

60M 60m · Men · Senior · Final · Group A (of 4) 03/21/2026, 01:30 PM

Place	Lane	Athlete	Team	Bib	React.	Result
1	3	Hilmir Dreki Guðmundsson (2013) ISL	Ungmennafélag Selfoss			9.55 PB
2	1	Þorsteinn Leó Bahner Jónsson (2012)...	Íþróttafélagið Dímon			9.76 PB
3	2	Brynjar Ingi Bjarnason (2011) ISL	Ungmennafélag Selfoss			10.74 PB
	4	Birkir Aron Ársælsson (2011) ISL	Ungmennafélag Selfoss			DQ

60M 60m · Men · Senior · Final · Group B (of 4) 03/21/2026, 01:30 PM

Place	Lane	Athlete	Team	Bib	React.	Result
1	2	Tómas Bragi Ragnarsson (2011) ISL	Ungmennafélag Selfoss			8.83 PB
2	4	Aron Ingi Gunnarsson (2011) ISL				9.13 PB
3	1	Andri Fannar Smárason (2012) ISL	Ungmennafélag Selfoss			9.48
	3	Hróbjartur Vigfússon (2011) ISL	Ungmennafélag Selfoss			DNS

60M 60m · Men · Senior · Final · Group C (of 4) 03/21/2026, 01:30 PM

Place	Lane	Athlete	Team	Bib	React.	Result
1	2	Hannes Breki Björnsson (2010) ISL	Ungmennafélag Selfoss			7.90 PB
2	3	Artur Thor Pardej (2007) ISL				8.12 PB
3	4	Runólfur Mar Þorkelsson (2009) ISL	Íþróttafélagið Dímon			8.28 PB
	1	Helgi Reynisson (2008) ISL	Ungmennafélagið Þjótandi			DNS

60M 60m · Men · Senior · Final · Group D (of 4) 03/21/2026, 01:30 PM

Place	Lane	Athlete	Team	Bib	React.	Result
1	3	Veigar Þór Víðisson (2006) ISL	Ungmennafélagið Hekla			7.89 SB
2	2	Vikar Reyrr Víðisson (2008) ISL	Ungmennafélagið Hekla			8.08
	1	Þorvaldur Gauti Hafsteinsson (2007) I...	Ungmennafélag Selfoss			DNS

60W 60m · Women · Senior · Final · Group A (of 4) 03/21/2026, 01:15 PM

Place	Lane	Athlete	Team	Bib	React.	Result
1	4	Dagbjört Eva Hjaltadóttir (2011) ISL	Ungmennafélag Selfoss			9.89 PB
2	3	Bjarkey Sigurðardóttir (2013) ISL	Ungmennafélag Selfoss			10.10
3	1	Sigurdís Þorbjörnsdóttir (2011) ISL	Ungmennafélag Selfoss			10.25
4	2	Elísabet Freyja Elvarsdóttir (2011) ISL	Ungmennafélag Selfoss			10.78

60W 60m · Women · Senior · Final · Group B (of 4) 03/21/2026, 01:15 PM

Place	Lane	Athlete	Team	Bib	React.	Result
	1	Bergrún Eyland Gunnarsdóttir (2012) I...	Íþróttafélagið Dímon			DNS
	2	Hafdís Laufey Ómarsdóttir (2011) ISL	Ungmennafélagið Hekla			DNS
	3	Adda Sóley Sæland (2010) ISL	Ungmennafélag Selfoss			DNS

60W 60m · Women · Senior · Final · Group C (of 4) 03/21/2026, 01:15 PM

Place	Lane	Athlete	Team	Bib	React.	Result
1	3	Þórhildur Sara Jónasdóttir (2007) ISL	Ungmennafélag Selfoss			8.56 PB
2	1	Hanna Dóra Höskuldsdóttir (2006) ISL	Ungmennafélag Selfoss			9.00
3	4	Arndís Eva Vigfúsdóttir (2009) ISL	Ungmennafélag Selfoss			9.27
4	2	Þórhildur Salka Jónsdóttir (2012) ISL	Ungmennafélag Selfoss			9.45 PB

