

Sundgrein 2
23.3.2024 - 10:18

karla, 400m skriðsund

Opinn
Úrslitalistar

Mótsmet	4:04.42	Anton Sveinn McKee	Ægir		1.4.2013
Íslandsmet	3:54.67	Anton Sveinn McKee	AEGIR	Barcelona (ESP)	28.7.2013
Íslandsmet Unglinga	3:59.48	Anton Sveinn McKee	AEGIR	Belgrade (SRB)	6.7.2011
Íslandsmet Aldurshópur	4:08.86	Hólmur Grétarsson	SH	Maribor (SLO)	24.7.2023

EM : 3:57.00 / EM 19 - 21: 3:59.42 / EMU 16 - 18: 4:04.18 / NÆM 14 - 16: 4:17.24

Stig: FINA 2024

Sæti			F.ár				Tími	Stig		
1.	Magnús Víðir Jónsson		08	SH			4:12.59	661	NÆM	
	50m:	28.26 28.26	150m:	1:32.36 32.44	250m:	2:37.25 32.38	350m:	3:41.69 31.70		
	100m:	59.92 31.66	200m:	2:04.87 32.51	300m:	3:09.99 32.74	400m:	4:12.59 30.90		
2.	Karl Björnsson		08	SH			4:23.23	584	ÍM	
	50m:	29.31 29.31	150m:	1:35.19 33.17	250m:	2:43.27 33.81	350m:	3:50.66 33.13		
	100m:	1:02.02 32.71	200m:	2:09.46 34.27	300m:	3:17.53 34.26	400m:	4:23.23 32.57		
3.	Andri Már Kristjánsson		06	SH			4:27.15	559	ÍM	
	50m:	28.74 28.74	150m:	1:36.08 34.02	250m:	2:44.92 34.46	350m:	3:54.95 34.63		
	100m:	1:02.06 33.32	200m:	2:10.46 34.38	300m:	3:20.32 35.40	400m:	4:27.15 32.20		
4.	Bartosz Henke		05	SH			4:29.53	544	ÍM	
	50m:	29.71 29.71	150m:	1:37.01 33.93	250m:	2:45.44 34.11	350m:	3:55.42 35.53		
	100m:	1:03.08 33.37	200m:	2:11.33 34.32	300m:	3:19.89 34.45	400m:	4:29.53 34.11		
5.	Birgir Hrafn Kjartansson		08	Ægir			4:29.97	541	ÍM	
	50m:	29.84 29.84	150m:	1:37.79 34.55	250m:	2:48.10 35.16	350m:	3:56.85 33.72		
	100m:	1:03.24 33.40	200m:	2:12.94 35.15	300m:	3:23.13 35.03	400m:	4:29.97 33.12		
6.	Stefán Ingi Ólafsson		06	Ægir			4:29.99	541	ÍM	
	50m:	29.53 29.53	150m:	1:37.40 34.38	250m:	2:47.24 35.00	350m:	3:56.76 34.71		
	100m:	1:03.02 33.49	200m:	2:12.24 34.84	300m:	3:22.05 34.81	400m:	4:29.99 33.23		
7.	Egill Orri Baldursson		09	ÍRB			4:43.02	470	ÍM	
	50m:	30.32 30.32	150m:	1:41.02 36.15	250m:	2:54.70 37.20	350m:	4:08.48 37.71		
	100m:	1:04.87 34.55	200m:	2:17.50 36.48	300m:	3:30.77 36.07	400m:	4:43.02 34.54		
8.	Vanja Djurovic		09	BREI			4:43.05	469	ÍM	
	50m:	31.31 31.31	150m:	1:41.98 36.10	250m:	2:55.84 37.30	350m:	4:09.53 36.78		
	100m:	1:05.88 34.57	200m:	2:18.54 36.56	300m:	3:32.75 36.91	400m:	4:43.05 33.52		
9.	Mykhailo S. Lafleur		07	ÍRB			4:46.76	451	ÍM	
	50m:	31.28 31.28	150m:	1:42.20 35.86	250m:	2:56.67 37.59	350m:	4:11.71 37.21		
	100m:	1:06.34 35.06	200m:	2:19.08 36.88	300m:	3:34.50 37.83	400m:	4:46.76 35.05		
10.	Kajus Jatautas		10	ÍA			4:47.91	446	ÍM	
	50m:	31.28 31.28	150m:	1:43.29 36.85	250m:	2:58.39 36.78	350m:	4:12.87 35.89		
	100m:	1:06.44 35.16	200m:	2:21.61 38.32	300m:	3:36.98 38.59	400m:	4:47.91 35.04		
11.	Halldór Ingi Hafþórsson		08	SH			4:52.72	424	ÍM	
	50m:	31.30 31.30	150m:	1:43.45 36.91	250m:	2:58.82 37.87	350m:	4:15.31 38.04		
	100m:	1:06.54 35.24	200m:	2:20.95 37.50	300m:	3:37.27 38.45	400m:	4:52.72 37.41		
12.	Adam Leó Tómasson		07	SH			4:53.26	422	ÍM	
	50m:	31.22 31.22	150m:	1:46.14 38.69	250m:	3:04.75 40.29	350m:	4:19.95 34.04		
	100m:	1:07.45 36.23	200m:	2:24.46 38.32	300m:	3:45.91 41.16	400m:	4:53.26 33.31		
13.	Julian Jarnutowski		10	ÍRB			4:53.65	420	ÍM	
	50m:	32.20 32.20	150m:	1:45.38 37.79	250m:	3:02.02 38.45	350m:	4:18.44 37.63		
	100m:	1:07.59 35.39	200m:	2:23.57 38.19	300m:	3:40.81 38.79	400m:	4:53.65 35.21		
14.	Már Óskar Þorsteinsson		07	SH			4:55.35	413	ÍM	
	50m:	32.05 32.05	150m:	1:45.57 37.72	250m:	3:01.93 38.52	350m:	4:18.19 37.76		
	100m:	1:07.85 35.80	200m:	2:23.41 37.84	300m:	3:40.43 38.50	400m:	4:55.35 37.16		

