

Sundgrein 3
21.10.2023 - 10:28

kvenna, 400m skriðsund

Opinn
Úrslitalistar

Mótsmet	4:15.91	Inga Elín Cryer	ÍA		31.10.2012
Íslandsmet	4:11.61	Inga Elín Cryer	IA	Doha (QAT)	5.12.2014
Íslandsmet Unglinga	4:14.60	Sunneva Dögg Robertson	IRB	Hafnarfjordur	13.11.2015
Íslandsmet Aldursflokka	4:15.57	Eygló Ósk Gústafsdóttir	AEGIR	Hafnarfjoerdur	26.6.2010

EM : 4:16.53 / NM-B 18 +: 4:23.00; 14 - 17: 4:29.04 / ÍM Opinn: 5:08.55; - 18: 5:13.97

Stig: FINA 2021

Sæti					F.ár					Tími	Stig	
1.	Katja Lilja Andriyasdóttir				06	SH				4:22.36	708 NMA	
	50m:	29.43	29.43	150m:	1:34.77	32.99	250m:	2:41.90	33.53	350m:	3:49.38	33.60
	100m:	1:01.78	32.35	200m:	2:08.37	33.60	300m:	3:15.78	33.88	400m:	4:22.36	32.98
2.	Sólveig Freyja Hákonardóttir				09	Breiðablik				4:27.75	666 NM	
	50m:	31.03	31.03	150m:	1:38.74	34.18	250m:	2:47.06	34.09	350m:	3:55.11	33.88
	100m:	1:04.56	33.53	200m:	2:12.97	34.23	300m:	3:21.23	34.17	400m:	4:27.75	32.64
3.	Freyja Birkisdóttir				06	Breiðablik				4:29.16	656 ÍM	
	50m:	29.75	29.75	150m:	1:35.52	33.46	250m:	2:44.75	34.72	350m:	3:55.03	35.16
	100m:	1:02.06	32.31	200m:	2:10.03	34.51	300m:	3:19.87	35.12	400m:	4:29.16	34.13
4.	Sunneva Bergmann Ásbjornsdóttir				07	ÍRB				4:30.11	649 ÍM	
	50m:	30.42	30.42	150m:	1:38.34	34.20	250m:	2:47.35	34.60	350m:	3:56.80	34.58
	100m:	1:04.14	33.72	200m:	2:12.75	34.41	300m:	3:22.22	34.87	400m:	4:30.11	33.31
5.	Nadja Djurovic				07	Breiðablik				4:30.96	643 ÍM	
	50m:	31.05	31.05	150m:	1:39.92	34.59	250m:	2:49.58	34.59	350m:	3:57.94	33.90
	100m:	1:05.33	34.28	200m:	2:14.99	35.07	300m:	3:24.04	34.46	400m:	4:30.96	33.02
6.	Ásdís Steindórsdóttir				09	Breiðablik				4:33.86	623 ÍM	
	50m:	30.51	30.51	150m:	1:39.17	34.63	250m:	2:49.23	35.07	350m:	3:59.73	35.37
	100m:	1:04.54	34.03	200m:	2:14.16	34.99	300m:	3:24.36	35.13	400m:	4:33.86	34.13
