

Sundgrein 32

karla, 400m fjórsund

Opinn

12.11.2023 - 9:30

Úrslitalistar Undanrásir

Íslandsmet	4:11.78	Orn Arnarson	SH	Vestmannaeyjar	16.03.2001
Unglingamet	4:18.12	Anton Sveinn McKee	AEGIR	Laugardalslaug	10.12.2011
Aldursflokkamet	4:30.75	Hólmar Grétarsson	SH	Reykjavík	07.10.2023

EM25 : 4:18.86 / NM-A 18 +: 4:23.49; 14 - 17: 4:29.42 / NM-B 18 +: 4:26.15; 14 - 17: 4:32.14 / A-landslið : 4:24.14 /

Úrvalshópur 20: 4:26.15; 19: 4:28.13; 18: 4:30.14 / Unglingalandslið 17: 4:32.14; 16: 4:36.27; 15: 4:40.97 /

Framtíðarhópur 14: 4:49.79; 13: 5:01.20; 12: 5:18.42

Stig: FINA 2023

Sæti	Aldur				Tími	Stig		
18 ára og yngri								
1.	Hólmar Grétarsson		15	SH	4:36.30	613	Q Unglinga	
	50m:	29.53 29.53	150m:	1:39.97 36.44	250m:	2:53.83 38.74	350m:	4:05.24 32.60
	100m:	1:03.53 34.00	200m:	2:15.09 35.12	300m:	3:32.64 38.81	400m:	4:36.30 31.06
2.	Daði Rafn Falsson		15	ÍRB	4:45.95	553	Q	
	50m:	30.38 30.38	150m:	1:43.46 37.63	250m:	3:00.33 39.97	350m:	4:13.48 33.01
	100m:	1:05.83 35.45	200m:	2:20.36 36.90	300m:	3:40.47 40.14	400m:	4:45.95 32.47
3.	Adam Leó Tómasson		16	SH	4:53.75	510	Q	
	50m:	31.51 31.51	150m:	1:46.37 38.48	250m:	3:05.24 40.86	350m:	4:20.76 34.88
	100m:	1:07.89 36.38	200m:	2:24.38 38.01	300m:	3:45.88 40.64	400m:	4:53.75 32.99
4.	Gísli Kristján Traustason		14	ÍRB	5:18.58	400	Q	
	50m:	34.26 34.26	150m:	1:56.84 41.66	250m:	3:21.94 45.00	350m:	4:43.29 36.06
	100m:	1:15.18 40.92	200m:	2:36.94 40.10	300m:	4:07.23 45.29	400m:	5:18.58 35.29