	440	5:02.80	104,84
	Ragnhild Jacobsen	2008		38.99	1:20.05	1:20.05
	Lea Osberg Højsted	2008		36.66	1:18.14	2:38.19
	Durita Mohr Askham	2008		34.27	1:16.56	3:54.75
	Lea Petersen	2009		32.02	1:08.05	5:02.80
4	HS KVINNUR		18 Havnar Svímjifelag	349	5:27.23	101,95
	Dorteia Dam	2007		36.69	1:15.59	1:15.59
	Mariella Henriksen	2010		45.03	1:35.20	2:50.79
	Lilja Lenvig Harrysdóttir	2009		40.00	1:26.57	4:17.36
	Oddvá Sedeá D. Nattestad	2006		31.83	1:09.87	5:27.23
5	Suðuroyar Svímjifelag		15 Suðuroyar Svímjifelag	283	5:50.84	100,23
	Emma Debes	2010		39.83	1:24.52	1:24.52
	Lilja Strøm Winther	2009		50.19	1:49.13	3:13.65
	Sissal Rógvadóttir	2010		36.17	1:22.15	4:35.80
	Ninna í Hjøllum	2009		34.77	1:15.04	5:50.84

Kapping almenn: 10.05.2024 19:09:02

### Kapping 15, 4x100m Blandað Menn - Innleiðandi

FAR	4:11.85	Havnar Svímjifelag	Havnar Svímjifelag (FRO)	Vagur (FRO)	08.06.2018
FAR.JR	4:20.14	Havnar Svímjifelag	Havnar Svímjifelag (FRO)	Vagur (FRO)	03.07.2020

Raðf	Navn	Aldur	Felag	AQU	Tíð	Munur
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# Úrslit

## Kapping 15, 4x100m Blandað Menn - Innleiðandi

Raðf	Navn	Aldur	Felag		AQU	Tíð	Munur
<b>1</b>	<b>HS MENN</b>		18 Havnar Svímjifelag		373 Q	<b>4:47.16</b>	
	Oddvaldur Leivsson	2008		0.74	32.84	1:09.47	1:09.47
	Jóni Janusarson Strøm	2006			36.97	1:17.78	2:27.25
	Áki Eliassen	2006			32.63	1:10.98	3:38.23
	Isak Brisenfeldt	2006			32.21	1:08.93	4:47.16
<b>2</b>	<b>HS DREINGIR</b>		16 Havnar Svímjifelag		361 Q	<b>4:50.30</b>	98,52 %
	Óli Mikkelsen	2008		0.70	33.01	1:07.39	1:07.39
	Silas Dam Lindberg	2008			40.16	1:22.30	2:29.69
	Ólavur Winther Jákupsson	2008			31.78	1:09.86	3:39.55
	Sigbjartur J. Egholm	2009			33.14	1:10.75	4:50.30
<b>3</b>	<b>Svímjifelagið Ægir</b>		18 Svímjifelagið Ægir		268 Q	<b>5:20.60</b>	
	Tórir Olsen	2011			39.98	1:22.52	1:22.52
	Heini Mohr Askham	2006			43.15	1:31.64	2:54.16
	Líggjas Joensen	2008			32.63	1:12.71	4:06.87
	Benjamin Havn	2011			36.23	1:13.73	5:20.60
<b>4</b>	<b>HS PILTAR</b>		15 Havnar Svímjifelag		218 Q	<b>5:43.14</b>	
	Jóhannis í Stórustovu	2011		0.71	37.84	1:17.62	1:17.62
	Andrias Mellemgard	2009			47.78	1:41.55	2:59.17
	Jens Martin Dam	2009			40.85	1:31.57	4:30.74
	Aron Berg Joensen	2009			34.32	1:12.40	5:43.14

Kapping almenn: 10.05.2024 12:15:32

## Kapping 15, 4x100m Blandað Menn - Finala

FAR	4:11.85	Havnar Svímjifelag	Havnar Svímjifelag (FRO)	Vagur (FRO)	08.06.2018		
FAR.JR	4:20.14	Havnar Svímjifelag	Havnar Svímjifelag (FRO)	Vagur (FRO)	03.07.2020		
Raðf	Navn	Aldur	Felag	AQU	Tíð	Munur	
<b>1</b>	<b>HS MENN</b>		21 Havnar Svímjifelag	516	<b>4:17.72</b>	110,25	
	Oddvaldur Leivsson	2008			32.46	1:07.24	1:07.24
	Bartal Erlingsson Eidesgaard	2003			33.76	1:09.26	2:16.50
	Áki Eliassen	2006			30.18	1:03.92	3:20.42
	Silas Dam Lindberg	2008			27.27	57.30	4:17.72
<b>2</b>	<b>HS DREINGIR</b>		18 Havnar Svímjifelag	404	<b>4:39.57</b>	103,70	
	Óli Mikkelsen	2008			32.54	1:06.88	1:06.88
	Jóni Janusarson Strøm	2006			35.45	1:15.04	2:21.92
	Ólavur Winther Jákupsson	2008			30.35	1:07.74	3:29.66
	Sigbjartur J. Egholm	2009			31.70	1:09.91	4:39.57
<b>3</b>	<b>Svímjifelagið Ægir</b>		18 Svímjifelagið Ægir	337	<b>4:57.09</b>	107,33	
	Líggjas Joensen	2008			32.33	1:04.97	1:04.97
	Heini Mohr Askham	2006			34.54	1:13.83	2:18.80
	Tórir Olsen	2011			38.72	1:28.32	3:47.12
	Benjamin Havn	2011			33.55	1:09.97	4:57.09





# Úrslit

## Kapping 15, 4x100m Blandað Menn - Finala

Raðf	Navn	Aldur	Felag	AQU	Tíð	Munur
4	<b>HS PILTAR</b>		15 Havnar Svímjifelag	275	<b>5:17.72</b>	107,41
	Jóhannis í Stórustovu	2011		36.39	1:15.15	1:15.15
	Aron Berg Joensen	2009		46.73	1:15.15	
	Theodor Salter	2011		3:28.38	4:06.56	4:06.56
	Jens Martin Dam	2009		33.70	1:11.16	5:17.72

Kapping almenn: 10.05.2024 19:18:26

## Kapping 16, 400m Frí Kvinnur - Innleiðandi

FAR	4:22.79	Sára R. Nysted	2001 Suðuroyar Svímjifelag (FR)	Hodmezovasarhely (HUN)	07.07.2016
FAR.JR	4:22.79	Sára R. Nysted	2001 Suðuroyar Svímjifelag (FR)	Hodmezovasarhely (HUN)	07.07.2016
FM-Kravtið	LG: 05:53.22	-	SG: 05:49.43		

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	<b>Róa Trygvadóttir</b>	2008 Svímjifelagið Ægir		534	<b>4:50.10</b>	95,60 % Q
	Entry time: 4:37.87	(+12.23)				
	50m: 32.35	100m: 1:07.68 (35.33)	150m: 1:44.42 (36.74)	200m: 2:21.61 (37.19)	400m: 4:50.10 (4:50.10)	
2	<b>Margit Højbro</b>	2007 Fuglafjarðar Svímjifelag		471	<b>5:02.41</b>	96,40 % Q
	Entry time: 4:51.89	(+10.52)				
	50m: 34.48	100m: 1:11.84 (37.36)	150m: 1:50.03 (38.19)	200m: 2:28.64 (38.61)	400m: 5:02.41 (38.88)	
	250m: 3:06.84 (38.20)	300m: 3:45.24 (38.40)	350m: 4:23.53 (38.29)			
3	<b>Birita Vesturtún</b>	2007 Fuglafjarðar Svímjifelag		460	<b>5:04.78</b>	96,53 % Q
	Entry time: 4:54.57	(+10.21)				
	50m: 34.11	100m: 1:11.16 (37.05)	150m: 1:49.63 (38.47)	200m: 2:28.72 (39.09)	400m: 5:04.78 (37.59)	
	250m: 3:07.68 (38.96)	300m: 3:47.53 (39.85)	350m: 4:27.19 (39.66)			
4	<b>Bjarta í Lágabø</b>	2009 Suðuroyar Svímjifelag		459	<b>5:04.99</b>	96,76 % -
	Entry time: 4:55.43	(+9.56)				
	50m: 33.35	100m: 1:10.65 (37.30)	150m: 1:48.70 (38.05)	200m: 2:27.02 (38.32)	400m: 5:04.99 (39.97)	
	250m: 3:05.94 (38.92)	300m: 3:45.39 (39.45)	350m: 4:25.02 (39.63)			
5	<b>Lea Petersen</b>	2009 Svímjifelagið Ægir		434	<b>5:10.72</b>	93,97 % Q
	Entry time: 4:53.04	(+17.68)				
	50m: 33.58	100m: 1:11.78 (38.20)	150m: 1:52.54 (40.76)	200m: 2:32.77 (40.23)	400m: 5:10.72 (38.45)	
	250m: 3:13.06 (40.29)	300m: 3:53.60 (40.54)	350m: 4:32.27 (38.67)			
6	<b>Mariella Henriksen</b>	2010 Havnar Svímjifelag		380	<b>5:24.80</b>	99,00 % Q
	Entry time: 5:21.58	(+3.22)				
	50m: 35.44	100m: 1:15.58 (40.14)	150m: 1:57.99 (42.41)	200m: 2:40.30 (42.31)	400m: 5:24.80 (38.97)	
	250m: 3:21.63 (41.33)	300m: 4:04.20 (42.57)	350m: 4:45.83 (41.63)			
7	<b>Sissal Rógvadóttir</b>	2010 Suðuroyar Svímjifelag		357	<b>5:31.72</b>	98,79 % Q
	Entry time: 5:27.75	(+3.97)				
	50m: 36.03	100m: 1:16.65 (40.62)	150m: 1:59.32 (42.67)	200m: 2:41.90 (42.58)	400m: 5:31.72 (41.02)	
	250m: 3:25.51 (43.61)	300m: 4:08.37 (42.86)	350m: 4:50.70 (42.33)			
8	<b>Sirið Vesturtún</b>	2011 Fuglafjarðar Svímjifelag		347	<b>5:34.94</b>	101,84 % R1
	Entry time: 5:41.21	(-6.27)				
	50m: 35.90	100m: 1:17.41 (41.51)	150m: 2:00.02 (42.61)	200m: 2:42.74 (42.72)	400m: 5:34.94 (43.15)	
	250m: 3:25.92 (43.18)	300m: 4:08.97 (43.05)	350m: 4:51.79 (42.82)			
9	<b>Naomi Friang</b>	2010 Fuglafjarðar Svímjifelag		300	<b>5:51.37</b>	97,45 % R2
	Entry time: 5:42.64	(+8.73)				
	50m: 37.31	100m: 1:21.36 (44.05)	150m: 2:06.40 (45.04)	200m: 2:52.10 (45.70)	400m: 5:51.37 (42.10)	
	250m: 3:37.99 (45.89)	300m: 4:24.33 (46.34)	350m: 5:09.27 (44.94)			
10	<b>Rakul J Højbro</b>	2011 Fuglafjarðar Svímjifelag		294	<b>5:53.59</b>	100,13 %
	Entry time: 5:54.05	(-0.46)				
	50m: 39.79	100m: 1:24.36 (44.57)	150m: 2:09.36 (45.00)	200m: 2:55.63 (46.27)	400m: 5:53.59 (41.98)	
	250m: 3:41.22 (45.59)	300m: 4:26.82 (45.60)	350m: 5:11.61 (44.79)			

Kapping almenn: 11.05.2024 09:46:19





# Úrslit

## Kapping 16, 400m Frí Kvinnur - Finala

FAR 4:22.79 Sára R. Nysted 2001 Suðuroyar Svímjifelag (FR Hodmezovasarhely (HUN) 07.07.2016  
FAR.JR 4:22.79 Sára R. Nysted 2001 Suðuroyar Svímjifelag (FR Hodmezovasarhely (HUN) 07.07.2016  
FM-Kravtið LG: 05:53.22 - SG: 05:49.43

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	<b>Róa Trygvadóttir</b>	2008 Svímjifelagið Ægir	540	<b>4:49.02</b>	100,37 %	
	Entry time: 4:50.10 (-1.08)					
	50m: 31.32	100m: 1:06.14 (34.82)	150m: 1:43.22 (37.08)	200m: 2:20.43 (37.21)		
	250m: 2:57.96 (37.53)	300m: 3:35.83 (37.87)	350m: 4:12.60 (36.77)	400m: 4:49.02 (36.42)		
2	<b>Margit Højbro</b>	2007 Fuglafjarðar Svímjifelag	500	<b>4:56.50</b>	101,95 %	
	Entry time: 5:02.41 (-5.91)					
	50m: 33.00	100m: 1:10.23 (37.23)	150m: 1:47.75 (37.52)	200m: 2:26.03 (38.28)		
	250m: 3:04.11 (38.08)	300m: 3:41.84 (37.73)	350m: 4:19.57 (37.73)	400m: 4:56.50 (36.93)		
3	<b>Lea Petersen</b>	2009 Svímjifelagið Ægir	495	<b>4:57.42</b>	104,28 %	
	Entry time: 5:10.72 (-13.30)					
	50m: 32.94	100m: 1:09.89 (36.95)	150m: 1:47.79 (37.90)	200m: 2:26.25 (38.46)		
	250m: 3:04.62 (38.37)	300m: 3:42.50 (37.88)	350m: 4:21.26 (38.76)	400m: 4:57.42 (36.16)		
4	<b>Birita Vesturtún</b>	2007 Fuglafjarðar Svímjifelag	432	<b>5:11.27</b>	97,87 %	
	Entry time: 5:04.78 (+6.49)					
	50m: 33.99	100m: 1:11.18 (37.19)	150m: 1:50.65 (39.47)	200m: 2:30.61 (39.96)		
	250m: 3:10.92 (40.31)	300m: 3:51.35 (40.43)	350m: 4:31.85 (40.50)	400m: 5:11.27 (39.42)		
5	<b>Mariella Henriksen</b>	2010 Havnar Svímjifelag	390	<b>5:22.05</b>	100,85 %	
	Entry time: 5:24.80 (-2.75)					
	50m: 35.14	100m: 1:15.20 (40.06)	150m: 1:56.23 (41.03)	200m: 2:37.30 (41.07)		
	250m: 3:18.82 (41.52)	300m: 4:00.44 (41.62)	350m: 4:41.88 (41.44)	400m: 5:22.05 (40.17)		
6	<b>Sissal Rógvadóttir</b>	2010 Suðuroyar Svímjifelag	387	<b>5:22.78</b>	102,70 %	
	Entry time: 5:31.72 (-8.94)					
	50m: 34.66	100m: 1:13.69 (39.03)	150m: 1:55.26 (41.57)	200m: 2:36.49 (41.23)		
	250m: 3:19.41 (42.92)	300m: 4:00.95 (41.54)	350m: 4:43.24 (42.29)	400m: 5:22.78 (39.54)		

Kapping almenn: 11.05.2024 17:07:36

## Kapping 17, 400m Frí Menn - Innleiðandi

FAR 3:46.84 Pál Joensen 1990 Suðuroyar Svímjifelag (FR Broenshoej (DEN) 22.03.2012  
FAR.JR 3:59.67 Óli Mortensen 1996 Havnar Svímjifelag (FRO) Dordrecht (NED) 09.07.2014  
FM-Kravtið LG: 05:28.74 - SG: 05:17.05

