|  |  |  |
| --- | --- | --- |
| **Vormót HSK** | | |
| **Staður : Íþróttavöllur Selfoss** | | |
| **Dags : 17.5.2014** | | |
| Uppfært : 18.5.2014 11:17:58 |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  | | --- | | [Tímaseðill](http://mot.fri.is/cgi-bin/ibmot/timesedillib2248.htm) | | [Dagskrá](http://mot.fri.is/cgi-bin/ibmot/dagskraib2248.htm) | | [Úrslit Dagur 1](http://mot.fri.is/cgi-bin/ibmot/urslitib2248D1.htm) | | [Keppendur](http://mot.fri.is/cgi-bin/ibmot/nafnaskraib2248.htm) | | [Einföld úrslit](http://mot.fri.is/cgi-bin/ibmot/media/vmot2248.htm) | | [Mótaforrit](http://mot.fri.is/) | | |  | | --- | | **Dagur 1** | | **Úrslit** |  |  |  |  |  | | --- | --- | --- | --- | | **Kl: 13:00** | **110 m. grind.** | **Karlar** |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | Sæti | Úrslit | Vindur | Nafn | F.ár | Félag | | 1 | 14,66 | 0 | Einar Daði Lárusson | 90 | ÍR | | 2 | 16,58 | 0 | Ingi Rúnar Kristinsson | 1993 | Breiðablik |  |  |  |  |  | | --- | --- | --- | --- | | **Kl: 13:00** | **Kringlukast 1,0 kg.** | **Konur** |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | | Sæti | Úrslit | Nafn | F.ár | Félag | | 1 | 32,30 | Kristín Karlsdóttir  31,60 - 31,68 - 29,55 - 29,46 - 32,30 - | 1994 | Breiðablik | | 2 | 31,95 | Eyrún Halla Haraldsdóttir  31,95 - 30,51 - 29,25 - - - 29,24 - 27,91 | 1990 | Selfoss | | 3 | 29,37 | Thelma Björk Einarsdóttir  29,37 - 27,07 - 28,06 - 28,35 - 27,26 - 28,61 | 1996 | Selfoss | | 4 | 26,68 | Eva Dögg Jóhannsdóttir  24,11 - 26,68 - 25,90 - - - 26,20 - 25,36 | 1995 | ÍR | | 5 | 25,35 | Jónína Guðný Jóhannsdóttir  25,35 - 24,79 - 24,92 - 19,68 - - - 23,42 | 1999 | Selfoss | | 6 | 24,57 | Andrea Vigdís Victorsdóttir  23,68 - 24,57 - 23,64 - - - - - - | 1997 | Selfoss | | 7 | 20,95 | Þórunn Ösp Jónasdóttir  20,88 - 18,47 - 20,95 - 19,98 - - - 20,95 | 1999 | Selfoss |  |  |  |  |  | | --- | --- | --- | --- | | **Kl: 13:00** | **Hástökk** | **Konur** |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | | Sæti | Úrslit | Nafn | F.ár | Félag | | 1 | 151 | Irma Gunnarsdóttir  1,35/o 1,40/o 1,45/o 1,48/xo 1,51/xxo 1,54/xxx | 1998 | Breiðablik |  |  |  |  |  | | --- | --- | --- | --- | | **Kl: 13:00** | **Langstökk** | **Karlar** |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | Sæti | Úrslit | Vindur | Nafn | F.ár | Félag | | 1 | 6,91 | 0,3 | Einar Daði Lárusson  sl/ - óg/ - óg/ - óg/ - 6,61/0,7 - 6,91/0,3 | 90 | ÍR | | 2 | 6,46 | 0,8 | Bjarki Gíslason  6,46/0,8 - sl/ - sl/ - sl/ - óg/ - óg/ | 1990 | UFA | | 3 | 6,09 | 0,3 | Ari Sigþór Eiríksson  5,94/- - 5,92/0,3 - 5,39/0,1 - 5,72/0 - óg/ - 6,09/0,3 | 1997 | Breiðablik | | 4 | 5,82 | 0,6 | Styrmir Dan Steinunnarson  4,19/1 - sl/ - óg/ - óg/ - 5,38/1,9 - 5,82/0,6 | 1999 | UMF.Þór | |  | DNS |  | Fannar Yngvi Rafnarsson  DNS/ - / - / - / - / - / | 1998 | UMF.