

Sundgrein 13
23.3.2024 - 16:14

karla, 1500m skriðsund

Opinn
Úrslitalistar

Mótsmet	16:08.55	Patrik Viggó Vilbergsson	BREI		15.3.2020
Íslandsmet	15:27.08	Anton Sveinn McKee	AEGIR	Laugardalslaug	13.4.2012
Íslandsmet Unglinga	15:45.21	Anton Sveinn McKee	AEGIR	Canet-en-Roussillon (FRA)	9.6.2011
Íslandsmet Aldurshópur	16:12.57	Hólmar Grétarsson	SH	Gzira (MLT)	2.6.2023

EM : 15:39.74 / EM 19 - 21: 15:49.33 / EMU 16 - 18: 16:08.21 / NÆM 14 - 16: 17:00.00

Stig: FINA 2024

Sæti	F.ár		Tími		Stig		
1. Andri Már Kristjánsson	06	SH	17:04.68	614	ÍM		
100m: 1:03.07 1:03.07	500m: 5:37.78 1:09.25	900m: 10:15.69 1:09.50	1300m: 14:52.30 1:09.57				
200m: 2:11.42 1:08.35	600m: 6:46.91 1:09.13	1000m: 11:23.60 1:07.91	1400m: 16:00.75 1:08.45				
300m: 3:19.10 1:07.68	700m: 7:56.45 1:09.54	1100m: 12:33.73 1:10.13	1500m: 17:04.68 1:03.93				
400m: 4:28.53 1:09.43	800m: 9:06.19 1:09.74	1200m: 13:42.73 1:09.00					
2. Karl Björnsson	08	SH	17:05.04	613	ÍM		
100m: 1:03.31 1:03.31	500m: 5:37.97 1:09.37	900m: 10:14.51 1:09.01	1300m: 14:52.13 1:09.18				
200m: 2:11.41 1:08.10	600m: 6:47.08 1:09.11	1000m: 11:23.58 1:09.07	1400m: 16:00.41 1:08.28				
300m: 3:19.49 1:08.08	700m: 7:56.34 1:09.26	1100m: 12:33.47 1:09.89	1500m: 17:05.04 1:04.63				
400m: 4:28.60 1:09.11	800m: 9:05.50 1:09.16	1200m: 13:42.95 1:09.48					
3. Birgir Hrafn Kjartansson	08	Ægir	18:00.30	524	ÍM		
100m: 1:05.07 1:05.07	500m: 5:51.98 1:12.59	900m: 10:43.65 1:13.39	1300m: 15:37.52 1:13.60				
200m: 2:15.62 1:10.55	600m: 7:04.55 1:12.57	1000m: 11:56.49 1:12.84	1400m: 16:50.24 1:12.72				
300m: 3:27.05 1:11.43	700m: 8:17.49 1:12.94	1100m: 13:10.14 1:13.65	1500m: 18:00.30 1:10.06				
400m: 4:39.39 1:12.34	800m: 9:30.26 1:12.77	1200m: 14:23.92 1:13.78					
4. Halldór Ingi Hafþórsson	08	SH	19:05.17	440	ÍM		
100m: 1:11.12 1:11.12	500m: 6:18.71 1:17.03	900m: 11:24.63 1:16.31	1300m: 16:33.99 1:17.53				
200m: 2:27.89 1:16.77	600m: 7:35.30 1:16.59	1000m: 12:41.21 1:16.58	1400m: 17:51.21 1:17.22				
300m: 3:44.79 1:16.90	700m: 8:51.63 1:16.33	1100m: 13:58.56 1:17.35	1500m: 19:05.17 1:13.96				
400m: 5:01.68 1:16.89	800m: 10:08.32 1:16.69	1200m: 15:16.46 1:17.90					
5. Magni Rafn Ragnarsson	10	Óðinn	19:23.08	420	ÍM		
100m: 1:13.40 1:13.40	500m: 6:25.85 1:18.52	900m: 11:38.98 1:17.91	1300m: 16:49.59 1:17.66				
200m: 2:30.75 1:17.35	600m: 7:44.19 1:18.34	1000m: 12:56.85 1:17.87	1400m: 18:07.36 1:17.77				
