



TOYOTA

VISA

Norðurlandameistaramót 20 ára og yngri

Nordic U20 Match & Championship 2010

Akureyri

28. og 29. ágúst 2010



Tímaseðill - Schedule

Sat/Laugard. 28. ágúst 2010

Tími	Grein
13:30	Stangarstökk kvenna Pole vault - Women
13:30	Sleggjukast karla Hammer throw - Men
13:30	Hástökk karla High jump - Men
14:15	400 metra grindahlaup kvenna 400 m hurdles - Women
14:30	400 metra grindahlaup karla 400 m hurdles - Men
14:30	Þrístökk kvenna Triple jump - Women
14:45	100 metra hlaup kvenna 100 meters - Women
14:45	Spjót kast kvenna Javelin - Women
14:55	100 metra hlaup karla 100 meters - Men
15:05	800 metra hlaup kvenna 800 meters - Women
15:15	1500 metra hlaup karla 1500 meters - Men
15:30	400 metra hlaup kvenna 400 meters - Women
15:35	Kúluvarp karla Shot put - Men
15:40	400 metra hlaup karla 400 meters - Men
15:45	Langstökk karla Long jump - Men
15:55	Kringlukast kvenna Discus - Women
15:55	3000 metra hlaup kvenna 3000 meters - Women
16:15	5000 metra hlaup karla 5000 meters - Men
16:40	4x100 metra boðhlaup kvenna 4x100 m relay - Women
16:50	4x100 metra boðhlaup karla 4x100 m relay - Men

Sun/Sunnud. 29. ágúst 2010

Tími	Grein
12:10	Sleggjukast kvenna Hammer throw - Women
12:30	3 km ganga kvenna 3 km walk - Women
12:30	Stangarstökk karla Pole vault - Men
12:55	Hástökk kvenna High jump - Women
12:55	5000m ganga karla 5000m walk - Men
13:35	100 metra grindahlaup kvenna 100 m hurdles - Women
13:40	Kringlukast karla Discus - Men
13:40	Þrístökk karla Triple jump - Men
13:45	110 metra grindahlaup karla 110 m hurdles - Men
14:00	1500 metra hlaup kvenna 1500 meters - Women
14:15	800 metra hlaup karla 800 meters - Men
14:20	Kúluvarp kvenna Shot put - Women
14:30	200 metra hlaup kvenna 200 meters - Women
14:40	200 metra hlaup karla 200 meters - Men
14:55	2000 m hindrunarhlaup kvenna 2000 m steeplechase - Women
15:00	Langstökk kvenna Long jump - Women
15:10	Spjót kast karla Javelin - Men
15:20	3000 m hindrunarhlaup karla 3000 m steeplechase - Men
15:55	4x400 metra boðhlaup kvenna 4x400 m relay - Women
16:05	4x400 metra boðhlaup karla 4x400 m relay - Men

KEPPENDUR - Competitors

DEN, Danmörk - Denmark

- 750 Bjørk H. Olsen, 1991
- 751 Dagmar Olsen, 1994
- 752 Dagmar Olsen, 1994
- 753 Heidi T. Hansen, 1991
- 754 Josefine Klausen, 1991
- 755 Kathrine Bebe, 1991
- 756 Katrine Reinholdt, 1994
- 757 Laetitia Kim Bruun, 1994
- 758 Line R. Jensen, 1991
- 759 Line Skriver, 1991
- 760 Louise Biede, 1992
- 761 Martha Traore, 1995
- 762 May Zerzut, 1994
- 763 Nanna Boholm, 1992
- 764 Nicolai Hartling, 1991
- 765 Nina Otto, 1991
- 766 Rugiatu Kallon, 1993
- 767 Sara B. Svendsen, 1991
- 768 Alexander Hornshøj, 1994
- 769 Andreas Jørgensen, 1991
- 770 Andreas Rønning, 1993
- 771 Christian L Nielsen, 1991
- 772 Frederik Thomsen, 1993
- 773 Janick Klausen, 1993
- 774 Jeppe Harboe, 1992
- 775 Kasper Olsen, 1991
- 776 Kevin Motzkus, 1992
- 777 Martin Heegaard, 1993
- 778 Martin Kristiansen, 1992
- 779 Nick Jensen, 1991
- 780 Nicolai Hartling, 1994
- 781 Nicolaj N. Jensen, 1991
- 782 Søren Børsting, 1993
- 783 Thijs Nijhuis, 1992

FIN, Finland - Finland

- 784 Elina Uustalo, 1992
- 785 Elisa Neuvonen, 1991
- 786 Hanna Rintamaki, 1992
- 787 Hanna Wiss, 1991
- 788 Jatta Salmela, 1992
- 789 Jeanine Nygard, 1991
- 790 Jenni Jokinen, 1992
- 791 Jenni Penttila, 1991
- 792 Jonna Skrifvars, 1991
- 793 Katja Kantanen, 1991
- 794 Kristiina Maki, 1991
- 795 Lotta Harala, 1992
- 796 Maria Rasanen, 1992
- 797 Maria Valtanen, 1991
- 798 Mikaela Söderström, 1992
- 799 Piia Pyykkinen, 1991
- 800 Ria Ahonen, 1991
- 801 Sara Kuivisto, 1991
- 802 Tilda Hamalainen, 1991
- 803 Zenithe Eriksson, 1992
- 804 Ahmed Jumaa, 1992
- 805 Aki Henttonen, 1991

