



Sundgrein 1

kvenna, 400m skriðsund

Opinn

12.04.2024 - 9:30

Úrslitalistar Undanrásir

|                 |         |                               |       |                |            |
|-----------------|---------|-------------------------------|-------|----------------|------------|
| Íslandsmet      | 4:20.16 | Snaefridur Sol Jorunnardóttir | ISL   | Gzira (MLT)    | 31.05.2023 |
| Unglingamet     | 4:20.66 | Sunneva Dögg Robertson        | IRB   | Reykjavík      | 22.04.2016 |
| Aldursflokkamet | 4:23.24 | Eygló Ósk Gústafsdóttir       | AEGIR | Helsinki (FIN) | 15.07.2010 |

ÓL OQT (A) : 4:07.90 / ÓL OCT (B) : 4:09.14 / EM50 Opið : 4:20.29 / EM50 2003-2005 19 - 21: 4:22.95 / EMU 2006-2008 16 - 18: 4:27.53 / NÆM 2008-2010 14 - 16: 4:38.57 / A-landslíð : 4:25.60 / Úrvalshópur 2003 21: 4:26.85 / Úrvalshópur 2004 20: 4:28.07 / Úrvalshópur 2005 19: 4:30.54 / Unglingalandslíð 2006 18: 4:32.99 / Unglingalandslíð 2007 17: 4:34.95 / Unglingalandslíð 2008 16: 4:38.57 / Framtíðarhópur 2009 15: 4:42.18 / Framtíðarhópur 2010 14: 4:48.18 / Framtíðarhópur 2011 13: 4:57.56

