



Úrslit

SuSvim Open mars 2024

Stað: Páls Høll
Hylur: 50m

Fyrirreikari: Susvim
Stevnudagur: mar 16, 2024 til mar 17, 2024

Kapping 1, 50m Frí Kvinnur - Final

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

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Róa Trygvadóttir	2008 Svímjifelagið Ægir		557	28.68	
2	Jonna Joensen	2005 Svímjifelagið Ægir		533	29.11	+0.43
3	Lea Osberg Højsted	2008 Svímjifelagið Ægir		514	29.46	+0.78
4	Bjarta í Lágabø	2009 Suðuroyar Svímjifelag		491	29.92	+1.24
5	Jórun Winther	2011 Suðuroyar Svímjifelag		486	30.02	+1.34
6	Durita Mohr Askham	2008 Svímjifelagið Ægir		474	30.26	+1.58
7	Sirið Vesturtún	2011 Fuglafjarðar Svímjifelag		437	31.11	+2.43
8	Lea Petersen	2009 Svímjifelagið Ægir		435	31.14	+2.46
9	Halla Háfoss	2009 Havnar Svímjifelag		429	31.30	+2.62
10	Sissal Rógvadóttir	2010 Suðuroyar Svímjifelag		413	31.69	+3.01
11	Lilja Lenvig Harrysdóttir	2009 Havnar Svímjifelag		401	32.00	+3.32
12	Oddvá Sedeá D. Nattestad	2006 Havnar Svímjifelag		399	32.05	+3.37
13	Emma Debes	2010 Suðuroyar Svímjifelag		383	32.50	+3.82
14	Talita Johannesen	2010 Suðuroyar Svímjifelag		378	32.65	+3.97
15	Silja Bech	2008 Suðuroyar Svímjifelag		374	32.76	+4.08
16	Mariella Henriksen	2010 Havnar Svímjifelag		372	32.81	+4.13
17	Ragnhild Jacobsen	2008 Svímjifelagið Ægir		316	34.66	+5.98
18	Naomi Friang	2010 Fuglafjarðar Svímjifelag		300	35.25	+6.57
19	Lilja Sørensen	2011 Havnar Svímjifelag		293	35.51	+6.83
20	India Linnea Bech	2011 Havnar Svímjifelag		272	36.40	+7.72
21	Rakul J Højbro	2011 Fuglafjarðar Svímjifelag		263	36.81	+8.13
22	Kira Fernandez	2010 Havnar Svímjifelag		234	38.29	+9.61
23	Lea í Trøðini	2011 Suðuroyar Svímjifelag		228	38.63	+9.95
24	Elisabet Leivsdóttir	2014 Havnar Svímjifelag		142	45.21	+16.53
25	Tóta Sofía Gudmundsen	2014 Suðuroyar Svímjifelag		85	53.69	+25.01
26	Ingeborg Vinther	2015 Suðuroyar Svímjifelag		58	1:00.83	+32.15
-	Ninna í Hjøllum	2009 Suðuroyar Svímjifelag			DNS	

Kapping almenn: 16.03.2024 09:09:19

Kapping 2, 50m Frí Menn - Final

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

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Bartal Erlingsson Eidesgaard	2003 Havnar Svímjifelag		636	24.31	
2	Heini Mohr Askham	2006 Svímjifelagið Ægir		549	25.53	+1.22
3	Líggjas Joensen	2008 Svímjifelagið Ægir		511	26.14	+1.83
4	Oddvaldur Leivsson	2008 Havnar Svímjifelag		479	26.71	+2.40
5	Fróði Hansen	2008 Fuglafjarðar Svímjifelag		476	26.77	+2.46

17-03-2024 15:19:46

Dátaviðgerð: WinGrodan 2.10

Loyvt: Suðuroyar Svímjifelag

Síða 1/20



Kapping 2, 50m Frí Menn - Final

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
6	Áki Eliassen	2006 Havnar Svímjifelag		457	27.14	+2.83
7	Bárður Ólavsson	2008 Fuglafjarðar Svímjifelag		415	28.03	+3.72
8	Jóhannis í Stórustovu	2011 Havnar Svímjifelag		404	28.28	+3.97
9	Sigbjartur J. Egholm	2009 Havnar Svímjifelag		348	29.72	+5.41
10	Tórir Olsen	2011 Svímjifelagið Ægir		322	30.50	+6.19
11	Teitur Winther	2005 Suðuroyar Svímjifelag		304	31.07	+6.76
12	Aron Berg Joensen	2009 Havnar Svímjifelag		299	31.27	+6.96
13	Haraldur Mortensen	2010 Suðuroyar Svímjifelag		284	31.79	+7.48
14	Jens Martin Dam	2009 Havnar Svímjifelag		260	32.73	+8.42
15	Nóa Róason Stakksund	2011 Havnar Svímjifelag		251	33.14	+8.83
16	Símun Eliassen	2011 Havnar Svímjifelag		225	34.37	+10.06
17	Fríðálvur Eliassen	2011 Fuglafjarðar Svímjifelag		216	34.84	+10.53
18	Dávur Eið	2012 Suðuroyar Svímjifelag		208	35.25	+10.94
19	Terji Kjørbo	2012 Suðuroyar Svímjifelag		192	36.23	+11.92
20	Andrias Mellempgaard	2009 Havnar Svímjifelag		179	37.08	+12.77
21	Elias í Lágabø	2014 Suðuroyar Svímjifelag		172	37.53	+13.22
22	Bragi Bjarnason	2012 Havnar Svímjifelag		140	40.24	+15.93
23	Sævar Strøm	2014 Suðuroyar Svímjifelag		106	44.05	+19.74
24	Jonnhard Winther	2015 Suðuroyar Svímjifelag		102	44.70	+20.39
25	Ian Strøm	2015 Suðuroyar Svímjifelag		95	45.72	+21.41
26	Benjamin Clementsen	2012 Suðuroyar Svímjifelag		83	47.89	+23.58
-	Jón Hofgaard	1992 Suðuroyar Svímjifelag			DNS	

Kapping almenn: 16.03.2024 09:15:33

Kapping 4, 200m Firvald Menn - Final

FAR 2:06.05 Óli Mortensen 1996 Havnar Svímjifelag (FRO) Vagur (FRO) 13.03.2016
 FAR.JR 2:09.50 Ísak Brisenfeldt 2006 Havnar Svímjifelag (FRO) Reykjavik (ISL) 27.01.2024

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Isak Brisenfeldt	2006 Havnar Svímjifelag		571	2:12.93	
	50m: 31.48	100m: 1:06.05 (34.57)	150m: 1:40.25 (34.20)	200m: 2:12.93 (32.68)		
2	Bárður Ólavsson	2008 Fuglafjarðar Svímjifelag		452	2:23.76	+10.83
	50m: 31.04	100m: 1:08.03 (36.99)	150m: 1:45.63 (37.60)	200m: 2:23.76 (38.13)		

Kapping almenn: 16.03.2024 09:21:26

Kapping 5, 100m Rygg Kvinnur - Final

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

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Jonna Joensen	2005 Svímjifelagið Ægir		443	1:15.19	
	50m: 34.93	100m: 1:15.19 (40.26)				
2	Jórunn Winther	2011 Suðuroyar Svímjifelag		427	1:16.10	+0.91
	50m: 36.20	100m: 1:16.10 (39.90)				
3	Talita Johannesen	2010 Suðuroyar Svímjifelag		340	1:22.07	+6.88
	50m: 39.64	100m: 1:22.07 (42.43)				
4	Sirið Vesturtún	2011 Fuglafjarðar Svímjifelag		327	1:23.15	+7.96
	50m: 40.25	100m: 1:23.15 (42.90)				

Kapping 5, 100m Rygg Kvinnur - Final

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
5	Emma Debes 50m: 41.45	2010 Suðuroyar Svímjifelag 100m: 1:24.97 (43.52)		307	1:24.97	+9.78
6	India Linnea Bech 50m: 48.17	2011 Havnar Svímjifelag 100m: 1:40.57 (52.40)		185	1:40.57	+25.38
7	Lea í Trøðini 50m: 48.95	2011 Suðuroyar Svímjifelag 100m: 1:45.03 (56.08)		162	1:45.03	+29.84
-	Naomi Friang Tjóvstartur (startari og yvirdómari skulu vera samdir)	2010 Fuglafjarðar Svímjifelag			DSQ	

Kapping almenn: 16.03.2024 09:32:42

Kapping 6, 100m Rygg Menn - Final

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

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Oddvaldur Leivsson 50m: 31.12	2008 Havnar Svímjifelag 100m: 1:04.39 (33.27)		514	1:04.39	
2	Óli Mikkelsen 50m: 32.20	2008 Havnar Svímjifelag 100m: 1:07.95 (35.75)		437	1:07.95	+3.56
3	Áki Eliassen 50m: 33.43	2006 Havnar Svímjifelag 100m: 1:10.43 (37.00)		393	1:10.43	+6.04
4	Jóhannis í Stórustovu 50m: 36.54	2011 Havnar Svímjifelag 100m: 1:16.07 (39.53)		312	1:16.07	+11.68
5	Haraldur Mortensen 50m: 42.66	2010 Suðuroyar Svímjifelag 100m: 1:28.00 (45.34)		201	1:28.00	+23.61
6	Terji Kjørbo 50m: 45.27	2012 Suðuroyar Svímjifelag 100m: 1:34.63 (49.36)		162	1:34.63	+30.24
7	Símun Eliassen 50m: 46.87	2011 Havnar Svímjifelag 100m: 1:36.20 (49.33)		154	1:36.20	+31.81
8	Nóa Róason Stakksund 50m: 49.10	2011 Havnar Svímjifelag 100m: 1:36.34 (47.24)		153	1:36.34	+31.95
9	Elias í Lágabø 100m: 1:42.80 (1:42.80)	2014 Suðuroyar Svímjifelag		126	1:42.80	+38.41
10	Sævar Strøm 100m: 1:46.18 (1:46.18)	2014 Suðuroyar Svímjifelag		114	1:46.18	+41.79
11	Jonnhard Winther 50m: 53.01	2015 Suðuroyar Svímjifelag 100m: 1:49.44 (56.43)		104	1:49.44	+45.05
12	Bragi Bjarnason 50m: 54.10	2012 Havnar Svímjifelag 100m: 1:55.28 (1:01.18)		89	1:55.28	+50.89
-	Fríðálvur Eliassen Ikki varandi rørsla á búkinum í vend	2011 Fuglafjarðar Svímjifelag			DSQ	

