

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

Sundgrein 28 kvenna, 1500m skriðsund Opinn
14.04.2024 - 17:11 Úrslitalistar

Íslandsmet	17:17.61	Sigrún Sverrisdóttir	AEGIR	Columbus (USA)	23.07.2011
Unglingamet	17:25.46	Freyja Birkisdóttir	UBK	Otopeni (ROU)	05.07.2022
Aldursflokkamet	17:32.11	Freyja Birkisdóttir	UBK	Reykjavík	25.04.2021

ÓL OQT (A) : 16:09.09 / ÓL OCT (B) : 16:13.94 / EM50 Opið : 17:07.97 / EM50 2003-2005 19 - 21: 17:18.45 / EMU 2006-2008 16 - 18: 17:36.54 / A-landslið : 17:28.94 / Úrvalshópur 2003 21: 17:33.87 / Úrvalshópur 2004 20: 17:38.70 / Úrvalshópur 2005 19: 17:48.45 / Unglingalandslið 2006 18: 17:58.10 / Unglingalandslið 2007 17: 18:05.87 / Unglingalandslið 2008 16: 18:20.13 / Framtíðarhópur 2009 15: 18:34.40 / Framtíðarhópur 2010 14: 18:58.10 / Framtíðarhópur 2011 13: 19:35.13

Stig: FINA 2024

Sæti			F.ár			Tími	Stig		
Opinn									
1.	Freyja Birkisdóttir		06	Breiðablik		17:41.25	652	UNG	
	100m: 1:06.23	1:06.23	500m: 5:48.72	1:10.42	900m: 10:33.05	1:11.06	1300m: 15:19.20	1:11.87	
	200m: 2:16.90	1:10.67	600m: 6:59.47	1:10.75	1000m: 11:44.42	1:11.37	1400m: 16:31.03	1:11.83	
	300m: 3:27.76	1:10.86	700m: 8:10.69	1:11.22	1100m: 12:55.67	1:11.25	1500m: 17:41.25	1:10.22	
	400m: 4:38.30	1:10.54	800m: 9:21.99	1:11.30	1200m: 14:07.33	1:11.66			
2.	Ásdís Steindórsdóttir		09	Breiðablik		17:44.39	646	FRAM	
	100m: 1:05.76	1:05.76	500m: 5:50.10	1:11.11	900m: 10:36.58	1:11.73	1300m: 15:23.45	1:11.67	
	200m: 2:16.50	1:10.74	600m: 7:01.39	1:11.29	1000m: 11:48.29	1:11.71	1400m: 16:35.43	1:11.98	
	300m: 3:27.69	1:11.19	700m: 8:12.97	1:11.58	1100m: 13:00.21	1:11.92	1500m: 17:44.39	1:08.96	
	400m: 4:38.99	1:11.30	800m: 9:24.85	1:11.88	1200m: 14:11.78	1:11.57			
3.	Kátja Lilja Andriysoðttir		06	SH		18:05.64	609		
	100m: 1:05.88	1:05.88	500m: 5:50.79	1:11.74	900m: 10:44.03	1:13.72	1300m: 15:38.96	1:13.31	
	200m: 2:16.13	1:10.25	600m: 7:03.56	1:12.77	1000m: 11:57.64	1:13.61	1400m: 16:52.92	1:13.96	
	300m: 3:27.46	1:11.33	700m: 8:16.75	1:13.19	1100m: 13:11.60	1:13.96	1500m: 18:05.64	1:12.72	
	400m: 4:39.05	1:11.59	800m: 9:30.31	1:13.56	1200m: 14:25.65	1:14.05			
4.	Kátla María Brynjarsdóttir		07	ÍRB		19:05.11	519		
	100m: 1:10.56	1:10.56	500m: 6:16.97	1:16.92	900m: 11:24.85	1:17.01	1300m: 16:32.22	1:16.66	
	200m: 2:26.50	1:15.94	600m: 7:33.87	1:16.90	1000m: 12:41.89	1:17.04	1400m: 17:49.18	1:16.96	
	300m: 3:43.09	1:16.59	700m: 8:51.04	1:17.17	1100m: 13:58.72	1:16.83	1500m: 19:05.11	1:15.93	
	400m: 5:00.05	1:16.96	800m: 10:07.84	1:16.80	1200m: 15:15.56	1:16.84			
5.	Þorgerður Freyja Helgadóttir		11	Breiðablik		19:46.61	466		
	100m: 1:13.16	1:13.16	500m: 6:32.12	1:19.88	900m: 11:52.11	1:19.28	1300m: 17:11.69	1:19.93	
	200m: 2:32.46	1:19.30	600m: 7:52.22	1:20.10	1000m: 13:11.87	1:19.76	1400m: 18:30.31	1:18.62	
	300m: 3:52.51	1:20.05	700m: 9:12.08	1:19.86	1100m: 14:32.02	1:20.15	1500m: 19:46.61	1:16.30	
	400m: 5:12.24	1:19.73	800m: 10:32.83	1:20.75	1200m: 15:51.76	1:19.74			
6.	Guðrún Ísóld Harðardóttir		11	Breiðablik		19:48.65	464		
	100m: 1:11.79	1:11.79	500m: 6:30.71	1:19.90	900m: 11:50.17	1:19.27	1300m: 17:11.64	1:20.67	
	200m: 2:30.89	1:19.10	600m: 7:51.02	1:20.31	1000m: 13:10.26	1:20.09	1400m: 18:30.73	1:19.09	
	300m: 3:51.07	1:20.18	700m: 9:11.20	1:20.18	1100m: 14:30.49	1:20.23	1500m: 19:48.65	1:17.92	
	400m: 5:10.81	1:19.74	800m: 10:30.90	1:19.70	1200m: 15:50.97	1:20.48			
7.	Ísabella Jóhannsdóttir		10	Óðinn		21:30.44	362		
	100m: 1:17.17	1:17.17	500m: 7:09.02	1:27.94	900m: 12:55.83	1:27.14	1300m: 18:42.44	1:26.94	
	200m: 2:45.27	1:28.10	600m:		1000m: 14:22.34	1:26.51	1400m: 20:08.43	1:25.99	
	300m:		700m: 10:02.01		1100m: 15:49.46	1:27.12	1500m: 21:30.44	1:22.01	
	400m: 5:41.08		800m: 11:28.69	1:26.68	1200m: 17:15.50	1:26.04			