Stig: FINA 2024

| Sæti                   | F.ár                       |       |               | Tími           | Stig          | 100m    | 200m          | 300m    | 400m    |
|------------------------|----------------------------|-------|---------------|----------------|---------------|---------|---------------|---------|---------|
| <b>18 ára og yngri</b> |                            |       |               |                |               |         |               |         |         |
| 1.                     | Vala Dís Cicero            | 08    | SH            | <b>4:26.13</b> | 691 Q         | 1:04.66 | 1:08.94       | 1:06.33 | 1:06.20 |
|                        | 50m: 30.81                 | 30.81 | 150m: 1:39.24 | 34.58          | 250m: 2:46.36 | 32.76   | 350m: 3:53.54 | 33.61   |         |
|                        | 100m: 1:04.66              | 33.85 | 200m: 2:13.60 | 34.36          | 300m: 3:19.93 | 33.57   | 400m: 4:26.13 | 32.59   |         |
| 2.                     | Ásdís Steindórsdóttir      | 09    | Breiðablik    | <b>4:30.74</b> | 657 Q         | 1:04.25 | 1:08.89       | 1:09.84 | 1:07.76 |
|                        | 50m: 30.66                 | 30.66 | 150m: 1:38.68 | 34.43          | 250m: 2:48.01 | 34.87   | 350m: 3:57.88 | 34.90   |         |
|                        | 100m: 1:04.25              | 33.59 | 200m: 2:13.14 | 34.46          | 300m: 3:22.98 | 34.97   | 400m: 4:30.74 | 32.86   |         |
| 3.                     | Katja Lilja Andriysoðóttir | 06    | SH            | <b>4:30.82</b> | 656 Q         | 1:04.56 | 1:09.50       | 1:09.03 | 1:07.73 |
|                        | 50m: 30.85                 | 30.85 | 150m: 1:39.39 | 34.83          | 250m: 2:48.44 | 34.38   | 350m: 3:57.48 | 34.39   |         |
|                        | 100m: 1:04.56              | 33.71 | 200m: 2:14.06 | 34.67          | 300m: 3:23.09 | 34.65   | 400m: 4:30.82 | 33.34   |         |
| 4.                     | Freyja Birkisdóttir        | 06    | Breiðablik    | <b>4:32.84</b> | 642 Q         | 1:05.90 | 1:09.42       | 1:08.90 | 1:08.62 |
|                        | 50m: 31.46                 | 31.46 | 150m: 1:40.78 | 34.88          | 250m: 2:49.72 | 34.40   | 350m: 3:59.07 | 34.85   |         |
|                        | 100m: 1:05.90              | 34.44 | 200m: 2:15.32 | 34.54          | 300m: 3:24.22 | 34.50   | 400m: 4:32.84 | 33.77   |         |
| 5.                     | Sólveig Freyja H.          | 09    | Breiðablik    | <b>4:40.07</b> | 593 Q         | 1:07.65 | 1:11.08       | 1:10.97 | 1:10.37 |
|                        | 50m: 32.44                 | 32.44 | 150m: 1:43.09 | 35.44          | 250m: 2:54.23 | 35.50   | 350m: 4:05.56 | 35.86   |         |
|                        | 100m: 1:07.65              | 35.21 | 200m: 2:18.73 | 35.64          | 300m: 3:29.70 | 35.47   | 400m: 4:40.07 | 34.51   |         |
| 6.                     | Alicja Julia Kempisty      | 10    | Óðinn         | <b>4:48.70</b> | 541 Q         | 1:08.85 | 1:13.57       | 1:14.89 | 1:11.39 |
|                        | 50m: 32.97                 | 32.97 | 150m: 1:45.21 | 36.36          | 250m: 2:59.84 | 37.42   | 350m: 4:13.83 | 36.52   |         |
|                        | 100m: 1:08.85              | 35.88 | 200m: 2:22.42 | 37.21          | 300m: 3:37.31 | 37.47   | 400m: 4:48.70 | 34.87   |         |
| 7.                     | Katla María Brynjarsdóttir | 07    | ÍRB           | <b>4:50.65</b> | 531 Q         | 1:08.97 | 1:14.19       | 1:14.62 | 1:12.87 |
