

Íslandsmeistaramótið í 25m laug  
Hafnarfjörður, 12. - 14.11.2021

Sundgrein 4

karla, 400m skriðsund

Opinn

12.11.2021 - 9:59

Úrslitalistar Undanrásir

ISL Opinn	3:48.83	Anton Sveinn McKee	Ægir	Istanbul (TUR)	14.12.2012
ISL 15 - 17	3:53.50				
ISL 13 - 14	4:08.10				
ISL 11 - 12	4:36.46				

NM 15 - 17: 4:01.80; 18 - 20: 3:56.47; 21 +: 3:54.69 / ÍM25 : 4:45.81 / HM : 3:49.95

Stig: FINA 2021

Sæti			Aldur				Tími	Stig	
1.	Veigar Hrafn Sigþórsson		16	SH			<b>4:02.44</b>	671	Q SSÍ
	50m: 27.65	27.65	150m: 1:29.59	31.27	250m: 2:31.53	30.86	350m: 3:32.99	30.33	
	100m: 58.32	30.67	200m: 2:00.67	31.08	300m: 3:02.66	31.13	400m: 4:02.44	29.45	
2.	Patrik Viggó Vilbergsson		19	Breiðablik			<b>4:06.00</b>	642	Q
	50m: 27.47	27.47	150m: 1:28.90	31.09	250m: 2:32.27	31.82	350m: 3:35.45	31.57	
	100m: 57.81	30.34	200m: 2:00.45	31.55	300m: 3:03.88	31.61	400m: 4:06.00	30.55	
3.	Snær Llorens Sigurðsson		19	ÍA			<b>4:06.08</b>	641	Q
	50m: 27.63	27.63	150m: 1:29.19	31.09	250m: 2:32.52	31.80	350m: 3:35.88	31.33	
	100m: 58.10	30.47	200m: 2:00.72	31.53	300m: 3:04.55	32.03	400m: 4:06.08	30.20	
4.	Guðmundur Karl Karlsson		16	Breiðablik			<b>4:11.17</b>	603	Q
	50m: 27.53	27.53	150m: 1:29.72	31.50	250m: 2:33.75	32.12	350m: 3:38.83	32.63	
	100m: 58.22	30.69	200m: 2:01.63	31.91	300m: 3:06.20	32.45	400m: 4:11.17	32.34	
5.	Björn Yngvi Guðmundsson		14	SH			<b>4:13.99</b>	583	Q
	50m: 27.51	27.51	150m: 1:30.42	31.78	250m: 2:35.61	32.80	350m: 3:42.19	33.42	
	100m: 58.64	31.13	200m: 2:02.81	32.39	300m: 3:08.77	33.16	400m: 4:13.99	31.80	
6.	Gústav Ragnar Kristjánsson		19	Breiðablik			<b>4:14.55</b>	579	Q
	50m: 28.13	28.13	150m: 1:31.36	32.13	250m: 2:36.09	32.55	350m: 3:42.47	33.39	
	100m: 59.23	31.10	200m: 2:03.54	32.18	300m: 3:09.08	32.99	400m: 4:14.55	32.08	
7.	Bartosz Henke		16	SH			<b>4:18.42</b>	554	Q
	50m: 28.09	28.09	150m: 1:32.13	32.68	250m: 2:39.24	33.74	350m: 3:45.83	32.98	
	100m: 59.45	31.36	200m: 2:05.50	33.37	300m: 3:12.85	33.61	400m: 4:18.42	32.59	
8.	Sigurður Haukur Birgisson		15	Ármann			<b>4:21.02</b>	537	Q
	50m: 27.62	27.62	150m: 1:31.21	32.45	250m: 2:38.00	33.53	350m: 3:47.10	34.69	
	100m: 58.76	31.14	200m: 2:04.47	33.26	300m: 3:12.41	34.41	400m: 4:21.02	33.92	
9.	Kacper Kogut		15	Breiðablik			<b>4:22.50</b>	528	R
	50m: 29.66	29.66	150m: 1:35.16	33.24	250m: 2:42.47	33.60	350m: 3:49.60	33.52	
	100m: 1:01.92	32.26	200m: 2:08.87	33.71	300m: 3:16.08	33.61	400m: 4:22.50	32.90	
10.	Stefán Ingi Ólafsson		15	Ægir			<b>4:25.80</b>	509	R
	50m: 29.70	29.70	150m: 1:35.42	33.35	250m: 2:43.40	34.17	350m: 3:52.33	34.42	
	100m: 1:02.07	32.37	200m: 2:09.23	33.81	300m: 3:17.91	34.51	400m: 4:25.80	33.47	
11.	Logi Freyr Arnarsson		18	KR			<b>4:26.74</b>	503	
	50m: 28.99	28.99	150m: 1:34.95	33.38	250m: 2:43.41	34.63	350m: 3:52.82	34.64	
	100m: 1:01.57	32.58	200m: 2:08.78	33.83	300m: 3:18.18	34.77	400m: 4:26.74	33.92	
12.	Hólmar Grétarsson		13	SH			<b>4:27.00</b>	502	
	50m: 30.31	30.31	150m: 1:36.70	33.50	250m: 2:45.22	34.33	350m: 3:54.14	34.57	
	100m: 1:03.20	32.89	200m: 2:10.89	34.19	300m: 3:19.57	34.35	400m: 4:27.00	32.86	
13.	Andri Már Kristjánsson		15	SH			<b>4:31.60</b>	477	
	50m: 29.54	29.54	150m: 1:37.58	34.60	250m: 2:46.99	34.52	350m: 3:58.39	35.70	
	100m: 1:02.98	33.44	200m: 2:12.47	34.89	300m: 3:22.69	35.70	400m: 4:31.60	33.21	
14.	Gabríel Þór Sigurmundarson		18	ÍRB			<b>4:32.13</b>	474	
	50m: 29.97	29.97	150m: 1:36.65	33.63	250m: 2:47.02	35.63	350m: 3:57.70	35.45	
	100m: 1:03.02	33.05	200m: 2:11.39	34.74	300m: 3:22.25	35.23	400m: 4:32.13	34.43	
15.	Denas Kazulis		13	ÍRB			<b>4:32.23</b>	473	
	50m: 30.28	30.28	150m: 1:39.50	34.97	250m: 2:50.16	35.39	350m: 3:59.58	34.20	
	100m: 1:04.53	34.25	200m: 2:14.77	35.27	300m: 3:25.38	35.22	400m: 4:32.23	32.65	
16.	Júlíus Arnarsson		15	KR			<b>4:33.43</b>	467	
	50m: 30.21	30.21	150m: 1:38.86	35.04	250m: 2:49.92	35.71	350m: 4:00.74	35.26	
	100m: 1:03.82	33.61	200m: 2:14.21	35.35	300m: 3:25.48	35.56	400m: 4:33.43	32.69	

