

Sundgrein 23  
 28.01.2024 - 9:30

kvenna, 400m skriðsund

 Opinn  
 Úrslitalistar Undanrásir

Meet Record	4:20.23	Beatrice Varley	GBR	Reykjavík	29.01.2023
Icelandic Record	4:20.16	Snaefridur Sol Jorunnardóttir	ISL	Gzira (MLT)	31.05.2023
Icelandic Junior Records	4:20.66	Sunneva Dögg Robertson	IRB	Reykjavík	22.04.2016
Icelandic Age Group Records	4:23.24	Eygló Ósk Gústafsdóttir	AEGIR	Helsinki (FIN)	15.07.2010

Stig: FINA 2023

Sæti	F.ár	Tími	Stig
<b>14 ára og yngri</b>			
1. Alicja Julia Kempisty	10	<b>4:57.58</b>	501
50m: 33.73 33.73	150m: 1:48.66 38.18	250m: 3:05.57 38.76	350m: 4:21.79 37.56
100m: 1:10.48 36.75	200m: 2:26.81 38.15	300m: 3:44.23 38.66	400m: 4:57.58 35.79
2. Guðrún Ísold Harðardóttir	11	<b>5:08.74</b>	448
50m: 34.03 34.03	150m: 1:52.06 39.59	250m: 3:10.96 39.51	350m: 4:30.38 39.84
100m: 1:12.47 38.44	200m: 2:31.45 39.39	300m: 3:50.54 39.58	400m: 5:08.74 38.36
3. Þorgerður Freyja Helgadóttir	11	<b>5:18.01</b>	410
50m: 34.80 34.80	150m: 1:55.11 40.69	250m: 3:16.81 40.87	350m: 4:38.50 40.91
100m: 1:14.42 39.62	200m: 2:35.94 40.83	300m: 3:57.59 40.78	400m: 5:18.01 39.51
4. Natallía Eir Curtis	10	<b>5:18.75</b>	407
50m: 36.53 36.53	150m: 1:58.37 41.05	250m: 3:19.42 40.86	350m: 4:40.38 40.00
100m: 1:17.32 40.79	200m: 2:38.56 40.19	300m: 4:00.38 40.96	400m: 5:18.75 38.37
5. Jórún Winther	11	<b>5:20.58</b>	400
50m: 34.81 34.81	150m: 1:56.18 41.09	250m: 3:18.55 41.46	350m: 4:40.77 40.74
100m: 1:15.09 40.28	200m: 2:37.09 40.91	300m: 4:00.03 41.48	400m: 5:20.58 39.81
6. Þeodís Styrmsdóttir	11	<b>5:26.34</b>	380
50m: 36.26 36.26	150m: 1:58.74 42.33	250m: 3:22.28 42.25	350m: 4:46.30 41.73
100m: 1:16.41 40.15	200m: 2:40.03 41.29	300m: 4:04.57 42.29	400m: 5:26.34 40.04
7. Ida Møller	12	<b>6:11.33</b>	258
50m: 40.12 40.12	150m: 2:15.12 48.60	250m: 3:52.03 48.63	350m: 5:27.86 47.11
100m: 1:26.52 46.40	200m: 3:03.40 48.28	300m: 4:40.75 48.72	400m: 6:11.33 43.47

