

Sundgrein 28

kvenna, 800m skriðsund

Opinn
Úrslitalistar

11.11.2023 - 18:43

Íslandsmet	8:38.79	Inga Elín Cryer	IA	Doha (QAT)	04.12.2014
Unglingamet	8:41.79	Inga Elín Cryer	IA	Laugardalslaug	09.12.2011
Aldursflokkamet	8:49.26	Eygló Ósk Gústafsdóttir	AEGIR	Hafnarfjoerdur	24.06.2010

EM25 : 8:48.93 / NM-A 18 +: 8:56.83; 14 - 17: 9:09.18 / NM-B 18 +: 9:02.26; 14 - 17: 9:14.72 / A-landslið : 8:59.72 /
Úrvalshópur 20: 9:02.26; 19: 9:04.74; 18: 9:09.76 / Unglingalandslið 17: 9:14.72; 16: 9:18.72; 15: 9:26.06 /
Framtíðarhópur 14: 9:33.40; 13: 9:45.60; 12: 10:04.65

Stig: FINA 2023

Sæti	Aldur		Tími		Stig	
1.	17 SH		9:02.61		681	NM-A NM-B Ung
	100m: 1:02.44 1:02.44	300m: 3:17.89 1:07.92	500m: 5:36.08 1:09.34	700m: 7:55.30 1:09.45		
	200m: 2:09.97 1:07.53	400m: 4:26.74 1:08.85	600m: 6:45.85 1:09.77	800m: 9:02.61 1:07.31		
2.	14 Breiðablik		9:03.76		676	NM-A NM-B Fran
	100m: 1:05.22 1:05.22	300m: 3:24.57 1:09.70	500m: 5:42.34 1:08.51	700m: 7:58.37 1:07.72		
	200m: 2:14.87 1:09.65	400m: 4:33.83 1:09.26	600m: 6:50.65 1:08.31	800m: 9:03.76 1:05.39		
3.	17 Breiðablik		9:03.82		676	NM-A NM-B Ung
	100m: 1:05.87 1:05.87	300m: 3:25.12 1:09.37	500m: 5:40.53 1:07.50	700m: 7:57.19 1:08.32		
	200m: 2:15.75 1:09.88	400m: 4:33.03 1:07.91	600m: 6:48.87 1:08.34	800m: 9:03.82 1:06.63		
4.	16 ÍRB		9:10.59		651	NM-B Unglinga
	100m: 1:04.51 1:04.51	300m: 3:21.40 1:08.59	500m: 5:40.21 1:09.68	700m: 8:00.93 1:10.50		
	200m: 2:12.81 1:08.30	400m: 4:30.53 1:09.13	600m: 6:50.43 1:10.22	800m: 9:10.59 1:09.66		
5.	14 Breiðablik		9:16.07		632	Framtíð
	100m: 1:04.71 1:04.71	300m: 3:24.50 1:10.39	500m: 5:45.56 1:10.92	700m: 8:07.12 1:10.58		
	200m: 2:14.11 1:09.40	400m: 4:34.64 1:10.14	600m: 6:56.54 1:10.98	800m: 9:16.07 1:08.95		
6.	16 ÍRB		9:32.50		579	
	100m: 1:06.66 1:06.66	300m: 3:30.90 1:12.47	500m: 5:56.31 1:12.71	700m: 8:21.87 1:12.65		
	200m: 2:18.43 1:11.77	400m: 4:43.60 1:12.70	600m: 7:09.22 1:12.91	800m: 9:32.50 1:10.63		
7.	15 Ármann		9:43.04		549	
	100m: 1:08.66 1:08.66	300m: 3:35.05 1:13.92	500m: 6:02.72 1:13.69	700m: 8:30.77 1:13.99		
	200m: 2:21.13 1:12.47	400m: 4:49.03 1:13.98	600m: 7:16.78 1:14.06	800m: 9:43.04 1:12.27		
8.	15 Ægir		9:46.64		538	
	100m: 1:07.71 1:07.71	300m: 3:35.09 1:14.01	500m: 6:05.36 1:15.23	700m: 8:34.51 1:14.08		
	200m: 2:21.08 1:13.37	400m: 4:50.13 1:15.04	600m: 7:20.43 1:15.07	800m: 9:46.64 1:12.13		
9.	15 Breiðablik		9:52.29		523	
	100m: 1:08.14 1:08.14	300m: 3:35.84 1:14.57	500m: 6:06.82 1:15.54	700m: 8:38.23 1:15.50		
	200m: 2:21.27 1:13.13	400m: 4:51.28 1:15.44	600m: 7:22.73 1:15.91	800m: 9:52.29 1:14.06		
10.	15 SH		10:06.12		488	
	100m: 1:10.14 1:10.14	300m: 3:42.48 1:16.54	500m: 6:16.57 1:17.14	700m: 8:51.48 1:17.38		
	200m: 2:25.94 1:15.80	400m: 4:59.43 1:16.95	600m: 7:34.10 1:17.53	800m: 10:06.12 1:14.64		
11.	12 Breiðablik		10:12.58		473	
	100m: 1:10.19 1:10.19	300m: 3:44.53 1:17.53	500m: 6:20.22 1:17.83	700m: 8:56.02 1:17.74		
	200m: 2:27.00 1:16.81	400m: 5:02.39 1:17.86	600m: 7:38.28 1:18.06	800m: 10:12.58 1:16.56		
12.	13 Ármann		10:16.75		463	
	100m: 1:14.41 1:14.41	300m: 3:51.58 1:18.66	500m: 6:26.37 1:16.90	700m: 9:01.82 1:17.53		
	200m: 2:32.92 1:18.51	400m: 5:09.47 1:17.89	600m: 7:44.29 1:17.92	800m: 10:16.75 1:14.93		
13.	15 SH		10:24.22		447	
	100m: 1:12.55 1:12.55	300m: 3:48.88 1:18.47	500m: 6:28.98 1:20.53	700m: 9:08.84 1:19.75		
	200m: 2:30.41 1:17.86	400m: 5:08.45 1:19.57	600m: 7:49.09 1:20.11	800m: 10:24.22 1:15.38		
14.	15 Ægir		10:24.61		446	
	100m: 1:12.38 1:12.38	300m: 3:49.05 1:18.50	500m: 6:27.60 1:19.00	700m: 9:06.86 1:19.80		
	200m: 2:30.55 1:18.17	400m: 5:08.60 1:19.55	600m: 7:47.06 1:19.46	800m: 10:24.61 1:17.75		
15.	12 Breiðablik		10:25.10		445	
	100m: 1:12.59 1:12.59	300m: 3:50.78 1:19.37	500m: 6:31.02 1:20.43	700m: 9:09.75 1:18.90		
	200m: 2:31.41 1:18.82	400m: 5:10.59 1:19.81	600m: 7:50.85 1:19.83	800m: 10:25.10 1:15.35		

