

Íslandsmeistaramótið í 25m laug
Hafnarfjörður, 18. - 20.11.2022

Sundgrein 32
20.11.2022 - 9:30

karla, 400m fjórsund

Opinn
Úrslitalistar Undanrásir

Íslandsmet	4:11.78	Örn Arnarson	SH	Vestmannaeyjar	16.03.2001
Unglingamet	4:18.12	Anton Sveinn McKee	AEGIR	Laugardalslaug	10.12.2011
Aldursflokkamet	4:34.72	Patrik Viggó V Vilbergsson	UBK	Reykjavík	18.11.2017

NM-A 18 +: 4:23.39; 15 - 17: 4:29.33 / NM-B 18 +: 4:27.40; 15 - 17: 4:33.43 / A-Landslið : 4:25.39 / Úrvalshópur 20: 4:27.40;
19: 4:29.39; 18: 4:31.41 / Unglingalandslið 17: 4:33.43; 16: 4:37.57; 15: 4:42.29 / Framtíðarhópur 14: 4:51.16; 13: 5:02.62;
12: 5:19.92

Stig: FINA 2022

Sæti			F.ár			Tími	Stig		
19 ára og eldri									
1.	Enrique Snær Llorens Sigurðsson		02	Sundfélag Akraness		4:32.47	640	Q	
	50m:	28.03	28.03	150m:	1:37.69	36.50	250m:	2:51.82	38.86
	100m:	1:01.19	33.16	200m:	2:12.96	35.27	300m:	3:31.23	39.41
							350m:	4:02.33	31.10
							400m:	4:32.47	30.14
18 ára og yngri									
1.	Veigar Hrafn Sigþórsson		05	SH		4:35.53	618	Q	
	50m:	29.75	29.75	150m:	1:42.22	37.17	250m:	2:57.24	39.31
	100m:	1:05.05	35.30	200m:	2:17.93	35.71	300m:	3:37.15	39.91
							350m:	4:07.37	30.22
							400m:	4:35.53	28.16
2.	Alexander Logi Jónsson		04	Íþróttabandalag Reykjanesbæjar		4:37.89	603	Q	
	50m:	29.57	29.57	150m:	1:39.48	36.23	250m:	2:53.54	38.10
	100m:	1:03.25	33.68	200m:	2:15.44	35.96	300m:	3:32.80	39.26
							350m:	4:05.80	33.00
							400m:	4:37.89	32.09
3.	Hólmur Grétarsson		08	SH		4:42.89	571	Q SSÍ	
	50m:	30.14	30.14	150m:	1:42.81	38.08	250m:	2:58.28	39.05
	100m:	1:04.73	34.59	200m:	2:19.23	36.42	300m:	3:37.72	39.44
							350m:	4:10.90	33.18
							400m:	4:42.89	31.99
4.	Daði Rafn Falsson		08	Íþróttabandalag Reykjanesbæjar		4:53.87	510	Q	
	50m:	31.12	31.12	150m:	1:46.81	39.40	250m:	3:06.63	41.98
	100m:	1:07.41	36.29	200m:	2:24.65	37.84	300m:	3:48.12	41.49
							350m:	4:21.89	33.77
							400m:	4:53.87	31.98
5.	Nikolai Leo Jónsson		08	Íþróttabandalag Reykjanesbæjar		5:01.70	471	Q	
	50m:	31.65	31.65	150m:	1:49.54	40.48	250m:	3:09.38	40.82
	100m:	1:09.06	37.41	200m:	2:28.56	39.02	300m:	3:51.58	42.20
							350m:	4:27.75	36.17
							400m:	5:01.70	33.95
6.	Adam Leó Tómasson		07	SH		5:17.43	404	Q	
	50m:	33.81	33.81	150m:	1:54.48	40.59	250m:	3:19.16	44.13
	100m:	1:13.89	40.08	200m:	2:35.03	40.55	300m:	4:03.86	44.70
							350m:	4:41.83	37.97
							400m:	5:17.43	35.60
7.	Gísli Kristján Traustason		09	Íþróttabandalag Reykjanesbæjar		5:33.60	348	Q	
	50m:	36.01	36.01	150m:	2:01.58	42.26	250m:	3:31.08	47.83
	100m:	1:19.32	43.31	200m:	2:43.25	41.67	300m:	4:19.43	48.35
							350m:	4:56.79	37.36
							400m:	5:33.60	36.81