15 ára og eldri

1. Katja Lilja Andriysoóttir	06	<b>4:31.91</b>	657 Q
50m: 30.30 30.30	150m: 1:37.74 34.42	250m: 2:47.71 35.35	350m: 3:57.53 34.80
100m: 1:03.32 33.02	200m: 2:12.36 34.62	300m: 3:22.73 35.02	400m: 4:31.91 34.38
2. Fenja Romanski	05	<b>4:38.06</b>	614 Q
50m: 31.03 31.03	150m: 1:39.69 34.78	250m: 2:50.78 35.70	350m: 4:02.20 35.81
100m: 1:04.91 33.88	200m: 2:15.08 35.39	300m: 3:26.39 35.61	400m: 4:38.06 35.86
3. Freyja Birkisdóttir	06	<b>4:41.47</b>	592 Q
50m: 31.67 31.67	150m: 1:42.64 36.24	250m: 2:54.20 35.32	350m: 4:06.00 35.97
100m: 1:06.40 34.73	200m: 2:18.88 36.24	300m: 3:30.03 35.83	400m: 4:41.47 35.47
4. Kristiane Frøslev	07	<b>4:43.08</b>	582 Q
50m: 31.91 31.91	150m: 1:44.81 36.66	250m: 2:57.75 35.89	350m: 4:09.45 35.37
100m: 1:08.15 36.24	200m: 2:21.86 37.05	300m: 3:34.08 36.33	400m: 4:43.08 33.63
5. Agnieszka Rudomina	06	<b>4:44.88</b>	571 Q
50m: 32.63 32.63	150m: 1:44.36 36.48	250m: 2:58.10 36.65	350m: 4:10.63 35.92
100m: 1:07.88 35.25	200m: 2:21.45 37.09	300m: 3:34.71 36.61	400m: 4:44.88 34.25
6. Livia Weidick Frische	07	<b>4:47.29</b>	557 Q
50m: 32.16 32.16	150m: 1:44.63 36.59	250m: 2:58.14 36.59	350m: 4:11.38 36.70
100m: 1:08.04 35.88	200m: 2:21.55 36.92	300m: 3:34.68 36.54	400m: 4:47.29 35.91

