

Sundgrein 1  
23.3.2024 - 10:00

kvenna, 400m skriðsund

Opinn  
Úrslitalistar

Mótsmet	4:24.04	Inga Elín Cryer	ÍA		1.4.2012
Íslandsmet	4:20.16	Snaefridur Sol Jorunnardóttir	ISL	Gzira (MLT)	31.5.2023
Íslandsmet Unglinga	4:20.66	Sunneva Dögg Robertson	IRB	Reykjavik	22.4.2016
Íslandsmet Aldurshópur	4:23.24	Eygló Ósk Gústafsdóttir	AEGIR	Helsinki (FIN)	15.7.2010

EM : 4:20.29 / EM 19 - 21: 4:22.95 / EMU 16 - 18: 4:27.53 / NÆM 14 - 16: 4:38.57

Stig: FINA 2024

Sæti			F.ár				Tími	Stig		
1.	Vala Dís Cicero		08	SH			<b>4:27.25</b>	683	EMU	
	50m:	30.93 30.93	150m:	1:39.64 34.84	250m:	2:46.69 33.08	350m:	3:54.86 33.99		
	100m:	1:04.80 33.87	200m:	2:13.61 33.97	300m:	3:20.87 34.18	400m:	4:27.25 32.39		
2.	Katrja Lilja Andriysoóttir		06	SH			<b>4:29.30</b>	667	SSÍ	
	50m:	30.63 30.63	150m:	1:38.93 34.52	250m:	2:47.54 34.02	350m:	3:56.00 33.86		
	100m:	1:04.41 33.78	200m:	2:13.52 34.59	300m:	3:22.14 34.60	400m:	4:29.30 33.30		
3.	Freyja Birkisdóttir		06	BREI			<b>4:31.34</b>	652	SSÍ	
	50m:	31.36 31.36	150m:	1:39.89 34.09	250m:	2:47.99 34.07	350m:	3:57.28 34.78		
	100m:	1:05.80 34.44	200m:	2:13.92 34.03	300m:	3:22.50 34.51	400m:	4:31.34 34.06		
4.	Sólveig Freyja Hákonardóttir		09	BREI			<b>4:34.97</b>	627	NÆM	
	50m:	31.77 31.77	150m:	1:40.99 34.73	250m:	2:51.26 35.13	350m:	4:01.12 34.93		
	100m:	1:06.26 34.49	200m:	2:16.13 35.14	300m:	3:26.19 34.93	400m:	4:34.97 33.85		
5.	Ásdís Steindórsdóttir		09	BREI			<b>4:39.17</b>	599	SSÍ	
	50m:	31.23 31.23	150m:	1:40.93 35.64	250m:	2:52.25 35.97	350m:	4:04.42 35.93		
	100m:	1:05.29 34.06	200m:	2:16.28 35.35	300m:	3:28.49 36.24	400m:	4:39.17 34.75		
6.	Sunna Arnfinnsdóttir		07	ÍA			<b>4:44.37</b>	567	ÍM	
	50m:	32.82 32.82	150m:	1:44.32 36.15	250m:	2:57.11 36.39	350m:	4:09.61 36.07		
	100m:	1:08.17 35.35	200m:	2:20.72 36.40	300m:	3:33.54 36.43	400m:	4:44.37 34.76		
