

## Start lists

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**3000m Steeplechase** · Men · Senior · Final

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**5000m (Mixed)** · Men · Senior · Final

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## Start lists

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**5000m (Mixed)** · Women · Senior · Final

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**5000m** · Mixed · Senior · Final

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**High Jump** · Women · Senior · Final

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**Long Jump** · Men · Senior · Final

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**Hammer Throw (Mixed)** · Women · Senior · Final

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**Hammer Throw** · Mixed · Senior · Final

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**Javelin Throw** · Men · Senior · Final

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**Javelin Throw** · Women · Senior · Final

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**100m · Men · Senior · Final**

22 Aug, 2020, 14:50

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No.	Athlete	Lane	Club/School	Bib no.	Personal best	Season best
1	<b>Dánjal Dahl Ljósheim</b> 2000 · FAR	2	Hvirlan		12.16	12.21
2	<b>Andreas Bjarnastein Antoft</b> 2002 · FAR	3	Bragdið		11.33	11.55
3	<b>Miso Buha</b> 2003 · FAR	4	Hvirlan		11.97	11.97
4	<b>Bergtór Thomsen</b> 1994 · FAR	5				

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100m · Women · Senior · Heats · Summary

22 Aug, 2020, 13:15

No.	Athlete	Group	Lane	Club/School	Bib no.	Personal best	Season best
1	<b>Teresa Fríðriksdóttir Bláhamar</b> 2001 · FAR	1	5	Bragdið		13.66	14.40
2	<b>Margit Weihe Fríðmundsdóttir</b> 1999 · DEN	1	4	Bragdið		13.04	14.21
3	<b>Bára Jógvansdóttir Glerfoss</b> 2003 · FAR	2	3	Bragdið		13.32	13.73
4	<b>Björg Djurhuus Jensen</b> 2003 · FAR	2	4	Bragdið		14.01	15.01
5	<b>Oddvör Josephsen</b> 2001 · FAR	2	2	Treysti		13.63	
6	<b>Arina Ludvig Michelsen</b> 2005 · FAR	2	5	Bragdið		14.21	14.21
7	<b>Maiken Olsen</b> 1990 · FAR	1	3	Hvirlan		18.21	18.21
8	<b>Elisabeth H. Simonsen</b> 2001 · DEN	1	2	Bragdið		12.99	12.99

100m · Women · Senior · Heat · Group 1

22 Aug, 2020, 13:15

No.	Athlete	Lane	Club/School	Bib no.	Personal best	Season best
1	<b>Elisabeth H. Simonsen</b> 2001 · DEN	2	Bragdið		12.99	12.99
2	<b>Maiken Olsen</b> 1990 · FAR	3	Hvírlan		18.21	18.21
3	<b>Margit Weihe Friðmundsdóttir</b> 1999 · DEN	4	Bragdið		13.04	14.21
4	<b>Teresa Fríðriksdóttir Bláhamar</b> 2001 · FAR	5	Bragdið		13.66	14.40

100m · Women · Senior · Heat · Group 2

22 Aug, 2020, 13:20

No.	Athlete	Lane	Club/School	Bib no.	Personal best	Season best
1	<b>Oddvör Josephsen</b> 2001 · FAR	2	Treysti		13.63	
2	<b>Bára Jógvansdóttir Glerfoss</b> 2003 · FAR	3	Bragdið		13.32	13.73
3	<b>Björg Djurhuus Jensen</b> 2003 · FAR	4	Bragdið		14.01	15.01
4	<b>Arina Ludvig Michelsen</b> 2005 · FAR	5	Bragdið		14.21	14.21

**110m Hurdles · Men · Senior · Final**

23 Aug, 2020, 13:00

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No.	Athlete	Lane	Club/School	Bib no.	Personal best	Season best
1	<b>Bergtór Thomsen</b> 1994 · FAR	3				
2	<b>Andreas Bjarnastein Antoft</b> 2002 · FAR	4	Bragdið		16.44	
3	<b>Magni Hansen</b> 1994 · FAR	5	Røysnið			

