

FRÆLSUR ÍTRÓTTUR FØROYA

2010/2011

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

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2011

APRIL		MAI		JUNI		JULI		AUGUST		SEPTEMBER	
F 1		S 1		M 1		F 1	O	M 1		H 1	
L 2	Venjaraskeið	M 2		H 2	Kristi himmalfartdagur	L 2		T 2	Grand Prix 4 B&U (T)	F 2	
S 3	Venjaraskeið	T 3	18	F 3		S 3		M 3	31	L 3	Grand Prix 5 B&U (H)
M 4		M 4		L 4	GP1 Norðoyastevna (T)	M 4		H 4		S 4	FM Maraton (B)
T 5		H 5		S 5	Stuttleikir (H)	T 5	27	F 5		M 5	
M 6	14	F 6		M 6		M 6	23	L 6	FM Breyt	T 6	36
H 7		L 7	FM ½ maraton (B)	T 7	Grand Prix 2 B&U (T)	H 7		S 7	FM Breyt	M 7	
F 8	VILT de Suðuroy	S 8	Tårnby Games (DK)	M 8		F 8		M 8		H 8	
L 9	VILT de Suðuroy	M 9		H 9		L 9	GP5 Vestanst.(Miðv)	T 9	32	F 9	
S 10	VILT de Suðuroy	T 10	19	F 10		S 10		M 10		L 10	
M 11		M 11		L 11		M 11		H 11		S 11	
T 12	15	H 12		S 12	Hvítusunnudagur	T 12	28	F 12		M 12	
M 13		F 13		M 13	2. Hvítus. Dagur	M 13		L 13		T 13	37
H 14		L 14		T 14	GP2/FM Eystanst. (Runav.)	H 14		S 14		M 14	
F 15		S 15		M 15	24	F 15		M 15		H 15	
L 16		M 16		H 16		L 16	GP6 Fjarðast. (Strend)	T 16	33	F 16	
S 17		T 17	20	F 17		S 17	Fossánesrenning (T)	M 17		L 17	Kalsoyarrenning (T)
M 18		M 18		L 18	GP3 Sundalagsst.(Hós)	M 18		H 18		S 18	
T 19		H 19		S 19		T 19	29	F 19		M 19	
M 20		F 20	Dýri Biðidagur	M 20		M 20		L 20	FM-U Breyt	T 20	38
H 21	Skírishósdagur	L 21	Virkisleikir (H)	T 21	25	H 21		S 21	FM-U Breyt	M 21	
F 22	Langi Fríggjadagur	S 22		M 22		F 22		M 22		H 22	
L 23		M 23	Grand Prix 1 B&U (B)	H 23		L 23	Jatnatøk (H)	T 23	34	F 23	
S 24	Páskadagur	T 24	21	F 24		S 24		M 24		L 24	
M 25	Flaggdagsrenning (B)	M 25		L 25	GP4 Jóansøka (Tvør)	M 25		H 25		S 25	
T 26	17	H 26		S 26		T 26	30	F 26		M 26	
M 27		F 27		M 27		M 27	GP7 Ólavssøka (B)	L 27	Top Run(MIF)/DM ung	T 27	39
H 28		L 28		T 28		H 28		S 28	Viðareiðisren.(T)/DM ung	M 28	
F 29	Venjaraskeið	S 29		M 29		F 29	Ólavssøka	M 29		H 29	
L 30	Venjaraskeið	M 30		H 30	Grand Prix 3 B&U (B)	L 30		T 30	35	F 30	
		T 31	22			S 31		M 31			

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