



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

Sundgrein 27

karla, 400m fjórsund

Opinn

14.04.2024 - 9:30

Úrslitalistar Undanrásir

Íslandsmet	4:23.64	Anton Sveinn McKee	AEGIR	Laugardalslaug	15.04.2012
Unglingamet	4:30.15	Anton Sveinn McKee	AEGIR	Belgrade (SRB)	10.07.2011
Aldursflokkamet	4:35.30	Hólmar Grétarsson	SH	Maribor (SLO)	28.07.2023

ÓL OQT (A) : 4:12.50 / ÓL OCT (B) : 4:13.76 / EM50 Opið : 4:27.47 / EM50 2003-2005 19 - 21: 4:30.20 / EMU 2006-2008 16 - 18: 4:35.57 / NÆM 2008-2010 14 - 16: 4:50.31 / A-landslið : 4:32.93 / Úrvalshópur 2003 21: 4:35.00 / Úrvalshópur 2004 20: 4:37.05 / Úrvalshópur 2005 19: 4:39.12 / Unglingalandslið 2006 18: 4:41.20 / Unglingalandslið 2007 17: 4:45.46 / Unglingalandslið 2008 16: 4:50.31 / Framtíðarhópur 2009 15: 4:59.43 / Framtíðarhópur 2010 14: 5:11.22 / Framtíðarhópur 2011 13: 5:29.02

Stig: FINA 2024

Sæti	F.ár	Tími	Stig	100m	200m	300m	400m
<b>18 ára og yngri</b>							
1.	Hólmar Grétarsson	08	SH	<b>4:39.85</b>	650 Q	NÆM1:02.34	1:14.69 1:18.70 1:04.12
	50m: 29.21 29.21	150m: 1:40.41 38.07	250m: 2:56.50 39.47	350m: 4:08.70 32.97	100m: 1:02.34 33.13	200m: 2:17.03 36.62	300m: 3:35.73 39.23 400m: 4:39.85 31.15
2.	Daði Rafn Falsson	08	ÍRB	<b>4:51.67</b>	574 Q		1:03.86 1:18.07 1:23.37 1:06.37
	50m: 30.20 30.20	150m: 1:43.15 39.29	250m: 3:03.83 41.90	350m: 4:19.16 33.86	100m: 1:03.86 33.66	200m: 2:21.93 38.78	300m: 3:45.30 41.47 400m: 4:51.67 32.51
3.	Adam Leó Tómasson	07	SH	<b>5:03.40</b>	510 Q		1:07.13 1:20.88 1:25.02 1:10.37
	50m: 31.28 31.28	150m: 1:47.30 40.17	250m: 3:10.46 42.45	350m: 4:29.23 36.20	100m: 1:07.13 35.85	200m: 2:28.01 40.71	300m: 3:53.03 42.57 400m: 5:03.40 34.17
4.	Gísli Kristján Traustason	09	ÍRB	<b>5:31.73</b>	390 Q		1:17.03 1:26.67 1:36.51 1:11.52
	50m: 34.88 34.88	150m: 2:00.90 43.87	250m: 3:32.12 48.42	350m: 4:59.51 39.30	100m: 1:17.03 42.15	200m: 2:43.70 42.80	300m: 4:20.21 48.09 400m: 5:31.73 32.22
5.	Julian Jarnutowski	10	ÍRB	<b>5:31.94</b>	389 Q		1:17.34 1:27.76 1:36.82 1:10.02
	50m: 35.44 35.44	150m: 2:01.76 44.42	250m: 3:33.42 48.32	350m: 4:59.55 37.63	100m: 1:17.34 41.90	200m: 2:45.10 43.34	300m: 4:21.92 48.50 400m: 5:31.94 32.39
6.	Vanja Djurovic	09	Breiðablik	<b>5:39.07</b>	365 Q		1:15.54 1:28.22 1:41.03 1:14.28
	50m: 35.39 35.39	150m: 1:59.73 44.19	250m: 3:33.74 49.98	350m: 5:02.64 37.85	100m: 1:15.54 40.15	200m: 2:43.76 44.03	300m: 4:24.79 51.05 400m: 5:39.07 36.43