- 806 Antti Korhonen, 1992
- 807 Arttu Halmela, 1991
- 808 Christoffer Envall, 1991
- 809 Christoffer Warn, 1991
- 810 Frans Kapilo, 1991
- 811 Henri Vayrynen, 1991
- 812 Jere Lehto, 1991
- 813 Jimmy Finnholm, 1991
- 814 Joel Karjalainen, 1991
- 815 Joonas Jokivartio, 1992
- 816 Kalle Keskipoikela, 1992
- 817 Matti Makitalo, 1991
- 818 Miiikka Laiho, 1991
- 819 Mikko Koskiranta, 1992
- 820 Oskari Pennanen, 1991
- 821 Pasi Roslund, 1991
- 822 Rainer Manninen, 1991
- 823 Toni Lempinen, 1992
- 824 Tuomas Martin, 1991
- 825 Veli-Matti Partanen, 1991
- 826 Ville-Pekke Kokko, 1991

ISL, Ísland - Iceland

- 827 Agnes Eva Þórarinsdóttir, 1993
- 828 Aníta Hinriksdóttir, 1996
- 829 Arna Stefanía Guðmundsdóttir, 1995
- 830 Björg Gunnarsdóttir, 1994
- 831 Dóróthea Jóhannesdóttir, 1994
- 832 Hekla Ámundadóttir, 1995
- 833 Helga Guðný Elíasdóttir, 1994
- 834 Hulda Þorsteinsdóttir, 1991
- 835 Ingunn Ýr Angantýsdóttir, 1993
- 836 Jóhanna Kristín Jóhannesdóttir, 1994
- 837 María Ósk Felixdóttir, 1992
- 838 María Rún Gunnlaugsdóttir, 1993
- 839 Salbjörg Sævarsdóttir, 1991
- 840 Stefanía Valdimarsdóttir, 1993
- 841 Sveinbjörg Zophoníasdóttir, 1992
- 842 Adam Þór Þorgeirsson, 1991
- 843 Bjarni Már Ólafsson, 1991
- 844 Börkur Sveinsson, 1991
- 845 Dagur Fannar Magnússon, 1992
- 846 Daníel Agnarsson, 1992
- 847 Einar Ásgeir Ásgeirsson, 1994
- 848 Hjalti Geir Garðarsson, 1993
- 849 Hreinn Heiðar Jóhannsson, 1992
- 850 Ívar Kristinn Jasonarson, 1992
- 851 Juan Ramon Borges Bosque, 1992
- 852 Kolbeinn Höður Gunnarsson, 1995
- 853 Kolbeinn Þorbergsson, 1992
- 854 Sindri Hrafn Guðmundsson, 1995
- 855 Snorri Stefánsson, 1993
- 856 Stefán Árni Hafsteinsson, 1991
- 857 Tómas Zoega, 1993
- 858 Þorkell Einarsson, 1991
- 859 Örn Dúi Kristjánsson, 1993

NOR, Noregur - Norway

- 860 Astrid Mangen Cedervist, 1994
- 861 Benedicte Isabell Abrahamsen, 1993
- 862 Frida Berge, 1994
- 863 Frida Thorsas, 1994
- 864 Heidi Ann Bruknapp, 1991
- 865 Ida Bakke Hansen, 1993
- 866 Ida Österas, 1993
- 867 Ingeborg Lövnnes, 1992
- 868 Isabelle S. Pedersen, 1992
- 869 Julia Falkanger, 1991
- 870 Katarina Mögenburg, 1991
- 871 Katja Vangnes, 1991
- 872 Katrine Haarklau, 1991
- 873 Kine Aaltvedt, 1991
- 874 Kristiane Rygg, 1991
- 875 Marianne Benserud, 1995
- 876 Marte Jörgensen, 1993
- 877 Mona Ekroll Jaidi, 1995
- 878 Paula Llano, 1995
- 879 Solveig Fredriksen, 1992
- 880 Tara Marie Forum, 1991
- 881 Vilde Svortevik, 1994
- 882 Andreas Roth, 1993
- 883 Carl Emik Kashagen, 1991
- 884 Christian Boe Helland, 1991
- 885 Eirik Sollien, 1991
- 886 Erik Fluge, 1991
- 887 Ferdinand Kvan Edman, 1993
- 888 Fredrik Simensen, 1992
- 889 Jens Christian Andenæs, 1993
- 890 Joakim Sælen, 1991
- 891 Jonas Luras Hammer, 1991
- 892 Kjartan Løvoll, 1992
- 893 Kjetil Røste Ringen, 1993
- 894 Martin Forbergskog, 1991
- 895 Martin Roe, 1992
- 896 Per Magnus Arjun Solli, 1991
- 897 Petter Ormsettrö, 1991
- 898 Thomas Roth, 1991
- 899 Thomas Solberg Eide, 1992
- 900 Vladimir Vukicevic, 1991
- 901 Örjan Grønnevig, 1991
- 902 Öyvind Strömmen Kjerpeset, 1991

SWE, Svíþjóð - Sweden

- 903 Caroline Högaard, 1992
- 904 Caroline Sandsjoe, 1992
- 905 Elin Borglund, 1991
- 906 Elin Östlund, 1991
- 907 Emelie Larsson, 1991
- 908 Felicia Hogrell, 1994
- 909 Ida Storm, 1991
- 910 Jasmine Sabir, 1992
- 911 Josephine Rohr, 1991
- 912 Julia Viberg, 1992
- 913 Linnea Alstermark, 1992
- 914 Lisa Linell, 1991
- 915 Louise Bichler, 1991
- 916 Malin Johansson, 1992
- 917 Malin Lindblom, 1991
- 918 Maria Borglund, 1991
- 919 Marica Merkel- Johansson, 1991
- 920 Martina Salander, 1992
- 921 Sara Bley, 1991
- 922 Sara Eriksson, 1991
- 923 Sophie Jensen, 1991
- 924 Stephanie Olsson, 1991
- 925 Albin Olausson, 1992
- 926 Alexander Wittlock, 1991
- 927 Anders Hansson, 1992
- 928 Anton Forsberg, 1991
- 929 Arwid Koskinen, 1992
- 930 Axel Berghram, 1992
- 931 Daniel Stahl, 1992
- 932 David Sennung, 1991
- 933 Elias Hakansson, 1992
- 934 Fabian Rosenquist, 1991
- 935 Filip Lööv, 1992
- 936 Johan Carlquist, 1992
- 937 Jonas Legernes, 1991
- 938 Marcus Lundquist, 1991
- 939 Matthias Karlsson, 1992
- 940 Mikael Ljungberg, 1992
- 941 Odain Rose, 1992
- 942 Patrik Andersson, 1991
- 943 Petter Olsson, 1991
- 944 Rickard Gunnarsson, 1991
- 945 Simon Gyllenstein, 1991
- 946 Staffan Ek, 1991