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	<b>Líggjas Joensen</b>	2008 Svímjifelagið Ægir	634	<b>4:16.09</b>	94,86 % Q	
	Entry time: 4:03.57 (+12.52)					
	50m: 29.38	100m: 1:00.39 (31.01)	150m: 1:33.08 (32.69)	200m: 2:06.09 (33.01)		
	250m: 2:38.27 (32.18)	300m: 3:11.04 (32.77)	350m: 3:45.29 (34.25)	400m: 4:16.09 (30.80)		
2	<b>Heini Mohr Askham</b>	2006 Svímjifelagið Ægir	608	<b>4:19.65</b>	96,14 % Q	
	Entry time: 4:10.01 (+9.64)					
	50m: 29.02	100m: 1:00.25 (31.23)	150m: 1:32.81 (32.56)	200m: 2:05.30 (32.49)		
	250m: 2:38.06 (32.76)	300m: 3:11.62 (33.56)	350m: 3:45.50 (33.88)	400m: 4:19.65 (34.15)		
3	<b>Fróði Hansen</b>	2008 Fuglafjarðar Svímjifelag	596	<b>4:21.47</b>	99,64 % Q	
	Entry time: 4:20.52 (+0.95)					
	50m: 28.98	100m: 1:00.82 (31.84)	150m: 1:33.44 (32.62)	200m: 2:06.66 (33.22)		
	250m: 2:40.01 (33.35)	300m: 3:13.81 (33.80)	350m: 3:47.98 (34.17)	400m: 4:21.47 (33.49)		
4	<b>Isak Brisenfeldt</b>	2006 Havnar Svímjifelag	541	<b>4:30.01</b>	88,84 % Q	
	Entry time: 4:02.91 (+27.10)					
	50m: 30.23	100m: 1:03.01 (32.78)	150m: 1:37.99 (34.98)	200m: 2:12.40 (34.41)		
	250m: 2:47.22 (34.82)	300m: 3:21.82 (34.60)	350m: 3:56.79 (34.97)	400m: 4:30.01 (33.22)		
5	<b>Silas Dam Lindberg</b>	2008 Havnar Svímjifelag	517	<b>4:34.08</b>	95,93 % Q	
	Entry time: 4:23.35 (+10.73)					
	50m: 30.85	100m: 1:05.24 (34.39)	150m: 1:39.67 (34.43)	200m: 2:15.00 (35.33)		
	250m: 2:49.47 (34.47)	300m: 3:24.69 (35.22)	350m: 3:59.56 (34.87)	400m: 4:34.08 (34.52)		

12-05-2024 15:21.41

Dátaviðgerð: Swímify 2.11

Loyvt: Suðuroyar Svímjifelag

Síða 18/47







# Úrslit

## Kapping 17, 400m Frí Menn - Innleiðandi

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
6	Ólavur Winther Jákupsson	2008 Havnar Svímjifelag	487	4:39.70	99,70 %	Q
	Entry time: 4:38.85 (+0.85)					
	50m: 31.20	100m: 1:05.19 (33.99)	150m: 1:40.46 (35.27)	200m: 2:16.46 (36.00)		
	250m: 2:52.00 (35.54)	300m: 3:28.51 (36.51)	350m: 4:04.45 (35.94)	400m: 4:39.70 (35.25)		
7	Tórir Olsen	2011 Svímjifelagið Ægir	399	4:58.93	103,41 %	R1
	Entry time: 5:09.47 (-10.54)					
	50m: 33.95	100m: 1:11.84 (37.89)	150m: 1:50.52 (38.68)	200m: 2:28.85 (38.33)		
	250m: 3:08.01 (39.16)	300m: 3:45.74 (37.73)	350m: 4:23.46 (37.72)	400m: 4:58.93 (35.47)		
8	Theodor Salter	2011 Havnar Svímjifelag	391	5:00.87	104,86 %	R2
	Entry time: 5:16.24 (-15.37)					
	50m: 35.15	100m: 1:13.73 (38.58)	150m: 1:52.06 (38.33)	200m: 2:31.02 (38.96)		
	250m: 3:14.35 (38.30)	300m: 3:47.97 (38.65)	350m: 4:25.56 (37.59)	400m: 5:00.87 (35.31)		
9	Jóhannis í Stórustovu	2011 Havnar Svímjifelag	365	5:07.73	100,57 %	
	Entry time: 5:09.50 (-1.77)					
	50m: 33.05	100m: 1:10.39 (37.34)	150m: 1:49.67 (39.28)	200m: 2:29.41 (39.74)		
	250m: 3:10.43 (41.02)	300m: 3:51.44 (41.01)	350m: 4:30.68 (39.24)	400m: 5:07.73 (37.05)		
10	Benjamin Havn	2011 Svímjifelagið Ægir	350	5:12.22	98,21 %	
	Entry time: 5:06.72 (+5.50)					
	50m: 33.75	100m: 1:12.68 (38.93)	150m: 1:53.24 (40.56)	200m: 2:34.14 (40.90)		
	250m: 3:14.35 (40.21)	300m: 3:54.70 (40.35)	350m: 4:34.81 (40.11)	400m: 5:12.22 (37.41)		
11	Jens Martin Dam	2009 Havnar Svímjifelag	327	5:19.28	107,27 %	
	Entry time: 5:44.31 (-25.03)					
	50m: 35.42	100m: 1:15.66 (40.24)	150m: 1:57.78 (42.12)	200m: 2:40.40 (42.62)		
	250m: 3:21.53 (41.13)	300m: 4:02.43 (40.90)	350m: 4:43.31 (40.88)	400m: 5:19.28 (35.97)		
12	Aron Berg Joensen	2009 Havnar Svímjifelag	315	5:23.24	106,10 %	
	Entry time: 5:44.23 (-20.99)					
	50m: 34.44	100m: 1:14.43 (39.99)	150m: 1:54.53 (40.10)	200m: 2:36.89 (42.36)		
	250m: 3:17.73 (40.84)	300m: 4:01.98 (44.25)	350m: 4:42.06 (40.08)	400m: 5:23.24 (41.18)		

Kapping almenn: 11.05.2024 09:57:30

## Kapping 17, 400m Frí Menn - Finala

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

FM-Kravtið LG: 05:28.74 - SG: 05:17.05

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Heini Mohr Askham	2006 Svímjifelagið Ægir	723	4:05.16	105,58 %	
	Entry time: 4:19.65 (-14.49)					
	50m: 28.79	100m: 1:00.02 (31.23)	150m: 1:31.58 (31.56)	200m: 2:02.94 (31.36)		
	250m: 2:33.91 (30.97)	300m: 3:04.92 (31.01)	350m: 3:35.52 (30.60)	400m: 4:05.16 (29.64)		
2	Isak Brisenfeldt	2006 Havnar Svímjifelag	719	4:05.56	109,06 %	
	Entry time: 4:30.01 (-24.45)					
	50m: 28.78	100m: 1:00.36 (31.58)	150m: 1:31.83 (31.47)	200m: 2:03.47 (31.64)		
	250m: 2:34.32 (30.85)	300m: 3:05.47 (31.15)	350m: 3:36.01 (30.54)	400m: 4:05.56 (29.55)		
3	Líggjas Joensen	2008 Svímjifelagið Ægir	679	4:10.27	102,27 %	
	Entry time: 4:16.09 (-5.82)					
	50m: 28.84	100m: 1:00.23 (31.39)	150m: 1:32.09 (31.86)	200m: 2:04.11 (32.02)		
	250m: 2:35.70 (31.59)	300m: 3:06.66 (30.96)	350m: 3:38.50 (31.84)	400m: 4:10.27 (31.77)		
4	Silas Dam Lindberg	2008 Havnar Svímjifelag	612	4:19.14	105,45 %	
	Entry time: 4:34.08 (-14.94)					
	50m: 29.03	100m: 1:01.16 (32.13)	150m: 1:34.45 (33.29)	200m: 2:07.60 (33.15)		
	250m: 2:40.18 (32.58)	300m: 3:13.36 (33.18)	350m: 3:46.88 (33.52)	400m: 4:19.14 (32.26)		





# Úrslit

## Kapping 17, 400m Frí Menn - Finala

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
5	Fróði Hansen	2008 Fuglafjarðar Svimmifelag		582	4:23.47	99,24 %
	Entry time: 4:21.47 (+2.00)					
	50m: 28.97	100m: 1:00.97 (32.00)	150m: 1:34.39 (33.42)	200m: 2:08.10 (33.71)		
	250m: 2:41.95 (33.85)	300m: 3:16.20 (34.25)	350m: 3:50.31 (34.11)	400m: 4:23.47 (33.16)		
6	Ólavur Winther Jákupsson	2008 Havnar Svimmifelag		471	4:42.79	98,90 %
	Entry time: 4:39.70 (+3.09)					
	50m: 32.40	100m: 1:07.74 (35.34)	150m: 1:43.64 (35.90)	200m: 2:19.82 (36.18)		
	250m: 2:55.92 (36.10)	300m: 3:32.05 (36.13)	350m: 4:07.99 (35.94)	400m: 4:42.79 (34.80)		

Kapping almenn: 11.05.2024 17:14:27

## Kapping 18, 50m Firvald Kvinnur - Innleiðandi

FAR	28.29	Astrid Foldarskarð	1994 Svimmifelagið Flot (FRO)	Broenshoej (DEN)	30.03.2014
FAR.JR	28.44	Vár Erlingsdóttir Eidesga	2001 Havnar Svimmifelag (FRO)	Bergen (NOR)	14.04.2018
FM-Kravtið	LG: 00:36.49	-	SG: 00:36.41		

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Jonna Joensen	2005 Svimmifelagið Ægir		515	30.46	99,90 % Q
	Entry time: 30.43 (+0.03)					
2	Bjarta í Lágabø	2009 Suðuroyar Svimmifelag		470	31.40	93,78 % Q
	Entry time: 29.56 (+1.84)					
3	Jóhanna Ólavsdóttir	2007 Fuglafjarðar Svimmifelag		462	31.59	98,75 % Q
	Entry time: 31.20 (+0.39)					
4	Rebekka Róðinsdóttir	2007 Fuglafjarðar Svimmifelag		435	32.24	99,44 % -
	Entry time: 32.06 (+0.18)					
5	Birita Vesturtún	2007 Fuglafjarðar Svimmifelag		408	32.92	102,46 % Q
	Entry time: 33.75 (-0.83)					
6	Durita Mohr Askham	2008 Svimmifelagið Ægir		402	33.08	99,54 % Q
	Entry time: 32.93 (+0.15)					
7	Ragnhild Jacobsen	2008 Svimmifelagið Ægir		373	33.93	95,95 % Q
	Entry time: 32.61 (+1.32)					
8	Sissal Rógvadóttir	2010 Suðuroyar Svimmifelag		369	34.04	102,24 % R1
	Entry time: 34.82 (-0.78)					
9	Lilja Lenvig Harrysdóttir	2009 Havnar Svimmifelag		362	34.27	101,35 % R2
	Entry time: 34.74 (-0.47)					
10	Sirið Vesturtún	2011 Fuglafjarðar Svimmifelag		353	34.55	98,71 %
	Entry time: 34.11 (+0.44)					
11	Lea Osberg Højsted	2008 Svimmifelagið Ægir		351	34.63	95,19 %
	Entry time: 33.04 (+1.59)					
12	Jórun Winther	2011 Suðuroyar Svimmifelag		309	36.12	100,44 %
	Entry time: 36.28 (-0.16)					
13	Oddvá Sedea D. Nattestad	2006 Havnar Svimmifelag		292	36.82	97,52 %
	Entry time: 35.93 (+0.89)					
14	Emma Debes	2010 Suðuroyar Svimmifelag		244	39.08	94,35 %
	Entry time: 36.99 (+2.09)					
15	Lilja Strøm Winther	2009 Suðuroyar Svimmifelag		154	45.48	96,78 % -
	Entry time: 44.06 (+1.42)					
-	Margit Højbro	2007 Fuglafjarðar Svimmifelag			DSQ	
	Ójavnt beinspark					

Kapping almenn: 11.05.2024 10:01:00





## Úrslit

### Kapping 18, 50m Firvald Kvinnur - Finala

FAR 28.29 Astrid Foldarskarð 1994 Svímjifelagið Flot (FRO) Broenshoej (DEN) 30.03.2014  
FAR.JR 28.44 Vár Erlingsdóttir Eidesga 2001 Havnar Svímjifelag (FRO) Bergen (NOR) 14.04.2018  
FM-Kravtið LG: 00:36.49 - SG: 00:36.41

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Jonna Joensen Entry time: 30.46 (-0.46)	2005 Svímjifelagið Ægir		540	<b>30.00</b>	101,51 %
2	Bjarta í Lágabø Entry time: 31.40 (-1.34)	2009 Suðuroyar Svímjifelag		536	<b>30.06</b>	104,27 %
3	Jóhanna Ólavsdóttir Entry time: 31.59 (-0.86)	2007 Fuglafjarðar Svímjifelag		502	<b>30.73</b>	102,72 %
4	Birita Vesturtún Entry time: 32.92 (+0.05)	2007 Fuglafjarðar Svímjifelag		406	<b>32.97</b>	99,85 %
5	Ragnhild Jacobsen Entry time: 33.93 (-0.12)	2008 Svímjifelagið Ægir		377	<b>33.81</b>	100,35 %
6	Durita Mohr Askham Entry time: 33.08 (+0.87)	2008 Svímjifelagið Ægir		372	<b>33.95</b>	97,37 %

Kapping almenn: 11.05.2024 17:15:53

### Kapping 19, 50m Firvald Menn - Innleiðandi

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  
FM-Kravtið LG: 00:33.26 - SG: 00:32.49

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Isak Brisenfeldt Entry time: 26.52 (-0.52)	2006 Havnar Svímjifelag		628	<b>26.00</b>	101,96 % Q
2	Áki Eliassen Entry time: 26.39 (+0.27)	2006 Havnar Svímjifelag		582	<b>26.66</b>	98,98 % Q
3	Jóni Janusarson Strøm Entry time: 28.24 (-0.97)	2006 Havnar Svímjifelag		544	<b>27.27</b>	103,43 % Q
4	Fróði Hansen Entry time: 27.94 (+0.17)	2008 Fuglafjarðar Svímjifelag		497	<b>28.11</b>	99,39 % -
5	Bárður Ólavsson Entry time: 28.86 (+0.03)	2008 Fuglafjarðar Svímjifelag		458	<b>28.89</b>	99,90 % Q
6	Theodor Salter Entry time: 32.78 (+0.05)	2011 Havnar Svímjifelag		312	<b>32.83</b>	99,85 % Q
7	Sigbjartur J. Egholm Entry time: 32.36 (+1.36)	2009 Havnar Svímjifelag		288	<b>33.72</b>	95,80 % Q
8	Jóhannis í Stórustovu Entry time: 32.31 (+1.53)	2011 Havnar Svímjifelag		285	<b>33.84</b>	95,26 % R1
9	Jens Martin Dam Entry time: 38.44 (-0.92)	2009 Havnar Svímjifelag		209	<b>37.52</b>	102,39 % -

Kapping almenn: 11.05.2024 10:06:04

### Kapping 19, 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  
FM-Kravtið LG: 00:33.26 - SG: 00:32.49

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

## Kapping 19, 50m Firvald Menn - Finala

Raðf	Navn	Føðia Félag	R.T	AQU	Tíð	Munur
1	Isak Brisenfeldt Entry time: 26.00 (-0.11)	2006 Havnar Svímjifelag		636	25.89	100,42 %
2	Áki Eliassen Entry time: 26.66 (+0.03)	2006 Havnar Svímjifelag		580	26.69	99,89 %
3	Jóni Janusarson Strøm Entry time: 27.27 (-0.46)	2006 Havnar Svímjifelag		573	26.81	101,69 %
4	Bárður Ólavsson Entry time: 28.89 (-0.25)	2008 Fuglafjarðar Svímjifelag		470	28.64	100,87 %
5	Theodor Salter Entry time: 32.83 (-1.28)	2011 Havnar Svímjifelag		351	31.55	103,90 %
6	Sigbjartur J. Egholm Entry time: 33.72 (-0.50)	2009 Havnar Svímjifelag		301	33.22	101,48 %

Kapping almenn: 11.05.2024 17:24:39

## Kapping 20, 100m Rygg Kvinnur - Innleiðandi

FAR	1:03.01	Signhild Joensen	2000 Ægir Klaksvík (FRO)	Bergen (NOR)	06.04.2019
FAR.JR	1:03.38	Signhild Joensen	2000 Ægir Klaksvík (FRO)	Broenshoej (DEN)	03.04.2017
FM-Kravtið	LG: 01:26.64	-	SG: 01:22.20		

