

Sundgrein 1  
23.3.2024 - 10:00

kvenna, 400m skriðsund

Opinn  
Ráslisti

Mótsmet	4:24.04	Inga Elín Cryer	ÍA		1.4.2012
Íslandsmet	4:20.16	Snaefridur Sol Jorunnardóttir	ISL	Gzira (MLT)	31.5.2023
Íslandsmet Unglinga	4:20.66	Sunneva Dögg Robertson	IRB	Reykjavík	22.4.2016
Íslandsmet Aldurshópur	4:23.24	Eygló Ósk Gústafsdóttir	AEGIR	Helsinki (FIN)	15.7.2010

Ásmegin-Mót : 5:20.00 / EM : 4:20.29 / EM 19 - 21: 4:22.95 / EMU 16 - 18: 4:27.53 / NÆM 14 - 16: 4:38.57 / ÍM Opinn: 5:17.82;  
18: 5:23.40 / Landslið Opinn: 4:25.60; 21: 4:26.85; 20: 4:28.07; 19: 4:30.54; 18: 4:32.99; 17: 4:34.95; 16: 4:38.57; 15: 4:42.18;  
14: 4:48.18; 13: 4:57.56

F.ár

Riðill 1 af 3

1	Dóróthea Margrét Jakobsdóttir	08	Ármann	5:39.25
2	Hildur Erla Hákonardóttir	10	SH	5:37.25
3	Elsa Diljá Lunddal Rúnarsdóttir	10	SH	5:30.10
4	Karen Sif Helgadóttir	10	Fjölnir	5:15.24
5	Þeódís Styrmissdóttir	11	BREI	5:26.34
6	Ingibjörg Þóra Stefánsdóttir	08	SH	5:37.22
7	Birna Rún Jónsdóttir	09	UMFA	5:37.80
8	Ninja Ýr Logadóttir	09	SH	5:47.60

Riðill 2 af 3

0	Bjarnís Olga Hansen	10	Ægir	5:08.06
1	Guðrún Ísold Harðardóttir	11	BREI	5:04.54
2	Helga Sigurlaug Helgadóttir	07	SH	5:02.27
3	Adriana Agnes Derti	10	ÍRB	4:58.55
4	Maja Lind Cicero	05	SH	4:53.72
5	María Skorastein Sigurdardóttir	07	SH	4:50.52
6	Auguste Balciunaite	11	SH	5:01.62
7	Halldóra Björt Ingimundardóttir	08	BREI	5:03.63
8	Katrín Ósk Aðalsteinsdóttir	09	SH	5:06.95
9	Guðbjörg Helga Hilmarsdóttir	11	BREI	5:13.70

Riðill 3 af 3

0	Katrín Lóa Ingadóttir	08	Ármann	4:46.16
1	Sunna Arnfinnsdóttir	07	ÍA	4:45.20
2	Ásdís Steindórsdóttir	09	BREI	4:42.34
3	Katja Lilja Andriydsdóttir	06	SH	4:31.47
4	Vala Dís Cicero	08	SH	4:27.22
5	Freyja Birkisdóttir	06	BREI	4:28.95
6	Sólveig Freyja Hákonardóttir	09	BREI	4:38.60
7	Katla María Brynjarsdóttir	07	ÍRB	4:43.90
8	Hulda Björg Magnúsdóttir Nilsen	08	Ægir	4:45.55
9	Margrét Anna Lapas	09	BREI	4:45.09