

Sundgrein 32

karla, 400m fjórsund

Opinn

12.11.2023 - 17:00

Úrslitalistar Úrslitsund

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					
1.	Hólmar Grétarsson				15	SH				<b>4:33.06</b>	635	Unglinga		
	50m:	29.32	29.32	150m:	1:39.22	36.25	250m:	2:51.88	38.09	350m:	4:02.96	32.61		
	100m:	1:02.97	33.65	200m:	2:13.79	34.57	300m:	3:30.35	38.47	400m:	4:33.06	30.10		
2.	Daði Rafn Falsson				15	ÍRB				<b>4:38.54</b>	599	Unglinga		
	50m:	29.44	29.44	150m:	1:40.92	36.82	250m:	2:55.91	38.93	350m:	4:07.66	32.52		
	100m:	1:04.10	34.66	200m:	2:16.98	36.06	300m:	3:35.14	39.23	400m:	4:38.54	30.88		
3.	Adam Leó Tómasson				16	SH				<b>4:43.68</b>	567			
	50m:	31.24	31.24	150m:	1:43.45	37.00	250m:	2:58.98	38.74	350m:	4:12.18	33.66		
	100m:	1:06.45	35.21	200m:	2:20.24	36.79	300m:	3:38.52	39.54	400m:	4:43.68	31.50		
4.	Gísli Kristján Traustason				14	ÍRB				<b>5:10.01</b>	434			
	50m:	33.75	33.75	150m:	1:54.08	40.44	250m:	3:17.12	43.65	350m:	4:35.79	34.88		
	100m:	1:13.64	39.89	200m:	2:33.47	39.39	300m:	4:00.91	43.79	400m:	5:10.01	34.22		