

**Betri Stórkapping 3**  
04 Jun, 2022, Tórshavn (Tórsbreyt)

## Results

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**80m** · Boys · U10 · Final

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**80m** · Boys · U12 · Final

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**80m** · Boys · U14 · Final

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**80m** · Girls · U10 · Final

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**80m** · Girls · U12 · Final

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**80m** · Girls · U14 · Final

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**300m** · Boys · U10 · Final

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**300m** · Girls · U10 · Final

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**400m** · Boys · U16 · Final

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400m menn + dr16-17 **400m** · Men & Boys · Multiple · Final

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400m menn + dr16-17 **400m** · Boys · Multiple, U18 · Final

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400m menn + dr16-17 **400m** · Men · Multiple, Senior · Final

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**400m** · Girls · U16 · Final

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400m kvinnur + g16-17 & 18-19 **400m** · Women & Girls · Multiple · Final

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400m kvinnur + g16-17 & 18-19 **400m** · Girls · Multiple, U18 · Final

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400m kvinnur + g16-17 & 18-19 **400m** · Women · Multiple, U20 · Final

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400m kvinnur + g16-17 & 18-19 **400m** · Women · Multiple, Senior · Final

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**800m** · Boys · U12 · Final

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**Betri Stórkapping 3**  
04 Jun, 2022, Tórshavn (Tórsbreyt)

## Results

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**800m** · Girls · U12 · Final

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**1000m** · Boys · U14 · Final

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**1000m** · Girls · U14 · Final

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1500m menn + d14-15 **1500m** · Men & Boys · Multiple · Final

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1500m menn + d14-15 **1500m** · Boys · Multiple, U16 · Final

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1500m menn + d14-15 **1500m** · Men · Multiple, Senior · Final

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1500m kvinnur + g14-15 **1500m** · Women & Girls · Multiple · Final

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1500m kvinnur + g14-15 **1500m** · Girls · Multiple, U16 · Final

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1500m kvinnur + g14-15 **1500m** · Women · Multiple, Senior · Final

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**10000m** · Mixed Adults & Youth · Multiple · Final

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Hædd kv + g18-19 **High Jump** · Women & Girls · Multiple · Final

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Hædd kv + g18-19 **High Jump** · Women · Multiple, U20 · Final

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Hædd kv + g18-19 **High Jump** · Women · Multiple, Senior · Final

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**Long Jump** · Boys · U16 · Final

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**Long Jump** · Girls · U16 · Final

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**Long Jump (Zone)** · Boys · U8 · Final

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**Long Jump (Zone)** · Boys · U10 · Final

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**Long Jump (Zone)** · Boys · U12 · Final

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## Results

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**Long Jump (Zone)** · Boys · U14 · Final

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**Long Jump (Zone)** · Girls · U8 · Final

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**Long Jump (Zone)** · Girls · U10 · Final

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**Long Jump (Zone)** · Girls · U12 · Final

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**Long Jump (Zone)** · Girls · U14 · Final

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**Shot Put (4kg)** · Boys · U16 · Final

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Kúla menn + d16-17 **Shot Put** · Men & Boys · Multiple · Final

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Kúla menn + d16-17 **Shot Put (5kg)** · Boys · Multiple, U18 · Final

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Kúla menn + d16-17 **Shot Put (7.26kg)** · Men · Multiple, Senior · Final

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**Shot Put (3kg)** · Girls · U16 · Final

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Kúla kvinnur + g18-19 & 16-17 **Shot Put** · Women & Girls · Multiple · Final

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Kúla kvinnur + g18-19 & 16-17 **Shot Put (3kg)** · Girls · Multiple, U18 · Final

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Kúla kvinnur + g18-19 & 16-17 **Shot Put (4kg)** · Women · Multiple, U20 · Final

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Kúla kvinnur + g18-19 & 16-17 **Shot Put (4kg)** · Women · Multiple, Senior · Final

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**Javelin Throw (400g)** · Boys · U14 · Final

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**Javelin Throw (400g)** · Girls · U14 · Final

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**Ball Throw (145g)** · Boys · U10 · Final

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**Ball Throw (145g)** · Boys · U12 · Final

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# Betri Stórkapping 3

04 Jun, 2022, Tórshavn (Tórsbreyt)

## Results

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**Ball Throw (145g)** · Girls · U10 · Final

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**Ball Throw (145g)** · Girls · U12 · Final

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# Betri Stórkapping 3

04 Jun, 2022, Tórshavn (Tórsbreyt)

80m · Boys · U10 · Final

04 Jun, 2022, 11:55 · Wind: +4.6

Place	Athlete	Club/School	Bib	Lane	React.	Result
1	<b>Boas Dal Christiansen</b> 2014 · FAR	Bragdið		2		<b>13.74</b>
2	<b>Dánial Jacobsen</b> 2014 · FAR	Bragdið		3		<b>13.95</b>
3	<b>Tummas Eli Geyti</b> 2013 · FAR	Hvirlan		4		<b>16.48</b>
4	<b>Tyrni Sølvason</b> 2013 · FAR	Hvirlan		5		<b>18.44</b>
5	<b>Samuel Weihe</b> 2014 · FAR	Bragdið		6		<b>19.11</b>

# Betri Stórkapping 3

04 Jun, 2022, Tórshavn (Tórsbreyt)

80m · Boys · U12 · Final

04 Jun, 2022, 12:20 · Wind: +4.7

Place	Athlete	Club/School	Bib	Lane	React.	Result
1	<b>Jákup Thomsen</b> 2012 · FAR	Treysti		3		<b>12.20</b>
2	<b>Óli Skorheim</b> 2011 · FAR	Bragdið		6		<b>12.37</b>
3	<b>Hákun Berg Arnholdsson</b> 2012 · FAR	Treysti		4		<b>12.40</b>
4	<b>Bjarni Bogason Enni</b> 2012 · FAR	Bragdið		5		<b>13.12</b>
5	<b>Ejler William Hasso Johannesen</b> 2011 · FAR	Bragdið		1		<b>15.31</b>

**Betri Stórkapping 3**  
04 Jun, 2022, Tórshavn (Tórsbreyt)

80m · Boys · U14 · Final

04 Jun, 2022, 12:05 · Wind: +4.3

Place	Athlete	Club/School	Bib	Lane	React.	Result
1	<b>Óli Mortansson Vang</b> 2010 · FAR	Bragdið		3		<b>12.21</b>
2	<b>William Erik Schilling Kruse</b> 2009 · FAR	Hvirlan		4		<b>12.45</b>
3	<b>Jóhan Waagstein</b> 2010 · FAR	Hvirlan		5		<b>12.47</b>
4	<b>Ørvar á Reynatúgvu</b> 2010 · FAR	Bragdið		1		<b>13.38</b>
5	<b>Lukas Davidsen Næs</b> 2010 · FAR	Hvirlan		2		<b>13.56</b>
	<b>Pætur Krosstein</b> 2010 · FAR	Bragdið		6		DNS

**Betri Stórkapping 3**

04 Jun, 2022, Tórshavn (Tórsbreyt)

**80m · Girls · U10 · Final**

04 Jun, 2022, 11:50 · Wind: +5.9

Place	Athlete	Club/School	Bib	Lane	React.	Result
1	<b>Heiðrun Leo Vang</b> 2013 · FAR	Bragdið		4		<b>13.34</b>
2	<b>Jóna Bjørg Apol Berg</b> 2013 · FAR	Hvirlan		2		<b>14.27</b>
3	<b>Emily Thomsen</b> 2013 · FAR	Treysti		3		<b>14.30</b>
4	<b>Aida Akralíð</b> 2013 · FAR	Bragdið		5		<b>17.14</b>



# Betri Stórkapping 3

04 Jun, 2022, Tórshavn (Tórsbreyt)

80m · Girls · U12 · Final

04 Jun, 2022, 12:10 · Wind: +4.0

Place	Athlete	Club/School	Bib	Lane	React.	Result
1	<b>Debora Hvannastein</b> 2011 · FAR	Treysti		4		<b>12.70</b>
2	<b>Ró Apolonia Hansdóttir</b> 2012 · FAR	Bragdið		3		<b>12.83</b>
3	<b>Durita Davidsen</b> 2011 · FAR	Treysti		2		<b>13.80</b>
4	<b>Eva Maria Klein Simonsen</b> 2012 · FAR	Hvirlan		1		<b>13.94</b>
5	<b>Monika Sigurðsdóttir Vang</b> 2011 · FAR	Bragdið		5		<b>14.07</b>
6	<b>Vera Alstrup Vang</b> 2011 · FAR	Bragdið		6		<b>14.19</b>