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Sæti	F.ár						Tími	Stig
15.	Viktor Bergmann Arnarsson 10 ÍRB						4:57.37	405 ÍM
	50m: 33.83 33.83	150m: 1:51.15 39.53	250m: 3:07.12 37.94	350m: 4:22.76 37.13	100m: 1:11.62 37.79	200m: 2:29.18 38.03	300m: 3:45.63 38.51	400m: 4:57.37 34.61
16.	Þór Eli Gunnarsson 11 SH						5:00.63	392
	50m: 32.08 32.08	150m: 1:47.97 38.62	250m: 3:06.45 39.49	350m: 4:24.11 38.37	100m: 1:09.35 37.27	200m: 2:26.96 38.99	300m: 3:45.74 39.29	400m: 5:00.63 36.52
17.	Huginn Leví Pétursson 09 BREI						5:01.60	388
	50m: 32.53 32.53	150m: 1:51.51 40.96	250m: 3:08.36 38.11	350m: 4:25.05 37.50	100m: 1:10.55 38.02	200m: 2:30.25 38.74	300m: 3:47.55 39.19	400m: 5:01.60 36.55
18.	Magni Rafn Ragnarsson 10 Óðinn						5:05.40	374
	50m: 34.91 34.91	150m: 1:52.72 39.02	250m: 3:10.96 38.76	350m: 4:29.06 38.80	100m: 1:13.70 38.79	200m: 2:32.20 39.48	300m: 3:50.26 39.30	400m: 5:05.40 36.34
19.	Kristjón Hrafn Kjartansson 11 SH						5:05.79	372
	50m: 33.15 33.15	150m: 1:49.76 39.31	250m: 3:08.67 39.38	350m: 4:27.45 39.14	100m: 1:10.45 37.30	200m: 2:29.29 39.53	300m: 3:48.31 39.64	400m: 5:05.79 38.34
20.	Ingibjörn Natan Guðmundsson 09 Ægir						5:09.63	359
	50m: 31.70 31.70	150m: 1:48.73 39.62	250m: 3:08.40 39.68	350m: 4:29.75 40.87	100m: 1:09.11 37.41	200m: 2:28.72 39.99	300m: 3:48.88 40.48	400m: 5:09.63 39.88
21.	Stefán Hagalín Árnason 10 Ármann						5:10.86	354 *
	50m: 34.40 34.40	150m: 1:53.30 40.06	250m: 3:13.54 40.34	350m: 4:33.04 39.76	100m: 1:13.24 38.84	200m: 2:33.20 39.90	300m: 3:53.28 39.74	400m: 5:10.86 37.82
22.	Benedikt Bjarni Melsted 08 Sunddeild KR						5:13.43	346 *
	50m: 34.57 34.57	150m: 1:53.28 39.51	250m: 3:13.79 40.05	350m: 4:34.20 40.07	100m: 1:13.77 39.20	200m: 2:33.74 40.46	300m: 3:54.13 40.34	400m: 5:13.43 39.23
23.	Martin Tsenov 92 ÍRB						5:19.74	326 *
	50m: 33.96 33.96	150m: 1:53.15 40.62	250m: 3:15.29 40.71	350m: 4:37.65 41.34	100m: 1:12.53 38.57	200m: 2:34.58 41.43	300m: 3:56.31 41.02	400m: 5:19.74 42.09