Þór |  |  |  |  |  | | --- | --- | --- | --- | | **Kl: 13:10** | **100 m. grind.** | **Konur** |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | Sæti | Úrslit | Vindur | Nafn | F.ár | Félag | |  | DNS |  | Kristín Birna Ólafsdóttir | 85 | ÍR |  |  |  |  |  | | --- | --- | --- | --- | | **Kl: 13:20** | **100 m.** | **Karlar** |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | Sæti | Úrslit | Vindur | Nafn | F.ár | Félag | | 1 | 10,99 | 0,1 | Jóhann Björn Sigurbjörnsson | 1995 | UMSS | | 2 | 11,22 | 0,1 | Juan Ramón Borges Bosque | 1992 | ÍR | | 3 | 11,36 | 0,1 | Helgi Björnsson | 1990 | ÍR | | 4 | 11,44 | 0,1 | Bjarki Gíslason | 1990 | UFA | | 5 | 11,96 | 0,1 | Ari Sigþór Eiríksson | 1997 | Breiðablik | | 6 | 12,12 | 0,4 | Gylfi Ingvar Gylfason | 1998 | Breiðablik | | 7 | 12,24 | 0,4 | Guðmundur Ágúst Thoroddsen | 1996 | Afturelding | | 8 | 12,33 | 0,4 | Hallmar Orri Schram | 1999 | Breiðablik | | 9 | 12,64 | 0,4 | Styrmir Dan Steinunnarson | 1999 | UMF.Þór | | 10-11 | 13,18 | 0,4 | Artúr Matvejev | 1999 | UMF.Þór | | 10-11 | 13,18 | 0,4 | Arnaldur Þór Guðmundsson | 1998 | FH | | 12 | 13,79 | 0,4 | Baldur Viggósson Dýrfjörð | 1999 | UMF.Þór | |  | DNS |  | Fannar Yngvi Rafnarsson | 1998 | UMF.Þór |  |  |  |  |  | | --- | --- | --- | --- | | **Kl: 13:20** | **Kúluvarp 7,26 kg.** | **Karlar** |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | | Sæti | Úrslit | Nafn | F.ár | Félag | | 1 | 17,53 | Óðinn Björn Þorsteinsson  ÓG - ÓG - 16,95 - ÓG - 17,53 - 17,21 | 1981 | Ármann | | 2 | 15,79 | Sindri Lárusson  15,24 - 15,20 - 14,96 - 15,01 - 15,61 - 15,79 | 1993 | ÍR | | 3 | 14,41 | Guðmundur Hólmar Jónsson  14,00 - ÓG - 14,15 - 14,41 - ÓG - ÓG | 1979 | Ármann | | 4 | 13,98 | Ingi Rúnar Kristinsson  12,48 - ÓG - 13,01 - 12,93 - 13,98 - SL | 1993 | Breiðablik | | 5 | 11,89 | Ólafur Guðmundsson  10,73 - 11,72 - 11,56 - 11,54 - 11,61 - 11,89 | 1969 | Selfoss | |  | DNS | Einar Daði Lárusson  DNS - - - - - | 90 | ÍR |  |  |  |  |  | | --- | --- | --- | --- | | **Kl: 13:20** | **Kúluvarp 5,0 kg.** | **Piltar 16 - 17 ára** |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | | Sæti | Úrslit | Nafn | F.ár | Félag | | 1 | 12,24 | Teitur Örn Einarsson  óg - 11,07 - 12,10 - 12,20 - 12,12 - 12,24 | 1998 | Selfoss | | 2 | 10,39 | Ásbjörn Árni Ásbjörnsson  9,88 - 10,27 - 10,18 - 10,39 - 10,06 - 9,90 | 1998 | Afturelding |  |  |  |  |  | | --- | --- | --- | --- | | **Kl: 13:30** | **100 m.** | **Konur** |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | Sæti | Úrslit | Vindur | Nafn | F.ár | Félag | | 1 | 13,08 | 0,1 | Guðbjörg Bjarkadóttir | 1999 | FH | | 2 | 14,09 | 0,1 | Harpa Svansdóttir | 1999 | Selfoss | | 3 | 14,68 | 0,1 | Andrea Vigdís Victorsdóttir | 1997 | Selfoss | |  | DNS | 0,1 | Sólveig Helga Guðjónsdóttir | 1996 | Selfoss |  |  |  |  |  | | --- | --- | --- | --- | | **Kl: 13:40** | **Spjótkast(600 gr)** | **Konur** |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | | Sæti | Úrslit | Nafn | F.