Kapping almenn: 16.03.2024 09:36:15

Kapping 7, 200m Blandað Kvinnur - Final

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

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Halla Háfoss 50m: 35.81	2009 Havnar Svímjifelag 100m: 1:22.39 (46.58)	150m: 2:11.93 (49.54)	403	2:50.68	(38.75)
2	Talita Johannesen 50m: 39.60	2010 Suðuroyar Svímjifelag 100m: 1:27.76 (48.16)	150m: 2:13.01 (45.25)	390	2:52.54	+1.86 (39.53)

Kapping 7, 200m Blandað Kvinnur - Final

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
3	Jórun Winther	2011 Suðuroyar Svímjifelag		340	3:00.57	+9.89
	50m: 38.84	100m: 1:22.01 (43.17) 150m: 2:20.13 (58.12)			200m: 3:00.57 (40.44)	
4	Oddvá Seda D. Nattestad	2006 Havnar Svímjifelag		276	3:13.58	+22.90
		100m: 1:34.43 (1:34.43)			200m: 3:13.58 (3:13.58)	
5	Emma Debes	2010 Suðuroyar Svímjifelag		273	3:14.39	+23.71
	50m: 43.10	100m: 1:34.63 (51.53) 150m: 2:30.84 (56.21)			200m: 3:14.39 (43.55)	
6	Lilja Sørensen	2011 Havnar Svímjifelag		232	3:25.25	+34.57
	50m: 48.75	100m: 1:42.04 (53.29) 150m: 2:42.02 (59.98)			200m: 3:25.25 (43.23)	
-	Bjarta í Lágabø	2009 Suðuroyar Svímjifelag			DSQ	
	Tjovstartur (startari og yvirdómari skulu vera samdir)					

Kapping almenn: 16.03.2024 09:57:52

Kapping 8, 200m Blandað Menn - Final

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

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Líggjas Joensen	2008 Svímjifelagið Ægir		541	2:19.90	
	50m: 30.12	100m: 1:05.74 (35.62) 150m: 1:49.70 (43.96)			200m: 2:19.90 (30.20)	
2	Sigbjartur J. Egholm	2009 Havnar Svímjifelag		251	3:00.61	+40.71
	50m: 34.41	100m: 1:28.06 (53.65) 150m: 2:18.59 (50.53)			200m: 3:00.61 (42.02)	
3	Tórir Olsen	2011 Svímjifelagið Ægir		241	3:03.01	+43.11
	50m: 38.46	100m: 1:26.61 (48.15) 150m: 2:24.12 (57.51)			200m: 3:03.01 (38.89)	
4	Aron Berg Joensen	2009 Havnar Svímjifelag		218	3:09.36	+49.46
	50m: 42.15	100m: 1:31.19 (49.04) 150m: 2:28.45 (57.26)			200m: 3:09.36 (40.91)	
5	Andrias Mellempgaard	2009 Havnar Svímjifelag		194	3:16.60	+56.70
	50m: 45.16	100m: 1:37.67 (52.51) 150m: 2:32.77 (55.10)			200m: 3:16.60 (43.83)	
6	Jens Martin Dam	2009 Havnar Svímjifelag		190	3:18.13	+58.23
	50m: 40.19	100m: 1:32.61 (52.42) 150m: 2:33.62 (1:01.01)			200m: 3:18.13 (44.51)	
7	Nóa Róason Stakksund	2011 Havnar Svímjifelag		163	3:28.29	+1:08.39
	50m: 51.27	100m: 1:47.73 (56.46) 150m: 2:45.48 (57.75)			200m: 3:28.29 (42.81)	
8	Símun Eliassen	2011 Havnar Svímjifelag		154	3:32.47	+1:12.57
	50m: 50.96	100m: 1:44.95 (53.99) 150m: 2:49.18 (1:04.23)			200m: 3:32.47 (43.29)	
9	Terji Kjærbo	2012 Suðuroyar Svímjifelag		141	3:38.59	+1:18.69
	50m: 47.81	100m: 1:41.78 (53.97) 150m: 2:51.99 (1:10.21)			200m: 3:38.59 (46.60)	
-	Benjamin Clementsen	2012 Suðuroyar Svímjifelag			DSQ	
	Svímjigrein var ikki fullförd rætt. (viðmerk hvør svímjigrein)					

Kapping almenn: 16.03.2024 10:08:19

Kapping 9, 100m Bringu Kvinnur - Final

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

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Lea Osberg Højsted	2008 Svímjifelagið Ægir		577	1:17.01	
	50m: 35.81	100m: 1:17.01 (41.20)				
2	Róa Trygvadóttir	2008 Svímjifelagið Ægir		463	1:22.89	+5.88
	50m: 38.99	100m: 1:22.89 (43.90)				
3	Halla Háfoss	2009 Havnar Svímjifelag		356	1:30.46	+13.45
	50m: 42.75	100m: 1:30.46 (47.71)				
4	Mariella Henriksen	2010 Havnar Svímjifelag		328	1:32.97	+15.96
	50m: 45.61	100m: 1:32.97 (47.36)				

Kapping 9, 100m Bringu Kvinnur - Final

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
5	Lilja Lenvig Harrýsdóttir 50m: 44.31	2009 Havnar Svímjifelag 100m: 1:33.08 (48.77)		327	1:33.08	+16.07
6	Durita Mohr Askham 50m: 44.23	2008 Svímjifelagið Ægir 100m: 1:33.53 (49.30)		322	1:33.53	+16.52
7	Sirið Vesturtún 50m: 44.89	2011 Fuglafjarðar Svímjifelag 100m: 1:35.23 (50.34)		305	1:35.23	+18.22
8	Rakul J Højbro 50m: 47.63	2011 Fuglafjarðar Svímjifelag 100m: 1:40.76 (53.13)		257	1:40.76	+23.75
9	India Linnea Bech 50m: 50.27	2011 Havnar Svímjifelag 100m: 1:48.69 (58.42)		205	1:48.69	+31.68
10	Naomi Friang 50m: 53.75	2010 Fuglafjarðar Svímjifelag 100m: 1:50.92 (57.17)		193	1:50.92	+33.91
11	Kira Fernandez 50m: 59.35	2010 Havnar Svímjifelag 100m: 2:03.77 (1:04.42)		139	2:03.77	+46.76

Kapping almenn: 16.03.2024 10:14:26

Kapping 10, 100m Bringu Menn - Final

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

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Bartal Erlingsson Eidesgaard 50m: 31.77	2003 Havnar Svímjifelag 100m: 1:09.16 (37.39)		556	1:09.16	
2	Líggjas Joensen 50m: 37.07	2008 Svímjifelagið Ægir 100m: 1:17.15 (40.08)		400	1:17.15	+7.99
3	Bárður Ólavsson 50m: 37.00	2008 Fuglafjarðar Svímjifelag 100m: 1:18.57 (41.57)		379	1:18.57	+9.41
4	Sigbjartur J. Egholm 50m: 42.10	2009 Havnar Svímjifelag 100m: 1:30.98 (48.88)		244	1:30.98	+21.82
5	Andrias Mellemgaard 100m: 1:45.46 (1:45.46)	2009 Havnar Svímjifelag		156	1:45.46	+36.30
6	Dávur Eið 50m: 53.57	2012 Suðuroyar Svímjifelag 100m: 1:50.24 (56.67)		137	1:50.24	+41.08
7	Nóa Róason Stakksund 50m: 54.61	2011 Havnar Svímjifelag 100m: 1:50.63 (56.02)		135	1:50.63	+41.47
8	Fríðálvur Eliassen 50m: 56.12	2011 Fuglafjarðar Svímjifelag 100m: 1:55.16 (59.04)		120	1:55.16	+46.00
9	Eliás Í Lágabø 50m: 57.18	2014 Suðuroyar Svímjifelag 100m: 2:02.61 (1:05.43)		99	2:02.61	+53.45
10	Terji Kjørbo 50m: 59.03	2012 Suðuroyar Svímjifelag 100m: 2:05.07 (1:06.04)		94	2:05.07	+55.91
11	Sævar Strøm 50m: 1:01.45	2014 Suðuroyar Svímjifelag 100m: 2:09.19 (1:07.74)		85	2:09.19	+1:00.03
12	Jonnhard Winther 100m: 2:18.70 (2:18.70)	2015 Suðuroyar Svímjifelag		68	2:18.70	+1:09.54
13	Benjamin Clementsen 50m: 1:07.02	2012 Suðuroyar Svímjifelag 100m: 2:22.13 (1:15.11)		64	2:22.13	+1:12.97