Raðf	Navn	Føðia Félag	R.T	AQU	Tíð	Munur
1	Jóhanna Ólavsdóttir Entry time: 1:11.03 (+1.72) 50m: 35.59 100m: 1:12.75 (37.16)	2007 Fuglafjarðar Svímjifelag		489	1:12.75	97,58 % -
2	Bjarta í Lágabø Entry time: 1:07.67 (+5.28) 50m: 34.99 100m: 1:12.95 (37.96)	2009 Suðuroyar Svímjifelag		485	1:12.95	92,20 % Q
3	Rebekka Róðinsdóttir Entry time: 1:12.24 (+0.80) 50m: 35.29 100m: 1:13.04 (37.75)	2007 Fuglafjarðar Svímjifelag		483	1:13.04	98,89 % Q
4	Dortea Dam Entry time: 1:17.08 (-1.32) 50m: 35.98 100m: 1:15.76 (39.78)	2007 Havnar Svímjifelag		433	1:15.76	101,71 % Q
5	Jórun Winther Entry time: 1:16.10 (-0.32) 50m: 35.55 100m: 1:15.78 (40.23)	2011 Suðuroyar Svímjifelag		432	1:15.78	100,42 % Q
6	Jonna Joensen Entry time: 1:13.49 (+4.21) 50m: 36.04 100m: 1:17.70 (41.66)	2005 Svímjifelagið Ægir		401	1:17.70	94,27 % -
7	Margit Højbro Entry time: 1:17.36 (+0.98) 50m: 38.29 100m: 1:18.34 (40.05)	2007 Fuglafjarðar Svímjifelag		391	1:18.34	98,73 % Q
8	Talita Johannesen Entry time: 1:22.07 (+1.02) 50m: 40.04 100m: 1:23.09 (43.05)	2010 Suðuroyar Svímjifelag		328	1:23.09	98,76 % Q
9	Emma Debes Entry time: 1:24.97 (-0.01) 50m: 40.91 100m: 1:24.96 (44.05)	2010 Suðuroyar Svímjifelag		307	1:24.96	100,01 % R1
10	Silja Bech Entry time: 1:24.81 (+3.22) 50m: 42.49 100m: 1:28.03 (45.54)	2008 Suðuroyar Svímjifelag		276	1:28.03	96,20 % R2





# Úrslit

## Kapping 20, 100m Rygg Kvinnur - Innleiðandi

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
11	Lilja Strøm Winther	2009 Suðuroyar Svímjifelag		229	1:33.62	99,53 % -
	Entry time: 1:33.18 (+0.44)					
	50m: 44.94	100m: 1:33.62 (48.68)				

Kapping almenn: 11.05.2024 10:23:18

## Kapping 20, 100m Rygg Kvinnur - Finala

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

FM-Kravtið LG: 01:26.64 - SG: 01:22.20

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Bjarta í Lágabø	2009 Suðuroyar Svímjifelag		565	1:09.32	104,98 %
	Entry time: 1:12.95 (-3.63)					
	50m: 32.74	100m: 1:09.32 (36.58)				
2	Rebekka Róðinsdóttir	2007 Fuglafjarðar Svímjifelag		510	1:11.71	101,82 %
	Entry time: 1:13.04 (-1.33)					
	50m: 34.55	100m: 1:11.71 (37.16)				
3	Jórun Winther	2011 Suðuroyar Svímjifelag		486	1:12.91	103,79 %
	Entry time: 1:15.78 (-2.87)					
	50m: 34.85	100m: 1:12.91 (38.06)				
4	Dortea Dam	2007 Havnar Svímjifelag		470	1:13.69	102,73 %
	Entry time: 1:15.76 (-2.07)					
	50m: 35.63	100m: 1:13.69 (38.06)				
5	Margit Højbro	2007 Fuglafjarðar Svímjifelag		341	1:22.02	95,30 %
	Entry time: 1:18.34 (+3.68)					
	50m: 39.23	100m: 1:22.02 (42.79)				
6	Talita Johannesen	2010 Suðuroyar Svímjifelag		341	1:22.05	101,25 %
	Entry time: 1:23.09 (-1.04)					
	50m: 39.58	100m: 1:22.05 (42.47)				

Kapping almenn: 11.05.2024 17:29:25

## Kapping 21, 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

FM-Kravtið LG: 01:17.45 - SG: 01:13.01

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Líggjas Joensen	2008 Svímjifelagið Ægir		259	1:20.88	75,19 % Q
	Entry time: 1:04.80 (+16.08)					
	50m: 37.55	100m: 1:20.88 (43.33)				
2	Oddvaldur Leivsson	2008 Havnar Svímjifelag		186	1:30.27	58,82 % Q
	Entry time: 1:03.94 (+26.33)					
	50m: 42.16	100m: 1:30.27 (48.11)				

Kapping almenn: 11.05.2024 10:20:21

## Kapping 21, 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

FM-Kravtið LG: 01:17.45 - SG: 01:13.01

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Líggjas Joensen	2008 Svímjifelagið Ægir		538	1:03.43	121,58 %
	Entry time: 1:20.88 (-17.45)					
	50m: 31.93	100m: 1:03.43 (31.50)				







# Úrslit

## Kapping 21, 100m Rygg Menn - Finala

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
2	<b>Oddvaldur Leivsson</b>	2008 Havnar Svímjifelag		526	<b>1:03.89</b>	129,22 %
	Entry time: 1:30.27 (-26.38)					
	50m: 30.88	100m: 1:03.89 (33.01)				

Kapping almenn: 11.05.2024 17:37:48

## Kapping 22, 4x100m Blandað Mix - Innleiðandi

FAR						
FAR	4:16.85	Havnar Svímjifelag	Havnar Svímjifelag (FRO)	Vagur (FRO)		05.06.2022
FAR.JR	4:30.95	Ægir Klaksvík	Ægir Klaksvík (FRO)	Vagur (FRO)		25.04.2022
Raðf	Navn	Aldur Felag		AQU		Tíð Munur
1	<b>HS MIX</b>	18 Havnar Svímjifelag		406 Q		<b>4:53.70</b> 96,24 %
	Dorteá Dam	2007	38.13	1:19.80		1:19.80
	Jóni Janusarson Strøm	2006	38.91	1:19.49		2:39.29
	Áki Eliassen	2006	30.30	1:06.16		3:45.45
	Oddvá Sedeá D. Nattestad	2006	32.86	1:08.25		4:53.70
2	<b>Svímjifelagið Ægir</b>	16 Svímjifelagið Ægir		402 Q		<b>4:54.69</b>
	Líggjas Joensen	2008	31.86	1:05.14		1:05.14
	Ragnhild Jacobsen	2008	39.96	1:26.65		2:31.79
	Durita Mohr Askham	2008	33.98	1:14.75		3:46.54
	Benjamin Havn	2011	32.20	1:08.15		4:54.69
3	<b>HS MIX 2</b>	16 Havnar Svímjifelag		397 Q		<b>4:55.98</b>
	Óli Mikkelsen	2008	32.63	1:06.12		1:06.12
	Lilja Lenvig Harrýsdóttir	2009	43.03	1:31.25		2:37.37
	Ólavur Winther Jákupsson	2008	30.33	1:07.45		3:44.82
	Mariella Henriksen	2010	33.63	1:11.16		4:55.98
4	<b>Fuglafjarðar Svímjifelag</b>	17 Fuglafjarðar Svímjifelag		337 Q		<b>5:12.45</b> 84,36 %
	Rebekka Róðinsdóttir	2007	40.52	1:26.31		1:26.31
	Fróði Hansen	2008	39.25	1:23.40		2:49.71
	Bárður Ólavsson	2008	29.88	1:05.47		3:55.18
	Jóhanna Ólavsdóttir	2007	37.32	1:17.27		5:12.45
5	<b>Svímjifelagið Ægir hold 2</b>	19 Svímjifelagið Ægir		336 Q		<b>5:12.68</b>
	Jonna Joensen	2005	37.78	1:19.60		1:19.60
	Lea Osberg Højsted	2008	41.03	1:28.25		2:47.85
	Heini Mohr Askham	2006	32.86	1:11.35		3:59.20
	Tórir Olsen	2011	35.94	1:13.48		5:12.68

Kapping almenn: 11.05.2024 10:33:12

## Kapping 22, 4x100m Blandað Mix - Finala

FAR						
FAR	4:16.85	Havnar Svímjifelag	Havnar Svímjifelag (FRO)	Vagur (FRO)		05.06.2022
FAR.JR	4:30.95	Ægir Klaksvík	Ægir Klaksvík (FRO)	Vagur (FRO)		25.04.2022
Raðf	Navn	Aldur Felag		AQU		Tíð Munur
1	<b>Fuglafjarðar Svímjifelag</b>	17 Fuglafjarðar Svímjifelag		493		<b>4:35.33</b> 111,88
	Jóhanna Ólavsdóttir	2007	36.21	1:14.47		1:14.47
	Fróði Hansen	2008	33.21	1:10.51		2:24.98
	Bárður Ólavsson	2008	29.33	1:02.01		3:26.99
	Margit Højbro	2007	32.85	1:08.34		4:35.33





## Úrslit

### Kapping 22, 4x100m Blandað Mix - Finala

Raðf	Navn	Aldur	Felag	AQU	Tíð	Munur
2	<b>HS MIX</b>		18 Havnar Svímjifelag	444	<b>4:45.05</b>	102,95
	Óli Mikkelsen	2008		31.57	1:04.42	1:04.42
	Mariella Henriksen	2010		43.69	1:32.47	2:36.89
	Jóni Janusarson Strøm	2006		28.94	1:03.70	3:40.59
	Dorteia Dam	2007		30.77	1:04.46	4:45.05
3	<b>Svímjifelagið Ægir hold 2</b>		18 Svímjifelagið Ægir	433	<b>4:47.58</b>	108,03
	Róa Trygvadóttir	2008		36.04	1:14.84	1:14.84
	Heini Mohr Askham	2006		33.40	1:13.35	2:28.19
	Durita Mohr Askham	2008		33.73	1:14.96	3:43.15
	Tórir Olsen	2011		30.38	1:04.43	4:47.58
4	<b>Svímjifelagið Ægir</b>		19 Svímjifelagið Ægir	394	<b>4:56.56</b>	99,37 %
	Líggjas Joensen	2008		32.27	1:05.32	1:05.32
	Lea Petersen	2009		42.75	1:33.37	2:38.69
	Jonna Joensen	2005		30.96	1:08.80	3:47.49
	Benjamin Havn	2011		32.43	1:09.07	4:56.56
5	<b>HS MIX 2</b>		18 Havnar Svímjifelag	328	<b>5:15.21</b>	93,50 %
	Ólavur Winther Jákupsson	2008		36.82	1:15.42	1:15.42
	Lilja Lenvig Harrýsdóttir	2009		42.76	1:31.53	2:46.95
	Theodor Salter	2011		36.16	1:16.22	4:03.17
	Oddvá Seda D. Nattestad	2006		32.21	1:12.04	5:15.21

Kapping almenn: 11.05.2024 17:51:33

### Kapping 23, 100m Bringu Kvinnur - Innleiðandi

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

FM-Kravtið LG: 01:35.79 - SG: 01:33.15

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	<b>Lea Osberg Højsted</b>	2008 Svímjifelagið Ægir		471	<b>1:22.39</b>	91,35 % Q
	Entry time: 1:15.83 (+6.56)					
	50m: 38.29	100m: 1:22.39 (44.10)				
2	<b>Talita Johannesen</b>	2010 Suðuroyar Svímjifelag		448	<b>1:23.81</b>	100,32 % Q
	Entry time: 1:24.08 (-0.27)					
	50m: 39.08	100m: 1:23.81 (44.73)				
3	<b>Rebekka Róðinsdóttir</b>	2007 Fuglafjarðar Svímjifelag		437	<b>1:24.47</b>	97,74 % Q
	Entry time: 1:22.60 (+1.87)					
	50m: 40.09	100m: 1:24.47 (44.38)				
4	<b>Róa Trygvadóttir</b>	2008 Svímjifelagið Ægir		427	<b>1:25.12</b>	94,29 % -
	Entry time: 1:20.52 (+4.60)					
	50m: 40.00	100m: 1:25.12 (45.12)				
5	<b>Jóhanna Ólavsdóttir</b>	2007 Fuglafjarðar Svímjifelag		418	<b>1:25.75</b>	95,61 % -
	Entry time: 1:22.14 (+3.61)					
	50m: 40.83	100m: 1:25.75 (44.92)				
6	<b>Birita Vesturtún</b>	2007 Fuglafjarðar Svímjifelag		415	<b>1:25.91</b>	97,14 % Q
	Entry time: 1:23.52 (+2.39)					
	50m: 40.59	100m: 1:25.91 (45.32)				





## Úrslit

### Kapping 23, 100m Bringu Kvinnur - Innleiðandi

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
7	Ragnhild Jacobsen	2008 Svímjifelagið Ægir		414	1:26.03	94,31 % Q
	Entry time: 1:21.40 (+4.63)					
	50m: 40.52	100m: 1:26.03 (45.51)				
8	Sissal Rógvadóttir	2010 Suðuroyar Svímjifelag		353	1:30.73	94,07 % Q
	Entry time: 1:25.65 (+5.08)					
	50m: 42.27	100m: 1:30.73 (48.46)				
9	Sirið Vesturtún	2011 Fuglafjarðar Svímjifelag		279	1:38.08	91,67 % R1
	Entry time: 1:30.54 (+7.54)					
	50m: 46.23	100m: 1:38.08 (51.85)				
10	Silja Bech	2008 Suðuroyar Svímjifelag		246	1:42.25	98,08 % -
	Entry time: 1:40.32 (+1.93)					
	50m: 47.62	100m: 1:42.25 (54.63)				
11	Lilja Strøm Winther	2009 Suðuroyar Svímjifelag		196	1:50.30	92,89 % -
	Entry time: 1:42.98 (+7.32)					
	50m: 49.11	100m: 1:50.30 (1:01.19)				

Kapping almenn: 11.05.2024 10:58:05

### Kapping 23, 100m Bringu Kvinnur - Finala

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

FM-Kravtið LG: 01:35.79 - SG: 01:33.15

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Lea Osberg Højsted	2008 Svímjifelagið Ægir		597	1:16.15	107,57 %
	Entry time: 1:22.39 (-6.24)					
	50m: 34.27	100m: 1:16.15 (41.88)				
2	Rebekka Róðinsdóttir	2007 Fuglafjarðar Svímjifelag		467	1:22.60	102,21 %
	Entry time: 1:24.47 (-1.87)					
	50m: 39.43	100m: 1:22.60 (43.17)				
3	Birita Vesturtún	2007 Fuglafjarðar Svímjifelag		444	1:24.03	102,19 %
	Entry time: 1:25.91 (-1.88)					
	50m: 39.56	100m: 1:24.03 (44.47)				
4	Talita Johannesen	2010 Suðuroyar Svímjifelag		440	1:24.30	99,42 %
	Entry time: 1:23.81 (+0.49)					
	50m: 39.62	100m: 1:24.30 (44.68)				
5	Ragnhild Jacobsen	2008 Svímjifelagið Ægir		399	1:27.07	98,79 %
	Entry time: 1:26.03 (+1.04)					
	50m: 40.74	100m: 1:27.07 (46.33)				
6	Sissal Rógvadóttir	2010 Suðuroyar Svímjifelag		358	1:30.29	100,49 %
	Entry time: 1:30.73 (-0.44)					
	50m: 41.10	100m: 1:30.29 (49.19)				

Kapping almenn: 11.05.2024 18:02:14

### Kapping 24, 100m Bringu Menn - Innleiðandi

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

FM-Kravtið LG: 01:25.29 - SG: 01:23.07

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Fróði Hansen	2008 Fuglafjarðar Svímjifelag		442	1:14.67	93,65 % Q
	Entry time: 1:10.21 (+4.46)					
	50m: 35.16	100m: 1:14.67 (39.51)				





## Úrslit

### Kapping 24, 100m Bringu Menn - Innleiðandi

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
2	Jóni Janusarson Strøm	2006 Havnar Svímjifelag	383	1:18.26	Q	
	50m: 37.47	100m: 1:18.26 (40.79)				
3	Bartal Erlingsson Eidesgaard	2003 Havnar Svímjifelag	375	1:18.85	77,35 % -	
	Entry time: 1:04.29 (+14.56)	50m: 36.23				
	100m: 1:18.85 (42.62)					
4	Jón Hofgaard	1992 Suðuroyar Svímjifelag	375	1:18.86	83,98 % Q	
	Entry time: 1:07.97 (+10.89)	50m: 36.79				
	100m: 1:18.86 (42.07)					
5	Bárður Ólavsson	2008 Fuglafjarðar Svímjifelag	370	1:19.20	92,87 % -	
	Entry time: 1:13.93 (+5.27)	50m: 36.84				
	100m: 1:19.20 (42.36)					
6	Andrias Mellemgaard	2009 Havnar Svímjifelag	180	1:40.57	104,64 % -	
	Entry time: 1:45.46 (-4.89)	50m: 46.26				
	100m: 1:40.57 (54.31)					

