

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

Sundgrein 1
12.04.2024 - 17:00

kvenna, 400m skriðsund

Opinn
Úrslitalistar Úrslitsund

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-landslið : 4:25.60 / Úrvalshópur 2003 21: 4:26.85 / Úrvalshópur 2004 20: 4:28.07 / Úrvalshópur 2005 19: 4:30.54 / Unglingalandslið 2006 18: 4:32.99 / Unglingalandslið 2007 17: 4:34.95 / Unglingalandslið 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	
1. Vala Dís Cicero	08	SH	4:24.28		706	EMU N	1:03.48	1:08.38	1:07.05	1:05.37	
50m:	30.05	30.05	150m:	1:37.55	34.07	250m:	2:44.96	33.10	350m:	3:52.08	33.17
100m:	1:03.48	33.43	200m:	2:11.86	34.31	300m:	3:18.91	33.95	400m:	4:24.28	32.20
2. Freyja Birkisdóttir	06	Breiðablik	4:27.76		679	UNG	1:03.83	1:06.90	1:08.24	1:08.79	
50m:	30.38	30.38	150m:	1:37.24	33.41	250m:	2:44.50	33.77	350m:	3:53.75	34.78
100m:	1:03.83	33.45	200m:	2:10.73	33.49	300m:	3:18.97	34.47	400m:	4:27.76	34.01
3. Katja Lilja Andriysoóttir	06	SH	4:31.22		653	UNG	1:03.66	1:08.94	1:09.65	1:08.97	
50m:	30.30	30.30	150m:	1:38.12	34.46	250m:	2:47.43	34.83	350m:	3:57.05	34.80
100m:	1:03.66	33.36	200m:	2:12.60	34.48	300m:	3:22.25	34.82	400m:	4:31.22	34.17
4. Sólveig Freyja H.	09	Breiðablik	4:31.36		652	NÆM F	1:04.96	1:09.44	1:09.33	1:07.63	
50m:	31.21	31.21	150m:	1:39.76	34.80	250m:	2:48.88	34.48	350m:	3:57.97	34.24
100m:	1:04.96	33.75	200m:	2:14.40	34.64	300m:	3:23.73	34.85	400m:	4:31.36	33.39
5. Ásdís Steindórsdóttir	09	Breiðablik	4:33.35		638	NÆM F	1:04.62	1:09.64	1:10.36	1:08.73	
50m:	30.77	30.77	150m:	1:39.23	34.61	250m:	2:49.26	35.00	350m:	3:59.73	35.11
100m:	1:04.62	33.85	200m:	2:14.26	35.03	300m:	3:24.62	35.36	400m:	4:33.35	33.62
6. Hulda Björg M.	08	Ægir	4:46.86		552		1:06.70	1:12.24	1:14.26	1:13.66	
50m:	31.83	31.83	150m:	1:42.66	35.96	250m:	2:56.19	37.25	350m:	4:10.45	37.25
100m:	1:06.70	34.87	200m:	2:18.94	36.28	300m:	3:33.20	37.01	400m:	4:46.86	36.41
7. Alicja Julia Kempisty	10	Óðinn	4:50.46		532		1:07.81	1:14.57	1:15.75	1:12.33	
50m:	32.33	32.33	150m:	1:45.05	37.24	250m:	3:00.06	37.68	350m:	4:15.06	36.93
100m:	1:07.81	35.48	200m:	2:22.38	37.33	300m:	3:38.13	38.07	400m:	4:50.46	35.40
8. Katla María Brynjarsdóttir	07	ÍRB	4:53.36		516		1:08.82	1:13.97	1:15.37	1:15.20	
50m:	32.67	32.67	150m:	1:45.45	36.63	250m:	3:00.24	37.45	350m:	4:15.97	37.81
100m:	1:08.82	36.15	200m:	2:22.79	37.34	300m:	3:38.16	37.92	400m:	4:53.36	37.39