

Sundgrein 17

kvenna, 400m fjórsund

Opinn

11.11.2023 - 17:00

Úrslitalistar Úrslitsund

Íslandsmet	4:43.56	Hrafnhildur Luthersdóttir	SH	Hafnarfjörður	15.11.2015
Unglingamet	4:46.36	Eygló Ósk Gústafsdóttir	AEGIR	Hafnarfjörður	24.11.2013
Aldursflokkamet	4:53.67	Ólöf Edda Eðvarðsdóttir	IRB	Laugardalslaug	10.12.2011

EM25 : 4:48.31 / NM-A 18+ : 4:52.62; 14 - 17: 4:59.35 / NM-B 18+ : 4:55.58; 14 - 17: 5:02.37 / A-landslíð : 4:54.19 /

Úrvalshópur 20: 4:55.58; 19: 4:56.93; 18: 4:59.66 / Unglingalandslíð 17: 5:02.37; 16: 5:04.55; 15: 5:08.55 /

Framtíðarhópur 14: 5:12.55; 13: 5:19.20; 12: 5:29.58

Stig: FINA 2023

Sæti			Aldur				Tími				Stig	
1.	Eva Margrét Falsdóttir		18		ÍRB		4:53.14				689	NM-B A-landsl Ú
	50m:	30.61 30.61	150m:	1:44.61 38.31	250m:	3:03.42 41.02	350m:	4:19.88 35.14	400m:	4:53.14 33.26		
	100m:	1:06.30 35.69	200m:	2:22.40 37.79	300m:	3:44.74 41.32						
2.	Freyja Birkisdóttir		17		Breiðablik		4:59.41				646	NM-B Unglinga
	50m:	31.87 31.87	150m:	1:52.58 42.18	250m:	3:11.87 39.64	350m:	4:26.75 33.77	400m:	4:59.41 32.66		
	100m:	1:10.40 38.53	200m:	2:32.23 39.65	300m:	3:52.98 41.11						
3.	Sunna Arnfinnsdóttir		16		ÍA		5:00.01				642	NM-B Unglinga
	50m:	32.68 32.68	150m:	1:49.80 39.05	250m:	3:10.84 43.23	350m:	4:28.29 34.37	400m:	5:00.01 31.72		
	100m:	1:10.75 38.07	200m:	2:27.61 37.81	300m:	3:53.92 43.08						
4.	Sólveig Freyja Hákonardóttir		14		Breiðablik		5:06.38				603	Framtíð
	50m:	33.15 33.15	150m:	1:52.37 40.96	250m:	3:15.79 43.11	350m:	4:33.86 34.31	400m:	5:06.38 32.52		
	100m:	1:11.41 38.26	200m:	2:32.68 40.31	300m:	3:59.55 43.76						
5.	Maja Lind Cicero		18		SH		5:13.55				563	
	50m:	32.35 32.35	150m:	1:51.74 41.49	250m:	3:16.54 43.10	350m:	4:38.32 36.95	400m:	5:13.55 35.23		
	100m:	1:10.25 37.90	200m:	2:33.44 41.70	300m:	4:01.37 44.83						
6.	Kátla Mist Bragadóttir		16		Árman		5:19.02				534	
	50m:	35.00 35.00	150m:	1:58.65 43.54	250m:	3:23.67 41.69	350m:	4:44.10 37.64	400m:	5:19.02 34.92		
	100m:	1:15.11 40.11	200m:	2:41.98 43.33	300m:	4:06.46 42.79						
7.	Adriana Agnes Derti		13		ÍRB		5:30.28				481	
	50m:	34.05 34.05	150m:	1:54.76 41.95	250m:	3:25.35 49.61	350m:	4:53.90 38.08	400m:	5:30.28 36.38		
	100m:	1:12.81 38.76	200m:	2:35.74 40.98	300m:	4:15.82 50.47						
8.	Freydís Lilja Bergþórsdóttir		14		ÍRB		5:38.05				449	
	50m:	36.05 36.05	150m:	2:00.04 41.85	250m:	3:30.50 48.61	350m:	4:59.02 39.84	400m:	5:38.05 39.03		
	100m:	1:18.19 42.14	200m:	2:41.89 41.85	300m:	4:19.18 48.68						