

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

Sundgrein 2 karla, 400m skriðsund Opinn
12.04.2024 - 9:58 Úrslitalistar Undanrásir

Íslandsmet	3:54.67	Anton Sveinn McKee	AEGIR	Barcelona (ESP)	28.07.2013
Unglingamet	3:59.48	Anton Sveinn McKee	AEGIR	Belgrade (SRB)	06.07.2011
Aldursflokkamet	4:08.86	Hólmar Grétarsson	SH	Maribor (SLO)	24.07.2023

ÓL OQT (A) : 3:46.78 / ÓL OCT (B) : 3:47.91 / EM50 Opið : 3:57.00 / EM50 2003-2005 19 - 21: 3:59.42 / EMU 2006-2008 16 - 18: 4:04.18 / NÆM 2008-2010 14 - 16: 4:17.24 / A-landslið : 4:01.84 / Úrvalshópur 2003 21: 4:03.68 / Úrvalshópur 2004 20: 4:05.49 / Úrvalshópur 2005 19: 4:07.33 / Unglingalandslið 2006 18: 4:09.17 / Unglingalandslið 2007 17: 4:12.94 / Unglingalandslið 2008 16: 4:17.24 / Framtíðarhópur 2009 15: 4:25.32 / Framtíðarhópur 2010 14: 4:35.77 / Framtíðarhópur 2011 13: 4:51.54

Stig: FINA 2024

Sæti	F.ár			Tími	Stig	100m	200m	300m	400m
18 ára og yngri									
1.	Magnús Víðir Jónsson	08	SH	4:12.73	660 Q	1:00.30	1:05.47	1:04.84	1:02.12
	50m: 28.71	28.71	150m: 1:32.84	32.54	250m: 2:38.07	32.30	350m: 3:42.18	31.57	
	100m: 1:00.30	31.59	200m: 2:05.77	32.93	300m: 3:10.61	32.54	400m: 4:12.73	30.55	
2.	Hólmar Grétarsson	08	SH	4:13.32	655 Q	1:00.89	1:05.02	1:04.95	1:02.46
	50m: 29.11	29.11	150m: 1:33.36	32.47	250m: 2:38.09	32.18	350m: 3:42.64	31.78	
	100m: 1:00.89	31.78	200m: 2:05.91	32.55	300m: 3:10.86	32.77	400m: 4:13.32	30.68	
3.	Karl Björnsson	08	SH	4:20.39	603 Q	1:01.54	1:06.59	1:06.96	1:05.30
	50m: 29.66	29.66	150m: 1:35.20	33.66	250m: 2:41.86	33.73	350m: 3:48.91	33.82	
	100m: 1:01.54	31.88	200m: 2:08.13	32.93	300m: 3:15.09	33.23	400m: 4:20.39	31.48	
4.	Andri Már Kristjánsson	06	SH	4:25.83	567 Q	1:02.82	1:08.13	1:08.76	1:06.12
	50m: 29.32	29.32	150m: 1:36.66	33.84	250m: 2:44.97	34.02	350m: 3:53.61	33.90	
	100m: 1:02.82	33.50	200m: 2:10.95	34.29	300m: 3:19.71	34.74	400m: 4:25.83	32.22	
5.	Stefán Ingi Ólafsson	06	Ægir	4:26.56	562 Q	1:03.06	1:08.30	1:08.62	1:06.58
	50m: 30.00	30.00	150m: 1:37.02	33.96	250m: 2:45.71	34.35	350m: 3:53.83	33.85	
	100m: 1:03.06	33.06	200m: 2:11.36	34.34	300m: 3:19.98	34.27	400m: 4:26.56	32.73	
6.	Birgir Hrafn Kjartansson	08	Ægir	4:28.78	548 R	1:03.49	1:09.35	1:08.73	1:07.21
	50m: 30.30	30.30	150m: 1:37.86	34.37	250m: 2:48.20	35.36	350m: 3:55.58	34.01	
	100m: 1:03.49	33.19	200m: 2:12.84	34.98	300m: 3:21.57	33.37	400m: 4:28.78	33.20	
7.	Árni Þór Pálmason	09	ÍRB	4:33.57	520 R	1:03.91	1:10.22	1:11.09	1:08.35
	50m: 30.30	30.30	150m: 1:38.93	35.02	250m: 2:49.60	35.47	350m: 4:00.20	34.98	
	100m: 1:03.91	33.61	200m: 2:14.13	35.20	300m: 3:25.22	35.62	400m: 4:33.57	33.37	
8.	Vanja Djurovic	09	Breiðablik	4:43.13	469	1:05.91	1:11.83	1:13.57	1:11.82
	50m: 31.65	31.65	150m: 1:41.49	35.58	250m: 2:54.49	36.75	350m: 4:08.04	36.73	
	100m: 1:05.91	34.26	200m: 2:17.74	36.25	300m: 3:31.31	36.82	400m: 4:43.13	35.09	
9.	Egill Orri Baldursson	09	ÍRB	4:46.54	453	1:05.75	1:14.01	1:14.43	1:12.35
	50m: 30.67	30.67	150m: 1:42.23	36.48	250m: 2:57.40	37.64	350m: 4:11.30	37.11	
	100m: 1:05.75	35.08	200m: 2:19.76	37.53	300m: 3:34.19	36.79	400m: 4:46.54	35.24	
10.	Jón Ingvar Eypórsson	10	Breiðablik	4:47.05	450	1:06.46	1:14.32	1:14.87	1:11.40
	50m: 31.43	31.43	150m: 1:43.43	36.97	250m: 2:58.43	37.65	350m: 4:12.43	36.78	
	100m: 1:06.46	35.03	200m: 2:20.78	37.35	300m: 3:35.65	37.22	400m: 4:47.05	34.62	
11.	Kajus Jatautas	10	ÍA	4:52.64	425	1:07.30	1:14.40	1:16.72	1:14.22
	50m: 32.29	32.29	150m: 1:44.67	37.37	250m: 3:00.18	38.48	350m: 4:16.44	38.02	
	100m: 1:07.30	35.01	200m: 2:21.70	37.03	300m: 3:38.42	38.24	400m: 4:52.64	36.20	
12.	Már Óskar Þorsteinsson	07	SH	4:53.52	421	1:08.10	1:15.26	1:16.31	1:13.85
	50m: 32.44	32.44	150m: 1:45.72	37.62	250m: 3:01.72	38.36	350m: 4:17.87	38.20	
	100m: 1:08.10	35.66	200m: 2:23.36	37.64	300m: 3:39.67	37.95	400m: 4:53.52	35.65	
13.	Julian Jarnutowski	10	ÍRB	4:53.68	420	1:07.64	1:15.75	1:16.73	1:13.56
	50m: 31.97	31.97	150m: 1:45.11	37.47	250m: 3:02.04	38.65	350m: 4:17.25	37.13	
	100m: 1:07.64	35.67	200m: 2:23.39	38.28	300m: 3:40.12	38.08	400m: 4:53.68	36.43	
14.	Kristjón Hrafn Kjartansson	11	SH	4:53.96	419	1:08.52	1:15.57	1:16.27	1:13.60
	50m: 32.53	32.53	150m: 1:46.35	37.83	250m: 3:02.15	38.06	350m: 4:18.32	37.96	
	100m: 1:08.52	35.99	200m: 2:24.09	37.74	300m: 3:40.36	38.21	400m: 4:53.96	35.64	