Kapping almenn: 11.05.2024 11:00:29

### Kapping 24, 100m Bringu Menn - Finala

FAR	1:05.35	Róland Toftum	1998 Suðuroyar Svímjifelag (FR)	Broenshoej (DEN)	04.04.2017
FAR.JR	1:06.14	Rókur Trygvason	2000 Svímjifelagið Reysti (FRO)	Bergen (NOR)	13.04.2018
FM-Kravtið	LG: 01:25.29	SG: 01:23.07			

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Jón Hofgaard	1992 Suðuroyar Svímjifelag	589	1:07.85	113,96 %	
	Entry time: 1:18.86 (-11.01)	50m: 32.24				
	100m: 1:07.85 (35.61)					
2	Fróði Hansen	2008 Fuglafjarðar Svímjifelag	537	1:09.95	106,32 %	
	Entry time: 1:14.67 (-4.72)	50m: 33.34				
	100m: 1:09.95 (36.61)					
3	Jóni Janusarson Strøm	2006 Havnar Svímjifelag	445	1:14.46	104,86 %	
	Entry time: 1:18.26 (-3.80)	50m: 36.36				
	100m: 1:14.46 (38.10)					

Kapping almenn: 11.05.2024 18:04:40

### Kapping 25, 100m Frí Kvinnur - Innleiðandi

FAR	58.12	Vár Erlingsdóttir Eidesga	2001 Havnar Svímjifelag (FRO)	Vagur (FRO)	24.02.2018
FAR.JR	58.12	Vár Erlingsdóttir Eidesga	2001 Havnar Svímjifelag (FRO)	Vagur (FRO)	24.02.2018
FM-Kravtið	LG: 01:17.24	SG: 01:15.06			

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Alisa Vestergård	2003 Suðuroyar Svímjifelag	616	1:00.75	98,97 % Q	
	Entry time: 1:00.13 (+0.62)	50m: 28.92				
	100m: 1:00.75 (31.83)					
2	Róa Trygvadóttir	2008 Svímjifelagið Ægir	556	1:02.88	96,24 % Q	
	Entry time: 1:00.60 (+2.28)	50m: 30.20				
	100m: 1:02.88 (32.68)					
3	Jórun Winther	2011 Suðuroyar Svímjifelag	529	1:03.90	102,04 % Q	
	Entry time: 1:05.23 (-1.33)	50m: 30.46				
	100m: 1:03.90 (33.44)					
4	Bjarta í Lágabø	2009 Suðuroyar Svímjifelag	506	1:04.86	97,95 % Q	
	Entry time: 1:03.56 (+1.30)	50m: 30.62				
	100m: 1:04.86 (34.24)					





# Úrslit

## Kapping 25, 100m Frí Kvinnur - Innleiðandi

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
5	<b>Jonna Joensen</b> Entry time: 1:04.61 (+0.69) 50m: 30.19	2005 Svímjifelagið Ægir 100m: 1:05.30 (35.11)		496	<b>1:05.30</b>	98,93 % Q
6	<b>Dorteia Dam</b> Entry time: 1:06.12 (-0.68) 50m: 31.05	2007 Havnar Svímjifelag 100m: 1:05.44 (34.39)		493	<b>1:05.44</b>	101,03 % Q
7	<b>Durita Mohr Askham</b> Entry time: 1:05.25 (+0.75) 50m: 32.01	2008 Svímjifelagið Ægir 100m: 1:06.00 (33.99)		480	<b>1:06.00</b>	98,85 % R1
8	<b>Lea Petersen</b> Entry time: 1:06.04 (+0.63) 50m: 31.80	2009 Svímjifelagið Ægir 100m: 1:06.67 (34.87)		466	<b>1:06.67</b>	99,05 % R2
9	<b>Margit Højbro</b> Entry time: 1:07.08 (+0.41) 50m: 32.33	2007 Fuglafjarðar Svímjifelag 100m: 1:07.49 (35.16)		449	<b>1:07.49</b>	99,39 %
10	<b>Birita Vesturtún</b> Entry time: 1:06.16 (+1.84) 50m: 32.23	2007 Fuglafjarðar Svímjifelag 100m: 1:08.00 (35.77)		439	<b>1:08.00</b>	97,22 %
11	<b>Lilja Lenvig Harrýsdóttir</b> Entry time: 1:12.23 (-1.78) 50m: 33.67	2009 Havnar Svímjifelag 100m: 1:10.45 (36.78)		395	<b>1:10.45</b>	102,46 %
12	<b>Sirið Vesturtún</b> Entry time: 1:08.22 (+2.58) 50m: 32.89	2011 Fuglafjarðar Svímjifelag 100m: 1:10.80 (37.91)		389	<b>1:10.80</b>	96,22 %
13	<b>Oddvá Sedeia D. Nattestad</b> Entry time: 1:09.33 (+1.50) 50m: 34.16	2006 Havnar Svímjifelag 100m: 1:10.83 (36.67)		389	<b>1:10.83</b>	97,84 %
14	<b>Mariella Henriksen</b> Entry time: 1:11.07 (+0.23) 50m: 34.14	2010 Havnar Svímjifelag 100m: 1:11.30 (37.16)		381	<b>1:11.30</b>	99,68 %
15	<b>Emma Debes</b> Entry time: 1:10.57 (+1.69) 50m: 33.49	2010 Suðuroyar Svímjifelag 100m: 1:12.26 (38.77)		366	<b>1:12.26</b>	97,61 %
16	<b>Ninna í Hjøllum</b> Entry time: 1:13.41 (-0.72) 50m: 34.53	2009 Suðuroyar Svímjifelag 100m: 1:12.69 (38.16)		359	<b>1:12.69</b>	100,98 %
17	<b>Silja Bech</b> Entry time: 1:13.00 (+0.61) 50m: 35.32	2008 Suðuroyar Svímjifelag 100m: 1:13.61 (38.29)		346	<b>1:13.61</b>	99,16 %
18	<b>Naomi Friang</b> Entry time: 1:14.58 (+0.30) 50m: 35.93	2010 Fuglafjarðar Svímjifelag 100m: 1:14.88 (38.95)		329	<b>1:14.88</b>	99,60 %
19	<b>Talita Johannesen</b> Entry time: 1:12.12 (+3.45) 50m: 35.09	2010 Suðuroyar Svímjifelag 100m: 1:15.57 (40.48)		320	<b>1:15.57</b>	95,22 %
20	<b>Rakul J Højbro</b> Entry time: 1:21.58 (-2.97) 50m: 37.73	2011 Fuglafjarðar Svímjifelag 100m: 1:18.61 (40.88)		284	<b>1:18.61</b>	103,64 % -
21	<b>India Linnea Bech</b> Entry time: 1:14.24 (+4.64) 50m: 37.33	2011 Havnar Svímjifelag 100m: 1:18.88 (41.55)		281	<b>1:18.88</b>	93,75 %







# Úrslit

## Kapping 25, 100m Frí Kvinnur - Innleiðandi

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
22	Lilja Strøm Winther	2009 Suðuroyar Svímjifelag		193	1:29.43	90,32 % -
	Entry time: 1:21.54 (+7.89)					
	50m: 42.26	100m: 1:29.43 (47.17)				

Kapping almenn: 11.05.2024 11:07:11

## Kapping 25, 100m Frí Kvinnur - Finala

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

FM-Kravtið LG: 01:17.24 - SG: 01:15.06

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Alisa Vestergård	2003 Suðuroyar Svímjifelag		641	59.97	101,28 %
	Entry time: 1:00.75 (-0.78)					
	50m: 28.92	100m: 59.97 (31.05)				
2	Róa Trygvadóttir	2008 Svímjifelagið Ægir		565	1:02.53	100,56 %
	Entry time: 1:02.88 (-0.35)					
	50m: 29.89	100m: 1:02.53 (32.64)				
3	Bjarta í Lágabø	2009 Suðuroyar Svímjifelag		550	1:03.08	102,74 %
	Entry time: 1:04.86 (-1.78)					
	50m: 30.11	100m: 1:03.08 (32.97)				
4	Jórun Winther	2011 Suðuroyar Svímjifelag		538	1:03.56	100,53 %
	Entry time: 1:03.90 (-0.34)					
	50m: 30.11	100m: 1:03.56 (33.45)				
5	Dorteia Dam	2007 Havnar Svímjifelag		523	1:04.15	101,97 %
	Entry time: 1:05.44 (-1.29)					
	50m: 30.99	100m: 1:04.15 (33.16)				
6	Jonna Joensen	2005 Svímjifelagið Ægir		512	1:04.62	101,04 %
	Entry time: 1:05.30 (-0.68)					
	50m: 30.50	100m: 1:04.62 (34.12)				

Kapping almenn: 11.05.2024 18:14:43

## Kapping 26, 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

FM-Kravtið LG: 01:10.07 - SG: 01:07.13

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Líggjas Joensen	2008 Svímjifelagið Ægir		637	54.45	99,72 % Q
	Entry time: 54.30 (+0.15)					
	50m: 26.81	100m: 54.45 (27.64)				
2	Isak Brisenfeldt	2006 Havnar Svímjifelag		605	55.39	96,74 % Q
	Entry time: 53.64 (+1.75)					
	50m: 26.79	100m: 55.39 (28.60)				
3	Heini Mohr Askham	2006 Svímjifelagið Ægir		602	55.47	97,83 % Q
	Entry time: 54.29 (+1.18)					
	50m: 26.80	100m: 55.47 (28.67)				
4	Oddvaldur Leivsson	2008 Havnar Svímjifelag		574	56.38	99,16 % Q
	Entry time: 55.91 (+0.47)					
	50m: 26.76	100m: 56.38 (29.62)				
5	Bartal Erlingsson Eidesgaard	2003 Havnar Svímjifelag		570	56.50	92,48 % Q
	Entry time: 52.55 (+3.95)					
	50m: 27.40	100m: 56.50 (29.10)				





# Úrslit

## Kapping 26, 100m Frí Menn - Innleiðandi

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
6	Jóni Janusarson Strøm	2006 Havnar Svímjifelag		539	57.57	99,98 % Q
	Entry time: 57.56 (+0.01)					
	50m: 28.23	100m: 57.57 (29.34)				
7	Áki Eliassen	2006 Havnar Svímjifelag		528	57.95	98,07 % -
	Entry time: 56.85 (+1.10)					
	50m: 27.36	100m: 57.95 (30.59)				
8	Fróði Hansen	2008 Fuglafjarðar Svímjifelag		517	58.35	97,51 % R1
	Entry time: 56.93 (+1.42)					
	50m: 27.80	100m: 58.35 (30.55)				
9	Óli Mikkelsen	2008 Havnar Svímjifelag		455	1:00.91	100,16 % R2
	Entry time: 1:01.01 (-0.10)					
	50m: 29.10	100m: 1:00.91 (31.81)				
10	Bárður Ólavsson	2008 Fuglafjarðar Svímjifelag		430	1:02.05	94,94 % -
	Entry time: 59.06 (+2.99)					
	50m: 29.87	100m: 1:02.05 (32.18)				
11	Jóhannis í Stórustovu	2011 Havnar Svímjifelag		397	1:03.74	99,94 %
	Entry time: 1:03.70 (+0.04)					
	50m: 30.32	100m: 1:03.74 (33.42)				
12	Ólavur Winther Jákupsson	2008 Havnar Svímjifelag		384	1:04.42	97,57 %
	Entry time: 1:02.89 (+1.53)					
	50m: 30.79	100m: 1:04.42 (33.63)				
13	Aron Berg Joensen	2009 Havnar Svímjifelag		349	1:06.51	105,12 %
	Entry time: 1:10.10 (-3.59)					
	50m: 32.09	100m: 1:06.51 (34.42)				
14	Theodor Salter	2011 Havnar Svímjifelag		339	1:07.19	103,04 %
	Entry time: 1:09.30 (-2.11)					
	50m: 32.57	100m: 1:07.19 (34.62)				
15	Tórir Olsen	2011 Svímjifelagið Ægir		326	1:08.08	100,69 %
	Entry time: 1:08.55 (-0.47)					
	50m: 32.77	100m: 1:08.08 (35.31)				
16	Jens Martin Dam	2009 Havnar Svímjifelag		324	1:08.21	107,49 %
	Entry time: 1:13.73 (-5.52)					
	50m: 32.60	100m: 1:08.21 (35.61)				
17	Sigbjartur J. Egholm	2009 Havnar Svímjifelag		305	1:09.57	98,27 %
	Entry time: 1:08.39 (+1.18)					
	50m: 32.39	100m: 1:09.57 (37.18)				
18	Benjamin Havn	2011 Svímjifelagið Ægir		304	1:09.66	99,31 %
	Entry time: 1:09.18 (+0.48)					
	50m: 33.58	100m: 1:09.66 (36.08)				
19	Teitur Winther	2005 Suðuroyar Svímjifelag		289	1:10.83	93,18 %
	Entry time: 1:06.31 (+4.52)					
	50m: 32.45	100m: 1:10.83 (38.38)				
20	Andrias Mellempgaard	2009 Havnar Svímjifelag		189	1:21.62	101,66 % -
	Entry time: 1:23.00 (-1.38)					
	50m: 37.80	100m: 1:21.62 (43.82)				

Kapping almenn: 11.05.2024 11:13:24

## Kapping 26, 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

FM-Kravtið LG: 01:10.07 - SG: 01:07.13





## Úrslit

### Kapping 26, 100m Frí Menn - Finala

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	<b>Isak Brisenfeldt</b> Entry time: 55.39 (-2.50) 50m: 25.75	2006 Havnar Svímjifelag 100m: 52.89 (27.14)		695	<b>52.89</b>	104,51 %
2	<b>Bartal Erlingsson Eidesgaard</b> Entry time: 56.50 (-3.34) 50m: 25.81	2003 Havnar Svímjifelag 100m: 53.16 (27.35)		684	<b>53.16</b>	105,91 %
3	<b>Heini Mohr Askham</b> Entry time: 55.47 (-0.84) 50m: 26.91	2006 Svímjifelagið Ægir 100m: 54.63 (27.72)		631	<b>54.63</b>	101,51 %
4	<b>Jóni Janusarson Strøm</b> Entry time: 57.57 (-0.23) 50m: 28.09	2006 Havnar Svímjifelag 100m: 57.34 (29.25)		545	<b>57.34</b>	100,40 %
5	<b>Oddvaldur Leivsson</b> Entry time: 56.38 (+1.17) 50m: 27.44	2008 Havnar Svímjifelag 100m: 57.55 (30.11)		539	<b>57.55</b>	97,92 %
6	<b>Líggjas Joensen</b> Entry time: 54.45 (+8.15) 50m: 28.49	2008 Svímjifelagið Ægir 100m: 1:02.60 (34.11)		419	<b>1:02.60</b>	85,03 %

Kapping almenn: 11.05.2024 18:17:17

### Kapping 27, 400m Blandað Kvinnur - Innleiðandi

FAR 4:59.73 Sára R. Nysted 2001 Suðuroyar Svímjifelag (FR Hodmezovasarhely (HUN) 06.07.2016  
FAR.JR 4:59.73 Sára R. Nysted 2001 Suðuroyar Svímjifelag (FR Hodmezovasarhely (HUN) 06.07.2016  
FM-Kravtið LG: 06:37.88 - SG: 06:26.80

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur	
1	<b>Jóhanna Ólavsdóttir</b> Entry time: 5:11.37 (+59.46) 50m: 36.22 250m: 3:47.32 (53.99)	2007 Fuglafjarðar Svímjifelag 100m: 1:20.40 (44.18) 300m: 4:40.51 (53.19)	150m: 2:06.91 (46.51) 350m: 5:25.58 (45.07)	200m: 2:53.33 (46.42) 400m: 6:10.83 (45.25)	368	<b>6:10.83</b>	80,90 % Q
2	<b>Rebekka Róðinsdóttir</b> Entry time: 5:38.61 (+53.01) 50m: 42.29 250m: 4:06.51 (54.08)	2007 Fuglafjarðar Svímjifelag 100m: 1:34.04 (51.75) 300m: 5:01.44 (54.93)	150m: 2:23.68 (49.64) 350m: 5:46.22 (44.78)	200m: 3:12.43 (48.75) 400m: 6:31.62 (45.40)	312	<b>6:31.62</b>	84,34 % Q

Kapping almenn: 11.05.2024 11:26:10

### Kapping 27, 400m Blandað Kvinnur - Finala

FAR 4:59.73 Sára R. Nysted 2001 Suðuroyar Svímjifelag (FR Hodmezovasarhely (HUN) 06.07.2016  
FAR.JR 4:59.73 Sára R. Nysted 2001 Suðuroyar Svímjifelag (FR Hodmezovasarhely (HUN) 06.07.2016  
FM-Kravtið LG: 06:37.88 - SG: 06:26.80