ár | Félag | | 1 | 41,88 | Thea Emani Sturludóttir  36,72 - 41,88 - 39,66 - óg - 37,69 - 37,88 | 1997 | FH | | 2 | 35,61 | Irma Gunnarsdóttir  34,49 - 34,08 - 34,39 - óg - 35,61 - 34,99 | 1998 | Breiðablik | | 3 | 33,51 | Andrea Vigdís Victorsdóttir  33,05 - 33,18 - 33,26 - 33,51 - óg - óg | 1997 | Selfoss | | 4 | 24,09 | Jónína Guðný Jóhannsdóttir  20,25 - 20,32 - 21,02 - 23,93 - 24,09 - 21,30 | 1999 | Selfoss | |  |  | Harpa Svansdóttir  dns - - - - - | 1999 | Selfoss |  |  |  |  |  | | --- | --- | --- | --- | | **Kl: 13:40** | **1500 m.** | **Konur** |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | | Sæti | Úrslit | Nafn | F.ár | Félag |  |  |  |  |  | | --- | --- | --- | --- | | **Kl: 13:45** | **Langstökk** | **Konur** |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | Sæti | Úrslit | Vindur | Nafn | F.ár | Félag | | 1 | 5,47 | 0,7 | Steinunn Arna Atladóttir  óg/ - 5,32/1,0 - 5,34/0,0 - 5,47/0,7 - óg/ - 5,36/1,0 | 1994 | FH | | 2 | 5,05 | 1,5 | Harpa Svansdóttir  óg/ - 5,05/1,5 - óg/ - 4,76/1,0 - 4,98/0,0 - 4,98/0,7 | 1999 | Selfoss | | 3 | 4,62 | 0,5 | Guðbjörg Bjarkadóttir  óg/ - óg/ - óg/ - óg/ - 4,62/0,5 - óg/ | 1999 | FH | |  | DNS |  | Andrea Vigdís Victorsdóttir  DNS/ - / - / - / - / - / | 1997 | Selfoss |  |  |  |  |  | | --- | --- | --- | --- | | **Kl: 13:45** | **Hástökk** | **Karlar** |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | | Sæti | Úrslit | Nafn | F.ár | Félag | | 1 | 1,84 | Styrmir Dan Steinunnarson  1,75/xo 1,78/xo 1,81/xxo 1,84/o 1,87/xxx | 1999 | UMF.Þór | | 2 | 1,81 | Sigurjón Hólm Jakobsson  1,70/o 1,75/o 1,78/o 1,81/xxo 1,84/xxx | 1996 | Breiðablik | | 3 | 1,65 | Bjarki Rúnar Kristinsson  1,45/o 1,50/o 1,55/o 1,60/xxo 1,65/xxx | 1996 | Breiðablik |  |  |  |  |  | | --- | --- | --- | --- | | **Kl: 14:00** | **400 m.** | **Karlar** |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | Sæti | Úrslit | Vindur | Nafn | F.ár | Félag | | 1 | 48,82 |  | Jóhann Björn Sigurbjörnsson | 1995 | UMSS | | 2 | 51,32 |  | Kristinn Þór Kristinsson | 1989 | UMF.Samhygð | | 3 | 51,62 |  | Ingi Rúnar Kristinsson | 1993 | Breiðablik | | 4 | 52,55 |  | Sveinn Sampsted | 1995 | Breiðablik | | 5 | 52,65 |  | Viktor Orri Pétursson | 1997 | Ármann | | 6 | 53,63 |  | Arnaldur Þór Guðmundsson | 1998 | FH | | 7 | 54,13 |  | Ernir Jónsson | 1997 | Ármann | |  | DNS |  | Hallmar Orri Schram | 1999 | Breiðablik |  |  |  |  |  | | --- | --- | --- | --- | | **Kl: 14:00** | **Sleggjukast (7,25 k** | **Karlar** |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | | Sæti | Úrslit | Nafn | F.