7.	Katla María Brynjarsdóttir				07	ÍRB				4:40.75	578 ÍM	
	50m:	31.99	31.99	150m:	1:42.61	35.57	250m:	2:53.76	35.48	350m:	4:05.47	35.96
	100m:	1:07.04	35.05	200m:	2:18.28	35.67	300m:	3:29.51	35.75	400m:	4:40.75	35.28
8.	Hulda Björg Magnúsdóttir Nilsen				08	Ægír				4:42.42	568 ÍM	
	50m:	31.99	31.99	150m:	1:42.70	35.79	250m:	2:54.31	35.93	350m:	4:06.57	36.23
	100m:	1:06.91	34.92	200m:	2:18.38	35.68	300m:	3:30.34	36.03	400m:	4:42.42	35.85
9.	Áslaug Margrét Alfreðsdóttir				08	Breiðablik				4:49.87	525 ÍM	
	50m:	32.56	32.56	150m:	1:44.63	36.74	250m:	2:58.97	37.32	350m:	4:13.49	37.57
	100m:	1:07.89	35.33	200m:	2:21.65	37.02	300m:	3:35.92	36.95	400m:	4:49.87	36.38
10.	Katrín Lóa Ingadóttir				08	Árman				4:50.45	522 ÍM	
	50m:	31.55	31.55	150m:	1:42.03	35.81	250m:	2:56.26	37.64	350m:	4:13.07	38.57
	100m:	1:06.22	34.67	200m:	2:18.62	36.59	300m:	3:34.50	38.24	400m:	4:50.45	37.38
11.	María Skorastein Sigurdardóttir				07	SH				4:50.52	522 ÍM	
	50m:	31.75	31.75	150m:	1:42.97	36.04	250m:	2:57.51	37.33	350m:	4:14.07	38.43
	100m:	1:06.93	35.18	200m:	2:20.18	37.21	300m:	3:35.64	38.13	400m:	4:50.52	36.45
12.	Kristín Rebekka Gunnarsdóttir				09	Ægír				4:53.12	508 ÍM	
	50m:	32.68	32.68	150m:	1:47.34	37.95	250m:	3:02.45	37.37	350m:	4:17.59	37.76
	100m:	1:09.39	36.71	200m:	2:25.08	37.74	300m:	3:39.83	37.38	400m:	4:53.12	35.53
13.	Kristín Ásta Sigtryggisdóttir				09	Ægír				4:53.91	504 ÍM	
	50m:	32.95	32.95	150m:	1:48.39	38.03	250m:	3:03.55	37.43	350m:	4:18.55	37.35
	100m:	1:10.36	37.41	200m:	2:26.12	37.73	300m:	3:41.20	37.65	400m:	4:53.91	35.36
14.	Alicja Julia Kempisty				10	Óðinn				4:54.88	499 ÍM	
	50m:	33.93	33.93	150m:	1:49.08	38.00	250m:	3:04.50	37.46	350m:	4:19.22	36.78
	100m:	1:11.08	37.15	200m:	2:27.04	37.96	300m:	3:42.44	37.94	400m:	4:54.88	35.66

