

100m · Men · Senior · Final · Group A (of 3)

05/21/2026, 06:50 PM · Wind: +1.3

Place	Lane	Athlete	Club/School	Bib	React.	Result
1	3	Aron Logi Þrastarson (2012) ISL	DÍMON			12.86 PB
2	8	Alexander Ásgeirsson (2011) ISL	Fjölnir			13.44 PB
3	2	Wiktor Jeziorkowski (2012) ISL	DÍMON			13.65 PB
4	4	Sigurður Aksel Thoroddsen (2011) ISL	FH			14.04 PB
5	7	Jökull Elí Gíslason (2011) ISL	Fjölnir			14.87 PB
	5	Þorsteinn Leó Bahner Jónsson (2012)...	DÍMON			DNS
	6	Sæþór Elvar Jóhannsson (2012) ISL	DÍMON			DNS

100m · Men · Senior · Final · Group B (of 3)

05/21/2026, 06:50 PM · Wind: +1.1

Place	Lane	Athlete	Club/School	Bib	React.	Result
1	4	Ívar Magnússon (2008) ISL	FH			11.43 PB
2	5	Sindri Dan Vignisson (2009) ISL	FH			11.85 PB
3	7	Hannes Breki Björnsson (2010) ISL	SELFLOSS			12.17 PB
4	3	Magnús Tryggvi Birgisson (2011) ISL	SELFLOSS			12.22 PB
5	2	Snævar Dan Vignisson (2011) ISL	FH			12.36 PB
6	8	Víkar Reyrr Víðisson (2008) ISL	Hekla			12.86 PB
7	6	Þorgeir Örn Þórarinsson (2010) ISL	Ármann			12.93 PB
8	1	Runólfur Mar Þorkelsson (2009) ISL	DÍMON			13.39 PB

100m · Men · Senior · Final · Group C (of 3)

05/21/2026, 06:50 PM · Wind: +1.5

Place	Lane	Athlete	Club/School	Bib	React.	Result
1	5	Kolbeinn Höður Gunnarsson (1995) ISL	FH			10.78 SB
2	6	Elvar Karl Auðunsson (2001) ISL	FH			11.05 PB
3	3	Magnús Örn Brynjarsson (2004) ISL				11.43 PB
4	4	Egill Atlason Waagfjörð (2006) ISL	KATLA			11.52 PB
5	7	Pétur Óli Ágústsson (2007) ISL	Fjölnir			11.58 PB
6	2	Arnar Logi Henningsson (2009) ISL				11.73 SB
7	8	Jörundur Þór Hákonarson (2009) ISL	Ármann			12.14 PB

100m · Women · Senior · Final

05/21/2026, 06:30 PM · Wind: +1.4

Place	Lane	Athlete	Club/School	Bib	React.	Result
1	4	Christina Alba (2007) ISL				11.81 PB
2	5	Eyrún Svala Gustavsdóttir (2011) ISL	BBLIK			12.85 PB
3	3	Ester Mía Árnadóttir (2009) ISL	BBLIK			12.96 SB
4	6	Magnea Furuheilm Magnúsdóttir (2011) ISL	DÍMON			13.06 PB
5	8	Þórhildur Sara Jónasdóttir (2007) ISL	SELFLOSS			13.56 PB
6	7	Stephanie Ósk Ingvarsdóttir (2007) ISL	Hekla			13.93 SB
7	2	Hafþís Laufey Ómarsdóttir (2011) ISL	Hekla			15.61 PB

300m · Men · Senior · Final · Group A (of 4)

05/21/2026, 07:50 PM

Place	Lane	Athlete	Club/School	Bib	React.	Result
1	1	Hannes Breki Björnsson (2010) ISL	SELFLOSS			41.15 PB
2	2	Alexander Ásgeirsson (2011) ISL	Fjölnir			45.81 PB
3	5	Wiktor Jeziorkowski (2012) ISL	DÍMON			47.96 PB
	3	Andri Fannar Smáráson (2012) ISL	SELFLOSS			DNS
	4	Þorsteinn Leó Bahner Jónsson (2012)...	DÍMON			DNS
	6	Aron Logi Þrastarson (2012) ISL	DÍMON			DNS

300m · Men · Senior · Final · Group B (of 4)

05/21/2026, 07:50 PM

Place	Lane	Athlete	Club/School	Bib	React.	Result
1	3	Kristján Óli Gustavsson (2009) ISL	BBLIK			38.50 PB
2	2	Bjarni Friðrik Gíslason (2009) ISL	Ármann			39.33 PB
3	4	Snævar Dan Vignisson (2011) ISL	FH			39.45 PB
4	6	Jökull Elí Gíslason (2011) ISL	Fjölnir			52.03 PB
	5	Magnús Tryggvi Birgisson (2011) ISL	SELFLOSS			DNS

300m · Men · Senior · Final · Group C (of 4)

