

Frjalsar, 13 - 14. ára

Sunday, 13 April 2008

Piltar - frjalsar utanhúss 60m hlaup8,1 sekÞorbjörn Guðjónsson Sk.Reykjavík?.06.79100m hlaup12,3sekAxel Þór ÁspórnssonSk.Borgarnesi22-06-97 12,84sekElías S. JónssonD. Reykjavík26-07-97200m hlaup28,1sekBergþór ÓlasonSk.Borgarnesi28.08.89400m hlaup61,2sekHjalti la Cour Reynisson R. Reykjavík 07-09-80600m hlaup1:44,9 mínGuðjón Guðmundsson R.Sauðárkróki 16-07-72800m hlaup2:17,90mínRagnar Freyr ÞorsteinssonSk.Reykjavík 07-08-941000m hlaup3:23,6mínHjalti la Cour Reynisson R.Borgarnesi 15.05.801500m hlaup4:59,2mínBirgir Hauksson Ísl. Árskógi 09.07.783000m hlaup10:44,7mínGuðm. V. ÞorsteinssonSk.Akureyri19-08-895000m hlaup19:11,0mínGuðm. V. ÞorsteinssonSk.Akureyri20-08-8921104mhálf maraþon2:19,06mínKjartan ÁspórnssonSk. Reykjavík18-08-9180m grindahlaup (76,2)13,76sekBergþór JóhannessonSt. Borgarnesi29.06.05100m grindahlaup (84,0)18,2sekFreyr Bragason Sht. Reykjavík 06.09.81300m grindahlaup47,28sekRagnar F. ÞorsteinssonSk.Reykjavík 07-08-94400m grindahlaup (91)76,6sekBirgir Örn BirgissonSk.Egilsstöðum09.08.86400m grindahlaup (76,2)71,5sekHjalti la Cour Reynisson R. Borgarnesi 02.09.804x100 mboðhlaup55,24sekSveit UMSB Reykjavík13-07-95 Emil Sigurðsson Ólafur H. Haraldsson Siguður Örn Einarsson Einarsson 4x100 m boðhlaup57,6sekSveit Skallagríms Sk. Borgarnesi 24-06-79 Sigurbjörn Grétarsson Valdimar Halldórsson Ingi Rafn Bragason Þorbjörn Guðjónsson 1000mboðhlaup2:51,8 mínPiltasveit UMSBAabybro 14-06-81 Ingimundarson Ásmundur Örnólfsson Höskuldur Jensson Aðalsteinn Símonarson Langstökk 5,27mFriðjón Bjarn 12. 08.70 þristökk 10,98mGuðbrandur ReynissonÍsl. Breiðabliki 30-07-80 Hástökk 1,65mSigurður Arnar Sigurðsson H. Borgarnesi02.07.87 1,65mSigurkarl Gústafsson Borgarnesi08-08-99 Stangarstökk 2,25mÁsmundur Örnólfsson Sht. Borgarnesi 05.07.81 Kúluvarp (7,250)10,44mBergþór ÓlasonSk.Borgarnesi11-08-89 Kúluvarp (5,500)12,05mBergþór ÓlasonSk.Borgarnesi09-12-89 Kúluvarp (4,0)14,26mBergþór ÓlasonSk.Borgarnesi24-08-89 Kúluvarp (3,0)14,42mBergþór JóhannessonSt.Hafnarfirði13.08.05 Kringlukast (2,0)22,71mBergþór ÓlasonSk.Borgarnesi11-08-89 Kringlukast (1,5)30,12mBergþór ÓlasonSk.Borgarnesi02-09-89 Kringlukast (1,0)36,60mBergþór ÓlasonSk.Borgarnesi28-08-89 Spjót kast (800)36,60mBergþór ÓlasonSk.Borgarnesi12-08-89 Spjót kast (600)44,64mSigurður Örn SigurðssonSht.Mosfellsbæ26-07-92 Boltakast (150) 74,2mÞorbjörn Guðjónsson Sk.Reykjavík 03-06-79 Sleggjuk. (7,250)19,3mJóhann Gunnar ÓlasonSk.Borgarnesi18-08-94 Sleggjuk. (4,0)30,84mBergþór ÓlasonSk.Borgarnesi09-12-89 Fimmtarpraut1778stigBergþór ÓlasonSk.Borgarnesi28-08-89 4,00 m 41,80 