Kapping almenn: 16.03.2024 10:22:38

Kapping 11, 400m Frí Kvinnur - Final

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

Kapping 11, 400m Frí Kvinnur - Final

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Lea Petersen	2009 Svímjifelagið Ægir		453	5:06.45	
	50m: 35.01	100m: 1:13.89 (38.88)	150m: 1:53.28 (39.39)	200m: 2:32.60 (39.32)		
	250m: 3:10.64 (38.04)	300m: 3:50.64 (40.00)	350m: 4:28.67 (38.03)	400m: 5:06.45 (37.78)		
2	Sissal Rógvadóttir	2010 Suðuroyar Svímjifelag		370	5:27.75	+21.30
	50m: 36.51	100m: 1:17.49 (40.98)	150m: 1:59.86 (42.37)	200m: 2:41.92 (42.06)		
	250m: 3:23.86 (41.94)	300m: 4:06.25 (42.39)	350m: 4:47.88 (41.63)	400m: 5:27.75 (39.87)		
3	Silja Bech	2008 Suðuroyar Svímjifelag		354	5:32.59	+26.14
	50m: 35.58	100m: 1:15.55 (39.97)	150m: 1:57.43 (41.88)	200m: 2:40.11 (42.68)		
	250m: 3:23.56 (43.45)	300m: 4:06.76 (43.20)	350m: 4:50.90 (44.14)	400m: 5:32.59 (41.69)		
4	Sirið Vesturtún	2011 Fuglafjarðar Svímjifelag		328	5:41.21	+34.76
	50m: 36.78	100m: 1:18.92 (42.14)	150m: 2:01.70 (42.78)	200m: 2:45.29 (43.59)		
	250m: 3:29.93 (44.64)	300m: 4:14.52 (44.59)	350m: 4:58.23 (43.71)	400m: 5:41.21 (42.98)		
5	Rakul J Højbro	2011 Fuglafjarðar Svímjifelag		263	6:07.04	+1:00.59
	50m: 42.59	100m: 1:29.69 (47.10)	150m: 2:15.81 (46.12)	200m: 3:02.79 (46.98)		
	250m: 3:50.21 (47.42)	300m: 4:36.84 (46.63)	350m: 5:23.97 (47.13)	400m: 6:07.04 (43.07)		
6	Lilja Sørensen	2011 Havnar Svímjifelag		259	6:09.12	+1:02.67
	50m: 41.20	100m: 1:28.77 (47.57)	150m: 2:16.30 (47.53)	200m: 3:04.64 (48.34)		
	250m: 3:53.14 (48.50)	300m: 4:40.86 (47.72)	350m: 5:26.79 (45.93)	400m: 6:09.12 (42.33)		
-	Naomi Friang	2010 Fuglafjarðar Svímjifelag			DSQ	
	Tjónstartur (startari og yvirdómari skulu vera samdir)					
-	Ninna í Hjøllum	2009 Suðuroyar Svímjifelag			DNS	

Kapping almenn: 16.03.2024 10:41:03

Kapping 12, 400m Frí Menn - Final

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

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Isak Brisenfeldt	2006 Havnar Svímjifelag		680	4:10.21	
	50m: 29.36	100m: 1:01.07 (31.71)	150m: 1:33.40 (32.33)	200m: 2:05.69 (32.29)		
	250m: 2:37.30 (31.61)	300m: 3:09.39 (32.09)	350m: 3:40.63 (31.24)	400m: 4:10.21 (29.58)		
2	Heini Mohr Askham	2006 Svímjifelagið Ægir		660	4:12.66	+2.45
	50m: 29.07	100m: 1:00.49 (31.42)	150m: 1:32.85 (32.36)	200m: 2:05.14 (32.29)		
	250m: 2:36.70 (31.56)	300m: 3:08.95 (32.25)	350m: 3:41.26 (32.31)	400m: 4:12.66 (31.40)		
3	Fróði Hansen	2008 Fuglafjarðar Svímjifelag		557	4:27.32	+17.11
	50m: 28.28	100m: 59.54 (31.26)	150m: 1:32.36 (32.82)	200m: 2:05.84 (33.48)		
	250m: 2:40.24 (34.40)	300m: 3:15.86 (35.62)	350m: 3:51.91 (36.05)	400m: 4:27.32 (35.41)		
4	Óli Mikkelsen	2008 Havnar Svímjifelag		432	4:51.01	+40.80
	50m: 31.33	100m: 1:07.56 (36.23)	150m: 1:44.50 (36.94)	200m: 2:22.28 (37.78)		
	250m: 3:00.17 (37.89)	300m: 3:38.29 (38.12)	350m: 4:15.97 (37.68)	400m: 4:51.01 (35.04)		
5	Tórir Olsen	2011 Svímjifelagið Ægir		359	5:09.47	+59.26
	50m: 34.63	100m: 1:13.36 (38.73)	150m: 1:53.57 (40.21)	200m: 2:33.33 (39.76)		
	250m: 3:13.58 (40.25)	300m: 3:54.00 (40.42)	350m: 4:33.11 (39.11)	400m: 5:09.47 (36.36)		
6	Jóhannis í Stórustovu	2011 Havnar Svímjifelag		359	5:09.50	+59.29
	50m: 32.13	100m: 1:09.63 (37.50)	150m: 1:50.01 (40.38)	200m: 2:29.72 (39.71)		
	250m: 3:10.21 (40.49)	300m: 3:50.32 (40.11)	350m: 4:31.29 (40.97)	400m: 5:09.50 (38.21)		
7	Aron Berg Joensen	2009 Havnar Svímjifelag		261	5:44.23	+1:34.02
	50m: 36.68	100m: 1:19.30 (42.62)	150m: 2:02.70 (43.40)	200m: 2:47.79 (45.09)		
	250m: 3:32.48 (44.69)	300m: 4:18.43 (45.95)	350m: 5:02.15 (43.72)	400m: 5:44.23 (42.08)		
8	Jens Martin Dam	2009 Havnar Svímjifelag		261	5:44.31	+1:34.10
	50m: 36.74	100m: 1:21.37 (44.63)	150m: 2:06.51 (45.14)	200m: 2:51.19 (44.68)		
	250m: 3:37.54 (46.35)	300m: 4:20.74 (43.20)	350m: 5:05.98 (45.24)	400m: 5:44.31 (38.33)		
9	Dávur Eið	2012 Suðuroyar Svímjifelag		184	6:26.39	+2:16.18
	50m: 43.73	100m: 1:35.35 (51.62)	150m: 2:26.10 (50.75)	200m: 3:16.58 (50.48)		
	250m: 4:07.00 (50.42)	300m: 4:57.47 (50.47)	350m: 5:45.08 (47.61)	400m: 6:26.39 (41.31)		

Kapping 12, 400m Frí Menn - Final

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
10	Símun Eliassen	2011 Havnar Svímjifelag		182	6:28.01	+2:17.80
	50m: 43.81	100m: 1:33.88 (51.07)	150m: 2:25.16 (51.28)		200m: 3:16.29 (51.13)	
	250m: 4:07.37 (51.08)	300m: 4:56.48 (49.11)	350m: 5:44.61 (48.13)		400m: 6:28.01 (43.40)	
-	Jón Hofgaard	1992 Suðuroyar Svímjifelag			DNS	

Kapping almenn: 16.03.2024 10:50:12

Kapping 13, 4x100m Frí Kvinnur - Final

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
1	Svímjifelagið Ægir	16 Svímjifelagið Ægir	499	4:22.13	
	Durita Mohr Askham	2008	32.47	1:06.90	1:06.90
	Róa Trygvadóttir	2008	30.84	1:04.38	2:11.28
	Lea Petersen	2009	31.93	1:07.10	3:18.38
	Lea Osberg Højsted	2008	30.43	1:03.75	4:22.13
2	Suðuroyar Svímjifelag	37 Suðuroyar Svímjifelag	382	4:46.54	+24.41
	Sára Elendersen	1987	36.31	1:17.55	1:17.55
	Jórun Winther	2011	30.44	1:06.06	2:23.61
	Talita Johannesen	2010	33.71	1:12.93	3:36.54
	Emma Debes	2010	31.84	1:10.00	4:46.54
3	HS Kvinnur	18 Havnar Svímjifelag	349	4:55.36	+33.23
	Lilja Lenvig Harrysdóttir	2009	34.24	1:12.49	1:12.49
	Oddvá Sedeá D. Nattestad	2006	35.25	1:16.85	2:29.34
	Mariella Henriksen	2010	36.14	1:15.25	3:44.59
	Halla Háfoss	2009	32.66	1:10.77	4:55.36
4	Suðuroyar Svímjifelag hold 2	16 Suðuroyar Svímjifelag	326	5:01.93	+39.80
	Sissal Rógvadóttir	2010	33.14	1:11.76	1:11.76
	Lea Í Trøðini	2011	41.04	1:30.80	2:42.56
	Bjarta í Lágabø	2009	30.45	1:05.72	3:48.28
	Silja Bech	2008	34.31	1:13.65	5:01.93
5	HS Gentur	20 Havnar Svímjifelag	232	5:38.02	+1:15.8
	India Linnea Bech	2011	37.35	1:19.12	1:19.12
	Lilja Sørensen	2011	40.24	1:24.55	2:43.67
	Kira Fernandez	2010	43.74	1:33.04	4:16.71
	Björg Ólavsdóttir	2004	38.07	1:21.31	5:38.02

Kapping almenn: 16.03.2024 11:08:51

Kapping 14, 4x100m Frí Menn - Final

FAR	3:40.31	Havnar Svímjifelag	Havnar Svímjifelag (FRO)	Vagur (FRO)	28.04.2019
FAR.JR	3:48.83	Havnar Svímjifelag	Havnar Svímjifelag (FRO)	Vagur (FRO)	05.07.2020
Raðf	Navn	Aldur Felag	AQU	Tíð	Munur
1	HS Menn	21 Havnar Svímjifelag	571	3:46.78	
	Bartal Erlingsson Eidesgaard	2003	26.34	54.39	54.39
	Áki Eliassen	2006	27.31	58.55	1:52.94
	Oddvaldur Leivsson	2008	28.30	59.55	2:52.49
	Isak Brisenfeldt	2006	25.97	54.29	3:46.78

Kapping 14, 4x100m Frí Menn - Final

Raðf	Navn	Aldur	Felag	AQU	Tíð	Munur
2	HS Dreingir		15 Havnar Svímjifelag	243	5:01.32	+1:14.5
	Jens Martin Dam	2009		36.28	1:15.48	1:15.48
	Andrias Mellemggaard	2009		39.08	1:23.35	2:38.83
	Aron Berg Joensen	2009		34.35	1:12.45	3:51.28
	Sigbjartur J. Egholm	2009		32.11	1:10.04	5:01.32
3	HS Piltar		13 Havnar Svímjifelag	186	5:29.67	+1:42.8
	Símun Eliassen	2011		43.83	1:29.01	1:29.01
	Bragi Bjarnason	2012		41.10	1:28.34	2:57.35
	Nóa Róason Stakksund	2011		37.70	1:18.45	4:15.80
	Jóhannis í Stórustovu	2011		33.80	1:13.87	5:29.67
4	Suðuroyar Svímjifelag		14 Suðuroyar Svímjifelag	139	6:02.57	+2:15.7
	Haraldur Mortensen	2010		34.74	1:16.79	1:16.79
	Terji Kjørbo	2012		40.23	1:23.00	2:39.79
	Benjamin Clementsen	2012		50.22	1:53.85	4:33.64
	Dávur Eið	2012		41.07	1:28.93	6:02.57

