

Sundgrein 24
24.3.2024 - 10:00

karla, 400m fjórsund

Opinn
Úrslitalistar

Mótsmet	4:36.21	Hocine Haciane	AND		1.6.2010
Íslandsmet	4:23.64	Anton Sveinn McKee	AEGIR	Laugardalslaug	15.4.2012
Íslandsmet Unglinga	4:30.15	Anton Sveinn McKee	AEGIR	Belgrade (SRB)	10.7.2011
Íslandsmet Aldurshópur	4:35.30	Hólmar Grétarsson	SH	Maribor (SLO)	28.7.2023

EM : 4:27.47 / EM 19 - 21: 4:30.20 / EMU 16 - 18: 4:35.57 / NÆM 14 - 16: 4:50.31

Stig: FINA 2024

Sæti			F.ár				Tími	Stig		
1.	Birni Freyr Hálfánarsson		06	SH			4:41.77	637	ÍM	
	50m:	28.47 28.47	150m:	1:40.05 38.01	250m:	2:58.02 40.25	350m:	4:10.28	32.26	
	100m:	1:02.04 33.57	200m:	2:17.77 37.72	300m:	3:38.02 40.00	400m:	4:41.77	31.49	
2.	Daði Rafn Falsson		08	ÍRB			4:53.20	565	ÍM	
	50m:	29.79 29.79	150m:	1:44.43 39.42	250m:	3:04.43 41.83	350m:	4:20.80	34.42	
	100m:	1:05.01 35.22	200m:	2:22.60 38.17	300m:	3:46.38 41.95	400m:	4:53.20	32.40	
3.	Nikolai Leo Jónsson		08	ÍRB			5:00.93	523	ÍM	
	50m:	31.15 31.15	150m:	1:45.93 39.48	250m:	3:06.23 41.59	350m:	4:25.26	36.54	
	100m:	1:06.45 35.30	200m:	2:24.64 38.71	300m:	3:48.72 42.49	400m:	5:00.93	35.67	
4.	Denas Kazulis		08	ÍRB			5:05.27	501	ÍM	
	50m:	32.73 32.73	150m:	1:51.84 39.74	250m:	3:15.97 45.20	350m:	4:32.90	31.98	
	100m:	1:12.10 39.37	200m:	2:30.77 38.93	300m:	4:00.92 44.95	400m:	5:05.27	32.37	
5.	Árni Þór Pálmason		09	ÍRB			5:16.37	450	ÍM	
	50m:	33.44 33.44	150m:	1:55.34 41.84	250m:	3:20.84 45.69	350m:	4:42.04	36.21	
	100m:	1:13.50 40.06	200m:	2:35.15 39.81	300m:	4:05.83 44.99	400m:	5:16.37	34.33	
6.	Gísli Kristján Traustason		09	ÍRB			5:24.03	419	ÍM	
	50m:	33.78 33.78	150m:	1:55.77 42.34	250m:	3:23.64 47.15	350m:	4:47.56	37.77	
	100m:	1:13.43 39.65	200m:	2:36.49 40.72	300m:	4:09.79 46.15	400m:	5:24.03	36.47	
7.	Vanja Djurovic		09	BREI			5:35.76	376	ÍM	
	50m:	35.60 35.60	150m:	2:00.19 43.45	250m:	3:31.22 49.07	350m:	5:00.11	38.13	
	100m:	1:16.74 41.14	200m:	2:42.15 41.96	300m:	4:21.98 50.76	400m:	5:35.76	35.65	
8.	Jón Ingvar Eypórsson		10	BREI			5:37.71	370	ÍM	
	50m:	33.41 33.41	150m:	1:56.66 43.57	250m:	3:30.03 50.22	350m:	5:00.53	37.65	
	100m:	1:13.09 39.68	200m:	2:39.81 43.15	300m:	4:22.88 52.85	400m:	5:37.71	37.18	
9.	Julian Jarnutowski		10	ÍRB			5:39.01	366	ÍM	
	50m:	37.41 37.41	150m:	2:04.34 43.81	250m:	3:35.36 48.24	350m:	5:04.72	40.04	
	100m:	1:20.53 43.12	200m:	2:47.12 42.78	300m:	4:24.68 49.32	400m:	5:39.01	34.29	
10.	Magni Rafn Ragnarsson		10	Óðinn			6:01.71	301		
	50m:	41.12 41.12	150m:	2:18.48 49.45	250m:	3:55.30 49.76	350m:	5:23.34	39.65	
	100m:	1:29.03 47.91	200m:	3:05.54 47.06	300m:	4:43.69 48.39	400m:	6:01.71	38.37	
11.	Alexander Reid McCormick		10	Óðinn			6:06.98	288		
	50m:	41.22 41.22	150m:	2:19.18 51.58	250m:	3:58.50 48.95	350m:	5:29.70	41.35	
	100m:	1:27.60 46.38	200m:	3:09.55 50.37	300m:	4:48.35 49.85	400m:	6:06.98	37.28	