05/21/2026, 07:50 PM

Place	Lane	Athlete	Club/School	Bib	React.	Result
1	4	Kjartan Óli Bjarnason (2007) ISL	Fjölnir			34.76 PB
2	3	Pétur Óli Ágústsson (2007) ISL	Fjölnir			36.56 PB
3	6	Ívar Magnússon (2008) ISL	FH			37.32 PB
4	1	Sindri Dan Vignisson (2009) ISL	FH			37.95 PB
5	2	Jörundur Þór Hákonarson (2009) ISL	Ármann			38.60 PB
6	5	Björn Margeirsson (1979) ISL	Ármann			40.17 PB

300m · Men · Senior · Final · Group D (of 4)

05/21/2026, 07:50 PM

Place	Lane	Athlete	Club/School	Bib	React.	Result
1	3	Ívar Kristinn Jasonarson (1992) ISL	ÍR			35.07 PB
2	1	Tómas Orri Gíslason (2006) ISL	Ármann			35.56 PB
3	4	Þorvaldur Gauti Hafsteinsson (2007) I...	SELFOSS			38.39 SB
	2	Kolbeinn Höður Gunnarsson (1995) ISL	FH			DNS
	5	Arnar Logi Henningsson (2009) ISL				DNS
	6	Ingvar Elíasson (2004) ISL	ÍR			DNS

300m · Women · Senior · Final

05/21/2026, 07:35 PM

Place	Lane	Athlete	Club/School	Bib	React.	Result
1	3	Eyrún Svala Gustavsdóttir (2011) ISL	BBLIK			41.41 PB
2	5	Þórhildur Sara Jónasdóttir (2007) ISL	SELFOSS			44.04 PB
3	2	Hugrún Birna Hjaltadóttir (2008) ISL	SELFOSS			47.33 SB
4	4	Adda Sóley Sæland (2010) ISL	SELFOSS			48.74 SB

800m · Men · Senior · Final

05/21/2026, 07:20 PM

Place	Lane	Athlete	Club/School	Bib	React.	Result
1	2	Leó Örn Þórarinsson (2004) ISL	FH			1:58.07 SB
2	4	Patrekur Ómar Haraldsson (2009) ISL	FH			2:04.31 SB
3	5	Gunnar Jarl Sveinsson (2007) ISL	Ármann			2:10.59 PB
4	3	Aron Ingi Gunnarsson (2011) ISL	Hekla			2:23.11 PB
	1	Sveinn Margeirsson (1978) ISL	Ármann			DNF

800m · Women · Senior · Final

05/21/2026, 07:10 PM

Place	Lane	Athlete	Club/School	Bib	React.	Result
1	4	Helga Lilja Maack (2008) ISL	ÍR			2:23.20 SB
2	6	Urður Úranía Óskarsdóttir (2011) ISL	Ármann			2:42.32 PB
3	1	Katrín Hulda Tómasdóttir (2011) ISL	ÍR			2:42.56 PB
4	5	Bjarkey Sigurðardóttir (2013) ISL	SELFOSS			3:06.70 PB
5	2	Hafdís Laufey Ómarsdóttir (2011) ISL	Hekla			3:19.98 PB
	3	Vilhelmína Þór Óskarsdóttir (1998) ISL	Fjölnir			DNS
	7	Bergrún Eyland Gunnarsdóttir (2012) I...	DÍMON			DNS

5000m · Men · Senior · Final

05/21/2026, 08:35 PM

Place	Lane	Athlete	Club/School	Bib	React.	Result
1		David Magnusson (2008) ISL				15:18.51 PB
2		Sindri Karl Sigurjónsson (2009) ISL	ÍR			15:39.82 PB
3		Stefán Kári Smáráson (2003) ISL	FH			15:44.42 SB
4		Búi Steinn Kárason (1989) ISL				15:46.99 PB
5		Sindri Dagur Birnisson (2003) ISL	FH			16:12.58 PB
6		Daníel Snær Eypórsson (2003) ISL	FH			16:32.69 PB
7		Hannes Björn Guðlaugsson (1990) ISL	FH			16:38.48 PB
8		Agnar Darri Sverrisson (1994) ISL				16:52.28 PB
9		Guðni Páll Pálsson (1987) ISL	ÍR			16:57.66 PB
10		Helgi Sigurðsson (1961) ISL	FH			20:10.96 PB
		Kjartan Páll Pálsson (2009) ISL	FH			DNS
		Jökull Bjarkason (2003) ISL	ÍR			DNS

5000m · Women · Senior · Final

05/21/2026, 08:10 PM

Place	Lane	Athlete	Club/School	Bib	React.	Result
1		Íris Dóra Snorradóttir (1991) ISL	FH			17:32.05 PB
2		Fríða Rún Þórðardóttir (1970) ISL	ÍR			19:37.49 SB
		Helga Guðný Elíasdóttir (1994) ISL	Örgryte IS			DNS

