

# Íslandsmeistaramót

27-02-2016 - 28-02-2016

Crossfit XY

## Women - Senior

#	Name	Born	Team	Lot	Weight	Snatch			Clean and Jerk			Total	Sinclair
						1	2	3	1	2	3		
<b>53 kg</b>													
1	<a href="#">Rakel Ragnheiður Jónsdóttir</a>	1999 U17	LFG	24	52,60	40,0	45,0	50,0	55,0	60,0	62,0	112,0	170,0
<b>58 kg</b>													
1	<a href="#">Puríður Erla Helgadóttir</a>	1991 S	ARM	11	57,70	72,0	76,0	80,0	97,0	102,0	104,0	184,0	260,0
2	<a href="#">Jakobína Jónsdóttir</a>	1985 S	LFR	6	56,75	66,0	69,0	71,0	81,0	84,0	87,0	156,0	223,2
3	<a href="#">Sigríður Jónsdóttir</a>	1992 S	LFK	14	57,10	30,0	33,0	35,0	48,0	51,0	54,0	86,0	122,5
4	<a href="#">Nanna Ómarsdóttir</a>	2000 U17	LFR	29	56,50	25,0	30,0	36,0	40,0	48,0	48,0	78,0	112,0
<b>63 kg</b>													
1	<a href="#">Helena Ingvarsdóttir</a>	1999 U17	LFK	13	58,25	47,0	50,0	53,0	65,0	70,0	70,0	120,0	168,4
2	<a href="#">Katla Björk Ketilsdóttir</a>	2000 U17	UFN	17	58,80	46,0	49,0	54,0	55,0	61,0	66,0	120,0	167,3
3	<a href="#">Hrafnhildur Finnbogadóttir</a>	2000 U17	ARM	5	59,15	38,0	42,0	46,0	50,0	50,0	50,0	96,0	133,3
-	<a href="#">Hjördís Ósk Óskarsdóttir</a>	1984 S	FH	8	62,04	70,0	73,0	74,0	92,0	97,0	-	-	-
<b>69 kg</b>													
1	<a href="#">Lilja Lind Helgadóttir</a>	1996 U20	LFG	10	66,45	65,0	70,0	72,0	78,0	85,0	87,0	159,0	204,2
2	<a href="#">Ingunn Lúðvíksdóttir</a>	1977 M35	ARM	21	68,80	61,0	67,0	71,0	82,0	86,0	90,0	157,0	197,4
3	<a href="#">Sandra Hrönn Arnadóttir</a>	1994 U23	ARM	9	67,05	60,0	67,0	71,0	80,0	83,0	86,0	153,0	195,4
4	<a href="#">Viktória Rós Guðmundsdóttir</a>	1991 S	LFH	2	65,50	58,0	62,0	65,0	75,0	78,0	81,0	143,0	185,3
5	<a href="#">Snæfríður Jóhannesdóttir</a>	1993 U23	ARM	4	65,85	50,0	56,0	60,0	65,0	70,0	75,0	131,0	169,2

6	<a href="#">Hulda Rós Blöndal Snorradóttir</a>	1991 S	ARM	22	64,40	47,0	52,0	56,0	63,0	68,0	72,0	128,0	167,7
7	<a href="#">Margrét Þórhildur Jóhannesdóttir</a>	1997 U20	ARM	20	64,05	47,0	51,0	56,0	62,0	66,0	70,0	117,0	153,8
8	<a href="#">Brynja Maren Ingólfssdóttir</a>	1999 U17	ARM	18	67,55	40,0	45,0	45,0	52,0	57,0	62,0	107,0	136,0
9	<a href="#">Íris Þórdís Jónsdóttir</a>	1999 U17	LFG	24	64,95	40,0	45,0	50,0	40,0	45,0	50,0	95,0	123,8

### 75 kg

1	<a href="#">Freyja Mist Ólafsdóttir</a>	1996 U20	LFR	7	73,90	70,0	74,0	74,0	90,0	95,0	97,0	169,0	204,0
2	<a href="#">Soffía Bergsdóttir</a>	1987 S	ARM	25	71,45	60,0	65,0	68,0	75,0	80,0	85,0	148,0	182,0
3	<a href="#">Erna Héðinsdóttir</a>	1976 M40	LFR	12	72,90	57,0	62,0	65,0	70,0	75,0	81,0	138,0	167,8
4	<a href="#">Freydís María Friðriksdóttir</a>	1998 U20	LFK	15	74,95	33,0	36,0	40,0	46,0	50,0	53,0	90,0	107,8

