

Íslandsmeistaramótið í 25m laug
Hafnarfjörður, 18. - 20.11.2022

Sundgrein 17

kvenna, 400m fjórsund

Opinn

19.11.2022 - 16:30

Úrslitalistar Úrslitsund

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		
1.	Eva Margrét Falsdóttir				05	Íþróttabandalag Reykjanesbæjar				4:56.28	667	NM-B SSÍ	
	50m:	31.25	31.25	150m:	1:46.11	38.32	250m:	3:05.30	41.33	350m:	4:22.21	35.12	
	100m:	1:07.79	36.54	200m:	2:23.97	37.86	300m:	3:47.09	41.79	400m:	4:56.28	34.07	
2.	Sunneva Bergmann Ásbjornsdóttir				07	Íþróttabandalag Reykjanesbæjar				5:03.54	620	NM-B SSÍ	
	50m:	32.84	32.84	150m:	1:49.11	38.22	250m:	3:09.78	43.21	350m:	4:29.68	35.57	
	100m:	1:10.89	38.05	200m:	2:26.57	37.46	300m:	3:54.11	44.33	400m:	5:03.54	33.86	
3.	Sólveig Freyja Hákonardóttir				09	Sunddeild Breiðabliks				5:10.87	577	SSÍ	
	50m:	34.17	34.17	150m:	1:55.28	41.89	250m:	3:18.90	43.35	350m:	4:37.78	34.77	
	100m:	1:13.39	39.22	200m:	2:35.55	40.27	300m:	4:03.01	44.11	400m:	5:10.87	33.09	
4.	Elísabet Arnoddsdóttir				09	Íþróttabandalag Reykjanesbæjar				5:18.11	539	SSÍ	
	50m:	31.81	31.81	150m:	1:52.52	42.03	250m:	3:19.91	46.06	350m:	4:42.60	36.33	
	100m:	1:10.49	38.68	200m:	2:33.85	41.33	300m:	4:06.27	46.36	400m:	5:18.11	35.51	
5.	Maja Lind Cicero				05	SH				5:18.34	538		
	50m:	33.76	33.76	150m:	1:56.00	43.25	250m:	3:21.55	42.99	350m:	4:43.76	37.79	
	100m:	1:12.75	38.99	200m:	2:38.56	42.56	300m:	4:05.97	44.42	400m:	5:18.34	34.58	
6.	Katla Mist Bragadóttir				07	Ármann				5:18.69	536		
	50m:	34.83	34.83	150m:	1:58.15	43.14	250m:	3:23.58	43.69	350m:	4:44.14	36.36	
	100m:	1:15.01	40.18	200m:	2:39.89	41.74	300m:	4:07.78	44.20	400m:	5:18.69	34.55	
7.	Ásdís Steindórsdóttir				09	Sunddeild Breiðabliks				5:25.56	503		
	50m:	36.07	36.07	150m:	2:02.11	44.36	250m:	3:29.87	45.04	350m:	4:50.82	35.90	
	100m:	1:17.75	41.68	200m:	2:44.83	42.72	300m:	4:14.92	45.05	400m:	5:25.56	34.74	
8.	Freydís Lilja Bergþórsdóttir				09	Íþróttabandalag Reykjanesbæjar				5:30.33	481		
	50m:	36.43	36.43	150m:	1:58.84	40.79	250m:	3:27.45	48.34	350m:	4:53.44	37.48	
	100m:	1:18.05	41.62	200m:	2:39.11	40.27	300m:	4:15.96	48.51	400m:	5:30.33	36.89	