

Sundgrein 24
24.3.2024 - 10:00

karla, 400m fjórsund

Opinn
Ráslisti

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

Ásmegin-Mót : 6:15.00 / EM : 4:27.47 / EM 19 - 21: 4:30.20 / EMU 16 - 18: 4:35.57 / NÆM 14 - 16: 4:50.31 / ÍM Opinn: 5:35.30;
18: 5:41.18 / Landslið Opinn: 4:32.93; 21: 4:35.00; 20: 4:37.05; 19: 4:39.12; 18: 4:41.20; 17: 4:45.46; 16: 4:50.31; 15: 4:59.43;
14: 5:11.22; 13: 5:29.02

F.ár

Riðill 1 af 2

3 Magni Rafn Ragnarsson	10	Óðinn	5:58.80
4 Julian Jarnutowski	10	ÍRB	5:53.91
5 Vanja Djurovic	09	BREI	5:57.97
6 Alexander Reid McCormick	10	Óðinn	6:11.11

Riðill 2 af 2

1 Gísli Kristján Traustason	09	ÍRB	5:37.68
2 Árni Þór Pálmason	09	ÍRB	5:28.55
3 Nikolai Leo Jónsson	08	ÍRB	5:06.50
4 Birnir Freyr Hálfðánarsson	06	SH	4:38.50
5 Daði Rafn Falsson	08	ÍRB	4:55.46
6 Denas Kazulis	08	ÍRB	5:21.41
7 Jón Ingvar Eypórsson	10	BREI	5:31.85