7.	Hulda Björg Magnúsdóttir Nilsen		08	Ægir			<b>4:50.15</b>	533	ÍM	
	50m:	31.13 31.13	150m:	1:42.80 36.17	250m:	2:56.61 36.50	350m:	4:12.23 37.29		
	100m:	1:06.63 35.50	200m:	2:20.11 37.31	300m:	3:34.94 38.33	400m:	4:50.15 37.92		
8.	Katrín Lóa Ingadóttir		08	Ármann			<b>4:50.93</b>	529	ÍM	
	50m:	33.42 33.42	150m:	1:45.86 36.56	250m:	3:00.09 37.48	350m:	4:14.92 37.24		
	100m:	1:09.30 35.88	200m:	2:22.61 36.75	300m:	3:37.68 37.59	400m:	4:50.93 36.01		
9.	Hallóra Björt Ingimundardóttir		08	BREI			<b>4:50.95</b>	529	ÍM	
	50m:	32.52 32.52	150m:	1:46.39 37.23	250m:	3:00.47 37.02	350m:	4:15.05 36.87		
	100m:	1:09.16 36.64	200m:	2:23.45 37.06	300m:	3:38.18 37.71	400m:	4:50.95 35.90		
10.	Maja Lind Cicero		05	SH			<b>4:51.98</b>	523	ÍM	
	50m:	33.83 33.83	150m:	1:47.28 37.39	250m:	3:00.92 36.84	350m:	4:16.52 37.49		
	100m:	1:09.89 36.06	200m:	2:24.08 36.80	300m:	3:39.03 38.11	400m:	4:51.98 35.46		
11.	Katría María Brynjarsdóttir		07	ÍRB			<b>4:52.07</b>	523	ÍM	
	50m:	32.39 32.39	150m:	1:45.62 36.74	250m:	2:59.92 36.90	350m:	4:15.06 37.45		
	100m:	1:08.88 36.49	200m:	2:23.02 37.40	300m:	3:37.61 37.69	400m:	4:52.07 37.01		
12.	María Skorastein Sigurdardóttir		07	SH			<b>4:52.11</b>	523	ÍM	
	50m:	33.48 33.48	150m:	1:48.32 37.97	250m:	3:03.55 37.56	350m:	4:17.76 36.33		
	100m:	1:10.35 36.87	200m:	2:25.99 37.67	300m:	3:41.43 37.88	400m:	4:52.11 34.35		
13.	Bjarnís Olga Hansen		10	Ægir			<b>4:55.77</b>	504	ÍM	
	50m:	32.45 32.45	150m:	1:46.60 38.12	250m:	3:03.10 38.36	350m:	4:19.96 38.76		
	100m:	1:08.48 36.03	200m:	2:24.74 38.14	300m:	3:41.20 38.10	400m:	4:55.77 35.81		
14.	Adriana Agnes Derti		10	ÍRB			<b>4:55.87</b>	503	ÍM	
	50m:	33.70 33.70	150m:	1:48.09 37.94	250m:	3:03.69 37.77	350m:	4:19.45 38.12		
	100m:	1:10.15 36.45	200m:	2:25.92 37.83	300m:	3:41.33 37.64	400m:	4:55.87 36.42		

