

Sundgrein 3

kvenna, 400m skriðsund

Opinn

10.11.2023 - 9:49

Úrslitalistar Undanrásir

Íslandsmet	4:11.61	Inga Elín Cryer	IA	Doha (QAT)	05.12.2014
Unglingamet	4:14.60	Sunneva Dögg Robertson	IRB	Hafnarfjörður	13.11.2015
Aldursflokkamet	4:15.57	Eygló Ösk Gústafsdóttir	AEGIR	Hafnarfjörður	26.06.2010

EM25 : 4:16.53 / NM-A 18 +: 4:20.37; 14 - 17: 4:26.35 / NM-B 18 +: 4:23.00; 14 - 17: 4:29.04 / A-landslið : 4:21.77 /

Úrvalshópur 20: 4:23.00; 19: 4:24.20; 18: 4:26.64 / Unglingalandslið 17: 4:29.04; 16: 4:30.98; 15: 4:34.54 /

Framtíðarhópur 14: 4:38.10; 13: 4:44.02; 12: 4:53.26

Stig: FINA 2023

Sæti			Aldur				Tími		Stig		
19 ára og eldri											
1.	Thelma Björg Björnsdóttir		27	ÍFR				6:35.52	199		
	50m:	45.41 45.41	150m:	2:23.06	49.61	250m:	4:04.16	50.53	350m:	5:46.11	51.14
	100m:	1:33.45 48.04	200m:	3:13.63	50.57	300m:	4:54.97	50.81	400m:	6:35.52	49.41
18 ára og yngri											
1.	Katja Lilja Andriysoðóttir		17	SH				4:21.42	692	Q NM-A NM-B A	
	50m:	29.68 29.68	150m:	1:35.16	32.96	250m:	2:41.48	33.24	350m:	3:48.36	33.42
	100m:	1:02.20 32.52	200m:	2:08.24	33.08	300m:	3:14.94	33.46	400m:	4:21.42	33.06
2.	Freyja Birkisdoðóttir		17	Breiðablik				4:25.50	661	Q NM-A NM-B U	
	50m:	30.24 30.24	150m:	1:35.65	32.76	250m:	2:41.81	33.12	350m:	3:50.81	34.92
	100m:	1:02.89 32.65	200m:	2:08.69	33.04	300m:	3:15.89	34.08	400m:	4:25.50	34.69
3.	Ásdís Steindórsdoðóttir		14	Breiðablik				4:29.16	634	Q Framtíð	
	50m:	30.22 30.22	150m:	1:37.10	33.82	250m:	2:45.85	34.49	350m:	3:55.26	34.61
	100m:	1:03.28 33.06	200m:	2:11.36	34.26	300m:	3:20.65	34.80	400m:	4:29.16	33.90
4.	Sunneva Bergmann Ásbjörnsdoðóttir		16	ÍRB				4:30.38	626	Q Unglinga	
	50m:	30.43 30.43	150m:	1:38.24	34.33	250m:	2:47.14	34.50	350m:	3:56.07	34.37
	100m:	1:03.91 33.48	200m:	2:12.64	34.40	300m:	3:21.70	34.56	400m:	4:30.38	34.31
5.	Nadja Djurovic		16	Breiðablik				4:32.97	608	Q	
	50m:	30.95 30.95	150m:	1:40.03	35.19	250m:	2:49.93	34.73	350m:	3:59.23	34.81
	100m:	1:04.84 33.89	200m:	2:15.20	35.17	300m:	3:24.42	34.49	400m:	4:32.97	33.74
6.	Sólveig Freyja Hákonardóttir		14	Breiðablik				4:35.64	590	Q Framtíð	
	50m:	30.95 30.95	150m:	1:39.71	34.89	250m:	2:50.19	35.46	350m:	4:00.99	35.14
	100m:	1:04.82 33.87	200m:	2:14.73	35.02	300m:	3:25.85	35.66	400m:	4:35.64	34.65
7.	Katla María Brynjarsdoðóttir		16	ÍRB				4:41.91	552	Q	
	50m:	31.81 31.81	150m:	1:41.57	35.14	250m:	2:52.67	35.41	350m:	4:05.57	36.72
	100m:	1:06.43 34.62	200m:	2:17.26	35.69	300m:	3:28.85	36.18	400m:	4:41.91	36.34
8.	Hulda Björg Magnusoðóttir Nilsen		15	Ægir				4:42.70	547	Q	
	50m:	31.22 31.22	150m:	1:40.57	35.35	250m:	2:52.62	36.24	350m:	4:06.07	36.75
	100m:	1:05.22 34.00	200m:	2:16.38	35.81	300m:	3:29.32	36.70	400m:	4:42.70	36.63
9.	Katrín Lóa Ingadoðóttir		15	Ármann				4:45.39	532	R	
	50m:		150m:	1:41.82		250m:			350m:	4:08.23	
	100m:		200m:			300m:			400m:	4:45.39	37.16
10.	Guðrún Ísold Harðardóttir		12	Breiðablik				4:52.37	495	R Framtíð	
	50m:	32.26 32.26	150m:	1:45.04	36.88	250m:	2:59.87	37.59	350m:	4:15.49	37.90
	100m:	1:08.16 35.90	200m:	2:22.28	37.24	300m:	3:37.59	37.72	400m:	4:52.37	36.88
11.	Alicja Julia Kempisty		13	Óðinn				4:55.56	479		
	50m:	33.88 33.88	150m:	1:49.10	38.10	250m:	3:05.52	38.22	350m:	4:20.43	36.92
	100m:	1:11.00 37.12	200m:	2:27.30	38.20	300m:	3:43.51	37.99	400m:	4:55.56	35.13
12.	Kristín Ásta Sigtryggsdoðóttir		14	Ægir				4:56.43	475		
	50m:	32.38 32.38	150m:	1:46.71	37.85	250m:	3:03.33	38.45	350m:	4:20.07	38.52
	100m:	1:08.86 36.48	200m:	2:24.88	38.17	300m:	3:41.55	38.22	400m:	4:56.43	36.36
13.	Matthildur María Ríkarðsdóttir		14	SH				4:58.21	466		
	50m:	33.92 33.92	150m:	1:48.22	37.55	250m:	3:03.23	37.59	350m:	4:20.23	38.62
	100m:	1:10.67 36.75	200m:	2:25.64	37.42	300m:	3:41.61	38.38	400m:	4:58.21	37.98