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200m · Men · Senior · Final

23 Aug, 2020, 14:40

No.	Athlete	Lane	Club/School	Bib no.	Personal best	Season best
1	<b>Bergtór Thomsen</b> 1994 · FAR	1				
2	<b>Miso Buha</b> 2003 · FAR	2	Hvirlan		24.30	25.16
3	<b>Dánjal Dahl Ljósheim</b> 2000 · FAR	3	Hvirlan		23.51	23.51
4	<b>Jónas Gunnleivsson Isaksen</b> 2005 · FAR	4	Bragdið		24.83	24.83
5	<b>Sveinur Silvurstein</b> 2002 · FAR	5	Bragdið		25.53	25.53
6	<b>Tummas Sjóvará</b> 2002 · FAR	6	Bragdið			



200m · Women · Senior · Heats · Summary

23 Aug, 2020, 13:10

No.	Athlete	Group	Lane	Club/School	Bib no.	Personal best	Season best
1	<b>Maria Biskopstø</b> 2002 · DEN	2	2	Treysti		26.77	26.77
2	<b>Margit Weihe Fríðmundsdóttir</b> 1999 · DEN	1	3	Bragdið		26.40	
3	<b>Bára Jógvansdóttir Glerfoss</b> 2003 · FAR	2	3	Bragdið		27.79	28.02
4	<b>Björg Djurhuus Jensen</b> 2003 · FAR	1	1	Bragdið		29.83	31.20
5	<b>Oddvör Josephsen</b> 2001 · FAR	1	5	Treysti		27.22	27.33
6	<b>Arina Ludvig Michelsen</b> 2005 · FAR	2	4	Bragdið		30.27	30.27
7	<b>Maiken Olsen</b> 1990 · FAR	2	5	Hvirflan		40.48	40.48
8	<b>Elisabeth H. Simonsen</b> 2001 · DEN	1	2	Bragdið		26.60	27.15
9	<b>Vibeka Eihilt Sivertsen</b> 2005 · DEN	1	4	Treysti		28.89	28.89

**200m · Women · Senior · Heat · Group 1**

23 Aug, 2020, 13:10

No.	Athlete	Lane	Club/School	Bib no.	Personal best	Season best
1	<b>Björg Djurhuus Jensen</b> 2003 · FAR	1	Bragdið		29.83	31.20
2	<b>Elisabeth H. Simonsen</b> 2001 · DEN	2	Bragdið		26.60	27.15
3	<b>Margit Weihe Friðmundsdóttir</b> 1999 · DEN	3	Bragdið		26.40	
4	<b>Vibeka Eihilt Sivertsen</b> 2005 · DEN	4	Treysti		28.89	28.89
5	<b>Oddvör Josephsen</b> 2001 · FAR	5	Treysti		27.22	27.33

200m · Women · Senior · Heat · Group 2

23 Aug, 2020, 13:15

No.	Athlete	Lane	Club/School	Bib no.	Personal best	Season best
1	<b>Maria Biskopstø</b> 2002 · DEN	2	Treysti		26.77	26.77
2	<b>Bára Jógvansdóttir Glerfoss</b> 2003 · FAR	3	Bragdið		27.79	28.02
3	<b>Arina Ludvig Michelsen</b> 2005 · FAR	4	Bragdið		30.27	30.27
4	<b>Maiken Olsen</b> 1990 · FAR	5	Hvirlan		40.48	40.48

**400m · Men · Senior · Final**

22 Aug, 2020, 14:20

No.	Athlete	Lane	Club/School	Bib no.	Personal best	Season best
1	<b>Sveinur Silvurstein</b> 2002 · FAR	2	Bragdið		55.71	55.71
2	<b>Tummas Sjóvará</b> 2002 · FAR	3	Bragdið		52.93	52.93
3	<b>Jónas Gunnleivsson Isaksen</b> 2005 · FAR	4	Bragdið		53.15	53.15
4	<b>Júst í Túni</b> 1986 · FAR	5	Treysti		1:07.19	