Pole vault - Women / Stangarstökk kvenna

Laugardagur 28. ágúst kl. 13:30

Ísl.met/Icel.Rec: 4,60 Þórey Edda Elís dóttir, FH 17.07.04

Order	No.	Name	Year of Birth	Club	Personal best	Year best	Results	Place
1	788	Jatta Salmela	1992	Finland			_____	_____
2	878	Paula Llano	1995	Norway	3,35		_____	_____
3	834	Hulda Þorsteinsdóttir	1991	Iceland	3,95		_____	_____
4	875	Marianne Benserud	1995	Norway	3,25		_____	_____
5	922	Sara Eriksson	1991	Sweden	3,85		_____	_____
6	758	Line R. Jensen	1991	Denmark	3,70		_____	_____
7	923	Sophie Jensen	1991	Sweden			_____	_____

Hammer throw - Men / Sleggjukast karla

Laugardagur 28. ágúst kl. 13:30

Ísl.met/Icel.Rec: 74,48 Bergur Ingi Pétursson, FH 25.05.08

Order	No.	Name	Year of Birth	Club	Personal best	Year best	Results	Place
1	822	Rainer Manninen	1991	Finland	71,69		_____	_____
2	895	Martin Roe	1992	Norway	59,19		_____	_____
3	782	Søren Børsting	1993	Denmark	52,26		_____	_____
4	893	Kjetil Røste Ringen	1993	Norway	61,12		_____	_____
5	845	Dagur Fannar Magnússon	1992	Iceland	40,61		_____	_____
6	819	Mikko Koskiranta	1992	Finland	67,18		_____	_____
7	933	Elias Hakansson	1992	Sweden	71,33		_____	_____

High jump - Men / Hástökk karla

Laugardagur 28. ágúst kl. 13:30

Ísl.met/Icel.Rec: 2,25 Einar Karl Hjartarson, ÍR 02.06.01

Order	No.	Name	Year of Birth	Club	Personal best	Year best	Results	Place
1	815	Joonas Jokivartio	1991	Finland	2,04		_____	_____
2	884	Christian Boe Helland	1991	Norway	2,01		_____	_____
3	849	Hreinn Heiðar Jóhannsson	1992	Iceland	1,94		_____	_____
4	772	Frederik Thomsen	1993	Denmark	2,03		_____	_____
5	889	Jens Christian Andenæs	1993	Norway	2,02		_____	_____
6	938	Marcus Lundquist	1991	Sweden	2,06		_____	_____

400 m hurdles - Women / 400 metra grindahlaup kvenna

Laugardagur 28. ágúst kl. 14:15

Ísl.met/Icel.Rec: 54,37 Guðrún Arnardóttir, Á 05.08.00

Heat	Lane	No.	Name	Year of	Club	Personal	Year	Results	Place
				Birth		best	best		
1	2	921	Sara Bley	1991	Sweden	62,74		_____	_____
1	3	797	Maria Valtanen	1991	Finland	61,40		_____	_____
1	4	881	Vilde Svortevik	1994	Norway	61,18		_____	_____
1	5	840	Stefanía Valdimarsdóttir	1993	Iceland	61,33		_____	_____
1	6	763	Nanna Boholm	1992	Denmark	62,50		_____	_____

400 m hurdles - Men / 400 metra grindahlaup karla

Laugardagur 28. ágúst kl. 14:30

Ísl.met/Icel.Rec: 51,17 Björgvin Víkingsson, FH 24.05.08

Heat	Lane	No.	Name	Year of	Club	Personal	Year	Results	Place
				Birth		best	best		
1	2	934	Fabian Rosenquist	1991	Sweden			_____	_____
1	3	859	Örn Dúi Kristjánsson	1993	Iceland	57,57		_____	_____
1	4	818	Miikka Laiho	1991	Finland	55,14		_____	_____
1	5	902	Öyvind Strømmen Kjerpeset	1991	Norway	52,74		_____	_____
1	6	892	Kjartan Løvoll	1992	Norway	54,82		_____	_____
1	7	780	Nicolai Hartling	1994	Denmark	55,32		_____	_____
1	8	928	Anton Forsberg	1991	Sweden			_____	_____

Triple jump - Women / Þrístökk kvenna

Laugardagur 28. ágúst kl. 14:30

Ísl.met/Icel.Rec: 13,18 Sigríður Anna Guðjónsdóttir, HSK 28.06.97

Order	No.	Name	Year of	Club	Personal	Year	Results	Place
			Birth		best	best		
1	911	Josephine Rohr	1991	Sweden	11,91		_____	_____
2	757	Laetitia Kim Bruun	1994	Denmark	12,25		_____	_____
3	800	Ria Ahonen	1991	Finland	12,36		_____	_____
4	873	Kine Aaltvedt	1991	Norway	12,54		_____	_____
5	910	Jasmine Sabir	1992	Sweden	11,98		_____	_____
6	835	Ingunn Ýr Angantýsdóttir	1993	Iceland	11,08		_____	_____