60W 60m · Women · Senior · Final · Group D (of 4) 03/21/2026, 01:15 PM

Place	Lane	Athlete	Team	Bib	React.	Result
1	2	Magnea Furuheilm Magnúsdóttir (201...	Íþróttafélagið Dímon			8.32
2	3	Helga Fjóra Erlendsdóttir (2009) ISL	Íþróttafélagið Garpur			8.36 SB
3	1	Anna Metta Óskarsdóttir (2010) ISL	Ungmennafélag Selfoss			8.65
4	4	Stephanie Ósk Ingvarsdóttir (2007) ISL	Ungmennafélagið Hekla			8.81

60grind KK 60m Hurdles (106.7cm / 9.14m) · Men · Senior · Final 03/21/2026, 04:20 PM

Place	Lane	Athlete	Team	Bib	React.	Result
1	2	Veigar Þór Víðisson (2006) ISL	Ungmennafélagið Hekla			10.63 PB
2	1	Vikar Reyrr Víðisson (2008) ISL	Ungmennafélagið Hekla			10.91 PB
	3	Ástþór Jón Ragnheiðarson (1998) ISL	Ungmennafélagið Hekla			DNS

60grind KVK 60m Hurdles (83.8cm / 8.5m) · Women · Senior · Final · Group A (of 2) 03/21/2026, 04:10 PM

Place	Lane	Athlete	Team	Bib	React.	Result
	1	Hafdís Laufey Ómarsdóttir (2011) ISL	Ungmennafélagið Hekla			DNS
	2	Arndís Eva Vigfúsdóttir (2009) ISL	Ungmennafélag Selfoss			DNS

60grind KVK 60m Hurdles (83.8cm / 8.5m) · Women · Senior · Final · Group B (of 2) 03/21/2026, 04:10 PM

Place	Lane	Athlete	Team	Bib	React.	Result
-------	------	---------	------	-----	--------	--------

1	1	Helga Fjóra Erlendsdóttir (2009) ISL	Íþróttafélagið Garpur	9.56
2	2	Fjóra Signý Hannesdóttir (1989) ISL	Ungmennafélag Selfoss	10.40
3	4	Stephanie Ósk Ingvarsdóttir (2007) ISL	Ungmennafélagið Hekla	10.78 PB
4	3	Magnea Furuhjelm Magnúsdóttir (201...)	Íþróttafélagið Dímon	10.79 PB

Hástökk KK High Jump · Men · Senior · Final

03/21/2026, 01:45 PM

Place	Athlete	Team	Bib	Result
1	Veigar Þór Víðisson (2006) ISL	Ungmennafélagið Hekla		1.69 SB
2	Daníel Smári Björnsson (2007) ISL	Ungmennafélag Selfoss		1.66 PB
3	Víkar Reyrr Víðisson (2008) ISL	Ungmennafélagið Hekla		1.50
4	Andri Fannar Smáráson (2012) ISL	Ungmennafélag Selfoss		1.50 PB
5	Hannes Breki Björnsson (2010) ISL	Ungmennafélag Selfoss		1.45 PB
6	Páll Jökull Pétursson (1959) ISL	Ungmennafélag Selfoss		1.35 PB
7	Hilmir Dreki Guðmundsson (2013) ISL	Ungmennafélag Selfoss		1.35 PB
	Stormur Leó Guðmundsson (2010) ISL	Ungmennafélag Selfoss		NM
	Helgi Reynisson (2008) ISL	Ungmennafélagið Þjótandi		DNS

