

Íslandsmeistaramótið í 25m laug
Hafnarfjörður, 12. - 14.11.2021

Sundgrein 3 kvenna, 400m skriðsund Opinn
12.11.2021 - 9:40 Úrslitalistar Undanrásir

ISL Opinn	4:11.61	Inga Elín Cryer	Ægir	Doha (QAT)	5.12.2014
ISL 15 - 17	4:14.16				
ISL 13 - 14	4:21.52				
ISL 11 - 12	4:39.08				

NM 14 - 16: 4:28.19; 17 - 19: 4:21.48; 20 +: 4:19.07 / ÍM25 : 5:03.89 / HM : 4:13.83

Stig: FINA 2021

Sæti			Aldur				Tími		Stig		
1.	Freyja Birkisdóttir		15	Breiðablik		4:26.98		672	Q NM		
	50m:	29.66 29.66	150m:	1:36.03	33.61	250m:	2:44.56	34.38	350m:	3:53.57	34.66
	100m:	1:02.42 32.76	200m:	2:10.18	34.15	300m:	3:18.91	34.35	400m:	4:26.98	33.41
2.	Stefanía Sigurþórsdóttir		20	Breiðablik		4:27.25		670	Q		
	50m:	30.51 30.51	150m:	1:37.47	33.85	250m:	2:46.08	34.14	350m:	3:54.71	34.20
	100m:	1:03.62 33.11	200m:	2:11.94	34.47	300m:	3:20.51	34.43	400m:	4:27.25	32.54
3.	Kátja Lilja Andriysoðóttir		15	SH		4:31.91		636	Q		
	50m:	29.81 29.81	150m:	1:37.22	34.38	250m:	2:47.08	34.98	350m:	3:57.82	35.18
	100m:	1:02.84 33.03	200m:	2:12.10	34.88	300m:	3:22.64	35.56	400m:	4:31.91	34.09
4.	Sunneva Bergmann Ásbjörnsdóttir		14	ÍRB		4:34.14		621	Q SSI		
	50m:	31.30 31.30	150m:	1:39.96	34.67	250m:	2:50.05	35.14	350m:	4:00.48	35.05
	100m:	1:05.29 33.99	200m:	2:14.91	34.95	300m:	3:25.43	35.38	400m:	4:34.14	33.66
5.	Ingibjörg Erl Garðarsdóttir		21	Breiðablik		4:38.95		589	Q		
	50m:	30.93 30.93	150m:	1:40.49	35.50	250m:	2:52.44	35.95	350m:	4:04.36	36.01
	100m:	1:04.99 34.06	200m:	2:16.49	36.00	300m:	3:28.35	35.91	400m:	4:38.95	34.59
6.	Nadja Djurovic		14	Breiðablik		4:40.78		578	Q		
	50m:	31.59 31.59	150m:	1:41.59	35.80	250m:	2:53.45	36.24	350m:	4:05.62	36.03
	100m:	1:05.79 34.20	200m:	2:17.21	35.62	300m:	3:29.59	36.14	400m:	4:40.78	35.16
7.	Kátla María Brynjarsdóttir		14	ÍRB		4:43.30		562	Q		
	50m:	32.00 32.00	150m:	1:43.14	36.04	250m:	2:55.26	35.87	350m:	4:08.33	36.43
	100m:	1:07.10 35.10	200m:	2:19.39	36.25	300m:	3:31.90	36.64	400m:	4:43.30	34.97
8.	Diljá Dröfn Jóhannesdóttir		18	SH		4:44.42		556	Q		
	50m:	31.85 31.85	150m:	1:43.09	35.66	250m:	2:56.30	36.72	350m:	4:08.81	36.60
	100m:	1:07.43 35.58	200m:	2:19.58	36.49	300m:	3:32.21	35.91	400m:	4:44.42	35.61
9.	Rebekka Sif Ómarsdóttir		18	Óðinn		4:45.17		551	R		
	50m:	31.62 31.62	150m:	1:41.51	35.55	250m:	2:54.49	36.64	350m:	4:08.75	37.18
	100m:	1:05.96 34.34	200m:	2:17.85	36.34	300m:	3:31.57	37.08	400m:	4:45.17	36.42
10.	Helga Sigurlaug Helgadóttir		14	SH		4:47.21		540	R		
	50m:	32.12 32.12	150m:	1:44.47	36.15	250m:	2:57.49	36.43	350m:	4:11.51	36.88
	100m:	1:08.32 36.20	200m:	2:21.06	36.59	300m:	3:34.63	37.14	400m:	4:47.21	35.70
11.	Ragnheiður Ásta Magnúsdóttir		14	Breiðablik		4:52.94		509			
	50m:	31.12 31.12	150m:	1:42.83	36.20	250m:	2:57.64	37.64	350m:	4:14.99	38.94
	100m:	1:06.63 35.51	200m:	2:20.00	37.17	300m:	3:36.05	38.41	400m:	4:52.94	37.95
12.	Hulda Björg Magnúsdóttir Nilsen		13	Ægir		4:54.03		503			
	50m:	31.56 31.56	150m:	1:44.93	37.33	250m:	3:00.51	37.79	350m:	4:16.85	38.00
	100m:	1:07.60 36.04	200m:	2:22.72	37.79	300m:	3:38.85	38.34	400m:	4:54.03	37.18
13.	Tinna Karen Sigurðardóttir		13	SH		4:54.46		501			
	50m:	33.10 33.10	150m:	1:47.27	37.52	250m:	3:02.77	37.54	350m:	4:18.31	37.69
	100m:	1:09.75 36.65	200m:	2:25.23	37.96	300m:	3:40.62	37.85	400m:	4:54.46	36.15
14.	Elísabet Arnoddsdóttir		12	ÍRB		4:55.46		496			
	50m:	32.31 32.31	150m:	1:47.29	37.94	250m:	3:03.96	38.28	350m:	4:19.19	37.57
	100m:	1:09.35 37.04	200m:	2:25.68	38.39	300m:	3:41.62	37.66	400m:	4:55.46	36.27
15.	María Skorastein Sigurdardóttir		14	SH		4:55.78		494			
	50m:	32.71 32.71	150m:	1:47.41	37.71	250m:	3:02.83	37.38	350m:	4:18.69	38.17
	100m:	1:09.70 36.99	200m:	2:25.45	38.04	300m:	3:40.52	37.69	400m:	4:55.78	37.09
16.	Katrín Lóa Ingadóttir		13	Óðinn		4:56.14		492			
	50m:	34.32 34.32	150m:	1:49.20	37.61	250m:	3:04.56	37.51	350m:	4:20.17	37.69
	100m:	1:11.59 37.27	200m:	2:27.05	37.85	300m:	3:42.48	37.92	400m:	4:56.14	35.97