100 meters - Women / 100 metra hlaup kvenna

Laugardagur 28. ágúst kl. 14:45

Ísl.met/Icel.Rec: 11,63 Sunna Gestsdóttir, UMSS 24.07.04

Heat	Lane	No.	Name	Year of	Club	Personal	Year	Results	Place
				Birth		best	best		
1	2	831	Dóróthea Jóhannesdóttir	1994	Iceland	12,44		_____	_____
1	3	790	Jenni Jokinen	1992	Finland	12,25		_____	_____
1	4	876	Marte Jörgensen	1993	Norway	12,08	12,14	_____	_____
1	5	904	Caroline Sandsjoe	1992	Sweden	11,87		_____	_____
1	6	913	Linnea Alstermark	1992	Sweden	11,96		_____	_____
1	7	868	Isabelle S. Pedersen	1992	Norway	12,08	12,19	_____	_____
1	8	766	Rugiatu Kallon	1993	Denmark	12,26		_____	_____

Javelin - Women / Spjótkest kvenna

Laugardagur 28. ágúst kl. 14:45

Ísl.met/Icel.Rec: 61,37 Ásdís Hjalmsdóttir, Á 16.05.09

Order	No.	Name	Year of Birth	Club	Personal best	Year best	Results	Place
1	907	Emelie Larsson	1991	Sweden	51,58		_____	_____
2	877	Mona Ekroll Jaidi	1995	Norway	49,03		_____	_____
3	765	Nina Otto	1991	Denmark	48,13		_____	_____
4	832	Hekla Ámundadóttir	1995	Iceland	39,00		_____	_____
5	799	Piia Pyykkinen	1991	Finland	50,29		_____	_____

100 meters - Men / 100 metra hlaup karla

Laugardagur 28. ágúst kl. 14:55

Ísl.met/Icel.Rec: 10,3 Hilmar Þorbjörnsson, Á 18.08.57

10,3 Vílmundur Vilhjálmsson, KR 10.07.77

10,3 Jón Arnar Magnússon, UMSS 01.07.96

10,56 Jón Arnar Magnússon, UMSS 31.05.97

Heat	Lane	No.	Name	Year of Birth	Club	Personal best	Year best	Results	Place
1	2	932	David Sennung	1991	Sweden			_____	_____
1	3	852	Kolbeinn Höður Gunnarsson	1995	Iceland	11,28		_____	_____
1	4	775	Kasper Olsen	1991	Denmark	10,93		_____	_____
1	5	941	Odain Rose	1992	Sweden	10,74		_____	_____
1	6	896	Per Magnus Arjun Solli	1991	Norway	10,83		_____	_____
1	7	894	Martin Forbergskog	1991	Norway	10,99		_____	_____
1	8	804	Ahmed Jumaa	1992	Finland			_____	_____

800 meters - Women / 800 metra hlaup kvenna

Laugardagur 28. ágúst kl. 15:05

Ísl.met/Icel.Rec: 2:04,90 Ragnheiður Ólafsdóttir, FH 02.08.83

Heat	Lane	No.	Name	Year of Birth	Club	Personal best	Year best	Results	Place
1	2	863	Frida Thorsas	1994	Norway	2:12,26	2:12,48	_____	_____
1	3	903	Caroline Högaard	1992	Sweden	2:09,60		_____	_____
1	4	803	Zenithe Eriksson	1992	Finland	2:07,62		_____	_____
1	5	751	Dagmar Olsen	1994	Denmark	2:09,23		_____	_____
1	6	869	Julia Falkanger	1991	Norway	2:12,23		_____	_____
1	7	830	Björg Gunnarsdóttir	1994	Iceland	2:15,04		_____	_____

1500 meters - Men / 1500 metra hlaup karla

Laugardagur 28. ágúst kl. 15:15

Ísl.met/Icel.Rec: 3:41,65 Jón Diðriksson, UMSB 31.05.82

Heat	Lane	No.	Name	Year of Birth	Club	Personal best	Year best	Results	Place
1	1	847	Einar Ásgeir Ásgeirsson	1994	Iceland	4:44,83		_____	_____
1	2	887	Ferdinand Kvan Edman	1993	Norway	3:57,25		_____	_____
1	3	779	Nick Jensen	1991	Denmark	3:55,96		_____	_____
1	4	899	Thomas Solberg Eide	1992	Norway	3:48,18		_____	_____
1	5	925	Albin Olausson	1992	Sweden	3:51,49		_____	_____
1	6	816	Kalle Keskipoikela	1992	Finland	3:56,79		_____	_____
1	7	944	Rickard Gunnarsson	1991	Sweden	3:59,81		_____	_____

400 meters - Women / 400 metra hlaup kvenna

Laugardagur 28. ágúst kl. 15:30

Ísl.met/Icel.Rec: 52,83 Guðrún Arnardóttir, Á 17.08.97

Heat	Lane	No.	Name	Year of Birth	Club	Personal best	Year best	Results	Place
1	2	767	Sara B. Svendsen	1991	Denmark	59,88		_____	_____
1	3	829	Arna Stefanía Guðmundsdóttir	1995	Iceland	57,23		_____	_____
1	4	917	Malin Lindblom	1991	Sweden	56,61		_____	_____
1	5	880	Tara Marie Forum	1991	Norway	56,51	56,51	_____	_____
1	6	864	Heidi Ann Bruknapp	1991	Norway	56,58		_____	_____
1	7	789	Jeanine Nygard	1991	Finland	56,65		_____	_____
1	8	751	Dagmar Olsen	1994	Denmark	58,22		_____	_____

