



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

Event 1 Women, 400m Freestyle Open
12.04.2024 - 17:00 Results Final

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

Points: FINA 2024

Rank	YB		Time		Pts	100m	200m	300m	400m	
1.	Vala Dis 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 Andriysoðottir	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.	Asdis Steindorsdóttir	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 Bjorg 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		