100m Hurdles (83.8cm / 8.5m) · Women · Senior · Final

05/21/2026, 06:10 PM · Wind: +0.7

Place	Lane	Athlete	Club/School	Bib	React.	Result
1	4	Ísold Sævarsdóttir (2007) ISL	FH			14.35 SB
2	3	Helga Fjóra Erlendsdóttir (2009) ISL	GARPUR			16.02
3	6	Arna Rut Arnarsdóttir (2005) ISL				19.41 PB
4	2	Hafdís Laufey Ómarsdóttir (2011) ISL	Hekla			21.71 PB
	5	Ísold Assa Guðmundsdóttir (2007) ISL	SELFOSS			DNS

110m Hurdles (106.7cm / 9.14m) · Men · Senior · Final

05/21/2026, 06:00 PM · Wind: +0.7

Place	Lane	Athlete	Club/School	Bib	React.	Result
1	2	Þorleifur Einar Leifsson (2004) ISL	BBLIK			14.99 SB
2	3	Ívar Ylur Birkisson (2008) ISL	DÍMON			15.08 PB
3	4	Jörundur Þór Hákonarson (2009) ISL	Ármann			16.69 PB

High Jump · Men · Senior · Final

05/21/2026, 07:10 PM

Place	Athlete	Club/School	Bib	Result
1	Hjálmar Vilhelm Rúnarsson (2008) ISL	SELFOSS		1.92 SB
2	Þorgeir Örn Þórarinnsson (2010) ISL	Ármann		1.65 PB
3	Hrafnkell Hrafnsson (2010) ISL	FH		1.50 SB
4	Andri Fannar Smárason (2012) ISL	SELFOSS		1.45 PB
5	Sigurður Thomsen (2009) ISL	SELFOSS		1.35
	Hilmir Dreki Guðmundsson (2013) ISL	SELFOSS		DNS
	Sæþór Elvar Jóhannsson (2012) ISL	DÍMON		DNS

Attempts · High Jump · Men · Senior · Final

Place	Athlete	Attempts
1	Hjálmar Vilhelm Rúnarsson (2008) ISL	1.30 / - 1.35 / - 1.40 / - 1.45 / - 1.50 / - 1.55 / - 1.92 / o
2	Þorgeir Örn Þórarinnsson (2010) ISL	1.30 / - 1.35 / - 1.40 / - 1.45 / - 1.50 / o 1.55 / o
3	Hrafnkell Hrafnsson (2010) ISL	1.30 / - 1.35 / - 1.40 / o 1.45 / xo 1.50 / o 1.55 / xxx
4	Andri Fannar Smárason (2012) ISL	1.30 / - 1.35 / o 1.40 / xxo 1.45 / xxo 1.50 / xxx
5	Sigurður Thomsen (2009) ISL	1.30 / o 1.35 / o 1.40 / xxx

High Jump · Women · Senior · Final

05/21/2026, 06:00 PM

Place	Athlete	Club/School	Bib	Result
1	Bryndís Lára Guðjónsdóttir (2011) ISL			1.55 SB
1	Ísold Assa Guðmundsdóttir (2007) ISL	SELFOSS		1.55 SB
3	Stephanie Ósk Ingvarsdóttir (2007) ISL	Hekla		1.55 SB
4	Karítas Ýr Ingimundardóttir (2010) ISL			1.50 SB
5	Arna Hrönn Grétarsdóttir (2008) ISL	SELFOSS		1.40 SB
	Ísold Sævarsdóttir (2007) ISL	FH		NM
	Katrín Eyland Gunnarsdóttir (2007) ISL	DÍMON		DNS

Attempts · High Jump · Women · Senior · Final

Place	Athlete	Attempts
1	Bryndís Lára Guðjónsdóttir (2011) ISL	1.35 / - 1.40 / o 1.45 / o 1.50 / o 1.55 / o 1.60 / xxx
1	Ísold Assa Guðmundsdóttir (2007) ISL	1.35 / o 1.40 / o 1.45 / o 1.50 / o 1.55 / o 1.60 / xxx
3	Stephanie Ósk Ingvarsdóttir (2007) ISL	1.35 / - 1.40 / xo 1.45 / o 1.50 / o 1.55 / o 1.60 / xxx
4	Karítas Ýr Ingimundardóttir (2010) ISL	1.35 / - 1.40 / - 1.45 / o 1.50 / o 1.55 / xxx
5	Arna Hrönn Grétarsdóttir (2008) ISL	1.35 / o 1.40 / o 1.45 / xxx
	Ísold Sævarsdóttir (2007) ISL	1.35 / - 1.40 / - 1.45 / - 1.50 / - 1.55 / - 1.60 / xxx