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur	
1	<b>Jóhanna Ólavsdóttir</b> Entry time: 6:10.83 (-46.63) 50m: 32.34 250m: 3:19.76 (46.97)	2007 Fuglafjarðar Svímjifelag 100m: 1:10.95 (38.61) 300m: 4:08.35 (48.59)	150m: 1:53.05 (42.10) 350m: 4:46.92 (38.57)	200m: 2:32.79 (39.74) 400m: 5:24.20 (37.28)	551	<b>5:24.20</b>	112,57 %
2	<b>Rebekka Róðinsdóttir</b> Entry time: 6:31.62 (-54.77) 50m: 36.57 250m: 3:32.85 (48.04)	2007 Fuglafjarðar Svímjifelag 100m: 1:20.76 (44.19) 300m: 4:22.08 (49.23)	150m: 2:02.51 (41.75) 350m: 5:00.30 (38.22)	200m: 2:44.81 (42.30) 400m: 5:36.85 (36.55)	491	<b>5:36.85</b>	113,99 %

Kapping almenn: 11.05.2024 18:32:17

### Kapping 28, 400m Blandað Menn - Innleiðandi

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

12-05-2024 15:21:44

Dátaviðgerð: Swimify 2.11

Loyvt: Suðuroyar Svímjifelag

Síða 31/47





## Úrslit

### Kapping 28, 400m Blandað Menn - Innleiðandi

FM-Kravtið LG: 06:04.24 - SG: 05:51.79

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Líggjas Joensen	2008 Svímjifelagið Ægir	536	4:58.37	101,73 %	Q
	Entry time: 5:03.63 (-5.26)					
	50m: 31.30	100m: 1:07.00 (35.70)	150m: 1:45.17 (38.17)	200m: 2:21.65 (36.48)		
	250m: 3:08.14 (46.49)	300m: 3:53.99 (45.85)	350m: 4:27.24 (33.25)	400m: 4:58.37 (31.13)		
2	Bárður Ólavsson	2008 Fuglafjarðar Svímjifelag	534	4:58.84	97,78 %	Q
	Entry time: 4:52.36 (+6.48)					
	50m: 30.76	100m: 1:06.61 (35.85)	150m: 1:47.01 (40.40)	200m: 2:26.37 (39.36)		
	250m: 3:10.17 (43.80)	300m: 3:53.96 (43.79)	350m: 4:27.09 (33.13)	400m: 4:58.84 (31.75)		
3	Silas Dam Lindberg	2008 Havnar Svímjifelag	397	5:29.89	90,15 %	Q
	Entry time: 5:00.32 (+29.57)					
	50m: 34.90	100m: 1:16.90 (42.00)	150m: 1:57.82 (40.92)	200m: 2:39.01 (41.19)		
	250m: 3:25.57 (46.56)	300m: 4:11.68 (46.11)	350m: 4:51.44 (39.76)	400m: 5:29.89 (38.45)		

Kapping almenn: 11.05.2024 11:27:00

### Kapping 28, 400m Blandað Menn - Finala

FAR 4:30.17 Alvi Hjelm 1996 Ægir Klaksvik (FRO) Broenshoej (DEN) 15.04.2016

FAR.JR 4:41.42 Óli Mortensen 1996 Havnar Svímjifelag (FRO) Amsterdam (NED) 14.12.2014

FM-Kravtið LG: 06:04.24 - SG: 05:51.79

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Bárður Ólavsson	2008 Fuglafjarðar Svímjifelag	577	4:51.24	102,54 %	
	Entry time: 4:58.84 (-7.60)					
	50m: 29.91	100m: 1:04.46 (34.55)	150m: 1:44.03 (39.57)	200m: 2:21.33 (37.30)		
	250m: 3:03.97 (42.64)	300m: 3:47.24 (43.27)	350m: 4:19.39 (32.15)	400m: 4:51.24 (31.85)		
2	Silas Dam Lindberg	2008 Havnar Svímjifelag	548	4:56.23	110,20 %	
	Entry time: 5:29.89 (-33.66)					
	50m: 31.94	100m: 1:07.47 (35.53)	150m: 1:45.41 (37.94)	200m: 2:24.59 (39.18)		
	250m: 3:06.28 (41.69)	300m: 3:49.34 (43.06)	350m: 4:23.13 (33.79)	400m: 4:56.23 (33.10)		
-	Líggjas Joensen	2008 Svímjifelagið Ægir			DSQ	
	Fullfórði ikki kappingina					

Kapping almenn: 11.05.2024 18:38:41

### Kapping 29, 4x200m Frí Kvinnur - Innleiðandi

FAR 8:55.15 Ægir Klaksvik Ægir Klaksvik (FRO) Vagur (FRO) 12.03.2016

FAR.JR 8:55.15 Ægir Klaksvik Ægir Klaksvik (FRO) Vagur (FRO) 12.03.2016

Raðf	Navn	Aldur Felag	AQU	Tíð	Munur	
1	Svímjifelagið Ægir	16 Svímjifelagið Ægir	407 Q	10:17.03	93,53 %	
	Durita Mohr Askham	2008	35.45	1:16.51	2:35.87	2:35.87
	Lea Osberg Højsted	2008	35.72	1:16.52	2:39.45	5:15.32
	Lea Petersen	2009	35.05	1:14.69	2:32.12	7:47.44
	Róa Trygvadóttir	2008	34.73	1:12.87	2:29.59	10:17.03
2	Suðuroyar Svímjifelag lag 2	14 Suðuroyar Svímjifelag	353 Q	10:46.79		
	Jórun Winther	2011	35.57	1:15.74	2:35.84	2:35.84
	Emma Debes	2010	37.16	1:20.20	2:49.74	5:25.58
	Sissal Rógvadóttir	2010	35.68	1:15.72	2:40.34	8:05.92
	Talita Johannesen	2010	33.88	1:14.24	2:40.87	10:46.79





## Úrslit

### Kapping 29, 4x200m Frí Kvinnur - Innleiðandi

Raðf	Navn	Aldur	Felag		AQU	Tíð	Munur
<b>3</b>	<b>Fuglafjarðar Svímjifelag</b>		17 Fuglafjarðar Svímjifelag		315 Q	<b>11:11.71</b>	
	Jóhanna Ólavsdóttir	2007		36.97	1:18.54	2:44.05	2:44.05
	Birita Vesturtún	2007		40.43	1:24.84	2:52.84	5:36.89
	Margit Højbro	2007		42.28	1:28.21	2:57.07	8:33.96
	Rebekka Róðinsdóttir	2007		34.99	1:16.16	2:37.75	11:11.71
<b>4</b>	<b>HS KVINNUR</b>		18 Havnar Svímjifelag		310 Q	<b>11:15.79</b>	
	Dorteia Dam	2007		34.06	1:13.25	2:31.35	2:31.35
	Lilja Lenvig Harrysdóttir	2009		38.09	1:20.83	2:46.27	5:17.62
	Oddvá Sedeá D. Nattestad	2006		38.97	1:25.19	3:01.14	8:18.76
	Mariella Henriksen	2010		39.50	1:25.03	2:57.03	11:15.79
<b>5</b>	<b>Suðuroyar Svímjifelag</b>		16 Suðuroyar Svímjifelag		298 Q	<b>11:24.63</b>	
	Silja Bech	2008		37.90	1:19.48	2:44.42	2:44.42
	Ninna í Hjøllum	2009		37.99	1:21.10	2:49.58	5:34.00
	Lilja Strøm Winther	2009		41.58	1:30.54	3:10.80	8:44.80
	Bjarta í Lágabø	2009		34.54	1:14.66	2:39.83	11:24.63

Kapping almenn: 11.05.2024 11:51:11

### Kapping 29, 4x200m Frí Kvinnur - Finala

FAR	8:55.15	Ægir Klaksvík	Ægir Klaksvík (FRO)	Vagur (FRO)	12.03.2016		
FAR.JR	8:55.15	Ægir Klaksvík	Ægir Klaksvík (FRO)	Vagur (FRO)	12.03.2016		
Raðf	Navn	Aldur	Felag		AQU	Tíð	Munur
<b>1</b>	<b>Svímjifelagið Ægir</b>		19 Svímjifelagið Ægir		541	<b>9:21.37</b>	109,02
	Lea Osberg Højsted	2008		31.48	1:07.60	2:21.30	2:21.30
	Jonna Joensen	2005		31.45	1:06.96	2:20.63	4:41.93
	Róa Trygvadóttir	2008		31.23	1:06.12	2:17.81	6:59.74
	Lea Petersen	2009		31.80	1:07.43	2:21.63	9:21.37
<b>2</b>	<b>Suðuroyar Svímjifelag lag 2</b>		21 Suðuroyar Svímjifelag		509	<b>9:32.75</b>	111,45
	Jórun Winther	2011		31.54	1:08.03	2:23.11	2:23.11
	Sissal Rógvadóttir	2010		32.79	1:10.99	2:31.99	4:55.10
	Bjarta í Lágabø	2009		31.11	1:07.01	2:21.58	7:16.68
	Alisa Vestergård	2003		29.67	1:03.44	2:16.07	9:32.75
<b>3</b>	<b>Fuglafjarðar Svímjifelag</b>		17 Fuglafjarðar Svímjifelag		457	<b>9:53.72</b>	111,61
	Birita Vesturtún	2007		33.58	1:11.80	2:33.37	2:33.37
	Margit Højbro	2007		33.48	1:11.57	2:29.11	5:02.48
	Jóhanna Ólavsdóttir	2007		33.02	1:09.65	2:24.21	7:26.69
	Rebekka Róðinsdóttir	2007		32.97	1:10.23	2:27.03	9:53.72
<b>4</b>	<b>HS KVINNUR</b>		18 Havnar Svímjifelag		417	<b>10:12.17</b>	109,41
	Dorteia Dam	2007		32.25	1:09.67	2:24.50	2:24.50
	Lilja Lenvig Harrysdóttir	2009		35.70	1:15.59	2:34.28	4:58.78
	Oddvá Sedeá D. Nattestad	2006		35.70	1:17.18	2:38.01	7:36.79
	Mariella Henriksen	2010		34.34	1:14.02	2:35.38	10:12.17





# Úrslit

## Kapping 29, 4x200m Frí Kvinnur - Finala

Raðf	Navn	Aldur	Felag	AQU	Tíð	Munur
5	Suðuroyar Svímjifelag	16	Suðuroyar Svímjifelag	309	11:16.52	101,18
	Lilja Strøm Winther	2009		38.74	1:25.92	3:07.01
	Emma Debes	2010		34.49	1:16.46	2:41.65
	Silja Bech	2008		35.81	1:17.10	2:43.54
	Talita Johannesen	2010		34.86	1:16.87	2:44.32

Kapping almenn: 11.05.2024 19:04:49

## Kapping 30, 4x200m Frí Menn - Innleiðandi

FAR	8:01.67	Havnar Svímjifelag	Havnar Svímjifelag (FRO)	Vágur (FRO)	26.04.2019	
FAR.JR	8:12.20	HS MENN	2006 Havnar Svímjifelag (FRO)	Vágur (FRO)	11.05.2024	
Raðf	Navn	Aldur	Felag	AQU	Tíð	Munur
1	HS MENN	18	Havnar Svímjifelag	368 Q	9:44.00	
	Áki Eliassen	2006		33.90	1:11.14	2:23.74
	Jóni Janusarson Strøm	2006		31.22	1:05.67	2:18.77
	Silas Dam Lindberg	2008		32.24	1:08.16	2:26.53
	Isak Brisenfeldt	2006		36.03	1:16.23	2:34.96
2	Svímjefelagið Ægir	18	Svímjefelagið Ægir	343 Q	9:57.81	
	Líggjas Joensen	2008		31.25	1:05.23	2:14.67
	Heini Mohr Askham	2006		30.89	1:06.37	2:16.96
	Tórir Olsen	2011		36.67	1:17.96	2:43.88
	Benjamin Havn	2011		37.45	1:19.50	2:42.30
3	HS DREINGIR	16	Havnar Svímjifelag	287 Q	10:34.43	86,86 %
	Ólavur Winther Jákupsson	2008		32.91	1:09.83	2:27.46
	Theodor Salter	2011		36.25	1:16.76	2:37.50
	Óli Mikkelsen	2008		39.00	1:22.22	2:52.35
	Oddvaldur Leivsson	2008		37.08	1:17.47	2:37.12
4	HS PILTAR	15	Havnar Svímjifelag	245 Q	11:08.46	97,38 %
	Sigbjartur J. Egholm	2009		34.56	1:14.92	2:40.44
	Aron Berg Joensen	2009		36.30	1:17.93	2:40.10
	Andrias Mellemggaard	2009		40.68	1:29.08	3:03.63
	Jens Martin Dam	2009		38.92	1:21.77	2:44.29

Kapping almenn: 11.05.2024 11:59:09

## Kapping 30, 4x200m Frí Menn - Finala

FAR	8:01.67	Havnar Svímjifelag	Havnar Svímjifelag (FRO)	Vágur (FRO)	26.04.2019	
FAR.JR	8:12.20	HS MENN	2006 Havnar Svímjifelag (FRO)	Vágur (FRO)	11.05.2024	
Raðf	Navn	Aldur	Felag	AQU	Tíð	Munur
1	HS MENN	18	Havnar Svímjifelag	614	8:12.20	115,72 FAR.JR
	Isak Brisenfeldt	2006		28.05	58.24	1:58.72
	Áki Eliassen	2006		27.88	59.32	2:05.60
	Oddvaldur Leivsson	2008		27.65	59.03	2:04.23
	Silas Dam Lindberg	2008		27.46	58.57	2:03.65







# Úrslit

## Kapping 30, 4x200m Frí Menn - Finala

Raðf	Navn	Aldur	Felag	AQU	Tíð	Munur	
2	<b>HS DREINGIR</b>		18 Havnar Svímjifelag	425	<b>9:16.49</b>	112,29	
	Jóhannis í Stórustovu	2011		32.78	1:08.83	2:21.74	2:21.74
	Óli Mikkelsen	2008		30.43	1:07.08	2:21.22	4:42.96
	Jóni Janusarson Strøm	2006		30.67	1:05.42	2:15.94	6:58.90
	Ólavur Winther Jákupsson	2008		31.04	1:06.34	2:17.59	9:16.49
3	<b>HS PILTAR</b>		15 Havnar Svímjifelag	317	<b>10:13.70</b>	108,19	
	Sigbjartur J. Egholm	2009		34.19	1:14.05	2:39.49	2:39.49
	Aron Berg Joensen	2009		34.20	1:12.66	2:32.24	5:11.73
	Jens Martin Dam	2009		36.62	1:18.11	2:35.91	7:47.64
	Theodor Salter	2011		33.73	1:11.22	2:26.06	10:13.70

Kapping almenn: 11.05.2024 19:16:51

## Kapping 31, 1500m Frí Kvinnur - Tíðar Finala

FAR	17:25.28	Vár Erlingsdóttir Eidesga	2001 Havnar Svímjifelag (FRO)	Broenshoej (DEN)	13.04.2016
FAR.JR	17:25.28	Vár Erlingsdóttir Eidesga	2001 Havnar Svímjifelag (FRO)	Broenshoej (DEN)	13.04.2016
FM-Kravtið	LG: 22:55.01	SG: 22:53.86			

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	<b>Jonna Joensen</b>	2005 Svímjeflagið Ægir	472	<b>19:41.81</b>	102,38 %	
	Entry time: 20:10.68	(-28.87)				
	50m: 32.17	100m: 1:10.02 (37.85)	150m: 1:48.81 (38.79)	200m: 2:27.83 (39.02)		
	250m: 3:06.38 (38.55)	300m: 3:45.49 (39.11)	350m: 4:24.56 (39.07)	400m: 5:03.74 (39.18)		
	450m: 5:42.68 (38.94)	500m: 6:22.01 (39.33)	550m: 7:01.08 (39.07)	600m: 7:40.48 (39.40)		
	650m: 8:19.80 (39.32)	700m: 8:59.62 (39.82)	750m: 9:39.16 (39.54)	800m: 10:17.99 (38.83)		
	850m: 10:57.19 (39.20)	900m: 11:36.78 (39.59)	950m: 12:15.65 (38.87)	1000m: 12:55.46 (39.81)		
	1050m: 13:34.31 (38.85)	1100m: 14:14.16 (39.85)	1150m: 14:53.77 (39.61)	1200m: 15:34.58 (40.81)		
	1250m: 16:15.51 (40.93)	1300m: 16:57.58 (42.07)	1350m: 17:39.32 (41.74)	1400m: 18:20.88 (41.56)		
	1450m: 19:02.25 (41.37)	1500m: 19:41.81 (39.56)				

