

Íslandsmeistaramótið í 25m laug
Hafnarfjörður, 18. - 20.11.2022

Sundgrein 4

karla, 400m skriðsund

Opinn

18.11.2022 - 10:13

Úrslitalistar Undanrásir

Íslandsmet	3:47.83	Anton Sveinn McKee	AEGIR	Istanbul (TUR)	14.12.2012
Unglingamet	3:52.06	Anton Sveinn McKee	AEGIR	Laugardalslaug	11.12.2011
Aldursflokkamet	4:04.95	Arnór Stefánsson	SH	Hafnarfjoerdur	16.11.2012

NM-A 18 +: 3:55.18; 15 - 17: 4:00.48 / NM-B 18 +: 3:58.76; 15 - 17: 4:04.14 / A-Landslið : 3:56.96 / Úrvalshópur 20: 3:58.76;
19: 4:00.54; 18: 4:02.34 / Unglingalandslið 17: 4:04.14; 16: 4:07.84; 15: 4:12.06 / Framtíðarhópur 14: 4:19.97; 13: 4:30.21;
12: 4:45.66

Stig: FINA 2022

Sæti			F.ár				Tími		Stig			
19 ára og eldri												
1.	Enrique Snær Llorens Sigurðsson		02	Sundfélag Akraness				4:08.02	626	Q		
	50m:	26.12	26.12	150m:	1:26.56	30.92	250m:	2:31.07	32.03	350m:	3:35.66	32.32
	100m:	55.64	29.52	200m:	1:59.04	32.48	300m:	3:03.34	32.27	400m:	4:08.02	32.36
2.	Kristján Helgi Jóhannsson		02	Sunddeild KR				5:26.22	275			
	50m:	34.04	34.04	150m:	1:55.49	41.48	250m:	3:19.87	42.34	350m:	4:45.29	42.50
	100m:	1:14.01	39.97	200m:	2:37.53	42.04	300m:	4:02.79	42.92	400m:	5:26.22	40.93
18 ára og yngri												
1.	Birnir Freyr Hálfánarsson		06	SH				4:00.01	691	Q	NM-A NM-B S	
	50m:	27.73	27.73	150m:	1:28.61	30.69	250m:	2:29.86	30.29	350m:	3:30.97	30.84
	100m:	57.92	30.19	200m:	1:59.57	30.96	300m:	3:00.13	30.27	400m:	4:00.01	29.04
2.	Veigar Hrafn Sigbórsson		05	SH				4:01.44	679	Q	NM-B SSÍ	
	50m:	27.15	27.15	150m:	1:27.67	30.52	250m:	2:29.33	30.91	350m:	3:31.33	30.72
	100m:	57.15	30.00	200m:	1:58.42	30.75	300m:	3:00.61	31.28	400m:	4:01.44	30.11
3.	Guðmundur Karl Karlsson		05	Sunddeild Breiðabliks				4:05.41	646	Q		
	50m:	27.26	27.26	150m:	1:28.57	31.02	250m:	2:31.21	31.28	350m:	3:34.58	31.51
	100m:	57.55	30.29	200m:	1:59.93	31.36	300m:	3:03.07	31.86	400m:	4:05.41	30.83
4.	Bjorn Yngvi Guðmundsson		07	SH				4:07.72	629	Q	SSÍ	
	50m:	27.18	27.18	150m:	1:28.80	31.31	250m:	2:31.98	31.75	350m:	3:36.68	32.50
	100m:	57.49	30.31	200m:	2:00.23	31.43	300m:	3:04.18	32.20	400m:	4:07.72	31.04
5.	Bartosz Henke		05	SH				4:10.48	608	Q		
	50m:	27.91	27.91	150m:	1:30.56	31.80	250m:	2:34.60	32.36	350m:	3:39.45	32.52
	100m:	58.76	30.85	200m:	2:02.24	31.68	300m:	3:06.93	32.33	400m:	4:10.48	31.03
6.	Hólmur Grétarsson		08	SH				4:11.61	600	Q	SSÍ	
	50m:	29.02	29.02	150m:	1:33.00	31.94	250m:	2:36.77	31.97	350m:	3:40.44	32.07
	100m:	1:01.06	32.04	200m:	2:04.80	31.80	300m:	3:08.37	31.60	400m:	4:11.61	31.17
7.	Sigurður Haukur Birgisson		06	Ármann				4:21.04	537	Q		
	50m:	27.57	27.57	150m:	1:32.09	33.18	250m:	2:40.84	34.39	350m:	3:48.26	33.38
	100m:	58.91	31.34	200m:	2:06.45	34.36	300m:	3:14.88	34.04	400m:	4:21.04	32.78
8.	Denas Kazulis		08	Íþróttabandalag Reykjanesbæjar				4:21.58	534	Q		
	50m:	30.19	30.19	150m:	1:35.59	32.83	250m:	2:42.34	33.71	350m:	3:49.14	33.30
	100m:	1:02.76	32.57	200m:	2:08.63	33.04	300m:	3:15.84	33.50	400m:	4:21.58	32.44
9.	Arnór Egill Einarsson		07	SH				4:22.45	528	Q		
	50m:	29.39	29.39	150m:	1:35.50	33.52	250m:	2:43.70	34.29	350m:	3:51.05	33.54
	100m:	1:01.98	32.59	200m:	2:09.41	33.91	300m:	3:17.51	33.81	400m:	4:22.45	31.40
10.	Andri Már Kristjánsson		06	SH				4:23.06	525	R		
	50m:	29.16	29.16	150m:	1:36.10	33.86	250m:	2:43.83	34.06	350m:	3:51.11	33.71
	100m:	1:02.24	33.08	200m:	2:09.77	33.67	300m:	3:17.40	33.57	400m:	4:23.06	31.95
11.	Daði Þór Friðriksson		07	SH				4:27.91	497	R		
	50m:	28.92	28.92	150m:	1:35.66	33.57	250m:	2:44.96	34.53	350m:	3:55.12	35.22
	100m:	1:02.09	33.17	200m:	2:10.43	34.77	300m:	3:19.90	34.94	400m:	4:27.91	32.79
12.	Karl Björnsson		08	SH				4:29.69	487			
	50m:	29.40	29.40	150m:	1:36.19	34.20	250m:	2:46.13	35.19	350m:	3:55.88	34.55
	100m:	1:01.99	32.59	200m:	2:10.94	34.75	300m:	3:21.33	35.20	400m:	4:29.69	33.81

