

Gullmót KR
Reykjavík, 9. - 11.2.2024

Event 5
09.02.2024 - 17:39

Women, 400m Medley

Open
Results

Points: FINA 2023

Rank	YB		Time		Pts	100m	200m	300m	400m			
13 - 15 years												
1.	Guðrun Isold Hardardóttir 11		Breidablik		5:50.74	437	1:28.90	1:28.54	1:34.57	1:18.73		
	50m:	40.51	40.51	150m:	2:13.47	44.57	250m:	3:43.43	45.99	350m:	5:11.65	39.64
	100m:	1:28.90	48.39	200m:	2:57.44	43.97	300m:	4:32.01	48.58	400m:	5:50.74	39.09
2.	Thorgerður Freyja H. 11		Breidablik		5:57.27	414	1:23.09	1:31.16	1:44.22	1:18.80		
	50m:	37.40	37.40	150m:	2:09.17	46.08	250m:	3:46.09	51.84	350m:	5:17.93	39.46
	100m:	1:23.09	45.69	200m:	2:54.25	45.08	300m:	4:38.47	52.38	400m:	5:57.27	39.34
3.	Alicja Julia Kempisty 10		Odinn		5:59.54	406	1:28.66	1:32.11	1:48.62	1:10.15		
	50m:	39.37	39.37	150m:	2:15.60	46.94	250m:	3:55.35	54.58	350m:	5:25.13	35.74
	100m:	1:28.66	49.29	200m:	3:00.77	45.17	300m:	4:49.39	54.04	400m:	5:59.54	34.41
4.	Guðbjörg Helga H. 11		Breidablik		6:01.77	399	1:28.48	1:28.74	1:45.84	1:18.71		
	50m:	39.78	39.78	150m:	2:13.35	44.87	250m:	3:48.58	51.36	350m:	5:23.09	40.03
	100m:	1:28.48	48.70	200m:	2:57.22	43.87	300m:	4:43.06	54.48	400m:	6:01.77	38.68
5.	Eydis Johannesdóttir 11		IRB		6:02.37	397	1:30.04	1:33.10	1:37.94	1:21.29		
	50m:	42.00	42.00	150m:	2:17.66	47.62	250m:	3:52.23	49.09	350m:	5:22.84	41.76
	100m:	1:30.04	48.04	200m:	3:03.14	45.48	300m:	4:41.08	48.85	400m:	6:02.37	39.53
6.	Vilte Milleryte 09		IRB		6:02.95	395	1:24.18	1:32.73	1:44.85	1:21.19		
	50m:	38.53	38.53	150m:	2:10.94	46.76	250m:	3:48.20	51.29	350m:	5:23.38	41.62
	100m:	1:24.18	45.65	200m:	2:56.91	45.97	300m:	4:41.76	53.56	400m:	6:02.95	39.57
7.	Isabella Johannsdóttir 10		Odinn		6:06.45	384	1:25.54	1:39.38	1:38.08	1:23.45		
	50m:	39.50	39.50	150m:	2:16.79	51.25	250m:	3:53.71	48.79	350m:	5:25.98	42.98
	100m:	1:25.54	46.04	200m:	3:04.92	48.13	300m:	4:43.00	49.29	400m:	6:06.45	40.47
8.	Matthildur María R. 09		SH		6:07.25	381	1:32.01	1:33.02	1:41.67	1:20.55		
	50m:	41.70	41.70	150m:	2:19.50	47.49	250m:	3:54.55	49.52	350m:	5:28.25	41.55
	100m:	1:32.01	50.31	200m:	3:05.03	45.53	300m:	4:46.70	52.15	400m:	6:07.25	39.00
9.	Bergey Huld Arnarsdóttir 11		Breidablik		6:15.23	357	1:30.48	1:35.77	1:47.37	1:21.61		
	50m:	41.55	41.55	150m:			250m:	3:59.92	53.67	350m:	5:36.13	42.51
	100m:	1:30.48	48.93	200m:	3:06.25		300m:	4:53.62	53.70	400m:	6:15.23	39.10
