

Sundgrein 4
21.10.2023 - 10:46

karla, 400m skriðsund

Opinn
Úrslitalistar

Mótsmet	3:56.80	Kristófer Sigurðsson	ÍRB		31.10.2014
Íslandsmet	3:47.83	Anton Sveinn McKee	ÆGIR	Istanbul (TUR)	14.12.2012
Íslandsmet Unglinga	3:52.06	Anton Sveinn McKee	ÆGIR	Laugardalslaug	11.12.2011
Íslandsmet Aldursflokka	4:04.95	Arnór Stefánsson	SH	Hafnarfjoerdur	16.11.2012

EM : 3:51.13 / NM-B 18 +: 3:57.64; 14 - 17: 4:03.00 / ÍM : 4:42.41

Stig: FINA 2021

Sæti			F.ár				Tími		Stig			
1.	Magnús Víðir Jónsson		08	SH			4:04.34		655	ÍM		
	<i>nýtt íslenskt aldursflokka-met</i>											
	50m:	27.77	27.77	150m:	1:29.68	31.26	250m:	2:32.55	31.72	350m:	3:35.27	31.28
	100m:	58.42	30.65	200m:	2:00.83	31.15	300m:	3:03.99	31.44	400m:	4:04.34	29.07
2.	Hólmur Grétarsson		08	SH			4:04.73		652	ÍM		
	50m:	28.77	28.77	150m:	1:31.01	31.31	250m:	2:33.17	31.22	350m:	3:35.53	30.66
	100m:	59.70	30.93	200m:	2:01.95	30.94	300m:	3:04.87	31.70	400m:	4:04.73	29.20
3.	Veigar Hrafn Sigþórsson		05	SH			4:04.83		651	ÍM		
	50m:	27.84	27.84	150m:	1:30.34	31.59	250m:	2:33.85	31.70	350m:	3:35.74	30.18
	100m:	58.75	30.91	200m:	2:02.15	31.81	300m:	3:05.56	31.71	400m:	4:04.83	29.09
4.	Guðmundur Karl Karlsson		05	Breiðablik			4:12.02		597	ÍM		
	50m:	27.92	27.92	150m:	1:31.03	31.86	250m:	2:35.20	32.03	350m:	3:40.10	32.32
	100m:	59.17	31.25	200m:	2:03.17	32.14	300m:	3:07.78	32.58	400m:	4:12.02	31.92
5.	Bartosz Henke		05	SH			4:14.00		583	ÍM		
	50m:	27.88	27.88	150m:	1:31.57	32.34	250m:	2:36.44	32.56	350m:	3:42.27	32.84
	100m:	59.23	31.35	200m:	2:03.88	32.31	300m:	3:09.43	32.99	400m:	4:14.00	31.73
6.	Björn Yngvi Guðmundsson		07	SH			4:14.52		579	ÍM		
	50m:	27.90	27.90	150m:	1:31.64	32.12	250m:	2:37.25	33.06	350m:	3:43.84	33.23
	100m:	59.52	31.62	200m:	2:04.19	32.55	300m:	3:10.61	33.36	400m:	4:14.52	30.68
7.	Denas Kazulis		08	ÍRB			4:16.02		569	ÍM		
	50m:	29.23	29.23	150m:	1:33.08	32.30	250m:	2:38.47	32.78	350m:	3:44.35	32.95
	100m:	1:00.78	31.55	200m:	2:05.69	32.61	300m:	3:11.40	32.93	400m:	4:16.02	31.67
8.	Birgir Hrafn Kjartansson		08	Ægir			4:19.84		545	ÍM		
	50m:	28.50	28.50	150m:	1:33.03	32.60	250m:	2:39.38	33.23	350m:	3:46.10	33.39
	100m:	1:00.43	31.93	200m:	2:06.15	33.12	300m:	3:12.71	33.33	400m:	4:19.84	33.74
9.	Andri Már Kristjánsson		06	SH			4:20.95		538	ÍM		
	50m:	28.76	28.76	150m:	1:33.78	33.20	250m:	2:41.20	33.59	350m:	3:48.77	33.97
	100m:	1:00.58	31.82	200m:	2:07.61	33.83	300m:	3:14.80	33.60	400m:	4:20.95	32.18
10.	Stefán Ingi Ólafsson		06	Ægir			4:22.32		529	ÍM		
	50m:	28.56	28.56	150m:	1:32.24	32.53	250m:	2:39.90	34.10	350m:	3:48.89	34.38
	100m:	59.71	31.15	200m:	2:05.80	33.56	300m:	3:14.51	34.61	400m:	4:22.32	33.43
11.	Kacper Kogut		06	Breiðablik			4:28.02		496	ÍM		
	50m:	29.13	29.13	150m:	1:34.44	33.15	250m:	2:43.11	34.83	350m:	3:53.00	35.28
	100m:	1:01.29	32.16	200m:	2:08.28	33.84	300m:	3:17.72	34.61	400m:	4:28.02	35.02
12.	Halldór Ingi Hafþórsson		08	SH			4:33.16		469	ÍM		
	50m:	30.36	30.36	150m:	1:38.66	34.79	250m:	2:48.43	34.82	350m:	3:58.85	35.19
	100m:	1:03.87	33.51	200m:	2:13.61	34.95	300m:	3:23.66	35.23	400m:	4:33.16	34.31
13.	Jakob Ingi Reynisson		06	ÍRB			4:42.95		422			
	50m:	31.11	31.11	150m:	1:43.02	36.45	250m:	2:56.77	36.95	350m:	4:08.42	35.84
	100m:	1:06.57	35.46	200m:	2:19.82	36.80	300m:	3:32.58	35.81	400m:	4:42.95	34.53
14.	Vanja Djurovic		09	Breiðablik			4:43.82		418			
	50m:	31.48	31.48	150m:	1:42.62	36.20	250m:	2:56.47	37.02	350m:	4:09.33	36.40
	100m:	1:06.42	34.94	200m:	2:19.45	36.83	300m:	3:32.93	36.46	400m:	4:43.82	34.49