# Betri Stórkapping 3

04 Jun, 2022, Tórshavn (Tórsbreyt)

## 80m · Girls · U14 · Final

04 Jun, 2022, 12:25 · Wind: +4.7

Place	Athlete	Club/School	Bib	Lane	React.	Result
1	<b>Sigrið Hansdóttir</b> 2010 · FAR	Bragdið		4		<b>11.61</b>
2	<b>Bjalla Beintudóttir Dalsgarð</b> 2009 · FAR	Hvirlan		5		<b>12.07</b>
3	<b>Sigga Smæra Næs</b> 2010 · FAR	Bragdið		6		<b>12.33</b>
4	<b>Guðrið Marlena Høgenni</b> 2010 · FAR	Bragdið		3		<b>12.59</b>

**Betri Stórkapping 3**

04 Jun, 2022, Tórshavn (Tórsbreyt)

**300m · Boys · U10 · Final**

04 Jun, 2022, 13:30

Place	Athlete	Club/School	Bib	Lane	React.	Result
1	<b>Boas Dal Christiansen</b> 2014 · FAR	Bragdið		3		<b>1:01.45</b>
2	<b>Dánial Jacobsen</b> 2014 · FAR	Bragdið		4		<b>1:02.42</b>
3	<b>Samuel Weihe</b> 2014 · FAR	Bragdið		5		<b>1:12.29</b>

**Betri Stórkapping 3**

04 Jun, 2022, Tórshavn (Tórsbreyt)

**300m · Girls · U10 · Final**

04 Jun, 2022, 13:35

Place	Athlete	Club/School	Bib	Lane	React.	Result
1	<b>Heiðrun Leo Vang</b> 2013 · FAR	Bragdið		4		<b>1:03.26</b> PB
2	<b>Emily Thomsen</b> 2013 · FAR	Treysti		3		<b>1:04.64</b> PB
	<b>Jóna Björg Apol Berg</b> 2013 · FAR	Hvirlan		5		DNS

**Betri Stórkapping 3**

04 Jun, 2022, Tórshavn (Tórsbreyt)

**400m · Boys · U16 · Final**

04 Jun, 2022, 11:05

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Place	Athlete	Club/School	Bib	Lane	React.	Result
1	<b>Óðin Jógvansson Glerfoss</b> 2008 · FAR	Bragdið		4		<b>1:01.75</b>
2	<b>Arni Bartal Joensen</b> 2008 · FAR			3		<b>1:27.52</b>

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**Betri Stórkapping 3**  
04 Jun, 2022, Tórshavn (Tórsbreyt)

**400m menn + dr16-17 400m · Men & Boys · Multiple · Final**

04 Jun, 2022, 11:20

Place	Athlete	Age group	Club/School	Bib	Lane	React.	Result
1	<b>Jónas Isaksen</b> 2005 · FAR	U18	Bragdið		4		<b>51.18</b>
2	<b>Tummas Sjóvará</b> 2002 · FAR	Senior	Bragdið		3		<b>52.95</b>
3	<b>Leon Johannesen</b> 2002 · FAR	Senior	Bragdið		5		<b>54.61</b>
4	<b>Andreas Bjarnastein Antoft</b> 2002 · FAR	Senior	Bragdið		2		<b>59.03</b>
5	<b>Antoni Majewski</b> 2002 · POL	Senior	Bragdið		1		<b>1:03.12</b>
6	<b>Finnur Ejdesgaard Hansen</b> 2001 · FAR	Senior	Bragdið		6		<b>1:04.07</b>

**Betri Stórkapping 3**

04 Jun, 2022, Tórshavn (Tórsbreyt)

**400m menn + dr16-17 400m · Boys · Multiple, U18 · Final**

04 Jun, 2022, 11:20

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Place	Athlete	Club/School	Bib	Lane	React.	Result
1	<b>Jónas Isaksen</b> 2005 · FAR	Bragdið		4		<b>51.18</b>

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**Betri Stórkapping 3**

04 Jun, 2022, Tórshavn (Tórsbreyt)

**400m menn + dr16-17 400m · Men · Multiple, Senior · Final**

04 Jun, 2022, 11:20

Place	Athlete	Club/School	Bib	Lane	React.	Result
1	<b>Tummas Sjóvará</b> 2002 · FAR	Bragdið		3		<b>52.95</b>
2	<b>Leon Johannesen</b> 2002 · FAR	Bragdið		5		<b>54.61</b>
3	<b>Andreas Bjarnastein Antoft</b> 2002 · FAR	Bragdið		2		<b>59.03</b>
4	<b>Antoni Majewski</b> 2002 · POL	Bragdið		1		<b>1:03.12</b>
5	<b>Finnur Ejdesgaard Hansen</b> 2001 · FAR	Bragdið		6		<b>1:04.07</b>



**Betri Stórkapping 3**

04 Jun, 2022, Tórshavn (Tórsbreyt)

**400m · Girls · U16 · Final**

04 Jun, 2022, 11:10

Place	Athlete	Club/School	Bib	Lane	React.	Result
1	<b>Sofía Højgaard</b> 2008 · FAR	Bragdið		6		<b>1:11.49</b>
2	<b>Elena Ellindsdóttir Olsen</b> 2008 · FAR	Hvirlan		5		<b>1:12.74</b>
3	<b>Ai Waagstein</b> 2007 · FAR	Hvirlan		4		<b>1:15.23</b>
4	<b>Hennie Maria Samuelsen</b> 2007 · FAR	Bragdið		2		<b>1:15.49</b>
5	<b>Tabita Hvannastein</b> 2008 · FAR	Treysti		3		<b>1:22.31</b> PB

**Betri Stórkapping 3**

04 Jun, 2022, Tórshavn (Tórsbreyt)

**400m kvinnur + g16-17 & 18-19 400m · Women & Girls · Multiple · Final**

04 Jun, 2022, 11:35

Place	Athlete	Age group	Club/School	Bib	Lane	React.	Result
1	<b>Maria Biskopstø</b> 2002 · FAR	Senior	Treysti		4		<b>1:01.48</b>
2	<b>Oddvør Josephsen</b> 2001 · FAR	Senior	Treysti		3		<b>1:02.75</b>
3	<b>Vibeka Eihilt Sivertsen</b> 2005 · FAR	U18	Treysti		5		<b>1:07.25</b>
4	<b>Arina Ludvig Michelsen</b> 2005 · FAR	U18	Bragdið		2		<b>1:13.63</b>
	<b>Björg Djurhuus Jensen</b> 2003 · FAR	U20	Bragdið				DNS

**Betri Stórkapping 3**

04 Jun, 2022, Tórshavn (Tórsbreyt)

**400m kvinnur + g16-17 & 18-19 400m · Girls · Multiple, U18 · Final**

04 Jun, 2022, 11:35

Place	Athlete	Club/School	Bib	Lane	React.	Result
1	<b>Vibeka Eihilt Sivertsen</b> 2005 · FAR	Treysti		5		<b>1:07.25</b>
2	<b>Arina Ludvig Michelsen</b> 2005 · FAR	Bragdið		2		<b>1:13.63</b>

**Betri Stórkapping 3**

04 Jun, 2022, Tórshavn (Tórsbreyt)

**400m kvinnur + g16-17 & 18-19 400m · Women · Multiple, U20 · Final**

04 Jun, 2022, 11:35

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Place	Athlete	Club/School	Bib	Lane	React.	Result
	<b>Bjørg Djurhuus Jensen</b> 2003 · FAR	Bragdið				DNS

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### Betri Stórkapping 3

04 Jun, 2022, Tórshavn (Tórsbreyt)

## 400m kvinnur + g16-17 & 18-19 400m · Women · Multiple, Senior · Final

04 Jun, 2022, 11:35

Place	Athlete	Club/School	Bib	Lane	React.	Result
1	<b>Maria Biskopstø</b> 2002 · FAR	Treysti		4		<b>1:01.48</b>
2	<b>Oddvør Josephsen</b> 2001 · FAR	Treysti		3		<b>1:02.75</b>

