

FRÆLSUR ÍTRÓTTUR FØROYA

2009/2010

OKTOBER	NOVEMBER	DESEMBER	JANUAR	FEBRUAR	MARS
H 1	S 1	T 1	F 1 Nýggjársdagur	M 1 5	M 1 9
F 2	M 2 45	M 2	L 2 Nýggjárshálvtmaraton	T 2	T 2
L 3	T 3	H 3	S 3	M 3	M 3
S 4	M 4	F 4	M 4 1	H 4	H 4
M 5 41	H 5	L 5 VK2 Tórshavn	T 5	F 5	F 5
T 6	F 6 Talentbólkur	S 6	M 6	L 6 FM Cross	L 6
M 7	L 7 Talentbólkur	M 7 50	H 7	S 7	S 7
H 8	S 8 Talentbólkur	T 8	F 8 Talentbólkur	M 8 6	M 8 10
F 9	M 9 46	M 9	L 9 Talentbólkur	T 9	T 9
L 10	T 10	H 10	S 10 Talentbólkur	M 10	M 10
S 11	M 11	F 11 Talentbólkur	M 11 2	H 11	H 11
M 12 42	H 12	L 12 Jólakastið (opin kapping)	T 12	F 12 Talentbólkur	F 12
T 13	F 13	S 13 Talentbólkur	M 13	L 13 Talentbólkur	L 13 Opin Kapping Tórsbreyt
M 14	L 14 VK1 Runt Agnið	M 14 51	H 14	S 14 Talentbólkur	S 14
H 15	S 15	T 15	F 15	M 15 7	M 15 11
F 16	M 16 47	M 16	L 16	T 16	T 16
L 17	T 17	H 17	S 17 Reykjavík International	M 17	M 17
S 18	M 18	F 18	M 18 3	H 18	H 18
M 19 43	H 19	L 19	T 19	F 19	F 19 Talentbólkur
T 20	F 20	S 20	M 20	L 20 VK4 Hvannasund	L 20 EIK Renning
M 21	L 21	M 21 52	H 21	S 21	S 21 Talentbólkur
H 22	S 22	T 22	F 22	M 22 8	M 22 12
F 23	M 23 48	M 23	L 23 Stórmót IR	T 23	T 23
L 24	T 24	H 24 Kirkjurenning	S 24 Stórmót IR	M 24	M 24
S 25	M 25	F 25 Jóladagur	M 25 4	H 25	H 25
M 26 44	H 26	L 26 2. Jóladagur	T 26	F 26	F 26
T 27	F 27	S 27	M 27	L 27	L 27 VK5 Várkapping
M 28	L 28	M 28 53	H 28	S 28	S 28
H 29	S 29	T 29	F 29		M 29
F 30	M 30 49	M 30	L 30 VK3 Streymnes		T 30
L 31		H 31	S 31		M 31

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2010

APRIL		MAI		JUNI		JULI		AUGUST		SEPTEMBER	
H 1		L 1	FM ½ maraton	T 1		H 1		S 1		M 1	
F 2		S 2		M 2		F 2	VU-Spelen	M 2	31	H 2	
L 3	Opin Kapping Tórsbreyt	M 3	18	H 3		L 3	GP5 Fjarðastevna	T 3		F 3	
S 4	Páskadagur	T 4		F 4		S 4	VU-Spelen	M 4	Grand Prix 4 B&U	L 4	
M 5	2. Páskadagur	M 5		L 5	GP1 Norðoyastevna	M 5	27	H 5		S 5	FM Maraton
T 6	14	H 6		S 6		T 6		F 6		M 6	36
M 7		F 7		M 7	23	M 7		L 7	FM Breyt	T 7	
H 8		L 8	Virkisleikir	T 8		H 8		S 8	FM Breyt	M 8	
F 9	VILT de Suðuroy	S 9		M 9	Grand Prix 2 B&U	F 9	GP6 Vestanstevna	M 9	32	H 9	
L 10	VILT de Suðuroy	M 10	19	H 10		L 10		T 10		F 10	
S 11	VILT de Suðuroy	T 11		F 11		S 11		M 11		L 11	
M 12	15	M 12		L 12	GP2 Sundalagsstevna	M 12	28	H 12		S 12	
T 13		H 13	Kristi himmalfartdagur	S 13		T 13		F 13		M 13	37
M 14		F 14		M 14	24	M 14		L 14	FM-U Breyt	T 14	
H 15		L 15	Opin Kapping Tórsbreyt	T 15		H 15		S 15		M 15	
F 16		S 16		M 16		F 16		M 16	33	H 16	
L 17		M 17	20	H 17		L 17	Jatnatøk	T 17		F 17	
S 18		T 18		F 18		S 18	Fossánesrenning	M 18		L 18	Kalsoyarrenning
M 19	16	M 19		L 19		M 19	29	H 19		S 19	
T 20		H 20		S 20		T 20		F 20		M 20	38
M 21		F 21		M 21	25	M 21		L 21		T 21	
H 22		L 22		T 22	GP3/FM Eystanstevna	H 22		S 22		M 22	
F 23		S 23	Hvítusunnudagur	M 23		F 23		M 23	34	H 23	
L 24	Opin Kapping Tórsbreyt	M 24	2. Hvítus. Dagur	H 24		L 24		T 24		F 24	
S 25	Flaggdagsrenning	T 25	21	F 25	Opin Kapping Tórsbreyt	S 25		M 25	Grand Prix 5 B&U	L 25	
M 26	17	M 26		L 26	GP4 Jóansøka	M 26	30	H 26		S 26	
T 27		H 27	Grand Prix 1 B&U	L 27	Grand Prix 3 B&U	T 27	GP7 Ólavssøka	F 27		M 27	39
M 28		F 28		S 27		M 28		L 28	Top Run	T 28	
H 29		L 29		M 28	26	H 29	Ólavssøka	S 29	Viðareiðisrenning	M 29	
F 30	Dýri Biðidagur	S 30		T 29		F 30		M 30	35	H 30	
		M 31	22	M 30		L 31		T 31			

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