

# Úrslit

## Lions Open

Stað: Klaksvíkar svimjihøll  
Hylur: 25m

Fyrirreikari: Ægir  
Stevnudagur: mar 20, 2026 til mar 21, 2026

### Kapping 1, 50m Firvald Kvinnur - Final

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

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Elisabeth Erlendsdóttir	2005 Havnar Svímjifelag		561	29.01	
2	Bjarta í Lágabø	2009 Suðuroyar Svímjifelag		502	30.12	+1.11
3	Mariella Annbrittardóttur Henriks	2010 Havnar Svímjifelag		427	31.79	+2.78
4	Jonna Joensen	2005 Ægir		422	31.91	+2.90
=5	Talita Johannesen	2010 Suðuroyar Svímjifelag		390	32.74	+3.73
=5	Sissal Rógvadóttir	2010 Suðuroyar Svímjifelag		390	32.74	+3.73
7	Lilja Sørensen	2011 Havnar Svímjifelag		352	33.88	+4.87
8	Lilja Strøm Winther	2009 Suðuroyar Svímjifelag		261	37.46	+8.45
9	India Linnea Bech	2011 Havnar Svímjifelag		221	39.55	+10.54
10	Felisia Florinsdóttir	2012 Fuglafjarðar Svímjifelag		210	40.24	+11.23
11	Delaila H. Gregersen	2013 Ægir		201	40.83	+11.82
12	Viktoria Klettskarð	2013 Ægir		155	44.54	+15.53
13	Elisabet Leivsdóttir	2014 Havnar Svímjifelag		141	45.89	+16.88
14	Tóta Sofía Gudmundsen	2014 Suðuroyar Svímjifelag		131	47.12	+18.11
15	Katrina Mc Intosh	2015 Havnar Svímjifelag		126	47.75	+18.74
16	Jonna Steinberg Joensen	2014 Ægir		125	47.81	+18.80
17	Annabella Annbrittardóttur Henrik	2014 Havnar Svímjifelag		106	50.54	+21.53
18	Floria Skoradal á Húsamørk	2015 Svímjeflagið Reysti		102	51.16	+22.15
19	Thorborg Joensen	2014 Havnar Svímjifelag		100	51.50	+22.49
20	Urd Jákupsdóttir	2015 Havnar Svímjifelag		88	53.73	+24.72
21	Lisa Emilsdóttir Hofgaard	2015 Havnar Svímjifelag		84	54.47	+25.46
22	Simona K. á Høvdanum	2016 Svímjeflagið Reysti		70	57.94	+28.93
-	Helena Jacobsen	2015 Svímjeflagið Hellufossur			DSQ	
	SW 4.4. Tjövstartur (startari og yvirdómari skulu vera samdir)					
-	Dorteia Dam	2007 Havnar Svímjifelag			DNS	
-	Lea Osberg Højsted	2008 Ægir			DNS	
-	Noomi Hella Jacobsen	2012 Havnar Svímjifelag			DNS	
-	Jóhanna Ólavsdóttir	2007 Ægir			DNS	

Kapping almenn: 20.03.2026 20:09:06

### Kapping 2, 50m Firvald Menn - Final

FAR 24.63 Ísak Brisenfeldt 2006 Havnar Svímjifelag (FRO) Torshavn (FRO) 12.12.2025  
FAR.JR 24.70 Magnus Jákupsson 1994 Havnar Svímjifelag (DEN) Saint-Dizier (FRA) 18.11.2011

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Bartal Erlingsson Eidesgaard	2003 Havnar Svímjifelag		603	25.23	
2	Óli Mikkelsen	2008 Havnar Svímjifelag		543	26.13	+0.90
3	Fróði Hansen	2008 Ægir		527	26.38	+1.15
4	Jónas Hansen	2002 Svímjeflagið Reysti		461	27.59	+2.36
5	Bárður Ólavsson	2008 Ægir		452	27.78	+2.55
6	Theodor Salter	2011 Havnar Svímjifelag		443	27.96	+2.73
7	Haraldur Mortensen	2010 Suðuroyar Svímjifelag		422	28.41	+3.18
8	Bjarti Ludvig	2006 Suðuroyar Svímjifelag		407	28.75	+3.52



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## Kapping 2, 50m Firvald Menn - Final

Raðf	Navn	Føðia Félag	R.T	AQU	Tíð	Munur
9	Ólavur Winther Jákupsson	2008 Havnar Svímjifelag		396	<b>29.01</b>	+3.78
10	Tórir Olsen	2011 Ægir		368	<b>29.73</b>	+4.50
11	Fríðálvur Eliassen	2011 Fuglafjarðar Svímjifelag		343	<b>30.45</b>	+5.22
12	Teitur Miné Róason	2011 Havnar Svímjifelag		333	<b>30.75</b>	+5.52
13	Benjamin Havn	2011 Ægir		322	<b>31.10</b>	+5.87
14	Dávur Eið	2012 Suðuroyar Svímjifelag		288	<b>32.25</b>	+7.02
15	Terji Kjærbo	2012 Suðuroyar Svímjifelag		281	<b>32.54</b>	+7.31
16	Nóa Róason Stakksund	2011 Havnar Svímjifelag		239	<b>34.31</b>	+9.08
17	Jógvan Vesturtún	2013 Fuglafjarðar Svímjifelag		227	<b>34.93</b>	+9.70
18	Fróði Bárðarson Dahl	2013 Havnar Svímjifelag		211	<b>35.80</b>	+10.57
19	Kian V. Eliassen	2013 Fuglafjarðar Svímjifelag		188	<b>37.18</b>	+11.95
20	Sævar Strøm	2014 Suðuroyar Svímjifelag		185	<b>37.38</b>	+12.15
21	Petur Eli K. á Høvdanum	2015 Svímjifelagið Reysti		177	<b>37.92</b>	+12.69
22	Niels Jacob Thomsen	2014 Suðuroyar Svímjifelag		168	<b>38.57</b>	+13.34
23	Bænadikt Helig Eliassen	2013 Fuglafjarðar Svímjifelag		161	<b>39.17</b>	+13.94
24	Ian Strøm	2015 Suðuroyar Svímjifelag		99	<b>46.08</b>	+20.85
25	Tóki Niklasson Poulsen	2013 Svímjifelagið Flot		90	<b>47.47</b>	+22.24
26	Jonnhard Winther	2015 Suðuroyar Svímjifelag		87	<b>48.06</b>	+22.83
27	Andreas Jansson Poulsen	2015 Svímjifelagið Reysti		85	<b>48.33</b>	+23.10
28	Bjarti Karbech í Hjøllum	2015 Havnar Svímjifelag		83	<b>48.81</b>	+23.58
29	Magni S. Olsen	2013 Svímjifelagið Flot		79	<b>49.49</b>	+24.26
30	Rani í Toft	2016 Ægir		52	<b>56.99</b>	+31.76
	- Edmund Hallson	2013 Ægir			<b>DSQ</b>	
	SW 8.4. Hendurnar ikki samstundis í vegg í vending/mál					
	- Róar Kunoy Im	2016 Ægir			<b>DSQ</b>	
	SW 8.2. Ójavnt armtak					
	- Lukas Finsson Ellingsgaard	2016 Havnar Svímjifelag			<b>DNS</b>	

Kapping almenn: 20.03.2026 20:08:43

## Kapping 3, 200m Blandað Kvinnur - Final

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

Raðf	Navn	Føðia Félag	R.T	AQU	Tíð	Munur
1	Rebekka Róðinsdóttir	2007 Fuglafjarðar Svímjifelag		536	<b>2:29.68</b>	
	50m: 33.09	100m: 1:10.57 (37.48)	150m: 1:55.10 (44.53)	200m: 2:29.68	(34.58)	
	- Dorteia Dam	2007 Havnar Svímjifelag			<b>DNS</b>	
	- Mariella Annbrittardóttur Henriks	2010 Havnar Svímjifelag			<b>DNS</b>	
	- Katrina Mc Intosh	2015 Havnar Svímjifelag			<b>DNS</b>	
	- Mira Sumberg	2014 Havnar Svímjifelag			<b>DNS</b>	

Kapping almenn: 20.03.2026 20:07:57

## Kapping 4, 200m Blandað Menn - Final

FAR	2:01.23	Ísak Brisenfeldt	2006 Havnar Svímjifelag (FRO) Klaksvik (FRO)	07.11.2025
FAR.JR	2:05.26	Magnus Jákupsson	1994 Havnar Svímjifelag (DEN) Thisted (DEN)	25.11.2011

Raðf	Navn	Føðia Félag	R.T	AQU	Tíð	Munur
1	Silas Dam Lindberg	2008 Havnar Svímjifelag		600	<b>2:09.09</b>	
	50m: 27.46	100m: 1:00.48 (33.02)	150m: 1:38.25 (37.77)	200m: 2:09.09	(30.84)	
2	Fríðálvur Eliassen	2011 Fuglafjarðar Svímjifelag		342	<b>2:35.69</b>	+26.60
	50m: 33.53	100m: 1:14.71 (41.18)	150m: 2:01.62 (46.91)	200m: 2:35.69	(34.07)	



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## Kapping 4, 200m Blandað Menn - Final

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
3	<b>Bragi Bjarnason</b>	2012 Havnar Svímjifelag		269	<b>2:48.51</b>	+39.42
	50m: 36.96	100m: 1:19.54 (42.58)	150m: 2:11.34 (51.80)	200m: 2:48.51	(37.17)	
4	<b>Aleks Uadhaw Thomsen</b>	2013 Havnar Svímjifelag		251	<b>2:52.38</b>	+43.29
	50m: 35.99	100m: 1:22.98 (46.99)	150m: 2:12.50 (49.52)	200m: 2:52.38	(39.88)	
5	<b>Petur Eli K. á Høvdanum</b>	2015 Svímjifelagið Reysti		142	<b>3:28.29</b>	+1:19.20
	50m: 47.07	100m: 1:41.71 (54.64)	150m: 2:45.85 (1:04.14)	200m: 3:28.29	(42.44)	
-	<b>Símun Eliassen</b>	2011 Havnar Svímjifelag			<b>DSQ</b>	
	SW 9.4. Svímjigrein var ikki fullførd rætt. (viðmerk hvør svímjigrein)					
-	<b>Óðin Renæsson</b>	2015 Havnar Svímjifelag			<b>DSQ</b>	
	SW 9.1. Skeiv raðfylgja í svímjigreinum (rætt: firvald, rygg, bringa, frí)					

Kapping almenn: 20.03.2026 20:07:50

## Kapping 5, 100m Frí Kvinnur - Final

FAR 56.21 Vár Erlingsdóttir Eidesga 2001 Havnar Svímjifelag (FRO) Melbourne (AUS) 14.12.2022  
 FAR.JR 56.98 Vár Erlingsdóttir Eidesga 2001 Havnar Svímjifelag (FRO) Reykjavík (ISL) 02.12.2017

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	<b>Lea Osberg Højsted</b>	2008 Ægir		650	<b>57.98</b>	
	50m: 27.67	100m: 57.98 (30.31)				
2	<b>Jórun Winther</b>	2011 Suðuroyar Svímjifelag		554	<b>1:01.16</b>	+3.18
	50m: 28.92	100m: 1:01.16 (32.24)				
3	<b>Durita Mohr Askham</b>	2008 Ægir		489	<b>1:03.78</b>	+5.80
	50m: 30.43	100m: 1:03.78 (33.35)				
4	<b>Emma Debes</b>	2010 Suðuroyar Svímjifelag		483	<b>1:04.04</b>	+6.06
	50m: 30.18	100m: 1:04.04 (33.86)				
5	<b>Jóhanna Ólavsdóttir</b>	2007 Ægir		480	<b>1:04.16</b>	+6.18
	50m: 29.85	100m: 1:04.16 (34.31)				
6	<b>Sirið Vesturtún</b>	2011 Fuglafjarðar Svímjifelag		459	<b>1:05.14</b>	+7.16
	50m: 30.34	100m: 1:05.14 (34.80)				
7	<b>Lilja Sørensen</b>	2011 Havnar Svímjifelag		381	<b>1:09.27</b>	+11.29
	50m: 33.16	100m: 1:09.27 (36.11)				
8	<b>Lea í Trøðini</b>	2011 Suðuroyar Svímjifelag		368	<b>1:10.07</b>	+12.09
	50m: 33.13	100m: 1:10.07 (36.94)				
9	<b>Sólfríð H. Johannessen</b>	2013 Ægir		360	<b>1:10.63</b>	+12.65
	50m: 33.70	100m: 1:10.63 (36.93)				
10	<b>Rakul J Højbro</b>	2011 Fuglafjarðar Svímjifelag		345	<b>1:11.58</b>	+13.60
	50m: 34.34	100m: 1:11.58 (37.24)				
11	<b>India Linnea Bech</b>	2011 Havnar Svímjifelag		311	<b>1:14.10</b>	+16.12
	50m: 35.30	100m: 1:14.10 (38.80)				
12	<b>Jonni B. Danielsen</b>	2011 Svímjifelagið Flot		308	<b>1:14.40</b>	+16.42
	50m: 34.58	100m: 1:14.40 (39.82)				
13	<b>Randi Brim Hvidbro</b>	2012 Ægir		303	<b>1:14.80</b>	+16.82
	50m: 35.47	100m: 1:14.80 (39.33)				
14	<b>Felisia Florinsdóttir</b>	2012 Fuglafjarðar Svímjifelag		284	<b>1:16.42</b>	+18.44
	50m: 36.70	100m: 1:16.42 (39.72)				
15	<b>Delaila H. Gregersen</b>	2013 Ægir		279	<b>1:16.86</b>	+18.88
	50m: 37.12	100m: 1:16.86 (39.74)				
16	<b>Hanna Lilja Jacobsen</b>	2015 Ægir		265	<b>1:18.17</b>	+20.19
	50m: 37.06	100m: 1:18.17 (41.11)				
17	<b>Elisabet Leivsdóttir</b>	2014 Havnar Svímjifelag		255	<b>1:19.21</b>	+21.23
	50m: 36.36	100m: 1:19.21 (42.85)				
18	<b>Durita Davidsen</b>	2011 Ægir		250	<b>1:19.67</b>	+21.69
	50m: 37.21	100m: 1:19.67 (42.46)				
19	<b>Viktoria Klettskarð</b>	2013 Ægir		248	<b>1:19.95</b>	+21.97
	50m: 38.52	100m: 1:19.95 (41.43)				
20	<b>Tabita Vón Ebbadóttir</b>	2013 Ægir		224	<b>1:22.72</b>	+24.74
	50m: 38.36	100m: 1:22.72 (44.36)				



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## Kapping 5, 100m Frí Kvinnur - Final