Long Jump · Men · Senior · Final

05/21/2026, 06:00 PM

Place	Athlete	Club/School	Bib	Result	Wind
1	Jacques R. S. Borges Schmitt (2009) I...	BBLIK		6.64 PB	+1.0
2	Egill Atlason Waagfjörð (2006) ISL	KATLA		6.60 PB (6.48)	+2.3
3	Gylfi Ingvar Gylfason (1998) ISL			6.39 SB	+1.2
4	Kristján Óli Gustavsson (2009) ISL	BBLIK		5.76 PB	+2.0
5	Veigar Þór Víðisson (2006) ISL	Hekla		5.66 SB	+2.0
6	Magnús Tryggvi Birgisson (2011) ISL	SELFOSS		5.16 PB	+1.6
7	Hrafnkell Hrafnsson (2010) ISL	FH		5.04 SB	+1.1
8	Runólfur Mar Þorkelsson (2009) ISL	DÍMON		4.53 SB	+0.4
9	Sigurður Thomsen (2009) ISL	SELFOSS		4.18 PB	+1.2
10	Kristján Reynisson (2012) ISL	ÞJÓTANDI		4.02 PB	+1.8
11	Þorsteinn Leó Bahner Jónsson (2012)...	DÍMON		3.96 PB	+0.1
12	Hilmir Dreki Guðmundsson (2013) ISL	SELFOSS		3.91 SB	+0.9
	Sæþór Elvar Jóhannsson (2012) ISL	DÍMON		DNS	

Attempts · Long Jump · Men · Senior · Final

Place	Athlete	Attempts
1	Jacques R. S. Borges Schmitt (2009) I...	6.64 / +1.0 x / NWI 6.56 / +1.9 x / NWI x / NWI 6.56 / +0.8
2	Egill Atlason Waagfjörð (2006) ISL	6.42 / +1.1 6.21 / +2.3 6.60 / +2.3 6.45 / +1.8 6.48 / +0.0 6.36 / +1.5
3	Gylfi Ingvar Gylfason (1998) ISL	x / NWI 6.39 / +1.2 x / NWI 6.33 / +1.9 4.83 / +0.0 x / NWI
4	Kristján Óli Gustavsson (2009) ISL	5.72 / +2.0 5.76 / +2.0 5.64 / +0.3 5.18 / +1.2 5.46 / +0.0 -
5	Veigar Þór Víðisson (2006) ISL	5.30 / +1.2 5.66 / +2.0 5.62 / +0.6 x / NWI - -
6	Magnús Tryggvi Birgisson (2011) ISL	5.16 / +1.6 x / NWI x / NWI x / NWI 3.70 / +0.0 x / NWI
7	Hrafnkell Hrafnsson (2010) ISL	x / NWI x / NWI 5.03 / +1.7 x / NWI 5.04 / +1.1 4.98 / +1.0
8	Runólfur Mar Þorkelsson (2009) ISL	3.97 / +1.6 4.53 / +0.4 x / NWI 4.41 / +1.2 4.43 / +1.9 x / NWI
9	Sigurður Thomsen (2009) ISL	x / NWI 4.18 / +1.2 3.80 / +0.1
10	Kristján Reynisson (2012) ISL	3.83 / +2.2 4.02 / +1.8 3.74 / +0.5

11	Þorsteinn Leó Bahner Jónsson (2012)...	3.96 / +0.1	3.33 / +0.3	3.35 / +1.6
12	Hilmir Dreki Guðmundsson (2013) ISL	3.91 / +0.9	3.71 / +1.5	3.82 / +1.6
	Sæþór Elvar Jóhannsson (2012) ISL			

Long Jump · Women · Senior · Final

05/21/2026, 06:50 PM

Place	Athlete	Club/School	Bib	Result	Wind
1	Júlía Mekkín Guðjónsdóttir (2008) ISL	ÍRB		5.24 PB	+1.1
2	Helga Fjóra Erlendsdóttir (2009) ISL	GARPUR		5.14 SB	+1.9
3	Magnea Furuhjelm Magnúsdóttir (201...)	DÍMON		5.03 PB	+1.3
4	Bryndís Lára Guðjónsdóttir (2011) ISL			4.94 PB	+1.4
5	Karen Kristinsdóttir (2009) ISL	FH		4.91 PB	+1.0
6	Karítas Ýr Ingimundardóttir (2010) ISL	FH		4.83 PB	+1.8
7	Stephanie Ósk Ingvarsdóttir (2007) ISL	Hekla		4.63 SB	+0.0
8	Hafðís Laufey Ómarsdóttir (2011) ISL	Hekla		3.79 PB (3.71)	+2.1
9	Bergrún Eyland Gunnarsdóttir (2012) I...	DÍMON		3.57 SB	+0.7

