

Sundgrein 25  
16.12.2023 - 17:37

karla, 400m fjórsund

Opinn  
Úrslitalistar

Stig: FINA 2023

Sæti			F.ár							Tími	Stig	
1.	Birni Freyr Hálfðánarsson		06	Sh						<b>4:25.30</b>	693	
	50m:	27.85	27.85	150m:	1:35.21	34.64	250m:	2:45.52	36.27	350m:	3:54.11	31.55
	100m:	1:00.57	32.72	200m:	2:09.25	34.04	300m:	3:22.56	37.04	400m:	4:25.30	31.19
2.	Guðmundur Leo Rafnsson		06	Íþróttabandalag Reykjaneshæjar						<b>4:31.23</b>	648	
	50m:	28.23	28.23	150m:	1:35.22	33.53	250m:	2:47.81	39.62	350m:	4:00.81	31.95
	100m:	1:01.69	33.46	200m:	2:08.19	32.97	300m:	3:28.86	41.05	400m:	4:31.23	30.42
3.	Bergur Fálnir Bjarnason		06	Sh						<b>4:32.45</b>	640	
	50m:	28.69	28.69	150m:	1:36.34	34.23	250m:	2:50.21	39.95	350m:	4:02.53	31.78
	100m:	1:02.11	33.42	200m:	2:10.26	33.92	300m:	3:30.75	40.54	400m:	4:32.45	29.92
4.	Daði Rafn Falsson		08	Íþróttabandalag Reykjaneshæjar						<b>4:47.95</b>	542	
	50m:	29.50	29.50	150m:	1:43.62	38.79	250m:	3:00.95	40.01	350m:	4:15.65	34.02
	100m:	1:04.83	35.33	200m:	2:20.94	37.32	300m:	3:41.63	40.68	400m:	4:47.95	32.30
5.	Guðbjarni Sigþórsson		06	Sundfélag Akraness						<b>4:53.80</b>	510	
	50m:	30.67	30.67	150m:	1:45.64	38.76	250m:	3:04.97	41.60	350m:	4:20.90	33.66
	100m:	1:06.88	36.21	200m:	2:23.37	37.73	300m:	3:47.24	42.27	400m:	4:53.80	32.90
6.	Kacper Kogut		06	Sunddeild Breiðabliks						<b>5:00.42</b>	477	
	50m:	29.80	29.80	150m:	1:43.56	38.63	250m:	3:07.52	45.04	350m:	4:27.25	33.96
	100m:	1:04.93	35.13	200m:	2:22.48	38.92	300m:	3:53.29	45.77	400m:	5:00.42	33.17
7.	Ásberg Halldór Hansson		07	Sundfélagið Ægir						<b>5:07.01</b>	447	
	50m:	31.52	31.52	150m:	1:47.49	38.12	250m:	3:12.18	46.76	350m:	4:33.84	35.22
	100m:	1:09.37	37.85	200m:	2:25.42	37.93	300m:	3:58.62	46.44	400m:	5:07.01	33.17
8.	Sigurður Haukur Birgisson		06	Ármann						<b>5:07.68</b>	444	
	50m:	31.70	31.70	150m:	1:52.97	39.59	250m:	3:15.22	43.21	350m:	4:34.25	33.96
	100m:	1:13.38	41.68	200m:	2:32.01	39.04	300m:	4:00.29	45.07	400m:	5:07.68	33.43
9.	Dominic Daði Wheeler		07	Sunddeild Breiðabliks						<b>5:09.97</b>	434	
	50m:	30.89	30.89	150m:	1:48.23	41.18	250m:	3:11.94	44.09	350m:	4:34.54	36.08
	100m:	1:07.05	36.16	200m:	2:27.85	39.62	300m:	3:58.46	46.52	400m:	5:09.97	35.43
10.	Oliver Kaldal		07	Sundfélagið Ægir						<b>5:19.28</b>	397	
	50m:	31.41	31.41	150m:	1:53.07	42.76	250m:	3:20.95	46.91	350m:	4:44.76	35.97
	100m:	1:10.31	38.90	200m:	2:34.04	40.97	300m:	4:08.79	47.84	400m:	5:19.28	34.52
11.	Kajus Jatautas		10	Sundfélag Akraness						<b>5:42.83</b>	321	
	50m:	32.80	32.80	150m:	2:00.45	46.32	250m:	3:35.25	50.52	350m:	5:06.10	39.17
	100m:	1:14.13	41.33	200m:	2:44.73	44.28	300m:	4:26.93	51.68	400m:	5:42.83	36.73
12.	Stefán Hagalín Árnason		10	Ármann						<b>6:16.88</b>	241	
	50m:	45.89	45.89	150m:	2:27.08	44.74	250m:	4:03.66	52.74	350m:	5:37.99	40.40
	100m:	1:42.34	56.45	200m:	3:10.92	43.84	300m:	4:57.59	53.93	400m:	6:16.88	38.89