



# Úrslit

## FM-JM á Langgeil 2026

Stað: Svímjnhöllin í Gundadali  
Hylur: 50m

Fyrirkari  
Stevnudagur:

Svímjisamband Føroya  
jun 5, 2026 til jun 7, 2026

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

FAR.JR 9:09.34 Vár Erlingsdóttir Eidesga 2001 Havnar Svímjifelag (FRO) Broenshoej (DEN) 15.04.2016  
FAR 9:06.88 Vár Erlingsdóttir Eidesga 2001 Havnar Svímjifelag (FRO) Debrecen (HUN) 23.04.2022

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Jórun Winther	2011 Suðuroyar Svímjifelag	412		10:50.58	
	50m: 34.78	100m: 1:13.12 (38.34)	150m: 1:51.88 (38.76)	200m: 2:31.51 (39.63)		
	250m: 3:10.34 (38.83)	300m: 3:50.64 (40.30)	350m: 4:30.78 (40.14)	400m: 5:11.66 (40.88)		
	450m: 5:52.96 (41.30)	500m: 6:35.49 (42.53)	550m: 7:18.50 (43.01)	600m: 8:01.50 (43.00)		
	650m: 8:44.26 (42.76)	700m: 9:26.73 (42.47)	750m: 10:08.96 (42.23)	800m: 10:50.58 (41.62)		

Kapping almenn: 05.06.2026 09:51:38

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

FAR.JR 9:09.34 Vár Erlingsdóttir Eidesga 2001 Havnar Svímjifelag (FRO) Broenshoej (DEN) 15.04.2016  
FAR 9:06.88 Vár Erlingsdóttir Eidesga 2001 Havnar Svímjifelag (FRO) Debrecen (HUN) 23.04.2022

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Lea Petersen	2009 Ægir	0.70	453	10:30.05	95,35 %
	50m: 34.41	100m: 1:12.56 (38.15)	150m: 1:51.65 (39.09)	200m: 2:30.55 (38.90)		
	250m: 3:09.41 (38.86)	300m: 3:48.74 (39.33)	350m: 4:28.11 (39.37)	400m: 5:07.67 (39.56)		
	450m: 5:47.11 (39.44)	500m: 6:26.79 (39.68)	550m: 7:07.38 (40.59)	600m: 7:47.96 (40.58)		
	650m: 8:28.97 (41.01)	700m: 9:09.49 (40.52)	750m: 9:50.86 (41.37)	800m: 10:30.05 (39.19)		

Kapping almenn: 05.06.2026 09:51:38

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

FAR.JR 9:09.34 Vár Erlingsdóttir Eidesga 2001 Havnar Svímjifelag (FRO) Broenshoej (DEN) 15.04.2016  
FAR 9:06.88 Vár Erlingsdóttir Eidesga 2001 Havnar Svímjifelag (FRO) Debrecen (HUN) 23.04.2022

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Lea Petersen	2009 Ægir	0.70	453	10:30.05	95,35 %
	50m: 34.41	100m: 1:12.56 (38.15)	150m: 1:51.65 (39.09)	200m: 2:30.55 (38.90)		
	250m: 3:09.41 (38.86)	300m: 3:48.74 (39.33)	350m: 4:28.11 (39.37)	400m: 5:07.67 (39.56)		
	450m: 5:47.11 (39.44)	500m: 6:26.79 (39.68)	550m: 7:07.38 (40.59)	600m: 7:47.96 (40.58)		
	650m: 8:28.97 (41.01)	700m: 9:09.49 (40.52)	750m: 9:50.86 (41.37)	800m: 10:30.05 (39.19)		
2	Jórun Winther	2011 Suðuroyar Svímjifelag	412		10:50.58	
	50m: 34.78	100m: 1:13.12 (38.34)	150m: 1:51.88 (38.76)	200m: 2:31.51 (39.63)		
	250m: 3:10.34 (38.83)	300m: 3:50.64 (40.30)	350m: 4:30.78 (40.14)	400m: 5:11.66 (40.88)		
	450m: 5:52.96 (41.30)	500m: 6:35.49 (42.53)	550m: 7:18.50 (43.01)	600m: 8:01.50 (43.00)		
	650m: 8:44.26 (42.76)	700m: 9:26.73 (42.47)	750m: 10:08.96 (42.23)	800m: 10:50.58 (41.62)		
3	Sólfríð H. Johannessen	2013 Ægir	0.63	323	11:45.21	95,62 %
	50m: 38.61	100m: 1:21.91 (43.30)	150m: 2:06.57 (44.66)	200m: 2:51.56 (44.99)		
	250m: 3:36.34 (44.78)	300m: 4:22.10 (45.76)	350m: 5:06.60 (44.50)	400m: 5:51.65 (45.05)		
	450m: 6:36.61 (44.96)	500m: 7:21.30 (44.69)	550m: 8:05.77 (44.47)	600m: 8:50.74 (44.97)		
	650m: 9:35.04 (44.30)	700m: 10:19.66 (44.62)	750m: 11:03.25 (43.59)	800m: 11:45.21 (41.96)		

Kapping almenn: 05.06.2026 09:51:38

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

FAR.JR 15:42.98 Liggjas Joensen 2008 Ægir Klaksvik (FRO) Samorin (SVK) 02.07.2025  
FAR 14:46.33 Pál Joensen 1990 Suðuroyar Svímjifelag (FR) Shanghai (CHN) 31.07.2011

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Símun Eliassen	2011 Havnar Svímjifelag	243		23:13.64	
	50m: 37.64	100m: 1:20.10 (42.46)	150m: 2:05.02 (44.92)	200m: 2:51.29 (46.27)		
	250m: 3:36.28 (44.99)	300m: 4:22.22 (45.94)	350m: 5:09.01 (46.79)	400m: 5:58.09 (49.08)		
	450m: 6:46.21 (48.12)	500m: 7:34.14 (47.93)	550m: 8:20.91 (46.77)	600m: 9:09.26 (48.35)		
	650m: 9:57.00 (47.74)	700m: 10:44.16 (47.16)	750m: 11:31.85 (47.69)	800m: 12:19.07 (47.22)		
	850m: 13:05.11 (46.04)	900m: 13:53.03 (47.92)	950m: 14:40.28 (47.25)	1000m: 15:26.41 (46.13)		
	1050m: 16:14.00 (47.59)	1100m: 17:01.34 (47.34)	1150m: 17:48.75 (47.41)	1200m: 18:37.14 (48.39)		
	1250m: 19:24.70 (47.56)	1300m: 20:11.81 (47.11)	1350m: 20:57.14 (45.33)	1400m: 21:43.36 (46.22)		
	1450m: 22:28.35 (44.99)	1500m: 23:13.64 (45.29)				

Kapping almenn: 05.06.2026 10:14:31

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



# Úrslit

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

FAR.JR 15:42.98 Líggjas Joensen 2008 Ægir Klaksvik (FRO) Samorin (SVK) 02.07.2025  
FAR 14:46.33 Pál Joensen 1990 Suðuroyar Svímjifelag (FR) Shanghai (CHN) 31.07.2011

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Líggjas Joensen	2008 Ægir	0.71	706	16:17.76	93,56 %
	50m: 29.53	100m: 1:01.33 (31.80)	150m: 1:34.35 (33.02)	200m: 2:07.20 (32.85)		
	250m: 2:40.36 (33.16)	300m: 3:13.45 (33.09)	350m: 3:46.66 (33.21)	400m: 4:18.89 (32.23)		
	450m: 4:49.65 (30.76)	500m: 5:20.63 (30.98)	550m: 5:54.38 (33.75)	600m: 6:27.52 (33.14)		
	650m: 7:00.66 (33.14)	700m: 7:33.52 (32.86)	750m: 8:06.62 (33.10)	800m: 8:39.88 (33.26)		
	850m: 9:13.75 (33.87)	900m: 9:46.49 (32.74)	950m: 10:17.28 (30.79)	1000m: 10:48.50 (31.22)		
	1050m: 11:22.83 (34.33)	1100m: 11:56.04 (33.21)	1150m: 12:29.43 (33.39)	1200m: 13:02.34 (32.91)		
	1250m: 13:35.98 (33.64)	1300m: 14:09.42 (33.44)	1350m: 14:43.25 (33.83)	1400m: 15:15.71 (32.46)		
	1450m: 15:46.88 (31.17)	1500m: 16:17.76 (30.88)				

Kapping almenn: 05.06.2026 10:14:31

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

FAR.JR 15:42.98 Líggjas Joensen 2008 Ægir Klaksvik (FRO) Samorin (SVK) 02.07.2025  
FAR 14:46.33 Pál Joensen 1990 Suðuroyar Svímjifelag (FR) Shanghai (CHN) 31.07.2011

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Líggjas Joensen	2008 Ægir	0.71	706	16:17.76	93,56 %
	50m: 29.53	100m: 1:01.33 (31.80)	150m: 1:34.35 (33.02)	200m: 2:07.20 (32.85)		
	250m: 2:40.36 (33.16)	300m: 3:13.45 (33.09)	350m: 3:46.66 (33.21)	400m: 4:18.89 (32.23)		
	450m: 4:49.65 (30.76)	500m: 5:20.63 (30.98)	550m: 5:54.38 (33.75)	600m: 6:27.52 (33.14)		
	650m: 7:00.66 (33.14)	700m: 7:33.52 (32.86)	750m: 8:06.62 (33.10)	800m: 8:39.88 (33.26)		
	850m: 9:13.75 (33.87)	900m: 9:46.49 (32.74)	950m: 10:17.28 (30.79)	1000m: 10:48.50 (31.22)		
	1050m: 11:22.83 (34.33)	1100m: 11:56.04 (33.21)	1150m: 12:29.43 (33.39)	1200m: 13:02.34 (32.91)		
	1250m: 13:35.98 (33.64)	1300m: 14:09.42 (33.44)	1350m: 14:43.25 (33.83)	1400m: 15:15.71 (32.46)		
	1450m: 15:46.88 (31.17)	1500m: 16:17.76 (30.88)				

2	Andrass Thomsen	1982 Havnar Svímjifelag	0.76	384	19:57.18	94,92 %
	50m: 35.13	100m: 1:13.90 (38.77)	150m: 1:53.71 (39.81)	200m: 2:34.40 (40.69)		
	250m: 3:14.86 (40.46)	300m: 3:55.30 (40.44)	350m: 4:35.54 (40.24)	400m: 5:15.36 (39.82)		
	450m: 5:55.20 (39.84)	500m: 6:35.09 (39.89)	550m: 7:15.05 (39.96)	600m: 7:55.28 (40.23)		
	650m: 8:35.22 (39.94)	700m: 9:15.35 (40.13)	750m: 9:55.08 (39.73)	800m: 10:35.50 (40.42)		
	850m: 11:15.84 (40.34)	900m: 11:56.05 (40.21)	950m: 12:36.30 (40.25)	1000m: 13:16.47 (40.17)		
	1050m: 13:56.76 (40.29)	1100m: 14:36.73 (39.97)	1150m: 15:16.74 (40.01)	1200m: 15:57.08 (40.34)		
	1250m: 16:37.39 (40.31)	1300m: 17:17.70 (40.31)	1350m: 17:57.46 (39.76)	1400m: 18:37.70 (40.24)		
	1450m: 19:18.01 (40.31)	1500m: 19:57.18 (39.17)				

3	Símun Eliassen	2011 Havnar Svímjifelag		243	23:13.64	
	50m: 37.64	100m: 1:20.10 (42.46)	150m: 2:05.02 (44.92)	200m: 2:51.29 (46.27)		
	250m: 3:36.28 (44.99)	300m: 4:22.22 (45.94)	350m: 5:09.01 (46.79)	400m: 5:58.09 (49.08)		
	450m: 6:46.21 (48.12)	500m: 7:34.14 (47.93)	550m: 8:20.91 (46.77)	600m: 9:09.26 (48.35)		
	650m: 9:57.00 (47.74)	700m: 10:44.16 (47.16)	750m: 11:31.85 (47.69)	800m: 12:19.07 (47.22)		
	850m: 13:05.11 (46.04)	900m: 13:53.03 (47.92)	950m: 14:40.28 (47.25)	1000m: 15:26.41 (46.13)		
	1050m: 16:14.00 (47.59)	1100m: 17:01.34 (47.34)	1150m: 17:48.75 (47.41)	1200m: 18:37.14 (48.39)		
	1250m: 19:24.70 (47.56)	1300m: 20:11.81 (47.11)	1350m: 20:57.14 (45.33)	1400m: 21:43.36 (46.22)		
	1450m: 22:28.35 (44.99)	1500m: 23:13.64 (45.29)				

Kapping almenn: 05.06.2026 10:14:31

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

FAR.JR 2:36.32 Lea Osberg Højsted 2008 Ægir Klaksvik (FRO) Kobenhavn (DEN) 08.04.2025  
FAR 2:36.32 Lea Osberg Højsted 2008 Ægir Klaksvik (FRO) Kobenhavn (DEN) 08.04.2025

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Sissal Rógvadóttir	2010 Suðuroyar Svímjifelag	0.70	454	2:58.96	103,43 % Q
	50m: 38.99	100m: 1:24.73 (45.74)	150m: 2:11.14 (46.41)	200m: 2:58.96 (47.82)		
2	Sirið Vesturtún	2011 Fuglafjarðar Svímjifelag	0.65	401	3:06.41	101,94 % Q
	50m: 41.16	100m: 1:28.73 (47.57)	150m: 2:17.27 (48.54)	200m: 3:06.41 (49.14)		
3	India Linnea Bech	2011 Havnar Svímjifelag		373	3:10.99	101,71 % Q
	50m: 44.06	100m: 1:32.38 (48.32)	150m: 2:21.82 (49.44)	200m: 3:10.99 (49.17)		
4	Rakul J Højbro	2011 Fuglafjarðar Svímjifelag		346	3:15.78	103,52 % Q
	50m: 45.59	100m: 1:35.89 (50.30)	150m: 2:26.95 (51.06)	200m: 3:15.78 (48.83)		
5	Emma Debes	2010 Suðuroyar Svímjifelag	0.79	335	3:18.01	Q
	50m: 44.52	100m: 1:35.49 (50.97)	150m: 2:26.83 (51.34)	200m: 3:18.01 (51.18)		

Kapping almenn: 05.06.2026 10:24:47



## Úrslit

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

FAR.JR 2:36.32 Lea Osberg Højsted 2008 Ægir Klaksvik (FRO) Kobenhavn (DEN) 08.04.2025  
FAR 2:36.32 Lea Osberg Højsted 2008 Ægir Klaksvik (FRO) Kobenhavn (DEN) 08.04.2025

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Lea Osberg Højsted	2008 Ægir	0.74	491	<b>2:54.28</b>	89,60 % Q
	50m: 40.16	100m: 1:26.93 (46.77)	150m: 2:12.60	(45.67)	200m: 2:54.28	(41.68)

Kapping almenn: 05.06.2026 10:24:47

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

FAR.JR 2:36.32 Lea Osberg Højsted 2008 Ægir Klaksvik (FRO) Kobenhavn (DEN) 08.04.2025  
FAR 2:36.32 Lea Osberg Højsted 2008 Ægir Klaksvik (FRO) Kobenhavn (DEN) 08.04.2025

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Lea Osberg Højsted	2008 Ægir	0.74	491	<b>2:54.28</b>	89,60 % Q
	50m: 40.16	100m: 1:26.93 (46.77)	150m: 2:12.60	(45.67)	200m: 2:54.28	(41.68)
2	Sissal Rógvadóttir	2010 Suðuroyar Svímjifelag	0.70	454	<b>2:58.96</b>	103,43 % Q
	50m: 38.99	100m: 1:24.73 (45.74)	150m: 2:11.14	(46.41)	200m: 2:58.96	(47.82)
3	Sirið Vesturtún	2011 Fuglafjarðar Svímjifelag	0.65	401	<b>3:06.41</b>	101,94 % Q
	50m: 41.16	100m: 1:28.73 (47.57)	150m: 2:17.27	(48.54)	200m: 3:06.41	(49.14)
4	India Linnea Bech	2011 Havnar Svímjifelag		373	<b>3:10.99</b>	101,71 % Q
	50m: 44.06	100m: 1:32.38 (48.32)	150m: 2:21.82	(49.44)	200m: 3:10.99	(49.17)
5	Rakul J Højbro	2011 Fuglafjarðar Svímjifelag		346	<b>3:15.78</b>	103,52 % Q
	50m: 45.59	100m: 1:35.89 (50.30)	150m: 2:26.95	(51.06)	200m: 3:15.78	(48.83)
6	Emma Debes	2010 Suðuroyar Svímjifelag	0.79	335	<b>3:18.01</b>	Q
	50m: 44.52	100m: 1:35.49 (50.97)	150m: 2:26.83	(51.34)	200m: 3:18.01	(51.18)
7	Felisia Florinsdóttir	2012 Fuglafjarðar Svímjifelag	0.68	302	<b>3:24.94</b>	98,54 % Q
	50m: 45.87	100m: 1:38.64 (52.77)	150m: 2:31.97	(53.33)	200m: 3:24.94	(52.97)

Kapping almenn: 05.06.2026 10:24:47

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

FAR.JR 2:36.32 Lea Osberg Højsted 2008 Ægir Klaksvik (FRO) Kobenhavn (DEN) 08.04.2025  
FAR 2:36.32 Lea Osberg Højsted 2008 Ægir Klaksvik (FRO) Kobenhavn (DEN) 08.04.2025

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Sissal Rógvadóttir	2010 Suðuroyar Svímjifelag	0.66	481	<b>2:55.51</b>	101,93 %
	50m: 39.73	100m: 1:25.34 (45.61)	150m: 2:10.39	(45.05)	200m: 2:55.51	(45.12)
2	Sirið Vesturtún	2011 Fuglafjarðar Svímjifelag	0.67	403	<b>3:06.16</b>	100,13 %
	50m: 39.88	100m: 1:27.29 (47.41)	150m: 2:16.68	(49.39)	200m: 3:06.16	(49.48)
3	India Linnea Bech	2011 Havnar Svímjifelag	0.78	375	<b>3:10.58</b>	100,21 %
	50m: 43.38	100m: 1:31.82 (48.44)	150m: 2:21.76	(49.94)	200m: 3:10.58	(48.82)
4	Rakul J Højbro	2011 Fuglafjarðar Svímjifelag	0.73	363	<b>3:12.66</b>	101,59 %
	50m: 44.66	100m: 1:33.51 (48.85)	150m: 2:23.98	(50.47)	200m: 3:12.66	(48.68)
5	Emma Debes	2010 Suðuroyar Svímjifelag	0.73	328	<b>3:19.40</b>	99,30 %
	50m: 44.70	100m: 1:35.39 (50.69)	150m: 2:27.76	(52.37)	200m: 3:19.40	(51.64)

Kapping almenn: 05.06.2026 17:32:25

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

FAR.JR 2:36.32 Lea Osberg Højsted 2008 Ægir Klaksvik (FRO) Kobenhavn (DEN) 08.04.2025  
FAR 2:36.32 Lea Osberg Højsted 2008 Ægir Klaksvik (FRO) Kobenhavn (DEN) 08.04.2025

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Lea Osberg Højsted	2008 Ægir	0.71	647	<b>2:39.00</b>	108,77 %
	50m: 35.47	100m: 1:15.14 (39.67)	150m: 1:56.19	(41.05)	200m: 2:39.00	(42.81)

Kapping almenn: 05.06.2026 17:32:25

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

FAR.JR 2:36.32 Lea Osberg Højsted 2008 Ægir Klaksvik (FRO) Kobenhavn (DEN) 08.04.2025  
FAR 2:36.32 Lea Osberg Højsted 2008 Ægir Klaksvik (FRO) Kobenhavn (DEN) 08.04.2025

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

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

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Lea Osberg Højsted	2008 Ægir	0.71	647	<b>2:39.00</b>	108,77 %
	50m: 35.47	100m: 1:15.14 (39.67)	150m: 1:56.19 (41.05)	200m: 2:39.00 (42.81)		
2	Sissal Rógvadóttir	2010 Suðuroyar Svímjifelag	0.66	481	<b>2:55.51</b>	101,93 %
	50m: 39.73	100m: 1:25.34 (45.61)	150m: 2:10.39 (45.05)	200m: 2:55.51 (45.12)		
3	Sirið Vesturtún	2011 Fuglafjarðar Svímjifelag	0.67	403	<b>3:06.16</b>	100,13 %
	50m: 39.88	100m: 1:27.29 (47.41)	150m: 2:16.68 (49.39)	200m: 3:06.16 (49.48)		
4	India Linnea Bech	2011 Havnar Svímjifelag	0.78	375	<b>3:10.58</b>	100,21 %
	50m: 43.38	100m: 1:31.82 (48.44)	150m: 2:21.76 (49.94)	200m: 3:10.58 (48.82)		
5	Rakul J Højbro	2011 Fuglafjarðar Svímjifelag	0.73	363	<b>3:12.66</b>	101,59 %
	50m: 44.66	100m: 1:33.51 (48.85)	150m: 2:23.98 (50.47)	200m: 3:12.66 (48.68)		
6	Emma Debes	2010 Suðuroyar Svímjifelag	0.73	328	<b>3:19.40</b>	99,30 %
	50m: 44.70	100m: 1:35.39 (50.69)	150m: 2:27.76 (52.37)	200m: 3:19.40 (51.64)		
7	Felisia Florinsdóttir	2012 Fuglafjarðar Svímjifelag	0.80	291	<b>3:27.37</b>	98,81 %
	50m: 48.05	100m: 1:42.12 (54.07)	150m: 2:34.91 (52.79)	200m: 3:27.37 (52.46)		

Kapping almenn: 05.06.2026 17:32:25

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

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

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Nóa Róason Stakksund	2011 Havnar Svímjifelag	0.57	301	<b>3:07.11</b>	102,99 % Q
	50m: 43.46	100m: 1:31.93 (48.47)	150m: 2:21.59 (49.66)	200m: 3:07.11 (45.52)		
2	Fríðálvur Eliassen	2011 Fuglafjarðar Svímjifelag	0.77	286	<b>3:10.45</b>	100,16 % Q
	50m: 42.82	100m: 1:30.62 (47.80)	150m: 2:20.73 (50.11)	200m: 3:10.45 (49.72)		

Kapping almenn: 05.06.2026 10:29:42

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

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

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Fróði Hansen	2008 Ægir	0.77	439	<b>2:45.05</b>	87,61 % Q
	50m: 37.41	100m: 1:19.09 (41.68)	150m: 2:02.17 (43.08)	200m: 2:45.05 (42.88)		
2	Andrias Mellemegaard	SB9 2009 Havnar Svímjifelag	0.84	250	<b>3:19.16</b>	105,58 % Q
	50m: 43.88	100m: 1:35.22 (51.34)	150m: 2:26.23 (51.01)	200m: 3:19.16 (52.93)		

Kapping almenn: 05.06.2026 10:29:42

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

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

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Fróði Hansen	2008 Ægir	0.77	439	<b>2:45.05</b>	87,61 % Q
	50m: 37.41	100m: 1:19.09 (41.68)	150m: 2:02.17 (43.08)	200m: 2:45.05 (42.88)		
2	Jón Hofgaard	1992 Suðuroyar Svímjifelag	0.79	368	<b>2:55.09</b>	86,74 % Q
	50m: 39.59	100m: 1:24.87 (45.28)	150m: 2:10.56 (45.69)	200m: 2:55.09 (44.53)		
3	Nóa Róason Stakksund	2011 Havnar Svímjifelag	0.57	301	<b>3:07.11</b>	102,99 % Q
	50m: 43.46	100m: 1:31.93 (48.47)	150m: 2:21.59 (49.66)	200m: 3:07.11 (45.52)		
4	Aleks Uadhaw Thomsen	2013 Havnar Svímjifelag	0.70	294	<b>3:08.51</b>	100,38 % Q
	50m: 42.69	100m: 1:31.42 (48.73)	150m: 2:21.44 (50.02)	200m: 3:08.51 (47.07)		
5	Fríðálvur Eliassen	2011 Fuglafjarðar Svímjifelag	0.77	286	<b>3:10.45</b>	100,16 % Q
	50m: 42.82	100m: 1:30.62 (47.80)	150m: 2:20.73 (50.11)	200m: 3:10.45 (49.72)		
6	Andrias Mellemegaard	SB9 2009 Havnar Svímjifelag	0.84	250	<b>3:19.16</b>	105,58 % Q
	50m: 43.88	100m: 1:35.22 (51.34)	150m: 2:26.23 (51.01)	200m: 3:19.16 (52.93)		
7	Dávur Eið	2012 Suðuroyar Svímjifelag	0.66	235	<b>3:23.25</b>	91,76 % Q
	50m: 46.81	100m: 1:38.99 (52.18)	150m: 2:31.75 (52.76)	200m: 3:23.25 (51.50)		

Kapping almenn: 05.06.2026 10:29:42



## Úrslit

### Kapping 4, 200m Bringu Menn JM-Y - Finala

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

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	<b>Fríðálvur Eliassen</b>	2011 Fuglafjarðar Svímjifelag	0.82	318	<b>3:03.68</b>	103,55 %
	50m: 42.44	100m: 1:30.46 (48.02)	150m: 2:17.82 (47.36)	200m: 3:03.68 (45.86)		
2	<b>Nóa Róason Stakksund</b>	2011 Havnar Svímjifelag	0.71	315	<b>3:04.29</b>	101,51 %
	50m: 42.27	100m: 1:30.55 (48.28)	150m: 2:17.48 (46.93)	200m: 3:04.29 (46.81)		

Kapping almenn: 05.06.2026 17:32:50

### Kapping 4, 200m Bringu Menn JM-E - Finala

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

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	<b>Fróði Hansen</b>	2008 Ægir	0.72	627	<b>2:26.55</b>	111,21 %
	50m: 32.59	100m: 1:09.59 (37.00)	150m: 1:47.64 (38.05)	200m: 2:26.55 (38.91)		
2	<b>Andrias Mellemgard</b>	SB9 2009 Havnar Svímjifelag	0.80	265	<b>3:15.33</b>	101,92 %
	50m: 43.60	100m: 1:33.55 (49.95)	150m: 2:24.16 (50.61)	200m: 3:15.33 (51.17)		

Kapping almenn: 05.06.2026 17:32:50

### Kapping 4, 200m Bringu Menn FM - Finala

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

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	<b>Fróði Hansen</b>	2008 Ægir	0.72	627	<b>2:26.55</b>	111,21 %
	50m: 32.59	100m: 1:09.59 (37.00)	150m: 1:47.64 (38.05)	200m: 2:26.55 (38.91)		
2	<b>Jón Hofgaard</b>	1992 Suðuroyar Svímjifelag	0.74	455	<b>2:43.13</b>	106,83 %
	50m: 35.99	100m: 1:17.88 (41.89)	150m: 2:01.07 (43.19)	200m: 2:43.13 (42.06)		
3	<b>Fríðálvur Eliassen</b>	2011 Fuglafjarðar Svímjifelag	0.82	318	<b>3:03.68</b>	103,55 %
	50m: 42.44	100m: 1:30.46 (48.02)	150m: 2:17.82 (47.36)	200m: 3:03.68 (45.86)		
4	<b>Nóa Róason Stakksund</b>	2011 Havnar Svímjifelag	0.71	315	<b>3:04.29</b>	101,51 %
	50m: 42.27	100m: 1:30.55 (48.28)	150m: 2:17.48 (46.93)	200m: 3:04.29 (46.81)		
5	<b>Aleks Uadhaw Thomsen</b>	2013 Havnar Svímjifelag	0.59	306	<b>3:06.19</b>	101,23 %
	50m: 43.04	100m: 1:30.04 (47.00)	150m: 2:19.15 (49.11)	200m: 3:06.19 (47.04)		
6	<b>Dávur Eið</b>	2012 Suðuroyar Svímjifelag	0.67	289	<b>3:09.76</b>	106,64 %
	50m: 43.79	100m: 1:32.19 (48.40)	150m: 2:21.12 (48.93)	200m: 3:09.76 (48.64)		
7	<b>Andrias Mellemgard</b>	SB9 2009 Havnar Svímjifelag	0.80	265	<b>3:15.33</b>	101,92 %
	50m: 43.60	100m: 1:33.55 (49.95)	150m: 2:24.16 (50.61)	200m: 3:15.33 (51.17)		

Kapping almenn: 05.06.2026 17:32:50

### Kapping 5, 100m Firvald Kvinnur JM-E - Innleiðandi

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

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	<b>Durita Mohr Askham</b>	2008 Ægir	0.70	387	<b>1:14.86</b>	98,01 % Q
	50m: 33.69	100m: 1:14.86 (41.17)				

Kapping almenn: 05.06.2026 10:32:43

### Kapping 5, 100m Firvald Kvinnur FM - Innleiðandi

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

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	<b>Jóhanna Ólavsdóttir</b>	2007 Ægir	0.69	459	<b>1:10.78</b>	94,14 % Q
	50m: 32.81	100m: 1:10.78 (37.97)				
2	<b>Durita Mohr Askham</b>	2008 Ægir	0.70	387	<b>1:14.86</b>	98,01 % Q
	50m: 33.69	100m: 1:14.86 (41.17)				



# Úrslit

## Kapping 5, 100m Firvald Kvinnur FM - Innleiðandi

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
3	Ebba Kirke Davidsen	2013 Suðuroyar Svímjifelag	0.67	123	1:49.54	92,77 % Q
	50m: 48.26	100m: 1:49.54 (1:01.28)				

Kapping almenn: 05.06.2026 10:32:43

## Kapping 5, 100m Firvald Kvinnur JM-E - Finala

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

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Durita Mohr Askham	2008 Ægir	0.70	406	1:13.73	101,51 %
	50m: 33.34	100m: 1:13.73 (40.39)				

Kapping almenn: 05.06.2026 17:54:18

## Kapping 5, 100m Firvald Kvinnur FM - Finala

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

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Jóhanna Ólavsdóttir	2007 Ægir	0.67	545	1:06.82	105,59 %
	50m: 30.99	100m: 1:06.82 (35.83)				

2	Durita Mohr Askham	2008 Ægir	0.70	406	1:13.73	101,51 %
	50m: 33.34	100m: 1:13.73 (40.39)				

3	Ebba Kirke Davidsen	2013 Suðuroyar Svímjifelag	0.67	130	1:47.71	101,67 %
	50m: 48.69	100m: 1:47.71 (59.02)				

Kapping almenn: 05.06.2026 17:54:18

## Kapping 6, 100m Firvald Menn JM-Y - Innleiðandi

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

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Haraldur Mortensen	2010 Suðuroyar Svímjifelag	0.68	399	1:07.12	106,18 % Q
	50m: 29.62	100m: 1:07.12 (37.50)				

2	Theodor Salter	2011 Havnar Svímjifelag	0.67	395	1:07.37	94,67 % Q
	50m: 31.91	100m: 1:07.37 (35.46)				

3	Fríðálvur Eliassen	2011 Fuglafjarðar Svímjifelag	0.77	346	1:10.41	102,92 % -
	50m: 33.37	100m: 1:10.41 (37.04)				

4	Tórir Olsen	2011 Ægir	0.70	294	1:14.30	95,51 % -
	50m: 34.91	100m: 1:14.30 (39.39)				

Kapping almenn: 05.06.2026 10:38:55

## Kapping 6, 100m Firvald Menn JM-E - Innleiðandi

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

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Líggjas Joensen	2008 Ægir	0.69	516	1:01.65	Q
	50m: 28.92	100m: 1:01.65 (32.73)				

2	Bárður Ólavsson	2008 Ægir	0.72	478	1:03.21	94,51 % Q
	50m: 29.62	100m: 1:03.21 (33.59)				

3	Ólavur Winther Jákupsson	2008 Havnar Svímjifelag	0.73	397	1:07.26	102,11 % Q
	50m: 30.19	100m: 1:07.26 (37.07)				

Kapping almenn: 05.06.2026 10:38:55

## Kapping 6, 100m Firvald Menn FM - Innleiðandi

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

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

### Kapping 6, 100m Firvald Menn FM - Innleiðandi

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Isak Brisenfeldt	2006 Havnar Svímjifelag	0.73	553	1:00.22	91,00 % Q
	50m: 28.54	100m: 1:00.22 (31.68)				
2	Líggjas Joensen	2008 Ægir	0.69	516	1:01.65	Q
	50m: 28.92	100m: 1:01.65 (32.73)				
3	Heini Mohr Askham	2006 Ægir	0.71	498	1:02.36	98,62 % -
	50m: 28.99	100m: 1:02.36 (33.37)				
4	Bárður Ólavsson	2008 Ægir	0.72	478	1:03.21	94,51 % Q
	50m: 29.62	100m: 1:03.21 (33.59)				
5	Haraldur Mortensen	2010 Suðuroyar Svímjifelag	0.68	399	1:07.12	106,18 % Q
	50m: 29.62	100m: 1:07.12 (37.50)				
6	Ólavur Winther Jákupsson	2008 Havnar Svímjifelag	0.73	397	1:07.26	102,11 % Q
	50m: 30.19	100m: 1:07.26 (37.07)				
7	Theodor Salter	2011 Havnar Svímjifelag	0.67	395	1:07.37	94,67 % Q
	50m: 31.91	100m: 1:07.37 (35.46)				
8	Fríðálvur Eliassen	2011 Fuglafjarðar Svímjifelag	0.77	346	1:10.41	102,92 % -
	50m: 33.37	100m: 1:10.41 (37.04)				
9	Tórir Olsen	2011 Ægir	0.70	294	1:14.30	95,51 % -
	50m: 34.91	100m: 1:14.30 (39.39)				
10	Terji Kjærbo	2012 Suðuroyar Svímjifelag	0.75	216	1:22.29	100,99 % Q
	50m: 36.55	100m: 1:22.29 (45.74)				
11	Fróði Bárðarson Dahl	2013 Havnar Svímjifelag	0.82	175	1:28.35	94,42 % Q
	50m: 40.18	100m: 1:28.35 (48.17)				
12	Bragi Bjarnason	2012 Havnar Svímjifelag	0.85	140	1:35.23	97,72 %
	50m: 39.43	100m: 1:35.23 (55.80)				

Kapping almenn: 05.06.2026 10:38:55

### Kapping 6, 100m Firvald Menn JM-Y - Finala

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

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Theodor Salter	2011 Havnar Svímjifelag	0.64	494	1:02.53	107,18 %
	50m: 29.24	100m: 1:02.53 (33.29)				
2	Haraldur Mortensen	2010 Suðuroyar Svímjifelag	0.69	375	1:08.54	97,88 %
	50m: 28.97	100m: 1:08.54 (39.57)				

Kapping almenn: 05.06.2026 17:54:25

### Kapping 6, 100m Firvald Menn JM-E - Finala

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

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Líggjas Joensen	2008 Ægir	0.73	630	57.67	106,46 %
	50m: 27.37	100m: 57.67 (30.30)				
2	Bárður Ólavsson	2008 Ægir	0.72	513	1:01.75	102,31 %
	50m: 29.15	100m: 1:01.75 (32.60)				
3	Ólavur Winther Jákupsson	2008 Havnar Svímjifelag	0.69	422	1:05.88	102,05 %
	50m: 29.90	100m: 1:05.88 (35.98)				

Kapping almenn: 05.06.2026 17:54:25

### Kapping 6, 100m Firvald Menn FM - Finala

FAR.JR	54.12	Magnus Jákupsson	1994 Havnar Svímjifelag (DEN)	Antwerp (BEL)	07.07.2012
FAR	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	0.68	646	57.19	105,03 %
	50m: 26.74	100m: 57.19 (30.45)				



# Úrslit

## Kapping 6, 100m Firvald Menn FM - Finala

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
2	Líggjas Joensen	2008 Ægir	0.73	630	57.67	106,46 %
	50m: 27.37	100m: 57.67 (30.30)				
3	Bárður Ólavsson	2008 Ægir	0.72	513	1:01.75	102,31 %
	50m: 29.15	100m: 1:01.75 (32.60)				
4	Theodor Salter	2011 Havnar Svímjifelag	0.64	494	1:02.53	107,18 %
	50m: 29.24	100m: 1:02.53 (33.29)				
5	Ólavur Winther Jákupsson	2008 Havnar Svímjifelag	0.69	422	1:05.88	102,05 %
	50m: 29.90	100m: 1:05.88 (35.98)				
6	Haraldur Mortensen	2010 Suðuroyar Svímjifelag	0.69	375	1:08.54	97,88 %
	50m: 28.97	100m: 1:08.54 (39.57)				
7	Fróði Bárðarson Dahl	2013 Havnar Svímjifelag	0.93	235	1:20.06	109,38 %
	50m: 35.75	100m: 1:20.06 (44.31)				
8	Terji Kjærbo	2012 Suðuroyar Svímjifelag	0.74	217	1:22.25	100,05 %
	50m: 36.67	100m: 1:22.25 (45.58)				

