

Þrekmeistari vorið 2005

Íþróttahöllinni Akureyri 30. apríl.

Raðað eftir stafrósröð

Millitímar

	Hjól	Róður	Niðurtog	Fótalyftur	Armbeygjur	Uppstig	Uppsetur	Axlapr.	Hlaupabr.	Bekkpr.
Einstaklingsflokkur kvenna	1	2	3	4	5	6	7	8	9	Tími
Aðalbjörg Þorvarðardóttir	2:35	4:58	6:23	8:59	11:46	18:37	21:18	23:11	32:25	40:08:00
Barbara María Geirsdóttir	2:28	4:41	5:42	6:43	7:22	11:18	12:34	13:08	19:35	20:47:78
Brynja Brynjarsdóttir	2:44	4:47	5:48	6:57	9:12	12:37	13:46	14:40	x	24:29:99
Dagný Davíds	2:50	5:12	6:22	7:39	11:39	15:53	18:00	19:52	27:22	32:51:06
Guðbjörg Rós Sigurðardóttir	2:48	4:58	6:03	7:06	8:05	12:48	13:18	13:55	20:27	22:29:19
Guðrún Ragnarsdóttir	2:38	4:48	5:38	6:24	6:56	10:12	11:07	11:36	17:37	19:13:19
Gyða Arnórsdóttir	2:15	4:28	5:17	6:25	7:33	10:55	12:05	12:42	18:50	20:21:00
Harpa Hlín Jónsdóttir	2:23	4:32	5:20	6:03	6:34	10:16	11:15	11:47	17:56	18:41:47
Hekla Aðalsteinsdóttir	2:33	4:45	5:34	6:28	7:20	10:52	12:01	12:43	19:23	20:50:15
Helena Ó. Jónsdóttir	2:39	4:48	5:49	7:25	8:49	12:35	13:55	14:39	21:35	22:58:97
Hrund Scheving	2:34	4:58	6:01	7:05	7:53	12:03	13:37	14:39	21:36	23:26:03
Hrönn Einarsdóttir	2:38	5:03	6:02	6:51	7:20	10:56	12:09	12:39	18:52	20:05:62
Inga Sigríður Harðardóttir	2:38	5:03	5:48	6:38	7:24	10:50	11:42	12:12	18:08	18:43:97
Júlia Linda Ómarsdóttir	3:05	5:18	6:13	6:57	7:40	10:54	12:04	12:28	18:41	20:07:28
Kristjana H. Gunnarsdóttir	2:23	4:33	5:28	6:25	7:39	11:11	12:14	12:46	17:36	19:12:50
María Kristín Óskarsdóttir	2:35	4:53	5:40	6:38	7:24	11:20	12:42	13:18	20:26	21:59:69
María Óladóttir	2:50	5:04	6:02	7:11	8:01	11:34	12:44	13:25	20:07	21:14:51
Ólafía Bragaðóttir	2:39	5:04	6:11	7:17	8:30	12:46	14:17	15:11	21:48	24:23:31
Rósa María Asgeirsdóttir	2:36	5:00	5:58	7:12	9:33	14:45	16:27	17:55	26:51	28:32:92
Sólrún M. Stefánsdóttir	2:51	5:01	5:48	6:32	7:04	10:21	11:22	11:52	17:30	18:43:62
Steinunn Þórðardóttir	2:53	5:20	6:21	7:31	9:53	14:37	16:52	17:48	25:00	28:32:02
Þórveig Hákonardóttir	2:39	4:48	5:44	6:49	8:28	12:16	14:28	15:32	22:20	24:33:57
Þuríður Guðbjörnsdóttir	2:32	4:49	5:30	6:22	7:03	10:39	11:53	12:23	18:21	19:00:90

