

Sundgrein 4

karla, 400m skriðsund

Opinn

10.11.2023 - 17:25

Úrslitalistar Úrslitsund

Íslandsmet	3:47.83	Anton Sveinn McKee	AEGIR	Istanbul (TUR)	14.12.2012
Unglingamet	3:52.06	Anton Sveinn McKee	AEGIR	Laugardalslaug	11.12.2011
Aldursflokkamet	4:04.34	Magnús Viðir Jónsson	SH	Hafnarfjörður	21.10.2023

EM25 : 3:51.13 / NM-A 18 +: 3:55.27; 14 - 17: 4:00.57 / NM-B 18 +: 3:57.64; 14 - 17: 4:03.00 / A-landslið : 3:55.85 /

Úrvalshópur 20: 3:57.64; 19: 3:59.41; 18: 4:01.20 / Unglingalandslið 17: 4:03.00; 16: 4:06.68; 15: 4:10.87 /

Framtíðarhópur 14: 4:18.75; 13: 4:28.94; 12: 4:44.32

Stig: FINA 2023

Sæti			Aldur				Tími				Stig	
1.	Veigar Hrafn Sigþórsson		18		SH		3:59.97				691	Úrvals
	50m:	27.18 27.18	150m:	1:27.98 30.89	250m:	2:30.69 31.34	350m:	3:31.70 29.92	400m:	3:59.97 28.27		
	100m:	57.09 29.91	200m:	1:59.35 31.37	300m:	3:01.78 31.09						
2.	Ymir Chatenay Solvason		17		Breiðablik		4:00.07				691	NM-A NM-B Ung
	50m:	27.44 27.44	150m:	1:28.35 31.28	250m:	2:30.46 31.31	350m:	3:31.48 30.20	400m:	4:00.07 28.59		
	100m:	57.07 29.63	200m:	1:59.15 30.80	300m:	3:01.28 30.82						
3.	Bartosz Henke		18		SH		4:04.07				657	
	50m:	27.34 27.34	150m:	1:28.64 30.75	250m:	2:30.81 31.18	350m:	3:33.99 31.55	400m:	4:04.07 30.08		
	100m:	57.89 30.55	200m:	1:59.63 30.99	300m:	3:02.44 31.63						
4.	Magnús Viðir Jónsson		15		SH		4:05.19				648	Unglinga
	50m:	27.21 27.21	150m:	1:28.26 30.93	250m:	2:30.83 31.40	350m:	3:30.96 28.72	400m:	4:05.19 34.23		
	100m:	57.33 30.12	200m:	1:59.43 31.17	300m:	3:02.24 31.41						
5.	Hólmar Grétarsson		15		SH		4:06.88				635	Unglinga
	50m:	28.31 28.31	150m:	1:30.43 31.43	250m:	2:33.61 31.51	350m:	3:36.29 31.31	400m:	4:06.88 30.59		
	100m:	59.00 30.69	200m:	2:02.10 31.67	300m:	3:04.98 31.37						
6.	Denas Kazulis		15		ÍRB		4:10.32				609	Unglinga
	50m:	28.05 28.05	150m:	1:30.28 31.24	250m:	2:33.92 32.15	350m:	3:39.70 32.90	400m:	4:10.32 30.62		
	100m:	59.04 30.99	200m:	2:01.77 31.49	300m:	3:06.80 32.88						
7.	Andri Már Kristjánsson		17		SH		4:14.13				582	
	50m:	27.97 27.97	150m:	1:31.48 31.93	250m:	2:36.71 32.64	350m:	3:42.60 32.72	400m:	4:14.13 31.53		
	100m:	59.55 31.58	200m:	2:04.07 32.59	300m:	3:09.88 33.17						
8.	Stefán Ingi Ólafsson		17		Ægir		4:16.90				563	
	50m:	28.26 28.26	150m:	1:31.69 32.18	250m:	2:37.30 32.94	350m:	3:44.07 33.58	400m:	4:16.90 32.83		
	100m:	59.51 31.25	200m:	2:04.36 32.67	300m:	3:10.49 33.19						