

Parakeppni

| Nafn | Félag/klúbbur | Hlaup 1 | Hlaup 2 | Hlaup 3 | Hlaup 4 | Hlaup 5 | Hlaup 6 | Hlaup 1 | Hlaup 2 | Hlaup 3 | Hlaup 4 | Hlaup 5 | Hlaup 6 | Samtals |
|-------------------------------|----------------------|---------------|---------------|---------|---------|---------|---------|-----------|-----------|---------|---------|---------|---------|-----------|
| | | Tími | Tími | Tími | Tími | Tími | Tími | Stig | Stig | Stig | Stig | Stig | Stig | |
| Sigurgísli Gíslason | Hlaupahópur Sigga P. | 36:23 | 37:54 | | | | | | | | | | | |
| Íris Anna Skúladóttir | Hlaupahópur Sigga P. | 39:19 | 39:37 | | | | | | | | | | | |
| | Samtals | 75:42 | 77:31 | | | | | 10 | 10 | | | | | 20 |
| Grétar Snorrason | Hlaupahópur FH | 38:50 | 39:04 | | | | | | | | | | | |
| Þóra Gísladóttir | Hlaupahópur FH | 44:31 | 46:33 | | | | | | | | | | | |
| | Samtals | 83:21 | 85:37 | | | | | 9 | 9 | | | | | 18 |
| Sigríður Kristjánsdóttir | | 45:58 | 45:54 | | | | | | | | | | | |
| Sverrir Ólafur Torfason | Vegferðin | 46:02 | 45:44 | | | | | | | | | | | |
| | Samtals | 92:00 | 91:38 | | | | | 7 | 8 | | | | | 15 |
| Bjarki Lúðvíksson | Náttúruhlaup | 43:05 | 44:44 | | | | | | | | | | | |
| Rannveig Björk Guðjónsdóttir | Náttúruhlaup | 49:08 | 52:49 | | | | | | | | | | | |
| | Samtals | 92:13 | 97:33 | | | | | 6 | 7 | | | | | 13 |
| Atli Snær Jóhannsson | Team Evolv | 47:12 | 47:30 | | | | | | | | | | | |
| Katrín Viktoría Hjartardóttir | Team Evolv | 52:57 | 50:17 | | | | | | | | | | | |
| | Samtals | 100:09 | 97:47 | | | | | 3 | 6 | | | | | 9 |
| Bjarni Kristinsson | Víkingur | 40:02 | 40:52 | | | | | | | | | | | |
| Ingunn Loftsdóttir | Víkingur | 56:58 | 60:09 | | | | | | | | | | | |
| | Samtals | 97:00 | 101:01 | | | | | 4 | 4 | | | | | 8 |
| Valur Þór Kristjánsson | ÍR Skokk | 38:54 | | | | | | | | | | | | |
| Fjóla Dröfn Guðmundsdóttir | ÍR Skokk | 51:29 | | | | | | | | | | | | |
| | Samtals | 90:23 | | | | | | 8 | | | | | | 8 |
| Stefán Hafsteinsson | | 42:50 | | | | | | | | | | | | |
| Eva Dögg Steingrimsdóttir | GRID - Síðir kálfar | 49:37 | | | | | | | | | | | | |
| | Samtals | 92:27 | | | | | | 5 | | | | | | 5 |
| Alexander Eck | Valur Skokk | | 42:52 | | | | | | | | | | | |
| Helga Atladóttir | Valur Skokk | | 55:07 | | | | | | | | | | | |
| | Samtals | | 97:59 | | | | | | 5 | | | | | 5 |
| Alexander Jóhannesson | | 45:58 | 45:19 | | | | | | | | | | | |
| Ebba Karen Garðarsdóttir | UFA | 58:49 | 57:59 | | | | | | | | | | | |
| | Samtals | 104:47 | 103:18 | | | | | 1 | 3 | | | | | 4 |

