**Parakeppni**

| Nafn | Félag/klúbbur | Hlaup 1 Tími | Hlaup 2 Tími | Hlaup 3 Tími | Hlaup 4 Tími | Hlaup 5 Tími | Hlaup 6 Tími | Hlaup 1 Stig | Hlaup 2 Stig | Hlaup 3 Stig | Hlaup 4 Stig | Hlaup 5 Stig | Hlaup 6 Stig | Samtals |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Sigurgísli Gíslason | Hlaupahópur Sigga P. | 37:58 | | | | | | | | | | | | |
| Íris Anna Skúladóttir | Hlaupahópur Sigga P. | 38:10 | | | | | | | | | | | | |
| | **Samtals** | **76:08** | | | | | | **10** | | | | | | **10** |
| Daníel Þór Ágústsson | HHHC | 34:15 | | | | | | | | | | | | |
| Eyrún Eva Eyþórsdóttir | | 43:28 | | | | | | | | | | | | |
| | **Samtals** | **77:43** | | | | | | **9** | | | | | | **9** |
| Börkur Þórðarson | 3N | 36:38 | | | | | | | | | | | | |
| Guðný Þórðardóttir | 3N | 46:16 | | | | | | | | | | | | |
| | **Samtals** | **82:54** | | | | | | **8** | | | | | | **8** |
| Valur Þór Kristjánsson | ÍR | 39:28 | | | | | | | | | | | | |
| Fjóla Dröfn Guðmundsdóttir | ÍR | 48:48 | | | | | | | | | | | | |
| | **Samtals** | **88:16** | | | | | | **7** | | | | | | **7** |
| Bjarki Lúðvíksson | Náttúruhlaup | 44:32 | | | | | | | | | | | | |
| Rannveig Björk Guðjónsdóttir | Náttúruhlaup | 51:04 | | | | | | | | | | | | |
| | **Samtals** | **95:36** | | | | | | **6** | | | | | | **6** |
| Hilmar Jónsson | Áfram að markinu | 45:47 | | | | | | | | | | | | |
| Giedre Razgute | | 52:50 | | | | | | | | | | | | |
| | **Samtals** | **98:37** | | | | | | **5** | | | | | | **5** |
| Alexander Eck | Valur Skokk | 43:55 | | | | | | | | | | | | |
| Helga Atladóttir | Valur Skokk | 54:57 | | | | | | | | | | | | |
| | **Samtals** | **98:52** | | | | | | **4** | | | | | | **4** |
| Arnar Karlsson | Hlaupahópur FH | 41:52 | | | | | | | | | | | | |
| Anna Sigríður Arnardóttir | Hlaupahópur FH | 59:01 | | | | | | | | | | | | |
| | **Samtals** | **100:53** | | | | | | **3** | | | | | | **3** |
| Ingvar Ari Ingvarsson | | 49:38 | | | | | | | | | | | | |
| Laufey Broddadóttir | | 51:48 | | | | | | | | | | | | |
| | **Samtals** | **101:26** | | | | | | **2** | | | | | | **2** |
| Atli Gunnarsson | Hlaupahópur HK | 49:18 | | | | | | | | | | | | |
| Jóhanna Valdimarsdóttir | Hlaupahópur HK | 56:14 | | | | | | | | | | | | |
| | **Samtals** | **105:32** | | | | | | **1** | | | | | | **1** |
| Þórir Magnússon | Laugaskokk | 40:12 | | | | | | | | | | | | |
| Áslaug Jónasdóttir | Laugaskokk | 67:42 | | | | | | | | | | | | |
| | **Samtals** | **107:54** | | | | | | | | | | | | **0** |
| Nökkvi Pálmason | Laugaskokk | 52:26 | | | | | | | | | | | | |
| María S. Guðjónsdóttir | Laugaskokk | 57:24 | | | | | | | | | | | | |
| | **Samtals** | **109:50** | | | | | | | | | | | | **0** |
| Þorkell Magnússon | TKS | 56:31 | | | | | | | | | | | | |
| Berghildur Á. Stefánsdóttir | TKS | 54:10 | | | | | | | | | | | | |
| | **Samtals** | **110:41** | | | | | | | | | | | | **0** |
| Grétar Þórisson | Víkingur | 55:31 | | | | | | | | | | | | |
| Tonie Gertin Sörensen | Víkingur | 55:58 | | | | | | | | | | | | |
| | **Samtals** | **111:29** | | | | | | | | | | | | **0** |
| Böðvar Stefánsson | Ultraform | 60:11 | | | | | | | | | | | | |
| Sigríður Erlendsdóttir | | 60:29 | | | | | | | | | | | | |
| | **Samtals** | **120:40** | | | | | | | | | | | | **0** |
| Guðmann Bragi Birgisson | Hlaupahópur Ármanns | 58:17 | | | | | | | | | | | | |
| Anna Lilja Magnúsdóttir | Laugaskokk | 66:33 | | | | | | | | | | | | |
| | **Samtals** | **124:50** | | | | | | | | | | | | **0** |