

Íslandsmeistaramótið í 25m laug
Hafnarfjörður, 12. - 14.11.2021

Sundgrein 3
12.11.2021 - 16:36

kvenna, 400m skriðsund

Opinn
Úrslitalistar Úrslitsund

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		4:20.10		727	NM	
	<i>Íslandsmeistari</i>									
	50m:	29.65 29.65	150m:	1:34.70 32.73	250m:	2:40.76 32.97	350m:	3:47.23 33.07		
	100m:	1:01.97 32.32	200m:	2:07.79 33.09	300m:	3:14.16 33.40	400m:	4:20.10 32.87		
2.	Stefanía Sigurþórsdóttir		20	Breiðablik		4:22.63		706		
	50m:	29.68 29.68	150m:	1:34.15 32.50	250m:	2:40.80 33.50	350m:	3:48.99 34.29		
	100m:	1:01.65 31.97	200m:	2:07.30 33.15	300m:	3:14.70 33.90	400m:	4:22.63 33.64		
3.	Sunneva Bergmann Ásbjörnsdóttir		14	ÍRB		4:31.81		637	SSÍ	
	50m:	31.06 31.06	150m:	1:38.55 34.12	250m:	2:47.91 34.49	350m:	3:57.51 34.61		
	100m:	1:04.43 33.37	200m:	2:13.42 34.87	300m:	3:22.90 34.99	400m:	4:31.81 34.30		
4.	Ingibjörg Erl Garðarsdóttir		21	Breiðablik		4:33.20		627		
	50m:	31.10 31.10	150m:	1:39.12 34.30	250m:	2:48.80 34.90	350m:	3:59.27 35.42		
	100m:	1:04.82 33.72	200m:	2:13.90 34.78	300m:	3:23.85 35.05	400m:	4:33.20 33.93		
5.	Katja Lilja Andriysdóttir		15	SH		4:33.61		624		
	50m:	30.35 30.35	150m:	1:38.33 34.35	250m:	2:48.72 35.27	350m:	3:59.42 35.52		
	100m:	1:03.98 33.63	200m:	2:13.45 35.12	300m:	3:23.90 35.18	400m:	4:33.61 34.19		
6.	Nadja Djurovic		14	Breiðablik		4:36.23		607		
	50m:	31.48 31.48	150m:	1:41.15 35.23	250m:	2:51.42 35.19	350m:			
	100m:	1:05.92 34.44	200m:	2:16.23 35.08	300m:	3:26.60 35.18	400m:	4:36.23		
7.	Katlá María Brynjarsdóttir		14	ÍRB		4:39.15		588		
	50m:	32.33 32.33	150m:	1:42.58 35.44	250m:	2:53.71 35.68	350m:	4:05.08 35.71		
	100m:	1:07.14 34.81	200m:	2:18.03 35.45	300m:	3:29.37 35.66	400m:	4:39.15 34.07		
8.	Diljá Dröfn Jóhannesdóttir		18	SH		4:40.17		582		
	50m:	31.46 31.46	150m:	1:41.51 35.13	250m:	2:53.05 35.95	350m:	4:04.88 35.85		
	100m:	1:06.38 34.92	200m:	2:17.10 35.59	300m:	3:29.03 35.98	400m:	4:40.17 35.29		
SÝNING	Rebekka Sif Ómarsdóttir		18	Óðinn						
SÝNING	Helga Sigurlaug Helgadóttir		14	SH						