Íslandsmeistaramótið í 25m laug
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Sundgrein 4, Piltar, 400m skriðsund, Undanrásir, 18 ára og yngri

Sæti			F.ár					Tími	Stig
13.	Guðmundur Halldórsson		04	Sunddeild Breiðabliks				4:30.14	485
	50m:	29.18 29.18	150m:	1:37.12	34.55	250m:	2:46.82 34.93	350m:	3:57.31 35.14
	100m:	1:02.57 33.39	200m:	2:11.89	34.77	300m:	3:22.17 35.35	400m:	4:30.14 32.83
14.	Birgir Hrafn Kjartansson		08	Sundfélagið Ægir				4:30.42	483
	50m:	29.92 29.92	150m:	1:37.14	34.01	250m:	2:46.87 35.03	350m:	3:56.91 34.99
	100m:	1:03.13 33.21	200m:	2:11.84	34.70	300m:	3:21.92 35.05	400m:	4:30.42 33.51
15.	Oliver Kaldal		07	Sundfélagið Ægir				4:31.05	480
	50m:	29.05 29.05	150m:	1:36.16	34.24	250m:	2:46.45 35.18	350m:	3:57.20 35.25
	100m:	1:01.92 32.87	200m:	2:11.27	35.11	300m:	3:21.95 35.50	400m:	4:31.05 33.85
16.	Árni Þór Pálmason		09	Íþróttabandalag Reykjaneshæjar				4:36.29	453
	50m:	30.70 30.70	150m:	1:40.66	35.59	250m:	2:51.14 35.05	350m:	4:01.90 35.34
	100m:	1:05.07 34.37	200m:	2:16.09	35.43	300m:	3:26.56 35.42	400m:	4:36.29 34.39
17.	Adam Leó Tómasson		07	SH				4:40.79	431
	50m:	31.97 31.97	150m:	1:42.42	35.42	250m:	2:53.74 35.64	350m:	4:06.02 36.02
	100m:	1:07.00 35.03	200m:	2:18.10	35.68	300m:	3:30.00 36.26	400m:	4:40.79 34.77
18.	Arnar Milos Arnbjörnsson		08	Íþróttabandalag Reykjaneshæjar				4:43.18	421
	50m:	31.92 31.92	150m:	1:43.44	36.46	250m:	2:56.50 36.33	350m:	4:08.34 35.81
	100m:	1:06.98 35.06	200m:	2:20.17	36.73	300m:	3:32.53 36.03	400m:	4:43.18 34.84