

Sundgrein 25

karla, 400m fjórsund

Opinn

22.10.2023 - 10:00

Ráslisti

| | | | | | |
|-------------------------|---------|-----------------------|-------|----------------|------------|
| Mótsmet | 4:32.99 | Kristinn Þórarinnsson | 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 / Cubemót : 6:15.00

F.ár

Riðill 1 af 1

| | | | | |
|---|---------------------------|----|------------|---------|
| 2 | Huginn Leví Pétursson | 09 | Breiðablik | 6:03.66 |
| 3 | Gísli Kristján Traustason | 09 | ÍRB | 5:19.88 |
| 4 | Daði Rafn Falsson | 08 | ÍRB | 4:43.11 |
| 5 | Adam Leó Tómasson | 07 | SH | 5:10.79 |
| 6 | Ragnar Halldórsson | 09 | Breiðablik | 5:33.57 |
| 7 | Jón Ingi Laufeyjarson | 10 | Ármann | 6:18.06 |