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
21	Jonna Steinberg Joensen	2014 Ægir		223	1:22.83	+24.85
	50m: 38.80	100m: 1:22.83 (44.03)				
22	Thorborg Joensen	2014 Havnar Svímjifelag		208	1:24.77	+26.79
	50m: 38.14	100m: 1:24.77 (46.63)				
23	Tóta Sofía Gudmundsen	2014 Suðuroyar Svímjifelag		205	1:25.09	+27.11
	50m: 39.45	100m: 1:25.09 (45.64)				
24	Urd Jákupsdóttir	2015 Havnar Svímjifelag		197	1:26.30	+28.32
	50m: 40.49	100m: 1:26.30 (45.81)				
25	Anna K. Lydersen	2013 Ægir		189	1:27.43	+29.45
	50m: 42.67	100m: 1:27.43 (44.76)				
26	Annabella Annbrittardóttir	2014 Havnar Svímjifelag		180	1:28.91	+30.93
	50m: 41.02	100m: 1:28.91 (47.89)				
27	Karita Tórðardóttir	2013 Suðuroyar Svímjifelag		177	1:29.37	+31.39
	50m: 41.08	100m: 1:29.37 (48.29)				
28	Helena Jacobsen	2015 Svímjifelagið Hellufossur		159	1:32.57	+34.59
	50m: 43.97	100m: 1:32.57 (48.60)				
29	Abigail V. Christiansen	2014 Svímjifelagið Hellufossur		156	1:33.17	+35.19
	50m: 44.12	100m: 1:33.17 (49.05)				
30	Mira Sumberg	2014 Havnar Svímjifelag		149	1:34.59	+36.61
	50m: 43.04	100m: 1:34.59 (51.55)				
31	Laura Marquardt	2015 Svímjifelagið Hellufossur		143	1:35.92	+37.94
	50m: 44.19	100m: 1:35.92 (51.73)				
32	Lisa Emilsdóttir Hofgaard	2015 Havnar Svímjifelag		138	1:37.14	+39.16
	50m: 44.31	100m: 1:37.14 (52.83)				
33	Hanna Højbro	2014 Ægir		129	1:39.37	+41.39
	50m: 46.34	100m: 1:39.37 (53.03)				
34	Simona K. á Høvdanum	2016 Svímjifelagið Reysti		122	1:41.26	+43.28
	50m: 48.60	100m: 1:41.26 (52.66)				
35	Floria Skoradal á Húsamørk	2015 Svímjifelagið Reysti		119	1:42.16	+44.18
	50m: 47.49	100m: 1:42.16 (54.67)				
36	Sváva Klein Steinsdóttir	2016 Svímjifelagið Reysti		96	1:49.61	+51.63
	50m: 48.74	100m: 1:49.61 (1:00.87)				
37	Guðrun Fornagarð	2013 Suðuroyar Svímjifelag		84	1:54.63	+56.65
	50m: 52.15	100m: 1:54.63 (1:02.48)				
38	Ingrid M. Midjord	2016 Svímjifelagið Hellufossur		78	1:57.29	+59.31
	50m: 51.51	100m: 1:57.29 (1:05.78)				
39	Poula Madsen	2017 Svímjifelagið Hellufossur		65	2:04.75	+1:06.77
		100m: 2:04.75 (2:04.75)				
40	Emilia G. Madsen	2015 Svímjifelagið Hellufossur		41	2:25.11	+1:27.13
	50m: 1:07.94	100m: 2:25.11 (1:17.17)				
41	Estrid T. Sámalsdóttir	2017 Svímjifelagið Hellufossur		34	2:34.41	+1:36.43
	50m: 1:02.77	100m: 2:34.41 (1:31.64)				
42	Saranja S. Dam	2017 Svímjifelagið Hellufossur		21	3:01.98	+2:04.00
	50m: 1:21.50	100m: 3:01.98 (1:40.48)				
-	Julia Eik Simonsen	2017 Svímjifelagið Hellufossur			DSQ	
	SW 10.5. Gekk ella setti av á botni					
-	Røskvá Rún Bjarnadóttir	2015 Havnar Svímjifelag			DNS	
-	Sylvia Í Køk	2018 Svímjifelagið Hellufossur			DNS	
-	Noomi Hella Jacobsen	2012 Havnar Svímjifelag			DNS	

Kapping almenn: 20.03.2026 20:27:32

## Kapping 6, 100m Frí Menn - Final

FAR	49.27	Bartal Erlingsson Eidesg	2003 Havnar Svímjifelag (FRO)	Kirkwall (GBR)	16.07.2025	
FAR.JR	50.43	Ísak Brisenfeldt	2006 Havnar Svímjifelag (FRO)	Torshavn (FRO)	08.11.2024	
Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur



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## Kapping 6, 100m Frí Menn - Final

Raðf	Navn	Føðia Félag	R.T	AQU	Tíð	Munur
1	Heini Mohr Askham 50m: 24.85	2006 Ægir 100m: 51.47 (26.62)		661	51.47	
2	Óli Mikkelsen 50m: 26.15	2008 Havnar Svímjifelag 100m: 54.94 (28.79)		543	54.94	+3.47
3	Bárður Ólavsson 50m: 27.04	2008 Ægir 100m: 55.75 (28.71)		520	55.75	+4.28
4	Tórir Olsen 50m: 27.14	2011 Ægir 100m: 56.16 (29.02)		508	56.16	+4.69
5	Haraldur Mortensen 50m: 27.79	2010 Suðuroyar Svímjifelag 100m: 56.84 (29.05)		490	56.84	+5.37
6	Theodor Salter 50m: 27.36	2011 Havnar Svímjifelag 100m: 56.93 (29.57)		488	56.93	+5.46
7	Ólavur Winther Jákupsson 50m: 28.00	2008 Havnar Svímjifelag 100m: 57.79 (29.79)		467	57.79	+6.32
8	Benjamin Havn 50m: 28.77	2011 Ægir 100m: 1:00.27 (31.50)		411	1:00.27	+8.80
9	Fríðálvur Eliassen 50m: 30.32	2011 Fuglafjarðar Svímjifelag 100m: 1:01.53 (31.21)		387	1:01.53	+10.06
10	Nóa Róason Stakksund 50m: 30.23	2011 Havnar Svímjifelag 100m: 1:01.93 (31.70)		379	1:01.93	+10.46
11	Teitur Miné Róason 50m: 29.53	2011 Havnar Svímjifelag 100m: 1:03.08 (33.55)		359	1:03.08	+11.61
12	Jónatan Samuelsen 50m: 29.89	2010 Havnar Svímjifelag 100m: 1:03.17 (33.28)		357	1:03.17	+11.70
13	Dávur Eið 50m: 30.56	2012 Suðuroyar Svímjifelag 100m: 1:04.11 (33.55)		342	1:04.11	+12.64
14	Terji Kjærbo 50m: 31.27	2012 Suðuroyar Svímjifelag 100m: 1:05.80 (34.53)		316	1:05.80	+14.33
15	Jógvan Vesturtún 50m: 31.22	2013 Fuglafjarðar Svímjifelag 100m: 1:05.89 (34.67)		315	1:05.89	+14.42
16	Fróði Bárðarson Dahl 50m: 31.60	2013 Havnar Svímjifelag 100m: 1:07.77 (36.17)		289	1:07.77	+16.30
17	Andrias Mellemgard 50m: 33.43	S9 2009 Havnar Svímjifelag 100m: 1:10.35 (36.92)		258	1:10.35	+18.88
18	Elias Í Lágabø 50m: 33.55	2014 Suðuroyar Svímjifelag 100m: 1:11.21 (37.66)		249	1:11.21	+19.74
19	Kian V. Eliassen 50m: 34.31	2013 Fuglafjarðar Svímjifelag 100m: 1:12.02 (37.71)		241	1:12.02	+20.55
20	Sævar Strøm 50m: 34.31	2014 Suðuroyar Svímjifelag 100m: 1:15.68 (41.37)		207	1:15.68	+24.21
21	Bænadikt Helig Eliassen 50m: 36.22	2013 Fuglafjarðar Svímjifelag 100m: 1:15.74 (39.52)		207	1:15.74	+24.27
22	Petur Eli K. á Høvdanum 50m: 36.79	2015 Svímjifelagið Reysti 100m: 1:16.08 (39.29)		204	1:16.08	+24.61
23	Niels Jacob Thomsen 50m: 37.56	2014 Suðuroyar Svímjifelag 100m: 1:18.75 (41.19)		184	1:18.75	+27.28
24	Tóki Niklasson Poulsen 50m: 36.83	2013 Svímjifelagið Flot 100m: 1:20.34 (43.51)		173	1:20.34	+28.87
25	Jonnhard Winther 50m: 39.28	2015 Suðuroyar Svímjifelag 100m: 1:22.36 (43.08)		161	1:22.36	+30.89
26	Ian Strøm 50m: 38.39	2015 Suðuroyar Svímjifelag 100m: 1:22.77 (44.38)		158	1:22.77	+31.30
27	Bárður Rógvason 50m: 40.38	2013 Suðuroyar Svímjifelag 100m: 1:25.37 (44.99)		144	1:25.37	+33.90
28	Petur Óli Midjord 50m: 40.38	2014 Svímjifelagið Hellufossur 100m: 1:28.26 (1:28.26)		131	1:28.26	+36.79



# Úrslit

## Kapping 6, 100m Frí Menn - Final

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
29	Magni S. Olsen	2013 Svímjifelagið Flot		129	1:28.72	+37.25
	50m: 42.49	100m: 1:28.72 (46.23)				
30	Andreas Jansson Poulsen	2015 Svímjifelagið Reysti		115	1:32.03	+40.56
	50m: 43.37	100m: 1:32.03 (48.66)				
31	Bjarti Karbech í Hjøllum	2015 Havnar Svímjifelag		115	1:32.06	+40.59
	50m: 43.27	100m: 1:32.06 (48.79)				
32	Óðin Renésson	2015 Havnar Svímjifelag		111	1:33.14	+41.67
	50m: 45.07	100m: 1:33.14 (48.07)				
33	Sofus Rúnason Johannesen	2012 Havnar Svímjifelag		95	1:38.09	+46.62
	50m: 44.69	100m: 1:38.09 (53.40)				
34	Kári Høgnason	2016 Svímjifelagið Hellufossur		66	1:50.63	+59.16
	50m: 49.59	100m: 1:50.63 (1:01.04)				
35	Jóel í Køk	2016 Svímjifelagið Hellufossur		57	1:56.10	+1:04.63
	50m: 50.43	100m: 1:56.10 (1:05.67)				
36	Benjamin D. Kristiansen	2015 Svímjifelagið Hellufossur		32	2:21.21	+1:29.74
	50m: 1:01.09	100m: 2:21.21 (1:20.12)				
37	Nóa Zachariassen	2016 Svímjifelagið Hellufossur		15	3:01.45	+2:09.98
	50m: 58.46	100m: 3:01.45 (2:02.99)				
	- Lukas Finsson Ellingsgaard	2016 Havnar Svímjifelag			DNS	
	- Markus í Køk	2012 Svímjifelagið Hellufossur			DNS	
	- Kristian Winther	2014 Havnar Svímjifelag			DNS	
	- Boas Zachariassen	2014 Havnar Svímjifelag			DNS	

Kapping almenn: 20.03.2026 20:41:06

## Kapping 7, 200m Rygg Kvinnur - Final

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

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Jórun Winther	2011 Suðuroyar Svímjifelag		443	2:34.82	
	50m: 36.03	100m: 1:14.79 (38.76)	150m: 1:55.13 (40.34)	200m: 2:34.82 (39.69)		
2	Rakul J Højbro	2011 Fuglafjarðar Svímjifelag		279	3:00.62	+25.80
	50m: 43.73	100m: 1:29.25 (45.52)	150m: 2:16.49 (47.24)	200m: 3:00.62 (44.13)		
3	Randi Brim Hvidbro	2012 Ægir		248	3:07.66	+32.84
	50m: 44.03	100m: 1:30.88 (46.85)	150m: 2:18.70 (47.82)	200m: 3:07.66 (48.96)		
4	Hanna Lilja Jacobsen	2015 Ægir		203	3:20.84	+46.02
	50m: 47.41	100m: 1:39.78 (52.37)	150m: 2:31.74 (51.96)	200m: 3:20.84 (49.10)		
5	Abigail V. Christiansen	2014 Svímjifelagið Hellufossur		107	4:08.28	+1:33.46
	50m: 57.66	100m: 2:02.55 (1:04.89)	150m: 3:08.09 (1:05.54)	200m: 4:08.28 (1:00.19)		
6	Laura Marquardt	2015 Svímjifelagið Hellufossur		95	4:18.64	+1:43.82
	50m: 1:01.14	100m: 2:07.97 (1:06.83)	150m: 3:17.68 (1:09.71)	200m: 4:18.64 (1:00.96)		
7	Ingrid M. Midjord	2016 Svímjifelagið Hellufossur		85	4:28.34	+1:53.52
	50m: 1:02.84	100m: 2:12.78 (1:09.94)	150m: 3:20.09 (1:07.31)	200m: 4:28.34 (1:08.25)		
	- Dorte Dam	2007 Havnar Svímjifelag			DNS	

Kapping almenn: 20.03.2026 21:03:56

## Kapping 8, 200m Rygg Menn - Final

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

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Silas Dam Lindberg	2008 Havnar Svímjifelag		505	2:12.58	
	50m: 31.08	100m: 1:04.87 (33.79)	150m: 1:38.73 (33.86)	200m: 2:12.58 (33.85)		
2	Terji Kjærbo	2012 Suðuroyar Svímjifelag		258	2:45.90	+33.32
	50m: 37.66	100m: 1:20.40 (42.74)	150m: 2:03.28 (42.88)	200m: 2:45.90 (42.62)		
3	Bragi Bjarnason	2012 Havnar Svímjifelag		248	2:48.12	+35.54
	50m: 39.72	100m: 1:22.80 (43.08)	150m: 2:05.93 (43.13)	200m: 2:48.12 (42.19)		



# Úrslit

## Kapping 8, 200m Rygg Menn - Final

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
4	Elias Í Lágabø 50m: 44.41	2014 Suðuroyar Svímjifelag 100m: 1:32.31 (47.90) 150m: 2:19.41 (47.10)		190	<b>3:03.55</b>	+50.97 (44.14)
5	Jonnhard Winther 50m: 48.87	2015 Suðuroyar Svímjifelag 100m: 1:42.06 (53.19) 150m: 2:34.87 (52.81)		140	<b>3:23.16</b>	+1:10.58 (48.29)
6	Bárður Rógvason 50m: 48.47	2013 Suðuroyar Svímjifelag 100m: 1:41.20 (52.73) 150m: 2:34.29 (53.09)		138	<b>3:23.94</b>	+1:11.36 (49.65)
7	Petur Óli Midjord 50m: 54.38	2014 Svímjifelagið Hellufossur 100m: 1:51.32 (56.94) 150m: 2:53.63 (1:02.31)		97	<b>3:49.21</b>	+1:36.63 (55.58)
8	Kári Høgnason 50m: 1:03.58	2016 Svímjifelagið Hellufossur 100m: 2:13.42 (1:09.84) 150m: 3:22.98 (1:09.56)		60	<b>4:29.02</b>	+2:16.44 (1:06.04)
-	Markus Í Køk	2012 Svímjifelagið Hellufossur			<b>DNS</b>	

Kapping almenn: 20.03.2026 21:13:14

## Kapping 9, 50m Bringu Kvinnur - Final

FAR	32.11	Lea Osberg Højsted	2008 Ægir Klaksvik (FRO)	Klaksvik (FRO)	07.11.2025
FAR.JR	32.11	Lea Osberg Højsted	2008 Ægir Klaksvik (FRO)	Klaksvik (FRO)	07.11.2025

