



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

Sundgrein 13  
13.04.2024 - 17:00

kvenna, 400m fjórsund

Opinn  
Úrslitalistar Úrslitsund

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
1.	Eva Margrét Falsdóttir	05	ÍRB		<b>5:04.97</b>	662 ÚRV	1:07.81	1:20.51	1:24.54	1:12.11
	50m: 31.03	31.03	150m: 1:48.08	40.27	250m: 3:10.38		42.06	350m: 4:29.48	36.62	
	100m: 1:07.81	36.78	200m: 2:28.32	40.24	300m: 3:52.86		42.48	400m: 5:04.97	35.49	
2.	Sunneva Bergmann Á.	07	ÍRB		<b>5:17.56</b>	586	1:13.23	1:22.58	1:29.94	1:11.81
	50m: 32.72	32.72	150m: 1:55.43	42.20	250m: 3:20.55		44.74	350m: 4:41.74	35.99	
	100m: 1:13.23	40.51	200m: 2:35.81	40.38	300m: 4:05.75		45.20	400m: 5:17.56	35.82	
3.	Sunna Arnfinnsdóttir	07	ÍA		<b>5:20.64</b>	570	1:13.28	1:22.56	1:33.00	1:11.80
	50m: 33.84	33.84	150m: 1:55.11	41.83	250m: 3:22.76		46.92	350m: 4:45.54	36.70	
	100m: 1:13.28	39.44	200m: 2:35.84	40.73	300m: 4:08.84		46.08	400m: 5:20.64	35.10	
4.	Maja Lind Cicero	05	SH		<b>5:27.30</b>	536	1:15.47	1:28.42	1:27.87	1:15.54
	50m: 34.54	34.54	150m: 2:00.06	44.59	250m: 3:27.33		43.44	350m: 4:50.17	38.41	
	100m: 1:15.47	40.93	200m: 2:43.89	43.83	300m: 4:11.76		44.43	400m: 5:27.30	37.13	
5.	Katla Mist Bragadóttir	07	Ármann		<b>5:33.18</b>	508	1:19.27	1:28.39	1:30.09	1:15.43
	50m: 36.35	36.35	150m: 2:03.71	44.44	250m: 3:32.70		45.04	350m: 4:55.90	38.15	
	100m: 1:19.27	42.92	200m: 2:47.66	43.95	300m: 4:17.75		45.05	400m: 5:33.18	37.28	
6.	Austėja Savickaitė	09	ÍRB		<b>5:38.52</b>	484	1:18.60	1:28.14	1:33.06	1:18.72
	50m: 36.67	36.67	150m: 2:03.72	45.12	250m: 3:33.43		46.69	350m: 5:00.35	40.55	
	100m: 1:18.60	41.93	200m: 2:46.74	43.02	300m: 4:19.80		46.37	400m: 5:38.52	38.17	
7.	Dagmar Arna S.	09	SH		<b>5:44.00</b>	461	1:21.56	1:22.21	1:44.01	1:16.22
	50m: 36.46	36.46	150m: 2:03.62	42.06	250m: 3:35.88		52.11	350m: 5:06.03	38.25	
	100m: 1:21.56	45.10	200m: 2:43.77	40.15	300m: 4:27.78		51.90	400m: 5:44.00	37.97	
8.	Eydís Jóhannesdóttir	11	ÍRB		<b>5:54.46</b>	421	1:26.31	1:31.95	1:36.74	1:19.46
	50m: 39.64	39.64	150m: 2:12.42	46.11	250m: 3:46.15		47.89	350m: 5:16.55	41.55	
	100m: 1:26.31	46.67	200m: 2:58.26	45.84	300m: 4:35.00		48.85	400m: 5:54.46	37.91	