

Icelandic Masters Open Championships 2021
Reykjavík, 18. - 19.9.2021

Sundgrein 13
18.09.2021 - 16:00

kvenna, 400m skriðsund

20 - 84 ára
Úrslitalistar

GM 25 - 29: 5:17.18; 65 - 69: 7:19.91; 30 - 34: 5:25.10; 35 - 39: 5:19.22; 40 - 44: 5:24.99; 45 - 49: 5:20.09; 50 - 54: 6:00.91; 55 - 59: 6:21.93; 60 - 64: 7:43.58

Sæti			Aldur				Tími		Stig
70 - 74 ára									
1.	Guðmunda Ólöf Jónasdóttir		72	UMS Borgarfjarðar			7:55.07	9.00	
	50m:	51.31 51.31	150m:	2:50.50 1:00.33	250m:	4:52.33 1:01.10	350m:	6:56.64 1:00.93	
	100m:	1:50.17 58.86	200m:	3:51.23 1:00.73	300m:	5:55.71 1:03.38	400m:	7:55.07 58.43	
65 - 69 ára									
1.	Björg H. Kristófersdóttir		69	UMS Borgarfjarðar			8:37.59	9.00	
	50m:	52.43 52.43	150m:		250m:	6:29.12 2:16.44	350m:	7:37.09	
	100m:		200m:	4:12.68	300m:		400m:	8:37.59 1:00.50	
55 - 59 ára									
1.	Ásta Þóra Ólafsdóttir		58	Sunddeild Breiðabliks			6:26.34	9.00	
	50m:	40.92 40.92	150m:	2:14.77 48.74	250m:	3:55.52 50.81	350m:	5:38.09 51.61	
	100m:	1:26.03 45.11	200m:	3:04.71 49.94	300m:	4:46.48 50.96	400m:	6:26.34 48.25	
40 - 44 ára									
1.	Elín Pálsdóttir		42	Sunddeild Breiðabliks			5:54.02	9.00	
	50m:	39.92 39.92	150m:	2:09.77 45.41	250m:	3:40.41 45.37	350m:	5:10.36 44.46	
	100m:	1:24.36 44.44	200m:	2:55.04 45.27	300m:	4:25.90 45.49	400m:	5:54.02 43.66	
2.	María Jónsdóttir		44	Sunddeild Breiðabliks			6:18.45	7.00	
	50m:	41.88 41.88	150m:	2:15.77 47.64	250m:	3:54.67 50.03	350m:	5:32.33 48.62	
	100m:	1:28.13 46.25	200m:	3:04.64 48.87	300m:	4:43.71 49.04	400m:	6:18.45 46.12	