

Sundgrein 25

karla, 400m fjórsund

Opinn

22.10.2023 - 10:00

Úrslitalistar

Mótsmet	4:32.99	Kristinn Þórarinsson	FJÖL		31.10.2014
Íslandsmet	4:11.78	Orn Arnarson	SH	Vestmannaeyjar	16.3.2001
Íslandsmet Unglinga	4:18.12	Anton Sveinn McKee	AEGIR	Laugardalslaug	10.12.2011
Íslandsmet Aldursflokka	4:33.29	Hólmar Grétarsson	SH	Akureyri	23.6.2023

EM : 4:18.86 / NM-B 18 +: 4:26.15; 14 - 17: 4:32.14 / ÍM : 5:23.41

Stig: FINA 2021

Sæti					F.ár					Tími	Stig	
1.	Daði Rafn Falsson				08	ÍRB				4:40.61	585 ÍM	
	50m:	29.17	29.17	150m:	1:41.04	37.25	250m:	2:56.75	39.54	350m:	4:08.94	32.80
	100m:	1:03.79	34.62	200m:	2:17.21	36.17	300m:	3:36.14	39.39	400m:	4:40.61	31.67
2.	Adam Leó Tómasson				07	SH				4:47.51	544 ÍM	
	50m:	31.49	31.49	150m:	1:45.07	37.80	250m:	3:02.03	39.80	350m:	4:15.35	33.33
	100m:	1:07.27	35.78	200m:	2:22.23	37.16	300m:	3:42.02	39.99	400m:	4:47.51	32.16
3.	Gísli Kristján Traustason				09	ÍRB				5:13.07	421 ÍM	
	50m:	33.80	33.80	150m:	1:54.82	40.80	250m:	3:18.37	43.95	350m:	4:38.32	35.33
	100m:	1:14.02	40.22	200m:	2:34.42	39.60	300m:	4:02.99	44.62	400m:	5:13.07	34.75
4.	Ragnar Halldórsson				09	Breiðablik				5:27.55	368	
	50m:	35.15	35.15	150m:	2:02.54	42.86	250m:	3:31.13	46.75	350m:	4:52.97	35.43
	100m:	1:19.68	44.53	200m:	2:44.38	41.84	300m:	4:17.54	46.41	400m:	5:27.55	34.58
5.	Huginn Leví Pétursson				09	Breiðablik				5:33.35	349	
	50m:	34.79	34.79	150m:	1:58.73	42.82	250m:	3:29.98	50.03	350m:	4:57.31	37.37
	100m:	1:15.91	41.12	200m:	2:39.95	41.22	300m:	4:19.94	49.96	400m:	5:33.35	36.04