

Íslandsmeistaramótið í 25m laug
Hafnarfjörður, 18. - 20.11.2022

Sundgrein 3

kvenna, 400m skriðsund

Opinn

18.11.2022 - 16:34

Úrslitalistar Úrslitsund

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	Ingbórsdóttir 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	
1.	Freyja Birkisdóttir				06	Sunddeild Breiðabliks				4:18.75	738	NM-A NM-B SSÍ
	50m:	29.44	29.44	150m:	1:34.12	32.41	250m:	2:39.90	32.95	350m:	3:46.94	33.52
	100m:	1:01.71	32.27	200m:	2:06.95	32.83	300m:	3:13.42	33.52	400m:	4:18.75	31.81
2.	Kátja Lilja Andriysoóttir				06	SH				4:22.95	704	NM-A NM-B SSÍ
	50m:	29.38	29.38	150m:	1:34.96	33.28	250m:	2:42.15	33.77	350m:	3:50.12	33.91
	100m:	1:01.68	32.30	200m:	2:08.38	33.42	300m:	3:16.21	34.06	400m:	4:22.95	32.83
3.	Sunneva Bergmann Ásbjornsdóttir				07	Íþróttabandalag Reykjanesbæjar				4:28.85	658	NM-B SSÍ
	50m:	29.65	29.65	150m:	1:36.82	34.31	250m:	2:45.47	34.33	350m:	3:54.87	34.88
	100m:	1:02.51	32.86	200m:	2:11.14	34.32	300m:	3:19.99	34.52	400m:	4:28.85	33.98
4.	Nadja Djurovic				07	Sunddeild Breiðabliks				4:30.37	647	NM-B SSÍ
	50m:	30.57	30.57	150m:	1:38.85	34.52	250m:	2:48.90	34.88	350m:	3:58.57	34.43
	100m:	1:04.33	33.76	200m:	2:14.02	35.17	300m:	3:24.14	35.24	400m:	4:30.37	31.80
5.	Sólveig Freyja Hákonardóttir				09	Sunddeild Breiðabliks				4:31.32	640	SSÍ
	50m:	31.00	31.00	150m:	1:39.38	34.29	250m:	2:48.48	34.73	350m:	3:58.53	34.93
	100m:	1:05.09	34.09	200m:	2:13.75	34.37	300m:	3:23.60	35.12	400m:	4:31.32	32.79
6.	Ásdís Steindórsdóttir				09	Sunddeild Breiðabliks				4:36.50	605	SSÍ
	50m:	32.25	32.25	150m:	1:42.03	35.14	250m:	2:51.97	34.97	350m:	4:02.58	35.45
	100m:	1:06.89	34.64	200m:	2:17.00	34.97	300m:	3:27.13	35.16	400m:	4:36.50	33.92
7.	Kátla María Brynjarsdóttir				07	Íþróttabandalag Reykjanesbæjar				4:36.57	605	
	50m:	31.43	31.43	150m:	1:40.88	34.90	250m:	2:51.67	35.34	350m:	4:02.53	35.45
	100m:	1:05.98	34.55	200m:	2:16.33	35.45	300m:	3:27.08	35.41	400m:	4:36.57	34.04
8.	Katrín Lóa Ingadóttir				08	Ármann				4:38.62	591	SSÍ
	50m:	31.74	31.74	150m:	1:40.88	34.75	250m:	2:51.94	35.80	350m:	4:03.77	35.93
	100m:	1:06.13	34.39	200m:	2:16.14	35.26	300m:	3:27.84	35.90	400m:	4:38.62	34.85