2	<b>Birita Vesturtún</b>	2007 Fuglafjarðar Svímjifelag	385	<b>21:04.48</b>		
	50m: 34.75	100m: 1:14.41 (39.66)	150m: 1:55.73 (41.32)	200m: 2:37.95 (42.22)		
	250m: 3:20.09 (42.14)	300m: 4:03.02 (42.93)	350m: 4:45.51 (42.49)	400m: 5:28.29 (42.78)		
	450m: 6:10.90 (42.61)	500m: 6:53.53 (42.63)	550m: 7:36.27 (42.74)	600m: 8:19.19 (42.92)		
	650m: 9:01.72 (42.53)	700m: 9:44.94 (43.22)	750m: 10:27.14 (42.20)	800m: 11:09.55 (42.41)		
	850m: 11:52.08 (42.53)	900m: 12:34.95 (42.87)	950m: 13:17.35 (42.40)	1000m: 14:00.61 (43.26)		
	1050m: 14:42.78 (42.17)	1100m: 15:25.48 (42.70)	1150m: 16:07.96 (42.48)	1200m: 16:51.13 (43.17)		
	1250m: 17:34.09 (42.96)	1300m: 18:17.12 (43.03)	1350m: 18:59.55 (42.43)	1400m: 19:41.27 (41.72)		
	1450m: 20:23.29 (42.02)	1500m: 21:04.48 (41.19)				

3	<b>Sissal Rógvadóttir</b>	2010 Suðuroyar Svímjifelag	324	<b>22:19.85</b>	96,15 %	
	Entry time: 21:30.17	(+49.68)				
	50m: 36.64	100m: 1:19.07 (42.43)	150m: 2:03.07 (44.00)	200m: 2:47.21 (44.14)		
	250m: 3:32.79 (45.58)	300m: 4:17.61 (44.82)	350m: 5:03.38 (45.77)	400m: 5:47.86 (44.48)		
	450m: 6:32.90 (45.04)	500m: 7:17.76 (44.86)	550m: 8:02.70 (44.94)	600m: 8:47.77 (45.07)		
	650m: 9:33.36 (45.59)	700m: 10:18.29 (44.93)	750m: 11:03.06 (44.77)	800m: 11:47.66 (44.60)		
	850m: 12:33.59 (45.93)	900m: 13:17.62 (44.03)	950m: 14:03.76 (46.14)	1000m: 14:48.90 (45.14)		
	1050m: 15:34.78 (45.88)	1100m: 16:20.26 (45.48)	1150m: 17:05.76 (45.50)	1200m: 17:51.21 (45.45)		
	1250m: 18:37.97 (46.76)	1300m: 19:22.84 (44.87)	1350m: 20:08.17 (45.33)	1400m: 20:52.30 (44.13)		
	1450m: 21:37.20 (44.90)	1500m: 22:19.85 (42.65)				

Kapping almenn: 12.05.2024 08:53:02

## Kapping 32, 800m Frí Menn - Tíðar Finala

FAR	7:45.55	Pál Joensen	1990 Suðuroyar Svímjifelag (FR)	Shanghai (CHN)	26.07.2011
FAR.JR	8:13.75	Óli Mortensen	1996 Havnar Svímjifelag (FRO)	Canet-En-Roussillon (FRA)	12.06.2014
FM-Kravtið	LG: 11:15.37	SG: 11:02.38			

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

## Kapping 32, 800m Frí Menn - Tíðar Finala

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Heini Mohr Askham	2006 Svímjifelagið Ægir	629	8:47.60	98,94 %	
	Entry time: 8:42.07 (+5.53)					
	50m: 29.62	100m: 1:01.69 (32.07)	150m: 1:35.25 (33.56)	200m: 2:08.99 (33.74)		
	250m: 2:42.78 (33.79)	300m: 3:16.22 (33.44)	350m: 3:49.83 (33.61)	400m: 4:23.61 (33.78)		
	450m: 4:56.76 (33.15)	500m: 5:30.02 (33.26)	550m: 6:03.02 (33.00)	600m: 6:36.15 (33.13)		
	650m: 7:09.25 (33.10)	700m: 7:42.32 (33.07)	750m: 8:15.05 (32.73)	800m: 8:47.60 (32.55)		
2	Silas Dam Lindberg	2008 Havnar Svímjifelag	598	8:56.35	98,63 %	
	Entry time: 8:49.12 (+7.23)					
	50m: 30.47	100m: 1:04.06 (33.59)	150m: 1:37.87 (33.81)	200m: 2:11.82 (33.95)		
	250m: 2:45.74 (33.92)	300m: 3:19.84 (34.10)	350m: 3:53.37 (33.53)	400m: 4:26.47 (33.10)		
	450m: 4:59.50 (33.03)	500m: 5:33.07 (33.57)	550m: 6:06.86 (33.79)	600m: 6:41.04 (34.18)		
	650m: 7:15.25 (34.21)	700m: 7:49.38 (34.13)	750m: 8:23.05 (33.67)	800m: 8:56.35 (33.30)		
3	Fróði Hansen	2008 Fuglafjarðar Svímjifelag	573	9:04.06	101,52 %	
	Entry time: 9:12.43 (-8.37)					
	50m: 30.34	100m: 1:03.89 (33.55)	150m: 1:38.00 (34.11)	200m: 2:12.01 (34.01)		
	250m: 2:46.29 (34.28)	300m: 3:20.50 (34.21)	350m: 3:54.73 (34.23)	400m: 4:28.79 (34.06)		
	450m: 5:03.43 (34.64)	500m: 5:37.65 (34.22)	550m: 6:12.59 (34.94)	600m: 6:46.95 (34.36)		
	650m: 7:21.75 (34.80)	700m: 7:56.06 (34.31)	750m: 8:30.71 (34.65)	800m: 9:04.06 (33.35)		
4	Ólavur Winther Jákupsson	2008 Havnar Svímjifelag	497	9:30.46	99,96 %	
	Entry time: 9:30.25 (+0.21)					
	50m: 31.92	100m: 1:07.50 (35.58)	150m: 1:43.45 (35.95)	200m: 2:18.97 (35.52)		
	250m: 2:55.43 (36.46)	300m: 3:31.30 (35.87)	350m: 4:07.36 (36.06)	400m: 4:43.95 (36.59)		
	450m: 5:20.58 (36.63)	500m: 5:57.23 (36.65)	550m: 6:33.82 (36.59)	600m: 7:09.69 (35.87)		
	650m: 7:45.98 (36.29)	700m: 8:21.65 (35.67)	750m: 8:56.74 (35.09)	800m: 9:30.46 (33.72)		
5	Líggjas Joensen	2008 Svímjifelagið Ægir	497	9:30.74	88,26 %	
	Entry time: 8:30.79 (+59.95)					
	50m: 34.17	100m: 1:09.60 (35.43)	150m: 1:45.30 (35.70)	200m: 2:21.66 (36.36)		
	250m: 2:57.35 (35.69)	300m: 3:33.99 (36.64)	350m: 4:10.30 (36.31)	400m: 4:46.66 (36.36)		
	450m: 5:22.81 (36.15)	500m: 5:59.15 (36.34)	550m: 6:35.25 (36.10)	600m: 7:11.91 (36.66)		
	650m: 7:46.98 (35.07)	700m: 8:22.87 (35.89)	750m: 8:57.42 (34.55)	800m: 9:30.74 (33.32)		
6	Tórir Olsen	2011 Svímjifelagið Ægir	403	10:11.98	103,92 %	
	Entry time: 10:36.94 (-24.96)					
	50m: 34.20	100m: 1:12.18 (37.98)	150m: 1:50.61 (38.43)	200m: 2:30.19 (39.58)		
	250m: 3:09.25 (39.06)	300m: 3:49.07 (39.82)	350m: 4:28.62 (39.55)	400m: 5:08.40 (39.78)		
	450m: 5:47.58 (39.18)	500m: 6:26.93 (39.35)	550m: 7:05.40 (38.47)	600m: 7:43.73 (38.33)		
	650m: 8:21.50 (37.77)	700m: 8:59.75 (38.25)	750m: 9:37.06 (37.31)	800m: 10:11.98 (34.92)		
7	Theodor Salter	2011 Havnar Svímjifelag	400	10:13.34	101,57 %	
	Entry time: 10:23.10 (-9.76)					
	50m: 34.56	100m: 1:12.86 (38.30)	150m: 1:51.95 (39.09)	200m: 2:31.34 (39.39)		
	250m: 3:11.15 (39.81)	300m: 3:50.69 (39.54)	350m: 4:30.39 (39.70)	400m: 5:09.75 (39.36)		
	450m: 5:48.56 (38.81)	500m: 6:27.76 (39.20)	550m: 7:06.10 (38.34)	600m: 7:44.77 (38.67)		
	650m: 8:23.07 (38.30)	700m: 9:01.45 (38.38)	750m: 9:38.18 (36.73)	800m: 10:13.34 (35.16)		
8	Benjamin Havn	2011 Svímjifelagið Ægir	353	10:39.54	102,38 %	
	Entry time: 10:55.16 (-15.62)					
	50m: 34.39	100m: 1:14.90 (40.51)	150m: 1:55.90 (41.00)	200m: 2:35.60 (39.70)		
	250m: 3:15.96 (40.36)	300m: 3:57.38 (41.42)	350m: 4:38.63 (41.25)	400m: 5:19.85 (41.22)		
	450m: 6:00.53 (40.68)	500m: 6:41.41 (40.88)	550m: 7:22.39 (40.98)	600m: 8:02.82 (40.43)		
	650m: 8:43.54 (40.72)	700m: 9:23.13 (39.59)	750m: 10:02.79 (39.66)	800m: 10:39.54 (36.75)		

Kapping almenn: 12.05.2024 09:15:25

## Kapping 33, 200m Firvald Kvinnur - Innleiðandi

FAR 2:27.30 Jóhanna Ólavsdóttir 2007 Fuglafjarðar Svímjifelag (F Kobenhavn (DEN)) 12.04.2024

FAR.JR 2:27.30 Jóhanna Ólavsdóttir 2007 Fuglafjarðar Svímjifelag (F Kobenhavn (DEN)) 12.04.2024

FM-Kravtið LG: 03:01.96 - SG: 02:58.67

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

### Kapping 33, 200m Firvald Kvinnur - Innleiðandi

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Jóhanna Ólavsdóttir	2007 Fuglafjarðar Svímjifelag	467		<b>2:36.94</b>	90,66 % Q
	Entry time: 2:23.53 (+13.41)					
	50m: 34.71	100m: 1:12.44 (37.73)	150m: 1:54.15 (41.71)	200m: 2:36.94 (42.79)		
2	Jonna Joensen	2005 Svímjifelagið Ægir	342		<b>2:54.11</b>	87,45 % Q
	Entry time: 2:34.70 (+19.41)					
	50m: 35.50	100m: 1:21.34 (45.84)	150m: 2:07.67 (46.33)	200m: 2:54.11 (46.44)		

Kapping almenn: 12.05.2024 09:19:43

### Kapping 33, 200m Firvald Kvinnur - Finala

FAR	2:27.30	Jóhanna Ólavsdóttir	2007 Fuglafjarðar Svímjifelag (F)	Kobenhavn (DEN)	12.04.2024
FAR.JR	2:27.30	Jóhanna Ólavsdóttir	2007 Fuglafjarðar Svímjifelag (F)	Kobenhavn (DEN)	12.04.2024
FM-Kravtið	LG: 03:01.96	SG: 02:58.67			

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Jóhanna Ólavsdóttir	2007 Fuglafjarðar Svímjifelag	537		<b>2:29.82</b>	104,54 %
	Entry time: 2:36.94 (-7.12)					
	50m: 32.46	100m: 1:10.47 (38.01)	150m: 1:49.90 (39.43)	200m: 2:29.82 (39.92)		
2	Jonna Joensen	2005 Svímjifelagið Ægir	493		<b>2:34.12</b>	111,48 %
	Entry time: 2:54.11 (-19.99)					
	50m: 32.70	100m: 1:12.06 (39.36)	150m: 1:53.22 (41.16)	200m: 2:34.12 (40.90)		

Kapping almenn: 12.05.2024 14:03:43

### Kapping 34, 200m Firvald Menn - Innleiðandi

FAR	2:06.05	Óli Mortensen	1996 Havnar Svímjifelag (FRO)	Vagur (FRO)	13.03.2016
FAR.JR	2:07.41	Ísak Brisenfeldt	2006 Havnar Svímjifelag (FRO)	Kobenhavn (DEN)	13.04.2024
FM-Kravtið	LG: 02:46.57	SG: 02:41.68			

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Bárður Ólavsson	2008 Fuglafjarðar Svímjifelag	497		<b>2:19.25</b>	98,56 % Q
	Entry time: 2:17.27 (+1.98)					
	50m: 29.57	100m: 1:04.28 (34.71)	150m: 1:40.65 (36.37)	200m: 2:19.25 (38.60)		
2	Ísak Brisenfeldt	2006 Havnar Svímjifelag	360		<b>2:35.04</b>	77,26 % Q
	Entry time: 2:06.32 (+28.72)					
	50m: 33.76	100m: 1:14.13 (40.37)	150m: 1:54.40 (40.27)	200m: 2:35.04 (40.64)		

Kapping almenn: 12.05.2024 09:22:45

### Kapping 34, 200m Firvald Menn - Finala

FAR	2:06.05	Óli Mortensen	1996 Havnar Svímjifelag (FRO)	Vagur (FRO)	13.03.2016
FAR.JR	2:07.41	Ísak Brisenfeldt	2006 Havnar Svímjifelag (FRO)	Kobenhavn (DEN)	13.04.2024
FM-Kravtið	LG: 02:46.57	SG: 02:41.68			

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Bárður Ólavsson	2008 Fuglafjarðar Svímjifelag	562		<b>2:13.67</b>	104,01 %
	Entry time: 2:19.25 (-5.58)					
	50m: 29.51	100m: 1:02.79 (33.28)	150m: 1:37.14 (34.35)	200m: 2:13.67 (36.53)		
2	Ísak Brisenfeldt	2006 Havnar Svímjifelag	429		<b>2:26.29</b>	105,64 %
	Entry time: 2:35.04 (-8.75)					
	50m: 32.91	100m: 1:11.05 (38.14)	150m: 1:48.91 (37.86)	200m: 2:26.29 (37.38)		

Kapping almenn: 12.05.2024 14:13:03

### Kapping 35, 50m Frí Kvinnur - Innleiðandi

FAR	26.52	Vár Erlingsdóttir Eidesga	2001 Havnar Svímjifelag (FRO)	Bergen (NOR)	15.04.2018
FAR.JR	26.52	Vár Erlingsdóttir Eidesga	2001 Havnar Svímjifelag (FRO)	Bergen (NOR)	15.04.2018
FM-Kravtið	LG: 00:35.35	SG: 00:34.25			

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
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12-05-2024 15:21:45