Kapping almenn: 05.06.2026 17:54:25

## Kapping 7, 4x100m Frí Mix JM-Y - Innleiðandi

FAR.JR	3:53.85	Ægir Klaksvik	Ægir Klaksvik (FRO)	Vagur (FRO)	10.05.2024	
FAR	3:50.32	Ægir Mix 1	2008 Ægir (FRO)	Tórshavn (FRO)	05.06.2026	
Raðf	Navn	Aldur Felag	AQU	Tíð	Munur	
1	Suðuroyar Svímjifelag lið 2	16 Suðuroyar Svímjifelag	430 Q	4:22.85	59,41 %	
	Emma Debes	2010	0.69	33.45	1:11.47	1:11.47
	Jórun Winther	2011	0.39	29.61	1:03.32	2:14.79
	Haraldur Mortensen	2010	0.32	30.38	1:02.96	3:17.75
	Dávur Eið	2012	0.31	30.85	1:05.10	4:22.85
2	HS 1	15 Havnar Svímjifelag	388 Q	4:32.08	90,67 %	
	Theodor Salter	2011	0.64	30.22	1:01.14	1:01.14
	India Linnea Bech	2011	0.60	35.51	1:14.00	2:15.14
	Lilja Sørensen	2011	0.62	33.75	1:12.03	3:27.17
	Nóa Róason Stakksund	2011	0.36	30.67	1:04.91	4:32.08
3	Fuglafjarðar Svímjifelag	15 Fuglafjarðar Svímjifelag	370 Q	4:36.28	98,35 %	
	Fríðálvur Eliassen	2011	0.78	32.91	1:06.25	1:06.25
	Sirið Vesturtún	2011	0.20	32.35	1:07.91	2:14.16
	Jógvan Vesturtún	2013	0.48	31.43	1:06.33	3:20.49
	Rakul J Højbro	2011	0.35	35.66	1:15.79	4:36.28
4	HS 2	16 Havnar Svímjifelag	349 Q	4:41.90	95,69 %	
	Jónatan Samuelsen	2010	0.63	31.59	1:08.16	1:08.16
	Teitur Miné Róason	2011	0.48	30.45	1:04.95	2:13.11
	Noomi Hella Jacobsen	2012		33.67	1:12.04	3:25.15
	Elisabet Leivsdóttir	2014	0.34	34.07	1:16.75	4:41.90

Kapping almenn: 05.06.2026 10:52:14

## Kapping 7, 4x100m Frí Mix JM-E - Innleiðandi

FAR.JR	3:53.85	Ægir Klaksvik	Ægir Klaksvik (FRO)	Vagur (FRO)	10.05.2024
FAR	3:50.32	Ægir Mix 1	2008 Ægir (FRO)	Tórshavn (FRO)	05.06.2026
Raðf	Navn	Aldur Felag	AQU	Tíð	Munur



# Úrslit

## Kapping 7, 4x100m Frí Mix JM-E - Innleiðandi

Raðf	Navn	Aldur	Felag		AQU	Tíð	Munur
<b>1</b>	<b>Ægir Mix 1</b>	18	Ægir		512 Q	<b>4:07.98</b>	93,65 %
	Lea Osberg Højsted	2008		0.75	31.43	1:05.69	1:05.69
	Durita Mohr Askham	2008		0.38	32.93	1:08.94	2:14.63
	Líggjas Joensen	2008		0.45	26.51	55.52	3:10.15
	Fróði Hansen	2008		0.37	27.48	57.83	4:07.98
<b>-</b>	<b>Ægir Mix 2</b>	18	Ægir		413 Q	<b>4:26.40</b>	99,60 %
	Tórir Olsen	2011		0.71	31.04	1:02.71	1:02.71
	Bárður Ólavsson	2008		0.24	29.28	1:01.87	2:04.58
	Lea Petersen	2009		0.48	32.28	1:08.58	3:13.16
	Delaila H. Gregersen	2013		0.40	36.04	1:13.24	4:26.40

Kapping almenn: 05.06.2026 10:52:14

## Kapping 7, 4x100m Frí Mix FM - Innleiðandi

FAR.JR	3:53.85	Ægir Klaksvík	Ægir Klaksvík (FRO)	Vagur (FRO)	10.05.2024		
FAR	3:50.32	Ægir Mix 1	2008 Ægir (FRO)	Tórshavn (FRO)	05.06.2026		
Raðf	Navn	Aldur	Felag		AQU	Tíð	Munur
<b>1</b>	<b>Ægir Mix 1</b>	18	Ægir		512 Q	<b>4:07.98</b>	93,65 %
	Lea Osberg Højsted	2008		0.75	31.43	1:05.69	1:05.69
	Durita Mohr Askham	2008		0.38	32.93	1:08.94	2:14.63
	Líggjas Joensen	2008		0.45	26.51	55.52	3:10.15
	Fróði Hansen	2008		0.37	27.48	57.83	4:07.98
<b>2</b>	<b>Suðuroyar Svímjifelag lið 2</b>	16	Suðuroyar Svímjifelag		430 Q	<b>4:22.85</b>	59,41 %
	Emma Debes	2010		0.69	33.45	1:11.47	1:11.47
	Jórun Winther	2011		0.39	29.61	1:03.32	2:14.79
	Haraldur Mortensen	2010		0.32	30.38	1:02.96	3:17.75
	Dávur Eið	2012		0.31	30.85	1:05.10	4:22.85
<b>3</b>	<b>Ægir Mix 3</b>	20	Ægir		421 Q	<b>4:24.62</b>	
	Heini Mohr Askham	2006		0.69	27.94	58.06	58.06
	Sólfríð H. Johannessen	2013		0.40	35.86	1:16.26	2:14.32
	Jóhanna Ólavsdóttir	2007		0.31	31.63	1:06.71	3:21.03
	Benjamin Havn	2011		0.45	30.30	1:03.59	4:24.62
<b>4</b>	<b>Ægir Mix 2</b>	18	Ægir		413 Q	<b>4:26.40</b>	99,60 %
	Tórir Olsen	2011		0.71	31.04	1:02.71	1:02.71
	Bárður Ólavsson	2008		0.24	29.28	1:01.87	2:04.58
	Lea Petersen	2009		0.48	32.28	1:08.58	3:13.16
	Delaila H. Gregersen	2013		0.40	36.04	1:13.24	4:26.40
<b>5</b>	<b>HS 1</b>	15	Havnar Svímjifelag		388 Q	<b>4:32.08</b>	90,67 %
	Theodor Salter	2011		0.64	30.22	1:01.14	1:01.14
	India Linnea Bech	2011		0.60	35.51	1:14.00	2:15.14
	Lilja Sørensen	2011		0.62	33.75	1:12.03	3:27.17
	Nóa Róason Stakksund	2011		0.36	30.67	1:04.91	4:32.08
<b>6</b>	<b>Suðuroyar Svímjifelag</b>	34	Suðuroyar Svímjifelag		371 Q	<b>4:36.03</b>	
	Bjørk Sørensen	2004		0.77	35.86	1:15.15	1:15.15
	Bjarti Ludvig	2006		0.52	29.39	1:06.00	2:21.15
	Alisa Vestergård	2003		0.40	32.54	1:08.88	3:30.03
	Jón Hofgaard	1992		0.52	32.85	1:06.00	4:36.03



# Úrslit

## Kapping 7, 4x100m Frí Mix FM - Innleiðandi

Raðf	Navn	Aldur	Felag		AQU	Tíð	Munur
<b>7</b>	<b>Fuglafjarðar Svímjifelag</b>		15 Fuglafjarðar Svímjifelag		370 Q	<b>4:36.28</b>	98,35 %
	Fríðálvur Eliassen	2011	0.78	32.91	1:06.25	1:06.25	
	Sirið Vesturtún	2011	0.20	32.35	1:07.91	2:14.16	
	Jógvan Vesturtún	2013	0.48	31.43	1:06.33	3:20.49	
	Rakul J Højbro	2011	0.35	35.66	1:15.79	4:36.28	
<b>8</b>	<b>HS 2</b>		16 Havnar Svímjifelag		349 Q	<b>4:41.90</b>	95,69 %
	Jónatan Samuelsen	2010	0.63	31.59	1:08.16	1:08.16	
	Teitur Miné Róason	2011	0.48	30.45	1:04.95	2:13.11	
	Noomi Hella Jacobsen	2012		33.67	1:12.04	3:25.15	
	Elisabet Leivsdóttir	2014	0.34	34.07	1:16.75	4:41.90	

Kapping almenn: 05.06.2026 10:52:14

## Kapping 7, 4x100m Frí Mix JM-Y - Finala

FAR.JR	3:53.85	Ægir Klaksvík	Ægir Klaksvík (FRO)	Vagur (FRO)	10.05.2024		
FAR	3:50.32	Ægir Mix 1	2008 Ægir (FRO)	Tórshavn (FRO)	05.06.2026		
Raðf	Navn	Aldur	Felag	AQU	Tíð	Munur	
<b>1</b>	<b>Suðuroyar Svímjifelag lið 2</b>		16 Suðuroyar Svímjifelag	484	<b>4:12.79</b>	103,83	
	Haraldur Mortensen	2010	0.67	28.38	59.40	59.40	
	Sissal Rógvadóttir	2010	0.33	30.32	1:05.75	2:05.15	
	Dávur Eið	2012	0.46	31.26	1:05.24	3:10.39	
	Jórun Winther	2011	0.68	29.20	1:02.40	4:12.79	
<b>2</b>	<b>HS 1</b>		15 Havnar Svímjifelag	403	<b>4:28.58</b>	101,29	
	Noomi Hella Jacobsen	2012	0.78	33.35	1:11.50	1:11.50	
	Lilja Sørensen	2011	0.57	34.10	1:13.28	2:24.78	
	Theodor Salter	2011	0.51	29.20	1:00.19	3:24.97	
	Nóa Róason Stakksund	2011	0.20	30.81	1:03.61	4:28.58	
<b>3</b>	<b>HS 2</b>		15 Havnar Svímjifelag	274	<b>5:05.30</b>	91,70 %	
	Katrina Mc Intosh	2015	0.78	37.15	1:21.04	1:21.04	
	India Linnea Bech	2011	0.64	36.64	1:17.44	2:38.48	
	Bragi Bjarnason	2012	0.36	37.08	1:19.91	3:58.39	
	Fróði Bárðarson Dahl	2013	0.50	31.56	1:06.91	5:05.30	

Kapping almenn: 05.06.2026 18:17:34

## Kapping 7, 4x100m Frí Mix JM-E - Finala

FAR.JR	3:53.85	Ægir Klaksvík	Ægir Klaksvík (FRO)	Vagur (FRO)	10.05.2024		
FAR	3:50.32	Ægir Mix 1	2008 Ægir (FRO)	Tórshavn (FRO)	05.06.2026		
Raðf	Navn	Aldur	Felag	AQU	Tíð	Munur	
<b>1</b>	<b>Ægir Mix 3</b>		18 Ægir	468	<b>4:15.64</b>	103,39	
	Tórir Olsen	2011	0.76	27.97	57.58	57.58	
	Hanna Lilja Jacobsen	2015	0.78	34.50	1:14.38	2:11.96	
	Bárður Ólavsson	2008	0.31	28.22	58.55	3:10.51	
	Durita Mohr Askham	2008	0.49	31.30	1:05.13	4:15.64	
<b>2</b>	<b>Ægir Mix 2</b>		18 Ægir	457	<b>4:17.58</b>	103,31	
	Fróði Hansen	2008	0.73	27.36	56.46	56.46	
	Delaila H. Gregersen	2013	0.49	34.47	1:12.75	2:09.21	
	Benjamin Havn	2011	0.22	29.80	1:01.65	3:10.86	
	Lea Petersen	2009	0.24	30.94	1:06.72	4:17.58	

Kapping almenn: 05.06.2026 18:17:34



# Úrslit

## Kapping 7, 4x100m Frí Mix FM - Finala

FAR.JR	3:53.85	Ægir Klaksvik	Ægir Klaksvik (FRO)	Vagur (FRO)	10.05.2024	
FAR	3:50.32	Ægir Mix 1	2008 Ægir (FRO)	Tórshavn (FRO)	05.06.2026	
Raðf	Navn	Aldur	Felag	AQU	Tíð	Munur
<b>1</b>	<b>Ægir Mix 1</b>	20	Ægir	639	<b>3:50.32</b>	107,12 FAR
	Jóhanna Ólavsdóttir	2007	0.68	30.84	1:04.35	1:04.35
	Lea Osberg Højsted	2008	0.05	27.96	59.71	2:04.06
	Heini Mohr Askham	2006	0.43	25.89	53.91	2:57.97
	Líggjas Joensen	2008	0.43	25.76	52.35	3:50.32
<b>2</b>	<b>Suðuroyar Svímjifelag</b>	34	Suðuroyar Svímjifelag	511	<b>4:08.18</b>	110,09
	Bjørk Sørensen	2004	0.76	32.96	1:09.04	1:09.04
	Bjarti Ludvig	2006	0.27	27.99	58.94	2:07.98
	Alisa Vestergård	2003	0.42	29.54	1:02.13	3:10.11
	Jón Hofgaard	1992	0.47	28.29	58.07	4:08.18
<b>3</b>	<b>Suðuroyar Svímjifelag lið 2</b>	16	Suðuroyar Svímjifelag	484	<b>4:12.79</b>	103,83
	Haraldur Mortensen	2010	0.67	28.38	59.40	59.40
	Sissal Rógvadóttir	2010	0.33	30.32	1:05.75	2:05.15
	Dávur Eið	2012	0.46	31.26	1:05.24	3:10.39
	Jórun Winther	2011	0.68	29.20	1:02.40	4:12.79
<b>4</b>	<b>Ægir Mix 3</b>	18	Ægir	468	<b>4:15.64</b>	103,39
	Tórir Olsen	2011	0.76	27.97	57.58	57.58
	Hanna Lilja Jacobsen	2015	0.78	34.50	1:14.38	2:11.96
	Bárður Ólavsson	2008	0.31	28.22	58.55	3:10.51
	Durita Mohr Askham	2008	0.49	31.30	1:05.13	4:15.64
<b>5</b>	<b>Ægir Mix 2</b>	18	Ægir	457	<b>4:17.58</b>	103,31
	Fróði Hansen	2008	0.73	27.36	56.46	56.46
	Delaila H. Gregersen	2013	0.49	34.47	1:12.75	2:09.21
	Benjamin Havn	2011	0.22	29.80	1:01.65	3:10.86
	Lea Petersen	2009	0.24	30.94	1:06.72	4:17.58
<b>6</b>	<b>HS 1</b>	15	Havnar Svímjifelag	403	<b>4:28.58</b>	101,29
	Noomi Hella Jacobsen	2012	0.78	33.35	1:11.50	1:11.50
	Lilja Sørensen	2011	0.57	34.10	1:13.28	2:24.78
	Theodor Salter	2011	0.51	29.20	1:00.19	3:24.97
	Nóa Róason Stakksund	2011	0.20	30.81	1:03.61	4:28.58
<b>7</b>	<b>Fuglafjarðar Svímjifelag</b>	19	Fuglafjarðar Svímjifelag	401	<b>4:29.05</b>	102,62
	Fríðálvur Eliassen	2011	0.79	31.81	1:04.76	1:04.76
	Rebekka Róðinsdóttir	2007	0.14	30.44	1:04.05	2:08.81
	Jógvan Vesturtún	2013	0.55	31.67	1:07.33	3:16.14
	Felisia Florinsdóttir	2012		37.93	1:12.91	4:29.05
<b>8</b>	<b>HS 2</b>	15	Havnar Svímjifelag	274	<b>5:05.30</b>	91,70 %
	Katrina Mc Intosh	2015	0.78	37.15	1:21.04	1:21.04
	India Linnea Bech	2011	0.64	36.64	1:17.44	2:38.48
	Bragi Bjarnason	2012	0.36	37.08	1:19.91	3:58.39
	Fróði Bárðarson Dahl	2013	0.50	31.56	1:06.91	5:05.30

Kapping almenn: 05.06.2026 18:17:34

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

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



# Úrslit

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

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	<b>Sirið Vesturtún</b>	2011 Fuglafjarðar Svímjifelag	0.69	425	<b>2:47.18</b>	97,52 % Q
	50m: 34.85	100m: 1:19.25 (44.40)	150m: 2:08.37 (49.12)	200m: 2:47.18 (38.81)		
Kapping almenn: 05.06.2026 11:17:41						

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

FAR.JR	2:20.41	Sára R. Nysted	2001 Suðuroyar Svímjifelag (FR	Laugardalslaug (ISL)	23.01.2016	
FAR	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	<b>Durita Mohr Askham</b>	2008 Ægir	0.63	396	<b>2:51.03</b>	93,82 % Q
	50m: 34.59	100m: 1:21.38 (46.79)	150m: 2:11.35 (49.97)	200m: 2:51.03 (39.68)		
Kapping almenn: 05.06.2026 11:17:41						

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

FAR.JR	2:20.41	Sára R. Nysted	2001 Suðuroyar Svímjifelag (FR	Laugardalslaug (ISL)	23.01.2016	
FAR	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	<b>Jóhanna Ólavsdóttir</b>	2007 Ægir	0.71	479	<b>2:40.60</b>	93,12 % Q
	50m: 33.07	100m: 1:13.92 (40.85)	150m: 2:03.09 (49.17)	200m: 2:40.60 (37.51)		
2	<b>Sirið Vesturtún</b>	2011 Fuglafjarðar Svímjifelag	0.69	425	<b>2:47.18</b>	97,52 % Q
	50m: 34.85	100m: 1:19.25 (44.40)	150m: 2:08.37 (49.12)	200m: 2:47.18 (38.81)		
3	<b>Durita Mohr Askham</b>	2008 Ægir	0.63	396	<b>2:51.03</b>	93,82 % Q
	50m: 34.59	100m: 1:21.38 (46.79)	150m: 2:11.35 (49.97)	200m: 2:51.03 (39.68)		
4	<b>Noomi Hella Jacobsen</b>	2012 Havnar Svímjifelag	0.82	319	<b>3:03.80</b>	100,44 % Q
	50m: 40.93	100m: 1:25.98 (45.05)	150m: 2:22.21 (56.23)	200m: 3:03.80 (41.59)		
5	<b>Elisabet Leivsdóttir</b>	2014 Havnar Svímjifelag	229	<b>3:25.35</b>	97,17 % -	
	50m: 47.42	100m: 1:39.87 (52.45)	150m: 2:39.75 (59.88)	200m: 3:25.35 (45.60)		
Kapping almenn: 05.06.2026 11:17:41						

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

FAR.JR	2:20.41	Sára R. Nysted	2001 Suðuroyar Svímjifelag (FR	Laugardalslaug (ISL)	23.01.2016	
FAR	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	<b>Sirið Vesturtún</b>	2011 Fuglafjarðar Svímjifelag	0.61	476	<b>2:40.90</b>	103,76 %
	50m: 33.43	100m: 1:15.27 (41.84)	150m: 2:03.13 (47.86)	200m: 2:40.90 (37.77)		
Kapping almenn: 05.06.2026 18:21:41						

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

FAR.JR	2:20.41	Sára R. Nysted	2001 Suðuroyar Svímjifelag (FR	Laugardalslaug (ISL)	23.01.2016	
FAR	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	<b>Durita Mohr Askham</b>	2008 Ægir	0.72	445	<b>2:44.57</b>	103,78 %
	50m: 33.62	100m: 1:15.74 (42.12)	150m: 2:05.02 (49.28)	200m: 2:44.57 (39.55)		
Kapping almenn: 05.06.2026 18:21:41						

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

FAR.JR	2:20.41	Sára R. Nysted	2001 Suðuroyar Svímjifelag (FR	Laugardalslaug (ISL)	23.01.2016	
FAR	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	<b>Jóhanna Ólavsdóttir</b>	2007 Ægir	0.66	571	<b>2:31.45</b>	105,70 %
	50m: 31.71	100m: 1:10.47 (38.76)	150m: 1:56.05 (45.58)	200m: 2:31.45 (35.40)		
2	<b>Sirið Vesturtún</b>	2011 Fuglafjarðar Svímjifelag	0.61	476	<b>2:40.90</b>	103,76 %
	50m: 33.43	100m: 1:15.27 (41.84)	150m: 2:03.13 (47.86)	200m: 2:40.90 (37.77)		
3	<b>Durita Mohr Askham</b>	2008 Ægir	0.72	445	<b>2:44.57</b>	103,78 %
	50m: 33.62	100m: 1:15.74 (42.12)	150m: 2:05.02 (49.28)	200m: 2:44.57 (39.55)		



# Úrslit

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

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
4	Noomi Hella Jacobsen	2012 Havnar Svímjifelag	0.81	353	2:57.77	103,28 %
	50m: 39.20	100m: 1:22.61 (43.41)	150m: 2:17.31 (54.70)	200m: 2:57.77 (40.46)		

Kapping almenn: 05.06.2026 18:21:41

## Kapping 9, 200m Blandað Menn JM-Y - Innleiðandi

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

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Tórir Olsen	2011 Ægir	0.77	390	2:34.22	94,68 % Q
	50m: 31.49	100m: 1:13.18 (41.69)	150m: 1:57.96 (44.78)	200m: 2:34.22 (36.26)		
2	Fríðálvur Eliassen	2011 Fuglafjarðar Svímjifelag	0.76	318	2:45.08	95,82 % Q
	50m: 35.34	100m: 1:21.25 (45.91)	150m: 2:10.04 (48.79)	200m: 2:45.08 (35.04)		

Kapping almenn: 05.06.2026 11:26:42

## Kapping 9, 200m Blandað Menn JM-E - Innleiðandi

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

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Fróði Hansen	2008 Ægir	0.76	399	2:33.05	87,17 % Q
	50m: 33.43	100m: 1:14.46 (41.03)	150m: 1:57.12 (42.66)	200m: 2:33.05 (35.93)		

Kapping almenn: 05.06.2026 11:26:42

## Kapping 9, 200m Blandað Menn FM - Innleiðandi

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

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Fróði Hansen	2008 Ægir	0.76	399	2:33.05	87,17 % Q
	50m: 33.43	100m: 1:14.46 (41.03)	150m: 1:57.12 (42.66)	200m: 2:33.05 (35.93)		
2	Tórir Olsen	2011 Ægir	0.77	390	2:34.22	94,68 % Q
	50m: 31.49	100m: 1:13.18 (41.69)	150m: 1:57.96 (44.78)	200m: 2:34.22 (36.26)		
3	Fríðálvur Eliassen	2011 Fuglafjarðar Svímjifelag	0.76	318	2:45.08	95,82 % Q
	50m: 35.34	100m: 1:21.25 (45.91)	150m: 2:10.04 (48.79)	200m: 2:45.08 (35.04)		
4	Jógvan Vesturtún	2013 Fuglafjarðar Svímjifelag	0.70	278	2:52.50	97,57 % Q
	50m: 38.96	100m: 1:22.60 (43.64)	150m: 2:12.47 (49.87)	200m: 2:52.50 (40.03)		

Kapping almenn: 05.06.2026 11:26:42

## Kapping 9, 200m Blandað Menn JM-Y - Finala

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

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Tórir Olsen	2011 Ægir	0.85	442	2:27.87	104,12 %
	50m: 31.12	100m: 1:10.55 (39.43)	150m: 1:54.96 (44.41)	200m: 2:27.87 (32.91)		
2	Fríðálvur Eliassen	2011 Fuglafjarðar Svímjifelag	0.81	366	2:37.49	104,60 %
	50m: 33.37	100m: 1:17.05 (43.68)	150m: 2:04.49 (47.44)	200m: 2:37.49 (33.00)		

Kapping almenn: 05.06.2026 18:36:26

## Kapping 9, 200m Blandað Menn JM-E - Finala

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

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Fróði Hansen	2008 Ægir	0.76	531	2:19.13	109,10 %
	50m: 28.54	100m: 1:07.23 (38.69)	150m: 1:46.25 (39.02)	200m: 2:19.13 (32.88)		

Kapping almenn: 05.06.2026 18:36:26

## Kapping 9, 200m Blandað Menn FM - Finala

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

### Kapping 9, 200m Blandað Menn FM - Finala

FAR	2:06.92	Magnus Jákupsson	1994	Havnar Svímjifelag (DEN)	Esbjerg (DEN)	13.07.2012
<b>Raðf</b>	<b>Navn</b>	<b>Føðia Felag</b>	<b>R.T</b>	<b>AQU</b>	<b>Tíð</b>	<b>Munur</b>
<b>1</b>	<b>Fróði Hansen</b>	2008 Ægir	0.76	531	<b>2:19.13</b>	109,10 %
	50m: 28.54	100m: 1:07.23 (38.69)	150m: 1:46.25 (39.02)	200m: 2:19.13 (32.88)		
<b>2</b>	<b>Tórir Olsen</b>	2011 Ægir	0.85	442	<b>2:27.87</b>	104,12 %
	50m: 31.12	100m: 1:10.55 (39.43)	150m: 1:54.96 (44.41)	200m: 2:27.87 (32.91)		
<b>3</b>	<b>Fríðálvur Eliassen</b>	2011 Fuglafjarðar Svímjifelag	0.81	366	<b>2:37.49</b>	104,60 %
	50m: 33.37	100m: 1:17.05 (43.68)	150m: 2:04.49 (47.44)	200m: 2:37.49 (33.00)		
<b>4</b>	<b>Jógvan Vesturtún</b>	2013 Fuglafjarðar Svímjifelag	0.72	345	<b>2:40.59</b>	106,90 %
	50m: 35.62	100m: 1:17.00 (41.38)	150m: 2:04.49 (47.49)	200m: 2:40.59 (36.10)		

Kapping almenn: 05.06.2026 18:36:26

### Kapping 10, 50m Rygg Kvinnur JM-Y - Innleiðandi

FAR.JR	29.59	Signhild Joensen	2000	Ægir Klaksvik (FRO)	Broenshoej (DEN)	04.04.2017
FAR	29.47	Elisabeth Eriendsdóttir	2005	Havnar Svímjifelag (FRO)	Kobenhavn (DEN)	13.04.2024
<b>Raðf</b>	<b>Navn</b>	<b>Føðia Felag</b>	<b>R.T</b>	<b>AQU</b>	<b>Tíð</b>	<b>Munur</b>
<b>1</b>	<b>Jórun Winther</b>	2011 Suðuroyar Svímjifelag	0.65	511	<b>33.59</b>	98,12 % Q
<b>2</b>	<b>Sirið Vesturtún</b>	2011 Fuglafjarðar Svímjifelag	0.65	444	<b>35.20</b>	100,59 % Q
<b>3</b>	<b>Lilja Sørensen</b>	2011 Havnar Svímjifelag	0.91	381	<b>37.04</b>	100,80 % Q
<b>4</b>	<b>Talita Johannesen</b>	2010 Suðuroyar Svímjifelag	0.67	381	<b>37.05</b>	100,11 % Q
<b>5</b>	<b>Rakul J Højbro</b>	2011 Fuglafjarðar Svímjifelag	0.86	235	<b>43.49</b>	98,72 %

Kapping almenn: 05.06.2026 11:58:21

### Kapping 10, 50m Rygg Kvinnur FM - Innleiðandi

FAR.JR	29.59	Signhild Joensen	2000	Ægir Klaksvik (FRO)	Broenshoej (DEN)	04.04.2017
FAR	29.47	Elisabeth Eriendsdóttir	2005	Havnar Svímjifelag (FRO)	Kobenhavn (DEN)	13.04.2024
<b>Raðf</b>	<b>Navn</b>	<b>Føðia Felag</b>	<b>R.T</b>	<b>AQU</b>	<b>Tíð</b>	<b>Munur</b>
<b>1</b>	<b>Elisabeth Eriendsdóttir</b>	2005 Havnar Svímjifelag	0.71	649	<b>31.01</b>	95,83 % Q
<b>2</b>	<b>Jórun Winther</b>	2011 Suðuroyar Svímjifelag	0.65	511	<b>33.59</b>	98,12 % Q
<b>3</b>	<b>Sirið Vesturtún</b>	2011 Fuglafjarðar Svímjifelag	0.65	444	<b>35.20</b>	100,59 % Q
<b>4</b>	<b>Lilja Sørensen</b>	2011 Havnar Svímjifelag	0.91	381	<b>37.04</b>	100,80 % Q
<b>5</b>	<b>Talita Johannesen</b>	2010 Suðuroyar Svímjifelag	0.67	381	<b>37.05</b>	100,11 % Q
<b>6</b>	<b>Noomi Hella Jacobsen</b>	2012 Havnar Svímjifelag	0.72	302	<b>40.00</b>	102,61 % Q
<b>7</b>	<b>Hanna Lilja Jacobsen</b>	2015 Ægir	0.68	283	<b>40.87</b>	99,68 % Q
<b>8</b>	<b>Rósa Myrna Hansen</b>	2006 Svímjifelagið Reysti	0.83	255	<b>42.33</b>	89,19 % Q
<b>9</b>	<b>Jytte Kirke Davidsen</b>	2013 Suðuroyar Svímjifelag	0.68	253	<b>42.42</b>	96,46 %
<b>10</b>	<b>Elisabet Leivsdóttir</b>	2014 Havnar Svímjifelag	0.77	242	<b>43.06</b>	99,37 %
<b>11</b>	<b>Rakul J Højbro</b>	2011 Fuglafjarðar Svímjifelag	0.86	235	<b>43.49</b>	98,72 %
<b>12</b>	<b>Katrina Mc Intosh</b>	2015 Havnar Svímjifelag	0.86	213	<b>44.97</b>	108,80 %

Kapping almenn: 05.06.2026 11:58:21

### Kapping 10, 50m Rygg Kvinnur JM-Y - Finala

FAR.JR	29.59	Signhild Joensen	2000	Ægir Klaksvik (FRO)	Broenshoej (DEN)	04.04.2017
FAR	29.47	Elisabeth Eriendsdóttir	2005	Havnar Svímjifelag (FRO)	Kobenhavn (DEN)	13.04.2024
<b>Raðf</b>	<b>Navn</b>	<b>Føðia Felag</b>	<b>R.T</b>	<b>AQU</b>	<b>Tíð</b>	<b>Munur</b>
<b>1</b>	<b>Jórun Winther</b>	2011 Suðuroyar Svímjifelag	0.66	504	<b>33.75</b>	99,52 %
<b>2</b>	<b>Sirið Vesturtún</b>	2011 Fuglafjarðar Svímjifelag	0.65	468	<b>34.59</b>	101,73 %
<b>3</b>	<b>Talita Johannesen</b>	2010 Suðuroyar Svímjifelag	0.68	405	<b>36.29</b>	102,05 %
<b>4</b>	<b>Lilja Sørensen</b>	2011 Havnar Svímjifelag	0.81	393	<b>36.66</b>	101,03 %

Kapping almenn: 05.06.2026 18:36:40



# Úrslit

## Kapping 10, 50m Rygg Kvinnur FM - Finala

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

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Elisabeth Erlendsdóttir	2005 Havnar Svímjifelag	0.69	691	<b>30.37</b>	102,06 %
2	Jórun Winther	2011 Suðuroyar Svímjifelag	0.66	504	<b>33.75</b>	99,52 %
3	Sirið Vesturtún	2011 Fuglafjarðar Svímjifelag	0.65	468	<b>34.59</b>	101,73 %
4	Talita Johannesen	2010 Suðuroyar Svímjifelag	0.68	405	<b>36.29</b>	102,05 %
5	Lilja Sørensen	2011 Havnar Svímjifelag	0.81	393	<b>36.66</b>	101,03 %
6	Noomi Hella Jacobsen	2012 Havnar Svímjifelag	0.71	358	<b>37.80</b>	105,50 %
7	Hanna Lilja Jacobsen	2015 Ægir	0.65	293	<b>40.41</b>	101,13 %
8	Rósa Myrna Hansen	2006 Svímjifelagið Reysti	0.79	257	<b>42.20</b>	100,31 %

Kapping almenn: 05.06.2026 18:36:40

## Kapping 11, 50m Rygg Menn JM-Y - Innleiðandi

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

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Haraldur Mortensen	2010 Suðuroyar Svímjifelag	0.79	359	<b>33.13</b>	94,89 % Q
2	Teitur Miné Róason	2011 Havnar Svímjifelag	0.75	306	<b>34.92</b>	101,22 % Q
3	Benjamin Havn	2011 Ægir	0.78	278	<b>36.07</b>	92,26 % Q
4	Símun Eliassen	2011 Havnar Svímjifelag	0.65	237	<b>38.01</b>	93,71 % Q

Kapping almenn: 05.06.2026 11:29:13

## Kapping 11, 50m Rygg Menn JM-E - Innleiðandi

FAR.JR 26.34 Magnus Jákupsson 1994 Havnar Svímjifelag (DEN) Esbjerg (DEN) 10.07.2012  
FAR 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	0.60	564	<b>28.49</b>	97,00 % Q

Kapping almenn: 05.06.2026 11:29:13

## Kapping 11, 50m Rygg Menn FM - Innleiðandi

FAR.JR 26.34 Magnus Jákupsson 1994 Havnar Svímjifelag (DEN) Esbjerg (DEN) 10.07.2012  
FAR 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	0.60	564	<b>28.49</b>	97,00 % Q
2	Terji Kjærbo	2012 Suðuroyar Svímjifelag	0.58	388	<b>32.27</b>	99,84 % Q
3	Haraldur Mortensen	2010 Suðuroyar Svímjifelag	0.79	359	<b>33.13</b>	94,89 % Q
4	Teitur Miné Róason	2011 Havnar Svímjifelag	0.75	306	<b>34.92</b>	101,22 % Q
5	Benjamin Havn	2011 Ægir	0.78	278	<b>36.07</b>	92,26 % Q
6	Fróði Bárðarson Dahl	2013 Havnar Svímjifelag	0.78	242	<b>37.78</b>	93,79 % Q
7	Símun Eliassen	2011 Havnar Svímjifelag	0.65	237	<b>38.01</b>	93,71 % Q
8	Bragi Bjarnason	2012 Havnar Svímjifelag	0.82	219	<b>39.02</b>	97,40 % Q

Kapping almenn: 05.06.2026 11:29:13

## Kapping 11, 50m Rygg Menn JM-Y - Finala

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

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Haraldur Mortensen	2010 Suðuroyar Svímjifelag	0.75	409	<b>31.71</b>	104,29 %



# Úrslit

## Kapping 11, 50m Rygg Menn JM-Y - Finala

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
2	Teitur Miné Róason	2011 Havnar Svímjifelag	0.66	338	<b>33.79</b>	103,24 %
3	Benjamin Havn	2011 Ægir	0.69	334	<b>33.93</b>	105,93 %
4	Símun Eliassen	2011 Havnar Svímjifelag	0.64	259	<b>36.94</b>	102,82 %

Kapping almenn: 05.06.2026 18:37:35

## Kapping 11, 50m Rygg Menn JM-E - Finala

FAR.JR	26.34	Magnus Jákupsson	1994 Havnar Svímjifelag (DEN)	Esbjerg (DEN)		10.07.2012
FAR	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	0.57	592	<b>28.04</b>	101,58 %

Kapping almenn: 05.06.2026 18:37:35

## Kapping 11, 50m Rygg Menn FM - Finala

FAR.JR	26.34	Magnus Jákupsson	1994 Havnar Svímjifelag (DEN)	Esbjerg (DEN)		10.07.2012
FAR	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	0.57	592	<b>28.04</b>	101,58 %
2	Terji Kjærbo	2012 Suðuroyar Svímjifelag	0.56	427	<b>31.26</b>	103,13 %
3	Haraldur Mortensen	2010 Suðuroyar Svímjifelag	0.75	409	<b>31.71</b>	104,29 %
4	Teitur Miné Róason	2011 Havnar Svímjifelag	0.66	338	<b>33.79</b>	103,24 %
5	Benjamin Havn	2011 Ægir	0.69	334	<b>33.93</b>	105,93 %
6	Fróði Bárðarson Dahl	2013 Havnar Svímjifelag	0.81	292	<b>35.46</b>	106,14 %
7	Símun Eliassen	2011 Havnar Svímjifelag	0.64	259	<b>36.94</b>	102,82 %
8	Bragi Bjarnason	2012 Havnar Svímjifelag	0.82	215	<b>39.28</b>	99,33 %

Kapping almenn: 05.06.2026 18:37:35

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

FAR.JR	2:05.66	Sára R. Nysted	2001 Suðuroyar Svímjifelag (FR)	Hodmezovasarhely (HUN)		08.07.2016
FAR	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	Jórun Winther	2011 Suðuroyar Svímjifelag	0.76	434	<b>2:28.16</b>	92,42 % Q
	50m: 33.40	100m: 1:11.10 (37.70)	150m: 1:49.65 (38.55)	200m: 2:28.16 (38.51)		
2	Rakul J Højbro	2011 Fuglafjarðar Svímjifelag	0.77	344	<b>2:40.03</b>	99,23 % Q
	50m: 37.14	100m: 1:17.45 (40.31)	150m: 1:59.21 (41.76)	200m: 2:40.03 (40.82)		
3	India Linnea Bech	2011 Havnar Svímjifelag	0.76	342	<b>2:40.34</b>	99,07 % Q
	50m: 37.75	100m: 1:19.17 (41.42)	150m: 2:00.52 (41.35)	200m: 2:40.34 (39.82)		
4	Lilja Sørensen	2011 Havnar Svímjifelag	0.75	339	<b>2:40.88</b>	98,36 % -
	50m: 37.09	100m: 1:19.62 (42.53)	150m: 2:01.06 (41.44)	200m: 2:40.88 (39.82)		
5	Emma Debes	2010 Suðuroyar Svímjifelag	0.82	337	<b>2:41.19</b>	96,18 % -
	50m: 36.24	100m: 1:16.98 (40.74)	150m: 1:59.00 (42.02)	200m: 2:41.19 (42.19)		

Kapping almenn: 05.06.2026 11:48:50

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

FAR.JR	2:05.66	Sára R. Nysted	2001 Suðuroyar Svímjifelag (FR)	Hodmezovasarhely (HUN)		08.07.2016
FAR	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	Lea Osberg Højsted	2008 Ægir	0.75	470	<b>2:24.30</b>	92,08 % Q
	50m: 32.70	100m: 1:09.33 (36.63)	150m: 1:47.00 (37.67)	200m: 2:24.30 (37.30)		
2	Lea Petersen	2009 Ægir	0.73	417	<b>2:30.14</b>	94,59 % Q
	50m: 33.89	100m: 1:11.80 (37.91)	150m: 1:50.57 (38.77)	200m: 2:30.14 (39.57)		

