

Sundgrein 7  
15.12.2023 - 18:22

karla, 400m skriðsund

Opinn  
Úrslitalistar

Stig: FINA 2023

Sæti			F.ár							Tími	Stig	
1.	Hólmar Grétarsson		08	Sh						<b>4:07.56</b>	630	
	50m:	28.41	28.41	150m:	1:30.72	31.52	250m:	2:33.68	31.60	350m:	3:37.01	31.56
	100m:	59.20	30.79	200m:	2:02.08	31.36	300m:	3:05.45	31.77	400m:	4:07.56	30.55
2.	Bartosz Henke		05	Sh						<b>4:10.89</b>	605	
	50m:	27.81	27.81	150m:	1:30.49	31.70	250m:	2:34.46	32.03	350m:	3:39.42	32.72
	100m:	58.79	30.98	200m:	2:02.43	31.94	300m:	3:06.70	32.24	400m:	4:10.89	31.47
3.	Denas Kazulis		08	Íþróttabandalag Reykjanessbæjar						<b>4:12.42</b>	594	
	50m:	28.74	28.74	150m:	1:31.84	31.74	250m:	2:36.39	32.47	350m:	3:41.21	32.04
	100m:	1:00.10	31.36	200m:	2:03.92	32.08	300m:	3:09.17	32.78	400m:	4:12.42	31.21
4.	Guðmundur Karl Karlsson		05	Sunddeild Breiðabliks						<b>4:13.93</b>	583	
	50m:	27.87	27.87	150m:	1:31.15	31.98	250m:	2:36.37	32.71	350m:	3:41.97	32.55
	100m:	59.17	31.30	200m:	2:03.66	32.51	300m:	3:09.42	33.05	400m:	4:13.93	31.96
5.	Stefán Ingi Ólafsson		06	Sundfélagið Ægir						<b>4:19.19</b>	549	
	50m:	28.29	28.29	150m:	1:32.04	32.48	250m:	2:38.48	33.44	350m:	3:45.72	33.77
	100m:	59.56	31.27	200m:	2:05.04	33.00	300m:	3:11.95	33.47	400m:	4:19.19	33.47
6.	Birgir Hrafn Kjartansson		08	Sundfélagið Ægir						<b>4:21.20</b>	536	
	50m:	28.56	28.56	150m:	1:33.40	32.91	250m:	2:41.00	33.94	350m:	3:48.67	33.87
	100m:	1:00.49	31.93	200m:	2:07.06	33.66	300m:	3:14.80	33.80	400m:	4:21.20	32.53
7.	Kacper Kogut		06	Sunddeild Breiðabliks						<b>4:22.10</b>	531	
	50m:	29.08	29.08	150m:	1:35.02	33.17	250m:	2:41.44	32.88	350m:	3:48.93	34.06
	100m:	1:01.85	32.77	200m:	2:08.56	33.54	300m:	3:14.87	33.43	400m:	4:22.10	33.17
8.	Sigurður Haukur Birgisson		06	Ármann						<b>4:29.29</b>	489	
	50m:	29.12	29.12	150m:	1:37.35	34.76	250m:	2:47.24	34.85	350m:	3:56.51	34.32
	100m:	1:02.59	33.47	200m:	2:12.39	35.04	300m:	3:22.19	34.95	400m:	4:29.29	32.78
9.	Árni Þór Pálmason		09	Íþróttabandalag Reykjanessbæjar						<b>4:31.00</b>	480	
	50m:	30.16	30.16	150m:	1:38.02	34.20	250m:	2:48.55	35.41	350m:	3:57.88	34.46
	100m:	1:03.82	33.66	200m:	2:13.14	35.12	300m:	3:23.42	34.87	400m:	4:31.00	33.12
10.	Kajus Jatautas		10	Sundfélag Akraness						<b>4:44.37</b>	415	
	50m:	30.02	30.02	150m:	1:40.41	36.27	250m:	2:54.80	37.01	350m:	4:09.03	37.09
	100m:	1:04.14	34.12	200m:	2:17.79	37.38	300m:	3:31.94	37.14	400m:	4:44.37	35.34
11.	Halldór Björn Kristinsson		02	Ármann						<b>5:15.19</b>	305	
	50m:	33.18	33.18	150m:	1:50.81	39.87	250m:	3:11.75	40.60	350m:	4:34.11	41.21
	100m:	1:10.94	37.76	200m:	2:31.15	40.34	300m:	3:52.90	41.15	400m:	5:15.19	41.08
12.	Eymar Ágúst Eymarsson		10	Sundfélag Akraness						<b>5:56.44</b>	211	
	50m:	40.10	40.10	150m:	2:09.28	45.71	250m:	3:42.31	46.00	350m:	5:56.44	42.39
	100m:	1:23.57	43.47	200m:	2:56.31	47.03	300m:	5:14.05	1:31.74	400m:	5:56.44	