

## Ráslisti laugardagur 28.mars, hefðbundið, hópstart.

### Ráslisti raðast eftir bikarstigum

NR	Drengir 15-16 ára 5km (2 x 2,5km)	FIS númer	Félag	Rástími
1	Jökull Ingimundur Hlynsson		SFS	11:00:00
2	Matthías Karl Ólafsson		Ullur	11:00:00
3	Daði Wendel		Ullur	11:00:00
4	Einar Ernir Eypórsson		SKA	11:00:00
5	Heimir Logi Samúelsson		SFI	11:00:00

NR	Stúlkur 15-16 ára 5km (2 x 2,5km)	FIS númer	Félag	Rástími
6	Birna Dröfn Vignisdóttir		SFS	11:03:00
7	María Sif Hlynisdóttir		SFÍ	11:03:00
8	Elma Dögg Sigurðardóttir		SFS	11:03:00
9	Karen Emilía Káradóttir		SKA	11:03:00
10	Sölvey Marie Tómasdóttir		SFÍ	11:03:00
11	Björg Glóa Heimisdóttir		SÓ	11:03:00
12	Áslaug Yngvadóttir		Ullur	11:03:00

NR	Drengir 13-14 ára 3,5km	FIS númer	Félag	Rástími
13	Friðgeir Logi Halldórsson		SFS	11:30:00
14	Ólafur Sveinn Böðvarsson		Ullur	11:30:00
15	Ásbjörn Logi Halldórsson		SKA	11:30:00
16	Arnar Gauti Gíslason		SKA	11:30:00
17	Óli Björn Þorvaldsson		SÓ	11:30:00

NR	Stúlkur 13-14 ára 3,5km	FIS númer	Félag	Rástími
18	Viktoría Rós Guseva		SKA	11:35:00
19	Ásdís Helga Ingólfssdóttir		SFS	11:35:00
20	Júlía Mjöll Vagnsdóttir		SKA	11:35:00
21	Freyja Rós Árnadóttir		SFI	11:35:00
22	Hekla Malín Ellertsdóttir		SKA	11:35:00
23	Gréta Mjöll Magnúsdóttir		SO	11:35:00
24	Álfrún Áslaug Steinunnardóttir		SFS	11:35:00
25	Ísafold Lilja Óskarsdóttir		SFS	11:35:00
26	Íris Jökulrós Ágústsdóttir		SFS	11:35:00
27	Hekla Karítas Þorgeirsdóttir		SFS	11:35:00
28	Guðrún Ösp Vignisdóttir		SFS	11:35:00
29	Þórey Edda Rúnarsdóttir		SO	11:35:00
30	Anita Rós Kjartansdóttir		SFS	11:35:00
31	Sunna Adelia Stefánsdóttir		SFI	11:35:00
32	Margrét Sólveig Hinriksdóttir		Ullur	11:35:00

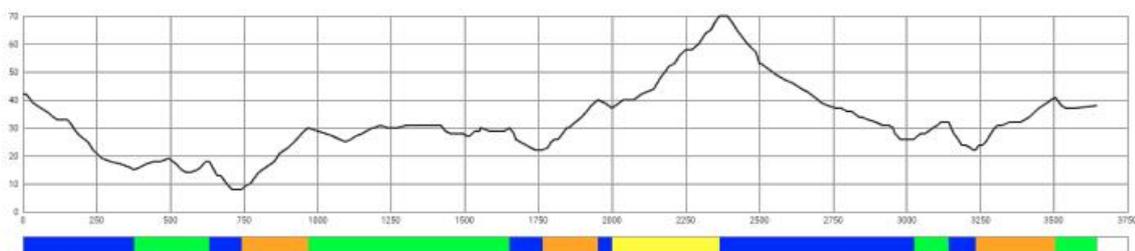


## Ráslisti laugardagur 28.mars, hefðbundið, hópstart.

NR	Karlar 15km (4 x 3,75km)	FIS 7 di	FIS númer	Félag	Rástími
33	Dagur Benediktsson	82,40	3250036	SFI	12:00:00
34	Einar Árni Gíslason	114,79	3250066	SKA	12:00:00
35	Grétar Smári Samúelsson	156,64	3255070	SFI	12:00:00
36	Ástmar Helgi Kristinsson	171,08	3250073	SFI	12:00:00
37	Hjalti Böðvarsson	206,21	3250085	Ullur	12:00:00
38	Ævar Freyr Valbjörnsson	219,51	3250070	SKA	12:00:00
39	Snorri Einarsson	338,70	3250038	SFI	12:00:00
40	<b>Eypór Freyr Árnason</b>	369,37	3250088	SFI	12:00:00
41	Hilmar Örn Kárason	477,34	3250090	SKA	12:00:00
42	Stefán Snær Ragnarsson	597,68	3250089	Ullur	12:00:00
43	Matas Zalneravicius	745,72	3250094	SFS	12:00:00
44	Birkir Kári Gíslason	807,59	3250087	SKA	12:00:00
45	Ragnar Gamalíel Sigurgeirsson	1035,97	3250030	SKA	12:00:00
46	Erwin van der Werve	1039,64	3250058	SKA	12:00:00

NR	Konur 15km (4 x 3,75km)	FIS 7 di	FIS númer	Félag	Rástími
47	Kristrun Gudnadóttir	202,23	3255017	Ullur	12:05:00
48	<b>María Kristín Ólafsdóttir</b>	499,43	3255054	Ullur	12:05:00
49	Vala Kristín Georgsdóttir	929,70	3255066	Ullur	12:05:00
50	Pórey Dögg Ragnarsdóttir	981,53	3255072	SFS	12:05:00

Course length:	3,646m	Height difference (HD):	62m	Lowest point:	8m
Course category:	C	Maximum climb (MC):	33m	Highest point:	70m
		Total climb (TC):	118m		



Ascent B-climb C-climb descent undulated terrain