## Sundgrein 23, kvenna, 400m skriðsund, Undanrásir, 15 ára og eldri

Sæti	F.ár						Tími	Stig				
7.	Patrizia Heinrich						<b>4:50.93</b>	536 Q				
	50m:	32.02	32.02	150m:	1:44.46	36.64	250m:	2:59.19	37.51	350m:	4:13.88	36.80
	100m:	1:07.82	35.80	200m:	2:21.68	37.22	300m:	3:37.08	37.89	400m:	4:50.93	37.05
8.	Sólveig Freyja Hákonardóttir						<b>4:51.18</b>	535 Q				
	50m:	33.15	33.15	150m:	1:47.05		250m:	3:01.35		350m:	4:15.46	
	100m:	2:24.15	1:51.00	200m:	3:38.43	1:51.38	300m:			400m:	4:51.18	35.72
9.	Róa Trygvadóttir						<b>4:52.45</b>	528 R				
	50m:	32.90	32.90	150m:	1:46.39	37.53	250m:	3:01.06	37.36	350m:	4:15.69	37.32
	100m:	1:08.86	35.96	200m:	2:23.70	37.31	300m:	3:38.37	37.31	400m:	4:52.45	36.76
10.	Maja Lind Cicero						<b>4:55.04</b>	514 R				
	50m:	34.17	34.17	150m:	1:47.47	36.70	250m:	3:01.52	36.81	350m:	4:17.94	38.00
	100m:	1:10.77	36.60	200m:	2:24.71	37.24	300m:	3:39.94	38.42	400m:	4:55.04	37.10
11.	Katla María Brynjarsdóttir						<b>4:55.28</b>	513				
	50m:	33.52	33.52	150m:	1:47.50	37.56	250m:	3:03.33	38.10	350m:	4:18.55	37.68
	100m:	1:09.94	36.42	200m:	2:25.23	37.73	300m:	3:40.87	37.54	400m:	4:55.28	36.73
12.	Hulda Björg Magnúsdóttir Nilsen						<b>4:57.26</b>	502				
	50m:	33.03	33.03	150m:	1:47.04	37.60	250m:	3:02.80	38.04	350m:	4:19.43	38.48
	100m:	1:09.44	36.41	200m:	2:24.76	37.72	300m:	3:40.95	38.15	400m:	4:57.26	37.83
13.	Agata Giongo						<b>4:58.16</b>	498				
	50m:	34.29	34.29	150m:	1:49.60	37.87	250m:	3:05.82	38.32	350m:	4:21.62	37.43
	100m:	1:11.73	37.44	200m:	2:27.50	37.90	300m:	3:44.19	38.37	400m:	4:58.16	36.54
14.	Margit Højbro						<b>4:58.45</b>	496				
	50m:	32.84	32.84	150m:	1:47.09	37.76	250m:	3:04.05	38.42	350m:	4:21.04	38.95
	100m:	1:09.33	36.49	200m:	2:25.63	38.54	300m:	3:42.09	38.04	400m:	4:58.45	37.41
15.	Katrín Lóa Ingadóttir						<b>4:59.35</b>	492				
	50m:	34.04	34.04	150m:	1:49.18	37.88	250m:	3:05.49	37.97	350m:	4:22.11	38.31
	100m:	1:11.30	37.26	200m:	2:27.52	38.34	300m:	3:43.80	38.31	400m:	4:59.35	37.24
16.	Lea Petersen						<b>4:59.86</b>	489				
	50m:	33.18	33.18	150m:	1:48.01	37.98	250m:	3:04.93	38.60	350m:	4:22.97	39.15
	100m:	1:10.03	36.85	200m:	2:26.33	38.32	300m:	3:43.82	38.89	400m:	4:59.86	36.89
17.	Karine Ruiz Selberg						<b>5:01.76</b>	480				
	50m:	33.17	33.17	150m:	1:48.36	38.22	250m:	3:06.36	38.87	350m:	4:24.26	38.53
	100m:	1:10.14	36.97	200m:	2:27.49	39.13	300m:	3:45.73	39.37	400m:	5:01.76	37.50
18.	Helga Sigurlaug Helgadóttir						<b>5:02.27</b>	478				
	50m:	33.92	33.92	150m:	1:50.66	38.91	250m:	3:08.41	38.91	350m:	4:25.89	38.96
	100m:	1:11.75	37.83	200m:	2:29.50	38.84	300m:	3:46.93	38.52	400m:	5:02.27	36.38
19.	Ulrikke Bergtun						<b>5:03.34</b>	473				
	50m:	33.78	33.78	150m:	1:48.92	38.11	250m:	3:07.15	39.40	350m:	4:25.66	39.27
	100m:	1:10.81	37.03	200m:	2:27.75	38.83	300m:	3:46.39	39.24	400m:	5:03.34	37.68
20.	Birta Vesturtún						<b>5:06.21</b>	460				
	50m:	33.86	33.86	150m:	1:50.18	38.70	250m:	3:09.13	39.36	350m:	4:27.99	39.11
	100m:	1:11.48	37.62	200m:	2:29.77	39.59	300m:	3:48.88	39.75	400m:	5:06.21	38.22
21.	Sara Stani						<b>5:08.81</b>	448				
	50m:	34.16	34.16	150m:	1:52.37	39.68	250m:	3:11.69	39.73	350m:	4:30.97	39.24
	100m:	1:12.69	38.53	200m:	2:31.96	39.59	300m:	3:51.73	40.04	400m:	5:08.81	37.84
22.	Tinna Karen Sigurðardóttir						<b>5:11.13</b>	438				
	50m:	34.56	34.56	150m:	1:52.64	39.80	250m:	3:11.40	39.46	350m:	4:32.25	40.22
	100m:	1:12.84	38.28	200m:	2:31.94	39.30	300m:	3:52.03	40.63	400m:	5:11.13	38.88