Attempts · Hástökk KK High Jump · Men · Senior · Final

Place	Athlete	Attempts
1	Veigar Þór Víðisson (2006) ISL	1.20 / - 1.25 / - 1.30 / - 1.35 / - 1.40 / - 1.45 / - 1.50 / o 1.55 / o 1.60 / o 1.63 / o 1.66 / o 1.69 / xo
2	Daníel Smári Björnsson (2007) ISL	1.20 / - 1.25 / - 1.30 / - 1.35 / - 1.40 / - 1.45 / - 1.50 / o 1.55 / xo 1.60 / xxo 1.63 / o 1.66 / xxo 1.69 / xxx
3	Víkar Reyrr Víðisson (2008) ISL	1.20 / - 1.25 / - 1.30 / - 1.35 / - 1.40 / o 1.45 / xo 1.50 / o 1.55 / xxx
4	Andri Fannar Smáráson (2012) ISL	1.20 / - 1.25 / - 1.30 / o 1.35 / o 1.40 / o 1.45 / o 1.50 / xo 1.55 / xxx
5	Hannes Breki Björnsson (2010) ISL	1.20 / o 1.25 / o 1.30 / o 1.35 / o 1.40 / o 1.45 / o 1.50 / xxx
6	Páll Jökull Pétursson (1959) ISL	1.20 / xxo 1.25 / o 1.30 / o 1.35 / xo 1.40 / xxx
7	Hilmir Dreki Guðmundsson (2013) ISL	1.20 / o 1.25 / o 1.30 / xo 1.35 / xo 1.40 / xxx
	Stormur Leó Guðmundsson (2010) ISL	1.20 / xxx

Hástökk KVK High Jump · Women · Senior · Final

03/21/2026, 03:10 PM

Place	Athlete	Team	Bib	Result
1	Stephanie Ósk Ingvarsdóttir (2007) ISL	Ungmennafélagið Hekla		1.50
2	Helga Fjóra Erlendsdóttir (2009) ISL	Íþróttafélagið Garpur		1.45
3	Magnea Furuhjelm Magnúsdóttir (201...)	Íþróttafélagið Dímon		1.45
4	Ísold Assa Guðmundsdóttir (2007) ISL	Ungmennafélag Selfoss		1.45 SB
5	Hanna Dóra Höskuldsdóttir (2006) ISL	Ungmennafélag Selfoss		1.45
6	Katrín Eyland Gunnarsdóttir (2007) ISL	Íþróttafélagið Dímon		1.40
6	Arndís Eva Vigfúsdóttir (2009) ISL	Ungmennafélag Selfoss		1.40
6	Arna Hrönn Grétarsdóttir (2008) ISL	Ungmennafélag Selfoss		1.40
9	Ásta Kristín Ólafsdóttir (2011) ISL	Ungmennafélag Selfoss		1.30
10	Hugrún Hadda Hermannsdóttir (2011)...	Ungmennafélag Selfoss		1.20
11	Þórhildur Salka Jónsdóttir (2012) ISL	Ungmennafélag Selfoss		1.20
	Elisabet Freyja Elvarsdóttir (2011) ISL	Ungmennafélag Selfoss		DNS
	Ágústa Tryggvadóttir (1983) ISL	Ungmennafélag Selfoss		DNS