Kapping almenn: 05.06.2026 11:48:50

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



# Úrslit

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

FAR.JR 2:05.66 Sára R. Nysted 2001 Suðuroyar Svímjifelag (FR Hodmezovasarhely (HUN) 08.07.2016  
FAR 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	<b>Lea Osberg Højsted</b> 50m: 32.70	2008 Ægir 100m: 1:09.33 (36.63) 150m: 1:47.00	0.75	470	<b>2:24.30</b> (37.67) 200m: 2:24.30 (37.30)	92,08 % Q
2	<b>Jórun Winther</b> 50m: 33.40	2011 Suðuroyar Svímjifelag 100m: 1:11.10 (37.70) 150m: 1:49.65	0.76	434	<b>2:28.16</b> (38.55) 200m: 2:28.16 (38.51)	92,42 % Q
3	<b>Lea Petersen</b> 50m: 33.89	2009 Ægir 100m: 1:11.80 (37.91) 150m: 1:50.57	0.73	417	<b>2:30.14</b> (38.77) 200m: 2:30.14 (39.57)	94,59 % Q
4	<b>Sólfríð H. Johannessen</b> 50m: 35.96	2013 Ægir 100m: 1:16.74 (40.78) 150m: 1:58.05	0.48	361	<b>2:37.55</b> (41.31) 200m: 2:37.55 (39.50)	99,87 % Q
5	<b>Rakul J Højbro</b> 50m: 37.14	2011 Fuglafjarðar Svímjifelag 100m: 1:17.45 (40.31) 150m: 1:59.21	0.77	344	<b>2:40.03</b> (41.76) 200m: 2:40.03 (40.82)	99,23 % Q
6	<b>India Linnea Bech</b> 50m: 37.75	2011 Havnar Svímjifelag 100m: 1:19.17 (41.42) 150m: 2:00.52	0.76	342	<b>2:40.34</b> (41.35) 200m: 2:40.34 (39.82)	99,07 % Q
7	<b>Lilja Sørensen</b> 50m: 37.09	2011 Havnar Svímjifelag 100m: 1:19.62 (42.53) 150m: 2:01.06	0.75	339	<b>2:40.88</b> (41.44) 200m: 2:40.88 (39.82)	98,36 % -
8	<b>Emma Debes</b> 50m: 36.24	2010 Suðuroyar Svímjifelag 100m: 1:16.98 (40.74) 150m: 1:59.00	0.82	337	<b>2:41.19</b> (42.02) 200m: 2:41.19 (42.19)	96,18 % -
9	<b>Jonna Steinberg Joensen</b> 50m: 37.72	2014 Ægir 100m: 1:20.52 (42.80) 150m: 2:04.85	0.69	308	<b>2:46.10</b> (44.33) 200m: 2:46.10 (41.25)	100,92 % -
10	<b>Viktoría Klettskarð</b> 50m: 37.35	2013 Ægir 100m: 1:20.66 (43.31) 150m: 2:04.50	0.74	308	<b>2:46.12</b> (43.84) 200m: 2:46.12 (41.62)	107,15 % -
11	<b>Delaila H. Gregersen</b> 50m: 39.48	2013 Ægir 100m: 1:22.92 (43.44) 150m: 2:06.56		297	<b>2:48.21</b> (43.64) 200m: 2:48.21 (41.65)	101,75 % Q
12	<b>Hanna Lilja Jacobsen</b> 50m: 38.46	2015 Ægir 100m: 1:22.72 (44.26) 150m: 2:07.60	0.66	290	<b>2:49.51</b> (44.88) 200m: 2:49.51 (41.91)	96,69 % Q
13	<b>Elisabet Leivsdóttir</b> 50m: 38.22	2014 Havnar Svímjifelag 100m: 1:26.39 (48.17) 150m: 2:14.58		230	<b>3:02.94</b> (48.19) 200m: 3:02.94 (48.36)	89,99 %

Kapping almenn: 05.06.2026 11:48:50

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

FAR.JR 2:05.66 Sára R. Nysted 2001 Suðuroyar Svímjifelag (FR Hodmezovasarhely (HUN) 08.07.2016  
FAR 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	<b>Jórun Winther</b> 50m: 31.85	2011 Suðuroyar Svímjifelag 100m: 1:08.19 (36.34) 150m: 1:46.93	0.83	441	<b>2:27.35</b> (38.74) 200m: 2:27.35 (40.42)	100,55 %
2	<b>Rakul J Højbro</b> 50m: 34.72	2011 Fuglafjarðar Svímjifelag 100m: 1:13.61 (38.89) 150m: 1:54.97	0.73	366	<b>2:36.88</b> (41.36) 200m: 2:36.88 (41.91)	101,97 %
3	<b>India Linnea Bech</b> 50m: 36.89	2011 Havnar Svímjifelag 100m: 1:17.63 (40.74) 150m: 1:59.59	0.79	342	<b>2:40.34</b> (41.96) 200m: 2:40.34 (40.75)	100,00 %

Kapping almenn: 05.06.2026 18:50:04

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

FAR.JR 2:05.66 Sára R. Nysted 2001 Suðuroyar Svímjifelag (FR Hodmezovasarhely (HUN) 08.07.2016  
FAR 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	<b>Lea Osberg Højsted</b> 50m: 30.62	2008 Ægir 100m: 1:04.93 (34.31) 150m: 1:40.15	0.79	570	<b>2:15.28</b> (35.22) 200m: 2:15.28 (35.13)	106,25 %
2	<b>Lea Petersen</b> 50m: 32.92	2009 Ægir 100m: 1:09.03 (36.11) 150m: 1:46.01	0.71	480	<b>2:23.25</b> (36.98) 200m: 2:23.25 (37.24)	104,59 %

Kapping almenn: 05.06.2026 18:50:04

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

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



## Úrslit

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

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Lea Osberg Højsted	2008 Ægir	0.79	570	<b>2:15.28</b>	106,25 %
	50m: 30.62	100m: 1:04.93 (34.31)	150m: 1:40.15 (35.22)	200m: 2:15.28 (35.13)		
2	Lea Petersen	2009 Ægir	0.71	480	<b>2:23.25</b>	104,59 %
	50m: 32.92	100m: 1:09.03 (36.11)	150m: 1:46.01 (36.98)	200m: 2:23.25 (37.24)		
3	Jórun Winther	2011 Suðuroyar Svímjifelag	0.83	441	<b>2:27.35</b>	100,55 %
	50m: 31.85	100m: 1:08.19 (36.34)	150m: 1:46.93 (38.74)	200m: 2:27.35 (40.42)		
4	Sólfrið H. Johannessen	2013 Ægir	0.62	377	<b>2:35.26</b>	101,45 %
	50m: 35.61	100m: 1:15.54 (39.93)	150m: 1:56.51 (40.97)	200m: 2:35.26 (38.75)		
5	Rakul J Højbro	2011 Fuglafjarðar Svímjifelag	0.73	366	<b>2:36.88</b>	101,97 %
	50m: 34.72	100m: 1:13.61 (38.89)	150m: 1:54.97 (41.36)	200m: 2:36.88 (41.91)		
6	India Linnea Bech	2011 Havnar Svímjifelag	0.79	342	<b>2:40.34</b>	100,00 %
	50m: 36.89	100m: 1:17.63 (40.74)	150m: 1:59.59 (41.96)	200m: 2:40.34 (40.75)		
7	Delaila H. Gregersen	2013 Ægir	0.87	304	<b>2:46.76</b>	100,86 %
	50m: 38.30	100m: 1:20.66 (42.36)	150m: 2:04.84 (44.18)	200m: 2:46.76 (41.92)		
8	Hanna Lilja Jacobsen	2015 Ægir	0.80	299	<b>2:47.82</b>	101,00 %
	50m: 37.92	100m: 1:20.25 (42.33)	150m: 2:05.30 (45.05)	200m: 2:47.82 (42.52)		

Kapping almenn: 05.06.2026 18:50:04

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

FAR.JR	1:49.31	Líggjas Joensen	2008 Ægir Klaksvik (FRO)	Bronshoj (DEN)	17.04.2026
FAR	1:48.98	Pál Joensen	1990 Suðuroyar Svímjifelag (FR)	Broenshoej (DEN)	23.03.2012

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Theodor Salter	2011 Havnar Svímjifelag	0.68	515	<b>2:07.21</b>	103,20 % -
	50m: 29.90	100m: 1:02.17 (32.27)	150m: 1:35.55 (33.38)	200m: 2:07.21 (31.66)		
2	Tórir Olsen	2011 Ægir	0.71	514	<b>2:07.30</b>	100,45 % Q
	50m: 30.26	100m: 1:02.84 (32.58)	150m: 1:35.30 (32.46)	200m: 2:07.30 (32.00)		
3	Haraldur Mortensen	2010 Suðuroyar Svímjifelag	0.65	401	<b>2:18.29</b>	98,02 % Q
	50m: 32.33	100m: 1:07.42 (35.09)	150m: 1:43.53 (36.11)	200m: 2:18.29 (34.76)		
4	Benjamin Havn	2011 Ægir	0.66	390	<b>2:19.52</b>	99,10 % Q
	50m: 32.41	100m: 1:07.40 (34.99)	150m: 1:43.52 (36.12)	200m: 2:19.52 (36.00)		
5	Nóa Róason Stakksund	2011 Havnar Svímjifelag	0.66	376	<b>2:21.23</b>	98,72 % Q
	50m: 32.36	100m: 1:08.16 (35.80)	150m: 1:45.64 (37.48)	200m: 2:21.23 (35.59)		
6	Fríðálvur Eliassen	2011 Fuglafjarðar Svímjifelag	0.78	372	<b>2:21.71</b>	109,57 %
	50m: 33.48	100m: 1:10.18 (36.70)	150m: 1:47.04 (36.86)	200m: 2:21.71 (34.67)		
7	Jónatan Samuelsen	2010 Havnar Svímjifelag	0.77	363	<b>2:22.98</b>	98,60 %
	50m: 32.57	100m: 1:08.58 (36.01)	150m: 1:45.57 (36.99)	200m: 2:22.98 (37.41)		
8	Símun Eliassen	2011 Havnar Svímjifelag	0.58	232	<b>2:45.88</b>	86,90 %
	50m: 34.47	100m: 1:16.66 (42.19)	150m: 2:00.33 (43.67)	200m: 2:45.88 (45.55)		

Kapping almenn: 05.06.2026 11:47:34

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

FAR.JR	1:49.31	Líggjas Joensen	2008 Ægir Klaksvik (FRO)	Bronshoj (DEN)	17.04.2026
FAR	1:48.98	Pál Joensen	1990 Suðuroyar Svímjifelag (FR)	Broenshoej (DEN)	23.03.2012

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Fróði Hansen	2008 Ægir	0.75	600	<b>2:00.93</b>	98,96 % -
	50m: 27.61	100m: 57.90 (30.29)	150m: 1:29.40 (31.50)	200m: 2:00.93 (31.53)		
2	Líggjas Joensen	2008 Ægir	0.75	578	<b>2:02.43</b>	88,00 % Q
	50m: 28.65	100m: 1:00.12 (31.47)	150m: 1:32.04 (31.92)	200m: 2:02.43 (30.39)		
3	Ólavur Winther Jákupsson	2008 Havnar Svímjifelag	0.70	524	<b>2:06.49</b>	100,32 % Q
	50m: 29.24	100m: 1:01.17 (31.93)	150m: 1:33.86 (32.69)	200m: 2:06.49 (32.63)		

Kapping almenn: 05.06.2026 11:47:34

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

FAR.JR	1:49.31	Líggjas Joensen	2008 Ægir Klaksvik (FRO)	Bronshoj (DEN)	17.04.2026
FAR	1:48.98	Pál Joensen	1990 Suðuroyar Svímjifelag (FR)	Broenshoej (DEN)	23.03.2012



## Úrslit

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

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Fróði Hansen	2008 Ægir	0.75	600	<b>2:00.93</b>	98,96 % -
	50m: 27.61	100m: 57.90 (30.29)	150m: 1:29.40 (31.50)	200m: 2:00.93 (31.53)		
2	Líggjas Joensen	2008 Ægir	0.75	578	<b>2:02.43</b>	88,00 % Q
	50m: 28.65	100m: 1:00.12 (31.47)	150m: 1:32.04 (31.92)	200m: 2:02.43 (30.39)		
3	Heini Mohr Askham	2006 Ægir	0.73	575	<b>2:02.63</b>	95,48 % Q
	50m: 28.71	100m: 1:00.24 (31.53)	150m: 1:32.20 (31.96)	200m: 2:02.63 (30.43)		
4	Isak Brisenfeldt	2006 Havnar Svímjifelag	0.64	529	<b>2:06.05</b>	89,48 % Q
	50m: 28.97	100m: 1:01.50 (32.53)	150m: 1:35.01 (33.51)	200m: 2:06.05 (31.04)		
5	Ólavur Winther Jákupsson	2008 Havnar Svímjifelag	0.70	524	<b>2:06.49</b>	100,32 % Q
	50m: 29.24	100m: 1:01.17 (31.93)	150m: 1:33.86 (32.69)	200m: 2:06.49 (32.63)		
6	Theodor Salter	2011 Havnar Svímjifelag	0.68	515	<b>2:07.21</b>	103,20 % -
	50m: 29.90	100m: 1:02.17 (32.27)	150m: 1:35.55 (33.38)	200m: 2:07.21 (31.66)		
7	Tórir Olsen	2011 Ægir	0.71	514	<b>2:07.30</b>	100,45 % Q
	50m: 30.26	100m: 1:02.84 (32.58)	150m: 1:35.30 (32.46)	200m: 2:07.30 (32.00)		
8	Haraldur Mortensen	2010 Suðuroyar Svímjifelag	0.65	401	<b>2:18.29</b>	98,02 % Q
	50m: 32.33	100m: 1:07.42 (35.09)	150m: 1:43.53 (36.11)	200m: 2:18.29 (34.76)		
9	Benjamin Havn	2011 Ægir	0.66	390	<b>2:19.52</b>	99,10 % Q
	50m: 32.41	100m: 1:07.40 (34.99)	150m: 1:43.52 (36.12)	200m: 2:19.52 (36.00)		
10	Nóa Róason Stakksund	2011 Havnar Svímjifelag	0.66	376	<b>2:21.23</b>	98,72 % Q
	50m: 32.36	100m: 1:08.16 (35.80)	150m: 1:45.64 (37.48)	200m: 2:21.23 (35.59)		
11	Fríðálvur Eliassen	2011 Fuglafjarðar Svímjifelag	0.78	372	<b>2:21.71</b>	109,57 %
	50m: 33.48	100m: 1:10.18 (36.70)	150m: 1:47.04 (36.86)	200m: 2:21.71 (34.67)		
12	Andrass Thomsen	1982 Havnar Svímjifelag	0.80	371	<b>2:21.91</b>	90,09 %
	50m: 32.26	100m: 1:07.67 (35.41)	150m: 1:45.27 (37.60)	200m: 2:21.91 (36.64)		
13	Jónatan Samuelsen	2010 Havnar Svímjifelag	0.77	363	<b>2:22.98</b>	98,60 %
	50m: 32.57	100m: 1:08.58 (36.01)	150m: 1:45.57 (36.99)	200m: 2:22.98 (37.41)		
14	Jógvan Vesturtún	2013 Fuglafjarðar Svímjifelag	0.71	317	<b>2:29.51</b>	105,71 %
	50m: 33.10	100m: 1:10.32 (37.22)	150m: 1:50.21 (39.89)	200m: 2:29.51 (39.30)		
15	Dávur Eið	2012 Suðuroyar Svímjifelag	0.71	297	<b>2:32.75</b>	95,63 % -
	50m: 34.10	100m: 1:12.60 (38.50)	150m: 1:53.20 (40.60)	200m: 2:32.75 (39.55)		
16	Bragi Bjarnason	2012 Havnar Svímjifelag	0.81	270	<b>2:37.62</b>	92,64 %
	50m: 34.52	100m: 1:14.32 (39.80)	150m: 1:56.95 (42.63)	200m: 2:37.62 (40.67)		
17	Elias Í Lágabø	2014 Suðuroyar Svímjifelag	0.70	265	<b>2:38.65</b>	99,55 %
	50m: 36.56	100m: 1:17.52 (40.96)	150m: 1:58.72 (41.20)	200m: 2:38.65 (39.93)		
18	Kian V. Eliassen	2013 Fuglafjarðar Svímjifelag	0.75	255	<b>2:40.76</b>	97,87 %
	50m: 36.33	100m: 1:17.37 (41.04)	150m: 1:59.73 (42.36)	200m: 2:40.76 (41.03)		
19	Símun Eliassen	2011 Havnar Svímjifelag	0.58	232	<b>2:45.88</b>	86,90 %
	50m: 34.47	100m: 1:16.66 (42.19)	150m: 2:00.33 (43.67)	200m: 2:45.88 (45.55)		

Kapping almenn: 05.06.2026 11:47:34

### Kapping 13, 200m Frí Menn JM-Y - Finala

FAR.JR 1:49.31 Líggjas Joensen 2008 Ægir Klaksvík (FRO) Bronshoj (DEN) 17.04.2026  
FAR 1:48.98 Pál Joensen 1990 Suðuroyar Svímjifelag (FR) Broenshoej (DEN) 23.03.2012

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Tórir Olsen	2011 Ægir	0.75	538	<b>2:05.38</b>	101,51 %
	50m: 29.10	100m: 1:01.26 (32.16)	150m: 1:33.63 (32.37)	200m: 2:05.38 (31.75)		
2	Benjamin Havn	2011 Ægir	0.67	435	<b>2:14.53</b>	103,58 %
	50m: 30.46	100m: 1:04.55 (34.09)	150m: 1:39.86 (35.31)	200m: 2:14.53 (34.67)		
3	Haraldur Mortensen	2010 Suðuroyar Svímjifelag	0.67	376	<b>2:21.29</b>	97,83 %
	50m: 31.68	100m: 1:07.93 (36.25)	150m: 1:45.26 (37.33)	200m: 2:21.29 (36.03)		
4	Nóa Róason Stakksund	2011 Havnar Svímjifelag	0.81	370	<b>2:22.04</b>	99,43 %
	50m: 32.27	100m: 1:08.52 (36.25)	150m: 1:46.37 (37.85)	200m: 2:22.04 (35.67)		

Kapping almenn: 05.06.2026 18:55:58

### Kapping 13, 200m Frí Menn JM-E - Finala



## Úrslit

### Kapping 13, 200m Frí Menn JM-E - Finala

FAR.JR 1:49.31 Líggjas Joensen 2008 Ægir Klaksvik (FRO) Bronshoj (DEN) 17.04.2026  
FAR 1:48.98 Pál Joensen 1990 Suðuroyar Svímjifelag (FR) Broenshoej (DEN) 23.03.2012

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Líggjas Joensen	2008 Ægir	0.69	705	<b>1:54.57</b>	106,42 %
	50m: 27.38	100m: 57.74 (30.36)	150m: 1:27.10 (29.36)	200m: 1:54.57 (27.47)		
2	Ólavur Winther Jákupsson	2008 Havnar Svímjifelag	0.68	528	<b>2:06.12</b>	100,29 %
	50m: 29.49	100m: 1:01.17 (31.68)	150m: 1:33.87 (32.70)	200m: 2:06.12 (32.25)		

Kapping almenn: 05.06.2026 18:55:58

### Kapping 13, 200m Frí Menn FM - Finala

FAR.JR 1:49.31 Líggjas Joensen 2008 Ægir Klaksvik (FRO) Bronshoj (DEN) 17.04.2026  
FAR 1:48.98 Pál Joensen 1990 Suðuroyar Svímjifelag (FR) Broenshoej (DEN) 23.03.2012

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Líggjas Joensen	2008 Ægir	0.69	705	<b>1:54.57</b>	106,42 %
	50m: 27.38	100m: 57.74 (30.36)	150m: 1:27.10 (29.36)	200m: 1:54.57 (27.47)		
2	Isak Brisenfeldt	2006 Havnar Svímjifelag	0.66	701	<b>1:54.80</b>	108,93 %
	50m: 27.40	100m: 57.27 (29.87)	150m: 1:26.87 (29.60)	200m: 1:54.80 (27.93)		
3	Heini Mohr Askham	2006 Ægir	0.68	614	<b>1:59.95</b>	102,19 %
	50m: 27.56	100m: 57.77 (30.21)	150m: 1:28.74 (30.97)	200m: 1:59.95 (31.21)		
4	Tórir Olsen	2011 Ægir	0.75	538	<b>2:05.38</b>	101,51 %
	50m: 29.10	100m: 1:01.26 (32.16)	150m: 1:33.63 (32.37)	200m: 2:05.38 (31.75)		
5	Ólavur Winther Jákupsson	2008 Havnar Svímjifelag	0.68	528	<b>2:06.12</b>	100,29 %
	50m: 29.49	100m: 1:01.17 (31.68)	150m: 1:33.87 (32.70)	200m: 2:06.12 (32.25)		
6	Benjamin Havn	2011 Ægir	0.67	435	<b>2:14.53</b>	103,58 %
	50m: 30.46	100m: 1:04.55 (34.09)	150m: 1:39.86 (35.31)	200m: 2:14.53 (34.67)		
7	Haraldur Mortensen	2010 Suðuroyar Svímjifelag	0.67	376	<b>2:21.29</b>	97,83 %
	50m: 31.68	100m: 1:07.93 (36.25)	150m: 1:45.26 (37.33)	200m: 2:21.29 (36.03)		
8	Nóa Róason Staksund	2011 Havnar Svímjifelag	0.81	370	<b>2:22.04</b>	99,43 %
	50m: 32.27	100m: 1:08.52 (36.25)	150m: 1:46.37 (37.85)	200m: 2:22.04 (35.67)		

Kapping almenn: 05.06.2026 18:55:58

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

FAR 4:33.08 Ægir Klaksvik Ægir Klaksvik (FRO) Vagur (FRO) 26.04.2019

Raðf	Navn	Aldur Felag	AQU	Tíð	Munur
1	Suðuroyar Svímjifelag	16 Suðuroyar Svímjifelag	328 Q	<b>5:32.26</b>	90,84 %
	Jórun Winther	2011	0.73 43.16	1:26.28	1:26.28
	Sissal Rógvadóttir	2010	0.62 40.35	1:27.52	2:53.80
	Talita Johannesen	2010	0.26 38.70	1:26.11	4:19.91
	Emma Debes	2010	0.58 34.11	1:12.35	5:32.26
2	HS Kvinnur	15 Havnar Svímjifelag	268 Q	<b>5:55.69</b>	
	Lilja Sørensen	2011	0.79 40.43	1:22.83	1:22.83
	India Linnea Bech	2011	0.59 43.75	1:32.64	2:55.47
	Noomi Hella Jacobsen	2012	0.41 43.94	1:39.37	4:34.84
	Katrina Mc Intosh	2015	0.17 37.09	1:20.85	5:55.69

Kapping almenn: 05.06.2026 12:06:53

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

FAR 4:33.08 Ægir Klaksvik Ægir Klaksvik (FRO) Vagur (FRO) 26.04.2019

Raðf	Navn	Aldur Felag	AQU	Tíð	Munur
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# Úrslit

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

Raðf	Navn	Aldur	Felag		AQU	Tíð	Munur
1	<b>Ægir</b>	18	Ægir		342 Q	<b>5:27.77</b>	79,44 %
	Lea Osberg Højsted	2008		0.68	40.69	1:24.63	1:24.63
	Lea Petersen	2009		0.44	43.51	1:33.49	2:58.12
	Durita Mohr Askham	2008		0.44	34.10	1:15.80	4:13.92
	Hanna Lilja Jacobsen	2015		0.67	35.21	1:13.85	5:27.77

Kapping almenn: 05.06.2026 12:06:53

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

FAR	4:33.08	Ægir Klaksvik	Ægir Klaksvik (FRO)	Vagur (FRO)	26.04.2019		
Raðf	Navn	Aldur	Felag		AQU	Tíð	Munur
1	<b>Ægir</b>	18	Ægir		342 Q	<b>5:27.77</b>	79,44 %
	Lea Osberg Højsted	2008		0.68	40.69	1:24.63	1:24.63
	Lea Petersen	2009		0.44	43.51	1:33.49	2:58.12
	Durita Mohr Askham	2008		0.44	34.10	1:15.80	4:13.92
	Hanna Lilja Jacobsen	2015		0.67	35.21	1:13.85	5:27.77
2	<b>Suðuroyar Svímjifelag</b>	16	Suðuroyar Svímjifelag		328 Q	<b>5:32.26</b>	90,84 %
	Jórun Winther	2011		0.73	43.16	1:26.28	1:26.28
	Sissal Rógvadóttir	2010		0.62	40.35	1:27.52	2:53.80
	Talita Johannesen	2010		0.26	38.70	1:26.11	4:19.91
	Emma Debes	2010		0.58	34.11	1:12.35	5:32.26
3	<b>HS Kvinnur</b>	15	Havnar Svímjifelag		268 Q	<b>5:55.69</b>	
	Lilja Sørensen	2011		0.79	40.43	1:22.83	1:22.83
	India Linnea Bech	2011		0.59	43.75	1:32.64	2:55.47
	Noomi Hella Jacobsen	2012		0.41	43.94	1:39.37	4:34.84
	Katrina Mc Intosh	2015		0.17	37.09	1:20.85	5:55.69
-	<b>Fuglafjarðar Svímjifelag</b>	19	Fuglafjarðar Svímjifelag			<b>DNS</b>	
	Birita Vesturtún	2007					
	Felisia Florinsdóttir	2012					
	Sirið Vesturtún	2011					
	Rakul J Højbro	2011					

Kapping almenn: 05.06.2026 12:06:53

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

FAR	4:33.08	Ægir Klaksvik	Ægir Klaksvik (FRO)	Vagur (FRO)	26.04.2019		
Raðf	Navn	Aldur	Felag		AQU	Tíð	Munur
1	<b>Suðuroyar Svímjifelag</b>	16	Suðuroyar Svímjifelag		422	<b>5:05.74</b>	107,98
	Jórun Winther	2011		0.77	36.33	1:15.77	1:15.77
	Sissal Rógvadóttir	2010		0.11	35.94	1:19.28	2:35.05
	Talita Johannesen	2010		0.18	36.62	1:25.31	4:00.36
	Emma Debes	2010		0.15	30.32	1:05.38	5:05.74
2	<b>HS Kvinnur</b>	15	Havnar Svímjifelag		239	<b>6:09.15</b>	96,22 %
	Noomi Hella Jacobsen	2012		0.71	41.41	1:26.80	1:26.80
	Katrina Mc Intosh	2015		0.57	49.69	1:47.11	3:13.91
	Lilja Sørensen	2011		0.64	43.91	1:36.10	4:50.01
	India Linnea Bech	2011		0.67	37.76	1:19.14	6:09.15

Kapping almenn: 05.06.2026 19:31:13



# Úrslit

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

FAR	4:33.08	Ægir Klaksvik	Ægir Klaksvik (FRO)	Vagur (FRO)	26.04.2019	
Raðf	Navn	Aldur Felag	AQU	Tíð Munur		
<b>1</b>	<b>Ægir</b>	19 Ægir	502		<b>4:48.38</b> 112,02	
	Durita Mohr Askham	2008	0.76	35.42	1:14.18	1:14.18
	Lea Osberg Højsted	2008	0.23	34.63	1:15.04	2:29.22
	Jóhanna Ólavsdóttir	2007	0.39	31.56	1:09.02	3:38.24
	Lea Petersen	2009	0.51	33.13	1:10.14	4:48.38
<b>2</b>	<b>Suðuroyar Svímjifelag</b>	16 Suðuroyar Svímjifelag	422		<b>5:05.74</b> 107,98	
	Jórun Winther	2011	0.77	36.33	1:15.77	1:15.77
	Sissal Rógvadóttir	2010	0.11	35.94	1:19.28	2:35.05
	Talita Johannesen	2010	0.18	36.62	1:25.31	4:00.36
	Emma Debes	2010	0.15	30.32	1:05.38	5:05.74
<b>3</b>	<b>HS Kvinnur</b>	15 Havnar Svímjifelag	239		<b>6:09.15</b> 96,22 %	
	Noomi Hella Jacobsen	2012	0.71	41.41	1:26.80	1:26.80
	Katrina Mc Intosh	2015	0.57	49.69	1:47.11	3:13.91
	Lilja Sørensen	2011	0.64	43.91	1:36.10	4:50.01
	India Linnea Bech	2011	0.67	37.76	1:19.14	6:09.15

Kapping almenn: 05.06.2026 19:31:13

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

FAR	3:57.61	Havnar Svímjifelag	Havnar Svímjifelag (FRO)	Torshavn (FRO)	25.04.2026	
Raðf	Navn	Aldur Felag	AQU	Tíð Munur		
<b>1</b>	<b>HS Unglingar</b>	16 Havnar Svímjifelag	237 Q		<b>5:34.02</b> 84,18 %	
	Jónatan Samuelsen	2010	0.77	39.37	1:21.94	1:21.94
	Theodor Salter	2011	0.37	41.71	1:28.16	2:50.10
	Nóa Róason Stakksund	2011	0.38	42.25	1:34.67	4:24.77
	Teitur Miné Róason	2011	0.70	33.64	1:09.25	5:34.02

Kapping almenn: 05.06.2026 12:15:05

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

FAR	3:57.61	Havnar Svímjifelag	Havnar Svímjifelag (FRO)	Torshavn (FRO)	25.04.2026	
Raðf	Navn	Aldur Felag	AQU	Tíð Munur		
<b>1</b>	<b>Ægir</b>	18 Ægir	422 Q		<b>4:35.47</b> 89,22 %	
	Líggjas Joensen	2008	0.65	33.21	1:10.27	1:10.27
	Fróði Hansen	2008	0.62	36.75	1:16.90	2:27.17
	Bárður Ólavsson	2008	0.51	31.04	1:08.42	3:35.59
	Tórir Olsen	2011	0.39	28.66	59.88	4:35.47
<b>2</b>	<b>HS Menn</b>	18 Havnar Svímjifelag	262 Q		<b>5:23.02</b> 86,57 %	
	Óli Mikkelsen	2008	0.69	37.22	1:19.52	1:19.52
	Andrias Mellemsgaard	2009 SB9	0.66	44.48	1:36.42	2:55.94
	Ólavur Winther Jákupsson	2008	0.28	32.64	1:11.76	4:07.70
	Símun Eliassen	2011	0.36	35.01	1:15.32	5:23.02

Kapping almenn: 05.06.2026 12:15:05

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

FAR	3:57.61	Havnar Svímjifelag	Havnar Svímjifelag (FRO)	Torshavn (FRO)	25.04.2026
Raðf	Navn	Aldur Felag	AQU	Tíð Munur	



# Úrslit

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

Raðf	Navn	Aldur	Felag		AQU	Tíð	Munur
<b>1</b>	<b>Ægir</b>	18	Ægir		422 Q	<b>4:35.47</b>	89,22 %
	Líggjas Joensen	2008		0.65	33.21	1:10.27	1:10.27
	Fróði Hansen	2008		0.62	36.75	1:16.90	2:27.17
	Bárður Ólavsson	2008		0.51	31.04	1:08.42	3:35.59
	Tórir Olsen	2011		0.39	28.66	59.88	4:35.47
<b>2</b>	<b>HS Menn</b>	18	Havnar Svímjifelag		262 Q	<b>5:23.02</b>	86,57 %
	Óli Mikkelsen	2008		0.69	37.22	1:19.52	1:19.52
	Andrias Mellemgaard	2009	SB9	0.66	44.48	1:36.42	2:55.94
	Ólavur Winther Jákupsson	2008		0.28	32.64	1:11.76	4:07.70
	Símun Eliassen	2011		0.36	35.01	1:15.32	5:23.02
<b>3</b>	<b>HS Unglingar</b>	16	Havnar Svímjifelag		237 Q	<b>5:34.02</b>	84,18 %
	Jónatan Samuelsen	2010		0.77	39.37	1:21.94	1:21.94
	Theodor Salter	2011		0.37	41.71	1:28.16	2:50.10
	Nóa Róason Stakksund	2011		0.38	42.25	1:34.67	4:24.77
	Teitur Miné Róason	2011		0.70	33.64	1:09.25	5:34.02

Kapping almenn: 05.06.2026 12:15:05

## Kapping 15, 4x100m Blandað Menn JM-Y - Finala

FAR	3:57.61	Havnar Svímjifelag	Havnar Svímjifelag (FRO)	Torshavn (FRO)	25.04.2026		
Raðf	Navn	Aldur	Felag	AQU	Tíð	Munur	
<b>1</b>	<b>HS Unglingar</b>	15	Havnar Svímjifelag	252	<b>5:27.11</b>	102,07	
	Bragi Bjarnason	2012		0.79	42.04	1:26.76	1:26.76
	Aleks Uadhaw Thomsen	2013		0.70	41.47	1:28.07	2:54.83
	Fróði Bárðarson Dahl	2013		0.57	37.53	1:27.66	4:22.49
	Nóa Róason Stakksund	2011		0.28	30.66	1:04.62	5:27.11

Kapping almenn: 05.06.2026 19:31:46

## Kapping 15, 4x100m Blandað Menn FM - Finala

FAR	3:57.61	Havnar Svímjifelag	Havnar Svímjifelag (FRO)	Torshavn (FRO)	25.04.2026		
Raðf	Navn	Aldur	Felag	AQU	Tíð	Munur	
<b>1</b>	<b>Ægir</b>	20	Ægir	565	<b>4:10.12</b>	109,20	
	Heini Mohr Askham	2006		0.71	31.67	1:04.56	1:04.56
	Fróði Hansen	2008		0.27	31.34	1:08.27	2:12.83
	Bárður Ólavsson	2008		0.34	28.74	1:01.73	3:14.56
	Líggjas Joensen	2008		0.53	25.96	55.56	4:10.12
<b>2</b>	<b>HS Unglingar</b>	15	Havnar Svímjifelag	252	<b>5:27.11</b>	102,07	
	Bragi Bjarnason	2012		0.79	42.04	1:26.76	1:26.76
	Aleks Uadhaw Thomsen	2013		0.70	41.47	1:28.07	2:54.83
	Fróði Bárðarson Dahl	2013		0.57	37.53	1:27.66	4:22.49
	Nóa Róason Stakksund	2011		0.28	30.66	1:04.62	5:27.11
-	<b>HS Menn</b>	23	Havnar Svímjifelag		<b>DSQ</b>		
	SW 10.11. Tjóvstartur í liðsvímjng. _ svímjari						
	Óli Mikkelsen	2008		0.63	30.40	1:03.28	1:03.28
	Bartal Erlingsson Eidesgaard	2003		0.30	30.54	1:06.77	2:10.05
	Isak Brisenfeldt	2006		0.36	26.77	57.62	3:07.67
	Sílas Dam Lindberg	2008		-0.10			DSQ

Kapping almenn: 05.06.2026 19:31:46



## Úrslit

### Kapping 16, 400m Frí Kvinnur JM-Y - Innleiðandi

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

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Jórun Winther	2011 Suðuroyar Svímjifelag	0.83	368	5:26.64	92,85 % Q
	50m: 35.00	100m: 1:15.18 (40.18)	150m: 1:56.60 (41.42)	200m: 2:37.80 (41.20)		
	250m: 3:19.65 (41.85)	300m: 4:02.02 (42.37)	350m: 4:44.31 (42.29)	400m: 5:26.64 (42.33)		
2	Rakul J Højbro	2011 Fuglafjarðar Svímjifelag	0.58	343	5:34.31	98,86 % Q
	50m: 37.02	100m: 1:18.73 (41.71)	150m: 2:02.39 (43.66)	200m: 2:45.83 (43.44)		
	250m: 3:30.12 (44.29)	300m: 4:13.03 (42.91)	350m: 4:54.29 (41.26)	400m: 5:34.31 (40.02)		

Kapping almenn: 06.06.2026 09:49:12

### Kapping 16, 400m Frí Kvinnur JM-E - Innleiðandi

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

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Lea Petersen	2009 Ægir	0.68	416	5:13.69	93,53 % Q
	50m: 34.59	100m: 1:13.80 (39.21)	150m: 1:53.52 (39.72)	200m: 2:34.00 (40.48)		
	250m: 3:13.14 (39.14)	300m: 3:53.24 (40.10)	350m: 4:33.20 (39.96)	400m: 5:13.69 (40.49)		

Kapping almenn: 06.06.2026 09:49:12

### Kapping 16, 400m Frí Kvinnur FM - Innleiðandi

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

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Lea Petersen	2009 Ægir	0.68	416	5:13.69	93,53 % Q
	50m: 34.59	100m: 1:13.80 (39.21)	150m: 1:53.52 (39.72)	200m: 2:34.00 (40.48)		
	250m: 3:13.14 (39.14)	300m: 3:53.24 (40.10)	350m: 4:33.20 (39.96)	400m: 5:13.69 (40.49)		
2	Jonna Joensen	2005 Fuglafjarðar Svímjifelag	0.80	390	5:20.35	84,42 % Q
	50m: 34.86	100m: 1:14.12 (39.26)	150m: 1:54.96 (40.84)	200m: 2:35.18 (40.22)		
	250m: 3:16.72 (41.54)	300m: 3:57.95 (41.23)	350m: 4:39.59 (41.64)	400m: 5:20.35 (40.76)		
3	Jórun Winther	2011 Suðuroyar Svímjifelag	0.83	368	5:26.64	92,85 % Q
	50m: 35.00	100m: 1:15.18 (40.18)	150m: 1:56.60 (41.42)	200m: 2:37.80 (41.20)		
	250m: 3:19.65 (41.85)	300m: 4:02.02 (42.37)	350m: 4:44.31 (42.29)	400m: 5:26.64 (42.33)		
4	Sólríð H. Johannessen	2013 Ægir	0.56	350	5:32.27	99,49 % Q
	50m: 35.41	100m: 1:16.36 (40.95)	150m: 1:57.72 (41.36)	200m: 2:41.03 (43.31)		
	250m: 3:24.95 (43.92)	300m: 4:09.09 (44.14)	350m: 4:51.39 (42.30)	400m: 5:32.27 (40.88)		
5	Rakul J Højbro	2011 Fuglafjarðar Svímjifelag	0.58	343	5:34.31	98,86 % Q
	50m: 37.02	100m: 1:18.73 (41.71)	150m: 2:02.39 (43.66)	200m: 2:45.83 (43.44)		
	250m: 3:30.12 (44.29)	300m: 4:13.03 (42.91)	350m: 4:54.29 (41.26)	400m: 5:34.31 (40.02)		
6	Viktoria Klettskarð	2013 Ægir	0.63	296	5:51.04	103,33 % Q
	50m: 38.58	100m: 1:22.29 (43.71)	150m: 2:07.30 (45.01)	200m: 2:51.42 (44.12)		
	250m: 3:37.01 (45.59)	300m: 4:21.83 (44.82)	350m: 5:06.84 (45.01)	400m: 5:51.04 (44.20)		