Kapping almenn: 16.03.2024 11:14:06

Kapping 15, 800m Frí Kvinnur - Final

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

Raðf	Navn	Føðia	Felag	R.T	AQU	Tíð	Munur
1	Róa Trygvadóttir		2008 Svímjifelagið Ægir		508	10:07.24	
	50m: 34.52		100m: 1:12.38 (37.86)		150m: 1:49.99 (37.61)	200m: 2:28.10 (38.11)	
	250m: 3:05.50 (37.40)		300m: 3:43.73 (38.23)		350m: 4:21.91 (38.18)	400m: 5:00.73 (38.82)	
	450m: 5:38.40 (37.67)		500m: 6:17.32 (38.92)		550m: 6:55.97 (38.65)	600m: 7:34.68 (38.71)	
	650m: 8:13.25 (38.57)		700m: 8:51.54 (38.29)		750m: 9:29.45 (37.91)	800m: 10:07.24 (37.79)	
2	Bjarta í Lágabø		2009 Suðuroyar Svímjifelag		449	10:32.66	+25.42
	50m: 34.56		100m: 1:13.03 (38.47)		150m: 1:52.32 (39.29)	200m: 2:32.23 (39.91)	
	250m: 3:11.69 (39.46)		300m: 3:52.36 (40.67)		350m: 4:32.77 (40.41)	400m: 5:13.37 (40.60)	
	450m: 5:53.86 (40.49)		500m: 6:33.68 (39.82)		550m: 7:13.64 (39.96)	600m: 7:54.54 (40.90)	
	650m: 8:34.56 (40.02)		700m: 9:14.78 (40.22)		750m: 9:53.66 (38.88)	800m: 10:32.66 (39.00)	
3	Sissal Rógvadóttir		2010 Suðuroyar Svímjifelag		381	11:08.27	+1:01.03
	50m: 37.63		100m: 1:20.12 (42.49)		150m: 2:03.23 (43.11)	200m: 2:46.73 (43.50)	
	250m: 3:30.12 (43.39)		300m: 4:12.35 (42.23)		350m: 4:55.60 (43.25)	400m: 5:37.73 (42.13)	
	450m: 6:20.32 (42.59)		500m: 7:02.35 (42.03)		550m: 7:44.70 (42.35)	600m: 8:26.38 (41.68)	
	650m: 9:08.36 (41.98)		700m: 9:49.54 (41.18)		750m: 10:29.61 (40.07)	800m: 11:08.27 (38.66)	
4	Jórun Winther		2011 Suðuroyar Svímjifelag		378	11:10.44	+1:03.20
	50m: 36.64		100m: 1:18.04 (41.40)		150m: 2:00.92 (42.88)	200m: 2:44.03 (43.11)	
	250m: 3:26.18 (42.15)		300m: 4:08.22 (42.04)		350m: 4:50.42 (42.20)	400m: 5:32.35 (41.93)	
	450m: 6:13.89 (41.54)		500m: 6:56.65 (42.76)		550m: 7:39.14 (42.49)	600m: 8:22.67 (43.53)	
	650m: 9:04.93 (42.26)		700m: 9:47.32 (42.39)		750m: 10:29.24 (41.92)	800m: 11:10.44 (41.20)	
5	Silja Bech		2008 Suðuroyar Svímjifelag		331	11:40.27	+1:33.03
	50m: 37.55		100m: 1:20.27 (42.72)		150m: 2:03.06 (42.79)	200m: 2:46.84 (43.78)	
	250m: 3:30.20 (43.36)		300m: 4:14.92 (44.72)		350m: 4:58.38 (43.46)	400m: 5:42.79 (44.41)	
	450m: 6:27.62 (44.83)		500m: 7:12.22 (44.60)		550m: 7:57.00 (44.78)	600m: 8:43.03 (46.03)	
	650m: 9:27.71 (44.68)		700m: 10:13.06 (45.35)		750m: 10:57.04 (43.98)	800m: 11:40.27 (43.23)	

Kapping almenn: 16.03.2024 16:14:59

Kapping 16, 1500m Frí Menn - Final

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

Raðf	Navn	Føðia	Felag	R.T	AQU	Tíð	Munur
17-03-2024 15:19.48	Dátaviðgerð: WinGrodan 2.10	Loyvt: Suðuroyar Svímjifelag					Síða 8/20

Kapping 16, 1500m Frí Menn - Final

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Bárður Ólavsson	2008 Fuglafjarðar Svímjifelag		542	17:48.24	
	50m: 30.17	100m: 1:03.99 (33.82)	150m: 1:39.21 (35.22)	200m: 2:14.60 (35.39)		
	250m: 2:49.69 (35.09)	300m: 3:25.04 (35.35)	350m: 4:00.54 (35.50)	400m: 4:36.45 (35.91)		
	450m: 5:11.52 (35.07)	500m: 5:47.39 (35.87)	550m: 6:22.83 (35.44)	600m: 6:59.10 (36.27)		
	650m: 7:35.03 (35.93)	700m: 8:11.28 (36.25)	750m: 8:47.51 (36.23)	800m: 9:23.62 (36.11)		
	850m: 9:59.77 (36.15)	900m: 10:36.39 (36.62)	950m: 11:12.44 (36.05)	1000m: 11:48.40 (35.96)		
	1050m: 12:24.64 (36.24)	1100m: 13:00.83 (36.19)	1150m: 13:36.72 (35.89)	1200m: 14:13.13 (36.41)		
	1250m: 14:49.43 (36.30)	1300m: 15:25.75 (36.32)	1350m: 16:02.15 (36.40)	1400m: 16:38.61 (36.46)		
	1450m: 17:13.77 (35.16)	1500m: 17:48.24 (34.47)				

Kapping almenn: 16.03.2024 16:33:53

Kapping 18, 400m Blandað Menn - Final

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

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Isak Brisenfeldt	2006 Havnar Svímjifelag		580	4:50.75	
	50m: 29.41	100m: 1:02.42 (33.01)	150m: 1:40.20 (37.78)	200m: 2:18.02 (37.82)		
	250m: 3:00.31 (42.29)	300m: 3:43.68 (43.37)	350m: 4:17.83 (34.15)	400m: 4:50.75 (32.92)		
2	Fróði Hansen	2008 Fuglafjarðar Svímjifelag		543	4:57.11	+6.36
	50m: 30.90	100m: 1:07.88 (36.98)	150m: 1:47.91 (40.03)	200m: 2:27.30 (39.39)		
	250m: 3:07.66 (40.36)	300m: 3:48.86 (41.20)	350m: 4:23.06 (34.20)	400m: 4:57.11 (34.05)		
3	Heini Mohr Askham	2006 Svímjifelagið Ægir		527	5:00.09	+9.34
	50m: 31.07	100m: 1:08.33 (37.26)	150m: 1:48.81 (40.48)	200m: 2:28.11 (39.30)		
	250m: 3:12.49 (44.38)	300m: 3:57.69 (45.20)	350m: 4:29.94 (32.25)	400m: 5:00.09 (30.15)		

Kapping almenn: 16.03.2024 16:39:51

Kapping 19, 50m Bringu Kvinnur - Final

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

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Lea Osberg Højsted	2008 Svímjifelagið Ægir		589	34.78	
2	Talita Johannesen	2010 Suðuroyar Svímjifelag		444	38.22	+3.44
3	Ragnhild Jacobsen	2008 Svímjifelagið Ægir		373	40.49	+5.71
4	Bjarta í Lágabø	2009 Suðuroyar Svímjifelag		370	40.60	+5.82
5	Halla Háfoss	2009 Havnar Svímjifelag		336	41.91	+7.13
6	Mariella Henriksen	2010 Havnar Svímjifelag		331	42.14	+7.36
7	Sirið Vesturtún	2011 Fuglafjarðar Svímjifelag		327	42.30	+7.52
8	Lea Petersen	2009 Svímjifelagið Ægir		326	42.34	+7.56
9	Durita Mohr Askham	2008 Svímjifelagið Ægir		324	42.45	+7.67
10	Oddvá Sedeá D. Nattestad	2006 Havnar Svímjifelag		321	42.55	+7.77
11	Lilja Lenvig Harrysdóttir	2009 Havnar Svímjifelag		310	43.07	+8.29
12	Rakul J Højbro	2011 Fuglafjarðar Svímjifelag		226	47.82	+13.04
13	Silja Bech	2008 Suðuroyar Svímjifelag		222	48.11	+13.33
14	Naomi Friang	2010 Fuglafjarðar Svímjifelag		205	49.39	+14.61
15	India Linnea Bech	2011 Havnar Svímjifelag		188	50.82	+16.04
16	Lilja Sørensen	2011 Havnar Svímjifelag		179	51.70	+16.92
17	Kira Fernandez	2010 Havnar Svímjifelag		175	52.08	+17.30
18	Lea í Trøðini	2011 Suðuroyar Svímjifelag		123	58.61	+23.83
19	Ingeborg Vinther	2015 Suðuroyar Svímjifelag		44	1:22.06	+47.28

Kapping 19, 50m Bringu Kvinnur - Final

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
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Kapping almenn: 16.03.2024 16:46:39

Kapping 20, 50m Bringu Menn - Final

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

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Bartal Erlingsson Eidesgaard	2003 Havnar Svímjifelag		620	30.43	
2	Fróði Hansen	2008 Fuglafjarðar Svímjifelag		520	32.25	+1.82
3	Líggjas Joensen	2008 Svímjifelagið Ægir		393	35.41	+4.98
4	Bárður Ólavsson	2008 Fuglafjarðar Svímjifelag		355	36.64	+6.21
5	Teitur Winther	2005 Suðuroyar Svímjifelag		272	40.04	+9.61
6	Sigbjartur J. Egholm	2009 Havnar Svímjifelag		270	40.14	+9.71
7	Andrias Mellemgard	2009 Havnar Svímjifelag		186	45.42	+14.99
8	Aron Berg Joensen	2009 Havnar Svímjifelag		186	45.45	+15.02
9	Tórir Olsen	2011 Svímjifelagið Ægir		178	46.07	+15.64
10	Jens Martin Dam	2009 Havnar Svímjifelag		158	47.92	+17.49
11	Nóa Róason Stakksund	2011 Havnar Svímjifelag		155	48.25	+17.82
12	Haraldur Mortensen	2010 Suðuroyar Svímjifelag		139	49.98	+19.55
13	Dávur Eið	2012 Suðuroyar Svímjifelag		120	52.57	+22.14
14	Símun Eliassen	2011 Havnar Svímjifelag		119	52.73	+22.30
15	Friðálvur Eliassen	2011 Fuglafjarðar Svímjifelag		108	54.41	+23.98
16	Terji Kjarbo	2012 Suðuroyar Svímjifelag		102	55.44	+25.01
17	Elias í Lágabø	2014 Suðuroyar Svímjifelag		98	56.14	+25.71
18	Sævar Strøm	2014 Suðuroyar Svímjifelag		73	1:01.85	+31.42
19	Benjamin Clementsen	2012 Suðuroyar Svímjifelag		72	1:02.15	+31.72
20	Jonnhard Winther	2015 Suðuroyar Svímjifelag		62	1:05.55	+35.12
21	Bragi Bjarnason	2012 Havnar Svímjifelag		47	1:11.60	+41.17