Sundgrein 28, kvenna, 800m skriðsund, Opinn

Sæti			Aldur				Tími		Stig
16.	Karen Sif Helgadóttir		13		Fjölnir		10:34.67		425
	100m:	1:11.43 1:11.43	300m:	3:52.20 1:21.61	500m:	6:35.81 1:21.37	700m:	9:17.45 1:20.77	
	200m:	2:30.59 1:19.16	400m:	5:14.44 1:22.24	600m:	7:56.68 1:20.87	800m:	10:34.67 1:17.22	
17.	Guðbjörg Helga Hilmarsdóttir		12		Breiðablik		10:48.47		399
	100m:	1:16.38 1:16.38	300m:	4:01.61 1:22.89	500m:	6:47.88 1:23.18	700m:	9:30.31 1:21.19	
	200m:	2:38.72 1:22.34	400m:	5:24.70 1:23.09	600m:	8:09.12 1:21.24	800m:	10:48.47 1:18.16	
18.	Vilte Milleryte		14		ÍRB		11:01.14		376
	100m:	1:14.00 1:14.00	300m:	3:59.13 1:23.20	500m:	6:49.67 1:26.01	700m:	9:39.50 1:24.88	
	200m:	2:35.93 1:21.93	400m:	5:23.66 1:24.53	600m:	8:14.62 1:24.95	800m:	11:01.14 1:21.64	