Kapping almenn: 06.06.2026 09:49:12

### Kapping 16, 400m Frí Kvinnur JM-Y - Finala

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

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Jórun Winther	2011 Suðuroyar Svímjifelag	0.68	486	4:57.76	108,84 %
	50m: 33.54	100m: 1:10.21 (36.67)	150m: 1:48.14 (37.93)	200m: 2:26.35 (38.21)		
	250m: 3:05.08 (38.73)	300m: 3:43.55 (38.47)	350m: 4:20.62 (37.07)	400m: 4:57.76 (37.14)		
2	Rakul J Højbro	2011 Fuglafjarðar Svímjifelag	0.77	352	5:31.64	100,80 %
	50m: 36.00	100m: 1:16.11 (40.11)	150m: 1:57.97 (41.86)	200m: 2:40.74 (42.77)		
	250m: 3:23.52 (42.78)	300m: 4:07.52 (44.00)	350m: 4:50.11 (42.59)	400m: 5:31.64 (41.53)		

Kapping almenn: 06.06.2026 17:25:02

### Kapping 16, 400m Frí Kvinnur JM-E - Finala

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



# Úrslit

## Kapping 16, 400m Frí Kvinnur JM-E - Finala

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Lea Petersen	2009 Ægir	0.69	452	5:04.92	102,80 %
	50m: 33.25	100m: 1:09.61 (36.36)	150m: 1:47.23 (37.62)	200m: 2:25.64 (38.41)		
	250m: 3:04.29 (38.65)	300m: 3:43.29 (39.00)	350m: 4:24.31 (41.02)	400m: 5:04.92 (40.61)		

Kapping almenn: 06.06.2026 17:25:02

## Kapping 16, 400m Frí Kvinnur FM - Finala

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

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Jórun Winther	2011 Suðuroyar Svímjifelag	0.68	486	4:57.76	108,84 %
	50m: 33.54	100m: 1:10.21 (36.67)	150m: 1:48.14 (37.93)	200m: 2:26.35 (38.21)		
	250m: 3:05.08 (38.73)	300m: 3:43.55 (38.47)	350m: 4:20.62 (37.07)	400m: 4:57.76 (37.14)		
2	Lea Petersen	2009 Ægir	0.69	452	5:04.92	102,80 %
	50m: 33.25	100m: 1:09.61 (36.36)	150m: 1:47.23 (37.62)	200m: 2:25.64 (38.41)		
	250m: 3:04.29 (38.65)	300m: 3:43.29 (39.00)	350m: 4:24.31 (41.02)	400m: 5:04.92 (40.61)		
3	Jonna Joensen	2005 Fuglafjarðar Svímjifelag	0.78	417	5:13.38	102,18 %
	50m: 33.14	100m: 1:10.86 (37.72)	150m: 1:49.90 (39.04)	200m: 2:29.88 (39.98)		
	250m: 3:10.22 (40.34)	300m: 3:51.35 (41.13)	350m: 4:32.68 (41.33)	400m: 5:13.38 (40.70)		
4	Sólfríð H. Johannessen	2013 Ægir	0.63	366	5:27.23	101,52 %
	50m: 35.64	100m: 1:16.27 (40.63)	150m: 1:58.49 (42.22)	200m: 2:40.61 (42.12)		
	250m: 3:22.64 (42.03)	300m: 4:05.18 (42.54)	350m: 4:47.72 (42.54)	400m: 5:27.23 (39.51)		
5	Rakul J Højbro	2011 Fuglafjarðar Svímjifelag	0.77	352	5:31.64	100,80 %
	50m: 36.00	100m: 1:16.11 (40.11)	150m: 1:57.97 (41.86)	200m: 2:40.74 (42.77)		
	250m: 3:23.52 (42.78)	300m: 4:07.52 (44.00)	350m: 4:50.11 (42.59)	400m: 5:31.64 (41.53)		
6	Viktoria Klettskarð	2013 Ægir	0.79	291	5:53.08	99,42 %
	50m: 37.76	100m: 1:21.49 (43.73)	150m: 2:06.43 (44.94)	200m: 2:51.80 (45.37)		
	250m: 3:37.05 (45.25)	300m: 4:22.71 (45.66)	350m: 5:08.52 (45.81)	400m: 5:53.08 (44.56)		

Kapping almenn: 06.06.2026 17:25:02

## Kapping 17, 400m Frí Menn JM-Y - Innleiðandi

FAR.JR	3:54.62	Líggjas Joensen	2008 Ægir Klaksvík (FRO)	Bronshoj (DEN)	19.04.2026
FAR	3:46.84	Pál Joensen	1990 Suðuroyar Svímjifelag (FR)	Broenshoej (DEN)	22.03.2012

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Theodor Salter	2011 Havnar Svímjifelag	0.65	565	4:26.00	100,05 % Q
	50m: 30.61	100m: 1:03.56 (32.95)	150m: 1:37.28 (33.72)	200m: 2:11.11 (33.83)		
	250m: 2:45.61 (34.50)	300m: 3:20.03 (34.42)	350m: 3:54.43 (34.40)	400m: 4:26.00 (31.57)		
2	Tórir Olsen	2011 Ægir	0.79	560	4:26.85	97,88 % Q
	50m: 30.08	100m: 1:03.23 (33.15)	150m: 1:37.48 (34.25)	200m: 2:11.61 (34.13)		
	250m: 2:45.94 (34.33)	300m: 3:20.00 (34.06)	350m: 3:53.82 (33.82)	400m: 4:26.85 (33.03)		
3	Benjamin Havn	2011 Ægir	0.61	445	4:48.00	102,32 % Q
	50m: 32.07	100m: 1:08.76 (36.69)	150m: 1:45.51 (36.75)	200m: 2:23.12 (37.61)		
	250m: 2:59.54 (36.42)	300m: 3:36.55 (37.01)	350m: 4:12.99 (36.44)	400m: 4:48.00 (35.01)		
4	Fríðálvur Eliassen	2011 Fuglafjarðar Svímjifelag	0.77	386	5:01.84	100,39 %
	50m: 33.72	100m: 1:12.80 (39.08)	150m: 1:52.05 (39.25)	200m: 2:31.27 (39.22)		
	250m: 3:10.61 (39.34)	300m: 3:48.44 (37.83)	350m: 4:26.07 (37.63)	400m: 5:01.84 (35.77)		
5	Nóa Róason Stakksund	2011 Havnar Svímjifelag	0.78	358	5:09.57	100,57 %
	50m: 34.26	100m: 1:13.29 (39.03)	150m: 1:53.38 (40.09)	200m: 2:34.40 (41.02)		
	250m: 3:14.06 (39.66)	300m: 3:53.94 (39.88)	350m: 4:32.84 (38.90)	400m: 5:09.57 (36.73)		

Kapping almenn: 06.06.2026 10:08:08

## Kapping 17, 400m Frí Menn JM-E - Innleiðandi

FAR.JR	3:54.62	Líggjas Joensen	2008 Ægir Klaksvík (FRO)	Bronshoj (DEN)	19.04.2026
FAR	3:46.84	Pál Joensen	1990 Suðuroyar Svímjifelag (FR)	Broenshoej (DEN)	22.03.2012

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Líggjas Joensen	2008 Ægir	0.75	685	4:09.42	93,69 % Q
	50m: 28.38	100m: 59.29 (30.91)	150m: 1:30.81 (31.52)	200m: 2:02.66 (31.85)		
	250m: 2:34.52 (31.86)	300m: 3:06.72 (32.20)	350m: 3:38.71 (31.99)	400m: 4:09.42 (30.71)		



# Úrslit

## Kapping 17, 400m Frí Menn JM-E - Innleiðandi

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
2	Silas Dam Lindberg	2008 Havnar Svímjifelag	0.64	630	<b>4:16.56</b>	96,24 % Q
	50m: 28.41	100m: 59.38 (30.97)	150m: 1:31.48 (32.10)	200m: 2:03.64 (32.16)		
	250m: 2:36.59 (32.95)	300m: 3:10.24 (33.65)	350m: 3:43.30 (33.06)	400m: 4:16.56 (33.26)		
3	Ólavur Winther Jákupsson	2008 Havnar Svímjifelag	0.69	542	<b>4:29.66</b>	97,40 % Q
	50m: 30.73	100m: 1:04.45 (33.72)	150m: 1:38.71 (34.26)	200m: 2:13.23 (34.52)		
	250m: 2:47.81 (34.58)	300m: 3:22.20 (34.39)	350m: 3:56.66 (34.46)	400m: 4:29.66 (33.00)		

Kapping almenn: 06.06.2026 10:08:08

## Kapping 17, 400m Frí Menn FM - Innleiðandi

FAR.JR	3:54.62	Líggjas Joensen	2008 Ægir Klaksvík (FRO)	Bronshoj (DEN)	19.04.2026
FAR	3:46.84	Pál Joensen	1990 Suðuroyar Svímjifelag (FR)	Broenshoej (DEN)	22.03.2012

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Líggjas Joensen	2008 Ægir	0.75	685	<b>4:09.42</b>	93,69 % Q
	50m: 28.38	100m: 59.29 (30.91)	150m: 1:30.81 (31.52)	200m: 2:02.66 (31.85)		
	250m: 2:34.52 (31.86)	300m: 3:06.72 (32.20)	350m: 3:38.71 (31.99)	400m: 4:09.42 (30.71)		
2	Silas Dam Lindberg	2008 Havnar Svímjifelag	0.64	630	<b>4:16.56</b>	96,24 % Q
	50m: 28.41	100m: 59.38 (30.97)	150m: 1:31.48 (32.10)	200m: 2:03.64 (32.16)		
	250m: 2:36.59 (32.95)	300m: 3:10.24 (33.65)	350m: 3:43.30 (33.06)	400m: 4:16.56 (33.26)		
3	Isak Brisenfeldt	2006 Havnar Svímjifelag	0.66	575	<b>4:24.49</b>	98,58 % Q
	50m: 29.88	100m: 1:04.38 (34.50)	150m: 1:39.16 (34.78)	200m: 2:13.94 (34.78)		
	250m: 2:47.95 (34.01)	300m: 3:22.28 (34.33)	350m: 3:55.32 (33.04)	400m: 4:24.49 (29.17)		
4	Heini Mohr Askham	2006 Ægir	0.74	570	<b>4:25.17</b>	92,43 % Q
	50m: 30.16	100m: 1:04.46 (34.30)	150m: 1:39.88 (35.42)	200m: 2:14.38 (34.50)		
	250m: 2:48.27 (33.89)	300m: 3:22.12 (33.85)	350m: 3:56.04 (33.92)	400m: 4:25.17 (29.13)		
5	Theodor Salter	2011 Havnar Svímjifelag	0.65	565	<b>4:26.00</b>	100,05 % Q
	50m: 30.61	100m: 1:03.56 (32.95)	150m: 1:37.28 (33.72)	200m: 2:11.11 (33.83)		
	250m: 2:45.61 (34.50)	300m: 3:20.03 (34.42)	350m: 3:54.43 (34.40)	400m: 4:26.00 (31.57)		
6	Tórir Olsen	2011 Ægir	0.79	560	<b>4:26.85</b>	97,88 % Q
	50m: 30.08	100m: 1:03.23 (33.15)	150m: 1:37.48 (34.25)	200m: 2:11.61 (34.13)		
	250m: 2:45.94 (34.33)	300m: 3:20.00 (34.06)	350m: 3:53.82 (33.82)	400m: 4:26.85 (33.03)		
7	Ólavur Winther Jákupsson	2008 Havnar Svímjifelag	0.69	542	<b>4:29.66</b>	97,40 % Q
	50m: 30.73	100m: 1:04.45 (33.72)	150m: 1:38.71 (34.26)	200m: 2:13.23 (34.52)		
	250m: 2:47.81 (34.58)	300m: 3:22.20 (34.39)	350m: 3:56.66 (34.46)	400m: 4:29.66 (33.00)		
8	Benjamin Havn	2011 Ægir	0.61	445	<b>4:48.00</b>	102,32 % Q
	50m: 32.07	100m: 1:08.76 (36.69)	150m: 1:45.51 (36.75)	200m: 2:23.12 (37.61)		
	250m: 2:59.54 (36.42)	300m: 3:36.55 (37.01)	350m: 4:12.99 (36.44)	400m: 4:48.00 (35.01)		
9	Andrass Thomsen	1982 Havnar Svímjifelag	0.75	414	<b>4:55.07</b>	98,04 %
	50m: 34.04	100m: 1:10.56 (36.52)	150m: 1:48.35 (37.79)	200m: 2:26.31 (37.96)		
	250m: 3:04.56 (38.25)	300m: 3:42.12 (37.56)	350m: 4:19.68 (37.56)	400m: 4:55.07 (35.39)		
10	Fríðálvur Eliassen	2011 Fuglafjarðar Svímjifelag	0.77	386	<b>5:01.84</b>	100,39 %
	50m: 33.72	100m: 1:12.80 (39.08)	150m: 1:52.05 (39.25)	200m: 2:31.27 (39.22)		
	250m: 3:10.61 (39.34)	300m: 3:48.44 (37.83)	350m: 4:26.07 (37.63)	400m: 5:01.84 (35.77)		
11	Nóa Róason Stakksund	2011 Havnar Svímjifelag	0.78	358	<b>5:09.57</b>	100,57 %
	50m: 34.26	100m: 1:13.29 (39.03)	150m: 1:53.38 (40.09)	200m: 2:34.40 (41.02)		
	250m: 3:14.06 (39.66)	300m: 3:53.94 (39.88)	350m: 4:32.84 (38.90)	400m: 5:09.57 (36.73)		
12	Bragi Bjarnason	2012 Havnar Svímjifelag	0.76	274	<b>5:38.46</b>	90,53 %
	50m: 35.54	100m: 1:17.41 (41.87)	150m: 2:00.95 (43.54)	200m: 2:45.52 (44.57)		
	250m: 3:30.17 (44.65)	300m: 4:14.82 (44.65)	350m: 4:57.03 (42.21)	400m: 5:38.46 (41.43)		
13	Eliás Í Lágabø	2014 Suðuroyar Svímjifelag	0.79	268	<b>5:41.13</b>	100,17 %
	50m: 38.21	100m: 1:21.38 (43.17)	150m: 2:05.68 (44.30)	200m: 2:49.99 (44.31)		
	250m: 3:34.47 (44.48)	300m: 4:19.27 (44.80)	350m: 5:00.13 (40.86)	400m: 5:41.13 (41.00)		

Kapping almenn: 06.06.2026 10:08:08

## Kapping 17, 400m Frí Menn JM-Y - Finala

FAR.JR	3:54.62	Líggjas Joensen	2008 Ægir Klaksvík (FRO)	Bronshoj (DEN)	19.04.2026
FAR	3:46.84	Pál Joensen	1990 Suðuroyar Svímjifelag (FR)	Broenshoej (DEN)	22.03.2012

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

### Kapping 17, 400m Frí Menn JM-Y - Finala

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	<b>Tórir Olsen</b>	2011 Ægir	0.75	593	<b>4:21.79</b>	101,90 %
	50m: 29.55	100m: 1:01.85 (32.30)	150m: 1:35.10 (33.25)	200m: 2:09.33 (34.23)		
	250m: 2:43.57 (34.24)	300m: 3:17.35 (33.78)	350m: 3:50.50 (33.15)	400m: 4:21.79 (31.29)		
2	<b>Theodor Salter</b>	2011 Havnar Svímjifelag	0.67	575	<b>4:24.39</b>	100,61 %
	50m: 30.15	100m: 1:02.97 (32.82)	150m: 1:36.62 (33.65)	200m: 2:10.78 (34.16)		
	250m: 2:44.93 (34.15)	300m: 3:19.20 (34.27)	350m: 3:52.83 (33.63)	400m: 4:24.39 (31.56)		
3	<b>Benjamin Havn</b>	2011 Ægir	0.68	473	<b>4:42.30</b>	101,98 %
	50m: 31.92	100m: 1:06.88 (34.96)	150m: 1:42.52 (35.64)	200m: 2:18.73 (36.21)		
	250m: 2:54.81 (36.08)	300m: 3:31.30 (36.49)	350m: 4:07.53 (36.23)	400m: 4:42.30 (34.77)		

Kapping almenn: 06.06.2026 17:25:20

### Kapping 17, 400m Frí Menn JM-E - Finala

FAR.JR	3:54.62	Líggjas Joensen	2008 Ægir Klaksvik (FRO)	Bronshoj (DEN)	19.04.2026
FAR	3:46.84	Pál Joensen	1990 Suðuroyar Svímjifelag (FR)	Broenshoej (DEN)	22.03.2012

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	<b>Líggjas Joensen</b>	2008 Ægir	0.73	755	<b>4:01.55</b>	103,16 %
	50m: 28.21	100m: 59.26 (31.05)	150m: 1:30.49 (31.23)	200m: 2:01.84 (31.35)		
	250m: 2:32.55 (30.71)	300m: 3:03.36 (30.81)	350m: 3:33.36 (30.00)	400m: 4:01.55 (28.19)		
2	<b>Silas Dam Lindberg</b>	2008 Havnar Svímjifelag	0.67	690	<b>4:08.83</b>	103,01 %
	50m: 27.92	100m: 58.45 (30.53)	150m: 1:29.73 (31.28)	200m: 2:01.24 (31.51)		
	250m: 2:33.06 (31.82)	300m: 3:04.67 (31.61)	350m: 3:37.13 (32.46)	400m: 4:08.83 (31.70)		
3	<b>Ólavur Winther Jákupsson</b>	2008 Havnar Svímjifelag	0.68	574	<b>4:24.55</b>	101,90 %
	50m: 29.83	100m: 1:02.04 (32.21)	150m: 1:35.61 (33.57)	200m: 2:09.64 (34.03)		
	250m: 2:43.20 (33.56)	300m: 3:17.28 (34.08)	350m: 3:51.72 (34.44)	400m: 4:24.55 (32.83)		

Kapping almenn: 06.06.2026 17:25:20

### Kapping 17, 400m Frí Menn FM - Finala

FAR.JR	3:54.62	Líggjas Joensen	2008 Ægir Klaksvik (FRO)	Bronshoj (DEN)	19.04.2026
FAR	3:46.84	Pál Joensen	1990 Suðuroyar Svímjifelag (FR)	Broenshoej (DEN)	22.03.2012

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	<b>Líggjas Joensen</b>	2008 Ægir	0.73	755	<b>4:01.55</b>	103,16 %
	50m: 28.21	100m: 59.26 (31.05)	150m: 1:30.49 (31.23)	200m: 2:01.84 (31.35)		
	250m: 2:32.55 (30.71)	300m: 3:03.36 (30.81)	350m: 3:33.36 (30.00)	400m: 4:01.55 (28.19)		
2	<b>Isak Brisenfeldt</b>	2006 Havnar Svímjifelag	0.65	736	<b>4:03.56</b>	107,91 %
	50m: 28.23	100m: 59.13 (30.90)	150m: 1:30.96 (31.83)	200m: 2:02.45 (31.49)		
	250m: 2:33.40 (30.95)	300m: 3:04.37 (30.97)	350m: 3:34.47 (30.10)	400m: 4:03.56 (29.09)		
3	<b>Silas Dam Lindberg</b>	2008 Havnar Svímjifelag	0.67	690	<b>4:08.83</b>	103,01 %
	50m: 27.92	100m: 58.45 (30.53)	150m: 1:29.73 (31.28)	200m: 2:01.24 (31.51)		
	250m: 2:33.06 (31.82)	300m: 3:04.67 (31.61)	350m: 3:37.13 (32.46)	400m: 4:08.83 (31.70)		
4	<b>Heini Mohr Askham</b>	2006 Ægir	0.70	625	<b>4:17.21</b>	103,00 %
	50m: 28.16	100m: 59.16 (31.00)	150m: 1:31.16 (32.00)	200m: 2:03.55 (32.39)		
	250m: 2:36.92 (33.37)	300m: 3:10.48 (33.56)	350m: 3:44.77 (34.29)	400m: 4:17.21 (32.44)		
5	<b>Tórir Olsen</b>	2011 Ægir	0.75	593	<b>4:21.79</b>	101,90 %
	50m: 29.55	100m: 1:01.85 (32.30)	150m: 1:35.10 (33.25)	200m: 2:09.33 (34.23)		
	250m: 2:43.57 (34.24)	300m: 3:17.35 (33.78)	350m: 3:50.50 (33.15)	400m: 4:21.79 (31.29)		
6	<b>Theodor Salter</b>	2011 Havnar Svímjifelag	0.67	575	<b>4:24.39</b>	100,61 %
	50m: 30.15	100m: 1:02.97 (32.82)	150m: 1:36.62 (33.65)	200m: 2:10.78 (34.16)		
	250m: 2:44.93 (34.15)	300m: 3:19.20 (34.27)	350m: 3:52.83 (33.63)	400m: 4:24.39 (31.56)		
7	<b>Ólavur Winther Jákupsson</b>	2008 Havnar Svímjifelag	0.68	574	<b>4:24.55</b>	101,90 %
	50m: 29.83	100m: 1:02.04 (32.21)	150m: 1:35.61 (33.57)	200m: 2:09.64 (34.03)		
	250m: 2:43.20 (33.56)	300m: 3:17.28 (34.08)	350m: 3:51.72 (34.44)	400m: 4:24.55 (32.83)		
8	<b>Benjamin Havn</b>	2011 Ægir	0.68	473	<b>4:42.30</b>	101,98 %
	50m: 31.92	100m: 1:06.88 (34.96)	150m: 1:42.52 (35.64)	200m: 2:18.73 (36.21)		
	250m: 2:54.81 (36.08)	300m: 3:31.30 (36.49)	350m: 4:07.53 (36.23)	400m: 4:42.30 (34.77)		

Kapping almenn: 06.06.2026 17:25:20

### Kapping 18, 50m Firvald Kvinnur JM-Y - Innleiðandi

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



# Úrslit

## Kapping 18, 50m Firvald Kvinnur JM-Y - Innleiðandi

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Sirið Vesturtún	2011 Fuglafjarðar Svímjifelag	0.69	441	32.09	102,61 % Q
2	Talita Johannesen	2010 Suðuroyar Svímjifelag	0.68	395	33.29	98,10 % Q
3	Lilja Sørensen	2011 Havnar Svímjifelag	0.77	304	36.30	94,14 % Q
4	India Linnea Bech	2011 Havnar Svímjifelag	0.79	215	40.76	100,63 %

Kapping almenn: 06.06.2026 09:59:54

## Kapping 18, 50m Firvald Kvinnur JM-E - Innleiðandi

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

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Durita Mohr Askham	2008 Ægir	0.68	416	32.70	100,43 % Q

Kapping almenn: 06.06.2026 09:59:54

## Kapping 18, 50m Firvald Kvinnur FM - Innleiðandi

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

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Jóhanna Ólavsdóttir	2007 Ægir	0.72	485	31.08	97,22 % Q
2	Elisabeth Erlendsdóttir	2005 Havnar Svímjifelag	0.79	483	31.13	93,46 % -
3	Jonna Joensen	2005 Fuglafjarðar Svímjifelag	0.77	448	31.92	94,79 % Q
4	Sirið Vesturtún	2011 Fuglafjarðar Svímjifelag	0.69	441	32.09	102,61 % Q
5	Durita Mohr Askham	2008 Ægir	0.68	416	32.70	100,43 % Q
6	Talita Johannesen	2010 Suðuroyar Svímjifelag	0.68	395	33.29	98,10 % Q
7	Lilja Sørensen	2011 Havnar Svímjifelag	0.77	304	36.30	94,14 % Q
8	Randi Brim Hvidbro	2012 Ægir	0.74	269	37.82	98,22 % Q
9	Delaila H. Gregersen	2013 Ægir	0.87	265	38.03	98,10 % Q
10	Noomi Hella Jacobsen	2012 Havnar Svímjifelag	0.80	254	38.54	96,01 %
11	India Linnea Bech	2011 Havnar Svímjifelag	0.79	215	40.76	100,63 %
12	Ebba Kirke Davidsen	2013 Suðuroyar Svímjifelag	0.75	148	46.11	91,10 %

Kapping almenn: 06.06.2026 09:59:54

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

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

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Sirið Vesturtún	2011 Fuglafjarðar Svímjifelag	0.68	495	30.88	103,77 %
2	Talita Johannesen	2010 Suðuroyar Svímjifelag	0.65	381	33.69	98,80 %
3	Lilja Sørensen	2011 Havnar Svímjifelag	0.79	318	35.79	101,41 %

Kapping almenn: 06.06.2026 17:38:46

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

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

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Durita Mohr Askham	2008 Ægir	0.71	433	32.28	101,28 %

Kapping almenn: 06.06.2026 17:38:46

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

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



# Úrslit

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

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Jóhanna Ólavsdóttir	2007 Ægir	0.68	550	29.80	104,12 %
2	Sirið Vesturtún	2011 Fuglafjarðar Svímjifelag	0.68	495	30.88	103,77 %
3	Jonna Joensen	2005 Fuglafjarðar Svímjifelag	0.75	487	31.05	102,73 %
4	Durita Mohr Askham	2008 Ægir	0.71	433	32.28	101,28 %
5	Talita Johannesen	2010 Suðuroyar Svímjifelag	0.65	381	33.69	98,80 %
6	Lilja Sørensen	2011 Havnar Svímjifelag	0.79	318	35.79	101,41 %
7	Delaila H. Gregersen	2013 Ægir	0.91	268	37.89	100,37 %
-	Randi Brim Hvidbro	2012 Ægir	0.62		DSQ	

SW 8.2. Ójavnt armtak

Kapping almenn: 06.06.2026 17:38:46

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

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

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Haraldur Mortensen	2010 Suðuroyar Svímjifelag	0.68	518	27.72	100,82 % Q
2	Jóhannis í Stórustovu	2011 Havnar Svímjifelag	0.73	444	29.19	-
3	Tórir Olsen	2011 Ægir	0.76	405	30.10	106,70 % Q
4	Fríðálvur Eliassen	2011 Fuglafjarðar Svímjifelag	0.80	368	31.05	97,39 % Q
5	Teitur Miné Róason	2011 Havnar Svímjifelag	0.69	355	31.44	98,45 % Q
6	Benjamin Havn	2011 Ægir	0.67	292	33.56	94,83 %
7	Nóa Róason Staksund	2011 Havnar Svímjifelag	0.77	200	38.08	87,97 %

Kapping almenn: 06.06.2026 10:02:21

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

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

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Fróði Hansen	2008 Ægir	0.72	527	27.56	97,66 % Q
2	Ólavur Winther Jákupsson	2008 Havnar Svímjifelag	0.68	420	29.72	99,76 % Q

Kapping almenn: 06.06.2026 10:02:21

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

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

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Fróði Hansen	2008 Ægir	0.72	527	27.56	97,66 % Q
2	Haraldur Mortensen	2010 Suðuroyar Svímjifelag	0.68	518	27.72	100,82 % Q
3	Isak Brisenfeldt	2006 Havnar Svímjifelag	0.67	516	27.76	90,49 % Q
4	Jónas Hansen	2002 Svímjefelagið Reysti	0.80	487	28.30	97,65 % Q
5	Jóhannis í Stórustovu	2011 Havnar Svímjifelag	0.73	444	29.19	-
6	Ólavur Winther Jákupsson	2008 Havnar Svímjifelag	0.68	420	29.72	99,76 % Q
7	Tórir Olsen	2011 Ægir	0.76	405	30.10	106,70 % Q
8	Fríðálvur Eliassen	2011 Fuglafjarðar Svímjifelag	0.80	368	31.05	97,39 % Q
9	Teitur Miné Róason	2011 Havnar Svímjifelag	0.69	355	31.44	98,45 % Q
10	Terji Kjærbo	2012 Suðuroyar Svímjifelag	0.74	312	32.80	99,97 %
11	Dávur Eið	2012 Suðuroyar Svímjifelag	0.63	312	32.83	101,29 %
12	Fróði Bárðarson Dahl	2013 Havnar Svímjifelag	0.89	304	33.10	101,40 %



## Úrslit

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

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
13	Benjamin Havn	2011 Ægir	0.67	292	<b>33.56</b>	94,83 %
14	Jógvan Vesturtún	2013 Fuglafjarðar Svímjifelag	0.68	245	<b>35.59</b>	96,03 %
15	Aleks Uadhaw Thomsen	2013 Havnar Svímjifelag	0.63	238	<b>35.91</b>	97,90 %
16	Nóa Róason Staksund	2011 Havnar Svímjifelag	0.77	200	<b>38.08</b>	87,97 %

Kapping almenn: 06.06.2026 10:02:21

### Kapping 19, 50m Firvald Menn JM-Y - Finala

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

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Haraldur Mortensen	2010 Suðuroyar Svímjifelag	0.72	496	<b>28.13</b>	98,52 %
2	Tórir Olsen	2011 Ægir	0.78	396	<b>30.32</b>	99,27 %
3	Fríðálvur Eliassen	2011 Fuglafjarðar Svímjifelag	0.76	385	<b>30.60</b>	101,45 %
4	Teitur Miné Róason	2011 Havnar Svímjifelag	0.60	373	<b>30.91</b>	101,69 %

Kapping almenn: 06.06.2026 17:38:52

### Kapping 19, 50m Firvald Menn JM-E - Finala

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

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Fróði Hansen	2008 Ægir	0.76	544	<b>27.27</b>	101,05 %
2	Ólavur Winther Jákupsson	2008 Havnar Svímjifelag	0.72	426	<b>29.58</b>	100,47 %

Kapping almenn: 06.06.2026 17:38:52

### Kapping 19, 50m Firvald Menn FM - Finala

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

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Isak Brisenfeldt	2006 Havnar Svímjifelag	0.65	687	<b>25.23</b>	109,11 %
2	Fróði Hansen	2008 Ægir	0.76	544	<b>27.27</b>	101,05 %
3	Jónas Hansen	2002 Svímjifelagið Reysti	0.79	519	<b>27.71</b>	102,08 %
4	Haraldur Mortensen	2010 Suðuroyar Svímjifelag	0.72	496	<b>28.13</b>	98,52 %
5	Ólavur Winther Jákupsson	2008 Havnar Svímjifelag	0.72	426	<b>29.58</b>	100,47 %
6	Tórir Olsen	2011 Ægir	0.78	396	<b>30.32</b>	99,27 %
7	Fríðálvur Eliassen	2011 Fuglafjarðar Svímjifelag	0.76	385	<b>30.60</b>	101,45 %
8	Teitur Miné Róason	2011 Havnar Svímjifelag	0.60	373	<b>30.91</b>	101,69 %

Kapping almenn: 06.06.2026 17:38:52

### Kapping 20, 100m Rygg Kvinnur JM-Y - Innleiðandi

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

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Jórun Winther	2011 Suðuroyar Svímjifelag	0.68	461	<b>1:13.92</b>	97,45 % Q
	50m: 35.97	100m: 1:13.92 (37.95)				
2	Sirið Vesturtún	2011 Fuglafjarðar Svímjifelag	0.68	362	<b>1:20.15</b>	94,47 % Q
	50m: 38.59	100m: 1:20.15 (41.56)				
3	Lilja Sørensen	2011 Havnar Svímjifelag	0.79	328	<b>1:22.80</b>	98,78 % Q
	50m: 40.15	100m: 1:22.80 (42.65)				

Kapping almenn: 06.06.2026 10:05:17



## Úrslit

### Kapping 20, 100m Rygg Kvinnur FM - Innleiðandi

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

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Jórun Winther 50m: 35.97	2011 Suðuroyar Svímjifelag 100m: 1:13.92 (37.95)	0.68	461	<b>1:13.92</b>	97,45 % Q
2	Elisabeth Erlendsdóttir 50m: 36.44	2005 Havnar Svímjifelag 100m: 1:15.94 (39.50)	0.77	425	<b>1:15.94</b>	82,94 % Q
3	Rebekka Róðinsdóttir 50m: 37.05	2007 Fuglafjarðar Svímjifelag 100m: 1:17.13 (40.08)	0.66	406	<b>1:17.13</b>	92,19 % Q
4	Sirið Vesturtún 50m: 38.59	2011 Fuglafjarðar Svímjifelag 100m: 1:20.15 (41.56)	0.68	362	<b>1:20.15</b>	94,47 % Q
5	Lilja Sørensen 50m: 40.15	2011 Havnar Svímjifelag 100m: 1:22.80 (42.65)	0.79	328	<b>1:22.80</b>	98,78 % Q
6	Jonna Steinberg Joensen 50m: 45.17	2014 Ægir 100m: 1:32.41 (47.24)	0.68	236	<b>1:32.41</b>	110,61 % Q
7	Randi Brim Hvidbro 50m: 46.02	2012 Ægir 100m: 1:35.99 (49.97)	0.81	210	<b>1:35.99</b>	84,53 % Q
-	Jytte Kirke Davidsen SW 6.4 Ikki varandi rørsla á búkinum í vend	2013 Suðuroyar Svímjifelag	0.70		<b>DSQ</b>	

Kapping almenn: 06.06.2026 10:05:17

### Kapping 20, 100m Rygg Kvinnur JM-Y - Finala

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

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Jórun Winther 50m: 35.61	2011 Suðuroyar Svímjifelag 100m: 1:13.74 (38.13)	0.67	465	<b>1:13.74</b>	100,24 %
2	Sirið Vesturtún 50m: 36.62	2011 Fuglafjarðar Svímjifelag 100m: 1:15.79 (39.17)	0.71	428	<b>1:15.79</b>	105,44 %
3	Lilja Sørensen 50m: 39.73	2011 Havnar Svímjifelag 100m: 1:21.65 (41.92)	0.77	342	<b>1:21.65</b>	101,39 %

Kapping almenn: 06.06.2026 17:39:19

### Kapping 20, 100m Rygg Kvinnur FM - Finala

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

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Elisabeth Erlendsdóttir 50m: 33.01	2005 Havnar Svímjifelag 100m: 1:08.63 (35.62)	0.74	576	<b>1:08.63</b>	109,63 %
2	Rebekka Róðinsdóttir 50m: 33.94	2007 Fuglafjarðar Svímjifelag 100m: 1:10.43 (36.49)	0.58	533	<b>1:10.43</b>	108,69 %
3	Jórun Winther 50m: 35.61	2011 Suðuroyar Svímjifelag 100m: 1:13.74 (38.13)	0.67	465	<b>1:13.74</b>	100,24 %
4	Sirið Vesturtún 50m: 36.62	2011 Fuglafjarðar Svímjifelag 100m: 1:15.79 (39.17)	0.71	428	<b>1:15.79</b>	105,44 %
5	Lilja Sørensen 50m: 39.73	2011 Havnar Svímjifelag 100m: 1:21.65 (41.92)	0.77	342	<b>1:21.65</b>	101,39 %
6	Randi Brim Hvidbro 50m: 40.92	2012 Ægir 100m: 1:25.02 (44.10)	0.79	303	<b>1:25.02</b>	111,43 %
7	Jonna Steinberg Joensen 50m: 44.71	2014 Ægir 100m: 1:33.25 (48.54)	0.61	229	<b>1:33.25</b>	99,09 %

Kapping almenn: 06.06.2026 17:39:19

### Kapping 21, 100m Rygg Menn JM-Y - Innleiðandi



# Úrslit

## Kapping 21, 100m Rygg Menn JM-Y - Innleiðandi

FAR.JR	56.64	Magnus Jákupsson	1994 Havnar Svímjifélag (DEN)	Esbjerg (DEN)		15.07.2012	
FAR	56.64	Magnus Jákupsson	1994 Havnar Svímjifélag (DEN)	Esbjerg (DEN)		15.07.2012	
Raðf	Navn	Føðia Félag		R.T	AQU	Tíð	Munur
1	Haraldur Mortensen	2010 Suðuroyar Svímjifélag		0.77	260	1:20.83	88,79 % Q
	50m: 38.76	100m: 1:20.83 (42.07)					

Kapping almenn: 06.06.2026 10:11:50

## Kapping 21, 100m Rygg Menn JM-E - Innleiðandi

FAR.JR	56.64	Magnus Jákupsson	1994 Havnar Svímjifélag (DEN)	Esbjerg (DEN)		15.07.2012	
FAR	56.64	Magnus Jákupsson	1994 Havnar Svímjifélag (DEN)	Esbjerg (DEN)		15.07.2012	
Raðf	Navn	Føðia Félag		R.T	AQU	Tíð	Munur
1	Óli Mikkelsen	2008 Havnar Svímjifélag		0.67	271	1:19.67	71,17 % Q
	50m: 37.74	100m: 1:19.67 (41.93)					

