

Íslandsmeistaramótið í 25m laug  
Hafnarfjörður, 12. - 14.11.2021

Sundgrein 31  
14.11.2021 - 16:30

karla, 400m fjórsund

Opinn  
Úrslitalistar Úrslitsund

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.	Snær Llorens Sigurðsson		19	ÍA			<b>4:28.34</b>	670	
	<i>Íslandsmeistari</i>								
	50m:	28.64 28.64	150m:	1:37.16 34.89	250m:	2:50.33 38.36	350m:	3:58.97 29.79	
	100m:	1:02.27 33.63	200m:	2:11.97 34.81	300m:	3:29.18 38.85	400m:	4:28.34 29.37	
2.	Veigar Hrafn Sigþórsson		16	SH			<b>4:30.76</b>	652	SSÍ
	50m:	28.84 28.84	150m:	1:37.38 35.36	250m:	2:50.61 39.17	350m:	4:00.77 30.17	
	100m:	1:02.02 33.18	200m:	2:11.44 34.06	300m:	3:30.60 39.99	400m:	4:30.76 29.99	
3.	Alexander Logi Jónsson		17	ÍRB			<b>4:35.14</b>	621	
	50m:	30.06 30.06	150m:	1:40.56 35.70	250m:	2:53.55 37.56	350m:	4:03.84 32.19	
	100m:	1:04.86 34.80	200m:	2:15.99 35.43	300m:	3:31.65 38.10	400m:	4:35.14 31.30	
4.	Aron Fannar Kristínarson		18	ÍRB			<b>4:39.86</b>	590	
	50m:	28.78 28.78	150m:	1:39.82 36.50	250m:	2:54.99 39.60	350m:	4:07.93 32.77	
	100m:	1:03.32 34.54	200m:	2:15.39 35.57	300m:	3:35.16 40.17	400m:	4:39.86 31.93	
5.	Sigurður Haukur Birgisson		15	Ármann			<b>4:57.37</b>	492	
	50m:	32.65 32.65	150m:	1:51.09 38.37	250m:	3:09.63 41.50	350m:	4:25.95 33.55	
	100m:	1:12.72 40.07	200m:	2:28.13 37.04	300m:	3:52.40 42.77	400m:	4:57.37 31.42	
6.	Hólmar Grétarsson		13	SH			<b>4:58.80</b>	485	
	50m:	31.74 31.74	150m:	1:47.34 38.99	250m:	3:08.43 42.44	350m:	4:25.44 34.89	
	100m:	1:08.35 36.61	200m:	2:25.99 38.65	300m:	3:50.55 42.12	400m:	4:58.80 33.36	
7.	Magnús Víðir Jónsson		13	SH			<b>5:04.64</b>	457	
	50m:	32.58 32.58	150m:	1:48.76 38.79	250m:	3:11.56 44.84	350m:	4:30.95 34.75	
	100m:	1:09.97 37.39	200m:	2:26.72 37.96	300m:	3:56.20 44.64	400m:	5:04.64 33.69	
8.	Jónas Atli Pálsson		18	SH			<b>5:06.37</b>	450	
	50m:	30.51 30.51	150m:	1:46.66 39.45	250m:	3:09.90 44.84	350m:	4:31.26 36.01	
	100m:	1:07.21 36.70	200m:	2:25.06 38.40	300m:	3:55.25 45.35	400m:	5:06.37 35.11	
SÝNING	Gabríel Þór Sigurmundarson		18	ÍRB					
SÝNING	Dominic Dadi Wheeler		14	Ægir					