

Sundgrein 6 kvenna, 400m fjórsund Opinn  
 26.01.2024 - 17:02 Úrslitalistar

Meet Record	4:52.05	Beatrice Varley	GBR	Reykjavík	27.01.2023
Icelandic Record	4:46.70	Hrafnhildur Luthersdóttir	SH	Reykjavík	05.06.2015
Icelandic Junior Records	4:55.17	Eygló Ósk Gústafsdóttir	AEGIR	Luxembourg (LUX)	31.05.2013
Icelandic Age Group Records	5:04.17	Eygló Ósk Gústafsdóttir	AEGIR	Reykjanesbaer	29.05.2010

Stig: FINA 2023

Sæti	F.ár		Tími		Stig
<b>14 ára og yngri</b>					
1.	Álfrún Lóa Jónsdóttir	10	Fjölnir	<b>6:02.61</b>	396
	50m: 41.60 41.60	150m: 2:24.07 49.65	250m: 3:57.88 47.93	350m: 5:26.07 40.62	
	100m: 1:34.42 52.82	200m: 3:09.95 45.88	300m: 4:45.45 47.57	400m: 6:02.61 36.54	
2.	Natalía Eir Curtis	10	Ármann	<b>6:02.85</b>	395
	50m: 41.30 41.30	150m: 2:16.16 44.39	250m: 3:53.43 52.89	350m: 5:25.12 39.17	
	100m: 1:31.77 50.47	200m: 3:00.54 44.38	300m: 4:45.95 52.52	400m: 6:02.85 37.73	
3.	Íris Ásta Magnúsdóttir	11	Sunddeild Breiðabliks	<b>6:05.83</b>	385
	50m: 40.62 40.62	150m: 2:13.22 44.02	250m: 3:48.11 51.34	350m: 5:23.06 43.41	
	100m: 1:29.20 48.58	200m: 2:56.77 43.55	300m: 4:39.65 51.54	400m: 6:05.83 42.77	
4.	Þeódís Styrmsdóttir	11	Sunddeild Breiðabliks	<b>6:14.25</b>	360
	50m: 40.75 40.75	150m: 2:20.17 48.73	250m: 3:59.63 50.92	350m: 5:33.49 42.07	
	100m: 1:31.44 50.69	200m: 3:08.71 48.54	300m: 4:51.42 51.79	400m: 6:14.25 40.76	
5.	Ísabella Jóhannsdóttir	10	Sundfélagið Óðinn	<b>6:17.62</b>	350
	50m: 40.38 40.38	150m: 2:23.01 52.82	250m: 4:02.87 48.84	350m: 5:35.96 43.59	
	100m: 1:30.19 49.81	200m: 3:14.03 51.02	300m: 4:52.37 49.50	400m: 6:17.62 41.66	

## Opinn

1.	Freyja Birkisdóttir	06	Sunddeild Breiðabliks	<b>5:12.44</b>	619
	50m: 31.15 31.15	150m: 1:51.91 42.11	250m: 3:14.43 41.83	350m: 4:36.96 36.31	
	100m: 1:09.80 38.65	200m: 2:32.60 40.69	300m: 4:00.65 46.22	400m: 5:12.44 35.48	
2.	Katla Mist Bragadóttir	07	Ármann	<b>5:32.01</b>	516
	50m: 34.54 34.54	150m: 2:03.17 46.47	250m: 3:32.11 43.76	350m: 4:55.14 37.96	
	100m: 1:16.70 42.16	200m: 2:48.35 45.18	300m: 4:17.18 45.07	400m: 5:32.01 36.87	
3.	Freydís Lilja Bergþórsdóttir	09	Íþróttabandalag Reykjanesbæjar	<b>5:43.86</b>	464
	50m: 35.89 35.89	150m: 2:00.92 44.29	250m: 3:33.40 49.00	350m: 5:02.78 39.85	
	100m: 1:16.63 40.74	200m: 2:44.40 43.48	300m: 4:22.93 49.53	400m: 5:43.86 41.08	
4.	Álfrún Lóa Jónsdóttir	10	Fjölnir	<b>6:02.61</b>	396
	50m: 41.60 41.60	150m: 2:24.07 49.65	250m: 3:57.88 47.93	350m: 5:26.07 40.62	
	100m: 1:34.42 52.82	200m: 3:09.95 45.88	300m: 4:45.45 47.57	400m: 6:02.61 36.54	
5.	Natalía Eir Curtis	10	Ármann	<b>6:02.85</b>	395
	50m: 41.30 41.30	150m: 2:16.16 44.39	250m: 3:53.43 52.89	350m: 5:25.12 39.17	
	100m: 1:31.77 50.47	200m: 3:00.54 44.38	300m: 4:45.95 52.52	400m: 6:02.85 37.73	
6.	Íris Ásta Magnúsdóttir	11	Sunddeild Breiðabliks	<b>6:05.83</b>	385
	50m: 40.62 40.62	150m: 2:13.22 44.02	250m: 3:48.11 51.34	350m: 5:23.06 43.41	
	100m: 1:29.20 48.58	200m: 2:56.77 43.55	300m: 4:39.65 51.54	400m: 6:05.83 42.77	
7.	Rebekka Rún Magnúsdóttir	08	Sh	<b>6:07.62</b>	380
	50m: 38.80 38.80	150m: 2:14.01 47.92	250m: 3:53.53 55.20	350m: 5:29.18 41.76	
	100m: 1:26.09 47.29	200m: 2:58.33 44.32	300m: 4:47.42 53.89	400m: 6:07.62 38.44	
8.	Dagmar Arna Sigurðardóttir	09	Sh	<b>6:14.18</b>	360
	50m: 40.63 40.63	150m: 2:14.24 43.97	250m: 3:54.45 57.14	350m: 5:33.68 41.20	
	100m: 1:30.27 49.64	200m: 2:57.31 43.07	300m: 4:52.48 58.03	400m: 6:14.18 40.50	

## Sundgrein 6, kvenna, 400m fjórsund, Opinn

Sæti			F.ár				Tími		Stig
9.	Þeódís Styrmsdóttir		11		Sunddeild Breiðabliks		<b>6:14.25</b>		360
	50m:	40.75 40.75	150m:	2:20.17 48.73	250m:	3:59.63 50.92	350m:	5:33.49 42.07	
	100m:	1:31.44 50.69	200m:	3:08.71 48.54	300m:	4:51.42 51.79	400m:	6:14.25 40.76	
10.	Ísabella Jóhannsdóttir		10		Sundfélagið Óðinn		<b>6:17.62</b>		350
	50m:	40.38 40.38	150m:	2:23.01 52.82	250m:	4:02.87 48.84	350m:	5:35.96 43.59	
	100m:	1:30.19 49.81	200m:	3:14.03 51.02	300m:	4:52.37 49.50	400m:	6:17.62 41.66	
ÓG.	Iga Sobek		06		Młodzieżowy Klub Pływacki Gdansk		<b>5:48.84</b>		
	<i>Ba9 - Not on back when leaving wall (SW 6.4)</i>								
	50m:	36.78 36.78	150m:	2:06.86 47.36	250m:	3:39.47 46.61	350m:	5:08.81 42.58	
	100m:	1:19.50 42.72	200m:	2:52.86 46.00	300m:	4:26.23 46.76	400m:	5:48.84 40.03	