

Event 3 Women, 400m Freestyle Open Results Prelim
10.11.2023 - 9:49

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	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

Points: FINA 2023

Rank			Age			Time	Pts		
19 years and older									
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 years and younger									
1.	Katja Lilja Andriydsdóttir		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 Birkisdóttir		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.	Asdis Steindorsdóttir		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 Asbjörnsdóttir		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.	Solveig Freyja Hakonardóttir		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 Brynjarsdóttir		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 Magnúsdóttir 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 Loa Ingadóttir		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 Ísöld Hardardóttir		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 Asta Sigtryggsdóttir		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 Ríkardsdóttir		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	

Event 3, Women, 400m Freestyle, Prelim, 18 years and younger

Rank			Age						Time	Pts
14.	Bjarndis 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.	Thorgerdur 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.	Gudbjörg 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.	Natalia 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.	Hugrun Gudmundsdóttir		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 Hakonardóttir		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 Run Magnusdóttir		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 Sigridur Asgeirsdóttir		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		