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Lea Osberg Højsted	2008 Ægir		681	<b>32.24</b>	
2	Sissal Rógvadóttir	2010 Suðuroyar Svímjifelag		549	<b>34.64</b>	+2.40
3	Rebekka Róðinsdóttir	2007 Fuglafjarðar Svímjifelag		484	<b>36.12</b>	+3.88
4	Emma Debes	2010 Suðuroyar Svímjifelag		471	<b>36.44</b>	+4.20
5	Sirið Vesturtún	2011 Fuglafjarðar Svímjifelag		425	<b>37.73</b>	+5.49
6	Mariella Annbrittardóttur Henriks	2010 Havnar Svímjifelag		416	<b>38.00</b>	+5.76
7	Durita Mohr Askham	2008 Ægir		411	<b>38.15</b>	+5.91
8	Talita Johannesen	2010 Suðuroyar Svímjifelag		408	<b>38.24</b>	+6.00
9	Bjarta í Lágabø	2009 Suðuroyar Svímjifelag		359	<b>39.91</b>	+7.67
10	India Linnea Bech	2011 Havnar Svímjifelag		295	<b>42.57</b>	+10.33
11	Rakul J Højbro	2011 Fuglafjarðar Svímjifelag		294	<b>42.65</b>	+10.41
12	Lilja Strøm Winther	2009 Suðuroyar Svímjifelag		285	<b>43.06</b>	+10.82
13	Felisia Florinsdóttir	2012 Fuglafjarðar Svímjifelag		280	<b>43.34</b>	+11.10
14	Sára Thomsen	2005 Svímjifelagið Reysti		260	<b>44.41</b>	+12.17
15	Delaila H. Gregersen	2013 Ægir		237	<b>45.80</b>	+13.56
16	Sólfríð H. Johannessen	2013 Ægir		236	<b>45.88</b>	+13.64
17	Jonni B. Danielsen	2011 Svímjifelagið Flot		234	<b>45.99</b>	+13.75
18	Elisabet Leivsdóttir	2014 Havnar Svímjifelag		195	<b>48.88</b>	+16.64
19	Tabita Vón Ebbadóttir	2013 Ægir		186	<b>49.69</b>	+17.45
20	Urd Jákupsdóttir	2015 Havnar Svímjifelag		164	<b>51.82</b>	+19.58
21	Katrina Mc Intosh	2015 Havnar Svímjifelag		156	<b>52.64</b>	+20.40
22	Viktoria Klettskarð	2013 Ægir		149	<b>53.43</b>	+21.19
23	Karita Tórðardóttir	2013 Suðuroyar Svímjifelag		148	<b>53.57</b>	+21.33
24	Annabella Annbrittardóttur Henrik	2014 Havnar Svímjifelag		142	<b>54.34</b>	+22.10
25	Abigail V. Christiansen	2014 Svímjifelagið Hellufossur		134	<b>55.44</b>	+23.20
26	Floria Skoradal á Húsamørk	2015 Svímjifelagið Reysti		114	<b>58.46</b>	+26.22
27	Tóta Sofia Gudmundsen	2014 Suðuroyar Svímjifelag		112	<b>58.78</b>	+26.54
28	Hanna Højbro	2014 Ægir		111	<b>58.92</b>	+26.68
29	Mira Sumberg	2014 Havnar Svímjifelag		108	<b>59.43</b>	+27.19
30	Thorborg Joensen	2014 Havnar Svímjifelag		101	<b>1:00.79</b>	+28.55
31	Lisa Emilsdóttir Hofgaard	2015 Havnar Svímjifelag		98	<b>1:01.43</b>	+29.19
32	Simona K. á Høvdanum	2016 Svímjifelagið Reysti		92	<b>1:02.69</b>	+30.45



# Úrslit

## Kapping 9, 50m Bringu Kvinnur - Final

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
33	Laura Marquardt	2015 Svímjifelagið Hellufossur		90	<b>1:03.14</b>	+30.90
34	Helena Jacobsen	2015 Svímjifelagið Hellufossur		72	<b>1:07.90</b>	+35.66
35	Sváva Klein Steinsdóttir	2016 Svímjifelagið Reysti		69	<b>1:08.93</b>	+36.69
36	Emilia G. Madsen	2015 Svímjifelagið Hellufossur		67	<b>1:09.62</b>	+37.38
37	Guðrun Fornagarð	2013 Suðuroyar Svímjifelag		62	<b>1:11.30</b>	+39.06
38	Ingrid M. Midjord	2016 Svímjifelagið Hellufossur		61	<b>1:11.88</b>	+39.64
	- Anna K. Lydersen	2013 Ægir			<b>DSQ</b>	
	SW 4.4. Tjovstartur (startari og yvirdómari skulu vera samdir)					
	- Poula Madsen	2017 Svímjifelagið Hellufossur			<b>DSQ</b>	
	SW 7.3. Armar aftur um mjadnar (tó ikki fyrsta tak eftir start, vend)					
	- Sylvia í Køk	2018 Svímjifelagið Hellufossur			<b>DNS</b>	
	- Noomi Hella Jacobsen	2012 Havnar Svímjifelag			<b>DNS</b>	
	- Estrid T. Sámalsdóttir	2017 Svímjifelagið Hellufossur			<b>DNS</b>	

Kapping almenn: 20.03.2026 21:26:44

## Kapping 10, 50m Bringu Menn - Final

FAR 27.83 Bartal Erlingsson Eidesg 2003 Havnar Svímjifelag (FRO) Kirkwall (GBR) 15.07.2025  
 FAR.JR 29.00 Róland Toftum 1998 Suðuroyar Svímjifelag (FR Torshavn (FRO) 18.09.2016

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Heini Mohr Askham	2006 Ægir		608	<b>29.45</b>	
2	Fróði Hansen	2008 Ægir		578	<b>29.95</b>	+0.50
3	Jón Hofgaard	1992 Suðuroyar Svímjifelag		561	<b>30.25</b>	+0.80
4	Nóa Róason Stakksund	2011 Havnar Svímjifelag		322	<b>36.37</b>	+6.92
5	Dávur Eið	2012 Suðuroyar Svímjifelag		279	<b>38.15</b>	+8.70
6	Aleks Uadhaw Thomsen	2013 Havnar Svímjifelag		261	<b>39.02</b>	+9.57
7	Jónatan Samuelson	2010 Havnar Svímjifelag		245	<b>39.85</b>	+10.40
8	Andrias Mellemggaard	SB9 2009 Havnar Svímjifelag		231	<b>40.61</b>	+11.16
9	Fróði Bárðarson Dahl	2013 Havnar Svímjifelag		212	<b>41.80</b>	+12.35
10	Jógvan Vesturtún	2013 Fuglafjarðar Svímjifelag		199	<b>42.68</b>	+13.23
11	Sævar Strøm	2014 Suðuroyar Svímjifelag		198	<b>42.74</b>	+13.29
12	Kian V. Eliassen	2013 Fuglafjarðar Svímjifelag		196	<b>42.88</b>	+13.43
13	Elias í Lágabø	2014 Suðuroyar Svímjifelag		167	<b>45.22</b>	+15.77
14	Niels Jacob Thomsen	2014 Suðuroyar Svímjifelag		140	<b>47.94</b>	+18.49
15	Bænadikt Helig Eliassen	2013 Fuglafjarðar Svímjifelag		138	<b>48.17</b>	+18.72
16	Ian Strøm	2015 Suðuroyar Svímjifelag		131	<b>49.09</b>	+19.64
17	Andreas Jansson Poulsen	2015 Svímjifelagið Reysti		124	<b>50.00</b>	+20.55
18	Bjarti Karbech í Hjøllum	2015 Havnar Svímjifelag		112	<b>51.64</b>	+22.19
19	Bárður Rógvason	2013 Suðuroyar Svímjifelag		109	<b>52.19</b>	+22.74
20	Petur Eli K. á Høvdanum	2015 Svímjifelagið Reysti		108	<b>52.35</b>	+22.90
21	Tóki Niklasson Poulsen	2013 Svímjifelagið Flot		105	<b>52.81</b>	+23.36
22	Óðin Renésson	2015 Havnar Svímjifelag		89	<b>55.83</b>	+26.38
23	Petur Óli Midjord	2014 Svímjifelagið Hellufossur		84	<b>56.79</b>	+27.34
24	Sofus Rúnason Johannesen	2012 Havnar Svímjifelag		81	<b>57.58</b>	+28.13
25	Magni S. Olsen	2013 Svímjifelagið Flot		70	<b>1:00.50</b>	+31.05
26	Benjamin D. Kristiansen	2015 Svímjifelagið Hellufossur		43	<b>1:10.82</b>	+41.37
27	Jóel í Køk	2016 Svímjifelagið Hellufossur		36	<b>1:15.14</b>	+45.69



# Úrslit

## Kapping 10, 50m Bringu Menn - Final

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
-	Kári Høgnason	2016 Svímjifelagið Hellufossur			DSQ	
SW 7.3. Armar aftur um mjadnar (tó ikki fyrsta tak eftir start, vend)						
-	Símun Eliassen	2011 Havnar Svímjifelag			DNS	
-	Lukas Finsson Ellingsgaard	2016 Havnar Svímjifelag			DNS	
-	Markus Í Køk	2012 Svímjifelagið Hellufossur			DNS	
-	Rani í Toft	2016 Ægir			DNS	
-	Kristian Winther	2014 Havnar Svímjifelag			DNS	
-	Boas Zachariassen	2014 Havnar Svímjifelag			DNS	
-	Nóa Zachariassen	2016 Svímjifelagið Hellufossur			DNS	

Kapping almenn: 20.03.2026 21:56:43

## Kapping 12, 200m Firvald Menn - Final

FAR 1:59.01 Ísak Brisenfeldt 2006 Havnar Svímjifelag (FRO) Reykjavik (ISL) 29.11.2025  
FAR.JR 1:59.39 Ísak Brisenfeldt 2006 Havnar Svímjifelag (FRO) Vejle (DEN) 02.12.2024

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Bárður Ólavsson	2008 Ægir		551	2:10.31	
	50m: 29.08	100m: 1:02.15 (33.07)	150m: 1:36.13 (33.98)	200m: 2:10.31	(34.18)	
2	Theodor Salter	2011 Havnar Svímjifelag		377	2:27.83	+17.52
	50m: 31.83	100m: 1:08.61 (36.78)	150m: 1:47.50 (38.89)	200m: 2:27.83	(40.33)	
3	Fríðálvur Eliassen	2011 Fuglafjarðar Svímjifelag		323	2:35.58	+25.27
	50m: 33.85	100m: 1:13.83 (39.98)	150m: 1:54.23 (40.40)	200m: 2:35.58	(41.35)	
-	Silas Dam Lindberg	2008 Havnar Svímjifelag			DNS	

Kapping almenn: 21.03.2026 09:04:41

## Kapping 13, 100m Bringu Kvinnur - Final

FAR 1:08.89 Lea Osberg Højsted 2008 Ægir Klaksvik (FRO) Klaksvik (FRO) 08.11.2025  
FAR.JR 1:08.89 Lea Osberg Højsted 2008 Ægir Klaksvik (FRO) Klaksvik (FRO) 08.11.2025

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Lea Osberg Højsted	2008 Ægir		683	1:10.78	
	50m: 33.10	100m: 1:10.78 (37.68)				
2	Sissal Rógvadóttir	2010 Suðuroyar Svímjifelag		522	1:17.40	+6.62
	50m: 35.87	100m: 1:17.40 (41.53)				
3	Emma Debes	2010 Suðuroyar Svímjifelag		430	1:22.60	+11.82
	50m: 39.20	100m: 1:22.60 (43.40)				
4	Mariella Annbrittardóttur Henriks	2010 Havnar Svímjifelag		386	1:25.61	+14.83
	50m: 40.03	100m: 1:25.61 (45.58)				
5	Sirið Vesturtún	2011 Fuglafjarðar Svímjifelag		383	1:25.81	+15.03
	50m: 39.52	100m: 1:25.81 (46.29)				
6	India Linnea Bech	2011 Havnar Svímjifelag		316	1:31.49	+20.71
	50m: 43.28	100m: 1:31.49 (48.21)				
7	Rakul J Højbro	2011 Fuglafjarðar Svímjifelag		277	1:35.63	+24.85
	50m: 46.36	100m: 1:35.63 (49.27)				
8	Delaila H. Gregersen	2013 Ægir		235	1:40.93	+30.15
	50m: 47.84	100m: 1:40.93 (53.09)				
9	Elisabet Leivsdóttir	2014 Havnar Svímjifelag		194	1:47.61	+36.83
	50m: 50.12	100m: 1:47.61 (57.49)				
10	Tabita Vón Ebbadóttir	2013 Ægir		183	1:49.81	+39.03
	50m: 52.13	100m: 1:49.81 (57.68)				
11	Urd Jákupsdóttir	2015 Havnar Svímjifelag		174	1:51.53	+40.75
	50m: 51.02	100m: 1:51.53 (1:00.51)				
12	Katrina Mc Intosh	2015 Havnar Svímjifelag		172	1:51.97	+41.19
	50m: 51.55	100m: 1:51.97 (1:00.42)				
13	Annabella Annbrittardóttur Henrik	2014 Havnar Svímjifelag		152	1:56.75	+45.97
	50m: 53.83	100m: 1:56.75 (1:02.92)				



# Úrslit

## Kapping 13, 100m Bringu Kvinnur - Final

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
14	Karita Tórðardóttir 50m: 55.29	2013 Suðuroyar Svímjifelag 100m: 1:57.37 (1:02.08)		149	1:57.37	+46.59
15	Anna K. Lydersen 50m: 55.37	2013 Ægir 100m: 1:58.66 (1:03.29)		145	1:58.66	+47.88
16	Ingeborg Vinther 50m: 54.56	2015 Suðuroyar Svímjifelag 100m: 2:00.95 (1:06.39)		137	2:00.95	+50.17
17	Floria Skoradal á Húsamørk 50m: 58.52	2015 Svímjifelagið Reysti 100m: 2:05.72 (1:07.20)		122	2:05.72	+54.94
18	Simona K. á Høvdanum 50m: 1:01.38	2016 Svímjifelagið Reysti 100m: 2:14.03 (1:12.65)		100	2:14.03	+1:03.25
19	Mira Sumberg 50m: 1:01.70	2014 Havnar Svímjifelag 100m: 2:14.14 (1:12.44)		100	2:14.14	+1:03.36
20	Ingrid M. Midjord 50m: 1:12.17	2016 Svímjifelagið Hellufossur 100m: 2:42.85 (1:30.68)		56	2:42.85	+1:32.07
-	Røskvá Rún Bjarnadóttir	2015 Havnar Svímjifelag			DNS	
-	Jonni B. Danielsen	2011 Svímjifelagið Flot			DNS	
-	Felisia Florinsdóttir	2012 Fuglafjarðar Svímjifelag			DNS	
-	Helena Jacobsen	2015 Svímjifelagið Hellufossur			DNS	

Kapping almenn: 21.03.2026 09:17:30

## Kapping 14, 100m Bringu Menn - Final

FAR 1:00.51 Bartal Erlingsson Eidesg 2003 Havnar Svímjifelag (FRO) Kirkwall (GBR) 14.07.2025  
 FAR.JR 1:03.43 Róland Toftum 1998 Suðuroyar Svímjifelag (FR) Torshavn (FRO) 19.09.2016

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Fróði Hansen 50m: 30.58	2008 Ægir 100m: 1:05.18 (34.60)		610	1:05.18	
2	Dávur Eið 50m: 38.40	2012 Suðuroyar Svímjifelag 100m: 1:23.03 (44.63)		295	1:23.03	+17.85
3	Aleks Uadhaw Thomsen 50m: 40.62	2013 Havnar Svímjifelag 100m: 1:27.54 (46.92)		251	1:27.54	+22.36
4	Andrias Mellemgard 50m: 42.03	SB9 2009 Havnar Svímjifelag 100m: 1:29.69 (47.66)		234	1:29.69	+24.51
5	Fróði Bárðarson Dahl 50m: 42.51	2013 Havnar Svímjifelag 100m: 1:30.85 (48.34)		225	1:30.85	+25.67
6	Jógvan Vesturtún 50m: 43.28	2013 Fuglafjarðar Svímjifelag 100m: 1:31.73 (48.45)		218	1:31.73	+26.55
7	Nóa Róason Stakksund 50m: 41.82	2011 Havnar Svímjifelag 100m: 1:31.98 (50.16)		217	1:31.98	+26.80
8	Kian V. Eliassen 50m: 45.60	2013 Fuglafjarðar Svímjifelag 100m: 1:36.84 (51.24)		186	1:36.84	+31.66
9	Elias Í Lágabø 50m: 45.95	2014 Suðuroyar Svímjifelag 100m: 1:37.21 (51.26)		183	1:37.21	+32.03
10	Bjarti Karbech í Hjøllum 50m: 51.22	2015 Havnar Svímjifelag 100m: 1:49.59 (58.37)		128	1:49.59	+44.41
11	Niels Jacob Thomsen 50m: 51.57	2014 Suðuroyar Svímjifelag 100m: 1:50.84 (59.27)		124	1:50.84	+45.66
12	Andreas Jansson Poulsen 50m: 53.47	2015 Svímjifelagið Reysti 100m: 1:51.42 (57.95)		122	1:51.42	+46.24
13	Petur Óli Midjord 50m: 54.24	2014 Svímjifelagið Hellufossur 100m: 1:55.78 (1:01.54)		108	1:55.78	+50.60
14	Magni S. Olsen 50m: 59.51	2013 Svímjifelagið Flot 100m: 2:07.11 (1:07.60)		82	2:07.11	+1:01.93
15	Benjamin D. Kristiansen 50m: 1:09.44	2015 Svímjifelagið Hellufossur 100m: 2:29.86 (1:20.42)		50	2:29.86	+1:24.68



