



Sundgrein 13 kvenna, 400m fjórsund Opinn
13.04.2024 - 9:30 Úrslitalistar Undanrásir

Íslandsmet	4:46.70	Hrafnhildur Luthersdóttir	SH	Reykjavík	05.06.2015
Unglingamet	4:55.17	Eygló Ósk Gústafsdóttir	AEGIR	Luxembourg (LUX)	31.05.2013
Aldursflokkamet	5:04.17	Eygló Ósk Gústafsdóttir	AEGIR	Reykjanesbaer	29.05.2010

ÓL OQT (A) : 4:38.53 / ÓL OCT (B) : 4:39.92 / EM50 Opið : 4:54.04 / EM50 2003-2005 19 - 21: 4:57.04 / EMU 2006-2008 16 - 18: 5:02.22 / NÆM 2008-2010 14 - 16: 5:14.69 / A-landslið : 5:00.04 / Úrvalshópur 2003 21: 5:01.45 / Úrvalshópur 2004 20: 5:02.83 / Úrvalshópur 2005 19: 5:05.62 / Unglingalandslið 2006 18: 5:08.38 / Unglingalandslið 2007 17: 5:10.61 / Unglingalandslið 2008 16: 5:14.69 / Framtíðarhópur 2009 15: 5:18.77 / Framtíðarhópur 2010 14: 5:25.55 / Framtíðarhópur 2011 13: 5:36.14