18 ára og yngri

1.	Katja Lilja Andriysoðóttir		17		SH		9:02.61		681	NM-A NM-B Ung
	100m:	1:02.44 1:02.44	300m:	3:17.89 1:07.92	500m:	5:36.08 1:09.34	700m:	7:55.30 1:09.45		
	200m:	2:09.97 1:07.53	400m:	4:26.74 1:08.85	600m:	6:45.85 1:09.77	800m:	9:02.61 1:07.31		
2.	Sólveig Freyja Hákonardóttir		14		Breiðablik		9:03.76		676	NM-A NM-B Fran
	100m:	1:05.22 1:05.22	300m:	3:24.57 1:09.70	500m:	5:42.34 1:08.51	700m:	7:58.37 1:07.72		
	200m:	2:14.87 1:09.65	400m:	4:33.83 1:09.26	600m:	6:50.65 1:08.31	800m:	9:03.76 1:05.39		
3.	Freyja Birkisdóttir		17		Breiðablik		9:03.82		676	NM-A NM-B Ung
	100m:	1:05.87 1:05.87	300m:	3:25.12 1:09.37	500m:	5:40.53 1:07.50	700m:	7:57.19 1:08.32		
	200m:	2:15.75 1:09.88	400m:	4:33.03 1:07.91	600m:	6:48.87 1:08.34	800m:	9:03.82 1:06.63		
4.	Sunneva Bergmann Ásbjornsdóttir		16		ÍRB		9:10.59		651	NM-B Unglinga
	100m:	1:04.51 1:04.51	300m:	3:21.40 1:08.59	500m:	5:40.21 1:09.68	700m:	8:00.93 1:10.50		
	200m:	2:12.81 1:08.30	400m:	4:30.53 1:09.13	600m:	6:50.43 1:10.22	800m:	9:10.59 1:09.66		
5.	Ásdís Steindórsdóttir		14		Breiðablik		9:16.07		632	Framtíð
	100m:	1:04.71 1:04.71	300m:	3:24.50 1:10.39	500m:	5:45.56 1:10.92	700m:	8:07.12 1:10.58		
	200m:	2:14.11 1:09.40	400m:	4:34.64 1:10.14	600m:	6:56.54 1:10.98	800m:	9:16.07 1:08.95		
6.	Katla María Brynjarsdóttir		16		ÍRB		9:32.50		579	
	100m:	1:06.66 1:06.66	300m:	3:30.90 1:12.47	500m:	5:56.31 1:12.71	700m:	8:21.87 1:12.65		
	200m:	2:18.43 1:11.77	400m:	4:43.60 1:12.70	600m:	7:09.22 1:12.91	800m:	9:32.50 1:10.63		
7.	Katrín Lóa Ingadóttir		15		Árman		9:43.04		549	
	100m:	1:08.66 1:08.66	300m:	3:35.05 1:13.92	500m:	6:02.72 1:13.69	700m:	8:30.77 1:13.99		
	200m:	2:21.13 1:12.47	400m:	4:49.03 1:13.98	600m:	7:16.78 1:14.06	800m:	9:43.04 1:12.27		
8.	Hulda Björg Magnúsdóttir Nilsen		15		Ægir		9:46.64		538	
	100m:	1:07.71 1:07.71	300m:	3:35.09 1:14.01	500m:	6:05.36 1:15.23	700m:	8:34.51 1:14.08		
	200m:	2:21.08 1:13.37	400m:	4:50.13 1:15.04	600m:	7:20.43 1:15.07	800m:	9:46.64 1:12.13		
9.	Áslaug Margrét Alfreðsdóttir		15		Breiðablik		9:52.29		523	
	100m:	1:08.14 1:08.14	300m:	3:35.84 1:14.57	500m:	6:06.82 1:15.54	700m:	8:38.23 1:15.50		
	200m:	2:21.27 1:13.13	400m:	4:51.28 1:15.44	600m:	7:22.73 1:15.91	800m:	9:52.29 1:14.06		
10.	Nicole Jóna Jóhannsdóttir		15		SH		10:06.12		488	
	100m:	1:10.14 1:10.14	300m:	3:42.48 1:16.54	500m:	6:16.57 1:17.14	700m:	8:51.48 1:17.38		
	200m:	2:25.94 1:15.80	400m:	4:59.43 1:16.95	600m:	7:34.10 1:17.53	800m:	10:06.12 1:14.64		
11.	Guðrún Ísold Harðardóttir		12		Breiðablik		10:12.58		473	
	100m:	1:10.19 1:10.19	300m:	3:44.53 1:17.53	500m:	6:20.22 1:17.83	700m:	8:56.02 1:17.74		
	200m:	2:27.00 1:16.81	400m:	5:02.39 1:17.86	600m:	7:38.28 1:18.06	800m:	10:12.58 1:16.56		
12.	Natalía Eir Curtis		13		Árman		10:16.75		463	
	100m:	1:14.41 1:14.41	300m:	3:51.58 1:18.66	500m:	6:26.37 1:16.90	700m:	9:01.82 1:17.53		
	200m:	2:32.92 1:18.51	400m:	5:09.47 1:17.89	600m:	7:44.29 1:17.92	800m:	10:16.75 1:14.93		
13.	Rebekka Rún Magnúsdóttir		15		SH		10:24.22		447	
	100m:	1:12.55 1:12.55	300m:	3:48.88 1:18.47	500m:	6:28.98 1:20.53	700m:	9:08.84 1:19.75		
	200m:	2:30.41 1:17.86	400m:	5:08.45 1:19.57	600m:	7:49.09 1:20.11	800m:	10:24.22 1:15.38		
14.	Hugrún Guðmundsdóttir		15		Ægir		10:24.61		446	
	100m:	1:12.38 1:12.38	300m:	3:49.05 1:18.50	500m:	6:27.60 1:19.00	700m:	9:06.86 1:19.80		
	200m:	2:30.55 1:18.17	400m:	5:08.60 1:19.55	600m:	7:47.06 1:19.46	800m:	10:24.61 1:17.75		