Sundgrein 3, kvenna, 400m skriðsund, Opinn

Sæti					F.ár					Tími	Stig	
15.	Bjarndís Olga Hansen				10	Ægir				4:58.92	479 ÍM	
	50m:	32.67	32.67	150m:	1:47.39	37.59	250m:	3:04.41	38.62	350m:	4:21.60	38.47
	100m:	1:09.80	37.13	200m:	2:25.79	38.40	300m:	3:43.13	38.72	400m:	4:58.92	37.32
16.	Karen Sif Helgadóttir				10	Sunddeild Fjölnis				5:02.04	464 ÍM	
	50m:	32.60	32.60	150m:	1:47.82	37.99	250m:	3:05.53	38.69	350m:	4:24.80	40.19
	100m:	1:09.83	37.23	200m:	2:26.84	39.02	300m:	3:44.61	39.08	400m:	5:02.04	37.24
17.	Natalía Eir Curtis				10	Ármann				5:03.86	456 ÍM	
	50m:	34.15	34.15	150m:	1:51.70	39.09	250m:	3:09.51	38.84	350m:	4:27.19	38.48
	100m:	1:12.61	38.46	200m:	2:30.67	38.97	300m:	3:48.71	39.20	400m:	5:03.86	36.67
18.	Þorgerður Freyja Helgadóttir				11	Breiðablik				5:06.04	446 ÍM	
	50m:	33.75	33.75	150m:	1:50.83	38.86	250m:	3:09.73	39.80	350m:	4:28.29	39.29
	100m:	1:11.97	38.22	200m:	2:29.93	39.10	300m:	3:49.00	39.27	400m:	5:06.04	37.75
19.	Guðbjörg Helga Hilmarsdóttir				11	Breiðablik				5:07.12	441 ÍM	
	50m:	31.95	31.95	150m:	1:46.95	38.21	250m:	3:06.02	40.04	350m:	4:27.35	40.40
	100m:	1:08.74	36.79	200m:	2:25.98	39.03	300m:	3:46.95	40.93	400m:	5:07.12	39.77
20.	Hugrún Guðmundsdóttir				08	Ægir				5:12.56	419 ÍM	
	50m:	34.05	34.05	150m:	1:52.25	40.03	250m:	3:12.12	40.10	350m:	4:33.13	40.33
	100m:	1:12.22	38.17	200m:	2:32.02	39.77	300m:	3:52.80	40.68	400m:	5:12.56	39.43
21.	Freyja Sigríður Ásgeirsdóttir				07	Ægir				5:12.91	417 ÍM	
	50m:	33.56	33.56	150m:	1:51.21	39.61	250m:	3:11.85	40.51	350m:	4:34.40	41.61
	100m:	1:11.60	38.04	200m:	2:31.34	40.13	300m:	3:52.79	40.94	400m:	5:12.91	38.51
22.	Stefanía Rún Hjartardóttir				09	UMFB				5:18.20	397	
	50m:	34.19	34.19	150m:	1:54.88	40.70	250m:	3:17.60	40.77	350m:	4:39.28	40.56
	100m:	1:14.18	39.99	200m:	2:36.83	41.95	300m:	3:58.72	41.12	400m:	5:18.20	38.92
23.	Aldís Ogmundsdóttir				09	KR				5:19.97	390	
	50m:	36.31	36.31	150m:	1:56.42	40.52	250m:	3:17.66	40.61	350m:	4:40.24	41.07
	100m:	1:15.90	39.59	200m:	2:37.05	40.63	300m:	3:59.17	41.51	400m:	5:19.97	39.73
24.	Vilte Milleryte				09	ÍRB				5:21.42	385	
	50m:	35.23	35.23	150m:	1:54.68	40.58	250m:	3:17.23	41.24	350m:	4:40.16	41.29
	100m:	1:14.10	38.87	200m:	2:35.99	41.31	300m:	3:58.87	41.64	400m:	5:21.42	41.26
25.	Lilja Rakel Hannesdóttir Bridde				11	Breiðablik				5:26.10	369 *	
	50m:	35.56	35.56	150m:	1:56.33	41.40	250m:	3:19.85	41.40	350m:	4:44.67	42.35
	100m:	1:14.93	39.37	200m:	2:38.45	42.12	300m:	4:02.32	42.47	400m:	5:26.10	41.43
26.	Þeodís Styrmsdóttir				11	Breiðablik				5:26.15	368 *	
	50m:	35.58	35.58	150m:	1:57.22	41.61	250m:	3:21.46	42.18	350m:	4:46.82	42.64
	100m:	1:15.61	40.03	200m:	2:39.28	42.06	300m:	4:04.18	42.72	400m:	5:26.15	39.33
27.	Hanna Steinunn Guðnadóttir				11	ÍRB				5:29.58	357 *	
	50m:	38.22	38.22	150m:	2:00.84	41.75	250m:	3:24.80	41.18	350m:	4:48.70	42.10
	100m:	1:19.09	40.87	200m:	2:43.62	42.78	300m:	4:06.60	41.80	400m:	5:29.58	40.88
28.	Ingibjörg Anna Skúladóttir				06	UMFB				5:34.70	341 *	
	50m:	35.44	35.44	150m:	1:58.75	42.41	250m:	3:25.33	43.39	350m:	4:52.21	43.10
	100m:	1:16.34	40.90	200m:	2:41.94	43.19	300m:	4:09.11	43.78	400m:	5:34.70	42.49
29.	Kamilla Ýr Ísaksdóttir Guðmann				11	Breiðablik				5:45.72	309 *	
	50m:	39.94	39.94	150m:	2:08.26	44.22	250m:	3:35.95	43.59	350m:	5:02.87	43.29
	100m:	1:24.04	44.10	200m:	2:52.36	44.10	300m:	4:19.58	43.63	400m:	5:45.72	42.85