

Sundgrein 108
15.12.2023 - 18:51

kvenna, 400m skriðsund

Opinn
Úrslitalistar

Stig: FINA 2023

Sæti				F.ár				Tími	Stig			
1.	Brynhildur Traustadóttir			01	Sundfélag Akraness			4:20.92	696			
	50m:	28.81	28.81	150m:	1:33.94	32.96	250m:	2:40.81	33.56	350m:	3:48.09	33.58
	100m:	1:00.98	32.17	200m:	2:07.25	33.31	300m:	3:14.51	33.70	400m:	4:20.92	32.83
2.	Sunna Arnfinnsdóttir			07	Sundfélag Akraness			4:34.50	598			
	50m:	29.66	29.66	150m:	1:37.35	34.59	250m:	2:48.53	35.69	350m:	4:00.39	35.88
	100m:	1:02.76	33.10	200m:	2:12.84	35.49	300m:	3:24.51	35.98	400m:	4:34.50	34.11
3.	Guðrún Ísold Harðardóttir			11	Sunddeild Breiðabliks			4:55.81	478			
	50m:	31.90	31.90	150m:	1:45.46	37.14	250m:	3:00.87	37.88	350m:	4:17.81	38.73
	100m:	1:08.32	36.42	200m:	2:22.99	37.53	300m:	3:39.08	38.21	400m:	4:55.81	38.00
4.	Matthildur María Ríkarðsdóttir			09	Sh			4:56.42	475			
	50m:	33.56	33.56	150m:	1:48.46	38.04	250m:	3:04.08	38.01	350m:	4:20.18	37.70
	100m:	1:10.42	36.86	200m:	2:26.07	37.61	300m:	3:42.48	38.40	400m:	4:56.42	36.24
5.	Tinna Karen Sigurðardóttir			08	Sh			4:58.77	463			
	50m:	31.90	31.90	150m:	1:45.53	37.51	250m:	3:02.27	38.85	350m:	4:20.81	39.55
	100m:	1:08.02	36.12	200m:	2:23.42	37.89	300m:	3:41.26	38.99	400m:	4:58.77	37.96
6.	Þorgerður Freyja Helgadóttir			11	Sunddeild Breiðabliks			4:59.50	460			
	50m:	33.16	33.16	150m:	1:48.90	38.26	250m:	3:05.72	38.47	350m:	4:22.83	38.14
	100m:	1:10.64	37.48	200m:	2:27.25	38.35	300m:	3:44.69	38.97	400m:	4:59.50	36.67
7.	Aldís Ogmundsdóttir			09	Sunddeild KR			5:17.78	385			
	50m:	35.48	35.48	150m:	1:56.59	40.80	250m:	3:17.48	40.20	350m:	4:38.31	40.35
	100m:	1:15.79	40.31	200m:	2:37.28	40.69	300m:	3:57.96	40.48	400m:	5:17.78	39.47