10.	Theodis Styrmisdóttir 11		Breidablik		6:15.41	357	1:33.54	1:36.14	1:44.37	1:21.36		
	50m:	42.27	42.27	150m:	2:22.20	48.66	250m:	4:01.35	51.67	350m:	5:35.89	41.84
	100m:	1:33.54	51.27	200m:	3:09.68	47.48	300m:	4:54.05	52.70	400m:	6:15.41	39.52
11.	Elsa Dilja L. 10		SH		6:20.24	343	1:30.74	1:35.64	1:47.58	1:26.28		
	50m:	40.01	40.01	150m:	2:20.16	49.42	250m:	3:59.28	52.90	350m:	5:38.99	45.03
	100m:	1:30.74	50.73	200m:	3:06.38	46.22	300m:	4:53.96	54.68	400m:	6:20.24	41.25
12.	Kamilla Yr I. 11		Breidablik		6:21.26	340	1:38.44	1:35.74	1:40.66	1:26.42		
	50m:	45.71	45.71	150m:	2:26.86	48.42	250m:	4:03.90	49.72	350m:	5:38.69	43.85
	100m:	1:38.44	52.73	200m:	3:14.18	47.32	300m:	4:54.84	50.94	400m:	6:21.26	42.57
13.	Ninja Yr Logadóttir 09		SH		6:26.72	326	1:34.21	1:37.71	1:51.50	1:23.30		
	50m:	43.46	43.46	150m:	2:25.08	50.87	250m:	4:06.30	54.38	350m:	5:45.22	41.80
	100m:	1:34.21	50.75	200m:	3:11.92	46.84	300m:	5:03.42	57.12	400m:	6:26.72	41.50
14.	Hildur Eldey Guðjónsdóttir 11		Breidablik		6:37.30	301	1:38.83	1:43.85	1:47.76	1:26.86		
	50m:	45.15	45.15	150m:	2:31.89	53.06	250m:	4:17.04	54.36	350m:	5:54.31	43.87
	100m:	1:38.83	53.68	200m:	3:22.68	50.79	300m:	5:10.44	53.40	400m:	6:37.30	42.99
15.	Birgitta Björt Kjartansdóttir 10		SH		6:42.54	289	1:33.88	1:47.01	1:54.68	1:26.97		
	50m:	41.03	41.03	150m:	2:28.66	54.78	250m:	4:17.30	56.41	350m:	5:59.35	43.78
	100m:	1:33.88	52.85	200m:	3:20.89	52.23	300m:	5:15.57	58.27	400m:	6:42.54	43.19
16.	Fridrika Sif Agustsdóttir 10		Odinn		6:44.78	284			2:02.57	1:26.50		
	50m:	40.33	40.33	150m:	2:22.60		250m:	4:15.69	59.98	350m:	6:02.51	44.23
	100m:			200m:	3:15.71	53.11	300m:	5:18.28	1:02.59	400m:	6:44.78	42.27
17.	Asta Margrét B. 09		Agir		6:48.07	278	1:34.03	1:49.33	1:55.02	1:29.69		
	50m:	40.91	40.91	150m:	2:30.08	56.05	250m:	4:20.48	57.12	350m:	6:04.15	45.77
	100m:	1:34.03	53.12	200m:	3:23.36	53.28	300m:	5:18.38	57.90	400m:	6:48.07	43.92
18.	Asa Julia Kaldal 09		Agir		7:01.66	252	1:43.89	1:51.70	1:59.08	1:26.99		
	50m:	46.63	46.63	150m:	2:41.52	57.63	250m:	4:35.89	1:00.30	350m:	6:19.10	44.43
	100m:	1:43.89	57.26	200m:	3:35.59	54.07	300m:	5:34.67	58.78	400m:	7:01.66	42.56
19.	Briat Laufey Ingimarsdóttir 11		Odinn		7:14.51	230	1:51.64	1:46.17	1:53.60	1:43.10		
	50m:	51.18	51.18	150m:	2:45.27	53.63	250m:	4:35.34	57.53	350m:	6:24.94	53.53
	100m:	1:51.64	1:00.46	200m:	3:37.81	52.54	300m:	5:31.41	56.07	400m:	7:14.51	49.57