300m: 3:48.76 1:18.01	700m: 9:03.00 1:18.81	1100m: 14:14.15 1:17.30	1500m: 19:23.08 1:15.72				
400m: 5:07.33 1:18.57	800m: 10:21.07 1:18.07	1200m: 15:31.93 1:17.78					
6. Þór Eli Gunnarsson	11	SH	19:35.97	406	ÍM		
100m: 1:13.12 1:13.12	500m: 6:32.68 1:19.86	900m: 11:49.46 1:18.77	1300m: 17:04.46 1:18.71				
200m: 2:32.22 1:19.10	600m: 7:52.00 1:19.32	1000m: 13:08.56 1:19.10	1400m: 18:21.81 1:17.35				
300m: 3:52.44 1:20.22	700m: 9:11.18 1:19.18	1100m: 14:27.01 1:18.45	1500m: 19:35.97 1:14.16				
400m: 5:12.82 1:20.38	800m: 10:30.69 1:19.51	1200m: 15:45.75 1:18.74					
7. Kristjón Hrafn Kjartansson	11	SH	19:38.57	403	ÍM		
100m: 1:13.96 1:13.96	500m: 6:32.67 1:19.38	900m: 11:50.08 1:19.07	1300m: 17:04.90 1:18.72				
200m: 2:33.25 1:19.29	600m: 7:52.10 1:19.43	1000m: 13:08.79 1:18.71	1400m: 18:23.26 1:18.36				
300m: 3:53.73 1:20.48	700m: 9:11.84 1:19.74	1100m: 14:27.80 1:19.01	1500m: 19:38.57 1:15.31				
400m: 5:13.29 1:19.56	800m: 10:31.01 1:19.17	1200m: 15:46.18 1:18.38					
8. Andri Ólafsson	09	SH	19:59.70	382	ÍM		
100m: 1:13.55 1:13.55	500m: 6:36.61 1:20.88	900m: 12:03.40 1:20.41	1300m: 17:25.57 1:18.81				
200m: 2:33.52 1:19.97	600m: 7:57.67 1:21.06	1000m: 13:26.31 1:22.91	1400m: 18:45.00 1:19.43				
300m: 3:54.64 1:21.12	700m: 9:20.71 1:23.04	1100m: 14:46.11 1:19.80	1500m: 19:59.70 1:14.70				
400m: 5:15.73 1:21.09	800m: 10:42.99 1:22.28	1200m: 16:06.76 1:20.65					
9. Benedikt Bjarni Melsted	08	Sunddeild KR	20:26.18	358			
100m: 1:15.01 1:15.01	500m: 6:48.09 1:23.29	900m: 12:17.09 1:21.30	1300m: 17:44.36 1:22.36				
200m: 2:36.61 1:21.60	600m: 8:11.36 1:23.27	1000m: 13:38.21 1:21.12	1400m: 19:06.07 1:21.71				
300m: 4:00.65 1:24.04	700m: 9:33.98 1:22.62	1100m: 15:00.05 1:21.84	1500m: 20:26.18 1:20.11				
400m: 5:24.80 1:24.15	800m: 10:55.79 1:21.81	1200m: 16:22.00 1:21.95					

Sundgrein 13, karla, 1500m skriðsund, Opinn

Sæti	F.ár		Tími		Stig
10. Jón Ingi Einarsson	11 Óðinn		21:32.19		306
100m: 1:19.54	1:19.54	500m: 7:07.52	1:26.54	900m: 12:54.48	1:26.54
200m: 2:46.27	1:26.73	600m: 8:34.60	1:27.08	1000m: 14:22.36	1:27.88
300m: 4:14.00	1:27.73	700m: 10:01.83	1:27.23	1100m: 15:49.51	1:27.15
400m: 5:40.98	1:26.98	800m: 11:27.94	1:26.11	1200m: 17:18.12	1:28.61
				1300m: 18:45.37	1:27.25
				1400m: 20:11.47	1:26.10
				1500m: 21:32.19	1:20.72