

Event 17 Open
 11.11.2023 - 9:30 Results Prelim
Women, 400m Medley

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-landslið : 4:54.19 /
 Úrvalshópur 20: 4:55.58; 19: 4:56.93; 18: 4:59.66 / Unglingalandslið 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

Points: FINA 2023

Rank			Age			Time	Pts	
18 years and younger								
1.	Eva Margret Falsdóttir		18	ÍRB		4:59.19	648	Q Úrvals
	50m:	30.89 30.89	150m:	1:46.11 39.03	250m:	3:07.27 41.61	350m:	4:24.35 35.52
	100m:	1:07.08 36.19	200m:	2:25.66 39.55	300m:	3:48.83 41.56	400m:	4:59.19 34.84
2.	Freyja Birkisdóttir		17	Breiðablik		5:03.59	620	Q
	50m:	31.36 31.36	150m:	1:51.56 42.69	250m:	3:11.51 39.62	350m:	4:28.96 35.63
	100m:	1:08.87 37.51	200m:	2:31.89 40.33	300m:	3:53.33 41.82	400m:	5:03.59 34.63
3.	Sunna Arnfinnsdóttir		16	ÍA		5:06.15	605	Q
	50m:	33.33 33.33	150m:	1:51.03 39.23	250m:	3:12.88 43.40	350m:	4:31.84 35.25
	100m:	1:11.80 38.47	200m:	2:29.48 38.45	300m:	3:56.59 43.71	400m:	5:06.15 34.31
4.	Sunneva Bergmann Asbjörnsdóttir		16	ÍRB		5:08.15	593	Q
	50m:	33.12 33.12	150m:	1:52.01 39.86	250m:	3:14.33 43.43	350m:	4:34.23 35.12
	100m:	1:12.15 39.03	200m:	2:30.90 38.89	300m:	3:59.11 44.78	400m:	5:08.15 33.92
5.	Solveig Freyja Hakonardóttir		14	Breiðablik		5:09.32	586	Q Framtíð
	50m:	33.63 33.63	150m:	1:52.85 40.19	250m:	3:16.93 44.28	350m:	4:36.00 34.70
	100m:	1:12.66 39.03	200m:	2:32.65 39.80	300m:	4:01.30 44.37	400m:	5:09.32 33.32
6.	Kátla Mist Bragadóttir		16	Ármann		5:19.78	530	Q
	50m:	34.32 34.32	150m:	1:58.24 43.73	250m:	3:23.15 41.64	350m:	4:44.51 37.61
	100m:	1:14.51 40.19	200m:	2:41.51 43.27	300m:	4:06.90 43.75	400m:	5:19.78 35.27
7.	Maja Lind Cicero		18	SH		5:23.43	513	Q
	50m:	34.92 34.92	150m:	1:59.73 44.36	250m:	3:25.28 43.86	350m:	4:47.83 37.52
	100m:	1:15.37 40.45	200m:	2:41.42 41.69	300m:	4:10.31 45.03	400m:	5:23.43 35.60
8.	Freydis Lilja Bergthorsdóttir		14	ÍRB		5:29.73	484	Q
	50m:	36.14 36.14	150m:	1:58.57 41.21	250m:	3:27.01 48.14	350m:	4:52.33 37.73
	100m:	1:17.36 41.22	200m:	2:38.87 40.30	300m:	4:14.60 47.59	400m:	5:29.73 37.40
9.	Elisabet Arnósdóttir		14	ÍRB		5:30.64	480	Q
	50m:	31.93 31.93	150m:	1:52.44 42.36	250m:	3:23.50 48.66	350m:	4:52.21 39.51
	100m:	1:10.08 38.15	200m:	2:34.84 42.40	300m:	4:12.70 49.20	400m:	5:30.64 38.43
10.	Adriana Agnes Derti		13	ÍRB		5:32.90	470	R
	50m:	34.99 34.99	150m:	1:56.36 41.09	250m:	3:27.34 50.10	350m:	4:55.99 37.78
	100m:	1:15.27 40.28	200m:	2:37.24 40.88	300m:	4:18.21 50.87	400m:	5:32.90 36.91
11.	Austeja Savickaite		14	ÍRB		5:38.21	448	R
	50m:	37.06 37.06	150m:	2:04.57 44.56	250m:	3:32.77 46.02	350m:	5:00.07 40.16
	100m:	1:20.01 42.95	200m:	2:46.75 42.18	300m:	4:19.91 47.14	400m:	5:38.21 38.14
12.	Ema Austa Pratusyte		13	SH		5:43.87	426	
	50m:	36.52 36.52	150m:	2:04.75 43.58	250m:	3:37.02 49.08	350m:	5:06.32 38.98
	100m:	1:21.17 44.65	200m:	2:47.94 43.19	300m:	4:27.34 50.32	400m:	5:43.87 37.55
13.	Natalia Eir Curtis		13	Ármann		5:52.29	397	
	50m:	40.51 40.51	150m:	2:11.05 42.67	250m:	3:45.34 51.69	350m:	5:14.96 38.15
	100m:	1:28.38 47.87	200m:	2:53.65 42.60	300m:	4:36.81 51.47	400m:	5:52.29 37.33
14.	Alfrun Loa Jonsdóttir		13	Fjölnir		6:00.28	371	
	50m:	41.29 41.29	150m:	2:21.05 47.62	250m:	3:53.83 47.29	350m:	5:22.28 41.41
	100m:	1:33.43 52.14	200m:	3:06.54 45.49	300m:	4:40.87 47.04	400m:	6:00.28 38.00