Sundgrein 4, karla, 400m skriðsund, Opinn

Sæti					F.ár					Tími	Stig	
15.	Gísli Kristján Traustason				09	ÍRB				4:44.66	414	
	50m:	31.44	31.44	150m:	1:43.19	36.34	250m:	2:55.96	36.62	350m:	4:09.61	36.92
	100m:	1:06.85	35.41	200m:	2:19.34	36.15	300m:	3:32.69	36.73	400m:	4:44.66	35.05
16.	Jón Ingvar Eypórsson				10	Breiðablik				4:45.91	409	
	50m:	31.80	31.80	150m:	1:43.47	36.26	250m:	2:56.96	36.99	350m:	4:10.91	37.01
	100m:	1:07.21	35.41	200m:	2:19.97	36.50	300m:	3:33.90	36.94	400m:	4:45.91	35.00
17.	Kajus Jatautas				10	ÍA				4:50.90	388	
	50m:	31.74	31.74	150m:	1:45.04	37.62	250m:	2:59.84	37.89	350m:	4:14.98	37.47
	100m:	1:07.42	35.68	200m:	2:21.95	36.91	300m:	3:37.51	37.67	400m:	4:50.90	35.92
18.	Viktor Bergmann Arnarsson				10	ÍRB				5:02.20	346	
	50m:	34.35	34.35	150m:	1:51.36	38.35	250m:	3:09.26	38.90	350m:	4:26.27	38.48
	100m:	1:13.01	38.66	200m:	2:30.36	39.00	300m:	3:47.79	38.53	400m:	5:02.20	35.93
19.	Benedikt Bjarni Melsted				08	KR				5:06.20	333 *	
	50m:	33.34	33.34	150m:	1:49.46	38.86	250m:	3:08.45	39.23	350m:	4:27.81	39.74
	100m:	1:10.60	37.26	200m:	2:29.22	39.76	300m:	3:48.07	39.62	400m:	5:06.20	38.39
20.	Þórður Karl Steinarsson				09	KR				5:18.41	296 *	
	50m:	37.01	37.01	150m:	1:58.96	40.99	250m:	3:20.01	40.36	350m:	4:39.82	39.85
	100m:	1:17.97	40.96	200m:	2:39.65	40.69	300m:	3:59.97	39.96	400m:	5:18.41	38.59
21.	Guðfinnur Karlsson S11				S11	88	Fjörður				5:27.84	271 *
	50m:	38.22	38.22	150m:	2:00.60	41.74	250m:	3:22.85	40.99	350m:	4:48.65	41.79
	100m:	1:18.86	40.64	200m:	2:41.86	41.26	300m:	4:06.86	44.01	400m:	5:27.84	39.19