# Úrslit

## Kapping 14, 100m Bringu Menn - Final

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
-	Ian Strøm	2015 Suðuroyar Svímjifelag			DSQ	
	SW 7.1. 2 undirvatnstøk					
-	Lukas Finsson Ellingsgaard	2016 Havnar Svímjifelag			DNS	
-	Markus í Køk	2012 Svímjifelagið Hellufossur			DNS	
-	Kristian Winther	2014 Havnar Svímjifelag			DNS	

Kapping almenn: 21.03.2026 09:27:56

## Kapping 15, 50m Frí Kvinnur - Final

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

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Alisa Vestergård	2003 Suðuroyar Svímjifelag		562	27.65	
2	Elisabeth Erlendsdóttir	2005 Havnar Svímjifelag		561	27.68	+0.03
3	Jórun Winther	2011 Suðuroyar Svímjifelag		536	28.10	+0.45
4	Emma Debes	2010 Suðuroyar Svímjifelag		523	28.32	+0.67
5	Durita Mohr Askham	2008 Ægir		490	28.94	+1.29
6	Bjarta í Lágabø	2009 Suðuroyar Svímjifelag		481	29.12	+1.47
7	Sirið Vesturtún	2011 Fuglafjarðar Svímjifelag		464	29.48	+1.83
8	Jonna Joensen	2005 Ægir		455	29.67	+2.02
9	Talita Johannessen	2010 Suðuroyar Svímjifelag		442	29.95	+2.30
10	Lea Petersen	2009 Ægir		436	30.10	+2.45
11	Lilja Strøm Winther	2009 Suðuroyar Svímjifelag		418	30.53	+2.88
12	Bjørk L. Sørensen	2004 Suðuroyar Svímjifelag		405	30.85	+3.20
13	Lilja Sørensen	2011 Havnar Svímjifelag		389	31.27	+3.62
14	Sólfrið H. Johannessen	2013 Ægir		367	31.88	+4.23
15	Mariella Annbrittardóttur Henriks	2010 Havnar Svímjifelag		365	31.94	+4.29
16	Rósa Myrna Hansen	2006 Svímjifelagið Reysti		347	32.46	+4.81
17	Lea í Trøðini	2011 Suðuroyar Svímjifelag		346	32.51	+4.86
18	Jonni B. Danielsen	2011 Svímjifelagið Flot		324	33.23	+5.58
19	Felisia Florinsdóttir	2012 Fuglafjarðar Svímjifelag		306	33.86	+6.21
20	Randi Brim Hvidbro	2012 Ægir		299	34.14	+6.49
21	Sára Thomsen	2005 Svímjifelagið Reysti		296	34.23	+6.58
22	India Linnea Bech	2011 Havnar Svímjifelag		293	34.35	+6.70
23	Hanna Lilja Jacobsen	2015 Ægir		283	34.74	+7.09
=24	Rakul J Højbro	2011 Fuglafjarðar Svímjifelag		280	34.87	+7.22
=24	Elisabet Leivsdóttir	2014 Havnar Svímjifelag		280	34.87	+7.22
26	Delaila H. Gregersen	2013 Ægir		280	34.88	+7.23
27	Viktoria Klettskarð	2013 Ægir		270	35.28	+7.63
28	Durita Davidsen	2011 Ægir		259	35.79	+8.14
29	Jonna Steinberg Joensen	2014 Ægir		242	36.59	+8.94
30	Tabita Vón Ebbadóttir	2013 Ægir		236	36.93	+9.28
31	Katrina Mc Intosh	2015 Havnar Svímjifelag		232	37.14	+9.49
32	Tóta Sofía Gudmundsen	2014 Suðuroyar Svímjifelag		226	37.45	+9.80
33	Thorborg Joensen	2014 Havnar Svímjifelag		221	37.73	+10.08
34	Anna K. Lydersen	2013 Ægir		196	39.25	+11.60
35	Urd Jákupsdóttir	2015 Havnar Svímjifelag		196	39.29	+11.64
36	Abigail V. Christiansen	2014 Svímjifelagið Hellufossur		194	39.43	+11.78



# Úrslit

## Kapping 15, 50m Frí Kvinnur - Final

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
37	Kaya Ziska Hofgaard	2014 Havnar Svímjifelag		180	<b>40.41</b>	+12.76
38	Karita Tórðardóttir	2013 Suðuroyar Svímjifelag		165	<b>41.55</b>	+13.90
39	Hanna Højbro	2014 Ægir		159	<b>42.12</b>	+14.47
40	Mira Sumberg	2014 Havnar Svímjifelag		151	<b>42.79</b>	+15.14
41	Floria Skoradal á Húsamørk	2015 Svímjifelagið Reysti		147	<b>43.23</b>	+15.58
42	Lisa Emilsdóttir Hofgaard	2015 Havnar Svímjifelag		145	<b>43.39</b>	+15.74
43	Simona K. á Høvdanum	2016 Svímjifelagið Reysti		130	<b>45.02</b>	+17.37
44	Annabella Annbrittardóttur Henrik	2014 Havnar Svímjifelag		128	<b>45.26</b>	+17.61
45	Sváva Klein Steinsdóttir	2016 Svímjifelagið Reysti		121	<b>46.04</b>	+18.39
46	Ingeborg Vinther	2015 Suðuroyar Svímjifelag		121	<b>46.11</b>	+18.46
47	Laura Marquardt	2015 Svímjifelagið Hellufossur		119	<b>46.37</b>	+18.72
48	Guðrun Fornagarð	2013 Suðuroyar Svímjifelag		88	<b>51.16</b>	+23.51
49	Ingrid M. Midjord	2016 Svímjifelagið Hellufossur		85	<b>51.85</b>	+24.20
50	Poula Madsen	2017 Svímjifelagið Hellufossur		82	<b>52.40</b>	+24.75
51	Emilia G. Madsen	2015 Svímjifelagið Hellufossur		66	<b>56.35</b>	+28.70
52	Estrid T. Sámalsdóttir	2017 Svímjifelagið Hellufossur		50	<b>1:01.79</b>	+34.14
53	Saranja S. Dam	2017 Svímjifelagið Hellufossur		26	<b>1:16.82</b>	+49.17
54	Julia Eik Simonsen	2017 Svímjifelagið Hellufossur		25	<b>1:17.40</b>	+49.75
	- Arina Askham	2016 Ægir			<b>DSQ</b>	
	SW 10.4. Nart ikki við vegg in í vending					
	- Røskvá Rún Bjarnadóttir	2015 Havnar Svímjifelag			<b>DNS</b>	
	- Dorteia Dam	2007 Havnar Svímjifelag			<b>DNS</b>	
	- Agnas Halsadóttir	2017 Ægir			<b>DNS</b>	
	- Sylvia í Køk	2018 Svímjifelagið Hellufossur			<b>DNS</b>	
	- Helena Jacobsen	2015 Svímjifelagið Hellufossur			<b>DNS</b>	
	- Noomi Hella Jacobsen	2012 Havnar Svímjifelag			<b>DNS</b>	
	- Jórún Joensen	2017 Ægir			<b>DNS</b>	
	- Krista Justinussen	2005 Svímjifelagið Reysti			<b>DNS</b>	

Kapping almenn: 21.03.2026 09:57:06

## Kapping 16, 50m Frí Menn - Final

FAR 22.55 Bartal Erlingsson Eidesg 2003 Havnar Svímjifelag (FRO) Torshavn (FRO) 13.12.2025  
 FAR.JR 23.24 Pauli Ø. Mohr 1991 Fuglafjarðar Svímjifelag (F Berlin (GER) 15.11.2009

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Bartal Erlingsson Eidesgaard	2003 Havnar Svímjifelag		628	<b>23.23</b>	
2	Heini Mohr Askham	2006 Ægir		566	<b>24.05</b>	+0.82
3	Óli Mikkelsen	2008 Havnar Svímjifelag		535	<b>24.51</b>	+1.28
4	Jónas Hansen	2002 Svímjifelagið Reysti		484	<b>25.34</b>	+2.11
5	Tórir Olsen	2011 Ægir		471	<b>25.57</b>	+2.34
6	Haraldur Mortensen	2010 Suðuroyar Svímjifelag		458	<b>25.80</b>	+2.57
7	Bjarti Ludvig	2006 Suðuroyar Svímjifelag		454	<b>25.89</b>	+2.66
8	Jón Hofgaard	1992 Suðuroyar Svímjifelag		450	<b>25.95</b>	+2.72
9	Benjamin Havn	2011 Ægir		401	<b>26.98</b>	+3.75
10	Ólavur Winther Jákupsson	2008 Havnar Svímjifelag		391	<b>27.20</b>	+3.97
11	Teitur Miné Róason	2011 Havnar Svímjifelag		360	<b>27.96</b>	+4.73
12	Fríðálvur Eliassen	2011 Fuglafjarðar Svímjifelag		346	<b>28.33</b>	+5.10
13	Jónatan Samuelson	2010 Havnar Svímjifelag		338	<b>28.54</b>	+5.31



# Úrslit

## Kapping 16, 50m Frí Menn - Final

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
14	Dávur Eið	2012 Suðuroyar Svímjifelag		330	<b>28.77</b>	+5.54
15	Nóa Róason Stakksund	2011 Havnar Svímjifelag		317	<b>29.18</b>	+5.95
16	Terji Kjærbo	2012 Suðuroyar Svímjifelag		314	<b>29.25</b>	+6.02
17	Fróði Bárðarson Dahl	2013 Havnar Svímjifelag		305	<b>29.56</b>	+6.33
18	Jógvan Vesturtún	2013 Fuglafjarðar Svímjifelag		275	<b>30.58</b>	+7.35
19	Aleks Uadhaw Thomsen	2013 Havnar Svímjifelag		266	<b>30.92</b>	+7.69
20	Bragi Bjarnason	2012 Havnar Svímjifelag		262	<b>31.08</b>	+7.85
21	Kian V. Eliassen	2013 Fuglafjarðar Svímjifelag		240	<b>31.98</b>	+8.75
22	Elias Í Lágabø	2014 Suðuroyar Svímjifelag		239	<b>32.05</b>	+8.82
23	Andrias Mellemgaard	S9 2009 Havnar Svímjifelag		233	<b>32.33</b>	+9.10
24	Sævar Strøm	2014 Suðuroyar Svímjifelag		231	<b>32.41</b>	+9.18
25	Petur Eli K. á Høvdanum	2015 Svímjifelagið Reysti		217	<b>33.09</b>	+9.86
26	Bænadikt Helig Eliassen	2013 Fuglafjarðar Svímjifelag		201	<b>33.95</b>	+10.72
27	Tóki Niklasson Poulsen	2013 Svímjifelagið Flot		195	<b>34.27</b>	+11.04
28	Niels Jacob Thomsen	2014 Suðuroyar Svímjifelag		169	<b>35.99</b>	+12.76
29	Jonnhard Winther	2015 Suðuroyar Svímjifelag		161	<b>36.58</b>	+13.35
30	Ian Strøm	2015 Suðuroyar Svímjifelag		154	<b>37.12</b>	+13.89
31	Bárður Rógvason	2013 Suðuroyar Svímjifelag		152	<b>37.25</b>	+14.02
32	Magni S. Olsen	2013 Svímjifelagið Flot		127	<b>39.53</b>	+16.30
33	Andreas Jansson Poulsen	2015 Svímjifelagið Reysti		122	<b>40.08</b>	+16.85
34	Bjarti Karbech í Hjøllum	2015 Havnar Svímjifelag		122	<b>40.10</b>	+16.87
35	Petur Óli Midjord	2014 Svímjifelagið Hellufossur		98	<b>43.04</b>	+19.81
36	Sofus Rúnason Johannesen	2012 Havnar Svímjifelag		92	<b>43.96</b>	+20.73
37	Oddur Davidsen	2016 Ægir		61	<b>50.38</b>	+27.15
38	Hans Erik Skaalum	2016 Ægir		58	<b>51.16</b>	+27.93
39	Jóel í Køk	2016 Svímjifelagið Hellufossur		58	<b>51.35</b>	+28.12
40	Kári Høgnason	2016 Svímjifelagið Hellufossur		57	<b>51.51</b>	+28.28
41	Benjamin D. Kristiansen	2015 Svímjifelagið Hellufossur		39	<b>58.19</b>	+34.96
42	Nóa Zachariassen	2016 Svímjifelagið Hellufossur		38	<b>58.72</b>	+35.49
43	Zacharias Gaard	2016 Ægir		24	<b>1:08.19</b>	+44.96
-	Símun Eliassen	2011 Havnar Svímjifelag			<b>DNS</b>	
-	Lukas Finsson Ellingsgaard	2016 Havnar Svímjifelag			<b>DNS</b>	
-	Markus Í Køk	2012 Svímjifelagið Hellufossur			<b>DNS</b>	
-	Rani í Toft	2016 Ægir			<b>DNS</b>	
-	Óðin Renæsson	2015 Havnar Svímjifelag			<b>DNS</b>	
-	Kristian Winther	2014 Havnar Svímjifelag			<b>DNS</b>	
-	Boas Zachariassen	2014 Havnar Svímjifelag			<b>DNS</b>	

Kapping almenn: 21.03.2026 09:58:08

## Kapping 17, 100m Rygg Kvinnur - Final

FAR	1:00.26	Elisabeth Erlendsdóttir	2005 Havnar Svímjifelag (FRO)	Kirkwall (GBR)	15.07.2025	
FAR.JR	1:00.50	Signhild Joensen	2000 Ægir Klaksvik (FRO)	Reykjavik (ISL)	01.12.2017	
Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Elisabeth Erlendsdóttir	2005 Havnar Svímjifelag		557	<b>1:05.65</b>	
	50m: 31.18	100m: 1:05.65 (34.47)				
2	Jórun Winther	2011 Suðuroyar Svímjifelag		431	<b>1:11.48</b>	+5.83
	50m: 34.92	100m: 1:11.48 (36.56)				



