

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

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

## Age

## Heat 1 of 2

3 Steinunn Skuladóttir	41	Breiðablik	NT
4 Berglind Valdimarsdóttir	49	Breiðablik	NT
5 Brynja Guðmundsdóttir	69	Breiðablik	NT

## Heat 2 of 2

1 Ewa Przybyla	32	Breiðablik	7:30.00
2 Kristjana Thorvaldsdóttir	52	IA	6:45.00
3 Maria Jonsdóttir	47	Breiðablik	6:15.75
4 Judith Schuijs	30	SH	5:16.64
5 Sarah Cushing	39	Breiðablik	5:45.00
6 Juliana Thora Halfdanardóttir	36	Skallagrimur	6:20.00
7 Berglind Sigurdardóttir	50	SH	7:24.10