Dátaviðgerð: Swimify 2.11

Loyvt: Suðuroyar Svímjifelag

Síða 37/47





# Úrslit

## Kapping 35, 50m Frí Kvinnur - Innleiðandi

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	<b>Alisa Vestergård</b> Entry time: 27.62 (+0.49)	2003 Suðuroyar Svímjifelag		592	<b>28.11</b>	98,23 % Q
2	<b>Róa Trygvadóttir</b> Entry time: 28.48 (+0.36)	2008 Svímjifelagið Ægir		548	<b>28.84</b>	98,74 % Q
3	<b>Lea Osberg Højsted</b> Entry time: 29.46 (-0.47)	2008 Svímjifelagið Ægir		540	<b>28.99</b>	101,60 % Q
4	<b>Bjarta í Lágabø</b> Entry time: 29.17 (-0.08)	2009 Suðuroyar Svímjifelag		534	<b>29.09</b>	100,27 % Q
5	<b>Jórun Winther</b> Entry time: 29.83 (-0.50)	2011 Suðuroyar Svímjifelag		521	<b>29.33</b>	101,68 % Q
6	<b>Jonna Joensen</b> Entry time: 29.11 (+0.43)	2005 Svímjifelagið Ægir		510	<b>29.54</b>	98,52 % Q
7	<b>Durita Mohr Askham</b> Entry time: 29.93 (-0.11)	2008 Svímjifelagið Ægir		496	<b>29.82</b>	100,37 % R1
8	<b>Dorteia Dam</b> Entry time: 29.99 (-0.15)	2007 Havnar Svímjifelag		495	<b>29.84</b>	100,50 % R2
9	<b>Lea Petersen</b> Entry time: 30.80 (-0.26)	2009 Svímjifelagið Ægir		462	<b>30.54</b>	100,84 %
10	<b>Sirið Vesturtún</b> Entry time: 30.64 (+0.05)	2011 Fuglafjarðar Svímjifelag		455	<b>30.69</b>	99,84 %
11	<b>Margit Højbro</b> Entry time: 31.72 (-0.72)	2007 Fuglafjarðar Svímjifelag		441	<b>31.00</b>	102,27 %
12	<b>Birita Vesturtún</b> Entry time: 30.25 (+0.78)	2007 Fuglafjarðar Svímjifelag		440	<b>31.03</b>	97,42 %
13	<b>Oddvá Sedeá D. Nattestad</b> Entry time: 31.06 (+0.11)	2006 Havnar Svímjifelag		434	<b>31.17</b>	99,65 %
14	<b>Lilja Lenvig Harrýsdóttir</b> Entry time: 32.00 (-0.54)	2009 Havnar Svímjifelag		422	<b>31.46</b>	101,69 %
15	<b>Emma Debes</b> Entry time: 30.91 (+0.56)	2010 Suðuroyar Svímjifelag		422	<b>31.47</b>	98,19 %
16	<b>Mariella Henriksen</b> Entry time: 32.62 (-0.54)	2010 Havnar Svímjifelag		398	<b>32.08</b>	101,66 %
17	<b>Ninna í Hjøllum</b> Entry time: 33.15 (-0.82)	2009 Suðuroyar Svímjifelag		389	<b>32.33</b>	102,47 %
18	<b>Talita Johannesen</b> Entry time: 32.21 (+0.51)	2010 Suðuroyar Svímjifelag		375	<b>32.72</b>	98,42 %
19	<b>Sissal Rógvadóttir</b> Entry time: 31.69 (+1.25)	2010 Suðuroyar Svímjifelag		368	<b>32.94</b>	96,06 %
20	<b>Silja Bech</b> Entry time: 32.27 (+0.87)	2008 Suðuroyar Svímjifelag		361	<b>33.14</b>	97,30 %
21	<b>Naomi Friang</b> Entry time: 34.41 (-0.66)	2010 Fuglafjarðar Svímjifelag		342	<b>33.75</b>	101,92 %
22	<b>Lilja Strøm Winther</b> Entry time: 34.64 (-0.03)	2009 Suðuroyar Svímjifelag		317	<b>34.61</b>	100,09 %





## Úrslit

### Kapping 35, 50m Frí Kvinnur - Innleiðandi

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
23	Ragnhild Jacobsen	2008 Svímjifelagið Ægir		316	34.65	97,73 %
	Entry time: 33.88 (+0.77)					
24	India Linnea Bech	2011 Havnar Svímjifelag		286	35.81	97,83 %
	Entry time: 35.05 (+0.76)					

Kapping almenn: 12.05.2024 09:30:19

### Kapping 35, 50m Frí Kvinnur - Finala

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

FM-Kravtið LG: 00:35.35 - SG: 00:34.25

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Alisa Vestergård	2003 Suðuroyar Svímjifelag		598	28.01	100,36 %
	Entry time: 28.11 (-0.10)					
2	Róa Trygvadóttir	2008 Svímjifelagið Ægir		577	28.35	101,70 %
	Entry time: 28.84 (-0.49)					
3	Bjarta í Lágabø	2009 Suðuroyar Svímjifelag		542	28.95	100,48 %
	Entry time: 29.09 (-0.14)					
4	Lea Osberg Højsted	2008 Svímjifelagið Ægir		539	29.00	99,97 %
	Entry time: 28.99 (+0.01)					
5	Jórun Winther	2011 Suðuroyar Svímjifelag		506	29.61	99,05 %
	Entry time: 29.33 (+0.28)					
6	Jonna Joensen	2005 Svímjifelagið Ægir		493	29.87	98,88 %
	Entry time: 29.54 (+0.33)					

Kapping almenn: 12.05.2024 14:15:56

### Kapping 36, 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

FM-Kravtið LG: 00:31.23 - SG: 00:30.26

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Jóni Janusarson Strøm	2006 Havnar Svímjifelag		565	25.29	103,91 % Q
	Entry time: 26.32 (-1.03)					
2	Líggjas Joensen	2008 Svímjifelagið Ægir		562	25.33	101,40 % Q
	Entry time: 25.69 (-0.36)					
3	Isak Brisenfeldt	2006 Havnar Svímjifelag		555	25.44	98,77 % -
	Entry time: 25.13 (+0.31)					
4	Bartal Erlingsson Eidesgaard	2003 Havnar Svímjifelag		554	25.45	95,53 % Q
	Entry time: 24.36 (+1.09)					
5	Heini Mohr Askham	2006 Svímjifelagið Ægir		544	25.60	97,68 % Q
	Entry time: 25.02 (+0.58)					
6	Oddvaldur Leivsson	2008 Havnar Svímjifelag		520	26.00	98,75 % Q
	Entry time: 25.68 (+0.32)					
7	Fróði Hansen	2008 Fuglafjarðar Svímjifelag		473	26.83	102,75 % Q
	Entry time: 27.59 (-0.76)					
8	Bárður Ólavsson	2008 Fuglafjarðar Svímjifelag		415	28.03	100,60 % R1
	Entry time: 28.20 (-0.17)					







## Úrslit

### Kapping 36, 50m Frí Menn - Innleiðandi

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
9	Jóhannis í Stórustovu Entry time: 28.28 (+0.26)	2011 Havnar Svímjifelag		393	28.54	99,08 % R2
10	Ólavur Winther Jákupsson Entry time: 29.44 (-0.21)	2008 Havnar Svímjifelag		366	29.23	100,71 %
11	Teitur Winther Entry time: 30.24 (-0.34)	2005 Suðuroyar Svímjifelag		342	29.90	101,12 %
12	Sigbjartur J. Egholm Entry time: 31.33 (-0.96)	2009 Havnar Svímjifelag		326	30.37	103,06 %
13	Benjamin Havn Entry time: 30.88 (-0.26)	2011 Svímjifelagið Ægir		318	30.62	100,84 %
14	Tórir Olsen Entry time: 30.50 (+0.17)	2011 Svímjifelagið Ægir		316	30.67	99,44 %
15	Aron Berg Joensen Entry time: 31.27 (+0.12)	2009 Havnar Svímjifelag		295	31.39	99,62 % -
16	Theodor Salter Entry time: 30.73 (+1.08)	2011 Havnar Svímjifelag		284	31.81	96,49 %
17	Jens Martin Dam Entry time: 32.73 (-0.85)	2009 Havnar Svímjifelag		282	31.88	102,60 % -
18	Andrias Mellemggaard Entry time: 37.08 (-1.30)	2009 Havnar Svímjifelag		199	35.78	103,51 % -

Kapping almenn: 12.05.2024 09:37:15

### Kapping 36, 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

FM-Kravtið LG: 00:31.23 - SG: 00:30.26

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Bartal Erlingsson Eidesgaard Entry time: 25.45 (-1.23)	2003 Havnar Svímjifelag		643	24.22	104,83 %
2	Jóni Janusarson Strøm Entry time: 25.29 (-0.05)	2006 Havnar Svímjifelag		568	25.24	100,20 %
3	Heini Mohr Askham Entry time: 25.60 (-0.28)	2006 Svímjifelagið Ægir		563	25.32	101,09 %
4	Líggjas Joensen Entry time: 25.33 (+0.22)	2008 Svímjifelagið Ægir		548	25.55	99,13 %
5	Oddvaldur Leivsson Entry time: 26.00 (+0.48)	2008 Havnar Svímjifelag		492	26.48	98,15 %
6	Fróði Hansen Entry time: 26.83 (-0.14)	2008 Fuglafjarðar Svímjifelag		480	26.69	100,52 %

Kapping almenn: 12.05.2024 14:26:06

### Kapping 37, 200m Rygg Kvinnur - Innleiðandi

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

FM-Kravtið LG: 03:05.32 - SG: 02:58.10

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

## Kapping 37, 200m Rygg Kvinnur - Innleiðandi

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Rebekka Róðinsdóttir	2007 Fuglafjarðar Svímjifelag		503	<b>2:34.78</b>	98,93 % Q
	Entry time: 2:33.14 (+1.64)					
	50m: 35.89	100m: 1:15.69 (39.80)	150m: 1:55.71 (40.02)		200m: 2:34.78 (39.07)	
2	Bjarta í Lágabø	2009 Suðuroyar Svímjifelag		462	<b>2:39.20</b>	91,94 % Q
	Entry time: 2:27.33 (+11.87)					
	50m: 36.92	100m: 1:17.08 (40.16)	150m: 1:58.08 (41.00)		200m: 2:39.20 (41.12)	
3	Jórun Winther	2011 Suðuroyar Svímjifelag		414	<b>2:45.09</b>	102,01 % Q
	Entry time: 2:48.48 (-3.39)					
	50m: 37.05	100m: 1:18.38 (41.33)	150m: 2:01.87 (43.49)		200m: 2:45.09 (43.22)	
4	Margit Højbro	2007 Fuglafjarðar Svímjifelag		356	<b>2:53.59</b>	91,06 % Q
	Entry time: 2:39.34 (+14.25)					
	50m: 41.98	100m: 1:25.68 (43.70)	150m: 2:09.82 (44.14)		200m: 2:53.59 (43.77)	
5	Naomi Friang	2010 Fuglafjarðar Svímjifelag		266	<b>3:11.38</b>	92,94 % Q
	Entry time: 2:58.76 (+12.62)					
	50m: 44.41	100m: 1:32.55 (48.14)	150m: 2:22.03 (49.48)		200m: 3:11.38 (49.35)	

Kapping almenn: 12.05.2024 09:58:55

## Kapping 37, 200m Rygg Kvinnur - Finala

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

FM-Kravtið LG: 03:05.32 - SG: 02:58.10

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Bjarta í Lágabø	2009 Suðuroyar Svímjifelag		543	<b>2:30.88</b>	105,23 %
	Entry time: 2:39.20 (-8.32)					
	50m: 34.03	100m: 1:11.97 (37.94)	150m: 1:51.35 (39.38)		200m: 2:30.88 (39.53)	
2	Rebekka Róðinsdóttir	2007 Fuglafjarðar Svímjifelag		481	<b>2:37.06</b>	98,53 %
	Entry time: 2:34.78 (+2.28)					
	50m: 36.83	100m: 1:16.09 (39.26)	150m: 1:56.98 (40.89)		200m: 2:37.06 (40.08)	
3	Margit Højbro	2007 Fuglafjarðar Svímjifelag		471	<b>2:38.18</b>	108,88 %
	Entry time: 2:53.59 (-15.41)					
	50m: 37.68	100m: 1:17.77 (40.09)	150m: 1:58.95 (41.18)		200m: 2:38.18 (39.23)	
4	Jórun Winther	2011 Suðuroyar Svímjifelag		458	<b>2:39.66</b>	103,29 %
	Entry time: 2:45.09 (-5.43)					
	50m: 36.77	100m: 1:17.99 (41.22)	150m: 2:00.10 (42.11)		200m: 2:39.66 (39.56)	
5	Naomi Friang	2010 Fuglafjarðar Svímjifelag		316	<b>3:00.65</b>	105,61 %
	Entry time: 3:11.38 (-10.73)					
	50m: 42.22	100m: 1:28.29 (46.07)	150m: 2:15.20 (46.91)		200m: 3:00.65 (45.45)	

Kapping almenn: 12.05.2024 14:35:25

## Kapping 38, 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

FM-Kravtið LG: 02:47.18 - SG: 02:37.79

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Silas Dam Lindberg	2008 Havnar Svímjifelag		249	<b>2:57.67</b>	77,88 % Q
	Entry time: 2:25.49 (+32.18)					
	50m: 37.96	100m: 1:23.05 (45.09)	150m: 2:09.11 (46.06)		200m: 2:57.67 (48.56)	
2	Isak Brisenfeldt	2006 Havnar Svímjifelag		243	<b>2:59.11</b>	-
	50m: 41.90	100m: 1:27.64 (45.74)	150m: 2:14.30 (46.66)		200m: 2:59.11 (44.81)	





# Úrslit

## Kapping 38, 200m Rygg Menn - Innleiðandi

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
3	Óli Mikkelsen	2008 Havnar Svímjifelag	239		3:00.26	75,22 % Q
	Entry time: 2:24.46 (+35.80)					
	50m: 43.92	100m: 1:31.57 (47.65)	150m: 2:16.53 (44.96)		200m: 3:00.26 (43.73)	
4	Líggjas Joensen	2008 Svímjifelagið Ægir	209		3:08.45	64,95 % Q
	Entry time: 2:19.54 (+48.91)					
	50m: 44.98	100m: 1:34.08 (49.10)	150m: 2:21.62 (47.54)		200m: 3:08.45 (46.83)	

Kapping almenn: 12.05.2024 10:02:17

## Kapping 38, 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
FM-Kravtið	LG: 02:47.18	-	SG: 02:37.79		

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Líggjas Joensen	2008 Svímjifelagið Ægir	563		2:15.50	128,10 %
	Entry time: 3:08.45 (-52.95)					
	50m: 32.54	100m: 1:07.07 (34.53)	150m: 1:41.96 (34.89)		200m: 2:15.50 (33.54)	
2	Óli Mikkelsen	2008 Havnar Svímjifelag	520		2:19.09	122,84 %
	Entry time: 3:00.26 (-41.17)					
	50m: 31.60	100m: 1:06.48 (34.88)	150m: 1:42.66 (36.18)		200m: 2:19.09 (36.43)	
3	Silas Dam Lindberg	2008 Havnar Svímjifelag	475		2:23.43	119,27 %
	Entry time: 2:57.67 (-34.24)					
	50m: 32.83	100m: 1:08.77 (35.94)	150m: 1:46.24 (37.47)		200m: 2:23.43 (37.19)	

Kapping almenn: 12.05.2024 14:44:07

## Kapping 39, 50m Bringu Kvinnur - Innleiðandi

FAR	34.01	Lea Osberg Højsted	2008 Ægir Klaksvik (FRO)	Bronshoj (DEN)	03.04.2023
FAR.JR	34.01	Lea Osberg Højsted	2008 Ægir Klaksvik (FRO)	Bronshoj (DEN)	03.04.2023
FM-Kravtið	LG: 00:43.91	-	SG: 00:42.66		

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Lea Osberg Højsted	2008 Svímjifelagið Ægir	591		34.74	99,22 % Q
	Entry time: 34.47 (+0.27)					
2	Róa Trygvadóttir	2008 Svímjifelagið Ægir	485		37.11	98,69 % Q
	Entry time: 36.63 (+0.48)					
3	Rebekka Róðinsdóttir	2007 Fuglafjarðar Svímjifelag	461		37.74	98,79 % Q
	Entry time: 37.29 (+0.45)					
4	Sissal Rógvadóttir	2010 Suðuroyar Svímjifelag	433		38.52	98,79 % Q
	Entry time: 38.06 (+0.46)					
5	Talita Johannesen	2010 Suðuroyar Svímjifelag	429		38.66	97,67 % Q
	Entry time: 37.78 (+0.88)					
6	Birita Vesturtún	2007 Fuglafjarðar Svímjifelag	420		38.91	97,31 % Q
	Entry time: 37.89 (+1.02)					
7	Ragnhild Jacobsen	2008 Svímjifelagið Ægir	406		39.37	96,04 % R1
	Entry time: 37.87 (+1.50)					
8	Jóhanna Ólavsdóttir	2007 Fuglafjarðar Svímjifelag	389		39.92	94,17 % R2
	Entry time: 37.72 (+2.20)					
9	Oddvá Sedeá D. Nattestad	2006 Havnar Svímjifelag	365		40.78	96,02 %
	Entry time: 39.22 (+1.56)					
10	Dorteá Dam	2007 Havnar Svímjifelag	361		40.93	94,02 %
	Entry time: 38.62 (+2.31)					