# Úrslit

## Kapping 17, 100m Rygg Kvinnur - Final

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
3	<b>Sirið Vesturtún</b> 50m: 34.00	2011 Fuglafjarðar Svímjifelag 100m: 1:11.49 (37.49)		431	<b>1:11.49</b>	+5.84
4	<b>Lea Í Trøðini</b> 50m: 39.87	2011 Suðuroyar Svímjifelag 100m: 1:22.72 (42.85)		278	<b>1:22.72</b>	+17.07
5	<b>Rakul J Højbro</b> 50m: 40.96	2011 Fuglafjarðar Svímjifelag 100m: 1:23.44 (42.48)		271	<b>1:23.44</b>	+17.79
6	<b>Randi Brim Hvidbro</b> 50m: 41.25	2012 Ægir 100m: 1:24.20 (42.95)		264	<b>1:24.20</b>	+18.55
7	<b>Hanna Lilja Jacobsen</b> 50m: 44.95	2015 Ægir 100m: 1:34.58 (49.63)		186	<b>1:34.58</b>	+28.93
8	<b>Jonna Steinberg Joensen</b> 50m: 46.28	2014 Ægir 100m: 1:37.02 (50.74)		172	<b>1:37.02</b>	+31.37
9	<b>Thorborg Joensen</b> 50m: 51.05	2014 Havnar Svímjifelag 100m: 1:43.73 (52.68)		141	<b>1:43.73</b>	+38.08
10	<b>Floria Skoradal á Húsamørk</b> 50m: 49.90	2015 Svímjefelagið Reysti 100m: 1:47.15 (57.25)		128	<b>1:47.15</b>	+41.50
11	<b>Abigail V. Christiansen</b> 50m: 54.12	2014 Svímjefelagið Hellufossur 100m: 1:55.70 (1:01.58)		101	<b>1:55.70</b>	+50.05
12	<b>Kaya Ziska Hofgaard</b> 50m: 55.92	2014 Havnar Svímjifelag 100m: 1:57.07 (1:01.15)		98	<b>1:57.07</b>	+51.42
13	<b>Laura Marquardt</b> 50m: 58.29	2015 Svímjefelagið Hellufossur 100m: 1:59.24 (1:00.95)		92	<b>1:59.24</b>	+53.59
14	<b>Simona K. á Høvdanum</b> 50m: 58.95	2016 Svímjefelagið Reysti 100m: 2:00.62 (1:01.67)		89	<b>2:00.62</b>	+54.97
15	<b>Guðrun Fornagarð</b> 100m: 2:12.55 (2:12.55)	2013 Suðuroyar Svímjifelag		67	<b>2:12.55</b>	+1:06.90
16	<b>Ingrid M. Midjord</b> 50m: 1:05.71	2016 Svímjefelagið Hellufossur 100m: 2:14.70 (1:08.99)		64	<b>2:14.70</b>	+1:09.05
17	<b>Emilia G. Madsen</b> 100m: 2:20.48 (2:20.48)	2015 Svímjefelagið Hellufossur		56	<b>2:20.48</b>	+1:14.83
18	<b>Poula Madsen</b> 50m: 1:07.75	2017 Svímjefelagið Hellufossur 100m: 2:21.94 (1:14.19)		55	<b>2:21.94</b>	+1:16.29
-	<b>Dorteia Dam</b>	2007 Havnar Svímjifelag			<b>DNS</b>	
-	<b>Saranja S. Dam</b>	2017 Svímjefelagið Hellufossur			<b>DNS</b>	
-	<b>Sylvia Í Køk</b>	2018 Svímjefelagið Hellufossur			<b>DNS</b>	
-	<b>Helena Jacobsen</b>	2015 Svímjefelagið Hellufossur			<b>DNS</b>	
-	<b>Estrid T. Sámalsdóttir</b>	2017 Svímjefelagið Hellufossur			<b>DNS</b>	
-	<b>Julia Eik Simonsen</b>	2017 Svímjefelagið Hellufossur			<b>DNS</b>	

Kapping almenn: 21.03.2026 10:21:14

## Kapping 18, 100m Rygg Menn - Final

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

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	<b>Óli Mikkelsen</b> 50m: 29.63	2008 Havnar Svímjifelag 100m: 1:01.27 (31.64)		490	<b>1:01.27</b>	
2	<b>Haraldur Mortensen</b> 50m: 32.45	2010 Suðuroyar Svímjifelag 100m: 1:07.32 (34.87)		370	<b>1:07.32</b>	+6.05
3	<b>Theodor Salter</b> 50m: 33.64	2011 Havnar Svímjifelag 100m: 1:09.04 (35.40)		343	<b>1:09.04</b>	+7.77
4	<b>Terji Kjarbo</b> 50m: 35.12	2012 Suðuroyar Svímjifelag 100m: 1:13.09 (37.97)		289	<b>1:13.09</b>	+11.82
5	<b>Jógvan Vesturtún</b> 50m: 38.47	2013 Fuglafjarðar Svímjifelag 100m: 1:19.10 (40.63)		228	<b>1:19.10</b>	+17.83



# Úrslit

## Kapping 18, 100m Rygg Menn - Final

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
6	Elias í Lágabø 50m: 40.17	2014 Suðuroyar Svímjifelag 100m: 1:22.44 (42.27)		201	<b>1:22.44</b>	+21.17
7	Petur Eli K. á Høvdanum 50m: 41.54	2015 Svímjifelagið Reysti 100m: 1:25.32 (43.78)		181	<b>1:25.32</b>	+24.05
8	Bænadikt Helig Eliassen 50m: 43.18	2013 Fuglafjarðar Svímjifelag 100m: 1:26.51 (43.33)		174	<b>1:26.51</b>	+25.24
9	Jonnhard Winther 50m: 46.44	2015 Suðuroyar Svímjifelag 100m: 1:33.93 (47.49)		136	<b>1:33.93</b>	+32.66
10	Bárður Rógvason 50m: 47.43	2013 Suðuroyar Svímjifelag 100m: 1:36.69 (49.26)		124	<b>1:36.69</b>	+35.42
11	Petur Óli Midjord 100m: 1:42.51 (1:42.51)	2014 Svímjifelagið Hellufossur		104	<b>1:42.51</b>	+41.24
12	Andreas Jansson Poulsen 50m: 50.86	2015 Svímjifelagið Reysti 100m: 1:45.93 (55.07)		94	<b>1:45.93</b>	+44.66
13	Kári Høgnason 50m: 1:02.32	2016 Svímjifelagið Hellufossur 100m: 2:05.12 (1:02.80)		57	<b>2:05.12</b>	+1:03.85
14	Jóel í Køk 50m: 1:10.56	2016 Svímjifelagið Hellufossur 100m: 2:27.32 (1:16.76)		35	<b>2:27.32</b>	+1:26.05
15	Benjamin D. Kristiansen 50m: 1:14.49	2015 Svímjifelagið Hellufossur 100m: 2:30.74 (1:16.25)		32	<b>2:30.74</b>	+1:29.47
16	Boas Zachariassen 100m: 2:31.92 (2:31.92)	2014 Havnar Svímjifelag		32	<b>2:31.92</b>	+1:30.65
-	Markus í Køk	2012 Svímjifelagið Hellufossur			<b>DNS</b>	
-	Óðin Renæsson	2015 Havnar Svímjifelag			<b>DNS</b>	
-	Teitur Miné Róason	2011 Havnar Svímjifelag			<b>DNS</b>	
-	Nóa Zachariassen	2016 Svímjifelagið Hellufossur			<b>DNS</b>	

Kapping almenn: 21.03.2026 11:08:31

## Kapping 19, 100m Blandað Kvinnur - Final

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

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Lea Osberg Højsted 50m: 30.45	2008 Ægir 100m: 1:06.22 (35.77)		576	<b>1:06.22</b>	
2	Sissal Rógvadóttir 50m: 33.77	2010 Suðuroyar Svímjifelag 100m: 1:11.37 (37.60)		460	<b>1:11.37</b>	+5.15
3	Durita Mohr Askham 50m: 32.93	2008 Ægir 100m: 1:11.68 (38.75)		454	<b>1:11.68</b>	+5.46
4	Sirið Vesturtún 50m: 33.38	2011 Fuglafjarðar Svímjifelag 100m: 1:13.80 (40.42)		416	<b>1:13.80</b>	+7.58
5	Emma Debes 50m: 34.32	2010 Suðuroyar Svímjifelag 100m: 1:14.98 (40.66)		397	<b>1:14.98</b>	+8.76
6	Felisia Florinsdóttir 50m: 40.87	2012 Fuglafjarðar Svímjifelag 100m: 1:25.71 (44.84)		265	<b>1:25.71</b>	+19.49
7	Jonni B. Danielsen 50m: 41.62	2011 Svímjifelagið Flot 100m: 1:30.50 (48.88)		225	<b>1:30.50</b>	+24.28
8	Delaila H. Gregersen 50m: 43.69	2013 Ægir 100m: 1:31.71 (48.02)		216	<b>1:31.71</b>	+25.49
9	Elisabet Leivsdóttir 100m: 1:34.67 (1:34.67)	2014 Havnar Svímjifelag		197	<b>1:34.67</b>	+28.45
10	Tabita Vón Ebbadóttir 50m: 48.57	2013 Ægir 100m: 1:39.70 (51.13)		168	<b>1:39.70</b>	+33.48
11	Katrina Mc Intosh 50m: 47.93	2015 Havnar Svímjifelag 100m: 1:41.41 (53.48)		160	<b>1:41.41</b>	+35.19
12	Viktoria Klettskarð 50m: 49.49	2013 Ægir 100m: 1:41.96 (52.47)		157	<b>1:41.96</b>	+35.74



# Úrslit

## Kapping 19, 100m Blandað Kvinnur - Final

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
13	Anna K. Lydersen	2013 Ægir		146	1:44.55	+38.33
	50m: 48.99	100m: 1:44.55 (55.56)				
14	Urd Jákupsdóttir	2015 Havnar Svímjifelag		145	1:44.86	+38.64
	50m: 50.83	100m: 1:44.86 (54.03)				
15	Tóta Sofía Gudmundsen	2014 Suðuroyar Svímjifelag		144	1:45.05	+38.83
	50m: 46.49	100m: 1:45.05 (58.56)				
16	Karita Tórðardóttir	2013 Suðuroyar Svímjifelag		131	1:48.45	+42.23
	50m: 50.63	100m: 1:48.45 (57.82)				
17	Annabella Annbrittardóttur	2014 Havnar Svímjifelag		130	1:48.58	+42.36
	50m: 48.31	100m: 1:48.58 (1:00.27)				
18	Floria Skoradal á Húsamørk	2015 Svímjifelagið Reysti		129	1:49.00	+42.78
	50m: 49.08	100m: 1:49.00 (59.92)				
19	Kaya Ziska Hofgaard	2014 Havnar Svímjifelag		128	1:49.07	+42.85
	50m: 53.53	100m: 1:49.07 (55.54)				
20	Abigail V. Christiansen	2014 Svímjifelagið Hellufossur		125	1:49.95	+43.73
	50m: 51.28	100m: 1:49.95 (58.67)				
21	Lisa Emilsdóttir Hofgaard	2015 Havnar Svímjifelag		113	1:53.84	+47.62
	50m: 52.31	100m: 1:53.84 (1:01.53)				
22	Ingeborg Vinther	2015 Suðuroyar Svímjifelag		110	1:54.72	+48.50
	50m: 53.53	100m: 1:54.72 (1:01.19)				
23	Hanna Højbro	2014 Ægir		101	1:58.14	+51.92
	50m: 59.01	100m: 1:58.14 (59.13)				
24	Laura Marquardt	2015 Svímjifelagið Hellufossur		98	1:59.26	+53.04
	50m: 57.86	100m: 1:59.26 (1:01.40)				
25	Simona K. á Høvdanum	2016 Svímjifelagið Reysti		87	2:04.09	+57.87
	50m: 1:00.55	100m: 2:04.09 (1:03.54)				
-	Thorborg Joensen	2014 Havnar Svímjifelag			DSQ	
	SW 4.4. Tjövstartur (startari og yvirdómari skulu vera samdir)					
-	Mira Sumberg	2014 Havnar Svímjifelag			DSQ	
	SW 9.4. Svímjigrein var ikki fullförd rætt. (viðmerk hvør svímjigrein)					
-	Røskvá Rún Bjarnadóttir	2015 Havnar Svímjifelag			DNS	
-	Helena Jacobsen	2015 Svímjifelagið Hellufossur			DNS	
-	Noomi Hella Jacobsen	2012 Havnar Svímjifelag			DNS	

Kapping almenn: 21.03.2026 11:10:18

## Kapping 20, 100m Blandað Menn - Final

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

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Bartal Erlingsson Eidesgaard	2003 Havnar Svímjifelag		599	58.43	
	50m: 27.34	100m: 58.43 (31.09)				
2	Fróði Hansen	2008 Ægir		525	1:01.06	+2.63
	50m: 28.73	100m: 1:01.06 (32.33)				
3	Bárður Ólavsson	2008 Ægir		444	1:04.56	+6.13
	50m: 29.68	100m: 1:04.56 (34.88)				
4	Ólavur Winther Jákupsson	2008 Havnar Svímjifelag		346	1:10.16	+11.73
	50m: 31.97	100m: 1:10.16 (38.19)				
5	Fríðálvur Eliassen	2011 Fuglafjarðar Svímjifelag		321	1:11.92	+13.49
	50m: 33.46	100m: 1:11.92 (38.46)				
6	Dávur Eið	2012 Suðuroyar Svímjifelag		286	1:14.73	+16.30
	50m: 34.96	100m: 1:14.73 (39.77)				
7	Jógvan Vesturtún	2013 Fuglafjarðar Svímjifelag		256	1:17.52	+19.09
	50m: 36.06	100m: 1:17.52 (41.46)				
8	Terji Kjærbo	2012 Suðuroyar Svímjifelag		253	1:17.90	+19.47
	50m: 32.68	100m: 1:17.90 (45.22)				



# Úrslit

## Kapping 20, 100m Blandað Menn - Final

Raðf	Navn	Føðia Félag	R.T	AQU	Tíð	Munur
9	Nóa Róason Stakksund 50m: 39.09	2011 Havnar Svímjifelag 100m: 1:18.50 (39.41)		247	1:18.50	+20.07
10	Fróði Bárðarson Dahl 50m: 37.32	2013 Havnar Svímjifelag 100m: 1:18.98 (41.66)		242	1:18.98	+20.55
11	Andrias Mellemgard 50m: 40.19	SM 2009 Havnar Svímjifelag 9 100m: 1:22.51 (42.32)		213	1:22.51	+24.08
12	Sævar Strøm 50m: 40.60	2014 Suðuroyar Svímjifelag 100m: 1:26.31 (45.71)		186	1:26.31	+27.88
13	Bænadikt Helig Eliassen 50m: 41.95	2013 Fuglafjarðar Svímjifelag 100m: 1:26.40 (44.45)		185	1:26.40	+27.97
14	Petur Eli K. á Høvdanum 50m: 39.75	2015 Svímjifelagið Reysti 100m: 1:27.96 (48.21)		175	1:27.96	+29.53
15	Niels Jacob Thomsen 50m: 41.46	2014 Suðuroyar Svímjifelag 100m: 1:28.76 (47.30)		171	1:28.76	+30.33
16	Ian Strøm 50m: 46.35	2015 Suðuroyar Svímjifelag 100m: 1:35.06 (48.71)		139	1:35.06	+36.63
17	Bárður Rógvason 50m: 45.69	2013 Suðuroyar Svímjifelag 100m: 1:40.08 (54.39)		119	1:40.08	+41.65
18	Bjarti Karbech í Hjøllum 50m: 49.53	2015 Havnar Svímjifelag 100m: 1:41.16 (51.63)		115	1:41.16	+42.73
19	Tóki Niklasson Poulsen 50m: 48.02	2013 Svímjifelagið Flot 100m: 1:42.18 (54.16)		112	1:42.18	+43.75
20	Andreas Jansson Poulsen 50m: 48.62	2015 Svímjifelagið Reysti 100m: 1:44.19 (55.57)		105	1:44.19	+45.76
21	Magni S. Olsen 50m: 48.28	2013 Svímjifelagið Flot 100m: 1:48.49 (1:00.21)		93	1:48.49	+50.06
22	Petur Óli Midjord 50m: 53.21	2014 Svímjifelagið Hellufossur 100m: 1:50.64 (57.43)		88	1:50.64	+52.21
23	Jonnhard Winther 50m: 48.82	2015 Suðuroyar Svímjifelag 100m: 1:52.00 (1:03.18)		85	1:52.00	+53.57
24	Sofus Rúnason Johannesen 50m: 54.16	2012 Havnar Svímjifelag 100m: 1:55.24 (1:01.08)		78	1:55.24	+56.81
25	Kári Høgnason 50m: 1:10.35	2016 Svímjifelagið Hellufossur 100m: 2:29.48 (1:19.13)		35	2:29.48	+1:31.05
-	Símun Eliassen	2011 Havnar Svímjifelag			DNS	
-	Lukas Finsson Ellingsgaard	2016 Havnar Svímjifelag			DNS	
-	Markus í Køk	2012 Svímjifelagið Hellufossur			DNS	
-	Óðin Renæsson	2015 Havnar Svímjifelag			DNS	
-	Kristian Winther	2014 Havnar Svímjifelag			DNS	
-	Boas Zachariassen	2014 Havnar Svímjifelag			DNS	

Kapping almenn: 21.03.2026 11:11:03

## Kapping 21, 400m Frí Kvinnur - Final

FAR 4:14.09 Vár Erlingsdóttir Eidesga 2001 Havnar Svímjifelag (FRO) Torshavn (FRO) 12.11.2022  
 FAR.JR 4:17.87 Vár Erlingsdóttir Eidesga 2001 Havnar Svímjifelag (FRO) Kolding (DEN) 11.12.2016

