

Íslandsmeistaramótið í 25m laug
Hafnarfjörður, 12. - 14.11.2021

Sundgrein 16

kvenna, 400m fjórsund

Opinn

13.11.2021 - 16:30

Úrslitalistar Úrslitsund

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		4:53.69		685	SSÍ	
	<i>Íslandsmeistari</i>									
	50m:	30.53 30.53	150m:	1:44.46 38.20	250m:	3:03.78 41.60	350m:	4:20.35 34.88		
	100m:	1:06.26 35.73	200m:	2:22.18 37.72	300m:	3:45.47 41.69	400m:	4:53.69 33.34		
2.	Sunna Arnfinnsdóttir		14	Ægir		5:07.09		599	SSÍ	
	50m:	32.78 32.78	150m:	1:47.93 37.92	250m:	3:12.04 46.72	350m:	4:33.98 35.61		
	100m:	1:10.01 37.23	200m:	2:25.32 37.39	300m:	3:58.37 46.33	400m:	5:07.09 33.11		
3.	Katla Mist Bragadóttir		14	Ármann		5:18.57		537		
	50m:	35.13 35.13	150m:	1:58.62 42.04	250m:	3:23.56 42.48	350m:	4:43.75 36.64		
	100m:	1:16.58 41.45	200m:	2:41.08 42.46	300m:	4:07.11 43.55	400m:	5:18.57 34.82		
4.	Elísabet Arnoddsdóttir		12	ÍRB		5:22.24		518		
	<i>MET</i>									
	50m:	32.56 32.56	150m:	1:52.58 41.77	250m:	3:21.08 47.81	350m:	4:46.10 37.48		
	100m:	1:10.81 38.25	200m:	2:33.27 40.69	300m:	4:08.62 47.54	400m:	5:22.24 36.14		
5.	Birta Rún Smáradóttir		17	UMFA		5:24.37		508		
	50m:	34.13 34.13	150m:	1:57.69 41.64	250m:	3:24.65 45.72	350m:	4:47.88 37.32		
	100m:	1:16.05 41.92	200m:	2:38.93 41.24	300m:	4:10.56 45.91	400m:	5:24.37 36.49		