Attempts · Hástökk KVK High Jump · Women · Senior · Final

Place	Athlete	Attempts
1	Stephanie Ósk Ingvarsdóttir (2007) ISL	1.10 / - 1.15 / - 1.20 / - 1.25 / - 1.30 / - 1.35 / - 1.40 / o 1.45 / o 1.50 / o 1.60 / xxx
2	Helga Fjóra Erlendsdóttir (2009) ISL	1.10 / - 1.15 / - 1.20 / - 1.25 / - 1.30 / - 1.35 / - 1.40 / - 1.45 / o 1.50 / xxx
3	Magnea Furuhjelm Magnúsdóttir (201...)	1.10 / - 1.15 / - 1.20 / - 1.25 / xo 1.30 / o 1.35 / o 1.40 / xxo 1.45 / o 1.50 / xxx
4	Ísold Assa Guðmundsdóttir (2007) ISL	1.10 / - 1.15 / - 1.20 / - 1.25 / - 1.30 / - 1.35 / o 1.40 / o 1.45 / xo 1.50 / xxx
5	Hanna Dóra Höskuldsdóttir (2006) ISL	1.10 / - 1.15 / - 1.20 / - 1.25 / - 1.30 / - 1.35 / o 1.40 / o 1.45 / xxo 1.50 / xxx
6	Katrín Eyland Gunnarsdóttir (2007) ISL	1.10 / - 1.15 / - 1.20 / - 1.25 / - 1.30 / o 1.35 / o 1.40 / xo 1.45 / xxx
6	Arndís Eva Vigfúsdóttir (2009) ISL	1.10 / - 1.15 / - 1.20 / - 1.25 / - 1.30 / - 1.35 / - 1.40 / xo 1.45 / xxx
6	Arna Hrönn Grétarsdóttir (2008) ISL	1.10 / - 1.15 / - 1.20 / - 1.25 / - 1.30 / o 1.35 / o 1.40 / xo 1.45 / xxx
9	Ásta Kristín Ólafsdóttir (2011) ISL	1.10 / - 1.15 / - 1.20 / o 1.25 / o 1.30 / o 1.35 / xxx
10	Hugrún Hadda Hermannsdóttir (2011)...	1.10 / xo 1.15 / o 1.20 / o 1.25 / xxx

11	Pórhildur Salka Jónsdóttir (2012) ISL	1.10 / o	1.15 / o	1.20 / xxo	1.25 / x-
----	----------------------------------------------	----------	----------	-------------------	-----------

Stangarstökk KK Pole Vault · Men · Senior · Qualification · Q: 2.40 03/20/2026, 05:00 PM

Place	Athlete	Team	Bib	Result
1	Ástþór Jón Ragnheiðarson (1998) ISL	Ungmennafélagið Hekla		2.40 Q PB
1	Veigar Þór Víðisson (2006) ISL	Ungmennafélagið Hekla		2.40 Q SB
1	Vikar Reyrr Víðisson (2008) ISL	Ungmennafélagið Hekla		2.40 Q PB
	Helgi Reynisson (2008) ISL	Ungmennafélagið Þjótandi		qJ
	Birkir Aron Ársælsson (2011) ISL	Ungmennafélag Selfoss		qJ
	Ólafur Guðmundsson (1969) ISL	Ungmennafélag Selfoss		qJ

Attempts · Stangarstökk KK Pole Vault · Men · Senior · Qualification · Q: 2.40

Place	Athlete	Attempts
1	Ástþór Jón Ragnheiðarson (1998) ISL	2.20 / o 2.40 / o
1	Veigar Þór Víðisson (2006) ISL	2.20 / o 2.40 / o
1	Vikar Reyrr Víðisson (2008) ISL	2.20 / o 2.40 / o

Stangarstökk KK Pole Vault · Men · Senior · Final 03/21/2026, 12:30 PM

Place	Athlete	Team	Bib	Result
1	Helgi Reynisson (2008) ISL	Ungmennafélagið Þjótandi		3.60
2	Birkir Aron Ársælsson (2011) ISL	Ungmennafélag Selfoss		2.60 PB
3	Ólafur Guðmundsson (1969) ISL	Ungmennafélag Selfoss		2.60
4	Vikar Reyrr Víðisson (2008) ISL	Ungmennafélagið Hekla		2.60 PB
4	Veigar Þór Víðisson (2006) ISL	Ungmennafélagið Hekla		2.60 =PB
6	Ástþór Jón Ragnheiðarson (1998) ISL	Ungmennafélagið Hekla		2.40 =PB