Raðf	Navn	Føðia Félag	R.T	AQU	Tíð	Munur
1	Lea Petersen 50m: 34.09 250m: 3:07.12 (36.73)	2009 Ægir 100m: 1:12.10 (38.01) 300m: 3:44.23 (37.11)	150m: 1:50.96 (38.86) 350m: 4:21.52 (37.29)	456	4:58.99	(39.43) (37.47)
2	Lilja Sørensen 50m: 35.16 250m: 3:16.08 (40.64)	2011 Havnar Svímjifelag 100m: 1:14.38 (39.22) 300m: 3:57.46 (41.38)	150m: 1:54.50 (40.12) 350m: 4:38.99 (41.53)	376	5:18.80	(40.94) (39.81)
3	Sólfríð H. Johannessen 50m: 36.15 250m: 3:22.02 (42.04)	2013 Ægir 100m: 1:16.44 (40.29) 300m: 4:02.58 (40.56)	150m: 1:57.92 (41.48) 350m: 4:44.42 (41.84)	358	5:24.08	+25.09 (42.06) (39.66)

21-03-2026 18:28:32

Dátaviðgerð: Swimify 2.13

Loyvt: Svímjifelagið Ægir

Síða 17/26



# Úrslit

## Kapping 21, 400m Frí Kvinnur - Final

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
-	Mariella Annbrittardóttur Henriks	2010 Havnar Svímjifelag			DNS	
-	Lisa Emilsdóttir Hofgaard	2015 Havnar Svímjifelag			DNS	
-	Noomi Hella Jacobsen	2012 Havnar Svímjifelag			DNS	

Kapping almenn: 21.03.2026 11:11:16

## Kapping 22, 400m Frí Menn - Final

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

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
<b>1</b>	<b>Heini Mohr Askham</b>	2006 Ægir		690	<b>4:00.11</b>	
	50m: 26.96	100m: 56.45 (29.49)	150m: 1:26.92 (30.47)	200m: 1:58.25 (31.33)		
	250m: 2:29.20 (30.95)	300m: 3:00.06 (30.86)	350m: 3:30.61 (30.55)	400m: 4:00.11 (29.50)		
<b>2</b>	<b>Silas Dam Lindberg</b>	2008 Havnar Svímjifelag		652	<b>4:04.70</b>	+4.59
	50m: 27.15	100m: 56.95 (29.80)	150m: 1:27.35 (30.40)	200m: 1:58.19 (30.84)		
	250m: 2:29.73 (31.54)	300m: 3:01.33 (31.60)	350m: 3:33.01 (31.68)	400m: 4:04.70 (31.69)		
<b>3</b>	<b>Jónatan Samuelsen</b>	2010 Havnar Svímjifelag		374	<b>4:54.57</b>	+54.46
	50m: 32.10	100m: 1:08.37 (36.27)	150m: 1:45.17 (36.80)	200m: 2:22.67 (37.50)		
	250m: 3:00.77 (38.10)	300m: 3:38.98 (38.21)	350m: 4:17.44 (38.46)	400m: 4:54.57 (37.13)		
<b>4</b>	<b>Bragi Bjarnason</b>	2012 Havnar Svímjifelag		316	<b>5:11.56</b>	+1:11.45
	50m: 34.82	100m: 1:13.66 (38.84)	150m: 1:53.27 (39.61)	200m: 2:32.08 (38.81)		
	250m: 3:12.76 (40.68)	300m: 3:53.18 (40.42)	350m: 4:33.65 (40.47)	400m: 5:11.56 (37.91)		
<b>5</b>	<b>Jógvan Vesturtún</b>	2013 Fuglafjarðar Svímjifelag		287	<b>5:21.60</b>	+1:21.49
	50m: 36.72	100m: 1:18.03 (41.31)	150m: 1:58.94 (40.91)	200m: 2:40.74 (41.80)		
	250m: 3:21.66 (40.92)	300m: 4:02.18 (40.52)	350m: 4:41.82 (39.64)	400m: 5:21.60 (39.78)		
<b>6</b>	<b>Nóa Róason Stakksund</b>	2011 Havnar Svímjifelag		280	<b>5:24.18</b>	+1:24.07
	50m: 34.56	100m: 1:13.14 (38.58)	150m: 1:54.44 (41.30)	200m: 2:36.71 (42.27)		
	250m: 3:19.56 (42.85)	300m: 4:02.62 (43.06)	350m: 4:44.17 (41.55)	400m: 5:24.18 (40.01)		
<b>7</b>	<b>Bjarti Karbech í Hjøllum</b>	2015 Havnar Svímjifelag		144	<b>6:44.78</b>	+2:44.67
	50m: 43.78	100m: 1:36.48 (52.70)	150m: 2:29.43 (52.95)	200m: 3:23.35 (53.92)		
	250m: 4:16.39 (53.04)	300m: 5:07.72 (51.33)	350m: 5:58.31 (50.59)	400m: 6:44.78 (46.47)		
-	Óðin Renæsson	2015 Havnar Svímjifelag			DNS	

Kapping almenn: 21.03.2026 11:12:48

## Kapping 23, 4x50m Frí Kvinnur - Final

FAR.JR	1:49.29	Ægir Klaksvík	Ægir Klaksvík (FRO)	Torshavn (FRO)	07.05.2016	
Raðf	Navn	Aldur	Felag	AQU	Tíð	Munur
<b>1</b>	<b>Suðuroyar Svímjifelag</b>		23 Suðuroyar Svímjifelag	555	<b>1:52.51</b>	
	Emma Debes	2010		28.42	28.42	
	Jórun Winther	2011	+0.23	27.90	56.32	
	Sissal Rógvadóttir	2010	+0.37	28.25	1:24.57	
	Alisa Vestergård	2003	+0.40	27.94	1:52.51	
<b>2</b>	<b>Ægir</b>		18 Ægir	470	<b>1:58.97</b>	+6.46
	Durita Mohr Askham	2008		29.19	29.19	
	Lea Osberg Højsted	2008	+0.34	26.73	55.92	
	Sólfríð H. Johannessen	2013	+0.34	32.66	1:28.58	
	Lea Petersen	2009	+0.58	30.39	1:58.97	
<b>3</b>	<b>HS Kvinnur</b>		21 Havnar Svímjifelag	388	<b>2:06.76</b>	+14.25
	Elisabeth Erlendsdóttir	2005		28.65	28.65	
	Mariella Annbrittardóttur Henriksen	2010	+0.49	30.08	58.73	
	India Linnea Bech	2011	+0.52	35.04	1:33.77	
	Lilja Sørensen	2011	+0.58	32.99	2:06.76	



# Úrslit

## Kapping 23, 4x50m Frí Kvinnur - Final

Raðf	Navn	Aldur	Felag	AQU	Tíð	Munur
<b>4</b>	<b>Ægir gentur</b>	14	Ægir	261	<b>2:24.69</b>	+32.18
	Randi Brim Hvidbro	2012		35.39	35.39	
	Hanna Lilja Jacobsen	2015		+0.18	35.21	1:10.60
	Viktoria Klettskarð	2013		+0.72	37.17	1:47.77
	Delaila H. Gregersen	2013		---	36.92	2:24.69
<b>5</b>	<b>HS Gentur</b>	12	Havnar Svímjifelag	207	<b>2:36.16</b>	+43.65
	Elisabet Leivsdóttir	2014		36.03	36.03	
	Urd Jákupsdóttir	2015		---	40.00	1:16.03
	Katrina Mc Intosh	2015		+0.46	39.49	1:55.52
	Thorborg Joensen	2014		---	40.64	2:36.16
<b>6</b>	<b>HS Gellur</b>	12	Havnar Svímjifelag	158	<b>2:51.09</b>	+58.58
	Lisa Emilsdóttir Hofgaard	2015		43.56	43.56	
	Mira Sumberg	2014		+0.66	45.89	1:29.45
	Kaya Ziska Hofgaard	2014		+0.63	41.43	2:10.88
	Annabella Annbrittardóttur Henriksen	2014		+0.59	40.21	2:51.09
<b>-</b>	<b>Ægir gentur 2</b>	15	Ægir		<b>DSQ</b>	
	SW 4.4. Tjövstartur (startari og yvirdómari skulu vera samdir)					
	Durita Davidsen	2011		34.16	34.16	
	Tabita Vón Ebbadóttir	2013		+0.22	36.94	1:11.10
	Anna K. Lydersen	2013		+0.20	41.48	1:52.58
	Jonna Steinberg Joensen	2014		-0.35		DSQ

Kapping almenn: 21.03.2026 11:33:38

## Kapping 24, 4x50m Frí Menn - Final

FAR.JR	1:38.48	Suðuroyar Svímjifelag	Suðuroyar Svímjifelag (FR Torshavn (FRO))	11.05.2013		
Raðf	Navn	Aldur	Felag	AQU	Tíð	Munur
<b>1</b>	<b>HS Menn</b>	23	Havnar Svímjifelag	573	<b>1:38.45</b>	
	Bartal Erlingsson Eidesgaard	2003		23.86	23.86	
	Theodor Salter	2011		+0.31	25.91	49.77
	Óli Mikkelsen	2008		+0.26	24.53	1:14.30
	Silas Dam Lindberg	2008		+0.06	24.15	1:38.45
<b>2</b>	<b>Suðuroyar Svímjifelag</b>	34	Suðuroyar Svímjifelag	483	<b>1:44.24</b>	+5.79
	Haraldur Mortensen	2010		25.46	25.46	
	Bjarti Ludvig	2006		+0.07	24.94	50.40
	Jón Hofgaard	1992		+0.31	25.66	1:16.06
	Dávur Eið	2012		+0.24	28.18	1:44.24
<b>3</b>	<b>HS Dreingir</b>	16	Havnar Svímjifelag	326	<b>1:58.82</b>	+20.37
	Teitur Miné Róason	2011		28.19	28.19	
	Nóa Róason Stakksund	2011		+0.33	29.27	57.46
	Fróði Bárðarson Dahl	2013		+0.48	31.25	1:28.71
	Jónatan Samuelsen	2010		+0.31	30.11	1:58.82
<b>-</b>	<b>Ægir</b>	20	Ægir		<b>DSQ</b>	
	SW 4.4. Tjövstartur (startari og yvirdómari skulu vera samdir)					
	Tórir Olsen	2011		26.60	26.60	
	Bárður Ólavsson	2008		-0.67		DSQ
	Fróði Hansen	2008		+0.36		
	Heini Mohr Askham	2006		+0.22		



# Úrslit

## Kapping 24, 4x50m Frí Menn - Final

Raðf	Navn	Aldur	Felag	AQU	Tíð	Munur
-	HS Kúllar		14 Havnar Svímjifelag		DSQ	
	SW 4.4. Tjövstartur (startari og yvirdómari skulu vera samdir)					
	Bjarti Karbech í Hjøllum	2015		40.32		40.32
	Bragi Bjarnason	2012		+0.32	31.41	1:11.73
	Sofus Rúnason Johannesen	2012		+0.47	48.34	2:00.07
	Aleks Uadhaw Thomsen	2013		-0.12		DSQ

Kapping almenn: 21.03.2026 11:38:01

## Kapping 25, 800m Frí Kvinnur - Final

FAR	8:40.78	Vár Erlingsdóttir Eidesga	2001 Havnar Svímjifelag (FRO)	Torshavn (FRO)	01.12.2019
FAR.JR	8:50.79	Vár Erlingsdóttir Eidesga	2001 Havnar Svímjifelag (FRO)	Klaksvík (FRO)	12.05.2017

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
<b>1</b>	<b>Sólfríð H. Johannessen</b>	2013 Ægir		<b>344</b>	<b>11:21.24</b>	
	50m: 37.78	100m: 1:19.68 (41.90)	150m: 2:03.56 (43.88)		200m: 2:46.54 (42.98)	
	250m: 3:30.17 (43.63)	300m: 4:13.82 (43.65)	350m: 4:56.46 (42.64)		400m: 5:41.20 (44.74)	
	450m: 6:24.09 (42.89)	500m: 7:06.69 (42.60)	550m: 7:50.66 (43.97)		600m: 8:33.85 (43.19)	
	650m: 9:17.35 (43.50)	700m: 10:00.22 (42.87)	750m: 10:43.32 (43.10)		800m: 11:21.24 (37.92)	
<b>2</b>	<b>Elisabet Leivsdóttir</b>	2014 Havnar Svímjifelag		<b>241</b>	<b>12:46.36</b>	+1:25.12
	50m: 40.22	100m: 1:27.15 (46.93)	150m: 2:14.95 (47.80)		200m: 3:04.05 (49.10)	
	250m: 3:54.42 (50.37)	300m: 4:44.71 (50.29)	350m: 5:34.83 (50.12)		400m: 6:24.74 (54.39)	
	450m: 7:13.33 (7:13.33)	500m: 8:02.98 (49.65)	550m: 8:50.60 (47.62)		600m: 9:40.44 (49.84)	
		700m: 11:17.59 (11:17.59)	750m: 12:04.43 (46.84)		800m: 12:46.36 (41.93)	
<b>3</b>	<b>Urd Jákupsdóttir</b>	2015 Havnar Svímjifelag		<b>196</b>	<b>13:41.58</b>	+2:20.34
	50m: 43.06	100m: 1:32.93 (49.87)	150m: 2:24.24 (51.31)		200m: 3:16.76 (52.52)	
	250m: 4:08.41 (51.65)	300m: 5:01.43 (53.02)	350m: 5:54.95 (53.52)		400m: 6:49.34 (54.39)	
	450m: 7:42.40 (53.06)	500m: 8:34.67 (52.27)	550m: 9:27.39 (52.72)		600m: 10:20.77 (53.38)	
	650m: 11:13.29 (52.52)	700m: 12:05.59 (52.30)	750m: 12:56.15 (50.56)		800m: 13:41.58 (45.43)	
<b>4</b>	<b>Kaya Ziska Hofgaard</b>	2014 Havnar Svímjifelag		<b>157</b>	<b>14:43.32</b>	+3:22.08
	50m: 46.04	100m: 1:42.35 (56.31)	150m: 2:39.80 (57.45)		200m: 3:37.33 (57.53)	
	250m: 4:33.12 (55.79)	300m: 5:29.90 (56.78)	350m: 6:27.18 (57.28)		400m: 7:24.74 (57.56)	
	450m: 8:22.05 (57.31)	500m: 9:21.36 (59.31)	550m: 10:16.59 (55.23)		600m: 11:12.40 (55.81)	
	650m: 12:08.31 (55.91)	700m: 13:03.36 (55.05)	750m: 13:56.34 (52.98)		800m: 14:43.32 (46.98)	
<b>5</b>	<b>Lisa Emilsdóttir Hofgaard</b>	2015 Havnar Svímjifelag		<b>132</b>	<b>15:36.79</b>	+4:15.55
	50m: 50.38	100m: 1:47.65 (57.27)	150m: 2:46.46 (58.81)		200m: 3:46.60 (1:00.14)	
	250m: 4:47.07 (1:00.47)	300m: 5:48.15 (1:01.08)	350m: 6:50.17 (1:02.02)		400m: 7:52.15 (1:01.98)	
	450m: 8:51.14 (58.99)	500m: 9:54.28 (1:03.14)	550m: 10:52.95 (58.67)		600m: 11:53.73 (1:00.78)	
	650m: 12:55.31 (1:01.58)	700m: 13:51.72 (56.41)	750m: 14:47.28 (55.56)		800m: 15:36.79 (49.51)	

Kapping almenn: 21.03.2026 16:55:58

## Kapping 26, 800m Frí Menn - Final

FAR	7:36.24	Pál Joensen	1990 Suðuroyar Svímjifelag (FR)	Atlanta (USA)	17.12.2011
FAR.JR	7:48.56	Pál Joensen	1990 Suðuroyar Svímjifelag (FR)	Rijeka (CRO)	13.12.2008