Kapping almenn: 16.03.2024 16:52:47

Kapping 21, 200m Rygg Kvinnur - Final

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

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Naomi Friang	2010 Fuglafjarðar Svímjifelag		275	3:09.16	
	50m: 45.77	100m: 1:33.08 (47.31)	150m: 2:22.49 (49.41)	200m: 3:09.16 (46.67)		
2	Lilja Sørensen	2011 Havnar Svímjifelag		238	3:18.46	+9.30
	50m: 47.91	100m: 1:40.34 (52.43)	150m: 2:31.54 (51.20)	200m: 3:18.46 (46.92)		

Kapping almenn: 16.03.2024 17:13:23

Kapping 22, 200m Rygg Menn - Final

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

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Oddvaldur Leivsson	2008 Havnar Svímjifelag		483	2:22.58	
	50m: 32.33	100m: 1:08.73 (36.40)	150m: 1:46.84 (38.11)	200m: 2:22.58 (35.74)		

Kapping 22, 200m Rygg Menn - Final

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
2	Óli Mikkelsen	2008 Havnar Svímjifelag		416	2:29.83	+7.25
	50m: 34.12	100m: 1:12.39 (38.27)	150m: 1:51.92 (39.53)		200m: 2:29.83 (37.91)	
3	Jóhannis í Stórustovu	2011 Havnar Svímjifelag		277	2:51.67	+29.09
	50m: 39.57	100m: 1:24.31 (44.74)	150m: 2:08.61 (44.30)		200m: 2:51.67 (43.06)	
4	Tórir Olsen	2011 Svímjifelagið Ægir		243	2:59.23	+36.65
		100m: 1:27.78 (1:27.78)			200m: 2:59.23 (2:59.23)	
5	Fríðálvur Eliassen	2011 Fuglafjarðar Svímjifelag		174	3:20.37	+57.79
	50m: 49.07	100m: 1:41.84 (52.77)	150m: 2:32.72 (50.88)		200m: 3:20.37 (47.65)	
6	Terji Kjærbo	2012 Suðuroyar Svímjifelag		146	3:32.37	+1:09.79
	50m: 47.81	100m: 1:44.25 (56.44)			200m: 3:32.37 (3:32.37)	

Kapping almenn: 16.03.2024 17:17:14

Kapping 23, 100m Firvald Kvinnur - Final

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	
Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Jonna Joensen	2005 Svímjifelagið Ægir		524	1:08.79	
	50m: 31.51	100m: 1:08.79 (37.28)				

Kapping almenn: 16.03.2024 17:19:42

Kapping 24, 100m Firvald Menn - Final

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	
Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Isak Brisenfeldt	2006 Havnar Svímjifelag		558	1:00.06	
	50m: 28.92	100m: 1:00.06 (31.14)				
2	Áki Eliassen	2006 Havnar Svímjifelag		490	1:02.71	+2.65
	50m: 29.63	100m: 1:02.71 (33.08)				
3	Bárður Ólavsson	2008 Fuglafjarðar Svímjifelag		409	1:06.60	+6.54
	50m: 30.25	100m: 1:06.60 (36.35)				
4	Líggjas Joensen	2008 Svímjifelagið Ægir		370	1:08.83	+8.77
	50m: 30.12	100m: 1:08.83 (38.71)				
5	Fríðálvur Eliassen	2011 Fuglafjarðar Svímjifelag		169	1:29.34	+29.28
	50m: 42.83	100m: 1:29.34 (46.51)				
6	Terji Kjærbo	2012 Suðuroyar Svímjifelag		96	1:47.74	+47.68
	50m: 47.92	100m: 1:47.74 (59.82)				

Kapping almenn: 16.03.2024 17:21:59

Kapping 25, 100m Frí Kvinnur - Final

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	
Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Róa Trygvadóttir	2008 Svímjifelagið Ægir		571	1:02.32	
	50m: 30.24	100m: 1:02.32 (32.08)				
2	Lea Osberg Højsted	2008 Svímjifelagið Ægir		518	1:04.37	+2.05
	50m: 30.66	100m: 1:04.37 (33.71)				
3	Bjarta í Lágabø	2009 Suðuroyar Svímjifelag		501	1:05.07	+2.75
	50m: 30.72	100m: 1:05.07 (34.35)				
4	Jórun Winther	2011 Suðuroyar Svímjifelag		497	1:05.24	+2.92
	50m: 31.25	100m: 1:05.24 (33.99)				

Kapping 25, 100m Frí Kvinnur - Final

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
5	Durita Mohr Askham 50m: 32.69	2008 Svímjifelagið Ægir 100m: 1:07.46 (34.77)	450		1:07.46	+5.14
6	Lea Petersen 50m: 32.69	2009 Svímjifelagið Ægir 100m: 1:07.90 (35.21)	441		1:07.90	+5.58
7	Oddvá Sedea D. Nattestad 50m: 33.56	2006 Havnar Svímjifelag 100m: 1:10.48 (36.92)	394		1:10.48	+8.16
8	Emma Debes 50m: 33.78	2010 Suðuroyar Svímjifelag 100m: 1:10.68 (36.90)	391		1:10.68	+8.36
9	Mariella Henriksen 50m: 34.65	2010 Havnar Svímjifelag 100m: 1:11.07 (36.42)	385		1:11.07	+8.75
10	Sirið Vesturtún 50m: 33.92	2011 Fuglafjarðar Svímjifelag 100m: 1:11.77 (37.85)	374		1:11.77	+9.45
11	Halla Háfoss 50m: 33.94	2009 Havnar Svímjifelag 100m: 1:11.86 (37.92)	372		1:11.86	+9.54
12	Talita Johannesen 50m: 34.13	2010 Suðuroyar Svímjifelag 100m: 1:12.12 (37.99)	368		1:12.12	+9.80
13	Sissal Rógvadóttir 50m: 34.17	2010 Suðuroyar Svímjifelag 100m: 1:12.45 (38.28)	363		1:12.45	+10.13
14	Silja Bech 50m: 34.52	2008 Suðuroyar Svímjifelag 100m: 1:13.10 (38.58)	353		1:13.10	+10.78
15	Lilja Lenvig Harrýsdóttir 50m: 34.24	2009 Havnar Svímjifelag 100m: 1:13.32 (39.08)	350		1:13.32	+11.00
16	Ragnhild Jacobsen 50m: 36.58	2008 Svímjifelagið Ægir 100m: 1:17.14 (40.56)	301		1:17.14	+14.82
17	India Linnea Bech 50m: 36.67	2011 Havnar Svímjifelag 100m: 1:18.53 (41.86)	285		1:18.53	+16.21
18	Lilja Sørensen 50m: 39.57	2011 Havnar Svímjifelag 100m: 1:19.67 (40.10)	273		1:19.67	+17.35
19	Rakul J Højbro 50m: 39.71	2011 Fuglafjarðar Svímjifelag 100m: 1:21.60 (41.89)	254		1:21.60	+19.28
20	Lea Í Trøðini 50m: 43.28	2011 Suðuroyar Svímjifelag 100m: 1:31.20 (47.92)	182		1:31.20	+28.88
21	Kira Fernandez 50m: 43.72	2010 Havnar Svímjifelag 100m: 1:32.90 (49.18)	172		1:32.90	+30.58
22	Tóta Sofía Gudmundsen 50m: 56.55	2014 Suðuroyar Svímjifelag 100m: 1:55.55 (59.00)	89		1:55.55	+53.23
-	Naomi Friang Tjónstartur (startari og yvirdómari skulu vera samdir)	2010 Fuglafjarðar Svímjifelag			DSQ	

Kapping almenn: 16.03.2024 17:31:10

Kapping 26, 100m Frí Menn - Final

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
Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Bartal Erlingsson Eidesgaard 50m: 25.66	2003 Havnar Svímjifelag 100m: 53.35 (27.69)	677		53.35	
2	Líggjas Joensen 50m: 27.08	2008 Svímjifelagið Ægir 100m: 54.53 (27.45)	634		54.53	+1.18
3	Heini Mohr Askham 50m: 27.08	2006 Svímjifelagið Ægir 100m: 55.77 (28.69)	593		55.77	+2.42

