

Sundgrein 25  
24.3.2024 - 10:13

kvenna, 1500m skriðsund

Opinn  
Úrslitalistar

Mótsmet	17:33.23	Freyja Birkisdóttir	BREI		19.3.2022
Íslandsmet	17:17.61	Sigrún Sverrisdóttir	AEGIR	Columbus (USA)	23.7.2011
Íslandsmet Unglinga	17:25.46	Freyja Birkisdóttir	UBK	Otopeni (ROU)	5.7.2022
Íslandsmet Aldurshópur	17:32.11	Freyja Birkisdóttir	UBK	Reykjavik	25.4.2021

EM : 17:07.97 / EM 19 - 21: 17:18.45 / EMU 16 - 18: 17:36.54

Stig: FINA 2024

Sæti			F.ár				Tími	Stig		
1.	Freyja Birkisdóttir		06	BREI		<b>17:54.08</b>		629	SSÍ	
	100m:	1:07.78 1:07.78	500m:	5:53.10 1:11.55	900m:	10:43.36 1:12.23	1300m:	15:31.78 1:12.35		
	200m:	2:19.00 1:11.22	600m:	7:05.67 1:12.57	1000m:	11:55.69 1:12.33	1400m:	16:43.63 1:11.85		
	300m:	3:30.18 1:11.18	700m:	8:19.07 1:13.40	1100m:	13:07.40 1:11.71	1500m:	17:54.08 1:10.45		
	400m:	4:41.55 1:11.37	800m:	9:31.13 1:12.06	1200m:	14:19.43 1:12.03				
2.	Sunna Arnfinnsdóttir		07	ÍA		<b>18:24.70</b>		578	ÍM	
	100m:	1:09.31 1:09.31	500m:	6:07.91 1:14.88	900m:	11:05.03 1:14.06	1300m:	16:01.25 1:13.92		
	200m:	2:23.80 1:14.49	600m:	7:21.70 1:13.79	1000m:	12:19.06 1:14.03	1400m:	17:14.00 1:12.75		
	300m:	3:38.39 1:14.59	700m:	8:36.71 1:15.01	1100m:	13:33.58 1:14.52	1500m:	18:24.70 1:10.70		
	400m:	4:53.03 1:14.64	800m:	9:50.97 1:14.26	1200m:	14:47.33 1:13.75				
3.	Alicja Julia Kempisty		10	Óðinn		<b>19:34.88</b>		480	ÍM	
	100m:	1:12.45 1:12.45	500m:	6:28.09 1:19.75	900m:	11:46.52 1:19.26	1300m:	17:03.31 1:19.16		
	200m:	2:30.08 1:17.63	600m:	7:47.44 1:19.35	1000m:	13:06.19 1:19.67	1400m:	18:21.15 1:17.84		
	300m:	3:49.37 1:19.29	700m:	9:07.41 1:19.97	1100m:	14:25.19 1:19.00	1500m:	19:34.88 1:13.73		
	400m:	5:08.34 1:18.97	800m:	10:27.26 1:19.85	1200m:	15:44.15 1:18.96				
4.	Guðrún Ísold Harðardóttir		11	BREI		<b>20:03.61</b>		447	ÍM	
	100m:	1:13.63 1:13.63	500m:	6:33.95 1:20.83	900m:	11:58.00 1:20.65	1300m:	17:23.32 1:21.73		
	200m:	2:32.68 1:19.05	600m:	7:54.92 1:20.97	1000m:	13:19.47 1:21.47	1400m:	18:44.23 1:20.91		
	300m:	3:52.40 1:19.72	700m:	9:16.17 1:21.25	1100m:	14:40.14 1:20.67	1500m:	20:03.61 1:19.38		
	400m:	5:13.12 1:20.72	800m:	10:37.35 1:21.18	1200m:	16:01.59 1:21.45				
5.	Guðbjörg Helga Hilmarsdóttir		11	BREI		<b>20:06.57</b>		444	ÍM	
	100m:	1:14.86 1:14.86	500m:	6:40.49 1:21.54	900m:	12:06.05 1:20.89	1300m:	17:29.04 1:20.84		
	200m:	2:35.95 1:21.09	600m:	8:02.83 1:22.34	1000m:	13:27.48 1:21.43	1400m:	18:48.72 1:19.68		
	300m:	3:57.51 1:21.56	700m:	9:23.20 1:20.37	1100m:	14:47.77 1:20.29	1500m:	20:06.57 1:17.85		
	400m:	5:18.95 1:21.44	800m:	10:45.16 1:21.96	1200m:	16:08.20 1:20.43				
6.	Þorgerður Freyja Helgadóttir		11	BREI		<b>20:07.30</b>		443	ÍM	
	100m:	1:16.04 1:16.04	500m:	6:41.94 1:21.32	900m:	12:06.83 1:21.07	1300m:	17:30.00 1:21.21		
	200m:	2:36.80 1:20.76	600m:	8:03.68 1:21.74	1000m:	13:27.62 1:20.79	1400m:	18:50.21 1:20.21		
	300m:	3:58.58 1:21.78	700m:	9:24.70 1:21.02	1100m:	14:48.27 1:20.65	1500m:	20:07.30 1:17.09		
	400m:	5:20.62 1:22.04	800m:	10:45.76 1:21.06	1200m:	16:08.79 1:20.52				
7.	Ísabella Jóhannsdóttir		10	Óðinn		<b>21:42.40</b>		353	ÍM	
	100m:	1:18.89 1:18.89	500m:	7:09.47 1:27.44	900m:	13:01.24 1:28.01	1300m:	18:55.35 1:27.67		
	200m:	2:46.32 1:27.43	600m:	8:37.02 1:27.55	1000m:	14:30.19 1:28.95	1400m:	20:21.76 1:26.41		
	300m:	4:14.04 1:27.72	700m:	10:05.58 1:28.56	1100m:	15:59.01 1:28.82	1500m:	21:42.40 1:20.64		
	400m:	5:42.03 1:27.99	800m:	11:33.23 1:27.65	1200m:	17:27.68 1:28.67				
8.	Hildur Eldey Guðjónsdóttir		11	BREI		<b>22:18.21</b>		325		
	100m:	1:21.83 1:21.83	500m:	7:24.08 1:31.10	900m:	13:26.39 1:30.31	1300m:	19:25.40 1:28.74		
	200m:	2:51.24 1:29.41	600m:	8:55.12 1:31.04	1000m:	14:57.69 1:31.30	1400m:	20:52.50 1:27.10		
	300m:	4:21.54 1:30.30	700m:	10:26.08 1:30.96	1100m:	16:27.50 1:29.81	1500m:	22:18.21 1:25.71		
	400m:	5:52.98 1:31.44	800m:	11:56.08 1:30.00	1200m:	17:56.66 1:29.16				