

SMÍ - Sumarmeistaramót Íslands 2024  
Hafnarfjörður, 15. - 16.6.2024

Sundgrein 25  
16.6.2024 - 9:38

kvenna, 400m skriðsund

14 ára og eldri  
Úrslitalistar

Íslandsmet	4:20.16	Snaefridur Sol Jorunnardóttir	ISL	Gzira (MLT)	31.5.2023
Unglingamet	4:20.66	Sunneva Dögg Robertson	IRB	Reykjavík	22.4.2016
Aldursflokkamet	4:23.24	Eygló Ósk Gústafsdóttir	AEGIR	Helsinki (FIN)	15.7.2010

Stig: FINA 2024

Sæti			F.ár				Tími		Stig			
1.	Freyja Birkisdóttir		06		Breiðablik		<b>4:28.76</b>		671			
	50m:	30.66	30.66	150m:	1:39.28	34.57	250m:	2:47.72	33.56	350m:	3:56.03	34.27
	100m:	1:04.71	34.05	200m:	2:14.16	34.88	300m:	3:21.76	34.04	400m:	4:28.76	32.73
2.	Sunna Arnfinnsdóttir		07		ÍA		<b>4:42.21</b>		580			
	50m:	32.18	32.18	150m:	1:43.06	35.39	250m:	2:55.13	35.99	350m:	4:07.86	36.31
	100m:	1:07.67	35.49	200m:	2:19.14	36.08	300m:	3:31.55	36.42	400m:	4:42.21	34.35
3.	Katrín Lóa Ingadóttir		08		Ármann		<b>4:55.02</b>		507			
	50m:	33.47	33.47	150m:	1:47.16	37.40	250m:	3:02.23	37.87	350m:	4:18.21	38.06
	100m:	1:09.76	36.29	200m:	2:24.36	37.20	300m:	3:40.15	37.92	400m:	4:55.02	36.81
4.	Halldóra Björt Ingimundardóttir		08		Breiðablik		<b>4:55.94</b>		503			
	50m:	32.37	32.37	150m:	1:46.55	37.62	250m:	3:02.34	37.45	350m:	4:18.76	37.77
	100m:	1:08.93	36.56	200m:	2:24.89	38.34	300m:	3:40.99	38.65	400m:	4:55.94	37.18
5.	Viktoria Emilia Orlita		09		ÍA		<b>5:12.39</b>		427			
	50m:	33.80	33.80	150m:	1:49.89	39.06	250m:	3:10.61	41.19	350m:	4:34.11	41.73
	100m:	1:10.83	37.03	200m:	2:29.42	39.53	300m:	3:52.38	41.77	400m:	5:12.39	38.28
6.	Freyja Sigríður Ásgeirsdóttir		07		Ægir		<b>5:28.82</b>		366			
	50m:	34.67	34.67	150m:	1:56.12	41.18	250m:	3:21.84	42.61	350m:	4:47.20	41.90
	100m:	1:14.94	40.27	200m:	2:39.23	43.11	300m:	4:05.30	43.46	400m:	5:28.82	41.62