Kapping 26, 100m Frí Menn - Final

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
4	Oddvaldur Leivsson 50m: 27.97	2008 Havnar Svímjifelag 100m: 58.27 (30.30)		520	58.27	+4.92
5	Fróði Hansen 50m: 27.82	2008 Fuglafjarðar Svímjifelag 100m: 58.46 (30.64)		515	58.46	+5.11
6	Bárður Ólavsson 50m: 29.53	2008 Fuglafjarðar Svímjifelag 100m: 1:00.42 (30.89)		466	1:00.42	+7.07
7	Áki Eliassen 50m: 28.32	2006 Havnar Svímjifelag 100m: 1:01.18 (32.86)		449	1:01.18	+7.83
8	Óli Mikkelsen 50m: 29.23	2008 Havnar Svímjifelag 100m: 1:01.48 (32.25)		442	1:01.48	+8.13
9	Jóhannis í Stórustovu 50m: 30.51	2011 Havnar Svímjifelag 100m: 1:03.70 (33.19)		398	1:03.70	+10.35
10	Sigbjartur J. Egholm 50m: 33.07	2009 Havnar Svímjifelag 100m: 1:08.39 (35.32)		321	1:08.39	+15.04
11	Tórir Olsen 50m: 32.76	2011 Svímjeflagið Ægir 100m: 1:08.55 (35.79)		319	1:08.55	+15.20
12	Aron Berg Joensen 50m: 33.78	2009 Havnar Svímjifelag 100m: 1:10.10 (36.32)		298	1:10.10	+16.75
13	Jens Martin Dam 50m: 34.86	2009 Havnar Svímjifelag 100m: 1:13.73 (38.87)		256	1:13.73	+20.38
14	Haraldur Mortensen 50m: 34.19	2010 Suðuroyar Svímjifelag 100m: 1:14.46 (40.27)		249	1:14.46	+21.11
15	Nóa Róason Stakksund 50m: 36.21	2011 Havnar Svímjifelag 100m: 1:14.94 (38.73)		244	1:14.94	+21.59
16	Dávur Eið 50m: 37.98	2012 Suðuroyar Svímjifelag 100m: 1:17.82 (39.84)		218	1:17.82	+24.47
17	Fríðálvur Eliassen 50m: 38.86	2011 Fuglafjarðar Svímjifelag 100m: 1:18.06 (39.20)		216	1:18.06	+24.71
18	Símun Eliassen 50m: 37.95	2011 Havnar Svímjifelag 100m: 1:20.54 (42.59)		196	1:20.54	+27.19
19	Andrias Mellemgaard 50m: 39.46	2009 Havnar Svímjifelag 100m: 1:23.00 (43.54)		179	1:23.00	+29.65
20	Terji Kjørbo 50m: 38.99	2012 Suðuroyar Svímjifelag 100m: 1:23.17 (44.18)		178	1:23.17	+29.82
21	Bragi Bjarnason 50m: 41.65	2012 Havnar Svímjifelag 100m: 1:28.99 (47.34)		146	1:28.99	+35.64
22	Eliás í Lágabø 50m: 40.91	2014 Suðuroyar Svímjifelag 100m: 1:30.25 (49.34)		139	1:30.25	+36.90
23	Jonnhard Winther 50m: 46.73	2015 Suðuroyar Svímjifelag 100m: 1:41.18 (54.45)		99	1:41.18	+47.83
24	Sævar Strøm 50m: 46.60	2014 Suðuroyar Svímjifelag 100m: 1:45.23 (58.63)		88	1:45.23	+51.88
25	Benjamin Clementsen 50m: 48.99	2012 Suðuroyar Svímjifelag 100m: 1:51.94 (1:02.95)		73	1:51.94	+58.59

Kapping almenn: 16.03.2024 17:44:31

Kapping 27, 1500m Frí Kvinnur - Final

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	
Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur

Kapping 27, 1500m Frí Kvinnur - Final

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Sissal Rógvadóttir	2010 Suðuroyar Svímjifelag			363 21:30.17	
	50m: 38.08	100m: 1:22.44 (44.36)	150m: 2:07.17 (44.73)	200m: 2:52.44 (45.27)		
	250m: 3:36.42 (43.98)	300m: 4:20.74 (44.32)	350m: 5:04.72 (43.98)	400m: 5:48.38 (43.66)		
	450m: 6:31.83 (43.45)	500m: 7:15.66 (43.83)	550m: 7:58.61 (42.95)	600m: 8:41.63 (43.02)		
	650m: 9:24.90 (43.27)	700m: 10:08.21 (43.31)	750m: 10:51.08 (42.87)	800m: 11:34.19 (43.11)		
	850m: 12:16.67 (42.48)	900m: 12:58.55 (41.88)	950m: 13:40.84 (42.29)	1000m: 14:23.24 (42.40)		
	1050m: 15:06.30 (43.06)	1100m: 15:48.40 (42.10)	1150m: 16:31.00 (42.60)	1200m: 17:12.92 (41.92)		
	1250m: 17:56.39 (43.47)	1300m: 18:39.42 (43.03)	1350m: 19:23.24 (43.82)	1400m: 20:06.75 (43.51)		
	1450m: 20:49.43 (42.68)	1500m: 21:30.17 (40.74)				
2	Silja Bech	2008 Suðuroyar Svímjifelag			307 22:44.46	+1:14.29
	50m: 40.03	100m: 1:25.23 (45.20)	150m: 2:09.75 (44.52)	200m: 2:55.04 (45.29)		
	250m: 3:39.24 (44.20)	300m: 4:24.21 (44.97)	350m: 5:09.34 (45.13)	400m: 5:54.88 (45.54)		
	450m: 6:40.05 (45.17)	500m: 7:25.49 (45.44)	550m: 8:11.15 (45.66)	600m: 8:56.93 (45.78)		
	650m: 9:42.08 (45.15)	700m: 10:27.48 (45.40)	750m: 11:13.39 (45.91)	800m: 11:59.52 (46.13)		
	850m: 12:45.18 (45.66)	900m: 13:31.54 (46.36)	950m: 14:18.79 (47.25)	1000m: 15:05.12 (46.33)		
	1050m: 15:50.93 (45.81)	1100m: 16:37.62 (46.69)	1150m: 17:23.49 (45.87)	1200m: 18:10.08 (46.59)		
	1250m: 18:56.83 (46.75)	1300m: 19:42.39 (45.56)	1350m: 20:29.32 (46.93)	1400m: 21:15.06 (45.74)		
	1450m: 22:00.35 (45.29)	1500m: 22:44.46 (44.11)				

Kapping almenn: 17.03.2024 13:28:47

Kapping 28, 800m Frí Menn - Final

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

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Isak Brisenfeldt	2006 Havnar Svímjifelag			638 8:45.03	
	50m: 29.71	100m: 1:02.60 (32.89)	150m: 1:35.43 (32.83)	200m: 2:09.05 (33.62)		
	250m: 2:42.50 (33.45)	300m: 3:16.94 (34.44)	350m: 3:50.88 (33.94)	400m: 4:24.98 (34.10)		
	450m: 4:58.43 (33.45)	500m: 5:32.57 (34.14)	550m: 6:06.48 (33.91)	600m: 6:40.37 (33.89)		
	650m: 7:13.23 (32.86)	700m: 7:45.76 (32.53)	750m: 8:16.60 (30.84)	800m: 8:45.03 (28.43)		
2	Heini Mohr Askham	2006 Svímjifelagið Ægir			632 8:46.59	+1.56
	50m: 30.62	100m: 1:03.75 (33.13)	150m: 1:36.22 (32.47)	200m: 2:09.58 (33.36)		
	250m: 2:43.55 (33.97)	300m: 3:17.91 (34.36)	350m: 3:51.38 (33.47)	400m: 4:25.63 (34.25)		
	450m: 4:59.13 (33.50)	500m: 5:32.88 (33.75)	550m: 6:07.00 (34.12)	600m: 6:40.73 (33.73)		
	650m: 7:13.66 (32.93)	700m: 7:46.06 (32.40)	750m: 8:16.82 (30.76)	800m: 8:46.59 (29.77)		
3	Tórir Olsen	2011 Svímjifelagið Ægir			357 10:36.94	+1:51.91
	50m: 34.98	100m: 1:14.75 (39.77)	150m: 1:55.38 (40.63)	200m: 2:36.26 (40.88)		
	250m: 3:16.91 (40.65)	300m: 3:57.65 (40.74)	350m: 4:39.18 (41.53)	400m: 5:20.11 (40.93)		
	450m: 6:01.91 (41.80)	500m: 6:42.41 (40.50)	550m: 7:23.55 (41.14)	600m: 8:04.47 (40.92)		
	650m: 8:43.31 (38.84)	700m: 9:22.74 (39.43)	750m: 10:01.28 (38.54)	800m: 10:36.94 (35.66)		

Kapping almenn: 17.03.2024 13:40:14

Kapping 29, 200m Frí Kvinnur - Final

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

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Róa Trygvadóttir	2008 Svímjifelagið Ægir			558 2:17.00	
	50m: 31.33	100m: 1:05.56 (34.23)	150m: 1:41.34 (35.78)	200m: 2:17.00 (35.66)		
2	Lea Petersen	2009 Svímjifelagið Ægir			475 2:24.57	+7.57
	50m: 33.07	100m: 1:09.45 (36.38)	150m: 1:47.36 (37.91)	200m: 2:24.57 (37.21)		
3	Jórun Winther	2011 Suðuroyar Svímjifelag			463 2:25.78	+8.78
	50m: 32.71	100m: 1:09.76 (37.05)	150m: 1:48.51 (38.75)	200m: 2:25.78 (37.27)		
4	Durita Mohr Askham	2008 Svímjifelagið Ægir			461 2:26.00	+9.00
	50m: 33.51	100m: 1:10.61 (37.10)	150m: 1:48.85 (38.24)	200m: 2:26.00 (37.15)		
5	Sirið Vesturtún	2011 Fuglafjarðar Svímjifelag			392 2:34.12	+17.12
	50m: 34.80	100m: 1:14.24 (39.44)	150m: 1:54.96 (40.72)	200m: 2:34.12 (39.16)		
6	Ragnhild Jacobsen	2008 Svímjifelagið Ægir			337 2:42.11	+25.11
	50m: 37.17	100m: 1:18.82 (41.65)	150m: 2:00.86 (42.04)	200m: 2:42.11 (41.25)		

Kapping 29, 200m Frí Kvinnur - Final

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
7	Emma Debes	2010 Suðuroyar Svímjifelag		314	2:45.96	+28.96
	50m: 35.70	100m: 1:17.48 (41.78)	150m: 2:02.15 (44.67)		200m: 2:45.96 (43.81)	
8	Naomi Friang	2010 Fuglafjarðar Svímjifelag		294	2:49.70	+32.70
	50m: 39.17	100m: 1:22.98 (43.81)	150m: 2:08.42 (45.44)		200m: 2:49.70 (41.28)	
9	Lilja Sørensen	2011 Havnar Svímjifelag		290	2:50.42	+33.42
	50m: 39.41	100m: 1:23.50 (44.09)	150m: 2:08.67 (45.17)		200m: 2:50.42 (41.75)	
10	Rakul J Højbro	2011 Fuglafjarðar Svímjifelag		286	2:51.22	+34.22
	50m: 39.47	100m: 1:22.36 (42.89)	150m: 2:08.13 (45.77)		200m: 2:51.22 (43.09)	
11	Kira Fernandez	2010 Havnar Svímjifelag		181	3:19.28	+1:02.28
	50m: 43.20	100m: 1:33.56 (50.36)	150m: 2:27.42 (53.86)		200m: 3:19.28 (51.86)	
-	Lilja Lenvig Harrýsdóttir	2009 Havnar Svímjifelag			DNS	
-	Mariella Henriksen	2010 Havnar Svímjifelag			DNS	