Shot put - Men / Kúluvarp karla

Laugardagur 28. ágúst kl. 15:35

Ísl.met/Icel.Rec: 21,26 Pétur Guðmundsson, HSK 10.11.90

Order	No.	Name	Year of Birth	Club	Personal best	Year best	Results	Place
1	824	Tuomas Martin	1991	Finland	18,18		_____	_____
2	929	Arwid Koskinen	1992	Sweden	18,21		_____	_____
3	888	Fredrik Simensen	1992	Norway	16,59		_____	_____
4	931	Daniel Stahl	1992	Sweden	18,00		_____	_____
5	895	Martin Roe	1992	Norway	15,31		_____	_____
6	844	Börkur Sveinsson	1991	Iceland	13,55		_____	_____
7	769	Andreas Jørgensen	1991	Denmark	16,46		_____	_____

400 meters - Men / 400 metra hlaup karla

Laugardagur 28. ágúst kl. 15:40

Ísl.met/Icel.Rec: 45,36 Oddur Sigurðsson, KR 12.05.84

Heat	Lane	No.	Name	Year of	Club	Personal	Year	Results	Place
				Birth		best	best		
1	2	858	Porkell Einarsson	1991	Iceland	50,34		_____	_____
1	3	883	Carl Emik Kashagen	1991	Norway	48,66		_____	_____
1	4	930	Axel Berghram	1992	Sweden	48,25		_____	_____
1	5	808	Christoffer Envall	1991	Finland	48,32		_____	_____
1	6	882	Andreas Roth	1993	Norway	49,65		_____	_____
1	7	781	Nicolaj N. Jensen	1991	Denmark	50,65		_____	_____

Long jump - Men / Langstökk karla

Laugardagur 28. ágúst kl. 15:45

Ísl.met/Icel.Rec: 8,00 Jón Arnar Magnússon, UMSS 26.08.94

Order	No.	Name	Year of	Club	Personal	Year	Results	Place
			Birth		best	best		
1	895	Martin Roe	1992	Norway	7,03		_____	_____
2	768	Alexander Hornshøj	1994	Denmark	6,93		_____	_____
3	943	Petter Olsson	1991	Sweden	6,97		_____	_____
4	807	Arttu Halmela	1991	Finland	7,20		_____	_____
5	926	Alexander Wittlock	1991	Sweden	7,51		_____	_____
6	851	Juan Ramon Borges Bosque	1992	Iceland	6,74		_____	_____

Discus - Women / Kringlukast kvenna

Laugardagur 28. ágúst kl. 15:55

Ísl.met/Icel.Rec: 53,86 Guðrún Ingólfssdóttir, KR 07.05.82

Order	No.	Name	Year of	Club	Personal	Year	Results	Place
			Birth		best	best		
1	786	Hanna Rintamaki	1992	Finland	46,03		_____	_____
2	827	Agnes Eva Þórarinsdóttir	1993	Iceland	34,06		_____	_____
3	912	Julia Viberg	1992	Sweden	45,15		_____	_____
4	877	Mona Ekroll Jaidi	1995	Norway	41,41		_____	_____
5	755	Kathrine Bebe	1991	Denmark	42,89		_____	_____
6	909	Ida Storm	1991	Sweden	39,48		_____	_____
7	879	Solveig Fredriksen	1992	Norway	45,06		_____	_____

3000 meters - Women / 3000 metra hlaup kvenna Laugardagur 28. ágúst kl. 15:55

Ísl.met/Icel.Rec: 8:58,00 Ragnheiður Ólafsdóttir, FH 05.06.87

Heat	Lane	No.	Name	Year of Birth	Club	Personal best	Year best	Results	Place
1	1	828	Aníta Hinriksdóttir	1996	Iceland	10:20,65		_____	_____
1	2	798	Mikaela Söderström	1992	Finland	10:15,25		_____	_____
1	3	905	Elin Borglund	1991	Sweden	10:09,21		_____	_____
1	4	867	Ingeborg Lövnäs	1992	Norway	8:31,42		_____	_____
1	5	866	Ida Österas	1993	Norway	9:54,55	9:54,55	_____	_____
1	6	750	Bjørk H. Olsen	1991	Denmark	10:15,18		_____	_____
1	7	915	Louise Bichler	1991	Sweden	10:17,77		_____	_____

5000 meters - Men / 5000 metra hlaup karla Laugardagur 28. ágúst kl. 16:15

Ísl.met/Icel.Rec: 14:01,99 Kári Steinn Karlsson, BBLIK 26.03.10

Heat	Lane	No.	Name	Year of Birth	Club	Personal best	Year best	Results	Place
1	1	857	Tómas Zoega	1993	Iceland	16:20,10		_____	_____
1	2	946	Staffan Ek	1991	Sweden	15:13,32		_____	_____
1	3	820	Oskari Pennanen	1991	Finland	14:40,84		_____	_____
1	4	774	Jeppe Harboe	1992	Denmark	14:47,39		_____	_____
1	5	901	Örjan Grønnevig	1991	Norway	15:19,31		_____	_____
1	6	891	Jonas Luras Hammer	1991	Norway			_____	_____

4x100 m relay - Women / 4x100 metra boðhlaup kvenna Laugardagur 28. ágúst kl. 16:40

Ísl.met/Icel.Rec: 47,23 Sveit Ármanns, Á 07.08.93

Ísl.met/Icel.Rec: 45,71 Landssveit ÍSL, ISL 28.06.96

Heat	Lane	No.	Name	Year of Birth	Club	Personal best	Year best	Results	Place
1	2		Sveit Finnlands		Finland			_____	_____
1	3		Sveit Íslands		Iceland			_____	_____
1	4		Sveit Noregs		Norway			_____	_____
1	5		Sveit Svíþjóðar		Sweden			_____	_____
1	6		Sveit Danmerkur		Denmark			_____	_____