**Betri Stórkapping 3**  
04 Jun, 2022, Tórshavn (Tórsbreyt)

800m · Boys · U12 · Final

04 Jun, 2022, 13:50

Place	Athlete	Club/School	Bib	Lane	Result
1	<b>Jákup Thomsen</b> 2012 · FAR	Treysti		3	<b>2:57.87</b>
2	<b>Óli Skorheim</b> 2011 · FAR	Bragdið		2	<b>2:59.79</b>
3	<b>Bjarni Bogason Enni</b> 2012 · FAR	Bragdið		4	<b>2:59.81</b>
4	<b>Hákun Berg Arnholdsson</b> 2012 · FAR	Treysti		1	<b>3:15.09</b>
5	<b>Ejler William Hasso Johannesen</b> 2011 · FAR	Bragdið		5	<b>3:43.76</b>

# Betri Stórkapping 3

04 Jun, 2022, Tórshavn (Tórsbreyt)

800m · Girls · U12 · Final

04 Jun, 2022, 13:45

Place	Athlete	Club/School	Bib	Lane	Result
1	<b>Debora Hvannastein</b> 2011 · FAR	Treysti		1	<b>3:06.95</b> PB
2	<b>Ró Apolonia Hansdóttir</b> 2012 · FAR	Bragdið		4	<b>3:15.12</b>
3	<b>Durita Davidsen</b> 2011 · FAR	Treysti		3	<b>3:23.48</b>
4	<b>Monika Sigurðsdóttir Vang</b> 2011 · FAR	Bragdið		5	<b>3:48.80</b>
5	<b>Vera Alstrup Vang</b> 2011 · FAR	Bragdið		2	<b>3:49.03</b>

**Betri Stórkapping 3**

04 Jun, 2022, Tórshavn (Tórsbreyt)

**1000m · Boys · U14 · Final**

04 Jun, 2022, 14:00

Place	Athlete	Club/School	Bib	Result
1	<b>Óli Mortansson Vang</b> 2010 · FAR	Bragdið		<b>3:47.95</b>
2	<b>Jóhan Waagstein</b> 2010 · FAR	Hvirlan		<b>4:02.69</b>
	<b>Pætur Krosstein</b> 2010 · FAR	Bragdið		DNS



**Betri Stórkapping 3**

04 Jun, 2022, Tórshavn (Tórsbreyt)

**1000m · Girls · U14 · Final**

04 Jun, 2022, 14:15

Place	Athlete	Club/School	Bib	Result
1	<b>Sigríð Hansdóttir</b> 2010 · FAR	Bragdið		<b>3:17.37</b> PB
	<b>Sigga Smæra Næs</b> 2010 · FAR	Bragdið		DNS

**Betri Stórkapping 3**

04 Jun, 2022, Tórshavn (Tórsbreyt)

**1500m menn + d14-15 1500m · Men & Boys · Multiple · Final**

04 Jun, 2022, 12:35

Place	Athlete	Age group	Club/School	Bib	Result
1	<b>Óðin Jógvansson Glerfoss</b> 2008 · FAR	U16	Bragdið		<b>6:18.05</b>
2	<b>Arni Bartal Joensen</b> 2008 · FAR	U16			<b>6:51.27</b>
	<b>Finnur Ejdesgaard Hansen</b> 2001 · FAR	Senior	Bragdið		DNS

**Betri Stórkapping 3**

04 Jun, 2022, Tórshavn (Tórsbreyt)

**1500m menn + d14-15 1500m · Boys · Multiple, U16 · Final**

04 Jun, 2022, 12:35

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Place	Athlete	Club/School	Bib	Result
1	<b>Óðin Jógvansson Glerfoss</b> 2008 · FAR	Bragdið		<b>6:18.05</b>
2	<b>Arni Bartal Joensen</b> 2008 · FAR			<b>6:51.27</b>

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**Betri Stórkapping 3**

04 Jun, 2022, Tórshavn (Tórsbreyt)

**1500m menn + d14-15 1500m · Men · Multiple, Senior · Final**

04 Jun, 2022, 12:35

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Place	Athlete	Club/School	Bib	Result
	<b>Finnur Ejdesgaard Hansen</b> 2001 · FAR	Bragdið		DNS

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**Betri Stórkapping 3**

04 Jun, 2022, Tórshavn (Tórsbreyt)

**1500m kvinnur + g14-15 1500m · Women & Girls · Multiple · Final**

04 Jun, 2022, 12:55

Place	Athlete	Age group	Club/School	Bib	Result
1	<b>Rebekka Fuglø Poulsen</b> 1993 · FAR	Senior	Treysti		<b>5:10.20</b>
2	<b>Elena Ellindsdóttir Olsen</b> 2008 · FAR	U16	Hvirlan		<b>6:05.49</b>
3	<b>Ai Waagstein</b> 2007 · FAR	U16	Hvirlan		<b>6:07.41</b>
4	<b>Tabita Hvannastein</b> 2008 · FAR	U16	Treysti		<b>7:04.18</b> PB
5	<b>Sofía Højgaard</b> 2008 · FAR	U16	Bragdið		<b>7:09.64</b>
	<b>Maria Biskopstø</b> 2002 · FAR	Senior	Treysti		DNS

**Betri Stórkapping 3**

04 Jun, 2022, Tórshavn (Tórsbreyt)

**1500m kvinnur + g14-15 1500m · Girls · Multiple, U16 · Final**

04 Jun, 2022, 12:55

Place	Athlete	Club/School	Bib	Result
1	<b>Elena Ellindsdóttir Olsen</b> 2008 · FAR	Hvirlan		<b>6:05.49</b>
2	<b>Ai Waagstein</b> 2007 · FAR	Hvirlan		<b>6:07.41</b>
3	<b>Tabita Hvannastein</b> 2008 · FAR	Treysti		<b>7:04.18</b> PB
4	<b>Sofía Højgaard</b> 2008 · FAR	Bragdið		<b>7:09.64</b>

**Betri Stórkapping 3**

04 Jun, 2022, Tórshavn (Tórsbreyt)

**1500m kvinnur + g14-15 1500m · Women · Multiple, Senior · Final**

04 Jun, 2022, 12:55

Place	Athlete	Club/School	Bib	Result
1	<b>Rebekka Fuglø Poulsen</b> 1993 · FAR	Treysti		<b>5:10.20</b>
	<b>Maria Biskopstø</b> 2002 · FAR	Treysti		DNS

### Betri Stórkapping 3

04 Jun, 2022, Tórshavn (Tórsbreyt)

## 10000m · Mixed Adults & Youth · Multiple · Final

04 Jun, 2022, 10:00

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Place	Athlete	Age group	Club/School	Bib	Result
	♂ <b>Peter Jensen</b> 1992 · DEN	Senior	Bragdið		DNS

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**Betri Stórkapping 3**

04 Jun, 2022, Tórshavn (Tórsbreyt)

**Hædd kv + g18-19 High Jump · Women & Girls · Multiple · Final**

04 Jun, 2022, 14:15

Place	Athlete	Age group	Club/School	Bib	Result
1	<b>Teresa F. Bláhamar</b> 2001 · FAR	Senior	Bragdið		<b>1.50</b>
2	<b>Bára Jógvansdóttir Glerfoss</b> 2003 · FAR	U20	Bragdið		<b>1.45</b> PB
3	<b>Bjørg Djurhuus Jensen</b> 2003 · FAR	U20	Bragdið		<b>1.30</b> =PB

# Betri Stórkapping 3

04 Jun, 2022, Tórshavn (Tórsbreyt)

## Attempts · Hædd kv + g18-19 High Jump · Women & Girls · Multiple · Final

Place	Athlete	Age group	Attempts					
1	<b>Teresa F. Bláhamar</b> 2001 · FAR	Senior	1.25	1.30	1.35	1.40	1.45	1.48
			-	-	-	-	o	-
			1.51	1.10	1.15	1.20	<b>1.50</b>	1.55
			-	-	-	-	o	xxx
2	<b>Bára Jógvansdóttir Glerfoss</b> 2003 · FAR	U20	1.25	1.30	1.35	1.40	<b>1.45</b>	1.48
			o	o	o	xo	o	xxx
3	<b>Björg Djurhuus Jensen</b> 2003 · FAR	U20	1.25	<b>1.30</b>	1.35			
			xo	o	xxx			