|                        | 50m: 32.81                 | 32.81 | 150m: 1:45.92 | 36.95          | 250m: 3:00.25 | 37.09   | 350m: 4:15.01 | 37.23   |         |
|                        | 100m: 1:08.97              | 36.16 | 200m: 2:23.16 | 37.24          | 300m: 3:37.78 | 37.53   | 400m: 4:50.65 | 35.64   |         |
| 8.                     | Hulda Björg M.             | 08    | Ægir          | <b>4:51.17</b> | 528 Q         | 1:08.62 | 1:14.36       | 1:15.21 | 1:12.98 |
|                        | 50m: 32.69                 | 32.69 | 150m: 1:45.73 | 37.11          | 250m: 3:00.39 | 37.41   | 350m: 4:15.47 | 37.28   |         |
|                        | 100m: 1:08.62              | 35.93 | 200m: 2:22.98 | 37.25          | 300m: 3:38.19 | 37.80   | 400m: 4:51.17 | 35.70   |         |
| 9.                     | María Skorastein S.        | 07    | SH            | <b>4:53.20</b> | 517 R         | 1:08.38 | 1:13.05       | 1:15.42 | 1:16.35 |
|                        | 50m: 32.96                 | 32.96 | 150m: 1:44.38 | 36.00          | 250m: 2:58.90 | 37.47   | 350m: 4:15.18 | 38.33   |         |
|                        | 100m: 1:08.38              | 35.42 | 200m: 2:21.43 | 37.05          | 300m: 3:36.85 | 37.95   | 400m: 4:53.20 | 38.02   |         |
| 10.                    | Bjarnís Olga Hansen        | 10    | Ægir          | <b>4:55.35</b> | 506 R         | 1:08.25 | 1:15.41       | 1:16.86 | 1:14.83 |
|                        | 50m: 32.13                 | 32.13 | 150m: 1:45.32 | 37.07          | 250m: 3:02.21 | 38.55   | 350m: 4:18.97 | 38.45   |         |
|                        | 100m: 1:08.25              | 36.12 | 200m: 2:23.66 | 38.34          | 300m: 3:40.52 | 38.31   | 400m: 4:55.35 | 36.38   |         |
| 11.                    | Katrín Lóa Ingadóttir      | 08    | Ármann        | <b>4:56.65</b> | 499           | 1:09.84 | 1:14.34       | 1:15.68 | 1:16.79 |
|                        | 50m: 33.23                 | 33.23 | 150m: 1:46.91 | 37.07          | 250m: 3:01.80 | 37.62   | 350m: 4:18.63 | 38.77   |         |
|                        | 100m: 1:09.84              | 36.61 | 200m: 2:24.18 | 37.27          | 300m: 3:39.86 | 38.06   | 400m: 4:56.65 | 38.02   |         |
| 12.                    | Auguste Balciunaite        | 11    | SH            | <b>5:00.24</b> | 481           | 1:09.05 | 1:17.32       | 1:18.54 | 1:15.33 |
|                        | 50m: 32.51                 | 32.51 | 150m: 1:47.42 | 38.37          | 250m: 3:05.48 | 39.11   | 350m: 4:23.08 | 38.17   |         |
|                        | 100m: 1:09.05              | 36.54 | 200m: 2:26.37 | 38.95          | 300m: 3:44.91 | 39.43   | 400m: 5:00.24 | 37.16   |         |
| 13.                    | Hildur Erla Hákonardóttir  | 10    | SH            | <b>5:05.52</b> | 457           | 1:12.93 | 1:18.43       | 1:18.18 | 1:15.98 |
|                        | 50m: 35.09                 | 35.09 | 150m: 1:51.97 | 39.04          | 250m: 3:10.57 | 39.21   | 350m: 4:27.94 | 38.40   |         |
|                        | 100m: 1:12.93              | 37.84 | 200m: 2:31.36 | 39.39          | 300m: 3:49.54 | 38.97   | 400m: 5:05.52 | 37.58   |         |
| 14.                    | Karen Sif Helgadóttir      | 10    | Fjölnir       | <b>5:06.64</b> | 452           | 1:09.77 | 1:19.27       | 1:19.21 | 1:18.39 |
|                        | 50m: 32.67                 | 32.67 | 150m: 1:48.66 | 38.89          | 250m: 3:08.85 | 39.81   | 350m: 4:27.69 | 39.44   |         |
|                        | 100m: 1:09.77              | 37.10 | 200m: 2:29.04 | 40.38          | 300m: 3:48.25 | 39.40   | 400m: 5:06.64 | 38.95   |         |