Íslands- og unglingsmeistaramótið í 50m laug 2024
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Sundgrein 2, Piltar, 400m skriðsund, Undanrásir, 18 ára og yngri

Sæti	F.ár		Tími	Stig	100m	200m	300m	400m	
15.	Viktor Bergmann A.	10	ÍRB	4:56.09	410	1:11.07	1:16.43	1:16.90	1:11.69
	50m: 33.49	33.49	150m: 1:49.37	38.30	250m: 3:06.04	38.54	350m: 4:21.30	36.90	
	100m: 1:11.07	37.58	200m: 2:27.50	38.13	300m: 3:44.40	38.36	400m: 4:56.09	34.79	
16.	Ragnar Halldórsson	09	Breiðablik	4:56.94	407	1:08.31	1:17.41	1:18.35	1:12.87
	50m: 31.98	31.98	150m: 1:46.70	38.39	250m: 3:04.64	38.92	350m: 4:21.57	37.50	
	100m: 1:08.31	36.33	200m: 2:25.72	39.02	300m: 3:44.07	39.43	400m: 4:56.94	35.37	
17.	Huginn Leví Pétursson	09	Breiðablik	4:57.69	404	1:08.37	1:15.62	1:17.25	1:16.45
	50m: 31.84	31.84	150m: 1:45.49	37.12	250m: 3:02.41	38.42	350m: 4:20.24	39.00	
	100m: 1:08.37	36.53	200m: 2:23.99	38.50	300m: 3:41.24	38.83	400m: 4:57.69	37.45	
18.	Jakob Máni Júlíusson	08	ÍRB	5:03.36	381	1:08.63	1:16.47	1:19.87	1:18.39
	50m: 32.32	32.32	150m: 1:46.58	37.95	250m: 3:04.42	39.32	350m: 4:25.35	40.38	
	100m: 1:08.63	36.31	200m: 2:25.10	38.52	300m: 3:44.97	40.55	400m: 5:03.36	38.01	

19 ára og eldri

1.	Veigar Hrafn Sigbórsson	05	SH	4:14.22	648 Q	1:01.41	1:06.61	1:05.44	1:00.76
	50m: 28.84	28.84	150m: 1:34.67	33.26	250m: 2:40.76	32.74	350m: 3:44.67	31.21	
	100m: 1:01.41	32.57	200m: 2:08.02	33.35	300m: 3:13.46	32.70	400m: 4:14.22	29.55	
2.	Bartosz Henke	05	SH	4:23.33	583 Q	1:02.76	1:07.91	1:07.87	1:04.79
	50m: 29.52	29.52	150m: 1:36.29	33.53	250m: 2:44.43	33.76	350m: 3:51.90	33.36	
	100m: 1:02.76	33.24	200m: 2:10.67	34.38	300m: 3:18.54	34.11	400m: 4:23.33	31.43	
3.	Guðmundur Karl Karlsson	05	ÍRB	4:25.77	567 Q	1:02.08	1:07.59	1:09.21	1:06.89
	50m: 29.11	29.11	150m: 1:35.79	33.71	250m: 2:43.84	34.17	350m: 3:52.56	33.68	
	100m: 1:02.08	32.97	200m: 2:09.67	33.88	300m: 3:18.88	35.04	400m: 4:25.77	33.21	
4.	Guðfinnur Karlsson	88	Fjörður	5:30.26	295	1:19.06	1:23.80	1:24.77	1:22.63
	50m: 38.40	38.40	150m: 2:00.84	41.78	250m: 3:25.19	42.33	350m: 4:50.32	42.69	
	100m: 1:19.06	40.66	200m: 2:42.86	42.02	300m: 4:07.63	42.44	400m: 5:30.26	39.94	