Attempts · Long Jump · Women · Senior · Final

Place	Athlete	Attempts
1	Júlía Mekkín Guðjónsdóttir (2008) ISL	x / NWI 5.24 / +1.1 x / NWI 5.13 / +0.5 - -
2	Helga Fjóra Erlendsdóttir (2009) ISL	x / NWI x / NWI 5.14 / +1.9 5.05 / +1.4 5.06 / +1.2 x / NWI
3	Magnea Furuhjelm Magnúsdóttir (201...)	x / NWI x / NWI 5.03 / +1.3 4.98 / +1.0 4.91 / +1.5 4.84 / +2.0
4	Bryndís Lára Guðjónsdóttir (2011) ISL	x / NWI 3.61 / +0.8 4.52 / +0.0 x / NWI 4.94 / +1.4 4.86 / +2.2
5	Karen Kristinsdóttir (2009) ISL	4.91 / +1.0 x / NWI 3.46 / +0.0 3.97 / +1.3 4.87 / +1.0 x / NWI
6	Karítas Ýr Ingimundardóttir (2010) ISL	4.83 / +1.8 4.60 / +1.1 4.58 / +0.9 4.35 / +0.9 4.66 / +1.9 4.46 / +1.2
7	Stephanie Ósk Ingvarsdóttir (2007) ISL	x / NWI x / NWI 4.63 / +0.0 4.56 / +1.2 4.62 / +1.3 x / NWI
8	Hafðís Laufey Ómarsdóttir (2011) ISL	3.60 / +1.5 3.66 / +1.2 3.71 / +0.1 3.58 / +1.5 3.37 / +0.2 3.79 / +2.1
9	Bergrún Eyland Gunnarsdóttir (2012) I...	3.41 / +1.2 3.57 / +0.7 3.30 / +1.5

Triple Jump · Men · Senior · Final

05/21/2026, 08:10 PM

Place	Athlete	Club/School	Bib	Result	Wind
1	Magnús Tryggvi Birgisson (2011) ISL	SELFLOSS		11.57 PB	+1.1
2	Daníel Smári Björnsson (2007) ISL	SELFLOSS		10.88 SB	+1.1
3	Hrafnkell Hrafnsson (2010) ISL	FH		10.40 SB	+1.3
	Þorsteinn Leó Bahner Jónsson (2012)...	DÍMON		DNS	
	Hilmir Dreki Guðmundsson (2013) ISL	SELFLOSS		DNS	
	Andri Fannar Smáráson (2012) ISL	SELFLOSS		DNS	

Attempts · Triple Jump · Men · Senior · Final

Place	Athlete	Attempts
1	Magnús Tryggvi Birgisson (2011) ISL	x / NWI 11.52 / +0.6 x / NWI 11.25 / +0.4 x / NWI 11.57 / +1.1
2	Daníel Smári Björnsson (2007) ISL	9.79 / +1.1 10.35 / +0.4 10.42 / +0.2 x / NWI 10.88 / +1.1 10.81 / +1.1
3	Hrafnkell Hrafnsson (2010) ISL	x / NWI x / NWI x / NWI x / NWI 10.40 / +1.3 x / NWI
	Þorsteinn Leó Bahner Jónsson (2012)...	
	Hilmir Dreki Guðmundsson (2013) ISL	
	Andri Fannar Smáráson (2012) ISL	

Triple Jump · Women · Senior · Final

05/21/2026, 07:35 PM

Place	Athlete	Club/School	Bib	Result	Wind
1	Irma Gunnarsdóttir (1998) ISL	FH		13.16 SB	+1.4
2	Magnea Furuhjelm Magnúsdóttir (201...)	DÍMON		10.74 PB	+1.5
3	Bryndís Lára Guðjónsdóttir (2011) ISL			10.61 PB	+1.2
4	Ísold Assa Guðmundsdóttir (2007) ISL	SELFLOSS		10.51 SB	+1.6
5	Bjarkey Sigurðardóttir (2013) ISL	SELFLOSS		8.32 PB	+1.2
	Anna Metta Óskarsdóttir (2010) ISL	SELFLOSS		DNS	

Attempts · Triple Jump · Women · Senior · Final

Place	Athlete	Attempts
1	Irma Gunnarsdóttir (1998) ISL	12.99 / +1.8 13.06 / +1.1 13.16 / +1.4 12.92 / +1.2 12.98 / +1.2 13.16 / +1.1
2	Magnea Furuhjelm Magnúsdóttir (201...)	x / NWI 10.25 / +1.7 10.24 / +1.0 x / NWI 10.18 / +0.3 10.74 / +1.5
3	Bryndís Lára Guðjónsdóttir (2011) ISL	9.83 / +1.1 10.21 / +1.7 10.61 / +1.2 10.38 / +1.3 10.31 / +0.5 10.51 / +1.5
4	Ísold Assa Guðmundsdóttir (2007) ISL	x / NWI x / NWI 10.51 / +1.6 x / NWI - 9.78 / +1.1
5	Bjarkey Sigurðardóttir (2013) ISL	8.32 / +1.2 7.83 / +1.4 8.16 / +0.5 7.76 / +1.3 7.92 / +0.7 8.00 / +0.2
	Anna Metta Óskarsdóttir (2010) ISL	

Shot Put (6kg) · Men · U20 · Final

05/21/2026, 07:30 PM

Place	Athlete	Club/School	Bib	Result
1	Benedikt Gunnar Jónsson (2009) ISL			14.98 PB
2	Kristján Kári Ólafsson (2008) ISL	SELFLOSS		12.54 PB
3	Vikar Reyr Víðisson (2008) ISL	Hekla		11.11 PB