Stig: FINA 2024

Sæti	F.ár		Tími	Stig	100m	200m	300m	400m		
18 ára og yngri										
1.	Sólveig Freyja H.	09	Breiðablik	5:16.25	594	Q	FRAM1:13.70	1:24.06	1:30.34	1:08.15
	50m: 34.09	34.09	150m: 1:56.58	42.88	250m: 3:22.27	44.51	350m: 4:43.71	35.61		
	100m: 1:13.70	39.61	200m: 2:37.76	41.18	300m: 4:08.10	45.83	400m: 5:16.25	32.54		
2.	Sunneva Bergmann Á.	07	ÍRB	5:17.46	587	Q	1:13.28	1:22.35	1:29.40	1:12.43
	50m: 33.18	33.18	150m: 1:55.16	41.88	250m: 3:19.60	43.97	350m: 4:41.65	36.62		
	100m: 1:13.28	40.10	200m: 2:35.63	40.47	300m: 4:05.03	45.43	400m: 5:17.46	35.81		
3.	Sunna Arnfinnsdóttir	07	ÍA	5:17.81	585	Q	1:14.65	1:20.54	1:32.55	1:10.07
	50m: 34.75	34.75	150m: 1:55.35	40.70	250m: 3:21.88	46.69	350m: 4:43.88	36.14		
	100m: 1:14.65	39.90	200m: 2:35.19	39.84	300m: 4:07.74	45.86	400m: 5:17.81	33.93		
4.	Austėja Savickaitė	09	ÍRB	5:39.81	478	Q	1:19.54	1:29.31	1:32.64	1:18.32
	50m: 37.02	37.02	150m: 2:05.36	45.82	250m: 3:34.81	45.96	350m: 5:01.74	40.25		
	100m: 1:19.54	42.52	200m: 2:48.85	43.49	300m: 4:21.49	46.68	400m: 5:39.81	38.07		
5.	Dagmar Arna S.	09	SH	5:42.86	466	Q	1:18.10	1:20.87	1:46.62	1:17.27
	50m: 35.07	35.07	150m: 1:59.28	41.18	250m: 3:31.79	52.82	350m: 5:04.59	39.00		
	100m: 1:18.10	43.03	200m: 2:38.97	39.69	300m: 4:25.59	53.80	400m: 5:42.86	38.27		
6.	Adriana Agnes Derti	10	ÍRB	5:44.81	458	Q	1:15.66	1:29.07	1:45.28	1:14.80
	50m: 35.01	35.01	150m: 2:00.82	45.16	250m: 3:36.86	52.13	350m: 5:07.81	37.80		
	100m: 1:15.66	40.65	200m: 2:44.73	43.91	300m: 4:30.01	53.15	400m: 5:44.81	37.00		
7.	Katla Mist Bragadóttir	07	Ármann	5:45.41	456	R	1:21.91	1:32.87	1:33.41	1:17.22
	50m: 36.89	36.89	150m: 2:08.78	46.87	250m: 3:40.64	45.86	350m: 5:07.30	39.11		
	100m: 1:21.91	45.02	200m: 2:54.78	46.00	300m: 4:28.19	47.55	400m: 5:45.41	38.11		
8.	Freydís Lilja Bergþórsdóttir	09	ÍRB	5:48.92	442	R	1:19.79	1:28.10	1:41.38	1:19.65
	50m: 36.55	36.55	150m: 2:04.27	44.48	250m: 3:38.21	50.32	350m: 5:08.42	39.15		
	100m: 1:19.79	43.24	200m: 2:47.89	43.62	300m: 4:29.27	51.06	400m: 5:48.92	40.50		
9.	Ema Austa Pratusytė	10	SH	5:50.13	437		1:26.18	1:27.82	1:39.39	1:16.74
	50m: 37.79	37.79	150m: 2:11.65	45.47	250m: 3:43.54	49.54	350m: 5:12.95	39.56		
	100m: 1:26.18	48.39	200m: 2:54.00	42.35	300m: 4:33.39	49.85	400m: 5:50.13	37.18		
10.	Eydís Jóhannesdóttir	11	ÍRB	5:55.58	418		1:27.03	1:32.63	1:36.15	1:19.77
	50m: 40.13	40.13	150m: 2:14.18	47.15	250m: 3:46.82	47.16	350m: 5:17.18	41.37		
	100m: 1:27.03	46.90	200m: 2:59.66	45.48	300m: 4:35.81	48.99	400m: 5:55.58	38.40		
11.	Rebekka Rún M.	08	SH	6:05.25	385		1:27.96	1:30.89	1:44.36	1:22.04
	50m: 39.40	39.40	150m: 2:15.03	47.07	250m: 3:52.42	53.57	350m: 5:25.61	42.40		
	100m: 1:27.96	48.56	200m: 2:58.85	43.82	300m: 4:43.21	50.79	400m: 6:05.25	39.64		
12.	Natalía Eir Curtis	10	Ármann	6:06.51	381		1:33.30	1:30.83	1:43.37	1:19.01
	50m: 43.01	43.01	150m: 2:19.67	46.37	250m: 3:56.66	52.53	350m: 5:27.84	40.34		
	100m: 1:33.30	50.29	200m: 3:04.13	44.46	300m: 4:47.50	50.84	400m: 6:06.51	38.67		
13.	Ísabella Jóhannsdóttir	10	Óðinn	6:07.43	378		1:25.55	1:42.14	1:38.56	1:21.18
	50m: 38.74	38.74	150m: 2:18.16	52.61	250m: 3:55.75	48.06	350m: 5:27.66	41.41		
	100m: 1:25.55	46.81	200m: 3:07.69	49.53	300m: 4:46.25	50.50	400m: 6:07.43	39.77		
14.	Vilte Milleryte	09	ÍRB	6:14.88	356		1:23.62	1:31.45	1:52.18	1:27.63
	50m: 37.77	37.77	150m: 2:09.42	45.80	250m: 3:49.62	54.55	350m: 5:31.88	44.63		
	100m: 1:23.62	45.85	200m: 2:55.07	45.65	300m: 4:47.25	57.63	400m: 6:14.88	43.00		



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

Sundgrein 13, kvenna, 400m fjórsund, Undanrásir

19 ára og eldri

1. Eva Margrét Falsdóttir	05	ÍRB				5:10.95	625 Q	1:09.01	1:22.96	1:25.75	1:13.23
50m:	31.53	31.53	150m:	1:51.04	42.03	250m:	3:14.97	43.00	350m:	4:35.07	37.35
100m:	1:09.01	37.48	200m:	2:31.97	40.93	300m:	3:57.72	42.75	400m:	5:10.95	35.88
2. Maja Lind Cicero	05	SH				5:34.66	501 Q	1:15.32	1:29.26	1:31.31	1:18.77
50m:	34.99	34.99	150m:	2:00.92	45.60	250m:	3:29.68	45.10	350m:	4:56.31	40.42
100m:	1:15.32	40.33	200m:	2:44.58	43.66	300m:	4:15.89	46.21	400m:	5:34.66	38.35