Kapping almenn: 06.06.2026 10:11:50

## Kapping 21, 100m Rygg Menn FM - Innleiðandi

FAR.JR	56.64	Magnus Jákupsson	1994 Havnar Svímjifélag (DEN)	Esbjerg (DEN)		15.07.2012	
FAR	56.64	Magnus Jákupsson	1994 Havnar Svímjifélag (DEN)	Esbjerg (DEN)		15.07.2012	
Raðf	Navn	Føðia Félag		R.T	AQU	Tíð	Munur
1	Óli Mikkelsen	2008 Havnar Svímjifélag		0.67	271	1:19.67	71,17 % Q
	50m: 37.74	100m: 1:19.67 (41.93)					
2	Haraldur Mortensen	2010 Suðuroyar Svímjifélag		0.77	260	1:20.83	88,79 % Q
	50m: 38.76	100m: 1:20.83 (42.07)					
3	Terji Kjærbo	2012 Suðuroyar Svímjifélag		0.59	247	1:22.17	89,93 % Q
	50m: 38.87	100m: 1:22.17 (43.30)					
4	Kian V. Eliassen	2013 Fuglafjarðar Svímjifélag		0.83	226	1:24.64	96,69 % Q
	50m: 40.78	100m: 1:24.64 (43.86)					
5	Bragi Bjarnason	2012 Havnar Svímjifélag		0.79	225	1:24.79	93,56 % Q
	50m: 41.47	100m: 1:24.79 (43.32)					

Kapping almenn: 06.06.2026 10:11:50

## Kapping 21, 100m Rygg Menn JM-Y - Finala

FAR.JR	56.64	Magnus Jákupsson	1994 Havnar Svímjifélag (DEN)	Esbjerg (DEN)		15.07.2012	
FAR	56.64	Magnus Jákupsson	1994 Havnar Svímjifélag (DEN)	Esbjerg (DEN)		15.07.2012	
Raðf	Navn	Føðia Félag		R.T	AQU	Tíð	Munur
1	Haraldur Mortensen	2010 Suðuroyar Svímjifélag		0.72	332	1:14.51	107,82 %
	50m: 36.58	100m: 1:14.51 (37.93)					

Kapping almenn: 06.06.2026 17:55:34

## Kapping 21, 100m Rygg Menn JM-E - Finala

FAR.JR	56.64	Magnus Jákupsson	1994 Havnar Svímjifélag (DEN)	Esbjerg (DEN)		15.07.2012	
FAR	56.64	Magnus Jákupsson	1994 Havnar Svímjifélag (DEN)	Esbjerg (DEN)		15.07.2012	
Raðf	Navn	Føðia Félag		R.T	AQU	Tíð	Munur
1	Óli Mikkelsen	2008 Havnar Svímjifélag		0.69	578	1:01.94	122,25 %
	50m: 29.76	100m: 1:01.94 (32.18)					

Kapping almenn: 06.06.2026 17:55:34

## Kapping 21, 100m Rygg Menn FM - Finala

FAR.JR	56.64	Magnus Jákupsson	1994 Havnar Svímjifélag (DEN)	Esbjerg (DEN)		15.07.2012	
FAR	56.64	Magnus Jákupsson	1994 Havnar Svímjifélag (DEN)	Esbjerg (DEN)		15.07.2012	
Raðf	Navn	Føðia Félag		R.T	AQU	Tíð	Munur
1	Óli Mikkelsen	2008 Havnar Svímjifélag		0.69	578	1:01.94	122,25 %
	50m: 29.76	100m: 1:01.94 (32.18)					
2	Terji Kjærbo	2012 Suðuroyar Svímjifélag		0.55	379	1:11.29	113,24 %
	50m: 33.88	100m: 1:11.29 (37.41)					



# Úrslit

## Kapping 21, 100m Rygg Menn FM - Finala

Raðf	Navn	Fæðia Félag	R.T	AQU	Tíð	Munur
3	Haraldur Mortensen	2010 Suðuroyar Svímjifelag	0.72	332	1:14.51	107,82 %
	50m: 36.58	100m: 1:14.51 (37.93)				
4	Bragi Bjarnason	2012 Havnar Svímjifelag	0.76	261	1:20.68	104,85 %
	50m: 39.15	100m: 1:20.68 (41.53)				
5	Kian V. Eliassen	2013 Fuglafjarðar Svímjifelag	0.79	246	1:22.28	102,79 %
	50m: 39.42	100m: 1:22.28 (42.86)				

Kapping almenn: 06.06.2026 17:55:34

## Kapping 22, 4x100m Blandað Mix JM-Y - Innleiðandi

FAR.JR	4:30.95	Ægir Klaksvík	Ægir Klaksvík (FRO)	Vagur (FRO)	25.04.2022
Raðf	Navn	Aldur Félag	AQU	Tíð	Munur
1	Suðuroyar Svímjifelag	16 Suðuroyar Svímjifelag	366 Q		5:03.70
	Terji Kjørbo	2012	0.61	35.58	1:15.10
	Sissal Rógvadóttir	2010	0.30	39.43	1:26.17
	Haraldur Mortensen	2010		32.62	1:12.63
	Jórun Winther	2011	0.22	1:09.80	5:03.70
2	Fuglafjarðar Svímjifelag	15 Fuglafjarðar Svímjifelag	328 Q		5:15.22 100,43
	Kian V. Eliassen	2013	0.80	40.50	1:23.67
	Sirið Vesturtún	2011	0.21	41.21	1:29.00
	Fríðálvur Eliassen	2011	0.35	33.10	1:09.90
	Rakul J Højbro	2011	0.53	34.59	1:12.65
3	HS 2	15 Havnar Svímjifelag	247 Q		5:46.12 85,33 %
	Noomi Hella Jacobsen	2012	0.72	41.09	1:26.55
	India Linnea Bech	2011	0.44	42.52	1:30.77
	Nóa Róason Stakksund	2011	0.34	45.80	1:41.22
	Teitur Miné Róason	2011	0.79	32.41	1:07.58
-	HS 1	16 Havnar Svímjifelag			DSQ
	SW 10.11. Tjónstartur í liðsvímjng. _ svímjari				
	Jónatan Samuelsen	2010	0.76	39.22	1:20.03
	Mariella Annbrittardóttir Henriksen	2010	0.63	44.19	1:34.28
	Theodor Salter	2011	-0.05		DSQ
	Lilja Sørensen	2011	0.62		

Kapping almenn: 06.06.2026 10:26:42

## Kapping 22, 4x100m Blandað Mix JM-E - Innleiðandi

FAR.JR	4:30.95	Ægir Klaksvík	Ægir Klaksvík (FRO)	Vagur (FRO)	25.04.2022
Raðf	Navn	Aldur Félag	AQU	Tíð	Munur
1	Ægir Mix 2	18 Ægir	406 Q		4:53.55
	Líggjas Joensen	2008	0.69	33.74	1:09.50
	Lea Osberg Højsted	2008	0.51	38.87	1:25.78
	Fróði Hansen	2008	0.62	32.23	1:09.56
	Durita Mohr Askham	2008	0.69	32.35	1:08.71

Kapping almenn: 06.06.2026 10:26:42

## Kapping 22, 4x100m Blandað Mix FM - Innleiðandi

FAR.JR	4:30.95	Ægir Klaksvík	Ægir Klaksvík (FRO)	Vagur (FRO)	25.04.2022
Raðf	Navn	Aldur Félag	AQU	Tíð	Munur



# Úrslit

## Kapping 22, 4x100m Blandað Mix FM - Innleiðandi

Raðf	Navn	Aldur	Felag		AQU	Tíð	Munur
<b>1</b>	<b>Ægir Mix 2</b>		18 Ægir		406 Q	<b>4:53.55</b>	
	Líggjas Joensen	2008		0.69	33.74	1:09.50	1:09.50
	Lea Osberg Højsted	2008		0.51	38.87	1:25.78	2:35.28
	Fróði Hansen	2008		0.62	32.23	1:09.56	3:44.84
	Durita Mohr Askham	2008		0.69	32.35	1:08.71	4:53.55
<b>2</b>	<b>Suðuroyar Svímjifelag</b>		16 Suðuroyar Svímjifelag		366 Q	<b>5:03.70</b>	
	Terji Kjærbo	2012		0.61	35.58	1:15.10	1:15.10
	Sissal Rógvadóttir	2010		0.30	39.43	1:26.17	2:41.27
	Haraldur Mortensen	2010			32.62	1:12.63	3:53.90
	Jórun Winther	2011		0.22		1:09.80	5:03.70
<b>3</b>	<b>Ægir Mix 1</b>		19 Ægir		364 Q	<b>5:04.28</b>	
	Jóhanna Ólavsdóttir	2007		0.68	36.65	1:16.31	1:16.31
	Delaila H. Gregersen	2013		0.38	46.66	1:39.26	2:55.57
	Bárður Ólavsson	2008		0.43	28.96	1:02.36	3:57.93
	Benjamin Havn	2011		0.44	32.11	1:06.35	5:04.28
<b>4</b>	<b>Ægir Mix 3</b>		20 Ægir		345 Q	<b>5:09.81</b>	
	Tórir Olsen	2011		0.78	36.79	1:14.21	1:14.21
	Sólfríð H. Johannessen	2013		0.50	46.89	1:43.36	2:57.57
	Heini Mohr Askham	2006		0.78	29.78	1:03.66	4:01.23
	Lea Petersen	2009		0.41	31.72	1:08.58	5:09.81
<b>5</b>	<b>Fuglafjarðar Svímjifelag</b>		15 Fuglafjarðar Svímjifelag		328 Q	<b>5:15.22</b>	100,43
	Kian V. Eliassen	2013		0.80	40.50	1:23.67	1:23.67
	Sirið Vesturtún	2011		0.21	41.21	1:29.00	2:52.67
	Fríðálvur Eliassen	2011		0.35	33.10	1:09.90	4:02.57
	Rakul J Højbro	2011		0.53	34.59	1:12.65	5:15.22
<b>6</b>	<b>HS 3</b>		14 Havnar Svímjifelag		253 Q	<b>5:43.64</b>	63,24 %
	Bragi Bjarnason	2012		0.85	38.93	1:20.32	1:20.32
	Katrina Mc Intosh	2015		0.48	46.27	1:41.00	3:01.32
	Fróði Bárðarson Dahl	2013		0.64	36.12	1:24.42	4:25.74
	Elisabet Leivsdóttir	2014		0.66	36.19	1:17.90	5:43.64
<b>7</b>	<b>HS 2</b>		15 Havnar Svímjifelag		247 Q	<b>5:46.12</b>	85,33 %
	Noomi Hella Jacobsen	2012		0.72	41.09	1:26.55	1:26.55
	India Linnea Bech	2011		0.44	42.52	1:30.77	2:57.32
	Nóa Róason Stakksund	2011		0.34	45.80	1:41.22	4:38.54
	Teitur Miné Róason	2011		0.79	32.41	1:07.58	5:46.12
-	<b>HS 1</b>		16 Havnar Svímjifelag			<b>DSQ</b>	
	SW 10.11. Tjónstartur í liðsvímjng. _ svímjari						
	Jónatan Samuelsen	2010		0.76	39.22	1:20.03	1:20.03
	Mariella Annbrittardóttir Henriksen	2010		0.63	44.19	1:34.28	2:54.31
	Theodor Salter	2011		-0.05			DSQ
	Lilja Sørensen	2011		0.62			

Kapping almenn: 06.06.2026 10:26:42

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

FAR.JR	4:30.95	Ægir Klaksvík	Ægir Klaksvík (FRO)	Vagur (FRO)	25.04.2022	
Raðf	Navn	Aldur	Felag	AQU	Tíð	Munur



# Úrslit

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

Raðf	Navn	Aldur	Felag		AQU	Tíð	Munur
<b>1</b>	<b>Suðuroyar Svímjifelag</b>		16 Suðuroyar Svímjifelag		392	<b>4:56.89</b>	102,24
	Terji Kjærbo	2012	0.55	35.54	1:13.39	1:13.39	
	Sissal Rógvadóttir	2010	0.13	36.66	1:20.67	2:34.06	
	Haraldur Mortensen	2010	0.17	30.82	1:10.78	3:44.84	
	Jórun Winther	2011	0.73	33.49	1:12.05	4:56.89	
<b>2</b>	<b>Fuglafjarðar Svímjifelag</b>		15 Fuglafjarðar Svímjifelag		301	<b>5:24.14</b>	97,17 %
	Kian V. Eliassen	2013	0.72	40.46	1:24.46	1:24.46	
	Felisia Florinsdóttir	2012	0.50	43.59	1:32.26	2:56.72	
	Fríðálvur Eliassen	2011	0.44	32.59	1:10.14	4:06.86	
	Rakul J Højbro	2011	0.41	36.55	1:17.28	5:24.14	
<b>3</b>	<b>Ægir Mix 3</b>		15 Ægir		298	<b>5:25.18</b>	95,04 %
	Tórir Olsen	2011	0.76	35.64	1:10.76	1:10.76	
	Delaila H. Gregersen	2013	0.76	47.57	1:41.00	2:51.76	
	Benjamin Havn	2011	0.37	34.76	1:18.70	4:10.46	
	Sólfríð H. Johannessen	2013	0.48	35.84	1:14.72	5:25.18	
<b>4</b>	<b>HS 3</b>		16 Havnar Svímjifelag		241	<b>5:49.06</b>	98,42 %
	Elisabet Leivsdóttir	2014	0.93	44.07	1:32.79	1:32.79	
	Katrina Mc Intosh	2015	0.34	47.92	1:42.94	3:15.73	
	Fróði Bárðarson Dahl	2013	0.77	37.02	1:25.30	4:41.03	
	Jónatan Samuelsen	2010	0.35	32.28	1:08.03	5:49.06	

Kapping almenn: 06.06.2026 18:18:16

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

FAR.JR	4:30.95	Ægir Klaksvík	Ægir Klaksvík (FRO)	Vagur (FRO)	25.04.2022		
Raðf	Navn	Aldur	Felag		AQU	Tíð	Munur
<b>1</b>	<b>Ægir Mix 2</b>		18 Ægir		513	<b>4:31.52</b>	107,50
	Durita Mohr Askham	2008	0.76	35.47	1:14.63	1:14.63	
	Fróði Hansen	2008	0.28	32.05	1:08.62	2:23.25	
	Bárður Ólavsson	2008	0.48	28.72	1:01.16	3:24.41	
	Lea Petersen	2009	0.55	31.41	1:07.11	4:31.52	

Kapping almenn: 06.06.2026 18:18:16

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

FAR.JR	4:30.95	Ægir Klaksvík	Ægir Klaksvík (FRO)	Vagur (FRO)	25.04.2022		
Raðf	Navn	Aldur	Felag		AQU	Tíð	Munur
<b>1</b>	<b>Ægir Mix 1</b>		20 Ægir		576	<b>4:21.25</b>	114,14
	Líggjas Joensen	2008	0.66	31.16	1:02.94	1:02.94	
	Lea Osberg Højsted	2008	0.42	33.71	1:13.75	2:16.69	
	Jóhanna Ólavsdóttir	2007	0.42	30.65	1:07.22	3:23.91	
	Heini Mohr Askham	2006	0.56	27.26	57.34	4:21.25	
<b>2</b>	<b>Ægir Mix 2</b>		18 Ægir		513	<b>4:31.52</b>	107,50
	Durita Mohr Askham	2008	0.76	35.47	1:14.63	1:14.63	
	Fróði Hansen	2008	0.28	32.05	1:08.62	2:23.25	
	Bárður Ólavsson	2008	0.48	28.72	1:01.16	3:24.41	
	Lea Petersen	2009	0.55	31.41	1:07.11	4:31.52	



# Úrslit

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

Raðf	Navn	Aldur	Felag		AQU	Tíð	Munur
<b>3</b>	<b>HS 2</b>		21 Havnar Svímjifelag		481	<b>4:37.42</b>	119,85
	Lilja Sørensen	2011	0.81	39.54	1:20.94	1:20.94	
	Silas Dam Lindberg	2008	0.18	32.70	1:11.07	2:32.01	
	Isak Brisenfeldt	2006	0.45	28.88	1:01.17	3:33.18	
	Elisabeth Erlendsdóttir	2005	0.46	30.16	1:04.24	4:37.42	
<b>4</b>	<b>Suðuroyar Svímjifelag</b>		16 Suðuroyar Svímjifelag		392	<b>4:56.89</b>	102,24
	Terji Kjærbo	2012	0.55	35.54	1:13.39	1:13.39	
	Sissal Rógvadóttir	2010	0.13	36.66	1:20.67	2:34.06	
	Haraldur Mortensen	2010	0.17	30.82	1:10.78	3:44.84	
	Jórun Winther	2011	0.73	33.49	1:12.05	4:56.89	
<b>5</b>	<b>Fuglafjarðar Svímjifelag</b>		15 Fuglafjarðar Svímjifelag		301	<b>5:24.14</b>	97,17 %
	Kian V. Eliassen	2013	0.72	40.46	1:24.46	1:24.46	
	Felisia Florinsdóttir	2012	0.50	43.59	1:32.26	2:56.72	
	Fríðálvur Eliassen	2011	0.44	32.59	1:10.14	4:06.86	
	Rakul J Højbro	2011	0.41	36.55	1:17.28	5:24.14	
<b>6</b>	<b>Ægir Mix 3</b>		15 Ægir		298	<b>5:25.18</b>	95,04 %
	Tórir Olsen	2011	0.76	35.64	1:10.76	1:10.76	
	Delaila H. Gregersen	2013	0.76	47.57	1:41.00	2:51.76	
	Benjamin Havn	2011	0.37	34.76	1:18.70	4:10.46	
	Sólfríð H. Johannessen	2013	0.48	35.84	1:14.72	5:25.18	
<b>7</b>	<b>HS 3</b>		16 Havnar Svímjifelag		241	<b>5:49.06</b>	98,42 %
	Elisabet Leivsdóttir	2014	0.93	44.07	1:32.79	1:32.79	
	Katrina Mc Intosh	2015	0.34	47.92	1:42.94	3:15.73	
	Fróði Bárðarson Dahl	2013	0.77	37.02	1:25.30	4:41.03	
	Jónatan Samuelson	2010	0.35	32.28	1:08.03	5:49.06	

Kapping almenn: 06.06.2026 18:18:16

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

FAR.JR 1:12.20 Lea Osberg Højsted 2008 Ægir Klaksvik (FRO) Torshavn (FRO) 25.04.2025  
FAR 1:12.20 Lea Osberg Højsted 2008 Ægir Klaksvik (FRO) Torshavn (FRO) 25.04.2025

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
<b>1</b>	<b>Sissal Rógvadóttir</b>	2010 Suðuroyar Svímjifelag	0.71	419	<b>1:25.65</b>	89,54 % Q
	50m: 39.96	100m: 1:25.65 (45.69)				
<b>2</b>	<b>Sirið Vesturtún</b>	2011 Fuglafjarðar Svímjifelag	0.58	375	<b>1:28.91</b>	101,01 % Q
	50m: 40.68	100m: 1:28.91 (48.23)				
<b>3</b>	<b>India Linnea Bech</b>	2011 Havnar Svímjifelag	0.75	363	<b>1:29.85</b>	101,84 % Q
	50m: 42.27	100m: 1:29.85 (47.58)				
<b>4</b>	<b>Rakul J Højbro</b>	2011 Fuglafjarðar Svímjifelag	0.71	307	<b>1:34.99</b>	98,26 % Q
	50m: 45.18	100m: 1:34.99 (49.81)				
<b>5</b>	<b>Jonni B. Danielsen</b>	2011 Svímjifelagið Flot	0.79	253	<b>1:41.37</b>	99,19 % Q
	50m: 46.54	100m: 1:41.37 (54.83)				

Kapping almenn: 06.06.2026 10:54:38

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

FAR.JR 1:12.20 Lea Osberg Højsted 2008 Ægir Klaksvik (FRO) Torshavn (FRO) 25.04.2025  
FAR 1:12.20 Lea Osberg Højsted 2008 Ægir Klaksvik (FRO) Torshavn (FRO) 25.04.2025

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
<b>1</b>	<b>Lea Osberg Højsted</b>	2008 Ægir	0.79	482	<b>1:21.74</b>	87,90 % Q
	50m: 37.89	100m: 1:21.74 (43.85)				

Kapping almenn: 06.06.2026 10:54:38



## Úrslit

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

FAR.JR 1:12.20 Lea Osberg Højsted 2008 Ægir Klaksvik (FRO) Torshavn (FRO) 25.04.2025  
FAR 1:12.20 Lea Osberg Højsted 2008 Ægir Klaksvik (FRO) Torshavn (FRO) 25.04.2025

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Lea Osberg Højsted	2008 Ægir	0.79	482	1:21.74	87,90 % Q
	50m: 37.89	100m: 1:21.74 (43.85)				
2	Sissal Rógvadóttir	2010 Suðuroyar Svímjifelag	0.71	419	1:25.65	89,54 % Q
	50m: 39.96	100m: 1:25.65 (45.69)				
3	Birita Vesturtún	2007 Fuglafjarðar Svímjifelag	0.71	395	1:27.38	92,43 % Q
	50m: 41.55	100m: 1:27.38 (45.83)				
4	Sirið Vesturtún	2011 Fuglafjarðar Svímjifelag	0.58	375	1:28.91	101,01 % Q
	50m: 40.68	100m: 1:28.91 (48.23)				
5	India Linnea Bech	2011 Havnar Svímjifelag	0.75	363	1:29.85	101,84 % Q
	50m: 42.27	100m: 1:29.85 (47.58)				
6	Rakul J Højbro	2011 Fuglafjarðar Svímjifelag	0.71	307	1:34.99	98,26 % Q
	50m: 45.18	100m: 1:34.99 (49.81)				
7	Felisia Florinsdóttir	2012 Fuglafjarðar Svímjifelag	0.78	306	1:35.09	99,89 % Q
	50m: 45.59	100m: 1:35.09 (49.50)				
8	Noomi Hella Jacobsen	2012 Havnar Svímjifelag	0.77	283	1:37.63	96,13 % -
	50m: 45.66	100m: 1:37.63 (51.97)				
9	Jonni B. Danielsen	2011 Svímjeflagið Flot	0.79	253	1:41.37	99,19 % Q
	50m: 46.54	100m: 1:41.37 (54.83)				
10	Tabita Vón Ebbadóttir	2013 Ægir	0.79	204	1:48.89	102,79 %
	50m: 51.68	100m: 1:48.89 (57.21)				

Kapping almenn: 06.06.2026 10:54:38

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

FAR.JR 1:12.20 Lea Osberg Højsted 2008 Ægir Klaksvik (FRO) Torshavn (FRO) 25.04.2025  
FAR 1:12.20 Lea Osberg Højsted 2008 Ægir Klaksvik (FRO) Torshavn (FRO) 25.04.2025

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Sissal Rógvadóttir	2010 Suðuroyar Svímjifelag	0.62	561	1:17.72	109,26 %
	50m: 35.62	100m: 1:17.72 (42.10)				
2	Sirið Vesturtún	2011 Fuglafjarðar Svímjifelag	0.67	400	1:27.01	102,14 %
	50m: 40.91	100m: 1:27.01 (46.10)				
3	India Linnea Bech	2011 Havnar Svímjifelag	0.76	371	1:29.24	100,68 %
	50m: 42.08	100m: 1:29.24 (47.16)				
4	Rakul J Højbro	2011 Fuglafjarðar Svímjifelag	0.72	335	1:32.32	102,81 %
	50m: 44.18	100m: 1:32.32 (48.14)				
5	Jonni B. Danielsen	2011 Svímjeflagið Flot	0.81	261	1:40.24	101,11 %
	50m: 46.72	100m: 1:40.24 (53.52)				

Kapping almenn: 06.06.2026 18:18:31

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

FAR.JR 1:12.20 Lea Osberg Højsted 2008 Ægir Klaksvik (FRO) Torshavn (FRO) 25.04.2025  
FAR 1:12.20 Lea Osberg Højsted 2008 Ægir Klaksvik (FRO) Torshavn (FRO) 25.04.2025

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Lea Osberg Højsted	2008 Ægir	0.73	680	1:12.90	110,81 %
	50m: 34.61	100m: 1:12.90 (38.29)				

Kapping almenn: 06.06.2026 18:18:31

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

FAR.JR 1:12.20 Lea Osberg Højsted 2008 Ægir Klaksvik (FRO) Torshavn (FRO) 25.04.2025  
FAR 1:12.20 Lea Osberg Højsted 2008 Ægir Klaksvik (FRO) Torshavn (FRO) 25.04.2025

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Lea Osberg Højsted	2008 Ægir	0.73	680	1:12.90	110,81 %
	50m: 34.61	100m: 1:12.90 (38.29)				



# Úrslit

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

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
2	Sissal Rógvadóttir	2010 Suðuroyar Svímjifelag	0.62	561	1:17.72	109,26 %
	50m: 35.62	100m: 1:17.72 (42.10)				
3	Birita Vesturtún	2007 Fuglafjarðar Svímjifelag	0.70	459	1:23.08	104,92 %
	50m: 38.77	100m: 1:23.08 (44.31)				
4	Sirið Vesturtún	2011 Fuglafjarðar Svímjifelag	0.67	400	1:27.01	102,14 %
	50m: 40.91	100m: 1:27.01 (46.10)				
5	India Linnea Bech	2011 Havnar Svímjifelag	0.76	371	1:29.24	100,68 %
	50m: 42.08	100m: 1:29.24 (47.16)				
6	Felisia Florinsdóttir	2012 Fuglafjarðar Svímjifelag	0.75	342	1:31.64	103,63 %
	50m: 43.43	100m: 1:31.64 (48.21)				
7	Rakul J Højbro	2011 Fuglafjarðar Svímjifelag	0.72	335	1:32.32	102,81 %
	50m: 44.18	100m: 1:32.32 (48.14)				
8	Jonni B. Danielsen	2011 Svímjifelagið Flot	0.81	261	1:40.24	101,11 %
	50m: 46.72	100m: 1:40.24 (53.52)				

Kapping almenn: 06.06.2026 18:18:31

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

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

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Tórir Olsen	2011 Ægir	0.75	321	1:23.01	102,36 % -
	50m: 38.95	100m: 1:23.01 (44.06)				

Kapping almenn: 06.06.2026 10:56:50

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

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

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Fróði Hansen	2008 Ægir	0.77	425	1:15.60	87,93 % Q
	50m: 37.03	100m: 1:15.60 (38.57)				

Kapping almenn: 06.06.2026 10:56:50

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

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

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Bartal Erlingsson Eidesgaard	2003 Havnar Svímjifelag	0.72	464	1:13.42	87,87 % Q
	50m: 31.27	100m: 1:13.42 (42.15)				
2	Fróði Hansen	2008 Ægir	0.77	425	1:15.60	87,93 % Q
	50m: 37.03	100m: 1:15.60 (38.57)				
3	Jón Hofgaard	1992 Suðuroyar Svímjifelag	0.72	346	1:20.97	81,26 % Q
	50m: 36.72	100m: 1:20.97 (44.25)				
4	Tórir Olsen	2011 Ægir	0.75	321	1:23.01	102,36 % -
	50m: 38.95	100m: 1:23.01 (44.06)				
5	Aleks Uadhaw Thomsen	2013 Havnar Svímjifelag	0.64	259	1:29.15	97,76 % Q
	50m: 42.63	100m: 1:29.15 (46.52)				
6	Dávur Eið	2012 Suðuroyar Svímjifelag	0.65	185	1:39.77	83,53 % Q
	50m: 47.57	100m: 1:39.77 (52.20)				

Kapping almenn: 06.06.2026 10:56:50

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

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

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

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

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Fróði Hansen	2008 Ægir	0.71	612	1:06.99	111,39 %
	50m: 31.31	100m: 1:06.99 (35.68)				

Kapping almenn: 06.06.2026 18:18:45

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

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

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Bartal Erlingsson Eidesgaard	2003 Havnar Svímjifelag	0.70	648	1:05.70	110,51 %
	50m: 30.37	100m: 1:05.70 (35.33)				
2	Fróði Hansen	2008 Ægir	0.71	612	1:06.99	111,39 %
	50m: 31.31	100m: 1:06.99 (35.68)				
3	Jón Hofgaard	1992 Suðuroyar Svímjifelag	0.70	517	1:10.85	112,50 %
	50m: 33.44	100m: 1:10.85 (37.41)				
4	Aleks Uadhaw Thomsen	2013 Havnar Svímjifelag	0.68	286	1:26.33	103,16 %
	50m: 40.69	100m: 1:26.33 (45.64)				
5	Dávur Eið	2012 Suðuroyar Svímjifelag	0.64	280	1:26.94	112,86 %
	50m: 40.56	100m: 1:26.94 (46.38)				

Kapping almenn: 06.06.2026 18:18:45

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

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

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Jórun Winther	2011 Suðuroyar Svímjifelag	0.81	523	1:04.15	96,00 % Q
	50m: 30.30	100m: 1:04.15 (33.85)				
2	Emma Debes	2010 Suðuroyar Svímjifelag	0.67	448	1:07.57	98,04 % Q
	50m: 31.55	100m: 1:07.57 (36.02)				
3	Sirið Vesturtún	2011 Fuglafjarðar Svímjifelag	0.73	419	1:09.05	94,97 % Q
	50m: 32.71	100m: 1:09.05 (36.34)				
4	Lilja Sørensen	2011 Havnar Svímjifelag	0.75	355	1:12.98	98,92 %
	50m: 34.94	100m: 1:12.98 (38.04)				
5	Rakul J Højbro	2011 Fuglafjarðar Svímjifelag	0.71	327	1:15.01	96,24 %
	50m: 35.70	100m: 1:15.01 (39.31)				
6	India Linnea Bech	2011 Havnar Svímjifelag	0.76	318	1:15.73	98,44 %
	50m: 36.49	100m: 1:15.73 (39.24)				
7	Jonni B. Danielsen	2011 Svímjifelagið Flot	0.79	271	1:19.87	95,42 %
	50m: 36.40	100m: 1:19.87 (43.47)				
8	Durita Davidsen	2011 Ægir	0.77	261	1:20.87	101,90 %
	50m: 35.92	100m: 1:20.87 (44.95)				

Kapping almenn: 06.06.2026 11:03:58

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

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

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Lea Osberg Højsted	2008 Ægir	0.75	515	1:04.49	92,52 % Q
	50m: 30.61	100m: 1:04.49 (33.88)				
2	Durita Mohr Askham	2008 Ægir	0.70	488	1:05.66	98,48 % Q
	50m: 31.79	100m: 1:05.66 (33.87)				
3	Lea Petersen	2009 Ægir	0.70	443	1:07.83	98,03 % Q
	50m: 32.08	100m: 1:07.83 (35.75)				

Kapping almenn: 06.06.2026 11:03:58

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



## Úrslit

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

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

Raðf	Navn	Føðia	Felag	R.T	AQU	Tíð	Munur
1	Jórun Winther		2011 Suðuroyar Svímjifelag	0.81	523	1:04.15	96,00 % Q
	50m: 30.30		100m: 1:04.15 (33.85)				
2	Lea Osberg Højsted		2008 Ægir	0.75	515	1:04.49	92,52 % Q
	50m: 30.61		100m: 1:04.49 (33.88)				
3	Durita Mohr Askham		2008 Ægir	0.70	488	1:05.66	98,48 % Q
	50m: 31.79		100m: 1:05.66 (33.87)				
4	Emma Debes		2010 Suðuroyar Svímjifelag	0.67	448	1:07.57	98,04 % Q
	50m: 31.55		100m: 1:07.57 (36.02)				
5	Lea Petersen		2009 Ægir	0.70	443	1:07.83	98,03 % Q
	50m: 32.08		100m: 1:07.83 (35.75)				
6	Jonna Joensen		2005 Fuglafjarðar Svímjifelag	0.81	423	1:08.84	98,76 % Q
	50m: 32.46		100m: 1:08.84 (36.38)				
7	Sirið Vesturtún		2011 Fuglafjarðar Svímjifelag	0.73	419	1:09.05	94,97 % Q
	50m: 32.71		100m: 1:09.05 (36.34)				
8	Sólfrið H. Johannessen		2013 Ægir	0.63	377	1:11.53	101,69 % Q
	50m: 34.58		100m: 1:11.53 (36.95)				
9	Noomi Hella Jacobsen		2012 Havnar Svímjifelag	0.80	356	1:12.91	100,86 %
	50m: 33.92		100m: 1:12.91 (38.99)				
10	Lilja Sørensen		2011 Havnar Svímjifelag	0.75	355	1:12.98	98,92 %
	50m: 34.94		100m: 1:12.98 (38.04)				
11	Hanna Lilja Jacobsen		2015 Ægir	0.77	338	1:14.21	99,49 %
	50m: 34.65		100m: 1:14.21 (39.56)				
12	Rakul J Højbro		2011 Fuglafjarðar Svímjifelag	0.71	327	1:15.01	96,24 %
	50m: 35.70		100m: 1:15.01 (39.31)				
13	India Linnea Bech		2011 Havnar Svímjifelag	0.76	318	1:15.73	98,44 %
	50m: 36.49		100m: 1:15.73 (39.24)				
14	Delaila H. Gregersen		2013 Ægir		307	1:16.61	98,98 %
	50m: 36.31		100m: 1:16.61 (40.30)				
15	Randi Brim Hvidbro		2012 Ægir	0.90	288	1:18.27	102,37 %
	50m: 36.24		100m: 1:18.27 (42.03)				
16	Elisabet Leivsdóttir		2014 Havnar Svímjifelag	0.85	282	1:18.84	99,85 %
	50m: 36.88		100m: 1:18.84 (41.96)				
17	Jonna Steinberg Joensen		2014 Ægir	0.74	276	1:19.40	96,53 %
	50m: 37.42		100m: 1:19.40 (41.98)				
18	Jonni B. Danielsen		2011 Svímjifelagið Flot	0.79	271	1:19.87	95,42 %
	50m: 36.40		100m: 1:19.87 (43.47)				
19	Felisia Florinsdóttir		2012 Fuglafjarðar Svímjifelag	0.74	262	1:20.72	89,29 %
	50m: 38.15		100m: 1:20.72 (42.57)				
20	Viktoria Klettskarð		2013 Ægir	0.77	262	1:20.77	96,05 %
	50m: 37.25		100m: 1:20.77 (43.52)				
21	Durita Davidsen		2011 Ægir	0.77	261	1:20.87	101,90 %
	50m: 35.92		100m: 1:20.87 (44.95)				
22	Katrina Mc Intosh		2015 Havnar Svímjifelag	0.72	256	1:21.35	97,39 %
	50m: 37.91		100m: 1:21.35 (43.44)				
23	Tabita Vón Ebbadóttir		2013 Ægir	0.80	247	1:22.31	107,42 %
	50m: 40.14		100m: 1:22.31 (42.17)				

Kapping almenn: 06.06.2026 11:03:58

### Kapping 25, 100m Frí Kvinnur JM-Y - Finala

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

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

## Kapping 25, 100m Frí Kvinnur JM-Y - Finala

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Jórun Winther	2011 Suðuroyar Svímjifelag	0.78	538	1:03.55	100,94 %
	50m: 30.55	100m: 1:03.55 (33.00)				
2	Sirið Vesturtún	2011 Fuglafjarðar Svímjifelag	0.65	485	1:05.78	104,74 %
	50m: 31.26	100m: 1:05.78 (34.52)				
3	Emma Debes	2010 Suðuroyar Svímjifelag	0.66	473	1:06.33	101,84 %
	50m: 31.06	100m: 1:06.33 (35.27)				

Kapping almenn: 06.06.2026 18:32:45

## Kapping 25, 100m Frí Kvinnur JM-E - Finala

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

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Lea Osberg Højsted	2008 Ægir	0.76	629	1:00.35	106,42 %
	50m: 28.63	100m: 1:00.35 (31.72)				
2	Durita Mohr Askham	2008 Ægir	0.69	504	1:04.95	101,08 %
	50m: 31.42	100m: 1:04.95 (33.53)				
3	Lea Petersen	2009 Ægir	0.69	437	1:08.12	99,57 %
	50m: 32.11	100m: 1:08.12 (36.01)				

Kapping almenn: 06.06.2026 18:32:45

## Kapping 25, 100m Frí Kvinnur FM - Finala

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

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Lea Osberg Højsted	2008 Ægir	0.76	629	1:00.35	106,42 %
	50m: 28.63	100m: 1:00.35 (31.72)				
2	Jórun Winther	2011 Suðuroyar Svímjifelag	0.78	538	1:03.55	100,94 %
	50m: 30.55	100m: 1:03.55 (33.00)				
3	Durita Mohr Askham	2008 Ægir	0.69	504	1:04.95	101,08 %
	50m: 31.42	100m: 1:04.95 (33.53)				
4	Sirið Vesturtún	2011 Fuglafjarðar Svímjifelag	0.65	485	1:05.78	104,74 %
	50m: 31.26	100m: 1:05.78 (34.52)				
5	Emma Debes	2010 Suðuroyar Svímjifelag	0.66	473	1:06.33	101,84 %
	50m: 31.06	100m: 1:06.33 (35.27)				
6	Jonna Joensen	2005 Fuglafjarðar Svímjifelag	0.75	439	1:08.00	101,22 %
	50m: 31.60	100m: 1:08.00 (36.40)				
7	Lea Petersen	2009 Ægir	0.69	437	1:08.12	99,57 %
	50m: 32.11	100m: 1:08.12 (36.01)				
8	Sólfríð H. Johannessen	2013 Ægir	0.56	368	1:12.11	99,19 %
	50m: 34.54	100m: 1:12.11 (37.57)				