Íslands- og unglingsmeistaramótið í 50m laug 2024  
Reykjavík, 12. - 14.4.2024

Sundgrein 1, Stúlkur, 400m skriðsund, Undanrásir, 18 ára og yngri

| Sæti | F.ár                          |                     | Tími           | Stig | 100m    | 200m                | 300m    | 400m    |
|------|-------------------------------|---------------------|----------------|------|---------|---------------------|---------|---------|
| 15.  | Guðrún Ísöld Harðardóttir 11  | Breiðablik          | <b>5:06.68</b> | 452  | 1:11.34 | 1:17.92             | 1:18.85 | 1:18.57 |
|      | 50m: 33.63 33.63              | 150m: 1:50.37 39.03 | 250m: 3:08.56  |      | 39.30   | 350m: 4:27.53 39.42 |         |         |
|      | 100m: 1:11.34 37.71           | 200m: 2:29.26 38.89 | 300m: 3:48.11  |      | 39.55   | 400m: 5:06.68 39.15 |         |         |
| 16.  | Ema Austa Pratusyté 10        | SH                  | <b>5:08.18</b> | 445  | 1:12.71 | 1:19.28             | 1:19.37 | 1:16.82 |
|      | 50m: 34.36 34.36              | 150m: 1:52.28 39.57 | 250m: 3:12.03  |      | 40.04   | 350m: 4:31.35 39.99 |         |         |
|      | 100m: 1:12.71 38.35           | 200m: 2:31.99 39.71 | 300m: 3:51.36  |      | 39.33   | 400m: 5:08.18 36.83 |         |         |
| 17.  | Tinna Karen Sigurðardóttir 08 | SH                  | <b>5:08.56</b> | 443  | 1:12.44 | 1:18.94             | 1:18.99 | 1:18.19 |
|      | 50m: 34.34 34.34              | 150m: 1:51.93 39.49 | 250m: 3:10.85  |      | 39.47   | 350m: 4:30.20 39.83 |         |         |
|      | 100m: 1:12.44 38.10           | 200m: 2:31.38 39.45 | 300m: 3:50.37  |      | 39.52   | 400m: 5:08.56 38.36 |         |         |
| 18.  | Guðbjörg Helga H. 11          | Breiðablik          | <b>5:09.00</b> | 442  | 1:10.63 | 1:19.81             | 1:19.22 | 1:19.34 |
|      | 50m: 32.88 32.88              | 150m: 1:50.38 39.75 | 250m: 3:09.71  |      | 39.27   | 350m: 4:29.93 40.27 |         |         |
|      | 100m: 1:10.63 37.75           | 200m: 2:30.44 40.06 | 300m: 3:49.66  |      | 39.95   | 400m: 5:09.00 39.07 |         |         |
| 19.  | Matthildur María R. 09        | SH                  | <b>5:13.24</b> | 424  | 1:13.55 | 1:19.27             | 1:20.72 | 1:19.70 |
|      | 50m: 35.14 35.14              | 150m: 1:52.72 39.17 | 250m: 3:12.54  |      | 39.72   | 350m: 4:34.76 41.22 |         |         |
|      | 100m: 1:13.55 38.41           | 200m: 2:32.82 40.10 | 300m: 3:53.54  |      | 41.00   | 400m: 5:13.24 38.48 |         |         |
| 20.  | Aldís Ogmundsdóttir 09        | KR                  | <b>5:14.58</b> | 418  | 1:14.97 | 1:19.45             | 1:20.46 | 1:19.70 |
|      | 50m: 35.37 35.37              | 150m: 1:54.50 39.53 | 250m: 3:14.63  |      | 40.21   | 350m: 4:35.18 40.30 |         |         |
|      | 100m: 1:14.97 39.60           | 200m: 2:34.42 39.92 | 300m: 3:54.88  |      | 40.25   | 400m: 5:14.58 39.40 |         |         |
| 21.  | Rebekka Rún M. 08             | SH                  | <b>5:15.08</b> | 416  | 1:14.39 | 1:21.38             | 1:21.10 | 1:18.21 |
|      | 50m: 35.11 35.11              | 150m: 1:54.55 40.16 | 250m: 3:15.53  |      | 39.76   | 350m: 4:37.13 40.26 |         |         |
|      | 100m: 1:14.39 39.28           | 200m: 2:35.77 41.22 | 300m: 3:56.87  |      | 41.34   | 400m: 5:15.08 37.95 |         |         |
| 22.  | Natalía Eir Curtis 10         | Árman               | <b>5:15.54</b> | 415  | 1:16.03 | 1:20.29             | 1:20.91 | 1:18.31 |
