

VIT-HIT leikarnir 2024
Akranes, 31.5. - 2.6.2024

Sundgrein 2
31.5.2024 - 16:51

kvenna, 400m skriðsund

11 ára og eldri
Úrslitalistar

Stig: FINA 2023

Sæti	F.ár				Tími				Stig			
11 - 13 ára												
1.	Lovísa Austfjörð Stefánsdóttir 12				Sundfélagið Óðinn				5:39.26			
	50m:	37.95	37.95	150m:	2:03.08	43.30	250m:	3:30.51	43.61	350m:	4:59.75	44.27
	100m:	1:19.78	41.83	200m:	2:46.90	43.82	300m:	4:15.48	44.97	400m:	5:39.26	39.51
2.	Eva Sóley Aronsdóttir 12				Sundfélagið Óðinn				5:54.59			
	50m:	38.31	38.31	150m:	2:09.53	46.63	250m:	3:41.91	46.36	350m:	5:13.49	45.15
	100m:	1:22.90	44.59	200m:	2:55.55	46.02	300m:	4:28.34	46.43	400m:	5:54.59	41.10
3.	Agnetha Ýr Guðmundsdóttir 12				Sunddeild Breiðabliks				6:07.66			
	50m:	37.68	37.68	150m:	2:09.51	47.00	250m:	3:46.14	48.31	350m:	5:22.91	48.34
	100m:	1:22.51	44.83	200m:	2:57.83	48.32	300m:	4:34.57	48.43	400m:	6:07.66	44.75
4.	Una Petrovic 13				Sunddeild Breiðabliks				6:08.61			
	50m:	41.06	41.06	150m:	2:14.70	47.84	250m:	3:50.65	48.44	350m:	5:22.44	44.99
	100m:	1:26.86	45.80	200m:	3:02.21	47.51	300m:	4:37.45	46.80	400m:	6:08.61	46.17
5.	Arndís Margrét Magnúsdóttir 12				Sundfélagið Óðinn				6:09.42			
	50m:	41.54	41.54	150m:	2:15.59	47.68	250m:	3:51.41	47.58	350m:	5:25.55	46.59
	100m:	1:27.91	46.37	200m:	3:03.83	48.24	300m:	4:38.96	47.55	400m:	6:09.42	43.87
6.	Margrét Brynja Steingrimsdóttir 12				Umf Afturelding				6:12.73			
	50m:	41.86	41.86	150m:	2:16.03	48.59	250m:	3:52.87	48.52	350m:	5:28.98	48.13
	100m:	1:27.44	45.58	200m:	3:04.35	48.32	300m:	4:40.85	47.98	400m:	6:12.73	43.75
7.	Sóley Katrín Simonsd.Knight 12				Ármann				6:19.62			
	50m:	43.05	43.05	150m:	2:17.62	47.92	250m:	3:55.96	50.01	350m:	5:32.83	48.17
	100m:	1:29.70	46.65	200m:	3:05.95	48.33	300m:	4:44.66	48.70	400m:	6:19.62	46.79
8.	Sofie Þórunn Þórðardóttir Araque 11				Umf Afturelding				6:43.04			
	50m:	42.29	42.29	150m:	2:19.77	49.87	250m:	4:03.36	52.88	350m:	5:52.07	54.00
	100m:	1:29.90	47.61	200m:	3:10.48	50.71	300m:	4:58.07	54.71	400m:	6:43.04	50.97
9.	Freyja Mjöll Einarsdóttir 13				Sunddeild Breiðabliks				6:43.51			
	50m:	42.35	42.35	150m:	2:24.70	52.21	250m:	4:10.12	53.00	350m:	5:54.08	51.65
	100m:	1:32.49	50.14	200m:	3:17.12	52.42	300m:	5:02.43	52.31	400m:	6:43.51	49.43
10.	Björg Dúfa Bogadóttir 13				Sunddeild Breiðabliks				7:09.58			
	50m:	45.11	45.11	150m:	2:34.30	55.20	250m:	4:25.21	56.08	350m:	6:17.55	56.77
	100m:	1:39.10	53.99	200m:	3:29.13	54.83	300m:	5:20.78	55.57	400m:	7:09.58	52.03
11.	Ásgerður Einarsdóttir 11				Fjölnir				7:18.81			
	50m:	40.32	40.32	150m:	2:13.26	46.22	250m:	4:09.58	1:12.31	350m:	6:19.95	1:04.71
	100m:	1:27.04	46.72	200m:	2:57.27	44.01	300m:	5:15.24	1:05.66	400m:	7:18.81	58.86
ÓG.	Lilja Dögg Magnúsdóttir 13				Sunddeild Breiðabliks				7:06.34			
	<i>G2 - Keppandi startar áður en rásmerki er gefið (þjófstart) (SW 4.4)</i>											
	50m:	44.62	44.62	150m:	2:32.87	53.56	250m:	4:20.66	54.88	350m:	6:10.39	53.23
	100m:	1:39.31	54.69	200m:	3:25.78	52.91	300m:	5:17.16	56.50	400m:	7:06.34	55.95

14 - 15 ára

1.	Alicja Julia Kempisty 10				Sundfélagið Óðinn				4:47.20			
	50m:	33.05	33.05	150m:	1:46.54	37.09	250m:	3:00.70	37.01	350m:	4:13.50	35.75
	100m:	1:09.45	36.40	200m:	2:23.69	37.15	300m:	3:37.75	37.05	400m:	4:47.20	33.70
2.	Natalía Eir Curtis 10				Ármann				4:52.27			
	50m:	33.79	33.79	150m:	1:47.34	36.85	250m:	3:01.42	36.94	350m:	4:16.33	37.14
	100m:	1:10.49	36.70	200m:	2:24.48	37.14	300m:	3:39.19	37.77	400m:	4:52.27	35.94



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Sundgrein 2, Stúlkur, 400m skriðsund, 14 - 15 ára

Sæti		F.ár					Tími	Stig
3.	Birna Rún Jónsdóttir	09	Umf Afturelding				5:23.92	
	50m: 35.12 35.12	150m: 1:55.91	41.31	250m: 3:19.99	42.03	350m: 4:44.15	41.90	
	100m: 1:14.60 39.48	200m: 2:37.96	42.05	300m: 4:02.25	42.26	400m: 5:23.92	39.77	
4.	Elín Sara Skarphéðinsdóttir	10	Sundfélag Akraness				5:55.75	
	50m: 39.09 39.09	150m:		250m: 3:36.54	44.96	350m: 5:10.79	47.14	
	100m: 1:21.57 42.48	200m: 2:51.58		300m: 4:23.65	47.11	400m: 5:55.75	44.96	
5.	Hrafnhildur Lea Karlsdóttir	10	Umf Afturelding				6:12.21	
	50m: 40.96 40.96	150m: 2:17.37	48.91	250m: 3:54.44	48.53	350m: 5:27.96	45.66	
	100m: 1:28.46 47.50	200m: 3:05.91	48.54	300m: 4:42.30	47.86	400m: 6:12.21	44.25	

16 ára og eldri

1.	Sunna Arnfinnsdóttir	07	Sundfélag Akraness				4:45.73	
	50m: 32.15 32.15	150m: 1:44.63	37.15	250m: 2:58.05	37.43	350m: 4:10.74	36.41	
	100m: 1:07.48 35.33	200m: 2:20.62	35.99	300m: 3:34.33	36.28	400m: 4:45.73	34.99	