ár | Félag | | 1 | 39,80 | Ólafur Guðmundsson  óg - 38,95 - 39,70 - 39,80 - 39,67 - 39,45 | 1969 | Selfoss | | 2 | 22,76 | Þorbergur Magnússon  22,76 - 22,18 - óg - 20,59 - 17,98 - óg | 1998 | UMF.Þór |  |  |  |  |  | | --- | --- | --- | --- | | **Kl: 14:20** | **400 m.** | **Konur** |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | Sæti | Úrslit | Vindur | Nafn | F.ár | Félag | | 1 | 57,70    Íslandsmet stúlkna 14 ára |  | Þórdís Eva Steinsdóttir | 2000 | FH | |  | DNS |  | Kristín Birna Ólafsdóttir | 85 | ÍR |  |  |  |  |  | | --- | --- | --- | --- | | **Kl: 14:20** | **Spjótkast (800 gr)** | **Karlar** |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | | Sæti | Úrslit | Nafn | F.ár | Félag | | 1 | 78,29 | Guðmundur Sverrisson  78,29 - sl - sl - sl - sl - sl | 1990 | ÍR | | 2 | 72,45    Íslandsmet pilta 19 ára | Sindri Hrafn Guðmundsson  62,15 - 64,49 - 72,45 - 66,59 - 62,62 - 62,17 | 1995 | Breiðablik | | 3 | 48,94 | Guðmundur Kristinn Jónsson  48,44 - óg - 48,17 - 48,94 - sl - sl | 1994 | Selfoss |  |  |  |  |  | | --- | --- | --- | --- | | **Kl: 14:20** | **Spjótkast(700 gr)** | **Piltar 16 - 17 ára** |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | | Sæti | Úrslit | Nafn | F.ár | Félag | | 1 | 57,03 | Dagbjartur Daði Jónsson  óg - 57,03 - 51,40 - óg - 52,91 - óg | 1997 | ÍR | | 2 | 38,36 | Ari Sigþór Eiríksson  óg - 38,36 - 38,06 - óg - óg - óg | 1997 | Breiðablik | |  |  | Teitur Örn Einarsson  dns - - - - - | 1998 | Selfoss | |  |  | Sigþór Helgason  dns - - - - - | 1997 | Selfoss |  |  |  |  |  | | --- | --- | --- | --- | | **Kl: 14:40** | **800 m.** | **Karlar** |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | | Sæti | Úrslit | Nafn | F.ár | Félag | | 1 | 1:58,04 | Snorri Sigurðsson | 1991 | ÍR | | 2 | 1:59,61 | Guðni Páll Pálsson | 1987 | USVS |  |  |  |  |  | | --- | --- | --- | --- | | **Kl: 14:55** | **4\*100 m. boðhl.** | **Karlar** |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | | Sæti | Úrslit | Nafn | F.ár | Félag |  |  |  |  |  | | --- | --- | --- | --- | | **Kl: 15:05** | **4\*100 m. boðhl.** | **Konur** |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | | Sæti | Úrslit | Nafn | F.ár | Félag |  |  |  |  |  | | --- | --- | --- | --- | | **Kl: 15:10** | **Sleggjukast (4 kg)** | **Konur** |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | | Sæti | Úrslit | Nafn | F.ár | Félag | | 1 | 53,17 | Vigdís Jónsdóttir  48,10 - 53,17 - 51,50 - 53,01 - óg - óg | 1997 | FH | | 2 | 45,52 | María Ósk Felixdóttir  óg - 42,18 - 43,00 - 45,52 - 43,50 - óg | 1992 | ÍR | | 3 | 37,24 | Ylfa Rún Jörundsdóttir  36,12 - 37,24 - 36,66 - 34,96 - 37,17 - óg | 1980 | ÍR | | 4 | 25,83 | Jónína Guðný Jóhannsdóttir  óg - sl - sl - sl - 25,83 - óg | 1999 | Selfoss | |  | DNS | Thelma Björk Einarsdóttir  DNS - - - - - | 1996 | Selfoss | |