

SMÍ - Sumarmeistaramót Íslands 2024
Hafnarfjörður, 15. - 16.6.2024

Sundgrein 18
15.6.2024 - 17:13

karla, 400m fjórsund

14 ára og eldri
Úrslitalistar

Íslandsmet	4:23.64	Anton Sveinn McKee	AEGIR	Laugardalslaug	15.4.2012
Unglingamet	4:30.15	Anton Sveinn McKee	AEGIR	Belgrade (SRB)	10.7.2011
Aldursflokkamet	4:35.30	Hólmur Grétarsson	SH	Maribor (SLO)	28.7.2023

Stig: FINA 2024

Sæti			F.ár						Tími	Stig		
1.	Adam Leó Tómasson		07	SH					4:53.04	566		
	50m:	30.54	30.54	150m:	1:44.59	37.69	250m:	3:03.65	41.14	350m:	4:19.61	33.97
	100m:	1:06.90	36.36	200m:	2:22.51	37.92	300m:	3:45.64	41.99	400m:	4:53.04	33.43
2.	Daði Rafn Falsson		08	ÍRB					4:56.04	549		
	50m:	29.76	29.76	150m:	1:44.70	38.69	250m:	3:06.21	42.96	350m:	4:22.67	33.73
	100m:	1:06.01	36.25	200m:	2:23.25	38.55	300m:	3:48.94	42.73	400m:	4:56.04	33.37