



Sundgrein 27

karla, 400m fjórsund

Opinn

14.04.2024 - 17:00

Úrslitalistar Úrslitsund

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
1.	Hólmar Grétarsson	08	SH		4:39.26	654 NÆM U1:02.90	1:15.15	1:17.45	1:03.76	
	50m: 29.30	29.30	150m: 1:41.76	38.86	250m: 2:57.30	39.25	350m: 4:08.61	33.11		
	100m: 1:02.90	33.60	200m: 2:18.05	36.29	300m: 3:35.50	38.20	400m: 4:39.26	30.65		
2.	Adam Leó Tómasson	07	SH		4:50.68	580	1:06.99	1:16.22	1:21.44	1:06.03
	50m: 31.07	31.07	150m: 1:44.79	37.80	250m: 3:03.57	40.36	350m: 4:18.69	34.04		
	100m: 1:06.99	35.92	200m: 2:23.21	38.42	300m: 3:44.65	41.08	400m: 4:50.68	31.99		
3.	Daði Rafn Falsson	08	ÍRB		4:51.43	576	1:04.10	1:18.20	1:22.79	1:06.34
	50m: 29.65	29.65	150m: 1:43.88	39.78	250m: 3:03.46	41.16	350m: 4:18.92	33.83		
	100m: 1:04.10	34.45	200m: 2:22.30	38.42	300m: 3:45.09	41.63	400m: 4:51.43	32.51		
4.	Gísli Kristján Traustason	09	ÍRB		5:24.32	418	1:14.74	1:23.45	1:31.95	1:14.18
	50m: 34.37	34.37	150m: 1:57.01	42.27	250m: 3:24.09	45.90	350m: 4:47.76	37.62		
	100m: 1:14.74	40.37	200m: 2:38.19	41.18	300m: 4:10.14	46.05	400m: 5:24.32	36.56		
5.	Julian Jarnutowski	10	ÍRB		5:31.75	390	1:16.91	1:26.59	1:36.24	1:12.01
	50m: 35.01	35.01	150m: 2:00.89	43.98	250m: 3:31.49	47.99	350m: 4:57.07	37.33		
	100m: 1:16.91	41.90	200m: 2:43.50	42.61	300m: 4:19.74	48.25	400m: 5:31.75	34.68		
6.	Vanja Djurovic	09	Breiðablik		5:31.80	390	1:16.21	1:26.51	1:38.64	1:10.44
	50m: 34.85	34.85	150m: 1:59.71	43.50	250m: 3:31.64	48.92	350m: 4:58.76	37.40		
	100m: 1:16.21	41.36	200m: 2:42.72	43.01	300m: 4:21.36	49.72	400m: 5:31.80	33.04		