4x100 m relay - Men / 4x100 metra boðhlaup karla Laugardagur 28. ágúst kl. 16:50

Ísl.met/Icel.Rec: 41,19 Landssveit, ISL 29.06.96

Ísl.met/Icel.Rec: 41,86 Sveit FH, FH 07.08.09

Heat	Lane	No.	Name	Year of Birth	Club	Personal best	Year best	Results	Place
1	2		Sveit Íslands		Iceland			_____	_____
1	3		Sveit Finnlands		Finland			_____	_____
1	4		Sveit Danmerkur		Denmark			_____	_____
1	5		Sveit Noregs		Norway			_____	_____
1	6		Sveit Svíþjóðar		Sweden			_____	_____

Hammer throw (4,0 kg) - Women / Sleggjukast kvenna

Sunnudagur 29. ágúst kl. 12:10

Ísl.met/Icel.Rec: 54,19 Sandra Pétursdóttir, ÍR 28.03.09

Order	No.	Name	Year of Birth	Club	Personal best	Year best	Results	Place
1	871	Katja Vangnes	1991	Norway	61,08		_____	_____
2	753	Heidi T. Hansen	1991	Denmark	47,87		_____	_____
3	784	Elina Uustalo	1992	Finland	58,81		_____	_____
4	837	María Ósk Felixdóttir	1992	Iceland	48,90		_____	_____
5	909	Ida Storm	1991	Sweden	60,94		_____	_____
6	879	Solveig Fredriksen	1992	Norway	53,45		_____	_____
7	916	Malin Johansson	1992	Sweden	56,61		_____	_____
8	791	Jenni Penttila	1991	Finland	61,03		_____	_____

3 km walk - Women / 3 km ganga kvenna

Sunnudagur 29. ágúst kl. 12:30

Heat	Lane	No.	Name	Year of Birth	Club	Personal best	Year best	Results	Place
1	1	874	Kristiane Rygg	1991	Norway	16:44,35		_____	_____
1	2	785	Elisa Neuvonen	1991	Finland	15:03,62		_____	_____
1	3	908	Felicia Hogrell	1994	Sweden	16:23,00		_____	_____

Pole vault - Men / Stangarstökk karla

Sunnudagur 29. ágúst kl. 12:30

Ísl.met/Icel.Rec: 5,31 Sigurður T Sigurðsson, KR 31.05.84

Order	No.	Name	Year of Birth	Club	Personal best	Year best	Results	Place
1	811	Henri Vayrynen	1991	Finland	5,15		_____	_____
2	943	Petter Olsson	1991	Sweden	5,05		_____	_____
3	885	Eirik Sollien	1991	Norway	4,65		_____	_____
4	856	Stefán Árni Hafsteinsson	1991	Iceland	4,42		_____	_____
5	945	Simon Gyllenstein	1991	Sweden			_____	_____
6	770	Andreas Rønning	1993	Denmark	4,50		_____	_____

High jump - Women / Hástökk kvenna

Sunnudagur 29. ágúst kl. 12:55

Ísl.met/Icel.Rec: 1,88 Þórdís Lilja Gísladóttir, HSK 19.08.90

Order	No.	Name	Year of Birth	Club	Personal best	Year best	Results	Place
1	870	Katarina Mögenburg	1991	Norway	1,80(i)	1,80(i)	_____	_____
2	802	Tilda Hamalainen	1991	Finland	1,73		_____	_____
3	839	Salbjörg Sævarsdóttir	1991	Iceland	1,63		_____	_____
4	759	Line Skriver	1991	Denmark	1,70		_____	_____
5	914	Lisa Linell	1991	Sweden	1,65		_____	_____

5000m walk - Men / 5000m ganga karla

Sunnudagur 29. ágúst kl. 12:55

Heat	Lane	No.	Name	Year of	Club	Personal	Year	Results	Place
				Birth		best	best		
1	1	890	Joakim Sælen	1991	Norway	23:47,82		_____	_____
1	2	825	Veli-Matti Partanen	1991	Finland	20:25,96		_____	_____
1	3	927	Anders Hansson	1992	Sweden	22:39,00		_____	_____

100 m hurdles - Women / 100 metra grindahlaup kvenna

Sunnudagur 29. ágúst

kl. 13:35

Ísl.met/Icel.Rec: 13,18 Guðrún Arnardóttir, Á 19.05.96

Heat	Lane	No.	Name	Year of	Club	Personal	Year	Results	Place
				Birth		best	best		
1	2	760	Louise Biede	1992	Denmark	14,24		_____	_____
1	3	873	Kine Aaltvedt	1991	Norway	13,89		_____	_____
1	4	868	Isabelle S. Pedersen	1992	Norway	13,30	13,30	_____	_____
1	5	795	Lotta Harala	1992	Finland	13,65		_____	_____
1	6	919	Marica Merkel- Johansson	1991	Sweden	14,22		_____	_____
1	7	838	María Rún Gunnlaugsdóttir	1993	Iceland	15,22		_____	_____

Discus - Men / Kringlukast karla

Sunnudagur 29. ágúst kl. 13:40

Ísl.met/Icel.Rec: 67,64 Vésteinn Hafsteinsson, HSK 31.05.89

Order	No.	Name	Year of	Club	Personal	Year	Results	Place
			Birth		best	best		
1	931	Daniel Stahl	1992	Sweden	52,00		_____	_____
2	769	Andreas Jørgensen	1991	Denmark	51,91		_____	_____
3	806	Antti Korhonen	1992	Finland	48,22		_____	_____
4	886	Erik Fluge	1991	Norway	52,17		_____	_____
5	940	Mikael Ljungberg	1992	Sweden	54,03		_____	_____
6	888	Fredrik Simensen	1992	Norway	47,36		_____	_____
7	848	Hjalti Geir Garðarsson	1993	Iceland	44,94		_____	_____