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Sundgrein 4, karla, 400m skriðsund, Undanrásir, Opinn

Sæti	Aldur						Tími	Stig				
17.	Örn Kató Arnarsson						16	Óðinn	<b>4:34.54</b>	462		
	50m:	29.70	29.70	150m:	1:37.03	34.80	250m:	2:48.30	35.72	350m:	3:59.85	36.38
	100m:	1:02.23	32.53	200m:	2:12.58	35.55	300m:	3:23.47	35.17	400m:	4:34.54	34.69
18.	Oliver Kaldal						14	Ægir	<b>4:36.24</b>	453		
	50m:	30.21	30.21	150m:	1:38.87	34.79	250m:	2:50.59	35.96	350m:	4:01.70	35.26
	100m:	1:04.08	33.87	200m:	2:14.63	35.76	300m:	3:26.44	35.85	400m:	4:36.24	34.54
19.	Arnór Egill Einarsson						14	SH	<b>4:37.14</b>	449		
	50m:	31.25	31.25	150m:	1:40.44	34.95	250m:	2:50.87	35.16	350m:	4:02.30	35.60
	100m:	1:05.49	34.24	200m:	2:15.71	35.27	300m:	3:26.70	35.83	400m:	4:37.14	34.84
20.	Guðmundur Halldórsson						17	Breiðablik	<b>4:37.41</b>	447		
	50m:	30.07	30.07	150m:	1:38.98	35.06	250m:	2:49.75	35.24	350m:	4:01.92	35.80
	100m:	1:03.92	33.85	200m:	2:14.51	35.53	300m:	3:26.12	36.37	400m:	4:37.41	35.49
21.	Dominic Dadi Wheeler						14	Ægir	<b>4:39.62</b>	437		
	50m:	30.65	30.65	150m:	1:39.88	35.00	250m:	2:51.15	35.73	350m:	4:03.25	36.21
	100m:	1:04.88	34.23	200m:	2:15.42	35.54	300m:	3:27.04	35.89	400m:	4:39.62	36.37
22.	Egill Jónasson						15	Fjöltnir	<b>4:39.82</b>	436		
	50m:	30.33	30.33	150m:	1:39.21	35.15	250m:	2:50.81	36.00	350m:	4:03.81	36.78
	100m:	1:04.06	33.73	200m:	2:14.81	35.60	300m:	3:27.03	36.22	400m:	4:39.82	36.01
23.	Jón Ingi Halldórsson						17	Breiðablik	<b>4:43.00</b>	421		
	50m:	30.86	30.86	150m:	1:41.88	36.05	250m:	2:54.87	36.42	350m:	4:07.42	36.09
	100m:	1:05.83	34.97	200m:	2:18.45	36.57	300m:	3:31.33	36.46	400m:	4:43.00	35.58
24.	Jakob Ingi Reynisson						15	ÍRB	<b>4:44.50</b>	415		
	50m:	31.27	31.27	150m:	1:43.06	36.06	250m:	2:56.33	36.24	350m:	4:09.57	36.00
	100m:	1:07.00	35.73	200m:	2:20.09	37.03	300m:	3:33.57	37.24	400m:	4:44.50	34.93
veikindi	Þorsteinn Karl Arnarsson						17	Stjarnan				