Attempts · Stangarstökk KK Pole Vault · Men · Senior · Final

Place	Athlete	Attempts
1	Helgi Reynisson (2008) ISL	2.20 / - 2.40 / - 2.60 / - 2.70 / - 3.00 / - 3.60 / o 3.80 / xxx
2	Birkir Aron Ársælsson (2011) ISL	2.20 / o 2.40 / o 2.60 / o 2.70 / xxx
3	Ólafur Guðmundsson (1969) ISL	2.20 / - 2.40 / - 2.60 / xo 2.70 / - 3.00 / xxx
4	Vikar Reyrr Víðisson (2008) ISL	2.20 / o 2.40 / o 2.60 / xxo 2.70 / x- 3.00 / -
4	Veigar Þór Víðisson (2006) ISL	2.20 / o 2.40 / o 2.60 / xxo 2.70 / xxx
6	Ástþór Jón Ragnheiðarson (1998) ISL	2.20 / o 2.40 / o 2.60 / xxx

Stangarstökk KVK Pole Vault · Women · Senior · Qualification · Q: 2.20 03/20/2026, 05:00 PM

Place	Athlete	Team	Bib	Result
1	Ágústa Tryggvadóttir (1983) ISL	Ungmennafélag Selfoss		1.80 SB
2	Stephanie Ósk Ingvarsdóttir (2007) ISL	Ungmennafélagið Hekla		1.40 PB
	Helga Fjóra Erlendsdóttir (2009) ISL	Íþróttafélagið Garpur		qJ
	Ísold Assa Guðmundsdóttir (2007) ISL	Ungmennafélag Selfoss		qJ
	Hafdís Laufey Ómarsdóttir (2011) ISL	Ungmennafélagið Hekla		DNS
	Arndís Eva Vígfúsdóttir (2009) ISL	Ungmennafélag Selfoss		DNS

Attempts · Stangarstökk KVK Pole Vault · Women · Senior · Qualification · Q: 2.20

Place	Athlete	Attempts
1	Ágústa Tryggvadóttir (1983) ISL	1.40 / - 1.60 / o 1.80 / xxo 2.00 / xxx
2	Stephanie Ósk Ingvarsdóttir (2007) ISL	1.40 / o 1.60 / xxx

Stangarstökk KVK Pole Vault · Women · Senior · Final 03/21/2026, 12:30 PM

Place	Athlete	Team	Bib	Result
1	Ísold Assa Guðmundsdóttir (2007) ISL	Ungmennafélag Selfoss		2.70 =PB
	Helga Fjóra Erlendsdóttir (2009) ISL	Íþróttafélagið Garpur		DNS

Attempts · Stangarstökk KVK Pole Vault · Women · Senior · Final

Place	Athlete	Attempts
1	Ísold Assa Guðmundsdóttir (2007) ISL	2.20 / o 2.40 / xo 2.60 / o 2.70 / xo 2.82 / xxx

Langstökk KK Long Jump · Men · Senior · Final 03/21/2026, 02:45 PM

Place	Athlete	Team	Bib	Result
1	Veigar Þór Víðisson (2006) ISL	Ungmennafélagið Hekla		5.68 SB
2	Daníel Smári Björnsson (2007) ISL	Ungmennafélag Selfoss		5.08
3	Runólfur Mar Þorkelsson (2009) ISL	Íþróttafélagið Dímon		4.43 PB
4	Tómas Bragi Ragnarsson (2011) ISL	Ungmennafélag Selfoss		4.41
5	Hannes Breki Björnsson (2010) ISL	Ungmennafélag Selfoss		4.27 PB
6	Vikar Reyrr Víðisson (2008) ISL	Ungmennafélagið Hekla		4.24
7	Birkir Aron Ársælsson (2011) ISL	Ungmennafélag Selfoss		4.23 PB
8	Kristján Reynisson (2012) ISL	Ungmennafélagið Þjótandi		4.15

