Sundgrein 16 — 400m skriðsund — Opinn
17.10.2026 - 14:04 — Úrslitalistar

Stig: WPP 2026

Sæti		F.ár		Tími	Stig

Opinn, kvenna

1.	Anna Rósa Þrastardóttir	04	Íþróttafélagið Fjörður	**5:37.41**	400

50m:	37.06	37.06	150m:	2:00.28	42.27	250m:	3:27.54	43.88	350m:	4:55.18	43.27
100m:	1:18.01	40.95	200m:	2:43.66	43.38	300m:	4:11.91	44.37	400m:	5:37.41	42.23

2.	Rósa Kristín Kristmannsdóttir	09	Íþróttafélagið Fjörður	**5:56.08**	245

50m:	39.90	39.90	150m:	2:07.96	44.09	250m:	3:40.50	46.51	350m:	5:13.76	46.82
100m:	1:23.87	43.97	200m:	2:53.99	46.03	300m:	4:26.94	46.44	400m:	5:56.08	42.32

3.	Kristrún Helga Þórðardóttir	05	Íþróttafélagið Fjörður	**8:12.14**	

50m:	59.71	59.71	150m:	3:03.26	1:01.48	250m:	5:09.07	1:03.60	350m:	7:14.53	1:02.03
100m:	2:01.78	1:02.07	200m:	4:05.47	1:02.21	300m:	6:12.50	1:03.43	400m:	8:12.14	57.61

4.	Ronja Mary Sigurjónsdóttir	12	Íþróttafélagið Fjörður	**8:37.20**	

50m:	57.82	57.82	150m:	3:10.02	1:07.40	250m:	5:25.15	1:07.25	350m:	7:38.27	1:06.49
100m:	2:02.62	1:04.80	200m:	4:17.90	1:07.88	300m:	6:31.78	1:06.63	400m:	8:37.20	58.93

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ÓG.	Frosti Magnússon	10	Íþróttafélagið Fjörður	
	4.4			