



Sundgrein 2
12.04.2024 - 17:10

karla, 400m skriðsund

Opinn
Úrslitalistar Úrslitsund

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
1.	05	Veigar Hrafn Sigþórsson	SH		4:09.44	686	1:00.07	1:04.20	1:04.38	1:00.79
		50m: 28.59 28.59	150m: 1:31.98 31.91		250m: 2:36.28 32.01		350m: 3:39.61 30.96			
		100m: 1:00.07 31.48	200m: 2:04.27 32.29		300m: 3:08.65 32.37		400m: 4:09.44 29.83			
2.	08	Magnús Víðir Jónsson	SH		4:10.46	678	NÆM U1:00.03	1:04.78	1:04.60	1:01.05
		50m: 28.66 28.66	150m: 1:32.24 32.21		250m: 2:37.10 32.29		350m: 3:40.58 31.17			
		100m: 1:00.03 31.37	200m: 2:04.81 32.57		300m: 3:09.41 32.31		400m: 4:10.46 29.88			
3.	08	Hólmar Grétarsson	SH		4:12.85	659	NÆM U1:00.71	1:04.78	1:04.40	1:02.96
		50m: 29.37 29.37	150m: 1:33.17 32.46		250m: 2:37.50 32.01		350m: 3:41.99 32.10			
		100m: 1:00.71 31.34	200m: 2:05.49 32.32		300m: 3:09.89 32.39		400m: 4:12.85 30.86			
4.	05	Guðmundur Karl Karlsson	ÍRB		4:17.42	624	1:00.19	1:05.01	1:06.30	1:05.92
		50m: 28.47 28.47	150m: 1:32.27 32.08		250m: 2:38.17 32.97		350m: 3:44.97 33.47			
		100m: 1:00.19 31.72	200m: 2:05.20 32.93		300m: 3:11.50 33.33		400m: 4:17.42 32.45			
5.	08	Karl Björnsson	SH		4:19.61	609	1:01.43	1:05.27	1:07.00	1:05.91
		50m: 29.42 29.42	150m: 1:33.47 32.04		250m: 2:39.83 33.13		350m: 3:47.27 33.57			
		100m: 1:01.43 32.01	200m: 2:06.70 33.23		300m: 3:13.70 33.87		400m: 4:19.61 32.34			
6.	06	Andri Már Kristjánsson	SH		4:21.02	599	1:01.44	1:07.50	1:07.82	1:04.26
		50m: 28.90 28.90	150m: 1:35.24 33.80		250m: 2:42.76 33.82		350m: 3:50.44 33.68			
		100m: 1:01.44 32.54	200m: 2:08.94 33.70		300m: 3:16.76 34.00		400m: 4:21.02 30.58			
7.	05	Bartosz Henke	SH		4:21.11	598	1:01.72	1:06.99	1:07.64	1:04.76
		50m: 29.21 29.21	150m: 1:34.99 33.27		250m: 2:42.56 33.85		350m: 3:49.77 33.42			
		100m: 1:01.72 32.51	200m: 2:08.71 33.72		300m: 3:16.35 33.79		400m: 4:21.11 31.34			
8.	06	Stefán Ingi Ólafsson	Ægir		4:27.27	558	1:02.72	1:07.84	1:09.37	1:07.34
		50m: 29.77 29.77	150m: 1:36.50 33.78		250m: 2:45.28 34.72		350m: 3:54.12 34.19			
		100m: 1:02.72 32.95	200m: 2:10.56 34.06		300m: 3:19.93 34.65		400m: 4:27.27 33.15			