Íslandsmeistaramótið í 25m laug
Hafnarfjörður, 12. - 14.11.2021

Sundgrein 3, kvenna, 400m skriðsund, Undanrásir, Opinn

Sæti	Aldur								Tími	Stig		
17.	Svava Bjoerg Larusdottir								18	Fjölnir	4:56.37	491
	50m:	32.49	32.49	150m:	1:46.18	37.65	250m:	3:02.12	37.94	350m:	4:18.66	38.53
	100m:	1:08.53	36.04	200m:	2:24.18	38.00	300m:	3:40.13	38.01	400m:	4:56.37	37.71
18.	Elísa Björnsdóttir								16	Ægir	5:00.21	473
	50m:	32.04	32.04	150m:	1:46.83	38.36	250m:	3:04.48	38.85	350m:	4:22.22	38.54
	100m:	1:08.47	36.43	200m:	2:25.63	38.80	300m:	3:43.68	39.20	400m:	5:00.21	37.99
19.	Júlía Pálmadóttir								14	Breiðablik	5:00.65	470
	50m:	33.35	33.35	150m:	1:48.49	37.95	250m:	3:05.12	38.66	350m:	4:23.09	39.01
	100m:	1:10.54	37.19	200m:	2:26.46	37.97	300m:	3:44.08	38.96	400m:	5:00.65	37.56
20.	Ágústa Inga Arnarsdóttir								15	Stjarnan	5:00.91	469
	50m:	32.69	32.69	150m:	1:49.07	38.38	250m:	3:06.73	38.88	350m:	4:24.51	38.56
	100m:	1:10.69	38.00	200m:	2:27.85	38.78	300m:	3:45.95	39.22	400m:	5:00.91	36.40
21.	Arna Rut Stefánsdóttir								14	SH	5:01.25	468
	50m:	33.83	33.83	150m:	1:49.80	38.34	250m:	3:07.08	38.65	350m:	4:24.69	38.55
	100m:	1:11.46	37.63	200m:	2:28.43	38.63	300m:	3:46.14	39.06	400m:	5:01.25	36.56
22.	Nicole Jóna Jóhannsdóttir								13	SH	5:01.78	465
	50m:	34.17	34.17	150m:	1:50.75	38.80	250m:	3:07.42	38.09	350m:	4:24.57	38.68
	100m:	1:11.95	37.78	200m:	2:29.33	38.58	300m:	3:45.89	38.47	400m:	5:01.78	37.21
23.	Anna Rósa Þrastardóttir S14								17	Fjörður	5:27.55	364 IM
	50m:	36.93	36.93	150m:	1:58.46	41.37	250m:	3:22.34	42.02	350m:	4:46.60	42.11
	100m:	1:17.09	40.16	200m:	2:40.32	41.86	300m:	4:04.49	42.15	400m:	5:27.55	40.95