9	Hilmir Dreki Guðmundsson (2013) ISL	Ungmennafélag Selfoss	3.71
10	Þorsteinn Leó Bahner Jónsson (2012)...	Íþróttafélagið Dímón	3.70 PB
11	Brynjjar Ingi Bjarnason (2011) ISL	Ungmennafélag Selfoss	1.91
	Andri Fannar Smárason (2012) ISL	Ungmennafélag Selfoss	DNS
	Helgi Reynisson (2008) ISL	Ungmennafélagið Þjótandi	DNS
	Hróbjartur Vigfússon (2011) ISL	Ungmennafélag Selfoss	DNS

Attempts · Langstökk KK Long Jump · Men · Senior · Final

Place	Athlete	Attempts					
1	Veigar Þór Víðisson (2006) ISL	5.48	5.68	4.65			
2	Daníel Smári Björnsson (2007) ISL	3.39	4.97	4.89	x	5.08	-
3	Runólfur Mar Þorkelsson (2009) ISL	4.33	4.38	x	x	4.19	4.43
4	Tómas Bragi Ragnarsson (2011) ISL	4.41	x	3.42	x	3.84	4.33
5	Hannes Breki Björnsson (2010) ISL	4.22	4.24	4.27			
6	Vikar Reyrr Víðisson (2008) ISL	3.64	3.71	4.24			
7	Birkir Aron Ársælsson (2011) ISL	4.23	4.00	-			
8	Kristján Reynisson (2012) ISL	4.07	3.92	4.04	4.15	3.96	3.86
9	Hilmir Dreki Guðmundsson (2013) ISL	3.71	3.56	3.20			
10	Þorsteinn Leó Bahner Jónsson (2012)...	3.58	3.70	3.51	3.54	3.56	x
11	Brynjjar Ingi Bjarnason (2011) ISL	1.91	x	x			
	Andri Fannar Smárason (2012) ISL						
	Helgi Reynisson (2008) ISL						
	Hróbjartur Vigfússon (2011) ISL						

Langstökk KVK Long Jump · Women · Senior · Final

03/21/2026, 01:30 PM

Place	Athlete	Team	Bib	Result
1	Helga Fjóra Erlendsdóttir (2009) ISL	Íþróttafélagið Garpur		5.25
2	Magnea Furuheilm Magnúsdóttir (201...)	Íþróttafélagið Dímón		4.93
3	Stephanie Ósk Ingvarsdóttir (2007) ISL	Ungmennafélagið Hekla		4.62 SB
4	Arndís Eva Vigfúsdóttir (2009) ISL	Ungmennafélag Selfoss		4.19
5	Þórhildur Salka Jónsdóttir (2012) ISL	Ungmennafélag Selfoss		3.83 PB
6	Dagbjört Eva Hjaltadóttir (2011) ISL	Ungmennafélag Selfoss		3.63 SB
7	Sigurdís Þorbjörnsdóttir (2011) ISL	Ungmennafélag Selfoss		3.52 PB
8	Bjarkey Sigurðardóttir (2013) ISL	Ungmennafélag Selfoss		3.49
	Bergrún Eyland Gunnarsdóttir (2012) I...	Íþróttafélagið Dímón		DNS
	Adda Sóley Sæland (2010) ISL	Ungmennafélag Selfoss		DNS
	Hafdís Laufey Ómarsdóttir (2011) ISL	Ungmennafélagið Hekla		DNS

Attempts · Langstökk KVK Long Jump · Women · Senior · Final

Place	Athlete	Attempts					
1	Helga Fjóra Erlendsdóttir (2009) ISL	4.45	4.69	5.02	5.25	4.98	5.04
2	Magnea Furuheilm Magnúsdóttir (201...)	4.53	4.50	4.14	4.55	4.87	4.93
3	Stephanie Ósk Ingvarsdóttir (2007) ISL	4.60	4.32	4.62	4.54	4.53	4.58
4	Arndís Eva Vigfúsdóttir (2009) ISL	4.19	-	-	-	-	-
5	Þórhildur Salka Jónsdóttir (2012) ISL	x	3.26	3.83	3.57	3.69	3.75
6	Dagbjört Eva Hjaltadóttir (2011) ISL	3.39	3.63	3.39	3.44	3.34	x
7	Sigurdís Þorbjörnsdóttir (2011) ISL	3.46	3.52	3.32	3.38	3.45	3.27
8	Bjarkey Sigurðardóttir (2013) ISL	3.35	3.49	3.00	3.47	3.34	3.34
	Bergrún Eyland Gunnarsdóttir (2012) I...						
	Adda Sóley Sæland (2010) ISL						
	Hafdís Laufey Ómarsdóttir (2011) ISL						

