



Event 1

Women, 400m Freestyle

Open
Results Prelim

12.04.2024 - 9:30

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
18 years and younger							
1.	Vala Dis Cicero 08 SH	4:26.13	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.	Asdis Steindorsdóttir 09 Breiðablik	4:30.74	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 Andriysoðottir 06 SH	4:30.82	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	4:32.84	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	4:40.07	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	4:48.70	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	4:50.65	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 Bjorg M. 08 Ægir	4:51.17	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	4:53.20	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.	Bjarndis Olga Hansen 10 Ægir	4:55.35	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	4:56.65	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	5:00.24	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 Hakonardóttir 10 SH	5:05.52	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	5:06.64	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			



Event 1, Girls, 400m Freestyle, Prelim, 18 years and younger

Rank	YB		Time		Pts	100m	200m	300m	400m
15.	Guðrún Ísöld Harðardóttir	11	Breiðablik	5:06.68	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 Pratusyte	10	SH	5:08.18	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 Sigurdardóttir	08	SH	5:08.56	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	5:09.00	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	5:13.24	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 Ögmundsdóttir	09	KR	5:14.58	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 Run M.	08	SH	5:15.08	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	5:15.54	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	5:15.65	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	5:16.42	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 Dilja L.	10	SH	5:18.62	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	5:19.13	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.	Hugrun Gudmundsdóttir	08	Ægir	5:25.36	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	5:28.62	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 years and older

1.	Thelma Björnsdóttir	96	ÍFR	6:35.34	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	