Sundgrein 1, kvenna, 400m skriðsund, Opinn

Sæti	F.ár						Tími	Stig				
15.	Auguste Balciunaite						11	SH	<b>4:59.03</b>	487	ÍM	
	50m:	33.55	33.55	150m:	1:49.26	38.50	250m:	3:06.73	38.73	350m:	4:22.45	37.55
	100m:	1:10.76	37.21	200m:	2:28.00	38.74	300m:	3:44.90	38.17	400m:	4:59.03	36.58
16.	Margrét Anna Lapas						09	BREI	<b>4:59.34</b>	486	ÍM	
	50m:	32.09	32.09	150m:	1:44.91	36.75	250m:	3:02.05	38.56	350m:	4:21.06	39.29
	100m:	1:08.16	36.07	200m:	2:23.49	38.58	300m:	3:41.77	39.72	400m:	4:59.34	38.28
17.	Karen Sif Helgadóttir						10	Fjöltnir	<b>5:02.51</b>	471	ÍM	
	50m:	32.06	32.06	150m:	1:46.68	38.46	250m:	3:05.53	40.19	350m:	4:24.42	39.57
	100m:	1:08.22	36.16	200m:	2:25.34	38.66	300m:	3:44.85	39.32	400m:	5:02.51	38.09
18.	Guðrún Ísold Harðardóttir						11	BREI	<b>5:07.19</b>	449	ÍM	
	50m:	32.95	32.95	150m:	1:48.40	38.51	250m:	3:07.60	40.21	350m:	4:27.58	40.20
	100m:	1:09.89	36.94	200m:	2:27.39	38.99	300m:	3:47.38	39.78	400m:	5:07.19	39.61
19.	Helga Sigurlaug Helgadóttir						07	SH	<b>5:07.26</b>	449	ÍM	
	50m:	33.38	33.38	150m:	1:50.98	39.90	250m:	3:10.93	40.33	350m:	4:30.75	40.14
	100m:	1:11.08	37.70	200m:	2:30.60	39.62	300m:	3:50.61	39.68	400m:	5:07.26	36.51
20.	Guðbjörg Helga Hilmarsdóttir						11	BREI	<b>5:09.70</b>	439	ÍM	
	50m:	33.34	33.34	150m:	1:50.31	38.16	250m:	3:09.48	39.17	350m:	4:30.51	39.99
	100m:	1:12.15	38.81	200m:	2:30.31	40.00	300m:	3:50.52	41.04	400m:	5:09.70	39.19
21.	Hildur Erla Hákonardóttir						10	SH	<b>5:13.93</b>	421	ÍM	
	50m:	35.60	35.60	150m:	1:54.81	40.28	250m:	3:15.00	40.19	350m:	4:34.88	39.52
	100m:	1:14.53	38.93	200m:	2:34.81	40.00	300m:	3:55.36	40.36	400m:	5:13.93	39.05
22.	Katrín Ósk Aðalsteinsdóttir						09	SH	<b>5:22.14</b>	390	* ÍM	
	50m:	33.45	33.45	150m:	1:52.78	39.90	250m:	3:15.20	39.96	350m:	4:39.78	42.06
	100m:	1:12.88	39.43	200m:	2:35.24	42.46	300m:	3:57.72	42.52	400m:	5:22.14	42.36
23.	Elsa Diljá Lunddal Rúnarsdóttir						10	SH	<b>5:32.47</b>	354	*	
	50m:	37.38	37.38	150m:	2:01.95	43.34	250m:	3:27.96	43.64	350m:	4:52.18	42.29
	100m:	1:18.61	41.23	200m:	2:44.32	42.37	300m:	4:09.89	41.93	400m:	5:32.47	40.29
24.	Ninja Ýr Logadóttir						09	SH	<b>5:32.82</b>	353	*	
	50m:	37.06	37.06	150m:	2:00.27	41.52	250m:	3:25.17	41.73	350m:	4:50.20	42.06
	100m:	1:18.75	41.69	200m:	2:43.44	43.17	300m:	4:08.14	42.97	400m:	5:32.82	42.62
25.	Birna Rún Jónsdóttir						09	UMFA	<b>5:34.91</b>	347	*	
	50m:	36.06	36.06	150m:	2:00.49	43.30	250m:	3:27.18	43.02	350m:	4:54.46	43.46
	100m:	1:17.19	41.13	200m:	2:44.16	43.67	300m:	4:11.00	43.82	400m:	5:34.91	40.45
26.	Ingibjörg Þóra Stefánsdóttir						08	SH	<b>5:40.54</b>	330	*	
	50m:	2:04.53	2:04.53	150m:	3:32.78	2:12.91	250m:			350m:		
	100m:	1:19.87		200m:	2:48.55		300m:	4:16.42		400m:	5:40.54	
27.	Dórothea Margrét Jakobsdóttir						08	Ármann	<b>5:45.89</b>	315	*	
	50m:	37.30	37.30	150m:	2:05.79	45.53	250m:	3:36.32	44.61	350m:	5:05.29	43.89
	100m:	1:20.26	42.96	200m:	2:51.71	45.92	300m:	4:21.40	45.08	400m:	5:45.89	40.60