

Íslandsmeistaramótið í 25m laug
Hafnarfjörður, 18. - 20.11.2022

Sundgrein 17

kvenna, 400m fjórsund

Opinn

19.11.2022 - 9:30

Úrslitalistar Undanrásir

Íslandsmet	4:43.56	Hrafnhildur Luthersdóttir	SH	Hafnarfjörður	15.11.2015
Unglingamet	4:50.96	Inga Elín Cryer	IA	Istanbul (TUR)	13.12.2009
Aldursflokkamet	4:53.67	Ólöf Edda Eðvarðsdóttir	IRB	Laugardalslaug	10.12.2011

NM-A 17 +: 4:53.85; 14 - 16: 5:01.39 / NM-B 17 +: 4:58.33; 14 - 16: 5:05.98 / A-Landslið : 4:55.58 / Úrvalshópur 19: 4:58.33;
18: 5:01.08; 17: 5:03.80 / Unglingalandslið 16: 5:05.98; 15: 5:10.00; 14: 5:14.02 / Framtíðarhópur 13: 5:20.70; 12: 5:31.14;
11: 5:50.53

Stig: FINA 2022

Sæti	F.ár				Tími	Stig	
17 ára og yngri							
1.	Eva Margrét Falsdóttir	05	Íþróttabandalag Reykjanesbæjar	4:59.38	647	Q	SSÍ
	50m: 31.37 31.37	150m: 1:46.83	38.57 250m: 3:06.78	41.57	350m: 4:24.97	35.90	
	100m: 1:08.26 36.89	200m: 2:25.21	38.38 300m: 3:49.07	42.29	400m: 4:59.38	34.41	
2.	Sunneva Bergmann Ásbjörnsdóttir	07	Íþróttabandalag Reykjanesbæjar	5:04.38	615	Q	NM-B SSÍ
	50m: 32.66 32.66	150m: 1:49.06	38.42 250m: 3:09.79	43.25	350m: 4:30.35	35.68	
	100m: 1:10.64 37.98	200m: 2:26.54	37.48 300m: 3:54.67	44.88	400m: 5:04.38	34.03	
3.	Sólveig Freyja Hákonardóttir	09	Sunddeild Breiðabliks	5:12.84	567	Q	SSÍ
	50m: 34.00 34.00	150m: 1:55.91	41.54 250m: 3:20.86	43.93	350m: 4:39.92	34.65	
	100m: 1:14.37 40.37	200m: 2:36.93	41.02 300m: 4:05.27	44.41	400m: 5:12.84	32.92	
4.	Elísabet Arnoddsdóttir	09	Íþróttabandalag Reykjanesbæjar	5:17.01	544	Q	SSÍ
	50m: 31.66 31.66	150m: 1:52.27	41.75 250m: 3:19.19	45.81	350m: 4:41.94	35.95	
	100m: 1:10.52 38.86	200m: 2:33.38	41.11 300m: 4:05.99	46.80	400m: 5:17.01	35.07	
5.	Sunna Arnfinnsdóttir	07	Sundfélagið Ægir	5:18.99	534	Q	
	50m: 34.78 34.78	150m: 1:53.58	37.78 250m: 3:17.92	48.66	350m: 4:43.23	37.70	
	100m: 1:15.80 41.02	200m: 2:29.26	35.68 300m: 4:05.53	47.61	400m: 5:18.99	35.76	
6.	Katla Mist Bragadóttir	07	Ármann	5:21.94	520	Q	
	50m: 35.19 35.19	150m: 1:59.59	43.64 250m: 3:25.03	42.86	350m: 4:46.58	37.22	
	100m: 1:15.95 40.76	200m: 2:42.17	42.58 300m: 4:09.36	44.33	400m: 5:21.94	35.36	
7.	Maja Lind Cicero	05	SH	5:25.01	505	Q	
	50m: 33.80 33.80	150m: 1:58.28	44.74 250m: 3:24.92	43.21	350m: 4:48.53	38.74	
	100m: 1:13.54 39.74	200m: 2:41.71	43.43 300m: 4:09.79	44.87	400m: 5:25.01	36.48	
8.	Ásdís Steindórsdóttir	09	Sunddeild Breiðabliks	5:26.39	499	Q	
	50m: 35.50 35.50	150m: 2:01.45	44.54 250m: 3:29.93	44.85	350m: 4:51.08	36.75	
	100m: 1:16.91 41.41	200m: 2:45.08	43.63 300m: 4:14.33	44.40	400m: 5:26.39	35.31	
9.	Freydís Lilja Bergþórsdóttir	09	Íþróttabandalag Reykjanesbæjar	5:34.69	463	R	
	50m: 37.10 37.10	150m: 2:00.90	40.79 250m: 3:30.27	48.66	350m: 4:56.89	37.16	
	100m: 1:20.11 43.01	200m: 2:41.61	40.71 300m: 4:19.73	49.46	400m: 5:34.69	37.80	
10.	Nicole Jóna Jóhannsdóttir	08	SH	5:40.48	439	R	
	50m: 35.37 35.37	150m: 2:01.90	44.83 250m: 3:35.34	48.71	350m: 5:03.35	37.75	
	100m: 1:17.07 41.70	200m: 2:46.63	44.73 300m: 4:25.60	50.26	400m: 5:40.48	37.13	
11.	Dagmar Arna Sigurðardóttir	09	SH	5:45.51	420		
	50m: 37.39 37.39	150m: 2:02.72	41.39 250m: 3:34.61	52.20	350m: 5:07.20	39.71	
	100m: 1:21.33 43.94	200m: 2:42.41	39.69 300m: 4:27.49	52.88	400m: 5:45.51	38.31	
12.	Hekla Krístrún Mist Arnarsdóttir	06	Sunddeild KR	5:48.10	411		
	50m: 35.90 35.90	150m: 2:04.42	44.09 250m: 3:37.92	48.96	350m: 5:07.67	40.63	
	100m: 1:20.33 44.43	200m: 2:48.96	44.54 300m: 4:27.04	49.12	400m: 5:48.10	40.43	