**Betri Stórkapping 3**

04 Jun, 2022, Tórshavn (Tórsbreyt)

**Hædd kv + g18-19 High Jump · Women · Multiple, U20 · Final**

04 Jun, 2022, 14:15

Place	Athlete	Club/School	Bib	Result
1	<b>Bára Jógvansdóttir Glerfoss</b> 2003 · FAR	Bragdið		<b>1.45</b> PB
2	<b>Björg Djurhuus Jensen</b> 2003 · FAR	Bragdið		<b>1.30</b> =PB

### Betri Stórkapping 3

04 Jun, 2022, Tórshavn (Tórsbreyt)

#### Attempts · Hædd kv + g18-19 High Jump · Women · Multiple, U20 · Final

Place	Athlete	Attempts					
1	<b>Bára Jógvansdóttir Glerfoss</b> 2003 · FAR	1.25 o	1.30 o	1.35 o	1.40 xo	<b>1.45</b> o	1.48 xxx
2	<b>Bjørg Djurhuus Jensen</b> 2003 · FAR	1.25 xo	<b>1.30</b> o	1.35 xxx			

### Betri Stórkapping 3

04 Jun, 2022, Tórshavn (Tórsbreyt)

## Hædd kv + g18-19 High Jump · Women · Multiple, Senior · Final

04 Jun, 2022, 14:15

Place	Athlete	Club/School	Bib	Result
1	<b>Teresa F. Bláhamar</b> 2001 · FAR	Bragdið		<b>1.50</b>

**Betri Stórkapping 3**

04 Jun, 2022, Tórshavn (Tórsbreyt)

**Attempts · Hædd kv + g18-19 High Jump · Women · Multiple, Senior · Final**

Place	Athlete	Attempts					
1	<b>Teresa F. Bláhamar</b> 2001 · FAR	1.25	1.30	1.35	1.40	1.45	1.48
		-	-	-	-	o	-
		1.51	1.10	1.15	1.20	<b>1.50</b>	1.55
		-	-	-	-	<b>o</b>	xxx

### Betri Stórkapping 3

04 Jun, 2022, Tórshavn (Tórsbreyt)

## Long Jump · Boys · U16 · Final

04 Jun, 2022, 13:30

Place	Athlete	Club/School	Bib	Result	Wind
1	<b>Óðin Jógvansson Glerfoss</b> 2008 · FAR	Bragdið		<b>4.62</b> PB	+1.4
2	<b>Arni Bartal Joensen</b> 2008 · FAR			<b>2.99</b>	+3.2

**Betri Stórkapping 3**  
04 Jun, 2022, Tórshavn (Tórsbreyt)

Attempts · Long Jump · Boys · U16 · Final

Place	Athlete	Attempts			
1	<b>Óðin Jógvansson Glerfoss</b> 2008 · FAR	4.22 / +4.7	4.59 / +3.0	4.54 / +2.3	<b>4.62 / +1.4</b>
2	<b>Arni Bartal Joensen</b> 2008 · FAR	2.78 / +2.2	2.88 / +3.9	<b>2.99 / +3.2</b>	2.68 / +1.3



**Betri Stórkapping 3**  
04 Jun, 2022, Tórshavn (Tórsbreyt)

**Long Jump · Girls · U16 · Final**

04 Jun, 2022, 13:50

Place	Athlete	Club/School	Bib	Result	Wind
1	<b>Hennie Maria Samuelsen</b> 2007 · FAR	Bragdið		<b>4.12</b> PB	+1.4
2	<b>Lý Petersen</b> 2007 · FAR	Treysti		<b>3.91</b> PB	+0.7
3	<b>Elena Ellindsdóttir Olsen</b> 2008 · FAR	Hvirlan		<b>3.75</b>	+2.6
4	<b>Sofía Højgaard</b> 2008 · FAR	Bragdið		<b>3.71</b>	+2.4
5	<b>Ai Waagstein</b> 2007 · FAR	Hvirlan		<b>3.25</b>	+1.1

**Betri Stórkapping 3**  
04 Jun, 2022, Tórshavn (Tórsbreyt)

Attempts · Long Jump · Girls · U16 · Final

Place	Athlete	Attempts			
1	<b>Hennie Maria Samuelsen</b> 2007 · FAR	3.98 / +1.6	<b>4.12 / +1.4</b>	4.05 / +1.0	4.05 / +2.5
2	<b>Lý Petersen</b> 2007 · FAR	3.80 / +0.3	<b>3.91 / +0.7</b>	3.64 / +0.0	3.76 / +2.5
3	<b>Elena Ellindsdóttir Olsen</b> 2008 · FAR	3.67 / +1.0	3.56 / +0.3	3.72 / +0.1	<b>3.75 / +2.6</b>
4	<b>Sofía Højgaard</b> 2008 · FAR	3.42 / +1.6	3.51 / +0.3	3.50 / +1.2	<b>3.71 / +2.4</b>
5	<b>Ai Waagstein</b> 2007 · FAR	3.16 / +1.3	<b>3.25 / +1.1</b>	3.03 / +0.5	3.19 / +1.7

**Betri Stórkapping 3**  
04 Jun, 2022, Tórshavn (Tórsbreyt)

**Long Jump (Zone) · Boys · U8 · Final**

04 Jun, 2022, 12:20

Place	Athlete	Club/School	Bib	Result	Wind
1	<b>Jósef Vinther Tummasarson</b> 2015 · FAR	Onki felag		<b>2.31</b>	+4.9
2	<b>Harry Fríði Hansson</b> 2015 · FAR	Bragdið		<b>2.11</b>	+3.5
	<b>Bastian Brandsson</b> 2016 · FAR	Hvirlan		DNS	
	<b>Thomas Teitsson Arge</b> 2017 · FAR	Bragdið		DNS	

# Betri Stórkapping 3

04 Jun, 2022, Tórshavn (Tórsbreyt)

## Attempts · Long Jump (Zone) · Boys · U8 · Final

Place	Athlete	Attempts		
1	<b>Jósef Vinther Tummasarson</b> 2015 · FAR	<b>2.31 / +4.9</b>	2.05 / +2.6	2.02 / +3.2
2	<b>Harry Fríði Hansson</b> 2015 · FAR	1.76 / +3.9	1.87 / +2.7	<b>2.11 / +3.5</b>
	<b>Bastian Brandsson</b> 2016 · FAR			
	<b>Thomas Teitsson Arge</b> 2017 · FAR			

**Betri Stórkapping 3**  
04 Jun, 2022, Tórshavn (Tórsbreyt)

**Long Jump (Zone) · Boys · U10 · Final**

04 Jun, 2022, 11:00

Place	Athlete	Club/School	Bib	Result	Wind
1	<b>Boas Dal Christiansen</b> 2014 · FAR	Bragdið		<b>2.88</b>	+5.0
2	<b>Dánial Jacobsen</b> 2014 · FAR	Bragdið		<b>2.44</b>	+6.2
3	<b>Samuel Weihe</b> 2014 · FAR	Bragdið		<b>2.20</b>	+5.2
4	<b>Tummas Eli Geyti</b> 2013 · FAR	Hvirlan		<b>1.82</b>	+4.7
5	<b>Tyrni Sølvason</b> 2013 · FAR	Hvirlan		<b>1.68</b>	+5.9
	<b>Dávid Sunnvardsson Andreasen</b> 2014 · FAR	Treysti		DNS	