Kúluvarp KK Shot Put (7.26kg) · Men · Senior · Final

03/21/2026, 03:40 PM

Place	Athlete	Team	Bib	Result
1	Kristján Kári Ólafsson (2008) ISL	Ungmennafélag Selfoss		12.38 PB
2	Vikar Reyrr Víðisson (2008) ISL	Ungmennafélagið Hekla		10.62 PB
3	Ólafur Guðmundsson (1969) ISL	Ungmennafélag Selfoss		10.30 SB
4	Veigar Þór Víðisson (2006) ISL	Ungmennafélagið Hekla		9.89 PB
5	Daníel Breki Elvarsson (2006) ISL	Ungmennafélag Selfoss		9.65
6	Ástþór Jón Ragnheiðarson (1998) ISL	Ungmennafélagið Hekla		9.14 PB
7	Páll Jökull Pétursson (1959) ISL	Ungmennafélag Selfoss		7.42 PB
8	Stormur Leó Guðmundsson (2010) ISL	Ungmennafélag Selfoss		7.00 PB
	Runólfur Mar Þorkelsson (2009) ISL	Íþróttafélagið Dímón		DNS

Attempts · Kúluvarp KK Shot Put (7.26kg) · Men · Senior · Final

Place	Athlete	Attempts					
1	Kristján Kári Ólafsson (2008) ISL	11.32	x	11.95	12.38	12.00	12.00
2	Vikar Reyrr Víðisson (2008) ISL	x	9.84	9.87	10.46	10.14	10.62

3	Ólafur Guðmundsson (1969) ISL	x	9.77	9.93	x	10.30	10.05
4	Veigar Þór Víðisson (2006) ISL	9.45	9.29	9.89	9.75	9.41	x
5	Daníel Breki Elvarsson (2006) ISL	9.55	9.52	9.65	x	x	x
6	Ástþór Jón Ragnheiðarson (1998) ISL	8.18	x	8.76	9.14	x	8.63
7	Páll Jökull Pétursson (1959) ISL	7.10	7.01	7.42	7.20	7.18	7.42
8	Stormur Leó Guðmundsson (2010) ISL	6.37	x	6.58	6.75	6.70	7.00
	Runólfur Mar Þorkelsson (2009) ISL						

Kúluvarp KVK Shot Put (4kg) · Women · Senior · Final

03/21/2026, 02:30 PM

Place	Athlete	Team	Bib	Result
1	Bryndís Embla Einarsdóttir (2009) ISL	Ungmennafélag Selfoss		11.48
2	Hanna Dóra Höskuldsdóttir (2006) ISL	Ungmennafélag Selfoss		10.20
3	Ísold Assa Guðmundsdóttir (2007) ISL	Ungmennafélag Selfoss		9.99 PB
4	Ágústa Tryggvadóttir (1983) ISL	Ungmennafélag Selfoss		9.92 =SB
5	Arndís Eva Vigfúsdóttir (2009) ISL	Ungmennafélag Selfoss		9.42
6	Stephanie Ósk Ingvarsdóttir (2007) ISL	Ungmennafélagið Hekla		8.35
7	Adda Sóley Sæland (2010) ISL	Ungmennafélag Selfoss		8.24 PB
8	Ásta Kristín Ólafsdóttir (2011) ISL	Ungmennafélag Selfoss		8.15 PB
9	Þórunn Eyland Gunnarsdóttir (2010) ISL	Íþróttafélagið Dímon		7.78 SB
10	Arna Hrönn Grétarsdóttir (2008) ISL	Ungmennafélag Selfoss		7.13
11	Filippía Brynjarsdóttir (2011) ISL	Ungmennafélag Selfoss		5.93 SB
12	Elísabet Freyja Elvarsdóttir (2011) ISL	Ungmennafélag Selfoss		5.68 SB
13	Hugrún Hadda Hermannsdóttir (2011)...	Ungmennafélag Selfoss		5.29 PB
	Helga Fjóra Erlendsdóttir (2009) ISL	Íþróttafélagið Garpur		DNS

