

## Sundgrein 4

## karla, 400m skriðsund

Opinn

21.10.2023 - 10:46

Ráslisti

Mótsmet	3:56.80	Kristófer Sigurðsson	ÍRB		31.10.2014
Íslandsmet	3:47.83	Anton Sveinn McKee	AEGIR	Istanbul (TUR)	14.12.2012
Íslandsmet Unglinga	3:52.06	Anton Sveinn McKee	AEGIR	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 / Cubemót : 5:05.00

F.ár

## Riðill 1 af 3

3 Þórður Karl Steinarsson	09	KR	5:28.16
4 Benedikt Bjarni Melsted	08	KR	5:05.93
5 Guðfinnur Karlsson S11	S11	88 Fjörður	5:24.00

## Riðill 2 af 3

1 Vanja Djurovic	09	Breiðablik	4:56.81
2 Kajus Jatautas	10	ÍA	4:51.97
3 Jakob Ingi Reynisson	06	ÍRB	4:39.13
4 Stefán Ingi Ólafsson	06	Ægir	4:26.21
5 Halldór Ingi Hafþórsson	08	SH	4:30.40
6 Jón Ingvar Eypórsson	10	Breiðablik	4:48.90
7 Gísli Kristján Traustason	09	ÍRB	4:54.67
8 Viktor Bergmann Arnarsson	10	ÍRB	5:01.59

## Riðill 3 af 3

0 Kacper Kogut	06	Breiðablik	4:20.13
1 Denas Kazulis	08	ÍRB	4:15.46
2 Hólmar Grétarsson	08	SH	4:05.19
3 Magnús Víðir Jónsson	08	SH	4:04.95
4 Veigar Hrafn Sigþórsson	05	SH	3:59.25
5 Guðmundur Karl Karlsson	05	Breiðablik	4:04.20
6 Björn Yngvi Guðmundsson	07	SH	4:05.06
7 Bartosz Henke	05	SH	4:05.39
8 Andri Már Kristjánsson	06	SH	4:19.49
9 Birgir Hrafn Kjartansson	08	Ægir	4:20.33