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Reykjavík, 9. - 11.2.2024

Event 5, Girls, 400m Medley, 13 - 15 years

Rank	YB		Time			Pts	100m	200m	300m	400m		
20.	Sollilja Thordardottir		11	Breidablik			7:18.82	223	1:55.99	1:49.23	2:01.54	1:32.06
	50m:	53.86	53.86	150m:	2:51.37	55.38	250m:	4:45.97	1:00.75	350m:	6:33.18	46.42
	100m:	1:55.99	1:02.13	200m:	3:45.22	53.85	300m:	5:46.76	1:00.79	400m:	7:18.82	45.64

16 years and older

1.	Maja Lind Cicero		05	SH			5:31.62	518	1:15.67	1:29.66	1:30.46	1:15.83
	50m:	34.71	34.71	150m:	2:01.15	45.48	250m:	3:29.45	44.12	350m:	4:53.94	38.15
	100m:	1:15.67	40.96	200m:	2:45.33	44.18	300m:	4:15.79	46.34	400m:	5:31.62	37.68
2.	Halldora Bjort I.		08	Breidablik			5:45.69	457	1:19.63	1:30.69	1:38.27	1:17.10
	50m:	35.43	35.43	150m:	2:05.94	46.31	250m:	3:39.21	48.89	350m:	5:07.83	39.24
	100m:	1:19.63	44.20	200m:	2:50.32	44.38	300m:	4:28.59	49.38	400m:	5:45.69	37.86
3.	Rebekka Run M.		08	SH			6:02.52	396	1:25.09	1:31.99	1:47.59	1:17.85
	50m:	37.77	37.77	150m:	2:11.58	46.49	250m:	3:50.90	53.82	350m:	5:22.71	38.04
	100m:	1:25.09	47.32	200m:	2:57.08	45.50	300m:	4:44.67	53.77	400m:	6:02.52	39.81
4.	Nicole Jona Johannsdottir		08	SH			6:12.65	365	1:25.51	1:39.26	1:48.32	1:19.56
	50m:	37.94	37.94	150m:	2:15.86	50.35	250m:	3:58.47	53.70	350m:	5:33.28	40.19
	100m:	1:25.51	47.57	200m:	3:04.77	48.91	300m:	4:53.09	54.62	400m:	6:12.65	39.37
DSQ	Katla Maria Brynjarsdottir		07	IRB			5:56.81		1:24.05	1:27.17	1:46.98	1:18.61
	<i>Ba8 - Keppandi notar fleiri en eina eða tvær samfeldar armsveiflur í snúningi eða snúningur er ekki samfelldur (SW 6.4)</i>											
	50m:	38.46	38.46	150m:	2:08.76	44.71	250m:	3:44.73	53.51	350m:	5:19.30	41.10
	100m:	1:24.05	45.59	200m:	2:51.22	42.46	300m:	4:38.20	53.47	400m:	5:56.81	37.51
DSQ	Valdis Ros Thorsteinsdottir		07	SH			6:02.20		1:26.69	1:36.82	1:37.30	1:21.39
	<i>Ba8 - Keppandi notar fleiri en eina eða tvær samfeldar armsveiflur í snúningi eða snúningur er ekki samfelldur (SW 6.4)</i>											
	50m:	39.08	39.08	150m:	2:16.31	49.62	250m:	3:51.31	47.80	350m:	5:23.71	42.90
	100m:	1:26.69	47.61	200m:	3:03.51	47.20	300m:	4:40.81	49.50	400m:	6:02.20	38.49