**400m · Women · Senior · Final**

22 Aug, 2020, 15:30

No.	Athlete	Lane	Club/School	Bib no.	Personal best	Season best
1	<b>Vibeka Eihilt Sivertsen</b> 2005 · DEN	2	Treysti		1:04.20	1:04.20
2	<b>Maria Biskopstø</b> 2002 · DEN	3	Treysti		58.91	58.91
3	<b>Oddvör Josephsen</b> 2001 · FAR	4	Treysti		1:00.31	1:00.31
4	<b>Margit Weihe Friðmundsdóttir</b> 1999 · DEN	5	Bragdið		1:01.80	

**400m Hurdles · Men · Senior · Final**

22 Aug, 2020, 13:00

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No.	Athlete	Lane	Club/School	Bib no.	Personal best	Season best
1	<b>Dánjal Dahl Ljósheim</b> 2000 · FAR	3	Hvirlan		1:00.56	

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**800m · Men · Senior · Final**

22 Aug, 2020, 13:40

No.	Athlete	Lane	Club/School	Bib no.	Personal best	Season best
1	<b>Rúni Seloy</b> 1994 · FAR	2	Bragdið		1:56.73	
2	<b>Julian Gregersen</b> 1998 · DEN	3	Treysti		1:58.67	
3	<b>Jónas Gunnleivsson Isaksen</b> 2005 · FAR	4	Bragdið		2:03.62	2:03.62
4	<b>Júst í Túni</b> 1986 · FAR	5	Treysti		2:21.70	3:05.15

**800m · Women · Senior · Final**

22 Aug, 2020, 13:30

No.	Athlete	Lane	Club/School	Bib no.	Personal best	Season best
1	<b>Kristina Verlandsdóttir Hayfield</b> 2005 · FAR	2	Hvirlan		2:44.15	2:44.15
2	<b>Vibeka Eihilt Sivertsen</b> 2005 · DEN	3	Treysti		2:27.83	2:28.30
3	<b>Rebekka Fuglø</b> 15 Apr, 1993 · DEN	4	Treysti		2:10.72	2:12.66
4	<b>Maria Biskopstø</b> 2002 · DEN	5	Treysti		2:14.87	2:17.86
5	<b>Oddvör Josephsen</b> 2001 · FAR	6	Treysti		2:17.97	



**1500m · Men · Senior · Final**

23 Aug, 2020, 13:55

No.	Athlete	Club/School	Bib no.	Personal best	Season best
1	<b>Julian Gregersen</b> 1998 · DEN	Treysti		4:02.36	4:06.29
2	<b>Júst í Túni</b> 1986 · FAR	Treysti		4:47.85	6:22.49
3	<b>Kristian Sivertsen</b> 2004 · FAR	Treysti			
4	<b>Magni Hansen</b> 1994 · FAR	Royznið			

**1500m · Women · Senior · Final**

23 Aug, 2020, 14:10

No.	Athlete	Club/School	Bib no.	Personal best	Season best
1	<b>Kristina Verlandsdóttir Hayfield</b> 2005 · FAR	Hvirfan		5:56.01	5:56.01
2	<b>Rebekka Fuglø</b> 15 Apr, 1993 · DEN	Treysti		4:29.18	4:29.18
3	<b>Vibeka Eihilt Sivertsen</b> 2005 · DEN	Treysti		5:18.45	5:19.53
4	<b>Oddvör Josephsen</b> 2001 · FAR	Treysti		4:50.06	5:18.61

**FM vaksín 2020**

22-23 Aug, 2020, Tórshavn (Tórsbreyt)

**3000m Steeplechase · Men · Senior · Final**

23 Aug, 2020, 13:30

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No.	Athlete	Club/School	Bib no.	Personal best	Season best
1	<b>Dánjal Dahl Ljósheim</b> 2000 · FAR	Hvirfan		11:28.42	
2	<b>Peter Jensen</b> 1992 · DEN	Bragdið			
3	<b>Sam Vang</b> 1970 · FAR	Bragdið			

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5000m · Men · Senior · Final