Triple jump - Men / Þristökk karla

Sunnudagur 29. ágúst kl. 13:40

Ísl.met/Icel.Rec: 16,70 Vilhjálmur Einarsson, ÍR 07.08.60

Order	No.	Name	Year of	Club	Personal	Year	Results	Place
			Birth		best	best		
1	939	Matthias Karlsson	1992	Sweden	14,75		_____	_____
2	817	Matti Makitalo	1991	Finland	14,51		_____	_____
3	884	Christian Boe Helland	1991	Norway	14,97		_____	_____
4	843	Bjarni Már Ólafsson	1991	Iceland	13,59		_____	_____
5	773	Janick Klausen	1993	Denmark	14,07		_____	_____

110 m hurdles - Men / 110 metra grindahlaup karla

Sunnudagur 29. ágúst kl. 13:45

Ísl.met/Icel.Rec: 13,91 Jón Arnar Magnússon, UMSS 06.06.97

Heat	Lane	No.	Name	Year of	Club	Personal	Year	Results	Place
				Birth		best	best		
1	1	902	Öyvind Strömmeren Kjerpeset	1991	Norway	14,95		_____	_____
1	2	812	Jere Lehto	1991	Finland	14,17		_____	_____
1	3	821	Pasi Roslund	1991	Finland	13,93		_____	_____
1	4	900	Vladimir Vukicevic	1991	Norway	13,42		_____	_____
1	5	935	Filip Lööv	1992	Sweden	13,88		_____	_____
1	6	771	Christian L Nielsen	1991	Denmark	14,05		_____	_____
1	7	928	Anton Forsberg	1991	Sweden	14,44		_____	_____
1	8	859	Örn Dúi Kristjánsson	1993	Iceland	16,27		_____	_____

1500 meters - Women / 1500 metra hlaup kvenna

Sunnudagur 29. ágúst kl. 14:00

Ísl.met/Icel.Rec: 4:14,94 Ragnheiður Ólafsdóttir, FH 25.04.87

Heat	Lane	No.	Name	Year of	Club	Personal	Year	Results	Place
				Birth		best	best		
1	1	756	Katrine Reinholdt	1994	Denmark			_____	_____
1	2	915	Louise Bichler	1991	Sweden	4:39,51		_____	_____
1	3	905	Elin Borglund	1991	Sweden	4:34,44		_____	_____
1	4	867	Ingeborg Lövnæs	1992	Norway	4:22,84		_____	_____
1	5	794	Kristiina Maki	1991	Finland	4:30,94		_____	_____
1	6	862	Frida Berge	1994	Norway	4:38,09		_____	_____
1	7	828	Aníta Hinriksdóttir	1996	Iceland	4:44,83		_____	_____

800 meters - Men / 800 metra hlaup karla

Sunnudagur 29. ágúst kl. 14:15

Ísl.met/Icel.Rec: 1:48,83 Erlingur Jóhannsson, UMSK 04.07.87

Heat	Lane	No.	Name	Year of	Club	Personal	Year	Results	Place
				Birth		best	best		
1	1	855	Snorri Stefánsson	1993	Iceland	2:02,15		_____	_____
1	2	946	Staffan Ek	1991	Sweden	1:53,85		_____	_____
1	3	899	Thomas Solberg Eide	1992	Norway	1:50,33		_____	_____
1	4	898	Thomas Roth	1991	Norway	1:48,16		_____	_____
1	5	944	Rickard Gunnarsson	1991	Sweden	1:49,52		_____	_____
1	6	779	Nick Jensen	1991	Denmark	1:51,96		_____	_____
1	7	823	Toni Lempinen	1992	Finland	1:57,07		_____	_____

Shot put - Women / Kúluvarp kvenna

Sunnudagur 29. ágúst kl. 14:20

Ísl.met/Icel.Rec: 16,33 Guðbjörg Hanna Gylfadóttir, USAH 17.05.92

Order	No.	Name	Year of Birth	Club	Personal best	Year best	Results	Place
1	920	Martina Salander	1992	Sweden	13,52		_____	_____
2	872	Katrine Haarklau	1991	Norway	12,69		_____	_____
3	912	Julia Viberg	1992	Sweden	13,22		_____	_____
4	793	Katja Kantanen	1991	Finland	14,45		_____	_____
5	839	Salbjörg Sævarsdóttir	1991	Iceland	10,98		_____	_____
6	765	Nina Otto	1991	Denmark	12,88		_____	_____
7	877	Mona Ekroll Jaidi	1995	Norway	11,52		_____	_____

200 meters - Women / 200 metra hlaup kvenna

Sunnudagur 29. ágúst kl. 14:30

Ísl.met/Icel.Rec: 23,81 Guðrún Arnardóttir, Á 29.06.97

Heat	Lane	No.	Name	Year of Birth	Club	Personal best	Year best	Results	Place
1	2	762	May Zerzut	1994	Denmark			_____	_____
1	3	860	Astrid Mangen Cedervist	1994	Norway	25,21	25,21	_____	_____
1	4	865	Ida Bakke Hansen	1993	Norway	24,54	24,69	_____	_____
1	5	924	Stephanie Olsson	1991	Sweden	24,56		_____	_____
1	6	796	Maria Rasanen	1992	Finland	24,63		_____	_____
1	7	906	Elin Östlund	1991	Sweden	24,74		_____	_____
1	8	829	Arna Stefanía Guðmundsdóttir	1995	Iceland	25,31		_____	_____

