

Sundgrein 5
26.01.2024 - 16:46

karla, 400m fjórsund

Opinn
Úrslitalistar

Meet Record	4:34.61	Sindir Þór Jakobsson	NOR		
Icelandic Record	4:23.64	Anton Sveinn McKee	AEGIR	Laugardalslaug	15.04.2012
Icelandic Junior Records	4:30.15	Anton Sveinn McKee	AEGIR	Belgrade (SRB)	10.07.2011
Icelandic Age Group Records	4:35.30	Hólmar Grétarsson	SH	Maribor (SLO)	28.07.2023

Stig: FINA 2023

Sæti			F.ár			Tími	Stig	
15 ára og yngri								
1.	Noah Galli		09	Schwimmclub Meilen		5:17.96	451	
	50m: 31.08	31.08	150m: 1:51.68	43.37	250m: 3:19.58	45.79	350m: 4:42.65	36.93
	100m: 1:08.31	37.23	200m: 2:33.79	42.11	300m: 4:05.72	46.14	400m: 5:17.96	35.31
2.	Luka van der Merwe		09	Schwimmclub Meilen		5:36.50	380	
	50m: 34.98	34.98	150m: 1:57.57	42.52	250m: 3:25.76	45.90	350m: 4:54.72	42.00
	100m: 1:15.05	40.07	200m: 2:39.86	42.29	300m: 4:12.72	46.96	400m: 5:36.50	41.78
3.	Adam Tetzschner		09	Nuuk		5:45.81	350	
	50m: 34.54	34.54	150m: 2:02.26	46.44	250m: 3:37.27	49.38	350m: 5:07.80	38.96
	100m: 1:15.82	41.28	200m: 2:47.89	45.63	300m: 4:28.84	51.57	400m: 5:45.81	38.01
4.	Ragnar Halldórsson		09	Sunddeild Breiðabliks		5:54.58	325	
	50m: 37.24	37.24	150m: 2:07.61	45.50	250m: 3:42.73	49.38	350m: 5:14.85	41.08
	100m: 1:22.11	44.87	200m: 2:53.35	45.74	300m: 4:33.77	51.04	400m: 5:54.58	39.73

Opinn

1.	Attila Polster		07	Schwimmclub Thalwil		4:36.58	685	
	50m: 28.13	28.13	150m: 1:36.87	36.74	250m: 2:52.63	39.39	350m: 4:05.15	32.80
	100m: 1:00.13	32.00	200m: 2:13.24	36.37	300m: 3:32.35	39.72	400m: 4:36.58	31.43
2.	Christian Thorhauge		05	Aalborg		4:39.22	666	
	50m: 28.22	28.22	150m: 1:38.13	37.04	250m: 2:53.56	38.73	350m: 4:07.64	32.71
	100m: 1:01.09	32.87	200m: 2:14.83	36.70	300m: 3:34.93	41.37	400m: 4:39.22	31.58
3.	Hólmar Grétarsson		08	Sh		4:42.96	639	
	50m: 30.09	30.09	150m: 1:42.60	38.39	250m: 2:58.76	38.99	350m: 4:11.15	33.32
	100m: 1:04.21	34.12	200m: 2:19.77	37.17	300m: 3:37.83	39.07	400m: 4:42.96	31.81
4.	Adam Leó Tómasson		07	Sh		4:53.08	575	
	50m: 30.78	30.78	150m: 1:45.61	38.22	250m: 3:04.98	40.09	350m: 4:20.78	34.23
	100m: 1:07.39	36.61	200m: 2:24.89	39.28	300m: 3:46.55	41.57	400m: 4:53.08	32.30
5.	Til Erzinger		05	Schwimmclub Thalwil		4:54.40	568	
	50m: 29.53	29.53	150m: 1:42.94	38.87	250m: 3:03.16	41.59	350m: 4:20.96	35.23
	100m: 1:04.07	34.54	200m: 2:21.57	38.63	300m: 3:45.73	42.57	400m: 4:54.40	33.44
6.	Ymir Chatenay Solvason		06	Sunddeild Breiðabliks		4:54.55	567	
	50m: 30.14	30.14	150m: 1:45.31	40.52	250m: 3:08.03	44.07	350m: 4:25.33	33.56
	100m: 1:04.79	34.65	200m: 2:23.96	38.65	300m: 3:51.77	43.74	400m: 4:54.55	29.22
7.	Daði Rafn Falsson		08	Íþróttabandalag Reykjanesbæjar		4:55.46	562	
	50m: 30.27	30.27	150m: 1:45.63	40.13	250m: 3:06.53	41.82	350m: 4:22.47	34.03
	100m: 1:05.50	35.23	200m: 2:24.71	39.08	300m: 3:48.44	41.91	400m: 4:55.46	32.99
8.	Bárður Ólavsson		08	Fuglafjarðar Svímjifélag		4:59.98	537	
	50m: 30.22	30.22	150m: 1:45.98	40.34	250m: 3:08.05	43.20	350m: 4:27.18	35.35
	100m: 1:05.64	35.42	200m: 2:24.85	38.87	300m: 3:51.83	43.78	400m: 4:59.98	32.80
9.	Rasmus Starcke Jeppesen		08	Aalborg		5:07.85	496	
	50m: 31.66	31.66	150m: 1:50.97	42.48	250m: 3:13.12	41.26	350m: 4:32.79	37.08
	100m: 1:08.49	36.83	200m: 2:31.86	40.89	300m: 3:55.71	42.59	400m: 5:07.85	35.06