Kapping almenn: 17.03.2024 13:50:16

Kapping 30, 200m Frí Menn - Final

FAR 1:48.98 Pál Joensen 1990 Suðuroyar Svímjifelag (FR) Broenshoej (DEN) 23.03.2012
 FAR.JR 1:55.21 Magnus Jákupsson 1994 Havnar Svímjifelag (DEN) Esbjerg (DEN) 13.07.2012

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Líggjas Joensen	2008 Svímjifelagið Ægir		643	1:58.16	
	50m: 27.86	100m: 57.82 (29.96)	150m: 1:28.02 (30.20)		200m: 1:58.16 (30.14)	
2	Isak Brisenfeldt	2006 Havnar Svímjifelag		591	2:01.50	+3.34
	50m: 28.50	100m: 59.41 (30.91)	150m: 1:30.88 (31.47)		200m: 2:01.50 (30.62)	
3	Fróði Hansen	2008 Fuglafjarðar Svímjifelag		548	2:04.60	+6.44
	50m: 28.39	100m: 1:00.04 (31.65)	150m: 1:32.48 (32.44)		200m: 2:04.60 (32.12)	
4	Jóhannis í Stórustovu	2011 Havnar Svímjifelag		362	2:23.02	+24.86
	50m: 31.61	100m: 1:07.92 (36.31)	150m: 1:45.97 (38.05)		200m: 2:23.02 (37.05)	
5	Tórir Olsen	2011 Svímjifelagið Ægir		333	2:27.10	+28.94
	50m: 34.64	100m: 1:12.70 (38.06)	150m: 1:51.98 (39.28)		200m: 2:27.10 (35.12)	
6	Aron Berg Joensen	2009 Havnar Svímjifelag		287	2:34.57	+36.41
	50m: 34.49	100m: 1:14.22 (39.73)	150m: 1:55.10 (40.88)		200m: 2:34.57 (39.47)	
7	Sigbjartur J. Egholm	2009 Havnar Svímjifelag		277	2:36.37	+38.21
	50m: 32.74	100m: 1:14.74 (42.00)	150m: 1:57.71 (42.97)		200m: 2:36.37 (38.66)	
8	Jens Martin Dam	2009 Havnar Svímjifelag		243	2:43.32	+45.16
	50m: 36.18	100m: 1:19.15 (42.97)	150m: 2:02.24 (43.09)		200m: 2:43.32 (41.08)	
9	Fríðálvur Eliassen	2011 Fuglafjarðar Svímjifelag		201	2:54.05	+55.89
	50m: 41.01	100m: 1:27.57 (46.56)	150m: 2:13.62 (46.05)		200m: 2:54.05 (40.43)	
10	Dávur Eið	2012 Suðuroyar Svímjifelag		199	2:54.48	+56.32
	50m: 39.06	100m: 1:24.92 (45.86)	150m: 2:13.15 (48.23)		200m: 2:54.48 (41.33)	
11	Nóa Róason Stakksund	2011 Havnar Svímjifelag		195	2:55.66	+57.50
	50m: 39.93	100m: 1:25.49 (45.56)	150m: 2:11.74 (46.25)		200m: 2:55.66 (43.92)	
12	Andrias Mellempgaard	2009 Havnar Svímjifelag		178	3:01.12	+1:02.96
	50m: 41.88	100m: 1:29.29 (47.41)	150m: 2:17.52 (48.23)		200m: 3:01.12 (43.60)	
13	Bragi Bjarnason	2012 Havnar Svímjifelag		148	3:12.82	+1:14.66
	50m: 44.47	100m: 1:34.86 (50.39)	150m: 2:23.98 (49.12)		200m: 3:12.82 (48.84)	
14	Ábraham Finsson Ellingsgaard	2014 Havnar Svímjifelag		91	3:45.96	+1:47.80
	50m: 53.37	100m: 1:52.74 (59.37)	150m: 2:52.59 (59.85)		200m: 3:45.96 (53.37)	
-	Oddvaldur Leivsson	2008 Havnar Svímjifelag			DSQ	
	Tjovstartur (startari og yvirdómari skulu vera samdir)					

Kapping almenn: 17.03.2024 14:01:58

Kapping 31, 50m Firvald Kvinnur - Final

17-03-2024 15:19:50

Dátaviðgerð: WinGrodan 2.10

Loyvt: Suðuroyar Svímjifelag

Síða 15/20

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

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Jonna Joensen	2005 Svímjifelagið Ægir		517	30.43	
2	Bjarta í Lágabø	2009 Suðuroyar Svímjifelag		513	30.51	+0.08
3	Róa Trygvadóttir	2008 Svímjifelagið Ægir		454	31.78	+1.35
4	Lea Osberg Højsted	2008 Svímjifelagið Ægir		404	33.04	+2.61
5	Sirið Vesturtún	2011 Fuglafjarðar Svímjifelag		378	33.76	+3.33
6	Durita Mohr Askham	2008 Svímjifelagið Ægir		376	33.82	+3.39
7	Sissal Rógvadóttir	2010 Suðuroyar Svímjifelag		345	34.82	+4.39
8	Ragnhild Jacobsen	2008 Svímjifelagið Ægir		343	34.89	+4.46
9	Halla Háfoss	2009 Havnar Svímjifelag		340	35.00	+4.57
10	Jórun Winther	2011 Suðuroyar Svímjifelag		277	37.45	+7.02
11	Oddvá Sedeá D. Nattestad	2006 Havnar Svímjifelag		267	37.90	+7.47
12	Kira Fernandez	2010 Havnar Svímjifelag		159	45.09	+14.66
13	Lilja Sørensen	2011 Havnar Svímjifelag		157	45.19	+14.76
14	Lilja Strøm Winther	2009 Suðuroyar Svímjifelag		149	46.03	+15.60
15	Naomi Friang	2010 Fuglafjarðar Svímjifelag		131	48.05	+17.62
16	India Linnea Bech	2011 Havnar Svímjifelag		115	50.13	+19.70
	- Tóta Sofía Gudmundsen	2014 Suðuroyar Svímjifelag			DSQ	
	Armar ikki yvir vatni					
	- Lea í Trøðini	2011 Suðuroyar Svímjifelag			DSQ	
	Ójavnt beinspark					
	- Lilja Lenvig Harrysdóttir	2009 Havnar Svímjifelag			DNS	
	- Mariella Henriksen	2010 Havnar Svímjifelag			DNS	

Kapping almenn: 17.03.2024 14:08:47

Kapping 32, 50m Firvald Menn - Final

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

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Bartal Erlingsson Eidesgaard	2003 Havnar Svímjifelag		599	26.41	
2	Isak Brisenfeldt	2006 Havnar Svímjifelag		558	27.04	+0.63
3	Áki Eliassen	2006 Havnar Svímjifelag		550	27.17	+0.76
4	Bárður Ólavsson	2008 Fuglafjarðar Svímjifelag		444	29.19	+2.78
5	Óli Mikkelsen	2008 Havnar Svímjifelag		428	29.53	+3.12
6	Líggjas Joensen	2008 Svímjifelagið Ægir		415	29.85	+3.44
7	Jóhannis í Stórustovu	2011 Havnar Svímjifelag		327	32.31	+5.90
8	Sigbjartur J. Egholm	2009 Havnar Svímjifelag		325	32.36	+5.95
9	Tórir Olsen	2011 Svímjifelagið Ægir		204	37.81	+11.40
10	Jens Martin Dam	2009 Havnar Svímjifelag		194	38.44	+12.03
11	Aron Berg Joensen	2009 Havnar Svímjifelag		171	40.09	+13.68
12	Fríðálvur Eliassen	2011 Fuglafjarðar Svímjifelag		167	40.40	+13.99
13	Terji Kjørbo	2012 Suðuroyar Svímjifelag		161	40.88	+14.47
14	Nóa Róason Stakksund	2011 Havnar Svímjifelag		152	41.68	+15.27

Kapping 32, 50m Firvald Menn - Final

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
15	Símun Eliassen	2011 Havnar Svímjifelag		137	43.13	+16.72
16	Andrias Mellemgard	2009 Havnar Svímjifelag		137	43.19	+16.78
17	Bragi Bjarnason	2012 Havnar Svímjifelag		58	57.27	+30.86
18	Jonnhard Winther	2015 Suðuroyar Svímjifelag		54	58.57	+32.16
	- Benjamin Clementsen	2012 Suðuroyar Svímjifelag			DSQ	
	Armar ikki yvir vatni					
	- Elias í Lágabø	2014 Suðuroyar Svímjifelag			DSQ	
	Ójavnt armtak					
	- Sævar Strøm	2014 Suðuroyar Svímjifelag			DSQ	
	Ójavnt armtak					

Kapping almenn: 17.03.2024 14:15:45

Kapping 33, 200m Bringu Kvinnur - Final

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

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Lea Osberg Højsted	2008 Svímjifelagið Ægir		549	2:47.91	
	50m: 37.99	100m: 1:21.28 (43.29)	150m: 2:04.64 (43.36)	200m: 2:47.91 (43.27)		
2	India Linnea Bech	2011 Havnar Svímjifelag		545	2:48.31	+0.40
	50m: 51.49	150m: 2:48.31 (2:48.31)				
3	Talita Johannesen	2010 Suðuroyar Svímjifelag		456	2:58.60	+10.69
	50m: 40.26	100m: 1:25.95 (45.69)	150m: 2:12.62 (46.67)	200m: 2:58.60 (45.98)		
4	Halla Háfoss	2009 Havnar Svímjifelag		360	3:13.32	+25.41
	50m: 45.66	100m: 1:34.90 (49.24)	150m: 2:24.00 (49.10)	200m: 3:13.32 (49.32)		
5	Oddvá Sedeá D. Nattestad	2006 Havnar Svímjifelag		320	3:21.04	+33.13
	50m: 44.50	100m: 1:35.08 (50.58)	150m: 2:28.98 (53.90)	200m: 3:21.04 (52.06)		
6	Rakul J Højbro	2011 Fuglafjarðar Svímjifelag		264	3:34.23	+46.32
	50m: 51.07	100m: 1:43.86 (52.79)	150m: 2:41.26 (57.40)	200m: 3:34.23 (52.97)		

