

Íslandsmeistaramótið í 25m laug
Hafnarfjörður, 12. - 14.11.2021

Sundgrein 4

karla, 400m skriðsund

Opinn
Úrslitalistar Úrslitsund

12.11.2021 - 16:49

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.	Patrik Viggó Vilbergsson		19		Breiðablik		3:57.88				710	SSÍ
	<i>Íslandsmeistari</i>											
	50m:	27.34 27.34	150m:	1:26.29 29.70	250m:	2:26.85 30.41	350m:	3:27.99 30.52				
	100m:	56.59 29.25	200m:	1:56.44 30.15	300m:	2:57.47 30.62	400m:	3:57.88 29.89				
2.	Veigar Hrafn Sigþórsson		16		SH		4:00.05				691	NM
	50m:	27.49 27.49	150m:	1:28.61 30.73	250m:	2:30.28 30.87	350m:	3:30.91 29.85				
	100m:	57.88 30.39	200m:	1:59.41 30.80	300m:	3:01.06 30.78	400m:	4:00.05 29.14				
3.	Snær Llorens Sigurðsson		19		ÍA		4:03.08				665	
	50m:		150m:		250m:	2:31.37	350m:	3:33.50 31.01				
	100m:		200m:		300m:	3:02.49 31.12	400m:	4:03.08 29.58				
4.	Bartosz Henke		16		SH		4:07.72				629	
	50m:	28.11 28.11	150m:	1:30.09 31.37	250m:	2:33.19 31.85	350m:	3:36.92 31.78				
	100m:	58.72 30.61	200m:	2:01.34 31.25	300m:	3:05.14 31.95	400m:	4:07.72 30.80				
5.	Guðmundur Karl Karlsson		16		Breiðablik		4:07.80				628	
	50m:	27.64 27.64	150m:	1:29.69 31.40	250m:	2:33.14 31.80	350m:	3:37.19 31.92				
	100m:	58.29 30.65	200m:	2:01.34 31.65	300m:	3:05.27 32.13	400m:	4:07.80 30.61				
6.	Gústav Ragnar Kristjánsson		19		Breiðablik		4:15.45				573	
	50m:	28.24 28.24	150m:	1:31.31 32.21	250m:	2:36.84 32.85	350m:	3:43.13 33.22				
	100m:	59.10 30.86	200m:	2:03.99 32.68	300m:	3:09.91 33.07	400m:	4:15.45 32.32				
7.	Sigurður Haukur Birgisson		15		Ármann		4:21.37				535	
	50m:	28.46 28.46	150m:	1:33.46 33.04	250m:	2:41.03 34.05	350m:	3:48.20 33.79				
	100m:	1:00.42 31.96	200m:	2:06.98 33.52	300m:	3:14.41 33.38	400m:	4:21.37 33.17				
8.	Kacper Kogut		15		Breiðablik		4:28.35				494	
	50m:	30.06 30.06	150m:	1:36.41 33.68	250m:	2:45.07 34.45	350m:	3:54.36 34.51				
	100m:	1:02.73 32.67	200m:	2:10.62 34.21	300m:	3:19.85 34.78	400m:	4:28.35 33.99				
SÝNING	Stefán Ingi Ólafsson		15		Ægir							
SÝNING	Logi Freyr Arnarsson		18		KR							