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Sæti	F.ár				Tími	Stig						
23.	Matthildur María Ríkarðsdóttir				09	Sh	<b>5:12.06</b>	434				
	50m:	34.89	34.89	150m:	1:53.16	40.04	250m:	3:13.27	40.08	350m:	4:33.90	39.73
	100m:	1:13.12	38.23	200m:	2:33.19	40.03	300m:	3:54.17	40.90	400m:	5:12.06	38.16
24.	Kristín Ásta Sigtryggsdóttir				09	Sundfélagið Ægir	<b>5:12.23</b>	434				
	50m:	35.18	35.18	150m:	1:54.50	39.83	250m:	3:13.27	39.23	350m:	4:33.14	39.65
	100m:	1:14.67	39.49	200m:	2:34.04	39.54	300m:	3:53.49	40.22	400m:	5:12.23	39.09
25.	Aldís Ogmundsdóttir				09	Sunddeild KR	<b>5:13.99</b>	426				
	50m:	35.17	35.17	150m:	1:54.38	40.27	250m:	3:14.15	39.75	350m:	4:35.31	40.53
	100m:	1:14.11	38.94	200m:	2:34.40	40.02	300m:	3:54.78	40.63	400m:	5:13.99	38.68
26.	Rebekka Rún Magnúsdóttir				08	Sh	<b>5:18.76</b>	407				
	50m:	35.75	35.75	150m:	1:57.66	41.13	250m:	3:19.89	41.56	350m:	4:40.43	39.77
	100m:	1:16.53	40.78	200m:	2:38.33	40.67	300m:	4:00.66	40.77	400m:	5:18.76	38.33
27.	Vilte Milleryte				09	Íþróttabandalag Reykjanesbæjar	<b>5:25.25</b>	383				
	50m:	36.20	36.20	150m:	1:57.58	41.92	250m:	3:21.77	42.07	350m:	4:45.82	42.16
	100m:	1:15.66	39.46	200m:	2:39.70	42.12	300m:	4:03.66	41.89	400m:	5:25.25	39.43
28.	Freyja Sigríður Ásgeirsdóttir				07	Sundfélagið Ægir	<b>5:27.22</b>	377				
	50m:	35.71	35.71	150m:	1:56.90	41.56	250m:	3:22.61	43.40	350m:	4:47.57	42.11
	100m:	1:15.34	39.63	200m:	2:39.21	42.31	300m:	4:05.46	42.85	400m:	5:27.22	39.65
29.	Hugrún Guðmundsdóttir				08	Sundfélagið Ægir	<b>5:28.78</b>	371				
	50m:	36.59	36.59	150m:	1:58.32	41.21	250m:	3:22.54	42.65	350m:	4:48.74	42.83
	100m:	1:17.11	40.52	200m:	2:39.89	41.57	300m:	4:05.91	43.37	400m:	5:28.78	40.04
30.	Birna Rún Jónsdóttir				09	Umf Afturelding	<b>5:37.80</b>	342				
	50m:	36.09	36.09	150m:	2:00.02	42.99	250m:	3:28.03	43.63	350m:	4:56.73	44.88
	100m:	1:17.03	40.94	200m:	2:44.40	44.38	300m:	4:11.85	43.82	400m:	5:37.80	41.07
31.	Ninna Í Hjøllum				09	Suðuroyar Svímjifelag	<b>5:40.32</b>	335				
	50m:	36.73	36.73	150m:	2:01.31	43.10	250m:	3:29.70	44.59	350m:	4:57.85	44.02
	100m:	1:18.21	41.48	200m:	2:45.11	43.80	300m:	4:13.83	44.13	400m:	5:40.32	42.47
32.	Agnes Kramer				98	Sweden	<b>6:26.59</b>	228				
	50m:	41.41	41.41	150m:	2:17.64	48.98	250m:	3:57.26	50.31	350m:	5:37.84	50.53
	100m:	1:28.66	47.25	200m:	3:06.95	49.31	300m:	4:47.31	50.05	400m:	6:26.59	48.75
33.	Ida Andersson Wulf				98	Sweden	<b>6:32.92</b>	217				
	50m:	46.12	46.12	150m:	2:25.24	49.21	250m:	4:05.26	50.27	350m:	5:45.58	50.31
	100m:	1:36.03	49.91	200m:	3:14.99	49.75	300m:	4:55.27	50.01	400m:	6:32.92	47.34