



Event 11 Women, 400m Freestyle 20 - 84 years  
4.5.2024 - 9:00 Results

Garpamet 70 - 74	7:48.11	Guðmunda Ólöf Jónasdóttir	UMSB	Reykjavik	8.10.2021
Garpamet 65 - 69	6:59.62	Vilborg Sverrisdóttir	SH	Kopavogur	5.5.2023
Garpamet 60 - 64	6:53.35	Ásta Þ. Ólafsdóttir	BREI	Hafnarfjörður	3.5.2024
Garpamet 55 - 59	6:17.40	Sarah Buckley	FJOL	Reykjavik	9.10.2021
Garpamet 50 - 54	5:50.81	Birna Íris Jónsdóttir	UBK	Kopavogur	6.5.2023
Garpamet 45 - 49	5:20.09	Helga Sigurdardóttir	AEGIR	Kopavogur	3.5.2014
Garpamet 40 - 44	5:24.99	Helga Sigurdardóttir	AEGIR	Hafnarfjörður	6.5.2011
Garpamet 35 - 39	5:19.22	Gudlaug Thora Marinisdóttir	AEGIR	Kopavogur	3.5.2014
Garpamet 30 - 34	5:25.10	Hildur Sigurdardóttir	AEGIR	Hafnarfjörður	6.5.2011
Garpamet 25 - 29	5:10.34	Amanda Ágústsdóttir	UBK	Hafnarfjörður	4.5.2018

Rank			Age			Time	Stig	
<b>65 - 69 years</b>								
1.	Brynja Gudmundsdóttir		69	Breiðablik		<b>9:20.93</b>	9,00	
	50m:	57.59 57.59	150m:	3:15.87 1:12.28	250m:	5:42.15 1:12.39	350m:	8:08.40 1:12.24
	100m:	2:03.59 1:06.00	200m:	4:29.76 1:13.89	300m:	6:56.16 1:14.01	400m:	9:20.93 1:12.53
<b>50 - 54 years</b>								
1.	Kristjana Thorvaldsdóttir		52	IA		<b>6:17.40</b>	9,00	
	50m:	40.46 40.46	150m:	2:15.16 48.60	250m:	3:53.25 49.07	350m:	5:30.46 48.45
	100m:	1:26.56 46.10	200m:	3:04.18 49.02	300m:	4:42.01 48.76	400m:	6:17.40 46.94
2.	Berglind Sigurdardóttir		50	SH		<b>7:21.41</b>	7,00	
	50m:	47.84 47.84	150m:	2:39.73 57.90	250m:	4:35.33 57.55	350m:	6:28.79 56.86
	100m:	1:41.83 53.99	200m:	3:37.78 58.05	300m:	5:31.93 56.60	400m:	7:21.41 52.62
<b>45 - 49 years</b>								
1.	Berglind Valdimarsdóttir		49	Breiðablik		<b>5:45.41</b>	9,00	
	50m:	38.98 38.98	150m:	2:06.00 44.02	250m:	3:34.21 43.91	350m:	5:00.53 42.92
	100m:	1:21.98 43.00	200m:	2:50.30 44.30	300m:	4:17.61 43.40	400m:	5:45.41 44.88
2.	Maria Jonsdóttir		47	Breiðablik		<b>6:09.52</b>	7,00	
	50m:	40.28 40.28	150m:	2:12.27 46.81	250m:	3:47.83 47.79	350m:	5:22.72 47.43
	100m:	1:25.46 45.18	200m:	3:00.04 47.77	300m:	4:35.29 47.46	400m:	6:09.52 46.80
<b>40 - 44 years</b>								
1.	Steinunn Skuladóttir		41	Breiðablik		<b>5:49.09</b>	9,00	
	50m:	40.30 40.30	150m:	2:07.67 44.18	250m:	3:37.13 44.60	350m:	5:06.97 44.87
	100m:	1:23.49 43.19	200m:	2:52.53 44.86	300m:	4:22.10 44.97	400m:	5:49.09 42.12
<b>35 - 39 years</b>								
1.	Sarah Cushing		39	Breiðablik		<b>5:27.67</b>	9,00	
	50m:	34.66 34.66	150m:	1:57.10 42.26	250m:	3:21.86 42.33	350m:	4:47.23 41.75
	100m:	1:14.84 40.18	200m:	2:39.53 42.43	300m:	4:05.48 43.62	400m:	5:27.67 40.44
2.	Juliana Thora Halfdanardóttir		36	Skallagrimur		<b>6:03.83</b>	7,00	
	50m:	38.59 38.59	150m:	2:07.96 45.83	250m:	3:41.61 47.35	350m:	5:17.35 47.84
	100m:	1:22.13 43.54	200m:	2:54.26 46.30	300m:	4:29.51 47.90	400m:	6:03.83 46.48
<b>30 - 34 years</b>								
1.	Judith Schuijs		30	SH		<b>5:37.37</b>	9,00	
	50m:	34.70 34.70	150m:	1:58.34 43.00	250m:	3:26.23 44.08	350m:	4:54.74 44.09
	100m:	1:15.34 40.64	200m:	2:42.15 43.81	300m:	4:10.65 44.42	400m:	5:37.37 42.63
2.	Ewa Przybyla		32	Breiðablik		<b>6:29.76</b>	7,00	
	50m:	43.23 43.23	150m:	2:19.68 49.32	250m:	4:00.48 51.16	350m:	5:40.93 50.13
	100m:	1:30.36 47.13	200m:	3:09.32 49.64	300m:	4:50.80 50.32	400m:	6:29.76 48.83