Einstaklingsflokkur karla

	1	2	3	4	5	6	7	8	9	Tími
Arnaldur Birgir Konráðsson	2:35	4:31	5:17	6:01	6:44	10:12	11:18	11:55	17:20	18:10:43
Arni Heiðar Ívarsson	2:20	4:12	5:04	5:55	6:40	10:14	11:23	11:53	17:31	18:18:25
Grímur Hergeirsson	2:19	4:12	4:54	5:45	6:45	10:32	12:02	12:47	18:37	20:46:37
Guðlaugur B. Aðalsteinsson	2:22	4:21	5:12	5:56	6:52	10:42	11:44	12:21	17:32	18:19:85
Gunnar Guðjónsson	2:14	4:08	5:00	6:02	8:10	12:39	13:52	15:08	23:25	26:25:15
Hilmar Þór Ólafsson	2:30	4:31	5:17	6:01	6:39	10:01	10:51	11:24	16:25	18:06:53
Hjörtur Grétarsson	2:24	4:28	5:16	6:04	7:31	10:55	11:59	12:44	18:25	20:35:06
Jóhann Kjartansson	2:27	4:22	5:20	6:14	7:42	11:17	13:02	14:07	20:05	25:14:96
Orri Einarsson	2:24	4:18	5:00	5:45	6:34	10:00	10:54	11:36	16:55	19:32:24
Pálmar Hreinsson	2:14	4:13	5:00	5:36	6:15	9:22	10:12	10:40	14:50	15:49:81
Steve Chissell	2:14	4:16	5:08	6:03	6:49	10:04	10:59	11:40	16:04	17:36:85
Steve Oxlade	2:17	4:20	5:10	5:59	6:53	10:25	11:20	11:51	16:55	18:27:19
Torben Gregersen	2:08	3:54	4:36	5:18	6:06	9:07	10:00	10:27	15:06	15:51:79
Unnsteinn Einar Jónsson	2:37	4:35	5:43	6:31	7:30	11:00	12:01	12:39	18:21	20:34:56
Þorsteinn Hjaltason	2:20	4:25	5:20	6:22	6:57	10:12	11:10	11:44	16:28	17:17:00
Þorvarður V. Þorvaldsson	2:29	4:32	5:31	6:17	7:04	11:14	12:40	13:09	19:43	23:00:97
Ægíur Reynisson	2:32	4:24	5:06	5:46	6:30	10:12	11:16	11:50	18:00	19:40:18

Liðakeppni kvenna

	1	2	3	4	5	6	7	8	9	Tími
5 fræknar	2:24	4:22	4:58	5:40	6:05	8:44	9:25	9:49	15:00	16:00:03
Aktífar	2:13	4:29	5:14	5:53	6:42	9:55	10:43	11:17	16:32	18:48:84
Bomburnar	2:23	4:23	4:59	5:48	6:11	9:02	9:36	10:02	15:20	16:01:46
Dalton systur	2:22	4:30	5:05	5:50	6:17	8:55	9:33	9:56	14:46	16:30:50
Dívurnar	2:36	4:55	5:37	6:35	7:05	9:59	10:52	11:17	16:35	17:26:60
Fitty bollurnar	2:04	4:08	4:48	5:41	6:13	9:02	9:40	10:04	15:18:21	17:18:87
Hamhleypur	2:20	4:35	5:15	6:15		9:07	9:47	10:17	14:49	16:48:31
Héraðsstrympur	2:23	4:31	5:16	6:20	6:49	10:01	10:45	11:21		18:20:35
Kiðlingarnir	2:14	4:10	4:44	5:24	5:40	8:17	8:54	9:17	14:38	15:22:62
Lummur	2:12	4:22	5:02	5:48	6:03	8:55	9:33	10:01	15:44	16:43:23
Rauðu Djöflarnir 1	2:09	4:15	4:52	5:30	5:58	8:29	9:20	9:51	14:23	15:10:28
Rauðu Djöflarnir 2	2:18	4:30	5:09	5:50	6:10	8:52	9:33	9:58	14:46	17:04:84
Skvetturnar	2:15	4:25	5:01	5:43	6:03	8:42	9:31	9:58	14:39	15:17:69
Strákarnir	2:23	4:39	5:15	6:08	6:30	9:23	9:55	10:23	15:10	16:21:60
The Gremlins	2:35	4:36	5:14	6:11	6:32	9:24	10:02	10:32	14:53	16:52:63
Valkyrjurnar	2:35	4:53	5:35	6:40	7:02	10:01	10:49	11:18	16:37	18:56:00
Vilttar og vandlátar	2:09	4:17	5:01	5:59	6:20	9:02	9:50	10:11	15:20	17:52:62
Þær heilbrigðu	2:13	4:13	4:53	5:39	6:05	8:54	9:37	10:01	14:31	15:59:40

Liðakeppni karla

	1	2	3	4	5	6	7	8	9	Tími
Hlunkarnir	1:57	3:50	4:34	5:25	5:59	8:49	9:30	9:56	13:45	14:27:47
Nöldur og Nagg Blár	2:01	3:44	4:22	4:56	5:24	8:01	8:32	8:57	12:32	13:07:83
Nöldur og Nagg Hvítur	2:06	3:54	4:65	5:30	5:58	8:45	9:25	9:52	13:24	14:06:25
Nöldur og Nagg rauður	2:07	3:57	4:28	5:07	5:36	8:26	9:04	9:31	13:06	14:33:58
SWAT	1:56	3:45	4:14	4:55	5:22	8:04	8:38	9:03	12:31	14:05:39
Unnum þetta í fyrra	2:06	3:54	4:34	5:20	5:48	8:39	9:26	9:58	13:32	14:08:50

Birt með fyrirvara um innsláttarvillur.