Kapping almenn: 06.06.2026 18:32:45

## Kapping 26, 100m Frí Menn JM-Y - Innleiðandi

FAR.JR	51.68	Líggjas Joensen	2008 Ægir Klaksvík (FRO)	Bronshoj (DEN)	18.04.2026
FAR	51.50	Bartal Erlingsson Eidesg	2003 Havnar Svímjifelag (FRO)	Torshavn (FRO)	25.04.2026

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Haraldur Mortensen	2010 Suðuroyar Svímjifelag	0.69	512	58.00	101,71 % Q
	50m: 28.03	100m: 58.00 (29.97)				
2	Tórir Olsen	2011 Ægir	0.78	486	59.01	96,85 % Q
	50m: 28.31	100m: 59.01 (30.70)				
3	Benjamin Havn	2011 Ægir	0.64	426	1:01.63	96,45 % Q
	50m: 29.43	100m: 1:01.63 (32.20)				
4	Nóa Róason Stakksund	2011 Havnar Svímjifelag	0.74	412	1:02.32	100,11 %
	50m: 30.07	100m: 1:02.32 (32.25)				



# Úrslit

## Kapping 26, 100m Frí Menn JM-Y - Innleiðandi

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
5	Fríðálvur Eliassen	2011 Fuglafjarðar Svímjifelag	0.80	378	1:04.14	100,39 %
	50m: 31.74	100m: 1:04.14 (32.40)				
6	Jónatan Samuelsen	2010 Havnar Svímjifelag	0.74	371	1:04.55	103,83 %
	50m: 30.99	100m: 1:04.55 (33.56)				
7	Teitur Miné Róason	2011 Havnar Svímjifelag	0.60	363	1:05.00	99,72 %
	50m: 30.69	100m: 1:05.00 (34.31)				

Kapping almenn: 06.06.2026 11:12:16

## Kapping 26, 100m Frí Menn JM-E - Innleiðandi

FAR.JR	51.68	Líggjas Joensen	2008 Ægir Klaksvík (FRO)	Bronshoj (DEN)	18.04.2026
FAR	51.50	Bartal Erlingsson Eidesg	2003 Havnar Svímjifelag (FRO)	Torshavn (FRO)	25.04.2026

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Líggjas Joensen	2008 Ægir	0.71	605	54.86	93,85 % Q
	50m: 26.46	100m: 54.86 (28.40)				
2	Óli Mikkelsen	2008 Havnar Svímjifelag	0.71	539	57.01	99,98 % Q
	50m: 27.09	100m: 57.01 (29.92)				
3	Bárður Ólavsson	2008 Ægir	0.72	500	58.44	99,50 % -
	50m: 28.28	100m: 58.44 (30.16)				
4	Ólavur Winther Jákupsson	2008 Havnar Svímjifelag	0.70	462	59.98	101,17 % Q
	50m: 28.62	100m: 59.98 (31.36)				
5	Andrias Mellemgard	S9 2009 Havnar Svímjifelag	0.75	267	1:11.98	112,52 %
	50m: 33.88	100m: 1:11.98 (38.10)				

Kapping almenn: 06.06.2026 11:12:16

## Kapping 26, 100m Frí Menn FM - Innleiðandi

FAR.JR	51.68	Líggjas Joensen	2008 Ægir Klaksvík (FRO)	Bronshoj (DEN)	18.04.2026
FAR	51.50	Bartal Erlingsson Eidesg	2003 Havnar Svímjifelag (FRO)	Torshavn (FRO)	25.04.2026

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Líggjas Joensen	2008 Ægir	0.71	605	54.86	93,85 % Q
	50m: 26.46	100m: 54.86 (28.40)				
2	Óli Mikkelsen	2008 Havnar Svímjifelag	0.71	539	57.01	99,98 % Q
	50m: 27.09	100m: 57.01 (29.92)				
3	Isak Brisenfeldt	2006 Havnar Svímjifelag	0.67	526	57.47	88,90 % Q
	50m: 27.28	100m: 57.47 (30.19)				
4	Heini Mohr Askham	2006 Ægir	0.78	518	57.75	93,72 % Q
	50m: 27.55	100m: 57.75 (30.20)				
5	Haraldur Mortensen	2010 Suðuroyar Svímjifelag	0.69	512	58.00	101,71 % Q
	50m: 28.03	100m: 58.00 (29.97)				
6	Bárður Ólavsson	2008 Ægir	0.72	500	58.44	99,50 % -
	50m: 28.28	100m: 58.44 (30.16)				
7	Tórir Olsen	2011 Ægir	0.78	486	59.01	96,85 % Q
	50m: 28.31	100m: 59.01 (30.70)				
8	Bartal Erlingsson Eidesgaard	2003 Havnar Svímjifelag	0.75	478	59.34	84,78 % -
	50m: 25.18	100m: 59.34 (34.16)				
9	Ólavur Winther Jákupsson	2008 Havnar Svímjifelag	0.70	462	59.98	101,17 % Q
	50m: 28.62	100m: 59.98 (31.36)				
10	Benjamin Havn	2011 Ægir	0.64	426	1:01.63	96,45 % Q
	50m: 29.43	100m: 1:01.63 (32.20)				
11	Nóa Róason Stakksund	2011 Havnar Svímjifelag	0.74	412	1:02.32	100,11 %
	50m: 30.07	100m: 1:02.32 (32.25)				
12	Dávur Eið	2012 Suðuroyar Svímjifelag	0.64	383	1:03.89	102,77 %
	50m: 31.08	100m: 1:03.89 (32.81)				
13	Fríðálvur Eliassen	2011 Fuglafjarðar Svímjifelag	0.80	378	1:04.14	100,39 %
	50m: 31.74	100m: 1:04.14 (32.40)				



## Úrslit

### Kapping 26, 100m Frí Menn FM - Innleiðandi

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
14	Jónatan Samuelsen	2010 Havnar Svímjifelag	0.74	371	1:04.55	103,83 %
	50m: 30.99	100m: 1:04.55 (33.56)				
15	Teitur Miné Róason	2011 Havnar Svímjifelag	0.60	363	1:05.00	99,72 %
	50m: 30.69	100m: 1:05.00 (34.31)				
16	Jógvan Vesturtún	2013 Fuglafjarðar Svímjifelag	0.66	359	1:05.23	105,97 %
	50m: 31.11	100m: 1:05.23 (34.12)				
17	Terji Kjærbo	2012 Suðuroyar Svímjifelag	0.70	350	1:05.81	103,11 %
	50m: 30.96	100m: 1:05.81 (34.85)				
18	Fróði Bárðarson Dahl	2013 Havnar Svímjifelag	0.92	319	1:07.86	101,78 %
	50m: 32.24	100m: 1:07.86 (35.62)				
19	Aleks Uadhaw Thomsen	2013 Havnar Svímjifelag	0.64	302	1:09.11	99,75 %
	50m: 33.37	100m: 1:09.11 (35.74)				
20	Kian V. Eliassen	2013 Fuglafjarðar Svímjifelag	0.72	291	1:10.01	99,67 %
	50m: 33.92	100m: 1:10.01 (36.09)				
21	Andrias Mellemgard	S9 2009 Havnar Svímjifelag	0.75	267	1:11.98	112,52 %
	50m: 33.88	100m: 1:11.98 (38.10)				
22	Elias Í Lágabø	2014 Suðuroyar Svímjifelag	0.59	263	1:12.37	100,15 %
	50m: 34.25	100m: 1:12.37 (38.12)				
23	Bjarni Pálsson	2013 Svímjifelagið Flot	0.83	224	1:16.40	101,95 %
	50m: 33.39	100m: 1:16.40 (43.01)				

Kapping almenn: 06.06.2026 11:12:16

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

FAR.JR	51.68	Líggjas Joensen	2008 Ægir Klaksvik (FRO)	Bronshoj (DEN)	18.04.2026
FAR	51.50	Bartal Erlingsson Eidesg	2003 Havnar Svímjifelag (FRO)	Torshavn (FRO)	25.04.2026

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Benjamin Havn	2011 Ægir	0.64	462	59.98	102,68 %
	50m: 29.18	100m: 59.98 (30.80)				
2	Haraldur Mortensen	2010 Suðuroyar Svímjifelag	0.68	457	1:00.21	96,19 %
	50m: 29.24	100m: 1:00.21 (30.97)				
3	Tórir Olsen	2011 Ægir	0.78	452	1:00.43	97,59 %
	50m: 29.12	100m: 1:00.43 (31.31)				

Kapping almenn: 06.06.2026 18:45:28

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

FAR.JR	51.68	Líggjas Joensen	2008 Ægir Klaksvik (FRO)	Bronshoj (DEN)	18.04.2026
FAR	51.50	Bartal Erlingsson Eidesg	2003 Havnar Svímjifelag (FRO)	Torshavn (FRO)	25.04.2026

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Líggjas Joensen	2008 Ægir	0.68	701	52.23	104,79 %
	50m: 25.79	100m: 52.23 (26.44)				
2	Óli Mikkelsen	2008 Havnar Svímjifelag	0.69	539	57.00	100,02 %
	50m: 27.41	100m: 57.00 (29.59)				
3	Ólavur Winther Jákupsson	2008 Havnar Svímjifelag	0.69	461	1:00.04	99,90 %
	50m: 28.81	100m: 1:00.04 (31.23)				

Kapping almenn: 06.06.2026 18:45:28

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

FAR.JR	51.68	Líggjas Joensen	2008 Ægir Klaksvik (FRO)	Bronshoj (DEN)	18.04.2026
FAR	51.50	Bartal Erlingsson Eidesg	2003 Havnar Svímjifelag (FRO)	Torshavn (FRO)	25.04.2026

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Isak Brisenfeldt	2006 Havnar Svímjifelag	0.63	716	51.86	109,76 %
	50m: 25.29	100m: 51.86 (26.57)				
2	Líggjas Joensen	2008 Ægir	0.68	701	52.23	104,79 %
	50m: 25.79	100m: 52.23 (26.44)				



# Úrslit

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

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
3	Heini Mohr Askham	2006 Ægir	0.67	588	55.36	104,14 %
	50m: 26.59	100m: 55.36 (28.77)				
4	Óli Mikkelsen	2008 Havnar Svímjifelag	0.69	539	57.00	100,02 %
	50m: 27.41	100m: 57.00 (29.59)				
5	Benjamin Havn	2011 Ægir	0.64	462	59.98	102,68 %
	50m: 29.18	100m: 59.98 (30.80)				
6	Ólavur Winther Jákupsson	2008 Havnar Svímjifelag	0.69	461	1:00.04	99,90 %
	50m: 28.81	100m: 1:00.04 (31.23)				
7	Haraldur Mortensen	2010 Suðuroyar Svímjifelag	0.68	457	1:00.21	96,19 %
	50m: 29.24	100m: 1:00.21 (30.97)				
8	Tórir Olsen	2011 Ægir	0.78	452	1:00.43	97,59 %
	50m: 29.12	100m: 1:00.43 (31.31)				

Kapping almenn: 06.06.2026 18:45:28

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

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

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Jóhanna Ólavsdóttir	2007 Ægir	0.66	536	5:24.55	97,15 %
	50m: 33.18	100m: 1:12.39 (39.21)			150m: 1:54.24 (41.85)	200m: 2:34.62 (40.38)
	250m: 3:21.36 (46.74)	300m: 4:09.01 (47.65)			350m: 4:46.93 (37.92)	400m: 5:24.55 (37.62)
2	Rebekka Róðinsdóttir	2007 Fuglafjarðar Svímjifelag	0.65	520	5:27.82	100,23 %
	50m: 33.82	100m: 1:13.92 (40.10)			150m: 1:54.91 (40.99)	200m: 2:36.03 (41.12)
	250m: 3:22.78 (46.75)	300m: 4:10.93 (48.15)			350m: 4:49.94 (39.01)	400m: 5:27.82 (37.88)

Kapping almenn: 06.06.2026 18:56:17

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

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

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Theodor Salter	2011 Havnar Svímjifelag	0.71	368	5:38.21	95,72 % Q
	50m: 34.50	100m: 1:13.88 (39.38)			150m: 1:58.68 (44.80)	200m: 2:42.47 (43.79)
	250m: 3:33.75 (51.28)	300m: 4:24.96 (51.21)			350m: 5:02.30 (37.34)	400m: 5:38.21 (35.91)
2	Fríðálvur Eliassen	2011 Fuglafjarðar Svímjifelag	0.76	326	5:52.21	97,69 % Q
	50m: 36.64	100m: 1:19.82 (43.18)			150m: 2:06.75 (46.93)	200m: 2:53.59 (46.84)
	250m: 3:44.32 (50.73)	300m: 4:36.28 (51.96)			350m: 5:15.86 (39.58)	400m: 5:52.21 (36.35)

Kapping almenn: 06.06.2026 11:23:28

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

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

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Silas Dam Lindberg	2008 Havnar Svímjifelag	0.68	540	4:57.68	100,61 % Q
	50m: 31.33	100m: 1:06.96 (35.63)			150m: 1:46.79 (39.83)	200m: 2:24.67 (37.88)
	250m: 3:05.37 (40.70)	300m: 3:47.63 (42.26)			350m: 4:23.27 (35.64)	400m: 4:57.68 (34.41)
2	Bárður Ólavsson	2008 Ægir	0.73	520	5:01.56	100,74 % Q
	50m: 30.83	100m: 1:06.57 (35.74)			150m: 1:47.21 (40.64)	200m: 2:26.71 (39.50)
	250m: 3:09.85 (43.14)	300m: 3:53.15 (43.30)			350m: 4:27.30 (34.15)	400m: 5:01.56 (34.26)

Kapping almenn: 06.06.2026 11:23:28

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

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

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

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

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Silas Dam Lindberg	2008 Havnar Svímjifelag	0.68	540	<b>4:57.68</b>	100,61 % Q
	50m: 31.33	100m: 1:06.96 (35.63)	150m: 1:46.79 (39.83)	200m: 2:24.67 (37.88)		
	250m: 3:05.37 (40.70)	300m: 3:47.63 (42.26)	350m: 4:23.27 (35.64)	400m: 4:57.68 (34.41)		
2	Bárður Ólavsson	2008 Ægir	0.73	520	<b>5:01.56</b>	100,74 % Q
	50m: 30.83	100m: 1:06.57 (35.74)	150m: 1:47.21 (40.64)	200m: 2:26.71 (39.50)		
	250m: 3:09.85 (43.14)	300m: 3:53.15 (43.30)	350m: 4:27.30 (34.15)	400m: 5:01.56 (34.26)		
3	Theodor Salter	2011 Havnar Svímjifelag	0.71	368	<b>5:38.21</b>	95,72 % Q
	50m: 34.50	100m: 1:13.88 (39.38)	150m: 1:58.68 (44.80)	200m: 2:42.47 (43.79)		
	250m: 3:33.75 (51.28)	300m: 4:24.96 (51.21)	350m: 5:02.30 (37.34)	400m: 5:38.21 (35.91)		
4	Fríðalvur Eliassen	2011 Fuglafjarðar Svímjifelag	0.76	326	<b>5:52.21</b>	97,69 % Q
	50m: 36.64	100m: 1:19.82 (43.18)	150m: 2:06.75 (46.93)	200m: 2:53.59 (46.84)		
	250m: 3:44.32 (50.73)	300m: 4:36.28 (51.96)	350m: 5:15.86 (39.58)	400m: 5:52.21 (36.35)		

Kapping almenn: 06.06.2026 11:23:28

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

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

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Theodor Salter	2011 Havnar Svímjifelag	0.69	391	<b>5:31.47</b>	101,99 %
	50m: 32.60	100m: 1:09.77 (37.17)	150m: 1:52.66 (42.89)	200m: 2:35.01 (42.35)		
	250m: 3:23.69 (48.68)	300m: 4:12.78 (49.09)	350m: 4:52.19 (39.41)	400m: 5:31.47 (39.28)		
2	Fríðalvur Eliassen	2011 Fuglafjarðar Svímjifelag	0.76	347	<b>5:45.00</b>	102,05 %
	50m: 35.03	100m: 1:17.32 (42.29)	150m: 2:04.83 (47.51)	200m: 2:50.67 (45.84)		
	250m: 3:40.33 (49.66)	300m: 4:31.40 (51.07)	350m: 5:08.87 (37.47)	400m: 5:45.00 (36.13)		

Kapping almenn: 06.06.2026 18:57:52

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

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

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Bárður Ólavsson	2008 Ægir	0.67	608	<b>4:46.12</b>	105,12 %
	50m: 29.56	100m: 1:02.93 (33.37)	150m: 1:41.01 (38.08)	200m: 2:18.96 (37.95)		
	250m: 2:59.88 (40.92)	300m: 3:41.50 (41.62)	350m: 4:14.10 (32.60)	400m: 4:46.12 (32.02)		
2	Silas Dam Lindberg	2008 Havnar Svímjifelag	0.69	541	<b>4:57.58</b>	100,03 %
	50m: 29.40	100m: 1:03.10 (33.70)	150m: 1:41.45 (38.35)	200m: 2:19.62 (38.17)		
	250m: 3:00.15 (40.53)	300m: 3:42.98 (42.83)	350m: 4:18.35 (35.37)	400m: 4:57.58 (39.23)		

Kapping almenn: 06.06.2026 18:57:52

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

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

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Bárður Ólavsson	2008 Ægir	0.67	608	<b>4:46.12</b>	105,12 %
	50m: 29.56	100m: 1:02.93 (33.37)	150m: 1:41.01 (38.08)	200m: 2:18.96 (37.95)		
	250m: 2:59.88 (40.92)	300m: 3:41.50 (41.62)	350m: 4:14.10 (32.60)	400m: 4:46.12 (32.02)		
2	Silas Dam Lindberg	2008 Havnar Svímjifelag	0.69	541	<b>4:57.58</b>	100,03 %
	50m: 29.40	100m: 1:03.10 (33.70)	150m: 1:41.45 (38.35)	200m: 2:19.62 (38.17)		
	250m: 3:00.15 (40.53)	300m: 3:42.98 (42.83)	350m: 4:18.35 (35.37)	400m: 4:57.58 (39.23)		

3	Theodor Salter	2011 Havnar Svímjifelag	0.69	391	<b>5:31.47</b>	101,99 %
	50m: 32.60	100m: 1:09.77 (37.17)	150m: 1:52.66 (42.89)	200m: 2:35.01 (42.35)		
	250m: 3:23.69 (48.68)	300m: 4:12.78 (49.09)	350m: 4:52.19 (39.41)	400m: 5:31.47 (39.28)		
4	Fríðalvur Eliassen	2011 Fuglafjarðar Svímjifelag	0.76	347	<b>5:45.00</b>	102,05 %
	50m: 35.03	100m: 1:17.32 (42.29)	150m: 2:04.83 (47.51)	200m: 2:50.67 (45.84)		
	250m: 3:40.33 (49.66)	300m: 4:31.40 (51.07)	350m: 5:08.87 (37.47)	400m: 5:45.00 (36.13)		

Kapping almenn: 06.06.2026 18:57:52

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



# Úrslit

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

FAR.JR	8:55.15	Ægir Klaksvik	Ægir Klaksvik (FRO)	Vagur (FRO)	12.03.2016	
FAR	8:55.15	Ægir Klaksvik	Ægir Klaksvik (FRO)	Vagur (FRO)	12.03.2016	
Raðf	Navn	Aldur	Felag	AQU	Tíð	Munur
<b>1</b>	<b>Suðuroyar Svímjifelag</b>		16 Suðuroyar Svímjifelag	321 Q	<b>11:07.97</b>	86,65 %
	Jórun Winther	2011	0.75	36.09	1:16.05	2:34.28 2:34.28
	Emma Debes	2010	0.42	37.31	1:17.56	2:37.94 5:12.22
	Sissal Rógvadóttir	2010	0.58	41.58	1:26.44	2:54.46 8:06.68
	Talita Johannesen	2010	0.36	40.85	1:27.49	3:01.29 11:07.97
<b>2</b>	<b>HS Kvinnur</b>		16 Havnar Svímjifelag	236 Q	<b>12:19.43</b>	72,55 %
	India Linnea Bech	2011	0.79	38.54	1:20.38	2:44.63 2:44.63
	Mariella Annbrittardóttir Henriksen	2010	0.97	41.95	1:29.46	3:08.37 5:53.00
	Lilja Sørensen	2011	0.58	42.87	1:31.08	3:05.56 8:58.56
	Noomi Hella Jacobsen	2012	0.76	44.77	1:36.70	3:20.87 12:19.43

Kapping almenn: 06.06.2026 11:53:46

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

FAR.JR	8:55.15	Ægir Klaksvik	Ægir Klaksvik (FRO)	Vagur (FRO)	12.03.2016	
FAR	8:55.15	Ægir Klaksvik	Ægir Klaksvik (FRO)	Vagur (FRO)	12.03.2016	
Raðf	Navn	Aldur	Felag	AQU	Tíð	Munur
<b>1</b>	<b>Ægir</b>		18 Ægir	314 Q	<b>11:13.02</b>	79,78 %
	Lea Osberg Højsted	2008	0.90	37.04	1:17.63	2:42.69 2:42.69
	Durita Davidsen	2011	0.63	44.15	1:34.36	3:16.17 5:58.86
	Lea Petersen	2009	0.50	36.11	1:16.30	2:36.54 8:35.40
	Durita Mohr Askham	2008	0.44	35.55	1:15.16	2:37.62 11:13.02

Kapping almenn: 06.06.2026 11:53:46

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

FAR.JR	8:55.15	Ægir Klaksvik	Ægir Klaksvik (FRO)	Vagur (FRO)	12.03.2016	
FAR	8:55.15	Ægir Klaksvik	Ægir Klaksvik (FRO)	Vagur (FRO)	12.03.2016	
Raðf	Navn	Aldur	Felag	AQU	Tíð	Munur
<b>1</b>	<b>Suðuroyar Svímjifelag</b>		16 Suðuroyar Svímjifelag	321 Q	<b>11:07.97</b>	86,65 %
	Jórun Winther	2011	0.75	36.09	1:16.05	2:34.28 2:34.28
	Emma Debes	2010	0.42	37.31	1:17.56	2:37.94 5:12.22
	Sissal Rógvadóttir	2010	0.58	41.58	1:26.44	2:54.46 8:06.68
	Talita Johannesen	2010	0.36	40.85	1:27.49	3:01.29 11:07.97
<b>2</b>	<b>Ægir</b>		18 Ægir	314 Q	<b>11:13.02</b>	79,78 %
	Lea Osberg Højsted	2008	0.90	37.04	1:17.63	2:42.69 2:42.69
	Durita Davidsen	2011	0.63	44.15	1:34.36	3:16.17 5:58.86
	Lea Petersen	2009	0.50	36.11	1:16.30	2:36.54 8:35.40
	Durita Mohr Askham	2008	0.44	35.55	1:15.16	2:37.62 11:13.02
<b>3</b>	<b>Ægir gentur</b>		14 Ægir	307 Q	<b>11:17.54</b>	93,77 %
	Sólfríð H. Johannesen	2013	0.64	37.53	1:20.26	2:43.59 2:43.59
	Randi Brim Hvidbro	2012	0.38	38.10	1:23.86	2:57.20 5:40.79
	Delaila H. Gregersen	2013	0.53	40.50	1:24.84	2:52.68 8:33.47
	Hanna Lilja Jacobsen	2015	0.46	36.88	1:18.45	2:44.07 11:17.54



# Úrslit

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

Raðf	Navn	Aldur	Felag		AQU	Tíð	Munur
<b>4</b>	<b>Fuglafjarðar Svímjifelag</b>		21 Fuglafjarðar Svímjifelag		304 Q	<b>11:19.83</b>	
	Rebekka Róðinsdóttir	2007	0.51	35.11	1:18.32	2:48.79	2:48.79
	Sirið Vesturtún	2011	0.37	38.14	1:21.80	2:50.73	5:39.52
	Felisia Florinsdóttir	2012	0.56	39.83	1:26.80	2:57.52	8:37.04
	Jonna Joensen	2005	0.52	35.30	1:18.98	2:42.79	11:19.83
<b>5</b>	<b>HS Kvinnur</b>		16 Havnar Svímjifelag		236 Q	<b>12:19.43</b>	72,55 %
	India Linnea Bech	2011	0.79	38.54	1:20.38	2:44.63	2:44.63
	Mariella Annbrittardóttir Henriksen	2010	0.97	41.95	1:29.46	3:08.37	5:53.00
	Lilja Sørensen	2011	0.58	42.87	1:31.08	3:05.56	8:58.56
	Noomi Hella Jacobsen	2012	0.76	44.77	1:36.70	3:20.87	12:19.43

Kapping almenn: 06.06.2026 11:53:46

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

FAR.JR	8:55.15	Ægir Klaksvik	Ægir Klaksvik (FRO)	Vagur (FRO)		12.03.2016	
FAR	8:55.15	Ægir Klaksvik	Ægir Klaksvik (FRO)	Vagur (FRO)		12.03.2016	
Raðf	Navn	Aldur	Felag		AQU	Tíð	Munur
<b>1</b>	<b>Suðuroyar Svímjifelag</b>		16 Suðuroyar Svímjifelag		426	<b>10:07.82</b>	109,00
	Jórun Winther	2011	0.77	32.12	1:08.37	2:25.00	2:25.00
	Emma Debes	2010	0.45	33.79	1:12.74	2:31.95	4:56.95
	Talita Johannesen	2010	0.29	33.75	1:14.07	2:41.95	7:38.90
	Sissal Rógvadóttir	2010	0.03	32.35	1:09.24	2:28.92	10:07.82

Kapping almenn: 06.06.2026 19:33:55

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

FAR.JR	8:55.15	Ægir Klaksvik	Ægir Klaksvik (FRO)	Vagur (FRO)		12.03.2016	
FAR	8:55.15	Ægir Klaksvik	Ægir Klaksvik (FRO)	Vagur (FRO)		12.03.2016	
Raðf	Navn	Aldur	Felag		AQU	Tíð	Munur
<b>1</b>	<b>Ægir</b>		19 Ægir		501	<b>9:35.81</b>	114,44
	Durita Mohr Askham	2008	0.76	33.83	1:11.70	2:29.07	2:29.07
	Lea Petersen	2009	0.55	33.17	1:09.71	2:26.95	4:56.02
	Jóhanna Ólavsdóttir	2007	0.35	31.39	1:07.07	2:21.11	7:17.13
	Lea Osberg Højsted	2008	0.43	30.73	1:06.06	2:18.68	9:35.81
<b>2</b>	<b>Fuglafjarðar Svímjifelag</b>		21 Fuglafjarðar Svímjifelag		453	<b>9:55.64</b>	112,38
	Sirið Vesturtún	2011	0.66	34.29	1:13.28	2:35.05	2:35.05
	Birita Vesturtún	2007	0.38	33.41	1:10.65	2:31.43	5:06.48
	Jonna Joensen	2005	0.55	33.00	1:11.31	2:27.82	7:34.30
	Rebekka Róðinsdóttir	2007	0.25	31.55	1:07.11	2:21.34	9:55.64
<b>3</b>	<b>Suðuroyar Svímjifelag</b>		16 Suðuroyar Svímjifelag		426	<b>10:07.82</b>	109,00
	Jórun Winther	2011	0.77	32.12	1:08.37	2:25.00	2:25.00
	Emma Debes	2010	0.45	33.79	1:12.74	2:31.95	4:56.95
	Talita Johannesen	2010	0.29	33.75	1:14.07	2:41.95	7:38.90
	Sissal Rógvadóttir	2010	0.03	32.35	1:09.24	2:28.92	10:07.82



# Úrslit

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

Raðf	Navn	Aldur	Felag			AQU	Tíð	Munur
<b>4</b>	<b>HS Kvinnur</b>		21	Havnar Svímjifelag		357	<b>10:44.72</b>	112,81
	Elisabet Leivsdóttir	2014		0.84	36.37	1:19.54	2:51.04	2:51.04
	India Linnea Bech	2011		0.42	37.12	1:20.71	2:46.88	5:37.92
	Lilja Sørensen	2011		0.67	37.46	1:20.27	2:42.80	8:20.72
	Elisabeth Erlendsdóttir	2005		0.50	30.84	1:07.42	2:24.00	10:44.72
<b>5</b>	<b>Ægir gentur</b>		14	Ægir		340	<b>10:55.02</b>	103,32
	Delaila H. Gregersen	2013		0.76	38.14	1:20.21	2:44.80	2:44.80
	Hanna Lilja Jacobsen	2015		0.36	35.77	1:17.30	2:44.03	5:28.83
	Randi Brim Hvidbro	2012		0.37	35.07	1:17.24	2:47.12	8:15.95
	Sólfríð H. Johannessen	2013		0.66	35.75	1:16.13	2:39.07	10:55.02

Kapping almenn: 06.06.2026 19:33:55

## Kapping 30, 4x200m Frí Menn JM-Y - Innleiðandi

FAR.JR	8:03.08	Ægir		2008	Ægir (FRO)	Tórshavn (FRO)		06.06.2026
FAR	7:56.18	Ægir		2008	Ægir (FRO)	Tórshavn (FRO)		06.06.2026
Raðf	Navn	Aldur	Felag			AQU	Tíð	Munur
<b>1</b>	<b>HS Unglingar</b>		16	Havnar Svímjifelag		288 Q	<b>10:33.16</b>	88,65 %
	Jónatan Samuelson	2010		0.77	33.68	1:08.94	2:23.18	2:23.18
	Teitur Miné Róason	2011		0.84	39.27	1:23.15	2:49.17	5:12.35
	Nóa Róason Staksund	2011		0.28	37.23	1:19.16	2:43.05	7:55.40
	Theodor Salter	2011			39.46	1:21.49	2:37.76	10:33.16

Kapping almenn: 06.06.2026 11:54:36

## Kapping 30, 4x200m Frí Menn JM-E - Innleiðandi

FAR.JR	8:03.08	Ægir		2008	Ægir (FRO)	Tórshavn (FRO)		06.06.2026
FAR	7:56.18	Ægir		2008	Ægir (FRO)	Tórshavn (FRO)		06.06.2026
Raðf	Navn	Aldur	Felag			AQU	Tíð	Munur
<b>1</b>	<b>Ægir</b>		18	Ægir		650 Q	<b>8:03.08</b>	102,35 FAR.JR
	Líggjas Joensen	2008		0.71	26.51	55.29	1:55.39	1:55.39
	Bárður Ólavsson	2008		0.44	28.07	59.29	2:03.08	3:58.47
	Tórir Olsen	2011		0.49	28.49	59.69	2:05.22	6:03.69
	Fróði Hansen	2008		0.31	26.80	56.54	1:59.39	8:03.08
<b>2</b>	<b>HS Menn</b>		18	Havnar Svímjifelag		352 Q	<b>9:52.62</b>	
	Ólavur Winther Jákupsson	2008		0.69	33.68	1:10.17	2:20.24	2:20.24
	Sílas Dam Lindberg	2008		0.94	31.13	1:04.76	2:07.02	4:27.26
	Andrias Mellempgaard	2009	S9	0.81	38.19	1:24.64	2:55.11	7:22.37
	Óli Mikkelsen	2008		0.95	33.00	1:10.63	2:30.25	9:52.62

Kapping almenn: 06.06.2026 11:54:36

## Kapping 30, 4x200m Frí Menn FM - Innleiðandi

FAR.JR	8:03.08	Ægir		2008	Ægir (FRO)	Tórshavn (FRO)		06.06.2026
FAR	7:56.18	Ægir		2008	Ægir (FRO)	Tórshavn (FRO)		06.06.2026
Raðf	Navn	Aldur	Felag			AQU	Tíð	Munur
<b>1</b>	<b>Ægir</b>		18	Ægir		650 Q	<b>8:03.08</b>	102,35 FAR.JR
	Líggjas Joensen	2008		0.71	26.51	55.29	1:55.39	1:55.39
	Bárður Ólavsson	2008		0.44	28.07	59.29	2:03.08	3:58.47
	Tórir Olsen	2011		0.49	28.49	59.69	2:05.22	6:03.69
	Fróði Hansen	2008		0.31	26.80	56.54	1:59.39	8:03.08



# Úrslit

## Kapping 30, 4x200m Frí Menn FM - Innleiðandi

Raðf	Navn	Aldur	Felag			AQU	Tíð	Munur
<b>2</b>	<b>HS Menn</b>		18 Havnar Svímjifelag			352 Q	<b>9:52.62</b>	
	Ólavur Winther Jákupsson	2008		0.69	33.68	1:10.17	2:20.24	2:20.24
	Silas Dam Lindberg	2008		0.94	31.13	1:04.76	2:07.02	4:27.26
	Andrias Mellemgaard	2009	S9	0.81	38.19	1:24.64	2:55.11	7:22.37
	Óli Mikkelsen	2008		0.95	33.00	1:10.63	2:30.25	9:52.62
<b>3</b>	<b>HS Unglingar</b>		16 Havnar Svímjifelag			288 Q	<b>10:33.16</b>	88,65 %
	Jónatan Samuelsen	2010		0.77	33.68	1:08.94	2:23.18	2:23.18
	Teitur Miné Róason	2011		0.84	39.27	1:23.15	2:49.17	5:12.35
	Nóa Róason Stakksund	2011		0.28	37.23	1:19.16	2:43.05	7:55.40
	Theodor Salter	2011			39.46	1:21.49	2:37.76	10:33.16

Kapping almenn: 06.06.2026 11:54:36

## Kapping 30, 4x200m Frí Menn JM-Y - Finala

FAR.JR	8:03.08	Ægir	2008 Ægir (FRO)			Tórshavn (FRO)	06.06.2026	
FAR	7:56.18	Ægir	2008 Ægir (FRO)			Tórshavn (FRO)	06.06.2026	
Raðf	Navn	Aldur	Felag			AQU	Tíð	Munur
<b>1</b>	<b>HS Unglingar</b>		16 Havnar Svímjifelag			352	<b>9:52.53</b>	106,42
	Jónatan Samuelsen	2010		0.74	31.90	1:06.56	2:20.04	2:20.04
	Bragi Bjarnason	2012		0.48	35.42	1:17.20	2:40.04	5:00.08
	Nóa Róason Stakksund	2011		0.36	32.23	1:08.15	2:21.45	7:21.53
	Aleks Uadhaw Thomsen	2013		0.43	33.64	1:12.19	2:31.00	9:52.53

Kapping almenn: 06.06.2026 19:36:26

## Kapping 30, 4x200m Frí Menn FM - Finala

FAR.JR	8:03.08	Ægir	2008 Ægir (FRO)			Tórshavn (FRO)	06.06.2026	
FAR	7:56.18	Ægir	2008 Ægir (FRO)			Tórshavn (FRO)	06.06.2026	
Raðf	Navn	Aldur	Felag			AQU	Tíð	Munur
<b>1</b>	<b>Ægir</b>		20 Ægir			679	<b>7:56.18</b>	101,43 FAR
	Tórir Olsen	2011		0.86	28.69	59.55	2:04.80	2:04.80
	Heini Mohr Askham	2006		0.45	26.51	56.02	1:56.45	4:01.25
	Fróði Hansen	2008		0.39	27.44	57.75	2:00.33	6:01.58
	Líggjas Joensen	2008		0.39	26.26	55.76	1:54.60	7:56.18
<b>2</b>	<b>HS Menn</b>		20 Havnar Svímjifelag			440	<b>9:10.22</b>	107,15
	Theodor Salter	2011		0.67	29.23	1:00.89	2:05.82	2:05.82
	Isak Brisenfeldt	2006		0.44	32.91	1:10.70	2:27.41	4:33.23
	Ólavur Winther Jákupsson	2008		0.67	32.48	1:08.61	2:20.66	6:53.89
	Silas Dam Lindberg	2008		0.86	32.88	1:06.20	2:16.33	9:10.22
<b>3</b>	<b>HS Unglingar</b>		16 Havnar Svímjifelag			352	<b>9:52.53</b>	106,42
	Jónatan Samuelsen	2010		0.74	31.90	1:06.56	2:20.04	2:20.04
	Bragi Bjarnason	2012		0.48	35.42	1:17.20	2:40.04	5:00.08
	Nóa Róason Stakksund	2011		0.36	32.23	1:08.15	2:21.45	7:21.53
	Aleks Uadhaw Thomsen	2013		0.43	33.64	1:12.19	2:31.00	9:52.53

Kapping almenn: 06.06.2026 19:36:26

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

FAR.JR	8:09.08	Líggjas Joensen	2008 Ægir Klaksvík (FRO)			Bronshoj (DEN)	16.04.2026	
FAR	7:45.55	Pál Joensen	1990 Suðuroyar Svímjifelag (FR)			Shanghai (CHN)	26.07.2011	
Raðf	Navn	Føðia	Felag			R.T AQU	Tíð	Munur



# Úrslit

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

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
<b>1</b>	<b>Tórir Olsen</b>	2011 Ægir	0.83	510	<b>9:25.69</b>	90,84 %
	50m: 31.42	100m: 1:06.37 (34.95)	150m: 1:42.05 (35.68)	200m: 2:18.16 (36.11)		
	250m: 2:53.12 (34.96)	300m: 3:28.98 (35.86)	350m: 4:04.95 (35.97)	400m: 4:40.73 (35.78)		
	450m: 5:16.28 (35.55)	500m: 5:52.56 (36.28)	550m: 6:27.97 (35.41)	600m: 7:04.30 (36.33)		
	650m: 7:39.58 (35.28)	700m: 8:15.37 (35.79)	750m: 8:50.55 (35.18)	800m: 9:25.69 (35.14)		
<b>2</b>	<b>Benjamin Havn</b>	2011 Ægir	0.65	443	<b>9:52.74</b>	98,66 %
	50m: 33.45	100m: 1:09.99 (36.54)	150m: 1:47.68 (37.69)	200m: 2:25.29 (37.61)		
	250m: 3:02.65 (37.36)	300m: 3:40.23 (37.58)	350m: 4:16.99 (36.76)	400m: 4:54.48 (37.49)		
	450m: 5:31.96 (37.48)	500m: 6:09.81 (37.85)	550m: 6:47.35 (37.54)	600m: 7:25.57 (38.22)		
	650m: 8:02.89 (37.32)	700m: 8:40.56 (37.67)	750m: 9:17.49 (36.93)	800m: 9:52.74 (35.25)		