22 Aug, 2020, 14:00

No.	Athlete	Club/School	Bib no.	Personal best	Season best
1	<b>Bogi Hanusarson Højgaard</b> 1984 · FAR	Bragdið			
2	<b>Ingi Johannessen</b> 2002 · FAR	Roysnið			
3	<b>Jóan Petur Joensen</b> 1987 · FAR	Treysti			
4	<b>Julian Gregersen</b> 1998 · DEN	Frederiksberg IF			
5	<b>Kristian Sivertsen</b> 2004 · FAR	Treysti			
6	<b>Magni Hansen</b> 1994 · FAR	Roysnið			
7	<b>Peter Jensen</b> 1992 · DEN	Bragdið			
8	<b>Rógvi Kárasón</b> 1996 · FAR	Bragdið			
9	<b>Sam Vang</b> 1970 · FAR	Bragdið			
10	<b>Súni Jacobsen</b> 1967 · FAR	Frælsi			

**5000m · Women · Senior · Final**

22 Aug, 2020, 14:00

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No.	Athlete	Club/School	Bib no.	Personal best	Season best
1	<b>Borgarhjört Holm</b> 1966 · FAR	Bragdið			
2	<b>Rigmor N. Arge</b> 1969 · FAR	Hvirfan			
3	<b>Sarah Vallin</b> 06 Sep, 1988 · SWE	Bragdið			

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5000m · Mixed · Senior · Final

22 Aug, 2020, 14:00

No.	Athlete	Club/School	Bib no.	Personal best	Season best
1	♀ <b>Borgarhjört Holm</b> 1966 · FAR	Bragdið			
2	♀ <b>Rigmor N. Arge</b> 1969 · FAR	Hvirlan			
3	♀ <b>Sarah Vallin</b> 06 Sep, 1988 · SWE	Bragdið			
4	♂ <b>Bogi Hanusarson Højgaard</b> 1984 · FAR	Bragdið			
5	♂ <b>Ingi Johannessen</b> 2002 · FAR	Roysnið			
6	♂ <b>Jóan Petur Joensen</b> 1987 · FAR	Treysti			
7	♂ <b>Julian Gregersen</b> 1998 · DEN	Frederiksberg IF			
8	♂ <b>Kristian Sivertsen</b> 2004 · FAR	Treysti			
9	♂ <b>Magni Hansen</b> 1994 · FAR	Roysnið			
10	♂ <b>Peter Jensen</b> 1992 · DEN	Bragdið			
11	♂ <b>Rógvi Kárasón</b> 1996 · FAR	Bragdið			
12	♂ <b>Sam Vang</b> 1970 · FAR	Bragdið			
13	♂ <b>Súni Jacobsen</b> 1967 · FAR	Frælsi			

**High Jump · Women · Senior · Final**

23 Aug, 2020, 13:20

No.	Athlete	Club/School	Bib no.	Personal best	Season best
1	<b>Arina Ludvig Michelsen</b> 2005 · FAR	Bragdið		1.30	1.30
2	<b>Teresa Fríðriksdóttir Bláhamar</b> 2001 · FAR	Bragdið		1.61	1.58
3	<b>Elisabeth H. Simonsen</b> 2001 · DEN	Bragdið		1.51	1.45

**Long Jump · Men · Senior · Final**

22 Aug, 2020, 13:00

No.	Athlete	Club/School	Bib no.	Personal best	Season best
1	<b>William Helmsdal</b> 2002 · FAR	Bragdið		6.02	5.28
2	<b>Jónas Gunnleivsson Isaksen</b> 2005 · FAR	Bragdið		5.25	5.25
3	<b>Miso Buha</b> 2003 · FAR	Hvirfan		5.74	5.65
4	<b>Andreas Bjarnastein Antoft</b> 2002 · FAR	Bragdið		6.69	6.19



Long Jump · Women · Senior · Final

22 Aug, 2020, 13:50

No.	Athlete	Club/School	Bib no.	Personal best	Season best
1	<b>Elisabeth H. Simonsen</b> 2001 · DEN	Bragdið		5.19	4.90
2	<b>Margit Weihe Fríðmundsdóttir</b> 1999 · DEN	Bragdið		4.94	4.73
3	<b>Oddvör Josephsen</b> 2001 · FAR	Treysti		4.51	
4	<b>Bára Jógvansdóttir Glerfoss</b> 2003 · FAR	Bragdið		4.85	4.85
5	<b>Björg Djurhuus Jensen</b> 2003 · FAR	Bragdið		4.39	4.26
6	<b>Arina Ludvig Michelsen</b> 2005 · FAR	Bragdið		4.54	4.54