**Betri Stórkapping 3**  
04 Jun, 2022, Tórshavn (Tórsbreyt)

**Attempts · Long Jump (Zone) · Boys · U10 · Final**

Place	Athlete	Attempts		
1	<b>Boas Dal Christiansen</b> 2014 · FAR	1.72 / +4.9	<b>2.88 / +5.0</b>	2.79 / +5.7
2	<b>Dánial Jacobsen</b> 2014 · FAR	2.35 / +5.4	2.16 / +5.6	<b>2.44 / +6.2</b>
3	<b>Samuel Weihe</b> 2014 · FAR	x / NWI	<b>2.20 / +5.2</b>	1.92 / +7.3
4	<b>Tummas Eli Geyti</b> 2013 · FAR	1.78 / +5.0	1.72 / +5.9	<b>1.82 / +4.7</b>
5	<b>Tyrni Sølvason</b> 2013 · FAR	1.52 / +4.7	1.51 / +6.5	<b>1.68 / +5.9</b>
	<b>Dávid Sunnvardsson Andreasen</b> 2014 · FAR			

**Betri Stórkapping 3**

04 Jun, 2022, Tórshavn (Tórsbreyt)

**Long Jump (Zone) · Boys · U12 · Final**

04 Jun, 2022, 11:25

Place	Athlete	Club/School	Bib	Result	Wind
1	<b>Jákup Thomsen</b> 2012 · FAR	Treysti		<b>3.91</b>	+3.7
2	<b>Óli Skorheim</b> 2011 · FAR	Bragdið		<b>3.76</b>	+5.0
3	<b>Hákun Berg Arnholdsson</b> 2012 · FAR	Treysti		<b>3.67</b>	+2.6
4	<b>Bjarni Bogason Enni</b> 2012 · FAR	Bragdið		<b>3.12</b>	+3.8

# Betri Stórkapping 3

04 Jun, 2022, Tórshavn (Tórsbreyt)

## Attempts · Long Jump (Zone) · Boys · U12 · Final

Place	Athlete	Attempts		
1	<b>Jákup Thomsen</b> 2012 · FAR	3.78 / +7.5	3.45 / +5.2	<b>3.91 / +3.7</b>
2	<b>Óli Skorheim</b> 2011 · FAR	3.33 / +5.2	3.57 / +5.1	<b>3.76 / +5.0</b>
3	<b>Hákun Berg Arnholdsson</b> 2012 · FAR	<b>3.67 / +2.6</b>	3.34 / +4.7	3.41 / +6.2
4	<b>Bjarni Bogason Enni</b> 2012 · FAR	2.84 / +4.7	2.80 / +4.5	<b>3.12 / +3.8</b>



**Betri Stórkapping 3**  
04 Jun, 2022, Tórshavn (Tórsbreyt)

**Long Jump (Zone) · Boys · U14 · Final**

04 Jun, 2022, 14:40

Place	Athlete	Club/School	Bib	Result	Wind
1	<b>William Erik Schilling Kruse</b> 2009 · FAR	Hvirlan		<b>3.95</b>	+2.9
2	<b>Óli Mortansson Vang</b> 2010 · FAR	Bragdið		<b>3.87</b> PB (3.84)	+2.5
3	<b>Jóhan Waagstein</b> 2010 · FAR	Hvirlan		<b>3.51</b>	+3.4
4	<b>Lukas Davidsen Næs</b> 2010 · FAR	Hvirlan		<b>3.37</b>	+4.1
5	<b>Ørvar á Reynatúgvu</b> 2010 · FAR	Bragdið		<b>3.33</b>	+1.1
6	<b>Baldur Báruson Persson</b> 2009 · FAR	Hvirlan		<b>2.75</b>	+2.4
	<b>Pætur Krosstein</b> 2010 · FAR	Bragdið		DNS	

**Betri Stórkapping 3**  
04 Jun, 2022, Tórshavn (Tórsbreyt)

Attempts · Long Jump (Zone) · Boys · U14 · Final

Place	Athlete	Attempts		
1	<b>William Erik Schilling Kruse</b> 2009 · FAR	<b>3.95 / +2.9</b>	3.54 / +2.4	3.95 / +2.6
2	<b>Óli Mortansson Vang</b> 2010 · FAR	3.84 / +1.8	<b>3.87 / +2.5</b>	3.85 / +2.3
3	<b>Jóhan Waagstein</b> 2010 · FAR	<b>3.51 / +3.4</b>	3.48 / +2.7	3.49 / +2.9
4	<b>Lukas Davidsen Næs</b> 2010 · FAR	<b>3.37 / +4.1</b>	3.23 / +2.8	3.22 / +2.1
5	<b>Ørvar á Reynatúgvu</b> 2010 · FAR	<b>3.33 / +1.1</b>	3.25 / +1.5	3.25 / +2.3
6	<b>Baldur Báruson Persson</b> 2009 · FAR	<b>2.75 / +2.4</b>	2.54 / +2.4	2.61 / +1.9
	<b>Pætur Krosstein</b> 2010 · FAR			

**Betri Stórkapping 3**  
04 Jun, 2022, Tórshavn (Tórsbreyt)

**Long Jump (Zone) · Girls · U8 · Final**

04 Jun, 2022, 11:45

Place	Athlete	Club/School	Bib	Result	Wind
1	<b>Katrina Róksdóttir á Neystabø</b> 2016 · FAR	Hvirlan		<b>2.41</b>	+5.1
2	<b>Frida Bogadóttir</b> 2018 · FAR	Hvirlan		<b>2.32</b>	+4.1
3	<b>Jana Hammer</b> 2015 · FAR	Hvirlan		<b>2.06</b>	+3.8
4	<b>Luna Maria Apol Berg</b> 2016 · FAR	Hvirlan		<b>1.90</b>	+3.7
5	<b>Jemima Hvannastein</b> 2015 · FAR	Treysti		<b>1.88</b>	+4.1
6	<b>Ranja Terjadóttir</b> 2016 · FAR	Hvirlan		<b>1.61</b>	+4.3
7	<b>Saloma Hvannastein</b> 2016 · FAR	Treysti		<b>1.35</b>	+4.6
8	<b>Martha Hammer</b> 2017 · FAR	Hvirlan		<b>1.35</b>	+4.3
	<b>Hanna Atladóttir</b> 2015 · FAR	Hvirlan		NM	
	<b>Bjarta Thomsen</b> 2016 · FAR	Treysti		NM	

**Betri Stórkapping 3**  
04 Jun, 2022, Tórshavn (Tórsbreyt)

**Attempts · Long Jump (Zone) · Girls · U8 · Final**

Place	Athlete	Attempts		
1	<b>Katrina Róksdóttir á Neystabø</b> 2016 · FAR	<b>2.41 / +5.1</b>	2.10 / -6.4	2.04 / +5.0
2	<b>Frida Bogadóttir</b> 2018 · FAR	2.29 / +3.1	<b>2.32 / +4.1</b>	2.25 / +3.2
3	<b>Jana Hammer</b> 2015 · FAR	2.04 / +3.3	1.98 / +4.2	<b>2.06 / +3.8</b>
4	<b>Luna Maria Apol Berg</b> 2016 · FAR	-	-	<b>1.90 / +3.7</b>
5	<b>Jemima Hvannastein</b> 2015 · FAR	<b>1.88 / +4.1</b>	1.88 / +5.4	1.81 / +4.7
6	<b>Ranja Terjadóttir</b> 2016 · FAR	-	-	<b>1.61 / +4.3</b>
7	<b>Saloma Hvannastein</b> 2016 · FAR	1.34 / +3.9	1.13 / +5.2	<b>1.35 / +4.6</b>
8	<b>Martha Hammer</b> 2017 · FAR	1.22 / +4.1	<b>1.35 / +4.3</b>	x / NWI
	<b>Hanna Atladóttir</b> 2015 · FAR	x / NWI	x / NWI	x / NWI
	<b>Bjarta Thomsen</b> 2016 · FAR	x / NWI	x / +4.3	x / NWI

**Betri Stórkapping 3**

04 Jun, 2022, Tórshavn (Tórsbreyt)

**Long Jump (Zone) · Girls · U10 · Final**

04 Jun, 2022, 12:40

Place	Athlete	Club/School	Bib	Result	Wind
1	<b>Heiðrun Leo Vang</b> 2013 · FAR	Bragdið		<b>2.89</b>	+2.1
2	<b>Emily Thomsen</b> 2013 · FAR	Treysti		<b>2.66</b>	+2.8
3	<b>Jóna Björg Apol Berg</b> 2013 · FAR	Hvirlan		<b>2.12</b>	+2.5