Sundgrein 28, kvenna, 800m skriðsund, 18 ára og yngri

Sæti	Aldur						Tími	Stig				
15.	Þorgerður Freyja Helgadóttir						10:25.10	445				
	100m:	1:12.59	1:12.59	300m:	3:50.78	1:19.37	500m:	6:31.02	1:20.43	700m:	9:09.75	1:18.90
	200m:	2:31.41	1:18.82	400m:	5:10.59	1:19.81	600m:	7:50.85	1:19.83	800m:	10:25.10	1:15.35
16.	Karen Sif Helgadóttir						10:34.67	425				
	100m:	1:11.43	1:11.43	300m:	3:52.20	1:21.61	500m:	6:35.81	1:21.37	700m:	9:17.45	1:20.77
	200m:	2:30.59	1:19.16	400m:	5:14.44	1:22.24	600m:	7:56.68	1:20.87	800m:	10:34.67	1:17.22
17.	Guðbjörg Helga Hilmarsdóttir						10:48.47	399				
	100m:	1:16.38	1:16.38	300m:	4:01.61	1:22.89	500m:	6:47.88	1:23.18	700m:	9:30.31	1:21.19
	200m:	2:38.72	1:22.34	400m:	5:24.70	1:23.09	600m:	8:09.12	1:21.24	800m:	10:48.47	1:18.16
18.	Vilte Milleryte						11:01.14	376				
	100m:	1:14.00	1:14.00	300m:	3:59.13	1:23.20	500m:	6:49.67	1:26.01	700m:	9:39.50	1:24.88
	200m:	2:35.93	1:21.93	400m:	5:23.66	1:24.53	600m:	8:14.62	1:24.95	800m:	11:01.14	1:21.64