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

Sundgrein 28, kvenna, 1500m skriðsund

18 ára og yngri

1. Freyja Birkisdóttir	06	Breiðablik	17:41.25	652	UNG
100m: 1:06.23 1:06.23	500m: 5:48.72 1:10.42	900m: 10:33.05 1:11.06	1300m: 15:19.20 1:11.87		
200m: 2:16.90 1:10.67	600m: 6:59.47 1:10.75	1000m: 11:44.42 1:11.37	1400m: 16:31.03 1:11.83		
300m: 3:27.76 1:10.86	700m: 8:10.69 1:11.22	1100m: 12:55.67 1:11.25	1500m: 17:41.25 1:10.22		
400m: 4:38.30 1:10.54	800m: 9:21.99 1:11.30	1200m: 14:07.33 1:11.66			
2. Ásdís Steindórsdóttir	09	Breiðablik	17:44.39	646	FRAM
100m: 1:05.76 1:05.76	500m: 5:50.10 1:11.11	900m: 10:36.58 1:11.73	1300m: 15:23.45 1:11.67		
200m: 2:16.50 1:10.74	600m: 7:01.39 1:11.29	1000m: 11:48.29 1:11.71	1400m: 16:35.43 1:11.98		
300m: 3:27.69 1:11.19	700m: 8:12.97 1:11.58	1100m: 13:00.21 1:11.92	1500m: 17:44.39 1:08.96		
400m: 4:38.99 1:11.30	800m: 9:24.85 1:11.88	1200m: 14:11.78 1:11.57			
3. Katja Lilja Andriysoðttir	06	SH	18:05.64	609	
100m: 1:05.88 1:05.88	500m: 5:50.79 1:11.74	900m: 10:44.03 1:13.72	1300m: 15:38.96 1:13.31		
200m: 2:16.13 1:10.25	600m: 7:03.56 1:12.77	1000m: 11:57.64 1:13.61	1400m: 16:52.92 1:13.96		
300m: 3:27.46 1:11.33	700m: 8:16.75 1:13.19	1100m: 13:11.60 1:13.96	1500m: 18:05.64 1:12.72		
400m: 4:39.05 1:11.59	800m: 9:30.31 1:13.56	1200m: 14:25.65 1:14.05			
4. Katla María Brynjarsdóttir	07	ÍRB	19:05.11	519	
100m: 1:10.56 1:10.56	500m: 6:16.97 1:16.92	900m: 11:24.85 1:17.01	1300m: 16:32.22 1:16.66		
200m: 2:26.50 1:15.94	600m: 7:33.87 1:16.90	1000m: 12:41.89 1:17.04	1400m: 17:49.18 1:16.96		
300m: 3:43.09 1:16.59	700m: 8:51.04 1:17.17	1100m: 13:58.72 1:16.83	1500m: 19:05.11 1:15.93		
400m: 5:00.05 1:16.96	800m: 10:07.84 1:16.80	1200m: 15:15.56 1:16.84			
5. Þorgerður Freyja Helgadóttir	11	Breiðablik	19:46.61	466	
100m: 1:13.16 1:13.16	500m: 6:32.12 1:19.88	900m: 11:52.11 1:19.28	1300m: 17:11.69 1:19.93		
200m: 2:32.46 1:19.30	600m: 7:52.22 1:20.10	1000m: 13:11.87 1:19.76	1400m: 18:30.31 1:18.62		
300m: 3:52.51 1:20.05	700m: 9:12.08 1:19.86	1100m: 14:32.02 1:20.15	1500m: 19:46.61 1:16.30		
400m: 5:12.24 1:19.73	800m: 10:32.83 1:20.75	1200m: 15:51.76 1:19.74			
6. Guðrún Ísóld Harðardóttir	11	Breiðablik	19:48.65	464	
100m: 1:11.79 1:11.79	500m: 6:30.71 1:19.90	900m: 11:50.17 1:19.27	1300m: 17:11.64 1:20.67		
200m: 2:30.89 1:19.10	600m: 7:51.02 1:20.31	1000m: 13:10.26 1:20.09	1400m: 18:30.73 1:19.09		
300m: 3:51.07 1:20.18	700m: 9:11.20 1:20.18	1100m: 14:30.49 1:20.23	1500m: 19:48.65 1:17.92		
400m: 5:10.81 1:19.74	800m: 10:30.90 1:19.70	1200m: 15:50.97 1:20.48			
7. Ísabella Jóhannsdóttir	10	Óðinn	21:30.44	362	
100m: 1:17.17 1:17.17	500m: 7:09.02 1:27.94	900m: 12:55.83 1:27.14	1300m: 18:42.44 1:26.94		
200m: 2:45.27 1:28.10	600m:	1000m: 14:22.34 1:26.51	1400m: 20:08.43 1:25.99		
300m:	700m: 10:02.01	1100m: 15:49.46 1:27.12	1500m: 21:30.44 1:22.01		
400m: 5:41.08	800m: 11:28.69 1:26.68	1200m: 17:15.50 1:26.04			