|      | 50m: 36.04 36.04              | 150m: 1:55.85 39.82 | 250m: 3:16.54  |      | 40.22   | 350m: 4:36.97 39.74 |         |         |
|      | 100m: 1:16.03 39.99           | 200m: 2:36.32 40.47 | 300m: 3:57.23  |      | 40.69   | 400m: 5:15.54 38.57 |         |         |
| 23.  | Þorgerður Freyja H. 11        | Breiðablik          | <b>5:15.65</b> | 414  | 1:15.18 | 1:21.08             | 1:20.09 | 1:19.30 |
|      | 50m: 35.13 35.13              | 150m: 1:56.01 40.83 | 250m: 3:16.29  |      | 40.03   | 350m: 4:36.54 40.19 |         |         |
|      | 100m: 1:15.18 40.05           | 200m: 2:36.26 40.25 | 300m: 3:56.35  |      | 40.06   | 400m: 5:15.65 39.11 |         |         |
| 24.  | Yrsa Gunnlaugsdóttir 08       | Árman               | <b>5:16.42</b> | 411  | 1:17.31 | 1:22.27             | 1:21.68 | 1:15.16 |
|      | 50m: 37.14 37.14              | 150m: 1:58.61 41.30 | 250m: 3:21.04  |      | 41.46   | 350m: 4:40.11 38.85 |         |         |
|      | 100m: 1:17.31 40.17           | 200m: 2:39.58 40.97 | 300m: 4:01.26  |      | 40.22   | 400m: 5:16.42 36.31 |         |         |
| 25.  | Elsa Diljá L. 10              | SH                  | <b>5:18.62</b> | 403  | 1:14.32 | 1:20.80             | 1:22.07 | 1:21.43 |
|      | 50m: 35.76 35.76              | 150m: 1:54.32 40.00 | 250m: 3:15.96  |      | 40.84   | 350m: 4:39.29 42.10 |         |         |
|      | 100m: 1:14.32 38.56           | 200m: 2:35.12 40.80 | 300m: 3:57.19  |      | 41.23   | 400m: 5:18.62 39.33 |         |         |
| 26.  | Viktoria Emilia Orlita 09     | ÍA                  | <b>5:19.13</b> | 401  | 1:12.27 | 1:20.88             | 1:23.42 | 1:22.56 |
|      | 50m: 34.68 34.68              | 150m: 1:52.14 39.87 | 250m: 3:14.67  |      | 41.52   | 350m: 4:38.30 41.73 |         |         |
|      | 100m: 1:12.27 37.59           | 200m: 2:33.15 41.01 | 300m: 3:56.57  |      | 41.90   | 400m: 5:19.13 40.83 |         |         |
| 27.  | Hugrún Guðmundsdóttir 08      | Ægir                | <b>5:25.36</b> | 378  | 1:13.29 | 1:21.88             | 1:25.18 | 1:25.01 |
|      | 50m: 34.84 34.84              | 150m: 1:53.92 40.63 | 250m: 3:17.61  |      | 42.44   | 350m: 4:43.24 42.89 |         |         |
|      | 100m: 1:13.29 38.45           | 200m: 2:35.17 41.25 | 300m: 4:00.35  |      | 42.74   | 400m: 5:25.36 42.12 |         |         |
| 28.  | Hanna Steinunn G. 11          | ÍRB                 | <b>5:28.62</b> | 367  | 1:18.54 | 1:24.68             | 1:23.79 | 1:21.61 |
|      | 50m: 37.08 37.08              | 150m: 2:01.02 42.48 | 250m: 3:25.10  |      | 41.88   | 350m: 4:48.30 41.29 |         |         |
|      | 100m: 1:18.54 41.46           | 200m: 2:43.22 42.20 | 300m: 4:07.01  |      | 41.91   | 400m: 5:28.62 40.32 |         |         |

19 ára og eldri

|    |                        |                     |                |     |         |                     |         |         |
|----|------------------------|---------------------|----------------|-----|---------|---------------------|---------|---------|
| 1. | Thelma Bjornsdóttir 96 | ÍFR                 | <b>6:35.34</b> | 211 | 1:36.17 | 1:39.77             | 1:40.64 | 1:38.76 |
|    | 50m:                   | 150m: 2:26.11 49.94 | 250m: 4:06.13  |     | 50.19   | 350m: 5:46.62 50.04 |         |         |
|    | 100m: 1:36.17          | 200m: 3:15.94 49.83 | 300m: 4:56.58  |     | 50.45   | 400m: 6:35.34 48.72 |         |         |