4	Lúkas Týr Sigurðsson (2009) ISL	DÍMON					8.88 PB
5	Runólfur Mar Þorkelsson (2009) ISL	DÍMON					7.06 PB

Attempts · Shot Put (6kg) · Men · U20 · Final

Place	Athlete	Attempts					
1	Benedikt Gunnar Jónsson (2009) ISL	14.98	14.47	14.48	x	14.80	x
2	Kristján Kári Ólafsson (2008) ISL	x	12.54	x	-	-	-
3	Vikar Reyrr Víðisson (2008) ISL	9.44	10.39	11.11	10.88	x	11.00
4	Lúkas Týr Sigurðsson (2009) ISL	8.42	x	8.63	8.88	-	-
5	Runólfur Mar Þorkelsson (2009) ISL	6.81	7.06	6.89	-	-	-

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

05/21/2026, 07:30 PM

Place	Athlete	Club/School	Bib	Result
1	Sigursteinn Ásgeirsson (2001) ISL			16.15
2	Róbert Elí Árnason (2005) ISL	BBLIK		13.37 PB

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

Place	Athlete	Attempts					
1	Sigursteinn Ásgeirsson (2001) ISL	16.14	x	x	x	16.15	16.13
2	Róbert Elí Árnason (2005) ISL	12.34	12.90	12.47	12.97	13.37	13.29

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

05/21/2026, 08:10 PM

Place	Athlete	Club/School	Bib	Result
1	María Helga Högnadóttir (2005) ISL	FH		12.76 PB
2	Júlía Mekkín Guðjónsdóttir (2008) ISL	ÍRB		12.03
3	Ísold Sævarsdóttir (2007) ISL	FH		11.36 SB
4	Arna Rut Arnarsdóttir (2005) ISL			10.84 PB
5	Sara Kristín Lýðsdóttir (2006) ISL			10.71 PB
6	Hanna Dóra Höskuldsdóttir (2006) ISL	SELFOSS		9.11 SB
7	Agusta Eva Jonsdóttir (2010) ISL	BBLIK		8.19 PB
8	María Sigurjónsdóttir (1982) ISL	SELFOSS		5.20 SB
	Arna Hrönn Grétarsdóttir (2008) ISL	SELFOSS		DNS
	Arndís Eva Vigfúsdóttir (2009) ISL	SELFOSS		DNS

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

Place	Athlete	Attempts					
1	María Helga Högnadóttir (2005) ISL	12.58	12.45	12.76	x	12.24	x
2	Júlía Mekkín Guðjónsdóttir (2008) ISL	12.03	x	x	11.36	11.50	x
3	Ísold Sævarsdóttir (2007) ISL	x	11.36	x	x	x	11.00
4	Arna Rut Arnarsdóttir (2005) ISL	10.32	10.84	10.79	9.83	10.58	10.71
5	Sara Kristín Lýðsdóttir (2006) ISL	x	9.26	9.10	9.83	10.58	10.71
6	Hanna Dóra Höskuldsdóttir (2006) ISL	8.93	x	x	9.11	x	x
7	Agusta Eva Jonsdóttir (2010) ISL	8.09	7.51	x	7.57	7.98	8.19
8	María Sigurjónsdóttir (1982) ISL	5.05	4.79	5.20	5.02	5.01	x
	Arna Hrönn Grétarsdóttir (2008) ISL						
	Arndís Eva Vigfúsdóttir (2009) ISL						

Discus Throw (1.75kg) · Men · U20 · Final

05/21/2026, 06:00 PM

Place	Athlete	Club/School	Bib	Result
1	Kristján Kári Ólafsson (2008) ISL	SELFOSS		44.97 PB
2	Benedikt Gunnar Jónsson (2009) ISL			40.51 PB
3	Lúkas Týr Sigurðsson (2009) ISL	DÍMON		20.81 PB
4	Runólfur Mar Þorkelsson (2009) ISL	DÍMON		20.35 PB

Attempts · Discus Throw (1.75kg) · Men · U20 · Final

Place	Athlete	Attempts					
1	Kristján Kári Ólafsson (2008) ISL	x	40.09	44.97	43.94	x	43.98
2	Benedikt Gunnar Jónsson (2009) ISL	x	40.05	40.51	x	39.50	37.31
3	Lúkas Týr Sigurðsson (2009) ISL	14.81	18.98	19.09	16.46	18.94	20.81
4	Runólfur Mar Þorkelsson (2009) ISL	17.56	19.28	-	19.31	20.35	19.21

Discus Throw (2kg) · Men · Senior · Final

05/21/2026, 06:00 PM

Place	Athlete	Club/School	Bib	Result
1	Ingvi Karl Jónsson (1998) ISL	SELFOSS		48.54 SB
2	Róbert Elí Árnason (2005) ISL	BBLIK		41.56 PB

Attempts · Discus Throw (2kg) · Men · Senior · Final

Place	Athlete	Attempts					
1	Ingvi Karl Jónsson (1998) ISL	47.88	x	47.79	48.54	x	x

