

Sundgrein 3
10.11.2023 - 17:14

kvenna, 400m skriðsund

Opinn
Úrslitalistar Úrslitsund

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 Ósk Gústafsdóttir	AEGIR	Hafnarfjoerdur	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		
1.	Katja Lilja Andriysdóttir		17		SH		4:21.06				695	NM-A NM-B A-la	
	50m:	29.32 29.32	150m:	1:34.48	32.96	250m:	2:41.23	33.55	350m:	3:48.49	33.31		
	100m:	1:01.52 32.20	200m:	2:07.68	33.20	300m:	3:15.18	33.95	400m:	4:21.06	32.57		
2.	Ásdís Steindórsdóttir		14		Breiðablik		4:25.49				661	NM-A NM-B Fran	
	50m:	30.26 30.26	150m:	1:36.95	33.67	250m:	2:44.43	33.82	350m:	3:52.40	33.98		
	100m:	1:03.28 33.02	200m:	2:10.61	33.66	300m:	3:18.42	33.99	400m:	4:25.49	33.09		
3.	Freyja Birkisdóttir		17		Breiðablik		4:25.93				657	NM-A NM-B Ung	
	50m:	30.51 30.51	150m:	1:37.10	33.52	250m:	2:45.27	34.26	350m:	3:54.21	34.53		
	100m:	1:03.58 33.07	200m:	2:11.01	33.91	300m:	3:19.68	34.41	400m:	4:25.93	31.72		
4.	Sólveig Freyja Hákonardóttir		14		Breiðablik		4:26.00				657	NM-A NM-B Fran	
	50m:	30.90 30.90	150m:	1:38.98	34.28	250m:	2:46.92	33.84	350m:	3:54.36	33.34		
	100m:	1:04.70 33.80	200m:	2:13.08	34.10	300m:	3:21.02	34.10	400m:	4:26.00	31.64		
5.	Nadja Djurovic		16		Breiðablik		4:27.17				648	NM-B Unglinga	
	50m:	30.36 30.36	150m:	1:37.73	33.70	250m:	2:46.10	33.99	350m:	3:53.77	33.94		
	100m:	1:04.03 33.67	200m:	2:12.11	34.38	300m:	3:19.83	33.73	400m:	4:27.17	33.40		
6.	Sunneva Bergmann Ásbjornsdóttir		16		ÍRB		4:34.21				600		
	50m:	30.58 30.58	150m:	1:38.78	34.50	250m:	2:48.51	34.93	350m:	3:59.13	35.39		
	100m:	1:04.28 33.70	200m:	2:13.58	34.80	300m:	3:23.74	35.23	400m:	4:34.21	35.08		
7.	Kátla María Brynjarsdóttir		16		ÍRB		4:37.94				576		
	50m:	31.79 31.79	150m:	1:41.51	35.03	250m:	2:52.00	35.22	350m:	4:02.99	35.52		
	100m:	1:06.48 34.69	200m:	2:16.78	35.27	300m:	3:27.47	35.47	400m:	4:37.94	34.95		
8.	Hulda Björg Magnúsdóttir Nilsen		15		Ægir		4:41.88				552		
	50m:	30.86 30.86	150m:	1:40.28	35.01	250m:	2:52.58	36.35	350m:	4:05.88	36.61		
	100m:	1:05.27 34.41	200m:	2:16.23	35.95	300m:	3:29.27	36.69	400m:	4:41.88	36.00		