

Íslandsmeistaramótið í 25m laug
Hafnarfjörður, 12. - 14.11.2021

Sundgrein 16

kvenna, 400m fjórsund

Opinn

13.11.2021 - 9:30

Úrslitalistar Undanrásir

ISL Opinn	4:43.56	Hrafnhildur Lúthersdóttir	SH	Hafnarfjörður	13.11.2015
ISL 15 - 17	4:50.96				
ISL 13 - 14	4:53.67				
ISL 11 - 12	5:13.93				

NM 14 - 16: 5:03.28; 17 - 19: 4:55.69; 20 +: 4:52.97 / ÍM25 : 5:39.50 / HM : 4:47.05

Stig: FINA 2021

Sæti			Aldur				Tími		Stig	
1.	Eva Margrét Falsdóttir		16		ÍRB		4:57.99		656	Q SSÍ
	50m:	31.51 31.51	150m:	1:46.72	38.58	250m:	3:06.98	41.95	350m:	4:24.02 35.33
	100m:	1:08.14 36.63	200m:	2:25.03	38.31	300m:	3:48.69	41.71	400m:	4:57.99 33.97
2.	Freyja Birkisdóttir		15		Breiðablik		5:10.07		582	Q
	50m:	32.53 32.53	150m:	1:52.03	40.75	250m:	3:14.64	42.83	350m:	4:35.71 35.56
	100m:	1:11.28 38.75	200m:	2:31.81	39.78	300m:	4:00.15	45.51	400m:	5:10.07 34.36
3.	Sunna Arnfinnsdóttir		14		Ægir		5:14.03		560	Q
	50m:	33.67 33.67	150m:	1:52.13	40.07	250m:	3:17.03	45.78	350m:	4:38.91 36.32
	100m:	1:12.06 38.39	200m:	2:31.25	39.12	300m:	4:02.59	45.56	400m:	5:14.03 35.12
4.	Katla Mist Bragadóttir		14		Árman		5:24.68		507	Q
	50m:	35.75 35.75	150m:	2:00.21	42.46	250m:	3:26.15	43.61	350m:	4:48.98 37.05
	100m:	1:17.75 42.00	200m:	2:42.54	42.33	300m:	4:11.93	45.78	400m:	5:24.68 35.70
5.	Ingunn Jónsdóttir		19		Fjölnir		5:24.80		506	Q
	50m:	33.75 33.75	150m:	1:54.19	41.88	250m:	3:19.05	43.56	350m:	4:46.14 40.82
	100m:	1:12.31 38.56	200m:	2:35.49	41.30	300m:	4:05.32	46.27	400m:	5:24.80 38.66
6.	Elísabet Arnoddsdóttir		12		ÍRB		5:25.13		505	Q
	50m:	33.12 33.12	150m:	1:52.84	41.32	250m:	3:22.46	48.61	350m:	4:49.08 37.91
	100m:	1:11.52 38.40	200m:	2:33.85	41.01	300m:	4:11.17	48.71	400m:	5:25.13 36.05
7.	Birta Rún Smáradóttir		17		UMFA		5:30.53		480	Q
	50m:	35.29 35.29	150m:	2:00.25	42.90	250m:	3:28.33	46.65	350m:	4:53.13 38.14
	100m:	1:17.35 42.06	200m:	2:41.68	41.43	300m:	4:14.99	46.66	400m:	5:30.53 37.40