200 meters - Men / 200 metra hlaup karla

Sunnudagur 29. ágúst kl. 14:40

Ísl.met/Icel.Rec: 21,17 Jón Arnar Magnússon, UMSS 06.06.96

Heat	Lane	No.	Name	Year of Birth	Club	Personal best	Year best	Results	Place
1	2	858	Þorkell Einarsson	1991	Iceland	22,81		_____	_____
1	3	894	Martin Forbergskog	1991	Norway	22,19		_____	_____
1	4	942	Patrik Andersson	1991	Sweden	21,75		_____	_____
1	5	896	Per Magnus Arjun Solli	1991	Norway	21,55		_____	_____
1	6	941	Odain Rose	1992	Sweden	21,71		_____	_____
1	7	775	Kasper Olsen	1991	Denmark	22,16		_____	_____
1	8	810	Frans Kapilo	1991	Finland	22,74		_____	_____

2000 m steeplechase - Women / 2000 m hindrunarhlaup kvenna Sunnudagur 29. ágúst kl. 14:55

Ísl.met/Icel.Rec: 7:03,11 Íris Anna Skúladóttir, FJÖLNIR 26.06.09

Heat	Lane	No.	Name	Year of Birth	Club	Personal best	Year best	Results	Place
1	1	754	Josefine Klausen	1991	Denmark	7:18,76		_____	_____
1	2	918	Maria Borglund	1991	Sweden	7:01,40		_____	_____
1	3	903	Caroline Högaard	1992	Sweden	6:59,00		_____	_____
1	4	866	Ida Österas	1993	Norway	7:00,06	7:00,06	_____	_____
1	5	801	Sara Kuivisto	1991	Finland	7:07,00		_____	_____
1	6	833	Helga Guðný Elíasdóttir	1994	Iceland			_____	_____

Long jump - Women / Langstökk kvenna

Sunnudagur 29. ágúst kl. 15:00

Ísl.met/Icel.Rec: 6,30 Sunna Gestsdóttir, UMSS 07.06.03

Order	No.	Name	Year of Birth	Club	Personal best	Year best	Results	Place
1	870	Katarina Mögenburg	1991	Norway	5,73	5,73	_____	_____
2	761	Martha Traore	1995	Denmark	5,80		_____	_____
3	911	Josephine Rohr	1991	Sweden	6,01		_____	_____
4	841	Sveinbjörg Zophoníasdóttir	1992	Iceland	6,10		_____	_____
5	861	Benedicte Isabell Abrahamsen	1993	Norway	5,74	5,73	_____	_____
6	787	Hanna Wiss	1991	Finland	6,00		_____	_____
7	920	Martina Salander	1992	Sweden			_____	_____

Javelin - Men / Spjótkest karla

Sunnudagur 29. ágúst kl. 15:10

Ísl.met/Icel.Rec: 86,80 Einar Vilhjálmsson, ÍR 30.08.92

Order	No.	Name	Year of Birth	Club	Personal best	Year best	Results	Place
1	936	Johan Carlquist	1992	Sweden	61,93		_____	_____
2	814	Joel Karjalainen	1991	Finland	71,32		_____	_____
3	777	Martin Heegaard	1993	Denmark	51,71		_____	_____
4	897	Petter Ormsettrö	1991	Norway	67,16		_____	_____
5	854	Sindri Hrafn Guðmundsson	1995	Iceland	54,85		_____	_____
6	895	Martin Roe	1992	Norway	64,95		_____	_____

3000 m steeplechase - Men / 3000 metra hindrunarhlaup karla

Sunnudagur 29. ágúst

kl. 15:20

Ísl.met/Icel.Rec: 8:46,20 Sveinn Margeirsson, UMSS 12.06.03

Heat	Lane	No.	Name	Year of Birth	Club	Personal best	Year best	Results	Place
1	1	925	Albin Olausson	1992	Sweden			_____	_____
1	2	813	Jimmy Finnholm	1991	Finland	9:48,87		_____	_____
1	3	887	Ferdinand Kvan Edman	1993	Norway	9:42,63		_____	_____
1	4	937	Jonas Legernes	1991	Sweden	8:56,30		_____	_____
1	5	891	Jonas Luras Hammer	1991	Norway	9:12,34		_____	_____
1	6	783	Thijs Nijhuis	1992	Denmark	9:48,65		_____	_____
1	7	857	Tómas Zoega	1993	Iceland	10:29,71		_____	_____

4x400 m relay - Women / 4x400 metra boðhlaup kvenna

Sunnudagur 29. ágúst

kl. 15:55

Ísl.met/Icel.Rec: 3:55,76 Sveit Ármanns, Á 05.07.93

Ísl.met/Icel.Rec: 3:38,96 Landssveit ÍSL, ISL 29.06.96

Heat	Lane	No.	Name	Year of Birth	Club	Personal best	Year best	Results	Place
1	2		Sveit Finnlands		Finland			_____	_____
1	3		Sveit Noregs		Norway			_____	_____
1	4		Sveit Íslands		Iceland			_____	_____
1	5		Sveit Danmerkur		Denmark			_____	_____
1	6		Sveit Svíþjóðar		Sweden			_____	_____

4x400 m relay - Men / 4x400 metra boðhlaup karla

Sunnudagur 29. ágúst kl. 16:05

Ísl.met/Icel.Rec: 3:10,36 Landssveit ÍSL, ISL 31.07.83

Ísl.met/Icel.Rec: 3:16,16 Sveit FH, FH 20.07.09

Heat	Lane	No.	Name	Year of Birth	Club	Personal best	Year best	Results	Place
1	2		Sveit Finnlands		Finland			_____	_____
1	3		Sveit Noregs		Norway			_____	_____
1	4		Sveit Íslands		Iceland			_____	_____
1	5		Sveit Danmerkur		Denmark			_____	_____
1	6		Sveit Svíþjóðar		Sweden			_____	_____