

Íslandsmeistaramótið í 25m laug
Hafnarfjörður, 12. - 14.11.2021

Sundgrein 31
14.11.2021 - 9:30

karla, 400m fjórsund

Opinn
Úrslitalistar Undanrásir

ISL Opinn	4:11.78	Örn Arnarson	SH	Vestmannaeyjar	17.3.2001
ISL 15 - 17	4:25.53				
ISL 13 - 14	4:41.69				
ISL 11 - 12	5:08.87				

NM 15 - 17: 4:30.36; 18 - 20: 4:24.40; 21 +: 4:22.41 / ÍM25 : 5:22.46 / HM : 4:17.11

Stig: FINA 2021

Sæti			Aldur				Tími	Stig	
1.	Alexander Logi Jónsson		17	ÍRB			4:39.41	593	Q
	50m:	29.86 29.86	150m:	1:41.31 36.74	250m:	2:55.62 37.78	350m:	4:07.20 33.23	
	100m:	1:04.57 34.71	200m:	2:17.84 36.53	300m:	3:33.97 38.35	400m:	4:39.41 32.21	
2.	Veigar Hrafn Sigbórsson		16	SH			4:43.16	570	Q
	50m:	29.90 29.90	150m:	1:41.60 36.90	250m:	2:58.45 40.58	350m:	4:12.07 32.58	
	100m:	1:04.70 34.80	200m:	2:17.87 36.27	300m:	3:39.49 41.04	400m:	4:43.16 31.09	
3.	Snær Llorens Sigurðsson		19	ÍA			4:43.41	568	Q
	50m:	29.51 29.51	150m:	1:41.28 36.72	250m:	2:58.03 40.49	350m:	4:12.38 32.94	
	100m:	1:04.56 35.05	200m:	2:17.54 36.26	300m:	3:39.44 41.41	400m:	4:43.41 31.03	
4.	Bergur Fálnir Bjarnason		15	SH			4:44.99	559	Q
	50m:	29.36 29.36	150m:	1:40.92 36.92	250m:	2:58.10 41.17	350m:	4:13.03 33.11	
	100m:	1:04.00 34.64	200m:	2:16.93 36.01	300m:	3:39.92 41.82	400m:	4:44.99 31.96	
5.	Aron Fannar Kristínarson		18	ÍRB			4:46.07	553	Q
	50m:	29.37 29.37	150m:	1:42.47 37.72	250m:	2:59.71 40.80	350m:	4:14.03 33.21	
	100m:	1:04.75 35.38	200m:	2:18.91 36.44	300m:	3:40.82 41.11	400m:	4:46.07 32.04	
6.	Hólmar Grétarsson		13	SH			4:59.83	480	Q
	50m:	32.24 32.24	150m:	1:48.49 39.67	250m:	3:08.35 41.07	350m:	4:26.12 35.37	
	100m:	1:08.82 36.58	200m:	2:27.28 38.79	300m:	3:50.75 42.40	400m:	4:59.83 33.71	
7.	Sigurður Haukur Birgisson		15	Ármann			5:02.08	469	Q
	50m:	33.13 33.13	150m:	1:54.06 39.34	250m:	3:13.73 41.42	350m:	4:29.97 34.47	
	100m:	1:14.72 41.59	200m:	2:32.31 38.25	300m:	3:55.50 41.77	400m:	5:02.08 32.11	
8.	Jónas Atli Pálsson		18	SH			5:10.30	433	Q
	50m:	31.57 31.57	150m:	1:50.29 40.49	250m:	3:15.54 45.51	350m:	4:36.92 34.95	
	100m:	1:09.80 38.23	200m:	2:30.03 39.74	300m:	4:01.97 46.43	400m:	5:10.30 33.38	
9.	Magnús Víðir Jónsson		13	SH			5:11.42	428	R
	50m:	32.76 32.76	150m:	1:51.12 40.49	250m:	3:16.43 46.08	350m:	4:37.51 35.26	
	100m:	1:10.63 37.87	200m:	2:30.35 39.23	300m:	4:02.25 45.82	400m:	5:11.42 33.91	
10.	Gabríel Þór Sigurmundarson		18	ÍRB			5:11.87	426	R
	50m:	32.29 32.29	150m:	1:51.29 40.92	250m:	3:14.76 44.18	350m:	4:36.45 35.91	
	100m:	1:10.37 38.08	200m:	2:30.58 39.29	300m:	4:00.54 45.78	400m:	5:11.87 35.42	
11.	Dominic Dadi Wheeler		14	Ægir			5:12.02	426	
	50m:	31.01 31.01	150m:	1:48.47 41.56	250m:	3:13.50 43.40	350m:	4:36.44 36.63	
	100m:	1:06.91 35.90	200m:	2:30.10 41.63	300m:	3:59.81 46.31	400m:	5:12.02 35.58	
12.	Daði Rafn Falsson		13	ÍRB			5:18.24	401	
	50m:	34.67 34.67	150m:	1:58.31 43.53	250m:	3:24.40 45.38	350m:	4:44.02 34.82	
	100m:	1:14.78 40.11	200m:	2:39.02 40.71	300m:	4:09.20 44.80	400m:	5:18.24 34.22	
13.	Jón Ingi Halldórsson		17	Breiðablik			5:18.33	401	
	50m:	33.62 33.62	150m:	1:56.25 42.97	250m:	3:22.02 43.87	350m:	4:43.92 36.78	
	100m:	1:13.28 39.66	200m:	2:38.15 41.90	300m:	4:07.14 45.12	400m:	5:18.33 34.41	
14.	Nikolai Leo Jónsson		13	ÍRB			5:18.71	399	
	50m:	33.05 33.05	150m:	1:52.65 40.43	250m:	3:17.99 45.33	350m:	4:41.35 38.00	
	100m:	1:12.22 39.17	200m:	2:32.66 40.01	300m:	4:03.35 45.36	400m:	5:18.71 37.36	