Sundgrein 3, kvenna, 400m skriðsund, Undanrásir, 18 ára og yngri

Sæti	Aldur								Tími	Stig		
14.	Bjarnís Olga Hansen 13 Ægir								4:58.48	465		
	50m:	32.57	32.57	150m:	1:47.34	37.88	250m:	3:04.37	38.74	350m:	4:21.25	38.25
	100m:	1:09.46	36.89	200m:	2:25.63	38.29	300m:	3:43.00	38.63	400m:	4:58.48	37.23
15.	Þorgerður Freyja Helgadóttir 12 Breiðablik								5:01.66	450		
	50m:	33.59	33.59	150m:	1:50.16	38.67	250m:	3:07.28	38.55	350m:	4:24.25	38.67
	100m:	1:11.49	37.90	200m:	2:28.73	38.57	300m:	3:45.58	38.30	400m:	5:01.66	37.41
16.	Yrsa Gunnlaugsdóttir 15 Ármann								5:02.66	446		
	50m:	34.83	34.83	150m:	1:52.26	38.85	250m:	3:09.95	38.64	350m:	4:26.60	38.39
	100m:	1:13.41	38.58	200m:	2:31.31	39.05	300m:	3:48.21	38.26	400m:	5:02.66	36.06
17.	Guðbjörg Helga Hilmarsdóttir 12 Breiðablik								5:04.13	439		
	50m:	32.25	32.25	150m:	1:48.34	38.85	250m:	3:06.47	39.37	350m:	4:25.16	39.47
	100m:	1:09.49	37.24	200m:	2:27.10	38.76	300m:	3:45.69	39.22	400m:	5:04.13	38.97
18.	Natalía Eir Curtis 13 Ármann								5:04.28	439		
	50m:	33.84	33.84	150m:	1:50.45	39.10	250m:	3:08.16	38.95	350m:	4:26.92	39.17
	100m:	1:11.35	37.51	200m:	2:29.21	38.76	300m:	3:47.75	39.59	400m:	5:04.28	37.36
19.	Karen Sif Helgadóttir 13 Fjölnir								5:05.93	432		
	50m:	33.49	33.49	150m:	1:49.01	38.45	250m:	3:07.26	38.83	350m:	4:26.89	40.14
	100m:	1:10.56	37.07	200m:	2:28.43	39.42	300m:	3:46.75	39.49	400m:	5:05.93	39.04
20.	Hugrún Guðmundsdóttir 15 Ægir								5:08.30	422		
	50m:	33.68	33.68	150m:	1:50.70	39.02	250m:	3:09.61	39.47	350m:	4:29.69	40.00
	100m:	1:11.68	38.00	200m:	2:30.14	39.44	300m:	3:49.69	40.08	400m:	5:08.30	38.61
21.	Hildur Erla Hákonardóttir 13 SH								5:09.89	415		
	50m:	34.70	34.70	150m:	1:52.72	39.97	250m:	3:12.11	39.34	350m:	4:30.42	38.29
	100m:	1:12.75	38.05	200m:	2:32.77	40.05	300m:	3:52.13	40.02	400m:	5:09.89	39.47
22.	Rebekka Rún Magnúsdóttir 15 SH								5:10.25	414		
	50m:	34.56	34.56	150m:	1:51.69	38.70	250m:	3:10.90	39.25	350m:	4:30.07	39.15
	100m:	1:12.99	38.43	200m:	2:31.65	39.96	300m:	3:50.92	40.02	400m:	5:10.25	40.18
23.	Freyja Sigríður Ásgeirsdóttir 16 Ægir								5:14.37	398		
	50m:	34.37	34.37	150m:	1:53.62	40.42	250m:	3:15.24	40.85	350m:	4:36.05	39.78
	100m:	1:13.20	38.83	200m:	2:34.39	40.77	300m:	3:56.27	41.03	400m:	5:14.37	38.32