

Sundgrein 32

karla, 400m fjórsund

Opinn

12.11.2023 - 9:30

Ráslisti 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-landslíð : 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

Aldur

Riðill 1 af 1, 9:30

3 Adam Leó Tómasson	16	SH	4:47.51
4 Hólmar Grétarsson	15	SH	4:30.75
5 Daði Rafn Falsson	15	ÍRB	4:40.61
6 Gísli Kristján Traustason	14	ÍRB	5:13.07