

NOM2021
Reykjavík, 8. - 9.10.2021

Event 2
08.10.2021 - 17:39

Women, 400m Freestyle

Open
Results

Points: FINA 2021

Rank			Age			Time			Pts
24 years and younger									
1.	Jackie Gade		23	Aalborg		4:45.36			550
	50m:	31.25	31.25	150m:	1:40.95	35.37	250m:	2:53.70	36.53
	100m:	1:05.58	34.33	200m:	2:17.17	36.22	300m:	3:31.34	37.64
							350m:	4:08.72	37.38
							400m:	4:45.36	36.64
40 - 44 years									
1.	Elin Palsdottir		42	Sunddeild Breidabliks		5:44.00			314
	50m:	38.51	38.51	150m:	2:03.76	43.02	250m:	3:31.96	44.27
	100m:	1:20.74	42.23	200m:	2:47.69	43.93	300m:	4:16.88	44.92
							350m:	5:01.22	44.34
							400m:	5:44.00	42.78
2.	Maria Jonsdottir		44	Sunddeild Breidabliks		6:17.17			238
	50m:	39.74	39.74	150m:	2:11.72	47.08	250m:	3:50.51	50.01
	100m:	1:24.64	44.90	200m:	3:00.50	48.78	300m:	4:40.43	49.92
							350m:	5:29.38	48.95
							400m:	6:17.17	47.79
45 - 49 years									
1.	Birna Iris Jonsdottir		48	Sunddeild Breidabliks		5:32.96			346
	50m:	36.68	36.68	150m:	2:00.21	42.77	250m:	3:26.35	43.16
	100m:	1:17.44	40.76	200m:	2:43.19	42.98	300m:	4:08.75	42.40
							350m:	4:51.62	42.87
							400m:	5:32.96	41.34
50 - 54 years									
1.	Lise Lothe		54	Soerlandet		4:52.63			510
	50m:	33.67	33.67	150m:	1:47.16	37.10	250m:	3:01.39	36.91
	100m:	1:10.06	36.39	200m:	2:24.48	37.32	300m:	3:38.40	37.01
							350m:	4:15.48	37.08
							400m:	4:52.63	37.15
2.	Mari Kasvio		51	Cetus		4:54.32			502
	50m:	33.95	33.95	150m:	1:47.57	37.07	250m:	3:02.67	37.54
	100m:	1:10.50	36.55	200m:	2:25.13	37.56	300m:	3:40.16	37.49
							350m:	4:17.66	37.50
							400m:	4:54.32	36.66
3.	Valerie Helene Maier		52	Sh		6:27.69			219
	50m:	43.59	43.59	150m:	2:20.31	49.31	250m:	3:59.74	49.99
	100m:	1:31.00	47.41	200m:	3:09.75	49.44	300m:	4:50.21	50.47
							350m:	5:40.32	50.11
							400m:	6:27.69	47.37
4.	Halldora Gyda Matthiasdottir Proppe		52	Sunddeild Breidabliks		7:37.25			133
	50m:	45.67	45.67	150m:	2:35.79	57.56	250m:	4:34.69	1:00.54
	100m:	1:38.23	52.56	200m:	3:34.15	58.36	300m:	5:35.53	1:00.84
							350m:	6:37.11	1:01.58
							400m:	7:37.25	1:00.14
55 - 59 years									
1.	Birna Johanna Olafsdottir		58	Sh		7:41.86			129
	50m:	50.92	50.92	150m:	2:46.99	59.33	250m:	4:46.74	59.75
	100m:	1:47.66	56.74	200m:	3:46.99	1:00.00	300m:	5:45.70	58.96
							350m:	6:44.21	58.51
							400m:	7:41.86	57.65
70 - 74 years									
1.	Gudmunda Oloef Jonasdottir		72	UMS Borgarfjardar		7:48.11			124
	50m:	50.02	50.02	150m:	2:47.77	59.43	250m:	4:49.77	1:00.02
	100m:	1:48.34	58.32	200m:	3:49.75	1:01.98	300m:	5:50.27	1:00.50
							350m:	6:50.26	59.99
							400m:	7:48.11	57.85