

Íslandsmeistaramótið í 25m laug  
Hafnarfjörður, 18. - 20.11.2022

Sundgrein 4  
18.11.2022 - 16:50

karla, 400m skriðsund

Opinn  
Úrslitalistar Úrslitsund

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	
1.	Veigar Hrafn Sigbórsson		05	SH			<b>3:59.25</b>	698	NM-A NM-B SSÍ
	50m:	26.93 26.93	150m:	1:27.01 30.34	250m:	2:28.29 30.40	350m:	3:29.51 30.29	
	100m:	56.67 29.74	200m:	1:57.89 30.88	300m:	2:59.22 30.93	400m:	3:59.25 29.74	
2.	Guðmundur Karl Karlsson		05	Sunddeild Breiðabliks			<b>4:04.20</b>	656	
	50m:	27.11 27.11	150m:	1:28.64 30.98	250m:	2:31.22 31.23	350m:	3:33.79 31.14	
	100m:	57.66 30.55	200m:	1:59.99 31.35	300m:	3:02.65 31.43	400m:	4:04.20 30.41	
3.	Bjorn Yngvi Guðmundsson		07	SH			<b>4:05.06</b>	649	SSÍ
	50m:	27.31 27.31	150m:	1:28.73 31.05	250m:	2:31.85 31.74	350m:	3:36.12 32.26	
	100m:	57.68 30.37	200m:	2:00.11 31.38	300m:	3:03.86 32.01	400m:	4:05.06 28.94	
4.	Bartosz Henke		05	SH			<b>4:05.39</b>	647	
	50m:	27.36 27.36	150m:	1:28.62 30.88	250m:	2:30.20 30.81	350m:	3:34.38 32.76	
	100m:	57.74 30.38	200m:	1:59.39 30.77	300m:	3:01.62 31.42	400m:	4:05.39 31.01	
5.	Enrique Snær Llorens Sigurðsson		02	Sundfélag Akraness			<b>4:05.93</b>	642	
	50m:	27.66 27.66	150m:	1:28.98 31.01	250m:	2:32.20 31.41	350m:	3:35.43 31.65	
	100m:	57.97 30.31	200m:	2:00.79 31.81	300m:	3:03.78 31.58	400m:	4:05.93 30.50	
6.	Hólmar Grétarsson		08	SH			<b>4:10.31</b>	609	SSÍ
	50m:	28.98 28.98	150m:	1:31.88 31.55	250m:	2:35.63 31.94	350m:	3:39.39 31.88	
	100m:	1:00.33 31.35	200m:	2:03.69 31.81	300m:	3:07.51 31.88	400m:	4:10.31 30.92	
7.	Sigurður Haukur Birgisson		06	Ármann			<b>4:18.18</b>	555	
	50m:	26.74 26.74	150m:	1:28.97 31.85	250m:	2:35.85 33.79	350m:	3:45.57 35.38	
	100m:	57.12 30.38	200m:	2:02.06 33.09	300m:	3:10.19 34.34	400m:	4:18.18 32.61	
8.	Denas Kazulis		08	Íþróttabandalag Reykjanesbæjar			<b>4:19.52</b>	547	SSÍ
	50m:	29.67 29.67	150m:	1:34.72 32.62	250m:	2:40.98 33.32	350m:	3:47.92 33.34	
	100m:	1:02.10 32.43	200m:	2:07.66 32.94	300m:	3:14.58 33.60	400m:	4:19.52 31.60	