Kapping almenn: 07.06.2026 09:19:41

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

FAR.JR 8:09.08 Liggjas Joensen 2008 Ægir Klaksvik (FRO) Bronshoj (DEN) 16.04.2026  
FAR 7:45.55 Pál Joensen 1990 Suðuroyar Svímjifelag (FR) Shanghai (CHN) 26.07.2011

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
<b>1</b>	<b>Liggjas Joensen</b>	2008 Ægir	0.72	655	<b>8:40.45</b>	93,59 %
	50m: 28.80	100m: 1:00.67 (31.87)	150m: 1:33.60 (32.93)	200m: 2:06.41 (32.81)		
	250m: 2:39.26 (32.85)	300m: 3:11.79 (32.53)	350m: 3:44.96 (33.17)	400m: 4:17.40 (32.44)		
	450m: 4:49.94 (32.54)	500m: 5:22.59 (32.65)	550m: 5:55.27 (32.68)	600m: 6:28.33 (33.06)		
	650m: 7:01.81 (33.48)	700m: 7:34.97 (33.16)	750m: 8:08.10 (33.13)	800m: 8:40.45 (32.35)		
<b>2</b>	<b>Silas Dam Lindberg</b>	2008 Havnar Svímjifelag	0.67	640	<b>8:44.41</b>	95,49 %
	50m: 29.17	100m: 1:00.91 (31.74)	150m: 1:33.96 (33.05)	200m: 2:06.64 (32.68)		
	250m: 2:39.93 (33.29)	300m: 3:12.56 (32.63)	350m: 3:45.87 (33.31)	400m: 4:18.79 (32.92)		
	450m: 4:51.87 (33.08)	500m: 5:25.02 (33.15)	550m: 5:58.84 (33.82)	600m: 6:31.86 (33.02)		
	650m: 7:05.71 (33.85)	700m: 7:38.86 (33.15)	750m: 8:11.98 (33.12)	800m: 8:44.41 (32.43)		
<b>3</b>	<b>Ólavur Winther Jákupsson</b>	2008 Havnar Svímjifelag	0.68	560	<b>9:08.26</b>	93,86 %
	50m: 30.28	100m: 1:04.16 (33.88)	150m: 1:39.25 (35.09)	200m: 2:14.43 (35.18)		
	250m: 2:49.62 (35.19)	300m: 3:24.73 (35.11)	350m: 3:59.59 (34.86)	400m: 4:34.80 (35.21)		
	450m: 5:08.98 (34.18)	500m: 5:43.59 (34.61)	550m: 6:18.28 (34.69)	600m: 6:53.13 (34.85)		
	650m: 7:27.06 (33.93)	700m: 8:01.33 (34.27)	750m: 8:35.09 (33.76)	800m: 9:08.26 (33.17)		

Kapping almenn: 07.06.2026 09:19:41

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

FAR.JR 8:09.08 Liggjas Joensen 2008 Ægir Klaksvik (FRO) Bronshoj (DEN) 16.04.2026  
FAR 7:45.55 Pál Joensen 1990 Suðuroyar Svímjifelag (FR) Shanghai (CHN) 26.07.2011

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
<b>1</b>	<b>Liggjas Joensen</b>	2008 Ægir	0.72	655	<b>8:40.45</b>	93,59 %
	50m: 28.80	100m: 1:00.67 (31.87)	150m: 1:33.60 (32.93)	200m: 2:06.41 (32.81)		
	250m: 2:39.26 (32.85)	300m: 3:11.79 (32.53)	350m: 3:44.96 (33.17)	400m: 4:17.40 (32.44)		
	450m: 4:49.94 (32.54)	500m: 5:22.59 (32.65)	550m: 5:55.27 (32.68)	600m: 6:28.33 (33.06)		
	650m: 7:01.81 (33.48)	700m: 7:34.97 (33.16)	750m: 8:08.10 (33.13)	800m: 8:40.45 (32.35)		
<b>2</b>	<b>Silas Dam Lindberg</b>	2008 Havnar Svímjifelag	0.67	640	<b>8:44.41</b>	95,49 %
	50m: 29.17	100m: 1:00.91 (31.74)	150m: 1:33.96 (33.05)	200m: 2:06.64 (32.68)		
	250m: 2:39.93 (33.29)	300m: 3:12.56 (32.63)	350m: 3:45.87 (33.31)	400m: 4:18.79 (32.92)		
	450m: 4:51.87 (33.08)	500m: 5:25.02 (33.15)	550m: 5:58.84 (33.82)	600m: 6:31.86 (33.02)		
	650m: 7:05.71 (33.85)	700m: 7:38.86 (33.15)	750m: 8:11.98 (33.12)	800m: 8:44.41 (32.43)		
<b>3</b>	<b>Heini Mohr Askham</b>	2006 Ægir	0.73	578	<b>9:02.55</b>	94,78 %
	50m: 30.21	100m: 1:05.26 (35.05)	150m: 1:40.83 (35.57)	200m: 2:16.74 (35.91)		
	250m: 2:51.30 (34.56)	300m: 3:25.81 (34.51)	350m: 4:00.50 (34.69)	400m: 4:35.16 (34.66)		
	450m: 5:10.05 (34.89)	500m: 5:44.10 (34.05)	550m: 6:18.62 (34.52)	600m: 6:52.34 (33.72)		
	650m: 7:25.87 (33.53)	700m: 7:59.49 (33.62)	750m: 8:32.67 (33.18)	800m: 9:02.55 (29.88)		
<b>4</b>	<b>Ólavur Winther Jákupsson</b>	2008 Havnar Svímjifelag	0.68	560	<b>9:08.26</b>	93,86 %
	50m: 30.28	100m: 1:04.16 (33.88)	150m: 1:39.25 (35.09)	200m: 2:14.43 (35.18)		
	250m: 2:49.62 (35.19)	300m: 3:24.73 (35.11)	350m: 3:59.59 (34.86)	400m: 4:34.80 (35.21)		
	450m: 5:08.98 (34.18)	500m: 5:43.59 (34.61)	550m: 6:18.28 (34.69)	600m: 6:53.13 (34.85)		
	650m: 7:27.06 (33.93)	700m: 8:01.33 (34.27)	750m: 8:35.09 (33.76)	800m: 9:08.26 (33.17)		
<b>5</b>	<b>Tórir Olsen</b>	2011 Ægir	0.83	510	<b>9:25.69</b>	90,84 %
	50m: 31.42	100m: 1:06.37 (34.95)	150m: 1:42.05 (35.68)	200m: 2:18.16 (36.11)		
	250m: 2:53.12 (34.96)	300m: 3:28.98 (35.86)	350m: 4:04.95 (35.97)	400m: 4:40.73 (35.78)		
	450m: 5:16.28 (35.55)	500m: 5:52.56 (36.28)	550m: 6:27.97 (35.41)	600m: 7:04.30 (36.33)		
	650m: 7:39.58 (35.28)	700m: 8:15.37 (35.79)	750m: 8:50.55 (35.18)	800m: 9:25.69 (35.14)		



# Úrslit

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

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
6	Benjamin Havn	2011 Ægir	0.65	443	9:52.74	98,66 %
	50m: 33.45	100m: 1:09.99 (36.54)	150m: 1:47.68 (37.69)	200m: 2:25.29 (37.61)		
	250m: 3:02.65 (37.36)	300m: 3:40.23 (37.58)	350m: 4:16.99 (36.76)	400m: 4:54.48 (37.49)		
	450m: 5:31.96 (37.48)	500m: 6:09.81 (37.85)	550m: 6:47.35 (37.54)	600m: 7:25.57 (38.22)		
	650m: 8:02.89 (37.32)	700m: 8:40.56 (37.67)	750m: 9:17.49 (36.93)	800m: 9:52.74 (35.25)		
-	Andrass Thomsen	1982 Havnar Svimmifelag			DNS	

Kapping almenn: 07.06.2026 09:19:41

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

FAR.JR	2:25.71	Jóhanna Ólavsdóttir	2007 Fuglafjarðar Svimmifelag (F Reykjavik (ISL)	26.01.2025		
FAR	2:25.71	Jóhanna Ólavsdóttir	2007 Fuglafjarðar Svimmifelag (F Reykjavik (ISL)	26.01.2025		
Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Jóhanna Ólavsdóttir	2007 Ægir	0.71	543	2:29.29	99,63 %
	50m: 32.67	100m: 1:10.70 (38.03)	150m: 1:50.24 (39.54)	200m: 2:29.29 (39.05)		

Kapping almenn: 07.06.2026 16:19:50

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

FAR.JR	2:05.22	Ísak Brisenfeldt	2006 Havnar Svimmifelag (FRO)	Vilnius (LTU)	02.07.2024	
FAR	2:03.85	Ísak Brisenfeldt	2006 Havnar Svimmifelag (FRO)	Kobenhavn (DEN)	07.04.2025	
Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Theodor Salter	2011 Havnar Svimmifelag	0.69	367	2:34.01	115,15 % Q
	50m: 34.16	100m: 1:13.38 (39.22)	150m: 1:53.86 (40.48)	200m: 2:34.01 (40.15)		
2	Fríðálvur Eliassen	2011 Fuglafjarðar Svimmifelag	0.79	355	2:35.71	102,09 % Q
	50m: 34.57	100m: 1:15.60 (41.03)	150m: 1:57.83 (42.23)	200m: 2:35.71 (37.88)		

Kapping almenn: 07.06.2026 09:32:21

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

FAR.JR	2:05.22	Ísak Brisenfeldt	2006 Havnar Svimmifelag (FRO)	Vilnius (LTU)	02.07.2024	
FAR	2:03.85	Ísak Brisenfeldt	2006 Havnar Svimmifelag (FRO)	Kobenhavn (DEN)	07.04.2025	
Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Silas Dam Lindberg	2008 Havnar Svimmifelag	0.69	454	2:23.56	95,72 % Q
	50m: 32.20	100m: 1:10.76 (38.56)	150m: 1:49.17 (38.41)	200m: 2:23.56 (34.39)		
2	Bárður Ólavsson	2008 Ægir	0.75	453	2:23.66	90,66 % Q
	50m: 31.59	100m: 1:08.00 (36.41)	150m: 1:47.09 (39.09)	200m: 2:23.66 (36.57)		
3	Ólavur Winther Jákupsson	2008 Havnar Svimmifelag	0.68	308	2:43.37	99,26 % Q
	50m: 34.43	100m: 1:15.79 (41.36)	150m: 1:58.96 (43.17)	200m: 2:43.37 (44.41)		

Kapping almenn: 07.06.2026 09:32:21

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

FAR.JR	2:05.22	Ísak Brisenfeldt	2006 Havnar Svimmifelag (FRO)	Vilnius (LTU)	02.07.2024	
FAR	2:03.85	Ísak Brisenfeldt	2006 Havnar Svimmifelag (FRO)	Kobenhavn (DEN)	07.04.2025	
Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Silas Dam Lindberg	2008 Havnar Svimmifelag	0.69	454	2:23.56	95,72 % Q
	50m: 32.20	100m: 1:10.76 (38.56)	150m: 1:49.17 (38.41)	200m: 2:23.56 (34.39)		
2	Bárður Ólavsson	2008 Ægir	0.75	453	2:23.66	90,66 % Q
	50m: 31.59	100m: 1:08.00 (36.41)	150m: 1:47.09 (39.09)	200m: 2:23.66 (36.57)		
3	Isak Brisenfeldt	2006 Havnar Svimmifelag	0.69	439	2:25.12	83,17 % Q
	50m: 32.43	100m: 1:11.24 (38.81)	150m: 1:48.88 (37.64)	200m: 2:25.12 (36.24)		
4	Theodor Salter	2011 Havnar Svimmifelag	0.69	367	2:34.01	115,15 % Q
	50m: 34.16	100m: 1:13.38 (39.22)	150m: 1:53.86 (40.48)	200m: 2:34.01 (40.15)		
5	Fríðálvur Eliassen	2011 Fuglafjarðar Svimmifelag	0.79	355	2:35.71	102,09 % Q
	50m: 34.57	100m: 1:15.60 (41.03)	150m: 1:57.83 (42.23)	200m: 2:35.71 (37.88)		



# Úrslit

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

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
6	Ólavur Winther Jákupsson	2008 Havnar Svímjifelag	0.68	308	<b>2:43.37</b>	99,26 % Q
	50m: 34.43	100m: 1:15.79 (41.36)	150m: 1:58.96 (43.17)	200m: 2:43.37 (44.41)		

Kapping almenn: 07.06.2026 09:32:21

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

FAR.JR	2:05.22	Ísak Brisenfeldt	2006 Havnar Svímjifelag (FRO)	Vilnius (LTU)	02.07.2024
FAR	2:03.85	Ísak Brisenfeldt	2006 Havnar Svímjifelag (FRO)	Kobenhavn (DEN)	07.04.2025

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Theodor Salter	2011 Havnar Svímjifelag	0.67	434	<b>2:25.64</b>	105,43 %
	50m: 31.30	100m: 1:07.67 (36.37)	150m: 1:46.33 (38.66)	200m: 2:25.64 (39.31)		
2	Fríðálvur Eliassen	2011 Fuglafjarðar Svímjifelag	0.70	379	<b>2:32.38</b>	102,14 %
	50m: 32.89	100m: 1:12.39 (39.50)	150m: 1:52.69 (40.30)	200m: 2:32.38 (39.69)		

Kapping almenn: 07.06.2026 16:20:09

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

FAR.JR	2:05.22	Ísak Brisenfeldt	2006 Havnar Svímjifelag (FRO)	Vilnius (LTU)	02.07.2024
FAR	2:03.85	Ísak Brisenfeldt	2006 Havnar Svímjifelag (FRO)	Kobenhavn (DEN)	07.04.2025

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Bárður Ólavsson	2008 Ægir	0.70	568	<b>2:13.18</b>	107,30 %
	50m: 29.56	100m: 1:03.06 (33.50)	150m: 1:37.39 (34.33)	200m: 2:13.18 (35.79)		
2	Silas Dam Lindberg	2008 Havnar Svímjifelag	0.67	514	<b>2:17.67</b>	104,10 %
	50m: 29.27	100m: 1:03.50 (34.23)	150m: 1:39.83 (36.33)	200m: 2:17.67 (37.84)		
3	Ólavur Winther Jákupsson	2008 Havnar Svímjifelag	0.66	371	<b>2:33.43</b>	106,08 %
	50m: 32.46	100m: 1:11.23 (38.77)	150m: 1:51.93 (40.70)	200m: 2:33.43 (41.50)		

Kapping almenn: 07.06.2026 16:20:09

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

FAR.JR	2:05.22	Ísak Brisenfeldt	2006 Havnar Svímjifelag (FRO)	Vilnius (LTU)	02.07.2024
FAR	2:03.85	Ísak Brisenfeldt	2006 Havnar Svímjifelag (FRO)	Kobenhavn (DEN)	07.04.2025

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Isak Brisenfeldt	2006 Havnar Svímjifelag	0.63	683	<b>2:05.28</b>	113,67 %
	50m: 28.55	100m: 1:00.51 (31.96)	150m: 1:32.70 (32.19)	200m: 2:05.28 (32.58)		
2	Bárður Ólavsson	2008 Ægir	0.70	568	<b>2:13.18</b>	107,30 %
	50m: 29.56	100m: 1:03.06 (33.50)	150m: 1:37.39 (34.33)	200m: 2:13.18 (35.79)		
3	Silas Dam Lindberg	2008 Havnar Svímjifelag	0.67	514	<b>2:17.67</b>	104,10 %
	50m: 29.27	100m: 1:03.50 (34.23)	150m: 1:39.83 (36.33)	200m: 2:17.67 (37.84)		
4	Theodor Salter	2011 Havnar Svímjifelag	0.67	434	<b>2:25.64</b>	105,43 %
	50m: 31.30	100m: 1:07.67 (36.37)	150m: 1:46.33 (38.66)	200m: 2:25.64 (39.31)		
5	Fríðálvur Eliassen	2011 Fuglafjarðar Svímjifelag	0.70	379	<b>2:32.38</b>	102,14 %
	50m: 32.89	100m: 1:12.39 (39.50)	150m: 1:52.69 (40.30)	200m: 2:32.38 (39.69)		
6	Ólavur Winther Jákupsson	2008 Havnar Svímjifelag	0.66	371	<b>2:33.43</b>	106,08 %
	50m: 32.46	100m: 1:11.23 (38.77)	150m: 1:51.93 (40.70)	200m: 2:33.43 (41.50)		

Kapping almenn: 07.06.2026 16:20:09

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

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

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Jórun Winther	2011 Suðuroyar Svímjifelag	0.75	516	<b>29.43</b>	96,52 % -
2	Sirið Vesturtún	2011 Fuglafjarðar Svímjifelag	0.70	480	<b>30.14</b>	98,48 % Q
3	Emma Debes	2010 Suðuroyar Svímjifelag	0.75	450	<b>30.79</b>	94,77 % Q
4	Lilja Sørensen	2011 Havnar Svímjifelag	0.82	410	<b>31.76</b>	99,68 %
5	Mariella Annbrittardóttir Henrikse	2010 Havnar Svímjifelag	0.83	340	<b>33.81</b>	90,05 %
6	Rakul J Højbro	2011 Fuglafjarðar Svímjifelag	0.70	337	<b>33.92</b>	97,74 %



# Úrslit

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

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
7	Jonni B. Danielsen	2011 Svímjifelagið Flot	0.81	336	<b>33.93</b>	98,08 %
8	Durita Davidsen	2011 Ægir	0.79	327	<b>34.25</b>	100,78 %
9	India Linnea Bech	2011 Havnar Svímjifelag	0.76	313	<b>34.74</b>	98,78 %
10	Talita Johannesen	2010 Suðuroyar Svímjifelag	0.75	219	<b>39.14</b>	71,12 %

Kapping almenn: 07.06.2026 09:38:20

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

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

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Lea Osberg Højsted	2008 Ægir	0.75	619	<b>27.69</b>	100,25 % Q
2	Durita Mohr Askham	2008 Ægir	0.72	513	<b>29.49</b>	100,00 % Q
3	Lea Petersen	2009 Ægir	0.71	455	<b>30.69</b>	100,32 % Q
4	Lilja Strøm Winther	2009 Suðuroyar Svímjifelag	0.74	446	<b>30.90</b>	99,18 %

Kapping almenn: 07.06.2026 09:38:20

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

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

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Vár Erlingsdóttir Eidesgaard	2001 Havnar Svímjifelag	0.70	653	<b>27.21</b>	97,94 % Q
2	Lea Osberg Højsted	2008 Ægir	0.75	619	<b>27.69</b>	100,25 % Q
3	Elisabeth Erlendsdóttir	2005 Havnar Svímjifelag	0.82	557	<b>28.68</b>	95,60 % Q
4	Jórun Winther	2011 Suðuroyar Svímjifelag	0.75	516	<b>29.43</b>	96,52 % -
5	Durita Mohr Askham	2008 Ægir	0.72	513	<b>29.49</b>	100,00 % Q
6	Jonna Joensen	2005 Fuglafjarðar Svímjifelag	0.76	483	<b>30.08</b>	94,53 % Q
7	Sirið Vesturtún	2011 Fuglafjarðar Svímjifelag	0.70	480	<b>30.14</b>	98,48 % Q
8	Lea Petersen	2009 Ægir	0.71	455	<b>30.69</b>	100,32 % Q
9	Emma Debes	2010 Suðuroyar Svímjifelag	0.75	450	<b>30.79</b>	94,77 % Q
10	Lilja Strøm Winther	2009 Suðuroyar Svímjifelag	0.74	446	<b>30.90</b>	99,18 %
11	Birita Vesturtún	2007 Fuglafjarðar Svímjifelag	0.69	436	<b>31.12</b>	95,01 %
12	Lilja Sørensen	2011 Havnar Svímjifelag	0.82	410	<b>31.76</b>	99,68 %
13	Noomi Hella Jacobsen	2012 Havnar Svímjifelag	0.75	391	<b>32.27</b>	104,10 %
14	Sólfríð H. Johannesen	2013 Ægir	0.64	389	<b>32.33</b>	104,38 %
15	Randi Brim Hvidbro	2012 Ægir		361	<b>33.13</b>	106,17 %
=16	Delaila H. Gregersen	2013 Ægir	0.78	354	<b>33.37</b>	101,33 %
=16	Sára Thomsen	2005 Svímjifelagið Reysti	0.70	354	<b>33.37</b>	102,51 %
18	Hanna Lilja Jacobsen	2015 Ægir	0.81	348	<b>33.54</b>	104,61 %
19	Elisabet Leivsdóttir	2014 Havnar Svímjifelag	0.92	342	<b>33.76</b>	104,31 %
20	Oddvá Sædea D. Nattestad	2006 Havnar Svímjifelag	0.75	341	<b>33.77</b>	87,09 %
21	Mariella Annbrittardóttir Henrikse	2010 Havnar Svímjifelag	0.83	340	<b>33.81</b>	90,05 %
22	Rakul J Højbro	2011 Fuglafjarðar Svímjifelag	0.70	337	<b>33.92</b>	97,74 %
23	Jonni B. Danielsen	2011 Svímjifelagið Flot	0.81	336	<b>33.93</b>	98,08 %
24	Durita Davidsen	2011 Ægir	0.79	327	<b>34.25</b>	100,78 %
25	India Linnea Bech	2011 Havnar Svímjifelag	0.76	313	<b>34.74</b>	98,78 %
26	Felisia Florinsdóttir	2012 Fuglafjarðar Svímjifelag	0.81	289	<b>35.67</b>	102,25 %



# Úrslit

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

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
27	Jonna Steinberg Joensen	2014 Ægir	0.89	283	35.96	102,73 %
28	Katrina Mc Intosh	2015 Havnar Svímjifelag	0.92	276	36.22	98,34 %
29	Viktoria Klettskarð	2013 Ægir	0.77	273	36.37	97,84 %
30	Tabita Vón Ebbadóttir	2013 Ægir	0.81	273	36.39	97,81 %
31	Ebba Kirke Davidsen	2013 Suðuroyar Svímjifelag	0.75	269	36.53	97,82 %
32	Jytte Kirke Davidsen	2013 Suðuroyar Svímjifelag	0.79	269	36.55	95,03 %
33	Rósa Myrna Hansen	2006 Svímjefelagið Reysti	0.71	265	36.72	86,88 %
34	Talita Johannesen	2010 Suðuroyar Svímjifelag	0.75	219	39.14	71,12 %

Kapping almenn: 07.06.2026 09:38:20

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

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

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Sirið Vesturtún	2011 Fuglafjarðar Svímjifelag	0.62	512	29.50	102,12 %
2	Emma Debes	2010 Suðuroyar Svímjifelag	0.67	505	29.64	103,74 %

Kapping almenn: 07.06.2026 16:20:24

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

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

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Lea Osberg Højsted	2008 Ægir	0.72	654	27.19	101,81 %
2	Durita Mohr Askham	2008 Ægir	0.58	533	29.11	101,29 %
3	Lea Petersen	2009 Ægir	0.64	460	30.57	100,39 %

Kapping almenn: 07.06.2026 16:20:24

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

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

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Lea Osberg Højsted	2008 Ægir	0.72	654	27.19	101,81 %
2	Vár Erlingsdóttir Eidesgaard	2001 Havnar Svímjifelag	0.70	646	27.30	99,67 %
3	Elisabeth Erlendsdóttir	2005 Havnar Svímjifelag	0.77	586	28.20	101,67 %
4	Durita Mohr Askham	2008 Ægir	0.58	533	29.11	101,29 %
5	Sirið Vesturtún	2011 Fuglafjarðar Svímjifelag	0.62	512	29.50	102,12 %
6	Emma Debes	2010 Suðuroyar Svímjifelag	0.67	505	29.64	103,74 %
7	Jonna Joensen	2005 Fuglafjarðar Svímjifelag	0.73	474	30.27	99,37 %
8	Lea Petersen	2009 Ægir	0.64	460	30.57	100,39 %

Kapping almenn: 07.06.2026 16:20:24

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

FAR.JR	23.48	Magnus Jákupsson	1994 Havnar Svímjifelag (DEN)	Esbjerg (DEN)	13.07.2012
FAR	23.13	Bartal Erlingsson Eidesg	2003 Havnar Svímjifelag (FRO)	Tórshavn (FRO)	07.06.2026

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Haraldur Mortensen	2010 Suðuroyar Svímjifelag	0.64	536	25.74	99,81 % Q
2	Tórir Olsen	2011 Ægir	0.76	501	26.32	100,72 % Q
3	Jóhannis í Stórustovu	2011 Havnar Svímjifelag	0.75	477	26.76	104,56 % -
4	Benjamin Havn	2011 Ægir	0.60	450	27.27	99,67 %



# Úrslit

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

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
5	Nóa Róason Stakksund	2011 Havnar Svímjifelag	0.72	394	<b>28.52</b>	98,25 %
6	Jónatan Samuelsen	2010 Havnar Svímjifelag	0.74	383	<b>28.78</b>	101,17 %
=7	Fríðálvur Eliassen	2011 Fuglafjarðar Svímjifelag	0.77	376	<b>28.96</b>	99,86 %
=7	Teitur Miné Róason	2011 Havnar Svímjifelag	0.63	376	<b>28.96</b>	99,55 %
9	Símun Eliassen	2011 Havnar Svímjifelag	0.63	332	<b>30.17</b>	98,07 %

Kapping almenn: 07.06.2026 09:42:02

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

FAR.JR 23.48 Magnus Jákupsson 1994 Havnar Svímjifelag (DEN) Esbjerg (DEN) 13.07.2012  
FAR 23.13 Bartal Erlingsson Eidesg 2003 Havnar Svímjifelag (FRO) Tórshavn (FRO) 07.06.2026

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Líggjas Joensen	2008 Ægir	0.68	611	<b>24.63</b>	101,56 % Q
2	Fróði Hansen	2008 Ægir	0.73	580	<b>25.07</b>	100,28 % Q
3	Óli Mikkelsen	2008 Havnar Svímjifelag	0.74	556	<b>25.42</b>	99,33 % Q
4	Ólavur Winther Jákupsson	2008 Havnar Svímjifelag	0.70	405	<b>28.24</b>	97,68 %
5	Andrias Mellemgard	S9 2009 Havnar Svímjifelag	0.75	261	<b>32.70</b>	106,60 %

Kapping almenn: 07.06.2026 09:42:02

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

FAR.JR 23.48 Magnus Jákupsson 1994 Havnar Svímjifelag (DEN) Esbjerg (DEN) 13.07.2012  
FAR 23.13 Bartal Erlingsson Eidesg 2003 Havnar Svímjifelag (FRO) Tórshavn (FRO) 07.06.2026

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Bartal Erlingsson Eidesgaard	2003 Havnar Svímjifelag	0.73	714	<b>23.39</b>	100,30 % Q FAR
2	Líggjas Joensen	2008 Ægir	0.68	611	<b>24.63</b>	101,56 % Q
3	Fróði Hansen	2008 Ægir	0.73	580	<b>25.07</b>	100,28 % Q
4	Óli Mikkelsen	2008 Havnar Svímjifelag	0.74	556	<b>25.42</b>	99,33 % Q
5	Jónas Hansen	2002 Svímjifelagið Reysti	0.80	552	<b>25.49</b>	99,41 % Q
6	Haraldur Mortensen	2010 Suðuroyar Svímjifelag	0.64	536	<b>25.74</b>	99,81 % Q
7	Tórir Olsen	2011 Ægir	0.76	501	<b>26.32</b>	100,72 % Q
8	Bjarti Ludvig	2006 Suðuroyar Svímjifelag	0.70	489	<b>26.54</b>	97,57 % Q
9	Jóhannis í Stórustovu	2011 Havnar Svímjifelag	0.75	477	<b>26.76</b>	104,56 % -
10	Benjamin Havn	2011 Ægir	0.60	450	<b>27.27</b>	99,67 %
11	Ólavur Winther Jákupsson	2008 Havnar Svímjifelag	0.70	405	<b>28.24</b>	97,68 %
12	Nóa Róason Stakksund	2011 Havnar Svímjifelag	0.72	394	<b>28.52</b>	98,25 %
13	Jónatan Samuelsen	2010 Havnar Svímjifelag	0.74	383	<b>28.78</b>	101,17 %
=14	Fríðálvur Eliassen	2011 Fuglafjarðar Svímjifelag	0.77	376	<b>28.96</b>	99,86 %
=14	Teitur Miné Róason	2011 Havnar Svímjifelag	0.63	376	<b>28.96</b>	99,55 %
16	Fróði Bárðarson Dahl	2013 Havnar Svímjifelag	0.80	372	<b>29.06</b>	100,92 %
17	Dávur Eið	2012 Suðuroyar Svímjifelag	0.64	359	<b>29.40</b>	99,38 %
18	Terji Kjærbo	2012 Suðuroyar Svímjifelag	0.73	351	<b>29.64</b>	100,74 %
19	Jógvan Vesturtún	2013 Fuglafjarðar Svímjifelag	0.68	341	<b>29.92</b>	104,35 %
20	Símun Eliassen	2011 Havnar Svímjifelag	0.63	332	<b>30.17</b>	98,07 %
21	Aleks Uadhaw Thomsen	2013 Havnar Svímjifelag	0.69	297	<b>31.32</b>	97,04 %
22	Kian V. Eliassen	2013 Fuglafjarðar Svímjifelag	0.66	276	<b>32.08</b>	97,87 %
23	Bjarni Pálsson	2013 Svímjifelagið Flot	0.83	270	<b>32.35</b>	97,79 %
24	Bragi Bjarnason	2012 Havnar Svímjifelag	0.77	262	<b>32.64</b>	97,90 %



# Úrslit

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

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
25	Andrias Mellemgaard	S9 2009 Havnar Svímjifelag	0.75	261	<b>32.70</b>	106,60 %
26	Elias Í Lágabø	2014 Suðuroyar Svímjifelag	0.59	242	<b>33.53</b>	95,74 %

Kapping almenn: 07.06.2026 09:42:02

## Kapping 36, 50m Frí Menn JM-Y - Finala

FAR.JR	23.48	Magnus Jákupsson	1994 Havnar Svímjifelag (DEN)	Esbjerg (DEN)	13.07.2012
FAR	23.13	Bartal Erlingsson Eidesg	2003 Havnar Svímjifelag (FRO)	Tórshavn (FRO)	07.06.2026

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Haraldur Mortensen	2010 Suðuroyar Svímjifelag	0.65	551	<b>25.50</b>	100,93 %
2	Tórir Olsen	2011 Ægir	0.76	498	<b>26.38</b>	99,77 %

Kapping almenn: 07.06.2026 16:27:55

## Kapping 36, 50m Frí Menn JM-E - Finala

FAR.JR	23.48	Magnus Jákupsson	1994 Havnar Svímjifelag (DEN)	Esbjerg (DEN)	13.07.2012
FAR	23.13	Bartal Erlingsson Eidesg	2003 Havnar Svímjifelag (FRO)	Tórshavn (FRO)	07.06.2026

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Líggjas Joensen	2008 Ægir	0.69	630	<b>24.38</b>	101,02 %
2	Fróði Hansen	2008 Ægir	0.71	580	<b>25.07</b>	100,00 %
3	Óli Mikkelsen	2008 Havnar Svímjifelag	0.71	578	<b>25.09</b>	101,30 %

Kapping almenn: 07.06.2026 16:27:55

## Kapping 36, 50m Frí Menn FM - Finala

FAR.JR	23.48	Magnus Jákupsson	1994 Havnar Svímjifelag (DEN)	Esbjerg (DEN)	13.07.2012
FAR	23.13	Bartal Erlingsson Eidesg	2003 Havnar Svímjifelag (FRO)	Tórshavn (FRO)	07.06.2026

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Bartal Erlingsson Eidesgaard	2003 Havnar Svímjifelag	0.67	738	<b>23.13</b>	101,11 % FAR
2	Líggjas Joensen	2008 Ægir	0.69	630	<b>24.38</b>	101,02 %
3	Fróði Hansen	2008 Ægir	0.71	580	<b>25.07</b>	100,00 %
4	Óli Mikkelsen	2008 Havnar Svímjifelag	0.71	578	<b>25.09</b>	101,30 %
5	Haraldur Mortensen	2010 Suðuroyar Svímjifelag	0.65	551	<b>25.50</b>	100,93 %
6	Jónas Hansen	2002 Svímjifelagið Reysti	0.75	549	<b>25.53</b>	99,84 %
7	Bjarti Ludvig	2006 Suðuroyar Svímjifelag	0.66	528	<b>25.87</b>	102,52 %
8	Tórir Olsen	2011 Ægir	0.76	498	<b>26.38</b>	99,77 %

Kapping almenn: 07.06.2026 16:27:55

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

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

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Jórun Winther	2011 Suðuroyar Svímjifelag	0.67	386	<b>2:48.99</b>	93,54 % Q
	50m: 38.10	100m: 1:20.79 (42.69)	150m: 2:05.14 (44.35)	200m: 2:48.99 (43.85)		
2	Sirið Vesturtún	2011 Fuglafjarðar Svímjifelag	0.70	364	<b>2:52.38</b>	95,69 % Q
	50m: 39.77	100m: 1:23.64 (43.87)	150m: 2:08.26 (44.62)	200m: 2:52.38 (44.12)		
3	Lilja Sørensen	2011 Havnar Svímjifelag	0.84	287	<b>3:06.55</b>	94,22 % Q
	50m: 44.89	100m: 1:32.19 (47.30)	150m: 2:20.12 (47.93)	200m: 3:06.55 (46.43)		

Kapping almenn: 07.06.2026 10:04:56

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

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



## Úrslit

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

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Elisabeth Erlendsdóttir	2005 Havnar Svímjifelag	0.79	394	<b>2:47.97</b>	84,34 % -
	50m: 38.22	100m: 1:21.98 (43.76)			150m: 2:06.32 (44.34)	200m: 2:47.97 (41.65)
2	Jórun Winther	2011 Suðuroyar Svímjifelag	0.67	386	<b>2:48.99</b>	93,54 % Q
	50m: 38.10	100m: 1:20.79 (42.69)			150m: 2:05.14 (44.35)	200m: 2:48.99 (43.85)
3	Sirið Vesturtún	2011 Fuglafjarðar Svímjifelag	0.70	364	<b>2:52.38</b>	95,69 % Q
	50m: 39.77	100m: 1:23.64 (43.87)			150m: 2:08.26 (44.62)	200m: 2:52.38 (44.12)
4	Rebekka Róðinsdóttir	2007 Fuglafjarðar Svímjifelag	0.70	342	<b>2:55.95</b>	84,83 % Q
	50m: 38.90	100m: 1:23.39 (44.49)			150m: 2:08.86 (45.47)	200m: 2:55.95 (47.09)
5	Jonna Joensen	2005 Fuglafjarðar Svímjifelag	0.71	333	<b>2:57.62</b>	96,01 % Q
	50m: 40.26	100m: 1:25.98 (45.72)			150m: 2:12.29 (46.31)	200m: 2:57.62 (45.33)
6	Lilja Sørensen	2011 Havnar Svímjifelag	0.84	287	<b>3:06.55</b>	94,22 % Q
	50m: 44.89	100m: 1:32.19 (47.30)			150m: 2:20.12 (47.93)	200m: 3:06.55 (46.43)
7	Randi Brim Hvidbro	2012 Ægir	0.79	260	<b>3:12.87</b>	94,84 % -
	50m: 45.91	100m: 1:36.57 (50.66)			150m: 2:25.98 (49.41)	200m: 3:12.87 (46.89)

Kapping almenn: 07.06.2026 10:04:56

### Kapping 37, 200m Rygg Kvinnur JM-Y - Finala

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

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Jórun Winther	2011 Suðuroyar Svímjifelag	0.63	457	<b>2:39.86</b>	105,40 %
	50m: 35.49	100m: 1:15.61 (40.12)			150m: 1:57.91 (42.30)	200m: 2:39.86 (41.95)
2	Sirið Vesturtún	2011 Fuglafjarðar Svímjifelag	0.60	440	<b>2:41.79</b>	106,14 %
	50m: 36.91	100m: 1:17.47 (40.56)			150m: 1:59.51 (42.04)	200m: 2:41.79 (42.28)
3	Lilja Sørensen	2011 Havnar Svímjifelag	0.74	346	<b>2:55.32</b>	106,02 %
	50m: 39.85	100m: 1:23.32 (43.47)			150m: 2:09.28 (45.96)	200m: 2:55.32 (46.04)

Kapping almenn: 07.06.2026 16:42:11

### Kapping 37, 200m Rygg Kvinnur FM - Finala

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

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Rebekka Róðinsdóttir	2007 Fuglafjarðar Svímjifelag	0.59	520	<b>2:33.13</b>	112,97 %
	50m: 34.80	100m: 1:13.76 (38.96)			150m: 1:53.57 (39.81)	200m: 2:33.13 (39.56)
2	Jórun Winther	2011 Suðuroyar Svímjifelag	0.63	457	<b>2:39.86</b>	105,40 %
	50m: 35.49	100m: 1:15.61 (40.12)			150m: 1:57.91 (42.30)	200m: 2:39.86 (41.95)
3	Sirið Vesturtún	2011 Fuglafjarðar Svímjifelag	0.60	440	<b>2:41.79</b>	106,14 %
	50m: 36.91	100m: 1:17.47 (40.56)			150m: 1:59.51 (42.04)	200m: 2:41.79 (42.28)
4	Jonna Joensen	2005 Fuglafjarðar Svímjifelag	0.67	383	<b>2:49.55</b>	104,54 %
	50m: 36.96	100m: 1:19.28 (42.32)			150m: 2:04.26 (44.98)	200m: 2:49.55 (45.29)
5	Lilja Sørensen	2011 Havnar Svímjifelag	0.74	346	<b>2:55.32</b>	106,02 %
	50m: 39.85	100m: 1:23.32 (43.47)			150m: 2:09.28 (45.96)	200m: 2:55.32 (46.04)