# Betri Stórkapping 3

04 Jun, 2022, Tórshavn (Tórsbreyt)

## Attempts · Long Jump (Zone) · Girls · U10 · Final

Place	Athlete	Attempts		
1	<b>Heiðrun Leo Vang</b> 2013 · FAR	2.84 / +3.7	<b>2.89 / +2.1</b>	2.55 / +2.7
2	<b>Emily Thomsen</b> 2013 · FAR	2.50 / +3.8	<b>2.66 / +2.8</b>	2.61 / +3.1
3	<b>Jóna Björg Apol Berg</b> 2013 · FAR	2.05 / +4.8	x / NWI	<b>2.12 / +2.5</b>

**Betri Stórkapping 3**

04 Jun, 2022, Tórshavn (Tórsbreyt)

**Long Jump (Zone) · Girls · U12 · Final**

04 Jun, 2022, 14:20

Place	Athlete	Club/School	Bib	Result	Wind
1	<b>Ró Apolonia Hansdóttir</b> 2012 · FAR	Bragdið		<b>3.41</b>	+2.7
2	<b>Durita Davidsen</b> 2011 · FAR	Treysti		<b>3.18</b> PB	+1.8
3	<b>Debra Hvannastein</b> 2011 · FAR	Treysti		<b>3.01</b>	+2.5
4	<b>Vera Alstrup Vang</b> 2011 · FAR	Bragdið		<b>2.97</b> =PB	+0.0
5	<b>Eva Maria Klein Simonsen</b> 2012 · FAR	Hvirlan		<b>2.87</b> PB	+1.4
6	<b>Monika Sigurðsdóttir Vang</b> 2011 · FAR	Bragdið		<b>2.86</b>	+2.5

# Betri Stórkapping 3

04 Jun, 2022, Tórshavn (Tórsbreyt)

## Attempts · Long Jump (Zone) · Girls · U12 · Final

Place	Athlete	Attempts		
1	<b>Ró Apolonia Hansdóttir</b> 2012 · FAR	<b>3.41 / +2.7</b>	3.39 / +2.1	3.31 / +0.0
2	<b>Durita Davidsen</b> 2011 · FAR	3.11 / +2.5	2.97 / +1.3	<b>3.18 / +1.8</b>
3	<b>Debora Hvannastein</b> 2011 · FAR	2.87 / +0.2	2.89 / +0.6	<b>3.01 / +2.5</b>
4	<b>Vera Alstrup Vang</b> 2011 · FAR	<b>2.97 / +0.0</b>	2.93 / +2.2	2.85 / +0.6
5	<b>Eva Maria Klein Simonsen</b> 2012 · FAR	2.40 / +2.8	<b>2.87 / +1.4</b>	2.73 / +1.0
6	<b>Monika Sigurðsdóttir Vang</b> 2011 · FAR	2.76 / +1.5	<b>2.86 / +2.5</b>	x / NWI



**Betri Stórkapping 3**  
04 Jun, 2022, Tórshavn (Tórsbreyt)

**Long Jump (Zone) · Girls · U14 · Final**

04 Jun, 2022, 12:55

Place	Athlete	Club/School	Bib	Result	Wind
1	<b>Sigríð Hansdóttir</b> 2010 · FAR	Bragdið		<b>4.64</b>	+5.2
2	<b>Sigga Smæra Næs</b> 2010 · FAR	Bragdið		<b>3.80</b>	+4.3
3	<b>Guðrið Marlena Høgenni</b> 2010 · FAR	Bragdið		<b>3.67</b>	+4.1
4	<b>Bjalla Beintudóttir Dalsgarð</b> 2009 · FAR	Hvirlan		<b>3.45</b>	+4.1

# Betri Stórkapping 3

04 Jun, 2022, Tórshavn (Tórsbreyt)

## Attempts · Long Jump (Zone) · Girls · U14 · Final

Place	Athlete	Attempts		
1	<b>Sigríð Hansdóttir</b> 2010 · FAR	4.52 / +4.1	4.62 / +5.4	<b>4.64 / +5.2</b>
2	<b>Sigga Smæra Næs</b> 2010 · FAR	3.44 / +3.8	<b>3.80 / +4.3</b>	3.78 / +4.5
3	<b>Guðrið Marlena Høgenni</b> 2010 · FAR	<b>3.67 / +4.1</b>	3.54 / +3.0	3.63 / +4.0
4	<b>Bjalla Beintudóttir Dalsgarð</b> 2009 · FAR	<b>3.45 / +4.1</b>	x / NWI	3.24 / +4.2

**Betri Stórkapping 3**  
04 Jun, 2022, Tórshavn (Tórsbreyt)

**Shot Put (4kg) · Boys · U16 · Final**

04 Jun, 2022, 12:00

Place	Athlete	Club/School	Bib	Result
1	<b>Óðin Jógvansson Glerfoss</b> 2008 · FAR	Bragdið		<b>7.75</b> PB
2	<b>Arni Bartal Joensen</b> 2008 · FAR			<b>4.49</b>

# Betri Stórkapping 3

04 Jun, 2022, Tórshavn (Tórsbreyt)

## Attempts · Shot Put (4kg) · Boys · U16 · Final

Place	Athlete	Attempts			
1	<b>Óðin Jógvansson Glerfoss</b> 2008 · FAR	6.95	7.46	7.67	<b>7.75</b>
2	<b>Arni Bartal Joensen</b> 2008 · FAR	4.47	3.44	<b>4.49</b>	4.48

**Betri Stórkapping 3**

04 Jun, 2022, Tórshavn (Tórsbreyt)

**Kúla menn + d16-17 Shot Put · Men & Boys · Multiple · Final**

04 Jun, 2022, 12:30

Place	Athlete	Agegroup	Club/School	Bib	Result
1	<b>Jónas Isaksen</b> 2005 · FAR	U18	Bragdið		<b>10.72</b>
2	<b>Leon Johannesen</b> 2002 · FAR	Senior	Bragdið		<b>8.20</b> PB
3	<b>Tummas Sjóvará</b> 2002 · FAR	Senior	Bragdið		<b>7.40</b>
	<b>Villiam á Lava Persson</b> 2006 · FAR	U18	Hvirlan		DNS

# Betri Stórkapping 3

04 Jun, 2022, Tórshavn (Tórsbreyt)

## Attempts · Kúla menn + d16-17 Shot Put · Men & Boys · Multiple · Final

Place	Athlete	Age group	Attempts					
1	<b>Jónas Isaksen</b> 2005 · FAR	U18	x	9.53	<b>10.72</b>	7.97	10.44	x
2	<b>Leon Johannesen</b> 2002 · FAR	Senior	1.17	7.62	x	8.00	7.74	<b>8.20</b>
3	<b>Tummas Sjóvará</b> 2002 · FAR	Senior	4.13	<b>7.40</b>	7.18	6.98	7.03	x
	<b>Villiam á Lava Persson</b> 2006 · FAR	U18						

**Betri Stórkapping 3**

04 Jun, 2022, Tórshavn (Tórsbreyt)

**Kúla menn + d16-17 Shot Put (5kg) · Boys · Multiple, U18 · Final**

04 Jun, 2022, 12:30

Place	Athlete	Club/School	Bib	Result
1	<b>Jónas Isaksen</b> 2005 · FAR	Bragdið		<b>10.72</b>
	<b>Villiam á Lava Persson</b> 2006 · FAR	Hvirlan		DNS

**Betri Stórkapping 3**

04 Jun, 2022, Tórshavn (Tórsbreyt)

**Attempts · Kúla menn + d16-17 Shot Put (5kg) · Boys · Multiple, U18 · Final**

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Place	Athlete	Attempts					
1	<b>Jónas Isaksen</b> 2005 · FAR	x	9.53	<b>10.72</b>	7.97	10.44	x
	<b>Villiam á Lava Persson</b> 2006 · FAR						

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**Betri Stórkapping 3**

04 Jun, 2022, Tórshavn (Tórsbreyt)

**Kúla menn + d16-17 Shot Put (7.26kg) · Men · Multiple, Senior · Final**

04 Jun, 2022, 12:30

Place	Athlete	Club/School	Bib	Result
1	<b>Leon Johannesen</b> 2002 · FAR	Bragdið		<b>8.20</b> PB
2	<b>Tummas Sjóvará</b> 2002 · FAR	Bragdið		<b>7.40</b>