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
<b>1</b>	<b>Silas Dam Lindberg</b>	2008 Havnar Svímjifelag		<b>675</b>	<b>8:22.03</b>	
	50m: 28.54	100m: 59.80 (31.26)	150m: 1:30.99 (31.19)		200m: 2:02.38 (31.39)	
	250m: 2:33.77 (31.39)	300m: 3:05.35 (31.58)	350m: 3:37.32 (31.97)		400m: 4:09.39 (32.07)	
	450m: 4:41.23 (31.84)	500m: 5:12.97 (31.74)	550m: 5:45.27 (32.30)		600m: 6:17.39 (32.12)	
	650m: 6:49.33 (31.94)	700m: 7:21.30 (31.97)	750m: 7:52.90 (31.60)		800m: 8:22.03 (29.13)	
<b>2</b>	<b>Heini Mohr Askham</b>	2006 Ægir		<b>646</b>	<b>8:29.33</b>	+7.30
	50m: 28.73	100m: 1:00.28 (31.55)	150m: 1:32.48 (32.20)		200m: 2:04.74 (32.26)	
	250m: 2:36.90 (32.16)	300m: 3:08.92 (32.02)	350m: 3:41.02 (32.10)		400m: 4:13.23 (32.21)	
	450m: 4:45.30 (32.07)	500m: 5:17.61 (32.31)	550m: 5:49.62 (32.01)		600m: 6:22.02 (32.40)	
	650m: 6:54.36 (32.34)	700m: 7:27.02 (32.66)	750m: 7:59.01 (31.99)		800m: 8:29.33 (30.32)	
<b>3</b>	<b>Ólavur Winther Jákupsson</b>	2008 Havnar Svímjifelag		<b>619</b>	<b>8:36.56</b>	+14.53
	50m: 29.11	100m: 1:00.96 (31.85)	150m: 1:33.17 (32.21)		200m: 2:05.43 (32.26)	
	250m: 2:38.19 (32.76)	300m: 3:11.07 (32.88)	350m: 3:44.26 (33.19)		400m: 4:16.63 (32.37)	
	450m: 4:48.85 (32.22)	500m: 5:21.46 (32.61)	550m: 5:54.24 (32.78)		600m: 6:27.23 (32.99)	
	650m: 7:00.14 (32.91)	700m: 7:32.82 (32.68)	750m: 8:05.51 (32.69)		800m: 8:36.56 (31.05)	



# Úrslit

## Kapping 26, 800m Frí Menn - Final

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
<b>4</b>	<b>Tórir Olsen</b>	2011 Ægir		614	<b>8:38.21</b>	+16.18
	50m: 28.79	100m: 1:00.62 (31.83)	150m: 1:33.62 (33.00)		200m: 2:06.78 (33.16)	
	250m: 2:39.65 (32.87)	300m: 3:11.77 (32.12)	350m: 3:44.15 (32.38)		400m: 4:17.07 (32.92)	
	450m: 4:49.67 (32.60)	500m: 5:22.94 (33.27)	550m: 5:55.91 (32.97)		600m: 6:28.76 (32.85)	
	650m: 7:01.65 (32.89)	700m: 7:34.29 (32.64)	750m: 8:07.08 (32.79)		800m: 8:38.21 (31.13)	
<b>5</b>	<b>Bragi Bjarnason</b>	2012 Havnar Svímjifelag		392	<b>10:01.82</b>	+1:39.79
	50m: 33.34	100m: 1:10.81 (37.47)	150m: 1:49.12 (38.31)		200m: 2:27.06 (37.94)	
	250m: 3:04.61 (37.55)	300m: 3:42.32 (37.71)	350m: 4:21.50 (39.18)		400m: 5:00.17 (38.67)	
	450m: 5:38.88 (38.71)	500m: 6:17.17 (38.29)	550m: 6:55.98 (38.81)		600m: 7:33.94 (37.96)	
	650m: 8:12.28 (38.34)	700m: 8:50.17 (37.89)	750m: 9:28.14 (37.97)		800m: 10:01.82 (33.68)	
<b>6</b>	<b>Jónatan Samuelsen</b>	2010 Havnar Svímjifelag		370	<b>10:13.13</b>	+1:51.10
	50m: 33.71	100m: 1:11.37 (37.66)	150m: 1:49.44 (38.07)		200m: 2:27.49 (38.05)	
	250m: 3:05.49 (38.00)	300m: 3:44.11 (38.62)	350m: 4:22.97 (38.86)		400m: 5:01.62 (38.65)	
	450m: 5:42.04 (40.42)	500m: 6:20.14 (38.10)	550m: 6:59.05 (38.91)		600m: 7:38.60 (39.55)	
	650m: 8:18.12 (39.52)	700m: 8:56.03 (37.91)	750m: 9:35.24 (39.21)		800m: 10:13.13 (37.89)	
<b>7</b>	<b>Jógván Vesturtún</b>	2013 Fuglafjarðar Svímjifelag		323	<b>10:41.37</b>	+2:19.34
	50m: 35.99	100m: 1:15.69 (39.70)	150m: 1:56.73 (41.04)		200m: 2:37.51 (40.78)	
	250m: 3:17.97 (40.46)	300m: 3:58.44 (40.47)	350m: 4:39.37 (40.93)		400m: 5:19.98 (40.61)	
	450m: 6:00.50 (40.52)	500m: 6:40.61 (40.11)	550m: 7:21.17 (40.56)		600m: 8:01.29 (40.12)	
	650m: 8:41.50 (40.21)	700m: 9:22.23 (40.73)	750m: 10:02.20 (39.97)		800m: 10:41.37 (39.17)	

Kapping almenn: 21.03.2026 16:55:52

## Kapping 28, 400m Blandað Menn - Final

FAR	4:18.97	Pál Joensen	1990 Suðuroyar Svímjifelag (FR)	Torshavn (FRO)	15.04.2012	
FAR.JR	4:26.12	Alvi Hjelm	1996 Ægir Klaksvik (FRO)	Upplands Vaesby (SWE)	13.12.2014	
Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
<b>1</b>	<b>Fríðálvur Eliassen</b>	2011 Fuglafjarðar Svímjifelag		392	<b>5:20.60</b>	
	50m: 33.51	100m: 1:12.31 (38.80)	150m: 1:54.96 (42.65)		200m: 2:37.05 (42.09)	
	250m: 3:23.07 (46.02)	300m: 4:09.57 (46.50)	350m: 4:45.02 (35.45)		400m: 5:20.60 (35.58)	

Kapping almenn: 21.03.2026 16:56:24

## Kapping 29, 100m Firvald Kvinnur - Final

FAR	1:01.93	Poula Mohr	1995 Havnar Svímjifelag (FRO)	Torshavn (FRO)	14.04.2013	
FAR.JR	1:03.15	Vár Erlingsdóttir Eidesga	2001 Havnar Svímjifelag (FRO)	Torshavn (FRO)	26.03.2017	
Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
<b>1</b>	<b>Durita Mohr Askham</b>	2008 Ægir		418	<b>1:10.46</b>	
	50m: 32.44	100m: 1:10.46 (38.02)				

Kapping almenn: 21.03.2026 16:56:29

## Kapping 30, 100m Firvald Menn - Final

FAR	53.67	Ísak Brisenfeldt	2006 Havnar Svímjifelag (FRO)	Torshavn (FRO)	09.11.2024	
FAR.JR	53.67	Ísak Brisenfeldt	2006 Havnar Svímjifelag (FRO)	Torshavn (FRO)	09.11.2024	
Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
<b>1</b>	<b>Bárður Ólavsson</b>	2008 Ægir		511	<b>59.66</b>	
	50m: 28.47	100m: 59.66 (31.19)				
<b>2</b>	<b>Theodor Salter</b>	2011 Havnar Svímjifelag		444	<b>1:02.50</b>	+2.84
	50m: 28.91	100m: 1:02.50 (33.59)				
<b>3</b>	<b>Ólavur Winther Jákupsson</b>	2008 Havnar Svímjifelag		395	<b>1:05.00</b>	+5.34
	50m: 29.77	100m: 1:05.00 (35.23)				
<b>4</b>	<b>Haraldur Mortensen</b>	2010 Suðuroyar Svímjifelag		296	<b>1:11.54</b>	+11.88
	50m: 31.22	100m: 1:11.54 (40.32)				
<b>5</b>	<b>Nóa Róason Stakksund</b>	2011 Havnar Svímjifelag		204	<b>1:20.93</b>	+21.27
	50m: 36.57	100m: 1:20.93 (44.36)				
<b>6</b>	<b>Aleks Uadhaw Thomsen</b>	2013 Havnar Svímjifelag		186	<b>1:23.48</b>	+23.82
	50m: 37.84	100m: 1:23.48 (45.64)				
<b>7</b>	<b>Fróði Bárðarson Dahl</b>	2013 Havnar Svímjifelag		185	<b>1:23.68</b>	+24.02
	50m: 37.13	100m: 1:23.68 (46.55)				
<b>8</b>	<b>Bænadikt Helig Eliassen</b>	2013 Fuglafjarðar Svímjifelag		159	<b>1:27.99</b>	+28.33
	50m: 41.80	100m: 1:27.99 (46.19)				



# Úrslit

## Kapping 30, 100m Firvald Menn - Final

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
9	Lukas Finsson Ellingsgaard	2016 Havnar Svímjifelag		68	1:56.87	+57.21
	50m: 53.55	100m: 1:56.87 (1:03.32)				
Kapping almenn: 21.03.2026 16:56:34						

## Kapping 31, 50m Rygg Kvinnur - Final

FAR	28.03	Elisabeth Erlendsdóttir	2005 Havnar Svímjifelag (FRO)	Kirkwall (GBR)	15.07.2025
FAR.JR	28.63	Elisabeth Erlendsdóttir	2005 Havnar Svímjifelag (FRO)	Upplands Vaesby (SWE)	03.12.2021

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Durita Mohr Askham	2008 Ægir		431	33.39	
2	Sirið Vesturtún	2011 Fuglafjarðar Svímjifelag		418	33.74	+0.35
3	Mariella Annbrittardóttur Henriks	2010 Havnar Svímjifelag		349	35.82	+2.43
4	Lilja Sørensen	2011 Havnar Svímjifelag		347	35.89	+2.50
5	Rósa Myrna Hansen	2006 Svímjifelagið Reysti		288	38.20	+4.81
6	Rakul J Højbro	2011 Fuglafjarðar Svímjifelag		242	40.47	+7.08
7	Felisia Florinsdóttir	2012 Fuglafjarðar Svímjifelag		223	41.56	+8.17
8	Hanna Lilja Jacobsen	2015 Ægir		222	41.65	+8.26
=9	Annabella Annbrittardóttur Henrik	2014 Havnar Svímjifelag		170	45.53	+12.14
=9	Elisabet Leivsdóttir	2014 Havnar Svímjifelag		170	45.53	+12.14
11	Floria Skoradal á Húsamørk	2015 Svímjifelagið Reysti		168	45.72	+12.33
12	Jonna Steinberg Joensen	2014 Ægir		155	46.89	+13.50
13	Anna K. Lydersen	2013 Ægir		153	47.09	+13.70
14	Katrina Mc Intosh	2015 Havnar Svímjifelag		153	47.16	+13.77
15	Thorborg Joensen	2014 Havnar Svímjifelag		151	47.29	+13.90
16	Abigail V. Christiansen	2014 Svímjifelagið Hellufossur		136	49.02	+15.63
17	Lisa Emilsdóttir Hofgaard	2015 Havnar Svímjifelag		101	54.13	+20.74
18	Simona K. á Høvdanum	2016 Svímjifelagið Reysti		99	54.40	+21.01
19	Laura Marquardt	2015 Svímjifelagið Hellufossur		95	55.29	+21.90
20	Kaya Ziska Hofgaard	2014 Havnar Svímjifelag		93	55.52	+22.13
21	Arina Askham	2016 Ægir		91	56.08	+22.69
22	Mira Sumberg	2014 Havnar Svímjifelag		87	56.86	+23.47
23	Ingrid M. Midjord	2016 Svímjifelagið Hellufossur		77	59.29	+25.90
24	Hanna Højbro	2014 Ægir		76	59.42	+26.03
25	Emilia G. Madsen	2015 Svímjifelagið Hellufossur		63	1:03.17	+29.78
26	Poula Madsen	2017 Svímjifelagið Hellufossur		54	1:06.53	+33.14
27	Estrid T. Sámalsdóttir	2017 Svímjifelagið Hellufossur		33	1:18.36	+44.97
-	Saranja S. Dam	2017 Svímjifelagið Hellufossur			DSQ	
	SW 6.2 Svam á búkinum (ikki við vending)					
-	Julia Eik Simonsen	2017 Svímjifelagið Hellufossur			DSQ	
	SW 6.2 Svam á búkinum (ikki við vending)					
-	Randi Brim Hvidbro	2012 Ægir			DNF	
-	Elisabeth Erlendsdóttir	2005 Havnar Svímjifelag			DNS	
-	Guðrun Fornagarð	2013 Suðuroyar Svímjifelag			DNS	
-	Tóta Sofía Gudmundsen	2014 Suðuroyar Svímjifelag			DNS	
-	Agnas Halsdóttir	2017 Ægir			DNS	
-	Bjarta í Lágabø	2009 Suðuroyar Svímjifelag			DNS	
-	Lea í Trøðini	2011 Suðuroyar Svímjifelag			DNS	
-	Jórun Joensen	2017 Ægir			DNS	



# Úrslit

## Kapping 31, 50m Rygg Kvinnur - Final

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
-	Talita Johannesen	2010 Suðuroyar Svímjifelag			DNS	
-	Ingeborg Vinther	2015 Suðuroyar Svímjifelag			DNS	
-	Jórun Winther	2011 Suðuroyar Svímjifelag			DNS	
-	Lilja Strøm Winther	2009 Suðuroyar Svímjifelag			DNS	

Kapping almenn: 21.03.2026 17:28:28

## Kapping 32, 50m Rygg Menn - Final

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

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Óli Mikkelsen	2008 Havnar Svímjifelag		549	27.00	
2	Haraldur Mortensen	2010 Suðuroyar Svímjifelag		350	31.37	+4.37
3	Teitur Miné Róason	2011 Havnar Svímjifelag		280	33.76	+6.76
4	Jónatan Samuelson	2010 Havnar Svímjifelag		278	33.87	+6.87
5	Fróði Bárðarson Dahl	2013 Havnar Svímjifelag		212	37.05	+10.05
6	Kian V. Eliassen	2013 Fuglafjarðar Svímjifelag		207	37.37	+10.37
7	Jógvan Vesturtún	2013 Fuglafjarðar Svímjifelag		201	37.70	+10.70
8	Petur Eli K. á Høvdanum	2015 Svímjifelagið Reysti		165	40.27	+13.27
9	Bænadikt Helig Eliassen	2013 Fuglafjarðar Svímjifelag		147	41.88	+14.88
10	Tóki Niklasson Poulsen	2013 Svímjifelagið Flot		125	44.19	+17.19
11	Bárður Rógvason	2013 Suðuroyar Svímjifelag		122	44.57	+17.57
12	Bjarti Karbech í Hjøllum	2015 Havnar Svímjifelag		106	46.66	+19.66
13	Andreas Jansson Poulsen	2015 Svímjifelagið Reysti		98	47.92	+20.92
14	Magni S. Olsen	2013 Svímjifelagið Flot		91	49.00	+22.00
15	Sofus Rúnason Johannesen	2012 Havnar Svímjifelag		79	51.39	+24.39
16	Lukas Finsson Ellingsgaard	2016 Havnar Svímjifelag		76	52.17	+25.17
17	Rani í Toft	2016 Ægir		62	55.69	+28.69
18	Nóa Zachariassen	2016 Svímjifelagið Hellufossur		40	1:04.20	+37.20
19	Jóel í Køk	2016 Svímjifelagið Hellufossur		36	1:06.73	+39.73
20	Zacharias Gaard	2016 Ægir		26	1:14.31	+47.31
21	Oddur Davidsen	2016 Ægir		20	1:21.12	+54.12
-	Hans Erik Skaalum	2016 Ægir			DSQ	
	SW 6.2 Svam á búkinum (ikki við vending)					
-	Elias í Lágabø	2014 Suðuroyar Svímjifelag			DNS	
-	Terji Kjærbo	2012 Suðuroyar Svímjifelag			DNS	
-	Bjarti Ludvig	2006 Suðuroyar Svímjifelag			DNS	
-	Ian Strøm	2015 Suðuroyar Svímjifelag			DNS	
-	Niels Jacob Thomsen	2014 Suðuroyar Svímjifelag			DNS	
-	Jonhard Winther	2015 Suðuroyar Svímjifelag			DNS	