2	Róbert Elí Árnason (2005) ISL	x	x	34.07	41.56	x	x
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Discus Throw (1kg) · Women · Senior · Final 05/21/2026, 06:50 PM

Place	Athlete	Club/School	Bib	Result
1	Hera Christensen (2005) ISL	FH		54.53 SB
2	Hanna Dóra Höskuldsdóttir (2006) ISL	SELFOSS		37.74
3	Arna Rut Arnarsdóttir (2005) ISL			31.49 PB
4	Ísold Assa Guðmundsdóttir (2007) ISL	SELFOSS		30.55
5	Bryndís Embla Einarsdóttir (2009) ISL	SELFOSS		29.73 SB
6	Adda Sóley Sæland (2010) ISL	SELFOSS		28.35 PB
7	Berglind Sif Ástþórsdóttir (2010) ISL	FH		26.41 PB
8	Katrín Eyland Gunnarsdóttir (2007) ISL	DÍMON		24.75 PB
9	Agusta Eva Jonsdottir (2010) ISL	BBLIK		18.66 PB
10	María Sigurjónsdóttir (1982) ISL	SELFOSS		11.45 SB
	Arndís Eva Vigfúsdóttir (2009) ISL	SELFOSS		NM

Attempts · Discus Throw (1kg) · Women · Senior · Final

Place	Athlete	Attempts					
1	Hera Christensen (2005) ISL	54.53	51.34	52.12	52.52	x	51.28
2	Hanna Dóra Höskuldsdóttir (2006) ISL	36.45	x	37.11	37.74	x	x
3	Arna Rut Arnarsdóttir (2005) ISL	29.26	x	29.22	29.56	x	31.49
4	Ísold Assa Guðmundsdóttir (2007) ISL	27.73	29.46	x	28.59	30.55	x
5	Bryndís Embla Einarsdóttir (2009) ISL	29.73	x	x	25.53	x	x
6	Adda Sóley Sæland (2010) ISL	x	28.35	x	23.68	-	-
7	Berglind Sif Ástþórsdóttir (2010) ISL	26.28	25.65	25.80	x	26.41	25.64
8	Katrín Eyland Gunnarsdóttir (2007) ISL	24.75	20.86	21.69	22.56	22.40	22.27
9	Agusta Eva Jonsdottir (2010) ISL	x	18.66	x			
10	María Sigurjónsdóttir (1982) ISL	10.58	11.45	10.52			
	Arndís Eva Vigfúsdóttir (2009) ISL	x	-	-			

Hammer Throw (6kg) · Men · U20 · Final 05/21/2026, 07:35 PM

Place	Athlete	Club/School	Bib	Result
1	Kristján Kári Ólafsson (2008) ISL	SELFOSS		49.78 PB
2	Lúkas Týr Sigurðsson (2009) ISL	DÍMON		23.47 PB
3	Runólfur Mar Þorkelsson (2009) ISL	DÍMON		18.26 PB

Attempts · Hammer Throw (6kg) · Men · U20 · Final

Place	Athlete	Attempts					
1	Kristján Kári Ólafsson (2008) ISL	49.25	x	x	49.78	x	48.44
2	Lúkas Týr Sigurðsson (2009) ISL	22.10	22.35	23.47	23.24	22.13	23.22
3	Runólfur Mar Þorkelsson (2009) ISL	18.26	17.13	16.27	15.65	16.98	17.37

Hammer Throw (7.26kg) · Men · Senior · Final 05/21/2026, 07:35 PM

Place	Athlete	Club/School	Bib	Result
1	Örn Davíðsson (1990) ISL	SELFOSS		47.34 SB
2	Dagur Fannar Magnússon (1992) ISL	FH		42.54 SB

Attempts · Hammer Throw (7.26kg) · Men · Senior · Final

Place	Athlete	Attempts					
1	Örn Davíðsson (1990) ISL	x	x	44.87	47.34	x	x
2	Dagur Fannar Magnússon (1992) ISL	x	x	x	42.54	x	x

Hammer Throw (3kg) · Girls · U18 · Final 05/21/2026, 07:35 PM

Place	Athlete	Club/School	Bib	Result
1	Sóley Sigursteinsdóttir (2009) ISL	BBLIK		46.55 SB
2	Bryndís Embla Einarsdóttir (2009) ISL	SELFOSS		42.00 PB
3	Hörn Christensen (2010) ISL	FH		40.58 PB
4	Adda Sóley Sæland (2010) ISL	SELFOSS		31.07 SB
5	Þórhildur Salka Jónsdóttir (2012) ISL	SELFOSS		22.01 PB

Attempts · Hammer Throw (3kg) · Girls · U18 · Final

Place	Athlete	Attempts					
1	Sóley Sigursteinsdóttir (2009) ISL	46.55	46.25	42.30	x	43.57	x
2	Bryndís Embla Einarsdóttir (2009) ISL	x	42.00	-	-	-	-
3	Hörn Christensen (2010) ISL	40.58	x	x	37.41	x	37.50
4	Adda Sóley Sæland (2010) ISL	29.85	x	x	x	x	31.07
5	Þórhildur Salka Jónsdóttir (2012) ISL	x	x	20.23	22.01	20.97	x