### 75+ kg

1	<a href="#">Sonja Björk Ingólfssdóttir</a>	1994 U23	ARM	3	77,00	55,0	60,0	60,0	75,0	75,0	75,0	135,0	159,5
2	<a href="#">Hildur Björk Þórðardóttir</a>	1985 S	LFR	1	107,40	46,0	48,0	50,0	53,0	53,0	57,0	107,0	111,4

## Records

Age Category	Weight Category	Name	Discipline	Mark
Senior	58 kg (f)	<a href="#">Þuríður Erla Helgadóttir</a>	Clean and Jerk	102,00
Senior	58 kg (f)	<a href="#">Þuríður Erla Helgadóttir</a>	Clean and Jerk	104,00
Senior	58 kg (f)	<a href="#">Þuríður Erla Helgadóttir</a>	Total	182,00
Senior	58 kg (f)	<a href="#">Þuríður Erla Helgadóttir</a>	Total	184,00

## Sinclair ranking, Women

#	Name	Team	Gender	Weight	Total	Sinclair
1	<a href="#">Þuríður Erla Helgadóttir</a>	ARM	F	57,70	184,0	260,0
2	<a href="#">Jakobína Jónsdóttir</a>	LFR	F	56,75	156,0	223,2
3	<a href="#">Lilja Lind Helgadóttir</a>	LFG	F	66,45	159,0	204,2
4	<a href="#">Freyja Mist Ólafsdóttir</a>	LFR	F	73,90	169,0	204,0
5	<a href="#">Ingunn Lúðvíksdóttir</a>	ARM	F	68,80	157,0	197,4

#	Name	Team	Gender	Weight	Total	Sinclair
6	<a href="#">Sandra Hrönn Arnardóttir</a>	ARM	F	67,05	153,0	195,4
7	<a href="#">Viktoría Rós Guðmundsdóttir</a>	LFH	F	65,50	143,0	185,3
8	<a href="#">Soffía Bergsdóttir</a>	ARM	F	71,45	148,0	182,0
9	<a href="#">Rakel Ragnheiður Jónsdóttir</a>	LFG	F	52,60	112,0	170,0
10	<a href="#">Snæfríður Jóhannesdóttir</a>	ARM	F	65,85	131,0	169,2
11	<a href="#">Helena Ingvarsdóttir</a>	LFK	F	58,25	120,0	168,4
12	<a href="#">Erna Héðinsdóttir</a>	LFR	F	72,90	138,0	167,8
13	<a href="#">Hulda Rós Blöndal Snorradóttir</a>	ARM	F	64,40	128,0	167,7
14	<a href="#">Katla Björk Ketilsdóttir</a>	UFN	F	58,80	120,0	167,3
15	<a href="#">Sonja Björk Ingólfssdóttir</a>	ARM	F	77,00	135,0	159,5
16	<a href="#">Margrét Þórhildur Jóhannesdóttir</a>	ARM	F	64,05	117,0	153,8
17	<a href="#">Brynja Maren Ingólfssdóttir</a>	ARM	F	67,55	107,0	136,0
18	<a href="#">Hrafnhildur Finnbogadóttir</a>	ARM	F	59,15	96,0	133,3
19	<a href="#">Íris Þórdís Jónsdóttir</a>	LFG	F	64,95	95,0	123,8
20	<a href="#">Sigríður Jónsdóttir</a>	LFK	F	57,10	86,0	122,5
21	<a href="#">Nanna Ómarsdóttir</a>	LFR	F	56,50	78,0	112,0
22	<a href="#">Hildur Björk Þórðardóttir</a>	LFR	F	107,40	107,0	111,4
23	<a href="#">Freydís María Friðriksdóttir</a>	LFK	F	74,95	90,0	107,8
-	<a href="#">Hjördís Ósk Óskarsdóttir</a>	FH	F	62,04	-	-