Kapping almenn: 17.03.2024 14:33:05

Kapping 34, 200m Bringu Menn - Final

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

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Fróði Hansen	2008 Fuglafjarðar Svímjifelag		551	2:33.00	
	50m: 33.87	100m: 1:13.47 (39.60)	150m: 1:53.49 (40.02)	200m: 2:33.00 (39.51)		
2	Sigbjartur J. Egholm	2009 Havnar Svímjifelag		222	3:27.21	+54.21
	50m: 45.46	100m: 1:36.77 (51.31)	150m: 2:35.19 (58.42)	200m: 3:27.21 (52.02)		
3	Dávur Eið	2012 Suðuroyar Svímjifelag		131	4:06.52	+1:33.52
	50m: 56.76	100m: 2:01.26 (1:04.50)	150m: 3:04.93 (1:03.67)	200m: 4:06.52 (1:01.59)		
4	Terji Kjarbo	2012 Suðuroyar Svímjifelag		98	4:31.81	+1:58.81
	50m: 1:01.53	100m: 2:10.74 (1:09.21)	150m: 3:21.97 (1:11.23)	200m: 4:31.81 (1:09.84)		
5	Benjamin Clementsen	2012 Suðuroyar Svímjifelag		79	4:51.57	+2:18.57
	50m: 1:09.32	100m: 2:25.55 (1:16.23)	150m: 3:39.70 (1:14.15)	200m: 4:51.57 (1:11.87)		

Kapping almenn: 17.03.2024 14:39:09

Kapping 35, 50m Rygg Kvinnur - Final

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

Kapping 35, 50m Rygg Kvinnur - Final

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Bjarta í Lágabø	2009 Suðuroyar Svímjifelag		603	31.78	
2	Jonna Joensen	2005 Svímjifelagið Ægir		537	33.04	+1.26
3	Jórun Winther	2011 Suðuroyar Svímjifelag		457	34.86	+3.08
4	Sirið Vesturtún	2011 Fuglafjarðar Svímjifelag		381	37.02	+5.24
5	Sissal Rógvadóttir	2010 Suðuroyar Svímjifelag		372	37.32	+5.54
6	Emma Debes	2010 Suðuroyar Svímjifelag		371	37.37	+5.59
7	Talita Johannesen	2010 Suðuroyar Svímjifelag		336	38.62	+6.84
8	Halla Háfoss	2009 Havnar Svímjifelag		313	39.54	+7.76
9	Naomi Friang	2010 Fuglafjarðar Svímjifelag		268	41.63	+9.85
10	Lilja Sørensen	2011 Havnar Svímjifelag		264	41.83	+10.05
11	Lilja Strøm Winther	2009 Suðuroyar Svímjifelag		239	43.23	+11.45
12	Rakul J Højbro	2011 Fuglafjarðar Svímjifelag		201	45.84	+14.06
13	Kira Fernandez	2010 Havnar Svímjifelag		169	48.56	+16.78
14	India Linnea Bech	2011 Havnar Svímjifelag		148	50.69	+18.91
15	Tóta Sofía Gudmundsen	2014 Suðuroyar Svímjifelag		87	1:00.57	+28.79
16	Ingeborg Vinther	2015 Suðuroyar Svímjifelag		57	1:09.67	+37.89
	- Lea í Trøðini	2011 Suðuroyar Svímjifelag			DSQ	
	Tjövstartur (startari og yvirdómari skulu vera samdir)					
	- Lilja Lenvig Harrysdóttir	2009 Havnar Svímjifelag			DNS	
	- Mariella Henriksen	2010 Havnar Svímjifelag			DNS	

Kapping almenn: 17.03.2024 14:47:02

Kapping 36, 50m Rygg Menn - Final

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

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Óli Mikkelsen	2008 Havnar Svímjifelag		491	29.85	
2	Bartal Erlingsson Eidesgaard	2003 Havnar Svímjifelag		479	30.09	+0.24
3	Líggjas Joensen	2008 Svímjifelagið Ægir		466	30.36	+0.51
4	Oddvaldur Leivsson	2008 Havnar Svímjifelag		454	30.64	+0.79
5	Heini Mohr Askham	2006 Svímjifelagið Ægir		405	31.83	+1.98
6	Áki Eliassen	2006 Havnar Svímjifelag		395	32.08	+2.23
7	Jóhannis í Stórustovu	2011 Havnar Svímjifelag		354	33.28	+3.43
8	Teitur Winther	2005 Suðuroyar Svímjifelag		238	37.98	+8.13
9	Tórir Olsen	2011 Svímjifelagið Ægir		207	39.79	+9.94
10	Aron Berg Joensen	2009 Havnar Svímjifelag		197	40.44	+10.59
11	Jens Martin Dam	2009 Havnar Svímjifelag		188	41.09	+11.24
12	Terji Kjørbo	2012 Suðuroyar Svímjifelag		182	41.49	+11.64
13	Símun Eliassen	2011 Havnar Svímjifelag		159	43.42	+13.57
14	Andrias Mellempgaard	2009 Havnar Svímjifelag		156	43.73	+13.88
15	Nóa Róason Stakksund	2011 Havnar Svímjifelag		152	44.05	+14.20
16	Fríðálvur Eliassen	2011 Fuglafjarðar Svímjifelag		147	44.61	+14.76

Kapping 36, 50m Rygg Menn - Final

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
17	Elias í Lágabø	2014 Suðuroyar Svímjifelag		136	45.75	+15.90
18	Dávur Eið	2012 Suðuroyar Svímjifelag		129	46.57	+16.72
19	Benjamin Clementsen	2012 Suðuroyar Svímjifelag		106	49.69	+19.84
20	Sævar Strøm	2014 Suðuroyar Svímjifelag		106	49.74	+19.89
21	Jonnhard Winther	2015 Suðuroyar Svímjifelag		88	52.79	+22.94
22	Bragi Bjarnason	2012 Havnar Svímjifelag		87	53.03	+23.18
23	Ian Strøm	2015 Suðuroyar Svímjifelag		73	56.29	+26.44
-	Ábraham Finsson Ellingsgaard	2014 Havnar Svímjifelag			DSQ	
Tjovstartur (startari og yvirdómari skulu vera samdir)						
Kapping almenn: 17.03.2024 14:53:02						

Kapping 37, 4x100m Blandað Kvinnur - Final

Raðf	Navn	Aldur Felag	AQU	Tíð	Munur
1	Svímjifelagið Ægir	19 Svímjifelagið Ægir	462	4:57.91	
	Jonna Joensen	2005	40.08	1:17.50	1:17.50
	Lea Osberg Højsted	2008	41.16	1:19.17	2:36.67
	Róa Trygvadóttir	2008	35.52	1:11.52	3:48.19
	Durita Mohr Askham	2008	35.32	1:09.72	4:57.91
2	Suðuroyar Svímjifelag	15 Suðuroyar Svímjifelag	424	5:06.67	+8.76
	Jórun Winther	2011	37.17	1:16.65	1:16.65
	Talita Johannesen	2010	39.07	1:27.68	2:44.33
	Bjarta í Lágabø	2009	30.14	1:10.57	3:54.90
	Emma Debes	2010	34.02	1:11.77	5:06.67
3	HS Kvinnur	18 Havnar Svímjifelag	247	6:07.13	+1:09.2
	Oddvá Sedeá D. Nattestad	2006	43.17	1:31.57	1:31.57
	India Linnea Bech	2011	52.39	1:52.56	3:24.13
	Halla Háfoss	2009	37.98	1:26.03	4:50.16
	Lilja Sørensen	2011	34.84	1:16.97	6:07.13
Kapping almenn: 17.03.2024 15:08:05					

Kapping 38, 4x100m Blandað Menn - Final

Raðf	Navn	Aldur Felag	AQU	Tíð	Munur
1	HS Menn	21 Havnar Svímjifelag	525	4:16.26	
	Oddvaldur Leivsson	2008	32.51	1:06.81	1:06.81
	Bartal Erlingsson Eidesgaard	2003	32.06	1:09.76	2:16.57
	Áki Eliassen	2006	29.25	1:04.54	3:21.11
	Isak Brisenfeldt	2006	26.45	55.15	4:16.26

Kapping 38, 4x100m Blandað Menn - Final

Raðf	Navn	Aldur	Felag	AQU	Tíð	Munur
2	HS Dreingir		16 Havnar Svímjifelag	231	5:36.57	+1:20.3
	Óli Mikkelsen	2008		31.80	1:06.72	1:06.72
	Aron Berg Joensen	2009		49.46	1:44.09	2:50.81
	Sigbjartur J. Egholm	2009		38.89	1:31.64	4:22.45
	Jens Martin Dam	2009		33.40	1:14.12	5:36.57
3	HS Piltar		15 Havnar Svímjifelag	152	6:27.05	+2:10.7
	Jóhannis í Stórustovu	2011		37.63	1:17.86	1:17.86
	Andrias Mellemgaard	2009		50.12	1:45.21	3:03.07
	Nóa Róason Stakksund	2011		49.17	1:47.03	4:50.10
	Ábraham Finsson Ellingsgaard	2014		45.25	1:36.95	6:27.05
4	Suðuroyar Svímjifelag		19 Suðuroyar Svímjifelag	130	6:48.00	+2:31.7
	Benjamin Clementsen	2012		53.51	1:53.26	1:53.26
	Dávur Eið	2012		55.47	1:56.89	3:50.15
	Terji Kjærbo	2012		47.77	1:47.70	5:37.85
	Teitur Winther	2005		31.82	1:10.15	6:48.00

Kapping almenn: 17.03.2024 15:16:29