

Sundgrein 12  
23.3.2024 - 16:00

kvenna, 400m fjórsund

Opinn  
Úrslitalistar

Mótsmet	5:00.25	Hrafnhildur Lúthersdóttir	SH		1.6.2010
Íslandsmet	4:46.70	Hrafnhildur Lúthersdóttir	SH	Reykjavik	5.6.2015
Íslandsmet Unglinga	4:55.17	Eygló Ósk Gústafsdóttir	AEGIR	Luxembourg (LUX)	31.5.2013
Íslandsmet Aldurshópur	5:04.17	Eygló Ósk Gústafsdóttir	AEGIR	Reykjanesbaer	29.5.2010

EM : 4:54.04 / EM 19 - 21: 4:57.04 / EMU 16 - 18: 5:02.22 / NÆM 14 - 16: 5:14.69

Stig: FINA 2024

Sæti	F.ár			Tími	Stig						
1. Eva Margrét Falsdóttir	05	ÍRB		<b>5:01.58</b>	685	SSÍ					
50m:	31.11	31.11	150m:	1:48.25	41.11	250m:	3:09.32	41.62	350m:	4:27.36	36.74
100m:	1:07.14	36.03	200m:	2:27.70	39.45	300m:	3:50.62	41.30	400m:	5:01.58	34.22
2. Sunneva Bergmann Ásbjornsdóttir	07	ÍRB		<b>5:22.34</b>	561	ÍM					
50m:	33.93	33.93	150m:	1:56.66	42.32	250m:	3:22.25	45.59	350m:	4:46.56	38.18
100m:	1:14.34	40.41	200m:	2:36.66	40.00	300m:	4:08.38	46.13	400m:	5:22.34	35.78
3. Austėja Savickaitė	09	ÍRB		<b>5:39.17</b>	481	ÍM					
50m:	36.63	36.63	150m:	2:04.46	45.23	250m:	3:34.21	45.89	350m:	5:01.59	40.36
100m:	1:19.23	42.60	200m:	2:48.32	43.86	300m:	4:21.23	47.02	400m:	5:39.17	37.58
4. Freydís Lilja Bergþórsdóttir	09	ÍRB		<b>5:42.63</b>	467	ÍM					
50m:	36.53	36.53	150m:	2:03.05	45.05	250m:	3:36.63	49.35	350m:	5:04.26	39.09
100m:	1:18.00	41.47	200m:	2:47.28	44.23	300m:	4:25.17	48.54	400m:	5:42.63	38.37
5. Adríana Agnes Derti	10	ÍRB		<b>5:42.69</b>	466	ÍM					
50m:	35.30	35.30	150m:	2:00.54	44.53	250m:	3:36.65	51.46	350m:	5:05.96	36.74
100m:	1:16.01	40.71	200m:	2:45.19	44.65	300m:	4:29.22	52.57	400m:	5:42.69	36.73
6. Kristín Ásta Sigtryggsdóttir	09	Ægir		<b>5:44.17</b>	460	ÍM					
50m:	35.86	35.86	150m:	2:05.02	46.73	250m:	3:38.92	48.01	350m:	5:06.67	38.00
100m:	1:18.29	42.43	200m:	2:50.91	45.89	300m:	4:28.67	49.75	400m:	5:44.17	37.50
7. Katla Mist Bragadóttir	07	Ármann		<b>5:44.98</b>	457	ÍM					
50m:	38.78	38.78	150m:	2:11.61	47.17	250m:	3:45.26	46.18	350m:	5:08.11	37.55
100m:	1:24.44	45.66	200m:	2:59.08	47.47	300m:	4:30.56	45.30	400m:	5:44.98	36.87
8. Alicja Julia Kempisty	10	Óðinn		<b>5:49.71</b>	439	ÍM					
50m:	39.10	39.10	150m:	2:10.84	45.49	250m:	3:45.99	50.57	350m:	5:13.56	35.58
100m:	1:25.35	46.25	200m:	2:55.42	44.58	300m:	4:37.98	51.99	400m:	5:49.71	36.15
9. Þorgerður Freyja Helgadóttir	11	BREI		<b>5:55.18</b>	419	ÍM					
50m:	38.40	38.40	150m:	2:10.27	45.25	250m:	3:45.74	52.12	350m:	5:16.87	39.12
100m:	1:25.02	46.62	200m:	2:53.62	43.35	300m:	4:37.75	52.01	400m:	5:55.18	38.31
10. Ema Austa Pratusytė	10	SH		<b>5:55.30</b>	419	ÍM					
50m:	40.41	40.41	150m:	2:14.16	44.61	250m:	3:46.84	49.48	350m:	5:17.50	39.88
100m:	1:29.55	49.14	200m:	2:57.36	43.20	300m:	4:37.62	50.78	400m:	5:55.30	37.80
11. Eydís Jóhannesdóttir	11	ÍRB		<b>5:57.94</b>	409	ÍM					
50m:	42.70	42.70	150m:	2:16.52	47.09	250m:	3:51.37	50.29	350m:	5:19.40	40.81
100m:	1:29.43	46.73	200m:	3:01.08	44.56	300m:	4:38.59	47.22	400m:	5:57.94	38.54
12. Ísabella Jóhannsdóttir	10	Óðinn		<b>6:07.21</b>	379	ÍM					
50m:	41.19	41.19	150m:	2:18.70	51.38	250m:	3:56.28	47.96	350m:	5:28.12	42.26
100m:	1:27.32	46.13	200m:	3:08.32	49.62	300m:	4:45.86	49.58	400m:	6:07.21	39.09
13. Álfrún Lóa Jónsdóttir	10	Fjölnir		<b>6:09.52</b>	372	ÍM					
50m:	43.58	43.58	150m:	2:24.04	48.36	250m:	3:57.09	46.76	350m:	5:29.57	42.81
100m:	1:35.68	52.10	200m:	3:10.33	46.29	300m:	4:46.76	49.67	400m:	6:09.52	39.95
ÓG. Freyja Birkisdóttir	06	BREI		<b>5:18.71</b>		ÍM					
<i>6.4 - Keppendai ekki kominn í bakstöðu þegar spyrnt er frá bakka</i>											
50m:	31.62	31.62	150m:	1:54.44	44.70	250m:	3:20.06	44.51	350m:	4:42.58	37.44
100m:	1:09.74	38.12	200m:	2:35.55	41.11	300m:	4:05.14	45.08	400m:	5:18.71	36.13