

Íslandsmeistaramótið í 25m laug
Hafnarfjörður, 18. - 20.11.2022

Sundgrein 3

kvenna, 400m skriðsund

Opinn

18.11.2022 - 9:46

Úrslitalistar Undanrásir

Íslandsmet	4:11.61	Inga Elín Cryer	IA	Doha (QAT)	05.12.2014
Unglingamet	4:14.60	Sunneva Dögg Robertson	IRB	Hafnarfjörður	13.11.2015
Aldursflokkamet	4:21.52	Ingþórsdóttir Harpa	SH	Upplands Vaesby (SWE)	14.12.2014

NM-A 17 +: 4:21.47; 14 - 16: 4:28.18 / NM-B 17 +: 4:25.45; 14 - 16: 4:32.26 / A-Landslið : 4:23.00 / Úrvalshópur 19: 4:25.45;
18: 4:27.89; 17: 4:30.31 / Unglingalandslið 16: 4:32.26; 15: 4:35.84; 14: 4:39.41 / Framtíðarhópur 13: 4:45.36; 12: 4:54.64;
11: 5:11.89

Stig: FINA 2022

Sæti			F.ár			Tími	Stig			
18 ára og eldri										
1.	Svava Bjoerg Larusdottir		03	Fjöltnir		4:46.96	541	Q		
	50m:	31.87 31.87	150m:	1:44.20	36.45	250m:	2:57.86	37.05	350m:	4:11.67 37.07
	100m:	1:07.75 35.88	200m:	2:20.81	36.61	300m:	3:34.60	36.74	400m:	4:46.96 35.29
2.	Diljá Dröfn Jóhannesdóttir		03	SH		4:47.28	539	R		
	50m:	32.28 32.28	150m:	1:42.89	35.26	250m:	2:56.11	36.76	350m:	4:11.20 37.27
	100m:	1:07.63 35.35	200m:	2:19.35	36.46	300m:	3:33.93	37.82	400m:	4:47.28 36.08
3.	Júlía Líf Gunnsteinsdóttir		04	Stjarnan		5:17.38	400			
	50m:	33.59 33.59	150m:	1:50.76	39.41	250m:	3:11.96	40.79	350m:	4:35.94 42.10
	100m:	1:11.35 37.76	200m:	2:31.17	40.41	300m:	3:53.84	41.88	400m:	5:17.38 41.44
4.	Anna Rósa Þrastardóttir S14		04	Íþróttafélagið Fjörður		5:30.27	355			
	50m:	37.37 37.37	150m:	2:00.82	42.19	250m:	3:25.32	42.31	350m:	4:49.45 41.71
	100m:	1:18.63 41.26	200m:	2:43.01	42.19	300m:	4:07.74	42.42	400m:	5:30.27 40.82
5.	Þórey Ísafold Magnúsdóttir		99	Sunddeild KR		5:37.43	333			
	50m:	38.96 38.96	150m:	2:03.95	43.18	250m:	3:31.18	43.53	350m:	4:56.81 42.82
	100m:	1:20.77 41.81	200m:	2:47.65	43.70	300m:	4:13.99	42.81	400m:	5:37.43 40.62
6.	Thelma Bjornsdóttir S6 Sb5		96	ÍFR		6:22.87	228			
	50m:	44.28 44.28	150m:	2:19.23	47.72	250m:	3:56.95	49.11	350m:	5:35.63 49.63
	100m:	1:31.51 47.23	200m:	3:07.84	48.61	300m:	4:46.00	49.05	400m:	6:22.87 47.24
17 ára og yngri										
1.	Freyja Birkisdóttir		06	Sunddeild Breiðabliks		4:23.58	698	Q NM-A NM-B S		
	50m:	29.51 29.51	150m:	1:34.87	32.98	250m:	2:42.20	33.85	350m:	3:50.42 33.99
	100m:	1:01.89 32.38	200m:	2:08.35	33.48	300m:	3:16.43	34.23	400m:	4:23.58 33.16
2.	Katja Lilja Andriysdóttir		06	SH		4:26.11	679	Q NM-A NM-B S		
	50m:	29.48 29.48	150m:	1:35.50	33.39	250m:	2:43.84	34.45	350m:	3:52.57 34.32
	100m:	1:02.11 32.63	200m:	2:09.39	33.89	300m:	3:18.25	34.41	400m:	4:26.11 33.54
3.	Sunneva Bergmann Ásbjornsdóttir		07	Íþróttabandalag Reykjanesbæjar		4:27.56	668	Q NM-A NM-B S		
	50m:	29.84 29.84	150m:	1:35.97	33.49	250m:	2:44.64	34.26	350m:	3:53.39 34.52
	100m:	1:02.48 32.64	200m:	2:10.38	34.41	300m:	3:18.87	34.23	400m:	4:27.56 34.17
4.	Sólveig Freyja Hákonardóttir		09	Sunddeild Breiðabliks		4:36.12	608	Q SSÍ		
	50m:	31.42 31.42	150m:	1:40.33	35.17	250m:	2:50.84	35.20	350m:	4:01.68 35.60
	100m:	1:05.16 33.74	200m:	2:15.64	35.31	300m:	3:26.08	35.24	400m:	4:36.12 34.44
5.	Ásdís Steindórsdóttir		09	Sunddeild Breiðabliks		4:39.81	584	Q SSÍ		
	50m:	32.14 32.14	150m:	1:42.49	35.41	250m:	2:53.97	35.80	350m:	4:05.49 35.65
	100m:	1:07.08 34.94	200m:	2:18.17	35.68	300m:	3:29.84	35.87	400m:	4:39.81 34.32
6.	Nadja Djurovic		07	Sunddeild Breiðabliks		4:39.92	583	Q		
	50m:	31.31 31.31	150m:	1:41.78	35.81	250m:	2:53.44	35.90	350m:	4:05.15 35.60
	100m:	1:05.97 34.66	200m:	2:17.54	35.76	300m:	3:29.55	36.11	400m:	4:39.92 34.77
7.	Katla María Brynjarsdóttir		07	Íþróttabandalag Reykjanesbæjar		4:40.08	582	Q		
	50m:	31.62 31.62	150m:	1:41.24	35.22	250m:	2:52.71	35.87	350m:	4:04.76 36.13
	100m:	1:06.02 34.40	200m:	2:16.84	35.60	300m:	3:28.63	35.92	400m:	4:40.08 35.32
8.	Katrín Lóa Ingadóttir		08	Ármann		4:40.48	580	Q		
	50m:	32.02 32.02	150m:	1:41.72	35.10	250m:	2:52.67	35.50	350m:	4:04.96 36.32
	100m:	1:06.62 34.60	200m:	2:17.17	35.45	300m:	3:28.64	35.97	400m:	4:40.48 35.52