# Betri Stórkapping 3

04 Jun, 2022, Tórshavn (Tórsbreyt)

## Attempts · Kúla menn + d16-17 Shot Put (7.26kg) · Men · Multiple, Senior · Final

Place	Athlete	Attempts					
1	<b>Leon Johannesen</b> 2002 · FAR	1.17	7.62	x	8.00	7.74	<b>8.20</b>
2	<b>Tummas Sjóvará</b> 2002 · FAR	4.13	<b>7.40</b>	7.18	6.98	7.03	x

**Betri Stórkapping 3**

04 Jun, 2022, Tórshavn (Tórsbreyt)

**Shot Put (3kg) · Girls · U16 · Final**

04 Jun, 2022, 12:10

Place	Athlete	Club/School	Bib	Result
1	<b>Ai Waagstein</b> 2007 · FAR	Hvirlan		<b>7.57</b>
2	<b>Hennie Maria Samuelsen</b> 2007 · FAR	Bragdið		<b>6.38</b>
3	<b>Sofía Højgaard</b> 2008 · FAR	Bragdið		<b>5.88</b>
4	<b>Lý Petersen</b> 2007 · FAR	Treysti		<b>5.76</b>

**Betri Stórkapping 3**

04 Jun, 2022, Tórshavn (Tórsbreyt)

**Attempts · Shot Put (3kg) · Girls · U16 · Final**

Place	Athlete	Attempts			
1	<b>Ai Waagstein</b> 2007 · FAR	7.47	x	<b>7.57</b>	7.41
2	<b>Hennie Maria Samuelsen</b> 2007 · FAR	5.45	6.07	<b>6.38</b>	x
3	<b>Sofía Højgaard</b> 2008 · FAR	<b>5.88</b>	5.65	5.74	4.93
4	<b>Lý Petersen</b> 2007 · FAR	5.06	5.19	<b>5.76</b>	x

**Betri Stórkapping 3**

04 Jun, 2022, Tórshavn (Tórsbreyt)

**Kúla kvinnur + g18-19 & 16-17 Shot Put · Women & Girls · Multiple · Final**

04 Jun, 2022, 12:55

Place	Athlete	Age group	Club/School	Bib	Result
1	<b>Lydia Poula Simonsen</b> 2001 · FAR	Senior	Hvirlan		<b>10.04</b>
2	<b>Elin Niclasen</b> 2003 · FAR	U20	Hvirlan		<b>8.41</b>
3	<b>Guðrið Káradóttir Petersen</b> 2000 · FAR	Senior	Hvirlan		<b>8.19</b>
4	<b>Kristina Verlandsdóttir Hayfield</b> 2005 · FAR	U18	Hvirlan		<b>7.93</b> PB
5	<b>Björg Djurhuus Jensen</b> 2003 · FAR	U20	Bragdið		<b>6.61</b>

**Betri Stórkapping 3**  
04 Jun, 2022, Tórshavn (Tórsbreyt)

Attempts · Kúla kvinnur + g18-19 & 16-17 Shot Put · Women & Girls · Multiple · Final

Place	Athlete	Age group	Attempts					
1	<b>Lydia Poula Simonsen</b> 2001 · FAR	Senior	8.58	8.80	9.54	9.91	<b>10.04</b>	10.01
2	<b>Elin Niclasen</b> 2003 · FAR	U20	7.90	7.74	8.17	8.19	<b>8.41</b>	7.88
3	<b>Guðrið Káradóttir Petersen</b> 2000 · FAR	Senior	7.32	7.63	<b>8.19</b>	7.28	7.81	8.16
4	<b>Kristina Verlandsdóttir Hayfield</b> 2005 · FAR	U18	7.35	7.31	7.38	<b>7.93</b>	7.68	7.75
5	<b>Björg Djurhuus Jensen</b> 2003 · FAR	U20	6.60	<b>6.61</b>	5.72	6.18	5.91	6.32

**Betri Stórkapping 3**

04 Jun, 2022, Tórshavn (Tórsbreyt)

**Kúla kvinnur + g18-19 & 16-17 Shot Put (3kg) · Girls · Multiple, U18 · Final**

04 Jun, 2022, 12:55

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Place	Athlete	Club/School	Bib	Result
1	<b>Kristina Verlandsdóttir Hayfield</b> 2005 · FAR	Hvirlan		<b>7.93</b> PB

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### Betri Stórkapping 3

04 Jun, 2022, Tórshavn (Tórsbreyt)

#### Attempts · Kúla kvinnur + g18-19 & 16-17 Shot Put (3kg) · Girls · Multiple, U18 · Final

Place	Athlete	Attempts					
1	<b>Kristina Verlandsdóttir Hayfield</b> 2005 · FAR	7.35	7.31	7.38	<b>7.93</b>	7.68	7.75



**Betri Stórkapping 3**

04 Jun, 2022, Tórshavn (Tórsbreyt)

**Kúla kvinnur + g18-19 & 16-17 Shot Put (4kg) · Women · Multiple, U20 · Final**

04 Jun, 2022, 12:55

Place	Athlete	Club/School	Bib	Result
1	<b>Elin Niclasen</b> 2003 · FAR	Hvirlan		<b>8.41</b>
2	<b>Björg Djurhuus Jensen</b> 2003 · FAR	Bragdið		<b>6.61</b>

### Betri Stórkapping 3

04 Jun, 2022, Tórshavn (Tórsbreyt)

#### Attempts · Kúla kvinnur + g18-19 & 16-17 Shot Put (4kg) · Women · Multiple, U20 · Final

Place	Athlete	Attempts					
1	<b>Elin Niclasen</b> 2003 · FAR	7.90	7.74	8.17	8.19	<b>8.41</b>	7.88
2	<b>Bjørg Djurhuus Jensen</b> 2003 · FAR	6.60	<b>6.61</b>	5.72	6.18	5.91	6.32

**Betri Stórkapping 3**

04 Jun, 2022, Tórshavn (Tórsbreyt)

**Kúla kvinnur + g18-19 & 16-17 Shot Put (4kg) · Women · Multiple, Senior · Final**

04 Jun, 2022, 12:55

Place	Athlete	Club/School	Bib	Result
1	<b>Lydia Poula Simonsen</b> 2001 · FAR	Hvirlan		<b>10.04</b>
2	<b>Guðrið Káradóttir Petersen</b> 2000 · FAR	Hvirlan		<b>8.19</b>

### Betri Stórkapping 3

04 Jun, 2022, Tórshavn (Tórsbreyt)

#### Attempts · Kúla kvinnur + g18-19 & 16-17 Shot Put (4kg) · Women · Multiple, Senior · Final

Place	Athlete	Attempts					
1	<b>Lydia Poula Simonsen</b> 2001 · FAR	8.58	8.80	9.54	9.91	<b>10.04</b>	10.01
2	<b>Guðrið Káradóttir Petersen</b> 2000 · FAR	7.32	7.63	<b>8.19</b>	7.28	7.81	8.16

**Betri Stórkapping 3**  
04 Jun, 2022, Tórshavn (Tórsbreyt)

**Javelin Throw (400g) · Boys · U14 · Final**

04 Jun, 2022, 11:00

Place	Athlete	Club/School	Bib	Result
1	<b>Jógvan Ingi Falkvard Joensen</b> 2009 · FAR	Hvirlan		<b>22.06</b> PB
2	<b>Jóhan Waagstein</b> 2010 · FAR	Hvirlan		<b>19.46</b>
3	<b>Gunnar A. Hansen</b> 2009 · FAR	Hvirlan		<b>14.34</b>
4	<b>Óli Mortansson Vang</b> 2010 · FAR	Bragdið		<b>12.30</b>
5	<b>Baldur Báruson Persson</b> 2009 · FAR	Hvirlan		<b>11.16</b>
	<b>Ørvar á Reynatúgvu</b> 2010 · FAR	Bragdið		DNS
	<b>William Erik Schilling Kruse</b> 2009 · FAR	Hvirlan		NM