Kapping almenn: 07.06.2026 16:42:11

### Kapping 38, 200m Rygg Menn JM-Y - Innleiðandi

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

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Theodor Salter	2011 Havnar Svímjifelag	0.68	389	<b>2:33.23</b>	102,64 % Q
	50m: 37.86	100m: 1:16.35 (38.49)			150m: 1:55.20 (38.85)	200m: 2:33.23 (38.03)
2	Haraldur Mortensen	2010 Suðuroyar Svímjifelag	0.76	342	<b>2:40.03</b>	99,05 % Q
	50m: 37.92	100m: 1:18.73 (40.81)			150m: 2:01.08 (42.35)	200m: 2:40.03 (38.95)
3	Jónatan Samuelsen	2010 Havnar Svímjifelag	0.75	293	<b>2:48.36</b>	94,76 % Q
	50m: 39.49	100m: 1:21.94 (42.45)			150m: 2:04.71 (42.77)	200m: 2:48.36 (43.65)



# Úrslit

## Kapping 38, 200m Rygg Menn JM-Y - Innleiðandi

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
4	Símun Eliassen	2011 Havnar Svímjifelag	0.60	192	<b>3:13.83</b>	89,81 % Q
	50m: 45.64	100m: 1:35.13 (49.49)	150m: 2:24.65 (49.52)	200m: 3:13.83 (49.18)		

Kapping almenn: 07.06.2026 10:05:31

## Kapping 38, 200m Rygg Menn JM-E - Innleiðandi

FAR.JR	2:04.12	Magnus Jákupsson	1994 Havnar Svímjifelag (DEN)	Antwerp (BEL)	06.07.2012	
FAR	2:04.12	Magnus Jákupsson	1994 Havnar Svímjifelag (DEN)	Antwerp (BEL)	06.07.2012	
Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Líggjas Joensen	2008 Ægir	0.66	539	<b>2:17.52</b>	98,05 % Q
	50m: 33.26	100m: 1:08.41 (35.15)	150m: 1:44.49 (36.08)	200m: 2:17.52 (33.03)		
2	Silas Dam Lindberg	2008 Havnar Svímjifelag	0.65	525	<b>2:18.66</b>	95,41 % Q
	50m: 33.13	100m: 1:08.79 (35.66)	150m: 1:44.82 (36.03)	200m: 2:18.66 (33.84)		

Kapping almenn: 07.06.2026 10:05:31

## Kapping 38, 200m Rygg Menn FM - Innleiðandi

FAR.JR	2:04.12	Magnus Jákupsson	1994 Havnar Svímjifelag (DEN)	Antwerp (BEL)	06.07.2012	
FAR	2:04.12	Magnus Jákupsson	1994 Havnar Svímjifelag (DEN)	Antwerp (BEL)	06.07.2012	
Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Líggjas Joensen	2008 Ægir	0.66	539	<b>2:17.52</b>	98,05 % Q
	50m: 33.26	100m: 1:08.41 (35.15)	150m: 1:44.49 (36.08)	200m: 2:17.52 (33.03)		
2	Silas Dam Lindberg	2008 Havnar Svímjifelag	0.65	525	<b>2:18.66</b>	95,41 % Q
	50m: 33.13	100m: 1:08.79 (35.66)	150m: 1:44.82 (36.03)	200m: 2:18.66 (33.84)		
3	Theodor Salter	2011 Havnar Svímjifelag	0.68	389	<b>2:33.23</b>	102,64 % Q
	50m: 37.86	100m: 1:16.35 (38.49)	150m: 1:55.20 (38.85)	200m: 2:33.23 (38.03)		
4	Haraldur Mortensen	2010 Suðuroyar Svímjifelag	0.76	342	<b>2:40.03</b>	99,05 % Q
	50m: 37.92	100m: 1:18.73 (40.81)	150m: 2:01.08 (42.35)	200m: 2:40.03 (38.95)		
5	Jónatan Samuelsen	2010 Havnar Svímjifelag	0.75	293	<b>2:48.36</b>	94,76 % Q
	50m: 39.49	100m: 1:21.94 (42.45)	150m: 2:04.71 (42.77)	200m: 2:48.36 (43.65)		
6	Terji Kjærbo	2012 Suðuroyar Svímjifelag	0.61	250	<b>2:57.45</b>	92,57 % Q
	50m: 39.92	100m: 1:25.91 (45.99)	150m: 2:12.24 (46.33)	200m: 2:57.45 (45.21)		
7	Bragi Bjarnason	2012 Havnar Svímjifelag	0.85	217	<b>3:06.20</b>	92,31 % Q
	50m: 45.05	100m: 1:32.90 (47.85)	150m: 2:20.82 (47.92)	200m: 3:06.20 (45.38)		
8	Símun Eliassen	2011 Havnar Svímjifelag	0.60	192	<b>3:13.83</b>	89,81 % Q
	50m: 45.64	100m: 1:35.13 (49.49)	150m: 2:24.65 (49.52)	200m: 3:13.83 (49.18)		

Kapping almenn: 07.06.2026 10:05:31

## Kapping 38, 200m Rygg Menn JM-Y - Finala

FAR.JR	2:04.12	Magnus Jákupsson	1994 Havnar Svímjifelag (DEN)	Antwerp (BEL)	06.07.2012	
FAR	2:04.12	Magnus Jákupsson	1994 Havnar Svímjifelag (DEN)	Antwerp (BEL)	06.07.2012	
Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Theodor Salter	2011 Havnar Svímjifelag	0.69	397	<b>2:32.25</b>	100,64 %
	50m: 36.08	100m: 1:14.10 (38.02)	150m: 1:53.25 (39.15)	200m: 2:32.25 (39.00)		
2	Haraldur Mortensen	2010 Suðuroyar Svímjifelag	0.71	362	<b>2:37.00</b>	101,89 %
	50m: 37.13	100m: 1:17.48 (40.35)	150m: 1:59.40 (41.92)	200m: 2:37.00 (37.60)		
3	Jónatan Samuelsen	2010 Havnar Svímjifelag	0.73	309	<b>2:45.39</b>	101,76 %
	50m: 36.59	100m: 1:18.50 (41.91)	150m: 2:02.58 (44.08)	200m: 2:45.39 (42.81)		
4	Símun Eliassen	2011 Havnar Svímjifelag	0.64	253	<b>2:56.77</b>	108,80 %
	50m: 39.95	100m: 1:26.00 (46.05)	150m: 2:12.29 (46.29)	200m: 2:56.77 (44.48)		

Kapping almenn: 07.06.2026 16:48:36

## Kapping 38, 200m Rygg Menn JM-E - Finala

FAR.JR	2:04.12	Magnus Jákupsson	1994 Havnar Svímjifelag (DEN)	Antwerp (BEL)	06.07.2012	
FAR	2:04.12	Magnus Jákupsson	1994 Havnar Svímjifelag (DEN)	Antwerp (BEL)	06.07.2012	
Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur



## Úrslit

### Kapping 38, 200m Rygg Menn JM-E - Finala

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Líggjas Joensen	2008 Ægir	0.63	589	<b>2:13.51</b>	102,92 %
	50m: 31.36	100m: 1:04.37 (33.01)	150m: 1:38.97 (34.60)	200m: 2:13.51 (34.54)		
2	Silas Dam Lindberg	2008 Havnar Svímjifelag	0.66	412	<b>2:30.31</b>	91,60 %
	50m: 32.33	100m: 1:09.76 (37.43)	150m: 1:50.29 (40.53)	200m: 2:30.31 (40.02)		

Kapping almenn: 07.06.2026 16:48:36

### Kapping 38, 200m Rygg Menn FM - Finala

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

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Líggjas Joensen	2008 Ægir	0.63	589	<b>2:13.51</b>	102,92 %
	50m: 31.36	100m: 1:04.37 (33.01)	150m: 1:38.97 (34.60)	200m: 2:13.51 (34.54)		
2	Silas Dam Lindberg	2008 Havnar Svímjifelag	0.66	412	<b>2:30.31</b>	91,60 %
	50m: 32.33	100m: 1:09.76 (37.43)	150m: 1:50.29 (40.53)	200m: 2:30.31 (40.02)		
3	Theodor Salter	2011 Havnar Svímjifelag	0.69	397	<b>2:32.25</b>	100,64 %
	50m: 36.08	100m: 1:14.10 (38.02)	150m: 1:53.25 (39.15)	200m: 2:32.25 (39.00)		
4	Haraldur Mortensen	2010 Suðuroyar Svímjifelag	0.71	362	<b>2:37.00</b>	101,89 %
	50m: 37.13	100m: 1:17.48 (40.35)	150m: 1:59.40 (41.92)	200m: 2:37.00 (37.60)		
5	Terji Kjærbo	2012 Suðuroyar Svímjifelag	0.60	360	<b>2:37.19</b>	111,42 %
	50m: 35.69	100m: 1:17.68 (41.99)	150m: 1:59.43 (41.75)	200m: 2:37.19 (37.76)		
6	Jónatan Samuelsen	2010 Havnar Svímjifelag	0.73	309	<b>2:45.39</b>	101,76 %
	50m: 36.59	100m: 1:18.50 (41.91)	150m: 2:02.58 (44.08)	200m: 2:45.39 (42.81)		
7	Bragi Bjarnason	2012 Havnar Svímjifelag	0.79	264	<b>2:54.44</b>	106,32 %
	50m: 41.94	100m: 1:27.34 (45.40)	150m: 2:12.80 (45.46)	200m: 2:54.44 (41.64)		
8	Símun Eliassen	2011 Havnar Svímjifelag	0.64	253	<b>2:56.77</b>	108,80 %
	50m: 39.95	100m: 1:26.00 (46.05)	150m: 2:12.29 (46.29)	200m: 2:56.77 (44.48)		

Kapping almenn: 07.06.2026 16:48:36

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

FAR.JR	33.11	Lea Osberg Højsted	2008 Ægir Klaksvik (FRO)	Torshavn (FRO)	24.04.2025
FAR	33.11	Lea Osberg Højsted	2008 Ægir Klaksvik (FRO)	Torshavn (FRO)	24.04.2025

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Sissal Rógvadóttir	2010 Suðuroyar Svímjifelag	0.69	574	<b>35.07</b>	98,32 % Q
2	Sirið Vesturtún	2011 Fuglafjarðar Svímjifelag	0.66	415	<b>39.09</b>	101,59 % Q
3	Emma Debes	2010 Suðuroyar Svímjifelag	0.71	361	<b>40.93</b>	93,38 % -
4	India Linnea Bech	2011 Havnar Svímjifelag	0.74	326	<b>42.35</b>	101,12 % Q
5	Rakul J Højbro	2011 Fuglafjarðar Svímjifelag	0.73	306	<b>43.25</b>	103,85 % Q
6	Talita Johannesen	2010 Suðuroyar Svímjifelag	0.72	253	<b>46.06</b>	78,92 %
7	Jonni B. Danielsen	2011 Svímjifelagið Flot	0.73	241	<b>46.82</b>	98,02 %
8	Durita Davidsen	2011 Ægir	0.75	174	<b>52.17</b>	99,09 % -

Kapping almenn: 07.06.2026 10:18:12

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

FAR.JR	33.11	Lea Osberg Højsted	2008 Ægir Klaksvik (FRO)	Torshavn (FRO)	24.04.2025
FAR	33.11	Lea Osberg Højsted	2008 Ægir Klaksvik (FRO)	Torshavn (FRO)	24.04.2025

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Lea Osberg Højsted	2008 Ægir	0.76	633	<b>33.95</b>	98,57 % Q
2	Durita Mohr Askham	2008 Ægir	0.70	357	<b>41.08</b>	97,33 % Q
3	Lea Petersen	2009 Ægir	0.72	340	<b>41.76</b>	101,00 % Q

Kapping almenn: 07.06.2026 10:18:12

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

FAR.JR	33.11	Lea Osberg Højsted	2008 Ægir Klaksvik (FRO)	Torshavn (FRO)	24.04.2025
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# Úrslit

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

FAR	33.11	Lea Osberg Højsted	2008 Ægir Klaksvik (FRO)	Torshavn (FRO)	24.04.2025	
Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Lea Osberg Højsted	2008 Ægir	0.76	633	33.95	98,57 % Q
2	Sissal Rógvadóttir	2010 Suðuroyar Svímjifelag	0.69	574	35.07	98,32 % Q
3	Rebekka Róðinsdóttir	2007 Fuglafjarðar Svímjifelag	0.62	432	38.57	94,73 % -
4	Birita Vesturtún	2007 Fuglafjarðar Svímjifelag	0.71	415	39.07	95,76 % Q
5	Sirið Vesturtún	2011 Fuglafjarðar Svímjifelag	0.66	415	39.09	101,59 % Q
6	Emma Debes	2010 Suðuroyar Svímjifelag	0.71	361	40.93	93,38 % -
7	Durita Mohr Askham	2008 Ægir	0.70	357	41.08	97,33 % Q
8	Lea Petersen	2009 Ægir	0.72	340	41.76	101,00 % Q
9	India Linnea Bech	2011 Havnar Svímjifelag	0.74	326	42.35	101,12 % Q
10	Rakul J Højbro	2011 Fuglafjarðar Svímjifelag	0.73	306	43.25	103,85 % Q
11	Felisia Florinsdóttir	2012 Fuglafjarðar Svímjifelag	0.78	305	43.31	102,32 % -
12	Sára Thomsen	2005 Svímjefelagið Reysti	0.73	275	44.82	99,08 %
13	Noomi Hella Jacobsen	2012 Havnar Svímjifelag	0.74	268	45.22	98,43 %
14	Talita Johannesen	2010 Suðuroyar Svímjifelag	0.72	253	46.06	78,92 %
15	Jonni B. Danielsen	2011 Svímjefelagið Flot	0.73	241	46.82	98,02 %
16	Delaila H. Gregersen	2013 Ægir	0.79	240	46.90	96,95 % -
17	Durita Davidsen	2011 Ægir	0.75	174	52.17	99,09 % -
18	Tabita Vón Ebbadóttir	2013 Ægir	0.79	171	52.49	101,20 % -

Kapping almenn: 07.06.2026 10:18:12

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

FAR.JR	33.11	Lea Osberg Højsted	2008 Ægir Klaksvik (FRO)	Torshavn (FRO)	24.04.2025	
FAR	33.11	Lea Osberg Højsted	2008 Ægir Klaksvik (FRO)	Torshavn (FRO)	24.04.2025	
Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Sissal Rógvadóttir	2010 Suðuroyar Svímjifelag	0.62	584	34.88	100,54 %
2	Sirið Vesturtún	2011 Fuglafjarðar Svímjifelag	0.44	438	38.38	101,82 %
3	India Linnea Bech	2011 Havnar Svímjifelag	0.76	342	41.68	101,58 %
4	Rakul J Højbro	2011 Fuglafjarðar Svímjifelag	0.73	338	41.83	103,28 %

Kapping almenn: 07.06.2026 16:57:39

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

FAR.JR	33.11	Lea Osberg Højsted	2008 Ægir Klaksvik (FRO)	Torshavn (FRO)	24.04.2025	
FAR	33.11	Lea Osberg Højsted	2008 Ægir Klaksvik (FRO)	Torshavn (FRO)	24.04.2025	
Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Lea Osberg Højsted	2008 Ægir	0.72	660	33.48	101,38 %
2	Durita Mohr Askham	2008 Ægir	0.70	383	40.14	102,29 %
3	Lea Petersen	2009 Ægir	0.66	372	40.52	102,97 %

Kapping almenn: 07.06.2026 16:57:39

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

FAR.JR	33.11	Lea Osberg Højsted	2008 Ægir Klaksvik (FRO)	Torshavn (FRO)	24.04.2025	
FAR	33.11	Lea Osberg Højsted	2008 Ægir Klaksvik (FRO)	Torshavn (FRO)	24.04.2025	
Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Lea Osberg Højsted	2008 Ægir	0.72	660	33.48	101,38 %
2	Sissal Rógvadóttir	2010 Suðuroyar Svímjifelag	0.62	584	34.88	100,54 %
3	Birita Vesturtún	2007 Fuglafjarðar Svímjifelag	0.67	484	37.12	104,99 %
4	Sirið Vesturtún	2011 Fuglafjarðar Svímjifelag	0.44	438	38.38	101,82 %



# Úrslit

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

Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
5	Durita Mohr Askham	2008 Ægir	0.70	383	40.14	102,29 %
6	Lea Petersen	2009 Ægir	0.66	372	40.52	102,97 %
7	India Linnea Bech	2011 Havnar Svímjifelag	0.76	342	41.68	101,58 %
8	Rakul J Højbro	2011 Fuglafjarðar Svímjifelag	0.73	338	41.83	103,28 %

Kapping almenn: 07.06.2026 16:57:39

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

FAR.JR	29.81	Róland Toftum	1998 Suðuroyar Svímjifelag (FR)	Broenshoej (DEN)	17.04.2016	
FAR	28.81	Bartal Erlingsson Eidesg	2003 Havnar Svímjifelag (FRO)	Torshavn (FRO)	24.04.2026	
Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Tórir Olsen	2011 Ægir	0.82	356	36.59	105,70 % Q
2	Nóa Róason Stakksund	2011 Havnar Svímjifelag	0.76	293	39.03	99,67 % Q
3	Fríðálvur Eliassen	2011 Fuglafjarðar Svímjifelag	0.75	290	39.16	104,56 % Q

Kapping almenn: 07.06.2026 10:18:42

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

FAR.JR	29.81	Róland Toftum	1998 Suðuroyar Svímjifelag (FR)	Broenshoej (DEN)	17.04.2016	
FAR	28.81	Bartal Erlingsson Eidesg	2003 Havnar Svímjifelag (FRO)	Torshavn (FRO)	24.04.2026	
Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Fróði Hansen	2008 Ægir	0.77	562	31.43	98,22 % Q
2	Andrias Mellemgard	SB9 2009 Havnar Svímjifelag	0.73	243	41.56	104,81 %

Kapping almenn: 07.06.2026 10:18:42

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

FAR.JR	29.81	Róland Toftum	1998 Suðuroyar Svímjifelag (FR)	Broenshoej (DEN)	17.04.2016	
FAR	28.81	Bartal Erlingsson Eidesg	2003 Havnar Svímjifelag (FRO)	Torshavn (FRO)	24.04.2026	
Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Bartal Erlingsson Eidesgaard	2003 Havnar Svímjifelag	0.68	662	29.76	96,70 % Q
2	Heini Mohr Askham	2006 Ægir	0.68	566	31.36	97,18 % Q
3	Fróði Hansen	2008 Ægir	0.77	562	31.43	98,22 % Q
4	Jón Hofgaard	1992 Suðuroyar Svímjifelag	0.70	415	34.79	85,14 % Q
5	Tórir Olsen	2011 Ægir	0.82	356	36.59	105,70 % Q
6	Nóa Róason Stakksund	2011 Havnar Svímjifelag	0.76	293	39.03	99,67 % Q
7	Aleks Uadhaw Thomsen	2013 Havnar Svímjifelag	0.73	291	39.12	102,64 % Q
8	Fríðálvur Eliassen	2011 Fuglafjarðar Svímjifelag	0.75	290	39.16	104,56 % Q
9	Fróði Bárðarson Dahl	2013 Havnar Svímjifelag	0.84	275	39.89	101,48 %
10	Dávur Eið	2012 Suðuroyar Svímjifelag	0.54	269	40.15	95,22 %
11	Jógvan Vesturtún	2013 Fuglafjarðar Svímjifelag	0.68	251	41.13	96,58 %
12	Andrias Mellemgard	SB9 2009 Havnar Svímjifelag	0.73	243	41.56	104,81 %

Kapping almenn: 07.06.2026 10:18:42

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

FAR.JR	29.81	Róland Toftum	1998 Suðuroyar Svímjifelag (FR)	Broenshoej (DEN)	17.04.2016	
FAR	28.81	Bartal Erlingsson Eidesg	2003 Havnar Svímjifelag (FRO)	Torshavn (FRO)	24.04.2026	
Raðf	Navn	Føðia Felag	R.T	AQU	Tíð	Munur
1	Tórir Olsen	2011 Ægir	0.76	383	35.71	102,41 %
2	Nóa Róason Stakksund	2011 Havnar Svímjifelag	0.67	346	36.93	105,38 %
3	Fríðálvur Eliassen	2011 Fuglafjarðar Svímjifelag	0.77	289	39.21	99,87 %

Kapping almenn: 07.06.2026 16:57:52



# Úrslit

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

FAR.JR	29.81	Róland Toftum	1998 Suðuroyar Svímjifelag (FR	Broenshoej (DEN)	17.04.2016	
FAR	28.81	Bartal Erlingsson Eidesg	2003 Havnar Svímjifelag (FRO)	Torshavn (FRO)	24.04.2026	
<b>Raðf</b>	<b>Navn</b>	<b>Føðia Felag</b>	<b>R.T</b>	<b>AQU</b>	<b>Tíð</b>	<b>Munur</b>
<b>1</b>	<b>Fróði Hansen</b>	2008 Ægir	0.73	603	<b>30.71</b>	102,29 %

Kapping almenn: 07.06.2026 16:57:52

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

FAR.JR	29.81	Róland Toftum	1998 Suðuroyar Svímjifelag (FR	Broenshoej (DEN)	17.04.2016	
FAR	28.81	Bartal Erlingsson Eidesg	2003 Havnar Svímjifelag (FRO)	Torshavn (FRO)	24.04.2026	
<b>Raðf</b>	<b>Navn</b>	<b>Føðia Felag</b>	<b>R.T</b>	<b>AQU</b>	<b>Tíð</b>	<b>Munur</b>
<b>1</b>	<b>Bartal Erlingsson Eidesgaard</b>	2003 Havnar Svímjifelag	0.68	710	<b>29.08</b>	102,28 %
<b>2</b>	<b>Heini Mohr Askham</b>	2006 Ægir	0.66	612	<b>30.56</b>	102,55 %
<b>3</b>	<b>Fróði Hansen</b>	2008 Ægir	0.73	603	<b>30.71</b>	102,29 %
<b>4</b>	<b>Jón Hofgaard</b>	1992 Suðuroyar Svímjifelag	0.69	569	<b>31.31</b>	110,00 %
<b>5</b>	<b>Tórir Olsen</b>	2011 Ægir	0.76	383	<b>35.71</b>	102,41 %
<b>6</b>	<b>Nóa Róason Staksund</b>	2011 Havnar Svímjifelag	0.67	346	<b>36.93</b>	105,38 %
<b>7</b>	<b>Fríðálvur Eliassen</b>	2011 Fuglafjarðar Svímjifelag	0.77	289	<b>39.21</b>	99,87 %
<b>8</b>	<b>Aleks Uadhaw Thomsen</b>	2013 Havnar Svímjifelag	0.66	287	<b>39.32</b>	99,49 %

Kapping almenn: 07.06.2026 16:57:52

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

FAR.JR	4:06.78	Ægir Klaksvik	Ægir Klaksvik (FRO)	Vagur (FRO)	13.03.2016	
FAR	4:03.56	Ægir Klaksvik	Ægir Klaksvik (FRO)	Vagur (FRO)	27.05.2017	
<b>Raðf</b>	<b>Navn</b>	<b>Aldur Felag</b>	<b>AQU</b>	<b>Tíð</b>	<b>Munur</b>	
<b>1</b>	<b>Suðuroyar Svímjifelag</b>	16 Suðuroyar Svímjifelag	337 Q	<b>4:58.81</b>	87,48 %	
	Sissal Rógvadóttir	2010	0.67	33.99	1:11.75	1:11.75
	Emma Debes	2010	0.49	33.76	1:11.96	2:23.71
	Talita Johannesen	2010	0.27	36.82	1:19.98	3:43.69
	Jórun Winther	2011	0.70	34.72	1:15.12	4:58.81
<b>2</b>	<b>HS Kvinnur</b>	16 Havnar Svímjifelag	315 Q	<b>5:05.43</b>		
	Lilja Sørensen	2011	0.79	34.69	1:12.96	1:12.96
	Mariella Annbrittardóttir Henriksen	2010	0.52	35.50	1:16.66	2:29.62
	Noomi Hella Jacobsen	2012	0.39	37.30	1:19.11	3:48.73
	India Linnea Bech	2011	0.55	36.48	1:16.70	5:05.43

Kapping almenn: 07.06.2026 10:30:58

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

FAR.JR	4:06.78	Ægir Klaksvik	Ægir Klaksvik (FRO)	Vagur (FRO)	13.03.2016	
FAR	4:03.56	Ægir Klaksvik	Ægir Klaksvik (FRO)	Vagur (FRO)	27.05.2017	
<b>Raðf</b>	<b>Navn</b>	<b>Aldur Felag</b>	<b>AQU</b>	<b>Tíð</b>	<b>Munur</b>	
<b>1</b>	<b>Ægir</b>	18 Ægir	365 Q	<b>4:50.93</b>	86,97 %	
	Lea Petersen	2009	0.70	33.38	1:08.77	1:08.77
	Durita Davidsen	2011	0.89	37.63	1:22.28	2:31.05
	Durita Mohr Askham	2008	0.46	31.84	1:06.71	3:37.76
	Lea Osberg Højsted	2008	0.47	33.54	1:13.17	4:50.93

Kapping almenn: 07.06.2026 10:30:58

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

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



# Úrslit

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

Raðf	Navn	Aldur	Felag		AQU	Tíð	Munur
<b>1</b>	<b>Ægir</b>	18	Ægir		365 Q	<b>4:50.93</b>	86,97 %
	Lea Petersen	2009		0.70	33.38	1:08.77	1:08.77
	Durita Davidsen	2011		0.89	37.63	1:22.28	2:31.05
	Durita Mohr Askham	2008		0.46	31.84	1:06.71	3:37.76
	Lea Osberg Højsted	2008		0.47	33.54	1:13.17	4:50.93
<b>2</b>	<b>Fuglafjarðar Svímjifelag</b>	19	Fuglafjarðar Svímjifelag		355 Q	<b>4:53.46</b>	97,09 %
	Rebekka Róðinsdóttir	2007		0.61	33.33	1:08.61	1:08.61
	Felisia Florinsdóttir	2012		0.52	39.38	1:21.99	2:30.60
	Sirið Vesturtún	2011		0.37	31.59	1:07.17	3:37.77
	Rakul J Højbro	2011		0.44	35.68	1:15.69	4:53.46
<b>3</b>	<b>Suðuroyar Svímjifelag</b>	16	Suðuroyar Svímjifelag		337 Q	<b>4:58.81</b>	87,48 %
	Sissal Rógvadóttir	2010		0.67	33.99	1:11.75	1:11.75
	Emma Debes	2010		0.49	33.76	1:11.96	2:23.71
	Talita Johannesen	2010		0.27	36.82	1:19.98	3:43.69
	Jórun Winther	2011		0.70	34.72	1:15.12	4:58.81
<b>4</b>	<b>HS Kvinnur</b>	16	Havnar Svímjifelag		315 Q	<b>5:05.43</b>	
	Lilja Sørensen	2011		0.79	34.69	1:12.96	1:12.96
	Mariella Annbrittardóttir Henriksen	2010		0.52	35.50	1:16.66	2:29.62
	Noomi Hella Jacobsen	2012		0.39	37.30	1:19.11	3:48.73
	India Linnea Bech	2011		0.55	36.48	1:16.70	5:05.43
<b>5</b>	<b>Ægir gentur 2</b>	19	Ægir		270 -	<b>5:21.47</b>	97,44 %
	Jonna Steinberg Joensen	2014		0.75	37.63	1:19.67	1:19.67
	Viktoria Klettskarð	2013		0.45	37.94	1:21.44	2:41.11
	Tabita Vón Ebbadóttir	2013		0.65	40.97	1:25.96	4:07.07
	Jóhanna Ólavsdóttir	2007		0.37	34.62	1:14.40	5:21.47
-	<b>Ægir gentur 1</b>	14	Ægir		-	<b>DSQ</b>	
	SW 10.11. Tjónstartur í liðsvímjng. _ svímjari						
	Sólfríð H. Johannesen	2013		0.62	35.41	1:14.75	1:14.75
	Randi Brim Hvidbro	2012		0.38	36.50	1:21.01	2:35.76
	Hanna Lilja Jacobsen	2015		-0.71			DSQ
	Delaila H. Gregersen	2013		0.49			

Kapping almenn: 07.06.2026 10:30:58

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

FAR.JR	4:06.78	Ægir Klaksvík	Ægir Klaksvík (FRO)	Vagur (FRO)	13.03.2016		
FAR	4:03.56	Ægir Klaksvík	Ægir Klaksvík (FRO)	Vagur (FRO)	27.05.2017		
Raðf	Navn	Aldur	Felag	AQU	Tíð	Munur	
<b>1</b>	<b>Ægir</b>	19	Ægir	555	<b>4:13.05</b>	113,02	
	Lea Petersen	2009		0.67	31.77	1:07.62	1:07.62
	Jóhanna Ólavsdóttir	2007		0.41	30.12	1:03.55	2:11.17
	Durita Mohr Askham	2008		0.32	29.89	1:02.93	3:14.10
	Lea Osberg Højsted	2008		0.50	27.57	58.95	4:13.05



## Úrslit

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

Raðf	Navn	Aldur	Felag		AQU	Tíð	Munur
<b>2</b>	<b>Suðuroyar Svímjifelag</b>		23 Suðuroyar Svímjifelag		530	<b>4:16.83</b>	114,05
	Sissal Rógvadóttir	2010	0.62	31.52	1:06.45	1:06.45	
	Emma Debes	2010	0.41	31.70	1:06.91	2:13.36	
	Alisa Vestergård	2003	0.33	28.91	1:00.78	3:14.14	
	Jórun Winther	2011	0.50	29.14	1:02.69	4:16.83	
<b>3</b>	<b>Fuglafjarðar Svímjifelag</b>		21 Fuglafjarðar Svímjifelag		495	<b>4:22.89</b>	110,42
	Rebekka Róðinsdóttir	2007	0.64	31.21	1:04.35	1:04.35	
	Jonna Joensen	2005	0.41	31.65	1:06.30	2:10.65	
	Birita Vesturtún	2007	0.38	31.39	1:06.94	3:17.59	
	Sirið Vesturtún	2011	0.32	30.88	1:05.30	4:22.89	
<b>4</b>	<b>HS Kvinnur</b>		21 Havnar Svímjifelag		397	<b>4:42.95</b>	107,36
	India Linnea Bech	2011	0.74	35.46	1:13.97	1:13.97	
	Noomi Hella Jacobsen	2012	0.46	33.18	1:11.58	2:25.55	
	Lilja Sørensen	2011	0.67	35.02	1:13.94	3:39.49	
	Elisabeth Erlendsdóttir	2005	0.28	29.18	1:03.46	4:42.95	

Kapping almenn: 07.06.2026 17:24:24

### Kapping 42, 4x100m Frí Menn JM-Y - Innleiðandi

FAR	3:31.87	HS Menn	2008 Havnar Svímjifelag (FRO)	Tórshavn (FRO)	07.06.2026		
Raðf	Navn	Aldur	Felag	AQU	Tíð	Munur	
<b>1</b>	<b>HS Unglingar</b>		16 Havnar Svímjifelag	288 Q	<b>4:44.85</b>	87,41 %	
	Nóa Róason Stakksund	2011	0.72	31.58	1:05.34	1:05.34	
	Símun Eliassen	2011	0.15	38.75	1:20.49	2:25.83	
	Jónatan Samuelsen	2010	0.51	33.43	1:07.64	3:33.47	
	Teitur Miné Róason	2011	0.67	34.53	1:11.38	4:44.85	

Kapping almenn: 07.06.2026 10:34:24

### Kapping 42, 4x100m Frí Menn JM-E - Innleiðandi

FAR	3:31.87	HS Menn	2008 Havnar Svímjifelag (FRO)	Tórshavn (FRO)	07.06.2026		
Raðf	Navn	Aldur	Felag	AQU	Tíð	Munur	
<b>1</b>	<b>Ægir</b>		18 Ægir	430 Q	<b>4:09.23</b>		
	Líggjas Joensen	2008	0.69	29.17	1:00.64	1:00.64	
	Fróði Hansen	2008	0.66	31.57	1:05.81	2:06.45	
	Bárður Ólavsson	2008	0.55	29.71	1:02.63	3:09.08	
	Benjamin Havn	2011	0.43	28.62	1:00.15	4:09.23	
<b>2</b>	<b>HS Menn</b>		18 Havnar Svímjifelag	293 Q	<b>4:43.18</b>	89,11 %	
	Ólavur Winther Jákupsson	2008	0.68	31.94	1:04.67	1:04.67	
	Óli Mikkelsen	2008		33.22	1:08.59	2:13.26	
	Theodor Salter	2011		36.52	1:13.85	3:27.11	
	Andrias Mellempgaard	2009	S9	36.55	1:16.07	4:43.18	

Kapping almenn: 07.06.2026 10:34:24

### Kapping 42, 4x100m Frí Menn FM - Innleiðandi

FAR	3:31.87	HS Menn	2008 Havnar Svímjifelag (FRO)	Tórshavn (FRO)	07.06.2026	
Raðf	Navn	Aldur	Felag	AQU	Tíð	Munur



# Úrslit

## Kapping 42, 4x100m Frí Menn FM - Innleiðandi

Raðf	Navn	Aldur	Felag		AQU	Tíð	Munur
<b>1</b>	<b>Ægir</b>	18	Ægir		430 Q	<b>4:09.23</b>	
	Líggjas Joensen	2008		0.69	29.17	1:00.64	1:00.64
	Fróði Hansen	2008		0.66	31.57	1:05.81	2:06.45
	Bárður Ólavsson	2008		0.55	29.71	1:02.63	3:09.08
	Benjamin Havn	2011		0.43	28.62	1:00.15	4:09.23
<b>2</b>	<b>HS Menn</b>	18	Havnar Svímjifelag		293 Q	<b>4:43.18</b>	89,11 %
	Ólavur Winther Jákupsson	2008		0.68	31.94	1:04.67	1:04.67
	Óli Mikkelsen	2008			33.22	1:08.59	2:13.26
	Theodor Salter	2011			36.52	1:13.85	3:27.11
	Andrias Mellemsgaard	2009	S9		36.55	1:16.07	4:43.18
<b>3</b>	<b>HS Unglingar</b>	16	Havnar Svímjifelag		288 Q	<b>4:44.85</b>	87,41 %
	Nóa Róason Stakksund	2011		0.72	31.58	1:05.34	1:05.34
	Símun Eliassen	2011		0.15	38.75	1:20.49	2:25.83
	Jónatan Samuelsen	2010		0.51	33.43	1:07.64	3:33.47
	Teitur Miné Róason	2011		0.67	34.53	1:11.38	4:44.85

Kapping almenn: 07.06.2026 10:34:24

## Kapping 42, 4x100m Frí Menn JM-Y - Finala

FAR	3:31.87	HS Menn	2008	Havnar Svímjifelag (FRO)	Tórshavn (FRO)	07.06.2026	
Raðf	Navn	Aldur	Felag		AQU	Tíð	Munur
<b>1</b>	<b>HS Unglingar</b>	16	Havnar Svímjifelag		407	<b>4:13.97</b>	110,84
	Teitur Miné Róason	2011		0.56	30.63	1:04.57	1:04.57
	Theodor Salter	2011		0.58	28.45	59.50	2:04.07
	Nóa Róason Stakksund	2011		0.18	30.37	1:02.74	3:06.81
	Jónatan Samuelsen	2010		0.24	30.92	1:07.16	4:13.97

Kapping almenn: 07.06.2026 17:25:20

## Kapping 42, 4x100m Frí Menn FM - Finala

FAR	3:31.87	HS Menn	2008	Havnar Svímjifelag (FRO)	Tórshavn (FRO)	07.06.2026	
Raðf	Navn	Aldur	Felag		AQU	Tíð	Munur
<b>1</b>	<b>HS Menn</b>	23	Havnar Svímjifelag		701	<b>3:31.87</b>	125,18 FAR
	Bartal Erlingsson Eidesgaard	2003		0.66	25.32	51.96	51.96
	Óli Mikkelsen	2008		0.20	25.80	55.02	1:46.98
	Silas Dam Lindberg	2008		0.28	25.70	54.00	2:40.98
	Isak Brisenfeldt	2006		0.23	24.09	50.89	3:31.87
<b>2</b>	<b>Ægir</b>	20	Ægir		675	<b>3:34.51</b>	113,93
	Líggjas Joensen	2008		0.69	26.04	52.06	52.06
	Fróði Hansen	2008		0.37	25.73	54.12	1:46.18
	Heini Mohr Askham	2006		0.39	25.15	52.77	2:38.95
	Tórir Olsen	2011		0.43	26.64	55.56	3:34.51
<b>3</b>	<b>HS Unglingar</b>	16	Havnar Svímjifelag		407	<b>4:13.97</b>	110,84
	Teitur Miné Róason	2011		0.56	30.63	1:04.57	1:04.57
	Theodor Salter	2011		0.58	28.45	59.50	2:04.07
	Nóa Róason Stakksund	2011		0.18	30.37	1:02.74	3:06.81
	Jónatan Samuelsen	2010		0.24	30.92	1:07.16	4:13.97

Kapping almenn: 07.06.2026 17:25:20