Attempts · Kúluvarp KVK Shot Put (4kg) · Women · Senior · Final

Place	Athlete	Attempts
1	Bryndís Embla Einarsdóttir (2009) ISL	11.16 10.80 10.82 11.21 10.96 11.48
2	Hanna Dóra Höskuldsdóttir (2006) ISL	9.58 10.20 9.68 - x x
3	Ísold Assa Guðmundsdóttir (2007) ISL	9.22 9.68 9.87 9.62 9.27 9.99
4	Ágústa Tryggvadóttir (1983) ISL	9.59 9.69 9.30 9.67 9.92 9.90
5	Arndís Eva Vigfúsdóttir (2009) ISL	9.42 x 9.14 x x x
6	Stephanie Ósk Ingvarsdóttir (2007) ISL	7.37 8.35 - x 7.79 7.58
7	Adda Sóley Sæland (2010) ISL	8.24 - -
8	Ásta Kristín Ólafsdóttir (2011) ISL	7.64 x 8.15 x 8.02 7.32
9	Þórunn Eyland Gunnarsdóttir (2010) ISL	7.51 7.78 7.68
10	Arna Hrönn Grétarsdóttir (2008) ISL	6.82 x 7.13
11	Filippía Brynjarsdóttir (2011) ISL	5.93 4.66 5.70
12	Elísabet Freyja Elvarsdóttir (2011) ISL	5.68 4.89 5.49
13	Hugrún Hadda Hermannsdóttir (2011)...	5.29 4.67 4.68
	Helga Fjóra Erlendsdóttir (2009) ISL	

Team results · Heildarstigakeppni · Mixed (1/3)

Place	Team	Total	60m 60M Men	60m 60W Women	60m Hurdles 60grind KK Men	60m Hurdles 60grind KVK Women	High Jump Hástökk KK Men
1	Umf. Selfoss	105.67	8	8	0	5	11
2	Umf. Hekla	74	10	2	11	4	10
3	Íþrf. Dímon	25.33	3	6	0	3	0
4	Íþrf. Garpur	22	0	5	0	6	0
5	Umf. Þjótandi	6	0	0	0	0	0
	Umf. Þór	0	0	0	0	0	0

Team results · Heildarstigakeppni · Mixed (2/3)

Place	Team	Total	High Jump Hástökk KVK Women	Pole Vault Stangarstökk KK Men	Pole Vault Stangarstökk KVK Women	Long Jump Langstökk KK Men	Long Jump Langstökk KVK Women
1	Umf. Selfoss	105.67	5.67	9	11	10	6
2	Umf. Hekla	74	6	6	4	7	4
3	Íþrf. Dímon	25.33	4.33	0	0	4	5
4	Íþrf. Garpur	22	5	0	0	0	6
5	Umf. Þjótandi	6	0	6	0	0	0
	Umf. Þór	0	0	0	0	0	0

Team results · Heildarstigakeppni · Mixed (3/3)

Place	Team	Total	Shot Put Kúluvarp KK Men	Shot Put Kúluvarp KVK Women
1	Umf. Selfoss	105.67	12	20
2	Umf. Hekla	74	9	1
3	Íþrf. Dímon	25.33	0	0

4	Íþrf. Garpur	22	0	0
5	Umf. Þjótandi	6	0	0
	Umf. Þór	0	0	0