**Betri Stórkapping 3**

04 Jun, 2022, Tórshavn (Tórsbreyt)

**Attempts · Javelin Throw (400g) · Boys · U14 · Final**

Place	Athlete	Attempts		
1	<b>Jógvan Ingi Falkvard Joensen</b> 2009 · FAR	15.48	16.48	<b>22.06</b>
2	<b>Jóhan Waagstein</b> 2010 · FAR	<b>19.46</b>	18.37	18.98
3	<b>Gunnar A. Hansen</b> 2009 · FAR	<b>14.34</b>	13.37	11.20
4	<b>Óli Mortansson Vang</b> 2010 · FAR	<b>12.30</b>	7.68	8.41
5	<b>Baldur Báruson Persson</b> 2009 · FAR	x	<b>11.16</b>	9.30
	<b>Ørvar á Reynatúgvu</b> 2010 · FAR			
	<b>William Erik Schilling Kruse</b> 2009 · FAR	x	x	x

**Betri Stórkapping 3**

04 Jun, 2022, Tórshavn (Tórsbreyt)

**Javelin Throw (400g) · Girls · U14 · Final**

04 Jun, 2022, 11:25

Place	Athlete	Club/School	Bib	Result
1	<b>Sigríð Hansdóttir</b> 2010 · FAR	Bragdið		<b>23.51</b> PB
2	<b>Bjalla Beintudóttir Dalsgarð</b> 2009 · FAR	Hvirlan		<b>12.76</b> PB
3	<b>Guðrið Marlena Høgenni</b> 2010 · FAR	Bragdið		<b>8.24</b>
4	<b>Sigga Smæra Næs</b> 2010 · FAR	Bragdið		<b>8.11</b>

## Betri Stórkapping 3

04 Jun, 2022, Tórshavn (Tórsbreyt)

### Attempts · Javelin Throw (400g) · Girls · U14 · Final

Place	Athlete	Attempts		
1	<b>Sigríð Hansdóttir</b> 2010 · FAR	21.95	23.36	<b>23.51</b>
2	<b>Bjalla Beintudóttir Dalsgarð</b> 2009 · FAR	12.14	11.96	<b>12.76</b>
3	<b>Guðrið Marlena Høgenni</b> 2010 · FAR	x	x	<b>8.24</b>
4	<b>Sigga Smæra Næs</b> 2010 · FAR	x	<b>8.11</b>	7.72



**Betri Stórkapping 3**

04 Jun, 2022, Tórshavn (Tórsbreyt)

**Ball Throw (145g) · Boys · U10 · Final**

04 Jun, 2022, 12:25

Place	Athlete	Club/School	Bib	Result
1	<b>Boas Dal Christiansen</b> 2014 · FAR	Bragdið		<b>26.42</b> PB
2	<b>Tummas Eli Geyti</b> 2013 · FAR	Hvirlan		<b>23.98</b> PB
3	<b>Samuel Weihe</b> 2014 · FAR	Bragdið		<b>17.24</b>
4	<b>Dánial Jacobsen</b> 2014 · FAR	Bragdið		<b>16.18</b>
5	<b>Tyrni Sølvason</b> 2013 · FAR	Hvirlan		<b>7.41</b>
	<b>Dávid Sunnvardsson Andreassen</b> 2014 · FAR	Treysti		DNS

# Betri Stórkapping 3

04 Jun, 2022, Tórshavn (Tórsbreyt)

## Attempts · Ball Throw (145g) · Boys · U10 · Final

Place	Athlete	Attempts		
1	<b>Boas Dal Christiansen</b> 2014 · FAR	24.38	23.92	<b>26.42</b>
2	<b>Tummas Eli Geyti</b> 2013 · FAR	21.90	21.79	<b>23.98</b>
3	<b>Samuel Weihe</b> 2014 · FAR	x	<b>17.24</b>	5.99
4	<b>Dánial Jacobsen</b> 2014 · FAR	11.70	<b>16.18</b>	8.20
5	<b>Tyrni Sølvason</b> 2013 · FAR	7.20	<b>7.41</b>	7.09
	<b>Dávid Sunnvardsson Andreassen</b> 2014 · FAR			

### Betri Stórkapping 3

04 Jun, 2022, Tórshavn (Tórsbreyt)

## Ball Throw (145g) · Boys · U12 · Final

04 Jun, 2022, 12:50

Place	Athlete	Club/School	Bib	Result
1	<b>Hákun Berg Arnholdsson</b> 2012 · FAR	Treysti		<b>37.09</b>
2	<b>Jákup Thomsen</b> 2012 · FAR	Treysti		<b>35.80</b> PB
3	<b>Óli Skorheim</b> 2011 · FAR	Bragdið		<b>23.30</b> PB
4	<b>Bjarni Bogason Enni</b> 2012 · FAR	Bragdið		<b>21.13</b>

## Betri Stórkapping 3

04 Jun, 2022, Tórshavn (Tórsbreyt)

### Attempts · Ball Throw (145g) · Boys · U12 · Final

Place	Athlete	Attempts		
1	<b>Hákun Berg Arnholdsson</b> 2012 · FAR	34.50	<b>37.09</b>	30.53
2	<b>Jákup Thomsen</b> 2012 · FAR	28.83	31.60	<b>35.80</b>
3	<b>Óli Skorheim</b> 2011 · FAR	22.55	10.40	<b>23.30</b>
4	<b>Bjarni Bogason Enni</b> 2012 · FAR	17.63	17.17	<b>21.13</b>

**Betri Stórkapping 3**

04 Jun, 2022, Tórshavn (Tórsbreyt)

**Ball Throw (145g) · Girls · U10 · Final**

04 Jun, 2022, 11:00

Place	Athlete	Club/School	Bib	Result
1	<b>Heiðrun Leo Vang</b> 2013 · FAR	Bragdið		<b>23.09</b>
2	<b>Emily Thomsen</b> 2013 · FAR	Treysti		<b>22.35</b> PB
3	<b>Jóna Björg Apol Berg</b> 2013 · FAR	Hvirlan		<b>17.64</b>
4	<b>Alda Akralíð</b> 2013 · FAR	Bragdið		<b>8.46</b>

**Betri Stórkapping 3**  
04 Jun, 2022, Tórshavn (Tórsbreyt)

**Attempts · Ball Throw (145g) · Girls · U10 · Final**

Place	Athlete	Attempts		
1	<b>Heiðrun Leo Vang</b> 2013 · FAR	19.92	22.56	<b>23.09</b>
2	<b>Emily Thomsen</b> 2013 · FAR	<b>22.35</b>	18.85	18.55
3	<b>Jóna Bjørg Apol Berg</b> 2013 · FAR	<b>17.64</b>	13.83	14.85
4	<b>Alda Akralíð</b> 2013 · FAR	4.15	6.71	<b>8.46</b>

**Betri Stórkapping 3**

04 Jun, 2022, Tórshavn (Tórsbreyt)

**Ball Throw (145g) · Girls · U12 · Final**

04 Jun, 2022, 11:20

Place	Athlete	Club/School	Bib	Result
1	<b>Ró Apolonia Hansdóttir</b> 2012 · FAR	Bragdið		<b>27.27</b>
2	<b>Monika Sigurðsdóttir Vang</b> 2011 · FAR	Bragdið		<b>26.70</b> PB
3	<b>Durita Davidsen</b> 2011 · FAR	Treysti		<b>21.47</b> PB
4	<b>Eva Maria Klein Simonsen</b> 2012 · FAR	Hvirlan		<b>11.73</b>
5	<b>Vera Alstrup Vang</b> 2011 · FAR	Bragdið		<b>9.03</b>

**Betri Stórkapping 3**  
04 Jun, 2022, Tórshavn (Tórsbreyt)

**Attempts · Ball Throw (145g) · Girls · U12 · Final**

Place	Athlete	Attempts		
1	<b>Ró Apolonia Hansdóttir</b> 2012 · FAR	26.89	<b>27.27</b>	24.73
2	<b>Monika Sigurðsdóttir Vang</b> 2011 · FAR	22.74	-	<b>26.70</b>
3	<b>Durita Davidsen</b> 2011 · FAR	19.06	18.51	<b>21.47</b>
4	<b>Eva Maria Klein Simonsen</b> 2012 · FAR	<b>11.73</b>	7.38	11.23
5	<b>Vera Alstrup Vang</b> 2011 · FAR	7.80	<b>9.03</b>	8.48