

Sundgrein 125  
16.12.2023 - 17:50

karla, 400m fjórsund

Opinn  
Úrslitalistar

Stig: FINA 2023

Sæti			F.ár						Tími	Stig
1.	Adam Leó Tómasson		07	Sh					<b>4:47.41</b>	545
	50m:	31.11 31.11	150m:	1:45.13 37.96	250m:	3:02.05 39.80	350m:	4:16.08 34.10		
	100m:	1:07.17 36.06	200m:	2:22.25 37.12	300m:	3:41.98 39.93	400m:	4:47.41 31.33		
2.	Nokkvi Fenrir Bjarnason		10	Sh					<b>5:21.48</b>	389
	50m:	32.39 32.39	150m:	1:55.47 43.23	250m:	3:21.28 45.83	350m:	4:45.58 37.35		
	100m:	1:12.24 39.85	200m:	2:35.45 39.98	300m:	4:08.23 46.95	400m:	5:21.48 35.90		