

Íslandsmeistaramótið í 25m laug  
Hafnarfjörður, 18. - 20.11.2022

Sundgrein 32  
20.11.2022 - 16:30

karla, 400m fjórsund

Opinn  
Úrslitalistar Úrslitsund

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		
1.	Enrique Snær Llorens Sigurðsson		02	Sundfélag Akraness				<b>4:28.77</b>	666		
	50m:	28.48 28.48	150m:	1:36.76	35.01	250m:	2:49.37	38.04	350m:	3:58.60	30.82
	100m:	1:01.75 33.27	200m:	2:11.33	34.57	300m:	3:27.78	38.41	400m:	4:28.77	30.17
2.	Veigar Hrafn Sigþórsson		05	SH				<b>4:29.99</b>	657	NM-B SSÍ	
	50m:	29.00 29.00	150m:	1:38.32	35.69	250m:	2:52.81	38.87	350m:	4:01.41	29.56
	100m:	1:02.63 33.63	200m:	2:13.94	35.62	300m:	3:31.85	39.04	400m:	4:29.99	28.58
3.	Alexander Logi Jónsson		04	Íþróttabandalag Reykjanesbæjar				<b>4:36.00</b>	615		
	50m:	29.52 29.52	150m:	1:39.18	36.03	250m:	2:53.08	37.88	350m:	4:04.74	32.52
	100m:	1:03.15 33.63	200m:	2:15.20	36.02	300m:	3:32.22	39.14	400m:	4:36.00	31.26
4.	Hólmar Grétarsson		08	SH				<b>4:36.39</b>	613	SSÍ	
	50m:	30.19 30.19	150m:	1:41.16	36.59	250m:	2:55.60	38.85	350m:	4:06.21	32.08
	100m:	1:04.57 34.38	200m:	2:16.75	35.59	300m:	3:34.13	38.53	400m:	4:36.39	30.18
5.	Daði Rafn Falsson		08	Íþróttabandalag Reykjanesbæjar				<b>4:50.47</b>	528	SSÍ	
	50m:	31.44 31.44	150m:	1:46.03	38.88	250m:	3:04.45	41.05	350m:	4:18.90	33.06
	100m:	1:07.15 35.71	200m:	2:23.40	37.37	300m:	3:45.84	41.39	400m:	4:50.47	31.57
6.	Adam Leó Tómasson		07	SH				<b>5:11.01</b>	430		
	50m:	33.83 33.83	150m:	1:53.19	40.93	250m:	3:15.77	43.01	350m:	4:36.64	36.56
	100m:	1:12.26 38.43	200m:	2:32.76	39.57	300m:	4:00.08	44.31	400m:	5:11.01	34.37
7.	Gísli Kristján Traustason		09	Íþróttabandalag Reykjanesbæjar				<b>5:25.18</b>	376		
	50m:	36.54 36.54	150m:	1:59.95	41.57	250m:	3:27.49	46.58	350m:	4:49.42	35.38
	100m:	1:18.38 41.84	200m:	2:40.91	40.96	300m:	4:14.04	46.55	400m:	5:25.18	35.76