Kapping almenn: 21.03.2026 17:46:14

## Kapping 33, 200m Bringu Kvinnur - Final

FAR 2:30.72 Lea Osberg Højsted 2008 Ægir Klaksvik (FRO) Reykjavik (ISL) 28.11.2025  
FAR.JR 2:30.72 Lea Osberg Højsted 2008 Ægir Klaksvik (FRO) Reykjavik (ISL) 28.11.2025

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Lea Osberg Højsted	2008 Ægir		645	2:33.34	
	50m: 34.19	100m: 1:12.72 (38.53)	150m: 1:52.81 (40.09)	200m: 2:33.34 (40.53)		
2	Sissal Rógvadóttir	2010 Suðuroyar Svímjifelag		402	2:59.43	+26.09
	50m: 39.17	100m: 1:24.61 (45.44)	150m: 2:11.77 (47.16)	200m: 2:59.43 (47.66)		

21-03-2026 18:28.34

Dátaviðgerð: Swimify 2.13

Loyvt: Svímjifelagið Ægir

Síða 23/26



# Úrslit

## Kapping 33, 200m Bringu Kvinnur - Final

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
3	India Linnea Bech	2011 Havnar Svímjifelag		343	<b>3:09.14</b>	+35.80
	50m: 43.37	100m: 1:31.30 (47.93)	150m: 2:20.09 (48.79)		200m: 3:09.14 (49.05)	
4	Tabita Vón Ebbadóttir	2013 Ægir		201	<b>3:46.13</b>	+1:12.79
	50m: 51.99	100m: 1:51.32 (59.33)	150m: 2:48.74 (57.42)		200m: 3:46.13 (57.39)	
5	Urd Jákupsdóttir	2015 Havnar Svímjifelag		174	<b>3:57.23</b>	+1:23.89
	50m: 52.44	100m: 1:52.36 (59.92)	150m: 2:55.42 (1:03.06)		200m: 3:57.23 (1:01.81)	
6	Katrina Mc Intosh	2015 Havnar Svímjifelag		170	<b>3:58.87</b>	+1:25.53
	50m: 54.42	100m: 1:55.61 (1:01.19)	150m: 2:58.22 (1:02.61)		200m: 3:58.87 (1:00.65)	

Kapping almenn: 21.03.2026 17:46:35

## Kapping 34, 200m Bringu Menn - Final

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

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Fróði Hansen	2008 Ægir		574	<b>2:24.57</b>	
	50m: 32.35	100m: 1:09.04 (36.69)	150m: 1:46.62 (37.58)		200m: 2:24.57 (37.95)	
2	Silas Dam Lindberg	2008 Havnar Svímjifelag		542	<b>2:27.37</b>	+2.80
	50m: 32.87	100m: 1:09.87 (37.00)	150m: 1:48.00 (38.13)		200m: 2:27.37 (39.37)	
3	Aleks Uadhaw Thomsen	2013 Havnar Svímjifelag		261	<b>3:07.96</b>	+43.39
	50m: 43.00	100m: 1:31.45 (48.45)	150m: 2:20.30 (48.85)		200m: 3:07.96 (47.66)	
4	Andrias Mellemgard	SB9 2009 Havnar Svímjifelag		229	<b>3:16.36</b>	+51.79
	50m: 43.96	100m: 1:34.94 (50.98)	150m: 2:25.80 (50.86)		200m: 3:16.36 (50.56)	
5	Andreas Jansson Poulsen	2015 Svímjifelagið Reysti		134	<b>3:54.77</b>	+1:30.20
	50m: 55.36	100m: 1:56.61 (1:01.25)	150m: 2:55.45 (58.84)		200m: 3:54.77 (59.32)	
6	Tóki Niklasson Poulsen	2013 Svímjifelagið Flot		122	<b>4:01.89</b>	+1:37.32
	50m: 55.22	100m: 1:55.09 (59.87)	150m: 2:59.75 (1:04.66)		200m: 4:01.89 (1:02.14)	

Kapping almenn: 21.03.2026 17:46:56

## Kapping 35, 200m Frí Kvinnur - Final

FAR 2:00.74 Vár Erlingsdóttir Eidesga 2001 Havnar Svímjifelag (FRO) Gibraltar (GIB) 08.07.2019  
 FAR.JR 2:02.18 Vár Erlingsdóttir Eidesga 2001 Havnar Svímjifelag (FRO) Reykjavik (ISL) 02.12.2017

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Lilja Sørensen	2011 Havnar Svímjifelag		387	<b>2:31.29</b>	
	50m: 34.21	100m: 1:13.04 (38.83)	150m: 1:52.75 (39.71)		200m: 2:31.29 (38.54)	
2	India Linnea Bech	2011 Havnar Svímjifelag		344	<b>2:37.42</b>	+6.13
	50m: 36.25	100m: 1:16.88 (40.63)	150m: 1:57.98 (41.10)		200m: 2:37.42 (39.44)	
3	Sólfríð H. Johannessen	2013 Ægir		342	<b>2:37.60</b>	+6.31
	50m: 35.99	100m: 1:16.48 (40.49)	150m: 1:57.51 (41.03)		200m: 2:37.60 (40.09)	
4	Randi Brim Hvidbro	2012 Ægir		278	<b>2:48.98</b>	+17.69
	50m: 36.41	100m: 1:19.68 (43.27)	150m: 2:05.14 (45.46)		200m: 2:48.98 (43.84)	
5	Delaila H. Gregersen	2013 Ægir		262	<b>2:52.39</b>	+21.10
	50m: 39.78	100m: 1:24.74 (44.96)	150m: 2:10.04 (45.30)		200m: 2:52.39 (42.35)	
6	Elisabet Leivsdóttir	2014 Havnar Svímjifelag		238	<b>2:58.00</b>	+26.71
	50m: 38.27	100m: 1:23.17 (44.90)	150m: 2:10.56 (47.39)		200m: 2:58.00 (47.44)	
7	Jonna Steinberg Joensen	2014 Ægir		227	<b>3:00.65</b>	+29.36
	50m: 39.42	100m: 1:25.07 (45.65)	150m: 2:13.86 (48.79)		200m: 3:00.65 (46.79)	
8	Katrina Mc Intosh	2015 Havnar Svímjifelag		205	<b>3:06.95</b>	+35.66
	50m: 40.08	100m: 1:29.37 (49.29)	150m: 2:19.94 (50.57)		200m: 3:06.95 (47.01)	
9	Thorborg Joensen	2014 Havnar Svímjifelag		195	<b>3:09.99</b>	+38.70
	50m: 42.05	100m: 1:31.89 (49.84)	150m: 2:23.22 (51.33)		200m: 3:09.99 (46.77)	
10	Urd Jákupsdóttir	2015 Havnar Svímjifelag		182	<b>3:14.63</b>	+43.34
	50m: 44.39	100m: 1:35.24 (50.85)	150m: 2:27.09 (51.85)		200m: 3:14.63 (47.54)	
11	Anna K. Lydersen	2013 Ægir		178	<b>3:15.99</b>	+44.70
	50m: 44.32	100m: 1:35.89 (51.57)	150m: 2:24.55 (48.66)		200m: 3:15.99 (51.44)	
12	Annabella Annbriardóttur Henrik	2014 Havnar Svímjifelag		172	<b>3:18.28</b>	+46.99
	50m: 41.75	100m: 1:33.92 (52.17)	150m: 2:28.29 (54.37)		200m: 3:18.28 (49.99)	



# Úrslit

## Kapping 35, 200m Frí Kvinnur - Final

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
13	Lisa Emilsdóttir Hofgaard	2015 Havnar Svímjifelag		133	<b>3:35.67</b>	+1:04.38
	50m: 49.01	100m: 1:43.62 (54.61)	150m: 2:41.27 (57.65)		200m: 3:35.67 (54.40)	
14	Kaya Ziska Hofgaard	2014 Havnar Svímjifelag		126	<b>3:39.97</b>	+1:08.68
	50m: 50.61	100m: 1:52.47 (1:01.86)	150m: 2:48.23 (55.76)		200m: 3:39.97 (51.74)	
15	Abigail V. Christiansen	2014 Svímjifelagið Hellufossur		125	<b>3:40.56</b>	+1:09.27
	50m: 46.33	100m: 1:40.52 (54.19)	150m: 2:42.44 (1:01.92)		200m: 3:40.56 (58.12)	
16	Mira Sumberg	2014 Havnar Svímjifelag		116	<b>3:45.63</b>	+1:14.34
	50m: 49.77	100m: 1:47.91 (58.14)	150m: 2:47.44 (59.53)		200m: 3:45.63 (58.19)	
17	Laura Marquardt	2015 Svímjifelagið Hellufossur		100	<b>3:57.37</b>	+1:26.08
	50m: 55.12	100m: 1:59.57 (1:04.45)	150m: 3:05.85 (1:06.28)		200m: 3:57.37 (51.52)	
18	Ingrid M. Midjord	2016 Svímjifelagið Hellufossur		68	<b>4:29.51</b>	+1:58.22
	50m: 1:00.60	100m: 2:13.63 (1:13.03)	150m: 3:26.60 (1:12.97)		200m: 4:29.51 (1:02.91)	
-	Hanna Lilja Jacobsen	2015 Ægir			<b>DSQ</b>	
	SW 4.4 Tjónvartur (startari og yvirdómari skulu vera samdir)					
-	Viktoría Klettskarð	2013 Ægir			<b>DSQ</b>	
	SW 4.4 Tjónvartur (startari og yvirdómari skulu vera samdir)					
-	Tóta Sofía Gudmundsen	2014 Suðuroyar Svímjifelag			<b>DNS</b>	
-	Rakul J Højbro	2011 Fuglafjarðar Svímjifelag			<b>DNS</b>	
-	Lea Í Trøðini	2011 Suðuroyar Svímjifelag			<b>DNS</b>	
-	Jórun Winther	2011 Suðuroyar Svímjifelag			<b>DNS</b>	

Kapping almenn: 21.03.2026 18:05:03

## Kapping 36, 200m Frí Menn - Final

FAR 1:46.61 Pál Joensen 1990 Suðuroyar Svímjifelag (FR Rijeka (CRO)) 14.12.2008  
 FAR.JR 1:46.61 Pál Joensen 1990 Suðuroyar Svímjifelag (FR Rijeka (CRO)) 14.12.2008

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Heini Mohr Askham	2006 Ægir		649	<b>1:53.89</b>	(29.38)
	50m: 26.31	100m: 55.00 (28.69)	150m: 1:24.51 (29.51)		200m: 1:53.89 (29.38)	
2	Óli Mikkelsen	2008 Havnar Svímjifelag		540	<b>2:01.09</b>	+7.20
	50m: 28.12	100m: 59.83 (31.71)	150m: 1:31.13 (31.30)		200m: 2:01.09 (29.96)	
3	Tórir Olsen	2011 Ægir		536	<b>2:01.38</b>	+7.49
	50m: 27.37	100m: 57.86 (30.49)	150m: 1:29.79 (31.93)		200m: 2:01.38 (31.59)	
4	Theodor Salter	2011 Havnar Svímjifelag		480	<b>2:05.87</b>	+11.98
	50m: 29.36	100m: 1:01.80 (32.44)	150m: 1:34.15 (32.35)		200m: 2:05.87 (31.72)	
5	Haraldur Mortensen	2010 Suðuroyar Svímjifelag		405	<b>2:13.20</b>	+19.31
	50m: 30.01	100m: 1:03.62 (33.61)	150m: 1:39.05 (35.43)		200m: 2:13.20 (34.15)	
6	Benjamin Havn	2011 Ægir		390	<b>2:14.95</b>	+21.06
	50m: 30.46	100m: 1:05.29 (34.83)	150m: 1:41.31 (36.02)		200m: 2:14.95 (33.64)	
7	Nóa Róason Stakksund	2011 Havnar Svímjifelag		376	<b>2:16.55</b>	+22.66
	50m: 30.74	100m: 1:04.76 (34.02)	150m: 1:41.45 (36.69)		200m: 2:16.55 (35.10)	
8	Fríðálvur Eliassen	2011 Fuglafjarðar Svímjifelag		345	<b>2:20.57</b>	+26.68
	50m: 32.86	100m: 1:08.54 (35.68)	150m: 1:44.77 (36.23)		200m: 2:20.57 (35.80)	
9	Bragi Bjarnason	2012 Havnar Svímjifelag		316	<b>2:24.70</b>	+30.81
	50m: 33.02	100m: 1:10.22 (37.20)	150m: 1:48.65 (38.43)		200m: 2:24.70 (36.05)	
10	Fróði Bárðarson Dahl	2013 Havnar Svímjifelag		308	<b>2:25.99</b>	+32.10
	50m: 33.52	100m: 1:11.05 (37.53)	150m: 1:49.45 (38.40)		200m: 2:25.99 (36.54)	
11	Kian V. Eliassen	2013 Fuglafjarðar Svímjifelag		256	<b>2:35.13</b>	+41.24
	50m: 34.75	100m: 1:13.95 (39.20)			200m: 2:35.13 (2:35.13)	
12	Andrias Mellemgaard	S9 2009 Havnar Svímjifelag		256	<b>2:35.16</b>	+41.27
	50m: 35.17	100m: 1:14.31 (39.14)	150m: 1:54.39 (40.08)		200m: 2:35.16 (40.77)	
13	Petur Eli K. á Høvdanum	2015 Svímjifelagið Reysti		166	<b>2:59.07</b>	+1:05.18
	50m: 40.12	100m: 1:29.46 (49.34)	150m: 2:17.04 (47.58)		200m: 2:59.07 (42.03)	
14	Bjarti Karbech í Hjølum	2015 Havnar Svímjifelag		138	<b>3:10.37</b>	+1:16.48
	50m: 43.98	100m: 1:33.84 (49.86)	150m: 2:23.59 (49.75)		200m: 3:10.37 (46.78)	



# Úrslit

## Kapping 36, 200m Frí Menn - Final

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
15	Bárður Rógvason	2013 Suðuroyar Svímjifelag		137	<b>3:10.92</b>	+1:17.03
	50m: 41.21	100m: 1:30.85 (49.64)	150m: 2:20.87 (50.02)		200m: 3:10.92 (50.05)	
16	Magni S. Olsen	2013 Svímjifelagið Flot		118	<b>3:20.59</b>	+1:26.70
	50m: 48.93	100m: 1:41.67 (52.74)	150m: 2:32.69 (51.02)		200m: 3:20.59 (47.90)	
17	Sofus Rúnason Johannesen	2012 Havnar Svímjifelag		108	<b>3:26.73</b>	+1:32.84
	50m: 44.58	100m: 1:37.41 (52.83)	150m: 2:33.81 (56.40)		200m: 3:26.73 (52.92)	
18	Lukas Finsson Ellingsgaard	2016 Havnar Svímjifelag		92	<b>3:38.22</b>	+1:44.33
	50m: 48.40	100m: 1:43.50 (55.10)	150m: 2:41.53 (58.03)		200m: 3:38.22 (56.69)	
-	Dávur Eið	2012 Suðuroyar Svímjifelag			<b>DNS</b>	
-	Elias Í Lágabø	2014 Suðuroyar Svímjifelag			<b>DNS</b>	
-	Niels Jacob Thomsen	2014 Suðuroyar Svímjifelag			<b>DNS</b>	
-	Jonnhard Winther	2015 Suðuroyar Svímjifelag			<b>DNS</b>	

Kapping almenn: 21.03.2026 18:17:29