Íslandsmeistaramótið í 25m laug
Hafnarfjörður, 18. - 20.11.2022

Sundgrein 3, kvenna, 400m skriðsund, Undanrásir, 17 ára og yngri

Sæti			F.ár						Tími	Stig		
9.	Hulda Björg Magnusdóttir Nilsen		08		Sundfélagið Ægir				4:42.53	567	Q	
	50m:	31.71	31.71	150m:	1:42.29	35.50	250m:	2:54.14	36.28	350m:	4:06.89	36.49
	100m:	1:06.79	35.08	200m:	2:17.86	35.57	300m:	3:30.40	36.26	400m:	4:42.53	35.64
10.	Elísa Bjornsdóttir		05		Sundfélagið Ægir				4:51.64	516	R	
	50m:	32.11	32.11	150m:	1:45.01	37.20	250m:	2:59.71	37.27	350m:	4:15.27	37.79
	100m:	1:07.81	35.70	200m:	2:22.44	37.43	300m:	3:37.48	37.77	400m:	4:51.64	36.37
11.	Áslaug Margrét Alfreðsdóttir		08		Sunddeild Breiðabliks				4:51.79	515		
	50m:	32.66	32.66	150m:	1:45.40	36.64	250m:	2:59.94	37.28	350m:	4:14.27	36.81
	100m:	1:08.76	36.10	200m:	2:22.66	37.26	300m:	3:37.46	37.52	400m:	4:51.79	37.52
12.	Halldóra Björt Ingimundardóttir		08		Sunddeild Breiðabliks				4:53.86	504		
	50m:	33.47	33.47	150m:	1:47.95	37.34	250m:	3:03.39	37.66	350m:	4:17.70	37.48
	100m:	1:10.61	37.14	200m:	2:25.73	37.78	300m:	3:40.22	36.83	400m:	4:53.86	36.16
13.	Helga Sigurlaug Helgadóttir		07		SH				4:54.76	499		
	50m:	33.52	33.52	150m:	1:47.02	37.35	250m:	3:02.04	37.90	350m:	4:18.26	38.50
	100m:	1:09.67	36.15	200m:	2:24.14	37.12	300m:	3:39.76	37.72	400m:	4:54.76	36.50
14.	Tinna Karen Sigurðardóttir		08		SH				4:55.00	498		
	50m:	33.43	33.43	150m:	1:47.69	37.65	250m:	3:02.97	37.23	350m:	4:18.50	37.66
	100m:	1:10.04	36.61	200m:	2:25.74	38.05	300m:	3:40.84	37.87	400m:	4:55.00	36.50
15.	Nicole Jóna Jóhannsdóttir		08		SH				4:57.85	484		
	50m:	33.80	33.80	150m:	1:48.43	37.72	250m:	3:04.77	38.04	350m:	4:20.83	38.00
	100m:	1:10.71	36.91	200m:	2:26.73	38.30	300m:	3:42.83	38.06	400m:	4:57.85	37.02
16.	Júlía Pálmadóttir		07		Sunddeild Breiðabliks				5:03.08	459		
	50m:	34.16	34.16	150m:	1:50.49	38.73	250m:	3:07.95	38.72	350m:	4:25.50	38.87
	100m:	1:11.76	37.60	200m:	2:29.23	38.74	300m:	3:46.63	38.68	400m:	5:03.08	37.58
17.	Hugrún Guðmundsdóttir		08		Fjölnir				5:03.18	459		
	50m:	32.93	32.93	150m:	1:48.12	38.21	250m:	3:05.81	38.84	350m:	4:24.76	39.64
	100m:	1:09.91	36.98	200m:	2:26.97	38.85	300m:	3:45.12	39.31	400m:	5:03.18	38.42
18.	Rebekka Rún Magnúsdóttir		08		SH				5:11.59	423		
	50m:	33.32	33.32	150m:	1:52.19	40.40	250m:	3:12.77	40.10	350m:	4:32.58	39.93
	100m:	1:11.79	38.47	200m:	2:32.67	40.48	300m:	3:52.65	39.88	400m:	5:11.59	39.01
19.	Kristín Ásta Sigtryggsdóttir		09		Sundfélagið Ægir				5:15.40	407		
	50m:	34.07	34.07	150m:	1:52.71	40.12	250m:	3:15.83	41.61	350m:	4:36.62	39.77
	100m:	1:12.59	38.52	200m:	2:34.22	41.51	300m:	3:56.85	41.02	400m:	5:15.40	38.78