Sundgrein 5, karla, 400m fjórsund, Opinn

Sæti	F.ár						Tími	Stig			
10. Bartosz Henke	05 Sh						5:11.21	481			
50m:	30.50	30.50	150m:	1:50.28	43.53	250m:	3:15.46	44.41	350m:	4:36.68	37.52
100m:	1:06.75	36.25	200m:	2:31.05	40.77	300m:	3:59.16	43.70	400m:	5:11.21	34.53
11. Noah Galli	09 Schwimmclub Meilen						5:17.96	451			
50m:	31.08	31.08	150m:	1:51.68	43.37	250m:	3:19.58	45.79	350m:	4:42.65	36.93
100m:	1:08.31	37.23	200m:	2:33.79	42.11	300m:	4:05.72	46.14	400m:	5:17.96	35.31
12. Dominic Daði Wheeler	07 Sunddeild Breiðabliks						5:21.49	436			
50m:	30.43	30.43	150m:	1:50.61	44.02	250m:	3:19.42	45.58	350m:	4:44.37	38.30
100m:	1:06.59	36.16	200m:	2:33.84	43.23	300m:	4:06.07	46.65	400m:	5:21.49	37.12
13. Luka van der Merwe	09 Schwimmclub Meilen						5:36.50	380			
50m:	34.98	34.98	150m:	1:57.57	42.52	250m:	3:25.76	45.90	350m:	4:54.72	42.00
100m:	1:15.05	40.07	200m:	2:39.86	42.29	300m:	4:12.72	46.96	400m:	5:36.50	41.78
14. Adam Tetzschner	09 Nuuk						5:45.81	350			
50m:	34.54	34.54	150m:	2:02.26	46.44	250m:	3:37.27	49.38	350m:	5:07.80	38.96
100m:	1:15.82	41.28	200m:	2:47.89	45.63	300m:	4:28.84	51.57	400m:	5:45.81	38.01
15. Ragnar Halldórsson	09 Sunddeild Breiðabliks						5:54.58	325			
50m:	37.24	37.24	150m:	2:07.61	45.50	250m:	3:42.73	49.38	350m:	5:14.85	41.08
100m:	1:22.11	44.87	200m:	2:53.35	45.74	300m:	4:33.77	51.04	400m:	5:54.58	39.73
LAUKekki Max Ellertsen	07 Bergensvømmerne										
50m:	32.45	32.45	150m:			250m:			350m:		
100m:	1:12.26	39.81	200m:			300m:			400m:		