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

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| [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/) |

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| **Dagur 1** |
| **Úrslit** |

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| **Kl: 13:00** | **110 m. grind.** | **Karlar** |  |

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| 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 |

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| **Kl: 13:00** | **Kringlukast 1,0 kg.** | **Konur** |  |

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| 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 |

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| **Kl: 13:00** | **Hástökk** | **Konur** |  |

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| 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 |

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| **Kl: 13:00** | **Langstökk** | **Karlar** |  |

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| 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 |

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| **Kl: 13:10** | **100 m. grind.** | **Konur** |  |

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| Sæti | Úrslit | Vindur | Nafn | F.ár | Félag |
|  | DNS    |  | Kristín Birna Ólafsdóttir  | 85 | ÍR |

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| **Kl: 13:20** | **100 m.** | **Karlar** |  |

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| 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 |

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| **Kl: 13:20** | **Kúluvarp 7,26 kg.** | **Karlar** |  |

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| 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 |

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| **Kl: 13:20** | **Kúluvarp 5,0 kg.** | **Piltar 16 - 17 ára** |  |

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| 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 |

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| **Kl: 13:30** | **100 m.** | **Konur** |  |

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| 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 |

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| **Kl: 13:40** | **Spjótkast(600 gr)** | **Konur** |  |

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| 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 |

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| **Kl: 13:40** | **1500 m.** | **Konur** |  |

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| Sæti | Úrslit | Nafn | F.ár | Félag |

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| **Kl: 13:45** | **Langstökk** | **Konur** |  |

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| 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 |

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| **Kl: 13:45** | **Hástökk** | **Karlar** |  |

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| 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 |

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| **Kl: 14:00** | **400 m.** | **Karlar** |  |

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| 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 |

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| **Kl: 14:00** | **Sleggjukast (7,25 k** | **Karlar** |  |

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| 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 |

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| **Kl: 14:20** | **400 m.** | **Konur** |  |

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| 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 |

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| **Kl: 14:20** | **Spjótkast (800 gr)** | **Karlar** |  |

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| 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 |

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| **Kl: 14:20** | **Spjótkast(700 gr)** | **Piltar 16 - 17 ára** |  |

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| 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 |

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| **Kl: 14:40** | **800 m.** | **Karlar** |  |

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| Sæti | Úrslit | Nafn | F.ár | Félag |
| 1 | 1:58,04    | Snorri Sigurðsson  | 1991 | ÍR |
| 2 | 1:59,61    | Guðni Páll Pálsson  | 1987 | USVS |

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| **Kl: 14:55** | **4\*100 m. boðhl.** | **Karlar** |  |

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| Sæti | Úrslit | Nafn | F.ár | Félag |

|  |  |  |  |
| --- | --- | --- | --- |
| **Kl: 15:05** | **4\*100 m. boðhl.** | **Konur** |  |

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| 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 |

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