## Úrslit

### Kapping 39, 50m Bringu Kvinnur - Innleiðandi

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
11	Durita Mohr Askham Entry time: 40.53 (+0.47)	2008 Svímjifelagið Ægir		359	41.00	98,84 %
12	Lea Petersen Entry time: 40.52 (+0.69)	2009 Svímjifelagið Ægir		354	41.21	98,30 %
13	Sirið Vesturtún Entry time: 40.56 (+1.36)	2011 Fuglafjarðar Svímjifelag		336	41.92	96,65 %
14	Mariella Henriksen Entry time: 42.14 (+0.71)	2010 Havnar Svímjifelag		315	42.85	98,32 %
15	Lilja Lenvig Harrýsdóttir Entry time: 43.07 (-0.15)	2009 Havnar Svímjifelag		313	42.92	100,35 %
16	Margit Højbro	2007 Fuglafjarðar Svímjifelag		312	42.98	
17	Rakul J Højbro Entry time: 47.40 (-1.77)	2011 Fuglafjarðar Svímjifelag		260	45.63	103,73 %
18	Silja Bech Entry time: 47.20 (-1.32)	2008 Suðuroyar Svímjifelag		256	45.88	102,80 %
19	Lilja Strøm Winther Entry time: 47.98 (+0.55)	2009 Suðuroyar Svímjifelag		216	48.53	98,85 %

Kapping almenn: 12.05.2024 10:12:10

### Kapping 39, 50m Bringu Kvinnur - Finala

FAR	34.01	Lea Osberg Højsted	2008 Ægir Klaksvik (FRO)	Bronshoj (DEN)	03.04.2023
FAR.JR	34.01	Lea Osberg Højsted	2008 Ægir Klaksvik (FRO)	Bronshoj (DEN)	03.04.2023

FM-Kravtið LG: 00:43.91 - SG: 00:42.66

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Lea Osberg Højsted Entry time: 34.74 (+0.24)	2008 Svímjifelagið Ægir		579	34.98	99,31 %
2	Róa Trygvadóttir Entry time: 37.11 (-0.83)	2008 Svímjifelagið Ægir		519	36.28	102,24 %
3	Sissal Rógvadóttir Entry time: 38.52 (-0.83)	2010 Suðuroyar Svímjifelag		463	37.69	102,15 %
4	Birita Vesturtún Entry time: 38.91 (-0.93)	2007 Fuglafjarðar Svímjifelag		452	37.98	102,39 %
5	Rebekka Róðinsdóttir Entry time: 37.74 (+0.43)	2007 Fuglafjarðar Svímjifelag		445	38.17	98,86 %
6	Talita Johannesen Entry time: 38.66 (-0.24)	2010 Suðuroyar Svímjifelag		437	38.42	100,62 %

Kapping almenn: 12.05.2024 14:46:17

### Kapping 40, 50m Bringu Menn - Innleiðandi

FAR	29.36	Róland Toftum	1998 Suðuroyar Svímjifelag (FR)	Reykjavik (ISL)	29.01.2023
FAR.JR	29.81	Róland Toftum	1998 Suðuroyar Svímjifelag (FR)	Broenshoej (DEN)	17.04.2016

FM-Kravtið LG: 00:38.76 - SG: 00:37.71

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Bartal Erlingsson Eidesgaard Entry time: 29.48 (+1.52)	2003 Havnar Svímjifelag		586	31.00	94,84 % Q
2	Heini Mohr Askham Entry time: 30.87 (+0.69)	2006 Svímjifelagið Ægir		555	31.56	97,76 % Q





## Úrslit

### Kapping 40, 50m Bringu Menn - Innleiðandi

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
3	Jón Hofgaard Entry time: 30.39 (+1.29)	1992 Suðuroyar Svimmifelag		549	31.68	95,76 % Q
4	Fróði Hansen Entry time: 32.40 (-0.12)	2008 Fuglafjarðar Svimmifelag		519	32.28	100,37 % Q
5	Jóni Janusarson Strøm Entry time: 34.41 (-1.00)	2006 Havnar Svimmifelag		468	33.41	102,91 % Q
6	Bárður Ólavsson Entry time: 35.27 (+0.63)	2008 Fuglafjarðar Svimmifelag		377	35.90	98,21 % Q
7	Teitur Winther Entry time: 38.33 (-0.07)	2005 Suðuroyar Svimmifelag		312	38.26	100,18 % R1
8	Sigbjartur J. Egholm Entry time: 40.14 (-1.27)	2009 Havnar Svimmifelag		297	38.87	103,16 % -
9	Óli Mikkelsen Entry time: 42.12 (-1.33)	2008 Havnar Svimmifelag		257	40.79	103,16 % -
10	Andrias Mellempgaard Entry time: 45.42 (+0.60)	2009 Havnar Svimmifelag		179	46.02	98,68 % -
11	Jens Martin Dam Entry time: 47.92 (-1.12)	2009 Havnar Svimmifelag		170	46.80	102,34 % -
12	Aron Berg Joensen Entry time: 45.45 (+2.04)	2009 Havnar Svimmifelag		163	47.49	95,51 % -

Kapping almenn: 12.05.2024 10:15:04

### Kapping 40, 50m Bringu Menn - Finala

FAR	29.36	Róland Toftum	1998 Suðuroyar Svimmifelag (FR	Reykjavik (ISL)	29.01.2023
FAR.JR	29.81	Róland Toftum	1998 Suðuroyar Svimmifelag (FR	Broenshoej (DEN)	17.04.2016

FM-Kravtið LG: 00:38.76 - SG: 00:37.71

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Bartal Erlingsson Eidesgaard Entry time: 31.00 (-1.15)	2003 Havnar Svimmifelag		657	29.85	103,71 %
2	Jón Hofgaard Entry time: 31.68 (-1.31)	1992 Suðuroyar Svimmifelag		623	30.37	104,14 %
3	Heini Mohr Askham Entry time: 31.56 (-0.51)	2006 Svimmifelagið Ægir		583	31.05	101,62 %
4	Fróði Hansen Entry time: 32.28 (-0.11)	2008 Fuglafjarðar Svimmifelag		524	32.17	100,34 %
5	Jóni Janusarson Strøm Entry time: 33.41 (+0.28)	2006 Havnar Svimmifelag		456	33.69	99,16 %
6	Bárður Ólavsson Entry time: 35.90 (-1.31)	2008 Fuglafjarðar Svimmifelag		422	34.59	103,65 %

Kapping almenn: 12.05.2024 14:55:44

### Kapping 41, 4x100m Frí Kvinnur - Innleiðandi

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

Raðf	Navn	Aldur Felag	AQU	Tíð	Munur
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## Úrslit

### Kapping 41, 4x100m Frí Kvinnur - Innleiðandi

Raðf	Navn	Aldur	Felag		AQU	Tíð	Munur
<b>1</b>	<b>Svimjifelagið Ægir</b>		16 Svímjifelagið Ægir		442 Q	<b>4:32.93</b>	93,30 %
	Róa Trygvadóttir	2008		35.09	1:11.97	1:11.97	
	Lea Osberg Højsted	2008		33.71	1:08.97	2:20.94	
	Durita Mohr Askham	2008		31.51	1:05.70	3:26.64	
	Lea Petersen	2009		31.10	1:06.29	4:32.93	
<b>2</b>	<b>Suðuroyar Svímjifelag lag 2</b>		14 Suðuroyar Svímjifelag		403 Q	<b>4:41.42</b>	99,38 %
	Jórun Winther	2011		31.18	1:06.08	1:06.08	
	Emma Debes	2010		32.28	1:09.54	2:15.62	
	Sissal Rógvadóttir	2010		32.91	1:11.16	3:26.78	
	Talita Johannesen	2010		34.28	1:14.64	4:41.42	
<b>3</b>	<b>HS KVINNUR</b>		18 Havnar Svímjifelag		374 Q	<b>4:48.59</b>	96,04 %
	Lilja Lenvig Harrysdóttir	2009		34.59	1:11.56	1:11.56	
	Mariella Henriksen	2010		34.25	1:11.84	2:23.40	
	Oddvá Sedeá D. Nattestad	2006		36.89	1:19.34	3:42.74	
	Dorteá Dam	2007		31.35	1:05.85	4:48.59	
<b>4</b>	<b>Suðuroyar Svímjifelag</b>		16 Suðuroyar Svímjifelag		350 Q	<b>4:55.05</b>	98,79 %
	Ninna í Hjøllum	2009		35.38	1:14.96	1:14.96	
	Silja Bech	2008		34.02	1:12.73	2:27.69	
	Lilja Strøm Winther	2009		37.22	1:20.08	3:47.77	
	Bjarta í Lágabø	2009		30.94	1:07.28	4:55.05	
<b>5</b>	<b>Fuglafjarðar Svímjifelag</b>		17 Fuglafjarðar Svímjifelag		344 Q	<b>4:56.62</b>	
	Birita Vesturtún	2007		37.62	1:19.47	1:19.47	
	Jóhanna Ólavsdóttir	2007		34.42	1:12.52	2:31.99	
	Margit Højbro	2007		35.25	1:13.76	3:45.75	
	Rebekka Róðinsdóttir	2007		33.56	1:10.87	4:56.62	

Kapping almenn: 12.05.2024 10:35:47

### Kapping 41, 4x100m Frí Kvinnur - Finala

FAR	4:03.56	Ægir Klaksvík	Ægir Klaksvík (FRO)	Vagur (FRO)	27.05.2017		
FAR.JR	4:06.78	Ægir Klaksvík	Ægir Klaksvík (FRO)	Vagur (FRO)	13.03.2016		
Raðf	Navn	Aldur	Felag		AQU	Tíð	Munur
<b>1</b>	<b>Svimjifelagið Ægir</b>		19 Svímjifelagið Ægir		565	<b>4:11.48</b>	107,86
	Durita Mohr Askham	2008		31.02	1:05.20	1:05.20	
	Róa Trygvadóttir	2008		29.04	1:01.13	2:06.33	
	Jonna Joensen	2005		30.01	1:04.09	3:10.42	
	Lea Osberg Højsted	2008		29.08	1:01.06	4:11.48	
<b>2</b>	<b>Suðuroyar Svímjifelag lag 2</b>		21 Suðuroyar Svímjifelag		545	<b>4:14.49</b>	109,57
	Jórun Winther	2011		30.14	1:04.01	1:04.01	
	Emma Debes	2010		31.74	1:08.54	2:12.55	
	Bjarta í Lágabø	2009		29.36	1:03.12	3:15.67	
	Alisa Vestergård	2003		27.97	58.82	4:14.49	





# Úrslit

## Kapping 41, 4x100m Frí Kvinnur - Finala

Raðf	Navn	Aldur	Felag	AQU	Tíð	Munur
<b>3</b>	<b>Fuglafjarðar Svímjifelag</b>		17 Fuglafjarðar Svímjifelag	462	<b>4:28.94</b>	109,33
	Jóhanna Ólavsdóttir	2007		31.48	1:05.26	1:05.26
	Birita Vesturtún	2007		31.55	1:06.83	2:12.09
	Rebekka Róðinsdóttir	2007		32.94	1:08.92	3:21.01
	Margit Højbro	2007		32.27	1:07.93	4:28.94
<b>4</b>	<b>HS KVINNUR</b>		17 Havnar Svímjifelag	400	<b>4:42.24</b>	102,20
	Dorteia Dam	2007		30.74	1:05.07	1:05.07
	India Linnea Bech	2011		36.15	1:18.88	2:23.95
	Mariella Henriksen	2010		33.03	1:09.35	3:33.30
	Lilja Lenvig Harrysdóttir	2009		31.95	1:08.94	4:42.24
<b>5</b>	<b>Suðuroyar Svímjifelag</b>		15 Suðuroyar Svímjifelag	332	<b>5:00.28</b>	98,23 %
	Talita Johannesen	2010		34.56	1:13.89	1:13.89
	Ninna í Hjøllum	2009		34.81	1:13.78	2:27.67
	Sissal Rógvadóttir	2010		33.72	1:12.78	3:40.45
	Lilja Strøm Winther	2009		37.50	1:19.83	5:00.28

Kapping almenn: 12.05.2024 15:11:27

## Kapping 42, 4x100m Frí Menn - Innleiðandi

FAR	3:36.87	HS MENN	2003 Havnar Svímjifelag (FRO)	Vágur (FRO)	12.05.2024	
FAR.JR	3:48.83	Havnar Svímjifelag	Havnar Svímjifelag (FRO)	Vagur (FRO)	05.07.2020	
Raðf	Navn	Aldur	Felag	AQU	Tíð	Munur
<b>1</b>	<b>HS DREINGIR</b>		16 Havnar Svímjifelag	307 Q	<b>4:39.02</b>	83,84 %
	Silas Dam Lindberg	2008		35.96	1:14.62	1:14.62
	Ólavur Winther Jákupsson	2008		31.97	1:06.72	2:21.34
	Óli Mikkelsen	2008		29.79	1:16.32	3:37.66
	Oddvaldur Leivsson	2008		30.07	1:01.36	4:39.02
<b>2</b>	<b>HS MENN</b>		21 Havnar Svímjifelag	301 Q	<b>4:40.86</b>	
	Bartal Erlingsson Eidesgaard	2003		32.96	1:09.49	1:09.49
	Jóhannis í Stórustovu	2011		31.04	1:06.56	2:16.05
	Jóni Janusarson Strøm	2006		32.71	1:07.69	3:23.74
	Isak Brisenfeldt	2006		37.48	1:17.12	4:40.86
<b>3</b>	<b>Svímjifelagið Ægir</b>		18 Svímjifelagið Ægir	268 Q	<b>4:51.86</b>	81,51 %
	Heini Mohr Askham	2006		35.98	1:13.80	1:13.80
	Líggjas Joensen	2008		30.89	1:01.88	2:15.68
	Tórir Olsen	2011		35.45	1:16.18	3:31.86
	Benjamin Havn	2011		37.93	1:20.00	4:51.86
<b>4</b>	<b>HS PILTAR</b>		15 Havnar Svímjifelag	261 Q	<b>4:54.49</b>	100,25
	Aron Berg Joensen	2009		32.95	1:10.53	1:10.53
	Jens Martin Dam	2009		32.74	1:10.68	2:21.21
	Andrias Mellemggaard	2009		38.49	1:22.58	3:43.79
	Sigbjartur J. Egholm	2009		33.45	1:10.70	4:54.49

Kapping almenn: 12.05.2024 10:37:55

## Kapping 42, 4x100m Frí Menn - Finala







# Úrslit

## Kapping 42, 4x100m Frí Menn - Finala

FAR	3:36.87	HS MENN	2003	Havnar Svímjifélag (FRO)	Vágur (FRO)		12.05.2024
FAR.JR	3:48.83	Havnar Svímjifélag		Havnar Svímjifélag (FRO)	Vágur (FRO)		05.07.2020
Raðf	Navn	Aldur	Félag	AQU		Tíð	Munur
<b>1</b>	<b>HS MENN</b>		21	Havnar Svímjifélag		653	<b>3:36.87</b> 122,78 FAR
	Oddvaldur Leivsson	2008		26.49	55.59		55.59
	Bartal Erlingsson Eidesgaard	2003		25.41	52.87		1:48.46
	Silas Dam Lindberg	2008		26.68	56.16		2:44.62
	Isak Brisenfeldt	2006		25.13	52.25		3:36.87
<b>2</b>	<b>Svímjifélagið Ægir</b>		18	Svímjifélagið Ægir		498	<b>3:57.47</b> 118,64
	Tórir Olsen	2011		31.79	1:05.51		1:05.51
	Heini Mohr Askham	2006		25.85	53.99		1:59.50
	Benjamin Havn	2011		31.24	1:05.49		3:04.99
	Líggjas Joensen	2008		25.61	52.48		3:57.47
<b>3</b>	<b>HS DREINGIR</b>		18	Havnar Svímjifélag		472	<b>4:01.70</b> 113,38
	Jóhannis í Stórustovu	2011		30.32	1:03.18		1:03.18
	Óli Mikkelsen	2008		29.13	1:01.57		2:04.75
	Ólavur Winther Jákupsson	2008		29.26	1:01.19		3:05.94
	Jóni Janusarson Strøm	2006		26.90	55.76		4:01.70
<b>4</b>	<b>HS PILTAR</b>		15	Havnar Svímjifélag		301	<b>4:40.66</b> 104,70
	Theodor Salter	2011		31.68	1:05.45		1:05.45
	Andrias Mellemgard	2009		36.84	1:19.24		2:24.69
	Jens Martin Dam	2009		34.08	1:09.50		3:34.19
	Sigbjartur J. Egholm	2009		31.65	1:06.47		4:40.66

Kapping almenn: 12.05.2024 15:18:26