m (600 gr.) 28,1 sek 36,60 m (1 kg) 6:03,3 mín Telpur - frjalsar utanhúss 60mhlaup7,8sekSvafa GrönfeldtSk.Borgarnesi13-09-7980mhlaup10,3sekSvafa GrönfeldtSk.Borgarnesi13-09-79100mhlaup12,5sekSvafa GrönfeldtSk.Borgarnesi18-08-79 12,81sekKristín ÞórhallsdóttirSht.Reykjavík26-07-97200mhlaup26,2sekSvafa GrönfeldtSk.Reykjavík19-09-79300mhlaup44,9sekUnnur María Bergsveinsd.Sk.Mosfellsbæ30-07-92400mhlaup62,08sekAnna Björk BjarnadóttirSk.Reykjavík16-08-81600mhlaup1:52,8mínAnna Björk BjarnadóttirSk.Borgarnesi 19-05-81800mhlaup2:23,3mínAnna Björk BjarnadóttirSk. Reykjavík06-09-811000mhlaup3:34,6mínElín BlöndalÍsl.Borgarnesi 15-05-801500mhlaup5:06,99mínUnnur María Bergsveinsd.Sk.Mosfellsbæ30-05-923000mhlaup11:18,2mínUnnur María Bergsveinsd.Sk.Mosfellsbæ19-06-9280m grindahlaup (76,2)13,5 sekIngveldur H. Ingibergsd.Sht.Borgarnesi04-09-80100m grindahlaup (76,2)16,8sekKristín MarkúsdóttirSk.Borgarnesi03-09-90100m grindahlaup (84,0)17,5sekAnna Björk BjarnadóttirSk.Borgarnesi11-07-81200m grindahlaup (76,2)31,8sekAnna Björk BjarnadóttirSk.Aabybro23-06-81400m grindahlaup (76,2)71,65sekAnna Björk BjarnadóttirSk.Aabybro12-06-812000mhindrunarhl.10:04,94mínEdda BergsveinsdóttirSk.Borgarnesi18-05-014x100mboðhlaup55,3sekSveit UMSB Reykjavík29-06-80 Elín Blöndal Ingveldur H. Ingibergsdóttir Kristín Jóh. Símonardóttir Björk Bjarnadóttir 4x100mboðhlaup55,9sekSveit SkallagrímsSk.Borgarnesi13-08-77 Helena Leifsdóttir Elín Guðjónsdóttir Grönfeldt Svafa Grönfeldt 1000 mboðhlaup2:38,3mínTelpnasveit UMSBÍsl.Aabybro14-06-81 Jónína E. Arnardóttir Þorbjörn Guðmundsdóttir Anna Björk Bjarnadóttir 1000mboðhlaup3:01,7 mínSveit ÍslendingaÍsl.Borgarnesi27-07-80 Elín Blöndal Símonardóttir Sigurbjörg A. Símonardóttir Anna Melsteð Langstökk5,31mSvafa GrönfeldtSk.Eiðum17-07-79 Þristökk SigurðardóttirSk.Borgarnesi21-06-92 Hástökk1,55mRagnhildur SigurðardóttirHpReykjavík07-08-80 Kúluvarp (4,0)10,27 mHallbjörn JónasdóttirSk.Borgarnesi 17-08-91 Kúluvarp (3,0)9,99mHallbera EiríksdóttirR.Reykjavík 04-07-98 Kringlukast (1,0)31,37mHelga BjörnsdóttirR. Breiðabliki30-08-80 Kringlukast (600)35,05mHallbera EiríksdóttirSk.Reykjavík08-08-98 Spjót kast (600)39,42mHalldóra JónasdóttirSk.Borgarnesi 28-12-91 Spjót kast (400)38,48mÍris GrönfeldtSk.Karlstad20-09-77 Boltakast (150)66,33mÍris GrönfeldtSk.Laugarvatni05-06-77 Fimmtarpraut2476stigIngveldur H. Ingibergsd,Sht.Borgarnesi29-07-80 19,4 sek 6,50 m 1,50 m 4,66 m 4,66 m 2:49,3 mín Sjöpraut2140stigMargrét IngibergsdóttirSht.Borgarnesi27.28.84 Sjöpraut3774stig Kristín MarkúsdóttirSk.Borgarnesi 03.- 04.90 16,8 (76,2) 1,45 m 7,98 m 28,9 sek 4,85m 32,90 m 2:40,2 mín