Javelin Throw (600g) · Boys · 15 years · Final

05/21/2026, 06:35 PM

Place	Athlete	Club/School	Bib	Result
1	Birkir Aron Ársælsson (2011) ISL	SELFOSS		42.23 PB
2	Magnús Tryggvi Birgisson (2011) ISL	SELFOSS		42.12 PB
3	Kristján Karl Gunnarsson (2012) ISL	SELFOSS		36.61 PB
4	Andri Fannar Smáráson (2012) ISL	SELFOSS		30.35 PB
5	Viktor Marel Sólrúnar Ólafsson (2011)...	FH		28.01 PB
6	Kristján Reynisson (2012) ISL	ÞJÓTANDI		23.56 PB
7	Þorsteinn Leó Bahner Jónsson (2012)...	DÍMON		22.24 PB
8	Baldvin Óli Guðjónsson (2013) ISL	SELFOSS		18.77 PB

Attempts · Javelin Throw (600g) · Boys · 15 years · Final

Place	Athlete	Attempts					
1	Birkir Aron Ársælsson (2011) ISL	35.66	42.23	40.06	39.03	36.03	38.44
2	Magnús Tryggvi Birgisson (2011) ISL	35.68	41.95	-	42.12	39.69	41.77
3	Kristján Karl Gunnarsson (2012) ISL	36.61	32.37	35.84	35.10	36.56	x
4	Andri Fannar Smáráson (2012) ISL	27.71	29.26	x	x	30.35	29.49
5	Viktor Marel Sólrúnar Ólafsson (2011)...	27.93	25.10	22.14	26.77	28.01	25.89
6	Kristján Reynisson (2012) ISL	19.52	21.50	22.32	19.98	20.41	23.56
7	Þorsteinn Leó Bahner Jónsson (2012)...	19.25	22.24	x	x	x	x
8	Baldvin Óli Guðjónsson (2013) ISL	18.77	15.63	x	14.70	17.92	x

Javelin Throw (800g) · Men · Senior · Final

05/21/2026, 07:10 PM

Place	Athlete	Club/School	Bib	Result
1	Örn Davíðsson (1990) ISL	SELFOSS		65.55 SB
2	Daníel Breki Elvarsson (2006) ISL	SELFOSS		54.89 SB
3	Daníel Smári Björnsson (2007) ISL	SELFOSS		32.44 PB
4	Sverrir Þór Hákonarson (2010) ISL	Ármann		30.96 PB

Attempts · Javelin Throw (800g) · Men · Senior · Final

Place	Athlete	Attempts					
1	Örn Davíðsson (1990) ISL	65.55	60.64	63.61	62.83	-	-
2	Daníel Breki Elvarsson (2006) ISL	52.03	48.59	54.89	53.32	x	53.06
3	Daníel Smári Björnsson (2007) ISL	29.99	30.15	29.20	30.69	30.09	32.44
4	Sverrir Þór Hákonarson (2010) ISL	30.96	29.52	28.15	27.48	30.38	29.94

Javelin Throw (500g) · Girls · U18 · Final

05/21/2026, 06:00 PM

Place	Athlete	Club/School	Bib	Result
1	Bryndís Embla Einarsdóttir (2009) ISL	SELFOSS		51.16 PB
2	Þórhildur Salka Jónsdóttir (2012) ISL	SELFOSS		25.51 PB
3	Agusta Eva Jonsdottir (2010) ISL	BBLIK		24.38 PB
4	Berglind Sif Ástþórsdóttir (2010) ISL	FH		23.55 PB

Attempts · Javelin Throw (500g) · Girls · U18 · Final

Place	Athlete	Attempts					
1	Bryndís Embla Einarsdóttir (2009) ISL	51.16	49.28	47.48	-	-	-
2	Þórhildur Salka Jónsdóttir (2012) ISL	24.16	23.59	x	x	23.90	25.51
3	Agusta Eva Jonsdottir (2010) ISL	x	x	x	23.00	24.38	x
4	Berglind Sif Ástþórsdóttir (2010) ISL	20.54	x	x	x	x	23.55

Javelin Throw (600g) · Women · Senior · Final

05/21/2026, 06:00 PM

Place	Athlete	Club/School	Bib	Result
1	Bryndís Embla Einarsdóttir (2009) ISL	SELFOSS		45.22 SB
2	Elena Soffía Ómarsdóttir (2007) ISL	UFA		38.15

Attempts · Javelin Throw (600g) · Women · Senior · Final

Place	Athlete	Attempts					
1	Bryndís Embla Einarsdóttir (2009) ISL	-	-	-	44.29	45.22	44.58
2	Elena Soffía Ómarsdóttir (2007) ISL	37.93	x	x	x	38.15	x