**Triple Jump · Men · Senior · Final**

23 Aug, 2020, 13:25

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No.	Athlete	Club/School	Bib no.	Personal best	Season best
1	<b>Jónas Gunnleivsson Isaksen</b> 2005 · FAR	Bragdið		10.56	
2	<b>Miso Buha</b> 2003 · FAR	Aarhus 1900		13.16	13.02

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Triple Jump · Women · Senior · Final

23 Aug, 2020, 13:50

No.	Athlete	Club/School	Bib no.	Personal best	Season best
1	<b>Margit Weihe Fríðmundsdóttir</b> 1999 · DEN	Bragdið		10.96	10.15
2	<b>Arina Ludvig Michelsen</b> 2005 · FAR	Bragdið		9.49	9.49
3	<b>Bára Jógvansdóttir Glerfoss</b> 2003 · FAR	Bragdið		10.70	10.28
4	<b>Björg Djurhuus Jensen</b> 2003 · FAR	Bragdið		9.22	8.77
5	<b>Teresa Fríðriksdóttir Bláhamar</b> 2001 · FAR	Bragdið		9.80	9.59
6	<b>Maria Biskopstø</b> 2002 · DEN	Treysti		10.27	10.27

**FM vaksín 2020**

22-23 Aug, 2020, Tórshavn (Tórsbreyt)

**Shot Put · Men · Senior · Final**

23 Aug, 2020, 14:45

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No.	Athlete	Club/School	Bib no.	Personal best	Season best
1	<b>Dánjal Dahl Ljósheim</b> 2000 · FAR	Hvirlan			
2	<b>Leon Johannesen</b> 2002 · FAR	Bragdið			

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**Shot Put · Women · Senior · Final**

23 Aug, 2020, 14:45

No.	Athlete	Club/School	Bib no.	Personal best	Season best
1	<b>Guðrið Káradóttir Petersen</b> 2000 · FAR	Hvirlan		8.49	8.45
2	<b>Lydia Poula Simonsen</b> 2001 · DEN	Hvirlan		11.78	11.11
3	<b>Sólja Friðá Jóanisdóttir</b> 1981 · FAR	Frælsi			
4	<b>Helena Svabo Ziska</b> 2001 · FAR	Hvirlan		7.10	
5	<b>Elin Niclasen</b> 2003 · DEN	Hvirlan		10.26	10.26

**Shot Put · Mixed · Senior · Final**

23 Aug, 2020, 14:45

No.	Athlete	Club/School	Bib no.	Personal best	Season best
1	♀ <b>Guðrið Káradóttir Petersen</b> 2000 · FAR	Hvirlan		8.49	8.45
2	♀ <b>Lydia Poula Simonsen</b> 2001 · DEN	Hvirlan		11.78	11.11
3	♀ <b>Sólja Friða Jóanisdóttir</b> 1981 · FAR	Frælsi			
4	♀ <b>Helena Svabo Ziska</b> 2001 · FAR	Hvirlan		7.10	
5	♀ <b>Elin Niclasen</b> 2003 · DEN	Hvirlan		10.26	10.26
6	♂ <b>Dánjal Dahl Ljósheim</b> 2000 · FAR	Hvirlan			
7	♂ <b>Leon Johannesen</b> 2002 · FAR	Bragdið			

**Discus Throw · Men · Senior · Final**

22 Aug, 2020, 14:25

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No.	Athlete	Club/School	Bib no.	Personal best	Season best
1	<b>Kristian Sivertsen</b> 2004 · FAR	Treysti			
2	<b>Heri Ziska</b> 1967 · FAR	Hvirlan		48.50	

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**Discus Throw · Women · Senior · Final**

22 Aug, 2020, 14:25

No.	Athlete	Club/School	Bib no.	Personal best	Season best
1	<b>Lydia Poula Simonsen</b> 2001 · DEN	Aarhus 1900		31.91	
2	<b>Elin Niclasen</b> 2003 · DEN	Hvirlan		27.97	27.97
3	<b>Guðrið Káradóttir Petersen</b> 2000 · FAR	Hvirlan		26.54	
4	<b>Helena Svabo Ziska</b> 2001 · FAR	Hvirlan		29.67	



**Discus Throw · Mixed · Senior · Final**

22 Aug, 2020, 14:25

No.	Athlete	Club/School	Bib no.	Personal best	Season best
1	♀ <b>Lydia Poula Simonsen</b> 2001 · DEN	Aarhus 1900		31.91	
2	♀ <b>Elin Niclasen</b> 2003 · DEN	Hvirlan		27.97	27.97
3	♀ <b>Guðrið Káradóttir Petersen</b> 2000 · FAR	Hvirlan		26.54	
4	♀ <b>Helena Svabo Ziska</b> 2001 · FAR	Hvirlan		29.67	
5	♂ <b>Kristian Sivertsen</b> 2004 · FAR	Treysti			
6	♂ <b>Heri Ziska</b> 1967 · FAR	Hvirlan		48.50	

**Hammer Throw · Men · Senior · Final**

22 Aug, 2020, 13:00

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No.	Athlete	Club/School	Bib no.	Personal best	Season best
1	<b>Heri Ziska</b> 1967 · FAR	Hvirlan		48.92	

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**Hammer Throw · Women · Senior · Final**

22 Aug, 2020, 13:00

No.	Athlete	Club/School	Bib no.	Personal best	Season best
1	<b>Elin Niclasen</b> 2003 · DEN	Hvirlan			
2	<b>Helena Svabo Ziska</b> 2001 · FAR	Hvirlan		23.38	
3	<b>Guðrið Káradóttir Petersen</b> 2000 · FAR	Hvirlan		42.29	42.29
4	<b>Lydia Poula Simonsen</b> 2001 · DEN	Aarhus 1900		24.74	24.57

Hammer Throw · Mixed · Senior · Final

22 Aug, 2020, 13:00

No.	Athlete	Club/School	Bib no.	Personal best	Season best
1	♂ <b>Heri Ziska</b> 1967 · FAR	Hvirlan		48.92	
2	♀ <b>Elin Niclasen</b> 2003 · DEN	Hvirlan			
3	♀ <b>Helena Svabo Ziska</b> 2001 · FAR	Hvirlan		23.38	
4	♀ <b>Guðrið Káradóttir Petersen</b> 2000 · FAR	Hvirlan		42.29	42.29
5	♀ <b>Lydia Poula Simonsen</b> 2001 · DEN	Aarhus 1900		24.74	24.57

**Javelin Throw · Men · Senior · Final**

23 Aug, 2020, 13:00

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No.	Athlete	Club/School	Bib no.	Personal best	Season best
1	<b>Miso Buha</b> 2003 · FAR	Aarhus 1900		34.07	
2	<b>Rógvi Højgaard</b> 1983 · FAR	Hvirfan		56.90	
3	<b>Kristian Sivertsen</b> 2004 · FAR	Treysti			

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Javelin Throw · Women · Senior · Final

23 Aug, 2020, 13:50

No.	Athlete	Club/School	Bib no.	Personal best	Season best
1	<b>Elin Niclasen</b> 2003 · DEN	Hvirlan		35.78	
2	<b>Sólja Fríða Jóanisdóttir</b> 1981 · FAR	Frælsi		30.71	
3	<b>Elisabeth H. Simonsen</b> 2001 · DEN	Bragdið		26.16	25.90
4	<b>Helena Svabo Ziska</b> 2001 · FAR	Hvirlan		21.24	
5	<b>Guðrið Káradóttir Petersen</b> 2000 · FAR	Hvirlan		27.00	23.81
6	<b>Sunniva Bogadóttir</b> 2001 · DEN	Hvirlan		38.46	