

Haustmót Ármanns
Reykjavík, 28. - 29.9.2024

Event 12
28.09.2024 - 15:50

Women, 400m Freestyle

12 years and older
Results

Points: AQUA 2024

Rank			YB					Time	Pts		
12 - 13 years											
1.	Bergey Huld Arnarsdottir		11	Sunddeild Breidabliks				5:06.86	428		
	50m:	35.00 35.00	150m:	1:54.51	39.82	250m:	3:13.09	38.27	350m:	4:30.08	38.29
	100m:	1:14.69 39.69	200m:	2:34.82	40.31	300m:	3:51.79	38.70	400m:	5:06.86	36.78
2.	Eydis Johannesdottir		11	Ithrottabandalag Reykjanesbajar				5:08.09	423		
	50m:	34.87 34.87	150m:	1:53.53	39.60	250m:	3:12.46	39.55	350m:	4:31.15	39.35
	100m:	1:13.93 39.06	200m:	2:32.91	39.38	300m:	3:51.80	39.34	400m:	5:08.09	36.94
3.	Theodis Styrmsdottir		11	Sunddeild Breidabliks				5:12.47	405		
	50m:	34.64 34.64	150m:	1:53.56	39.40	250m:	3:14.46	40.47	350m:	4:34.97	40.12
	100m:	1:14.16 39.52	200m:	2:33.99	40.43	300m:	3:54.85	40.39	400m:	5:12.47	37.50
4.	Iris Asta Magnusdottir		11	Sunddeild Breidabliks				5:15.82	392		
	50m:	36.23 36.23	150m:	1:56.29	40.04	250m:	3:17.77	40.10	350m:	4:37.31	40.16
	100m:	1:16.25 40.02	200m:	2:37.67	41.38	300m:	3:57.15	39.38	400m:	5:15.82	38.51
5.	Hanna Steinunn Gudnadottir		11	Ithrottabandalag Reykjanesbajar				5:15.92	392		
	50m:	36.11 36.11	150m:	1:56.34	41.07	250m:	3:17.29	40.44	350m:	4:37.41	39.93
	100m:	1:15.27 39.16	200m:	2:36.85	40.51	300m:	3:57.48	40.19	400m:	5:15.92	38.51
6.	Soley Helga Sigfridardottir		12	Armann				5:16.76	389		
	50m:	35.69 35.69	150m:	2:36.71	1:21.65	250m:	3:57.15	41.09	350m:	4:38.06	
	100m:	1:15.06 39.37	200m:	3:16.06	39.35	300m:			400m:	5:16.76	38.70
7.	Karen Julia Traustadottir		12	Ithrottabandalag Reykjanesbajar				5:18.66	382		
	50m:	36.38 36.38	150m:	1:58.12	41.69	250m:	3:18.53	39.52	350m:	4:40.07	40.38
	100m:	1:16.43 40.05	200m:	2:39.01	40.89	300m:	3:59.69	41.16	400m:	5:18.66	38.59
8.	Hildur Eldey Gudjonsdottir		11	Sunddeild Breidabliks				5:30.79	341		
	50m:	37.98 37.98	150m:	2:01.01	41.76	250m:	3:25.37	42.09	350m:	4:49.38	41.53
	100m:	1:19.25 41.27	200m:	2:43.28	42.27	300m:	4:07.85	42.48	400m:	5:30.79	41.41
9.	Lena Przybylska		11	Ithrottabandalag Reykjanesbajar				5:34.91	329		
	50m:	36.52 36.52	150m:	2:00.92	43.08	250m:	3:28.26	43.03	350m:	4:56.52	43.67
	100m:	1:17.84 41.32	200m:	2:45.23	44.31	300m:	4:12.85	44.59	400m:	5:34.91	38.39
10.	Thea Sif Hjaltadottir		11	Armann				5:37.92	320		
	50m:	37.91 37.91	150m:	2:04.05	43.27	250m:	3:31.49	43.72	350m:	4:57.81	42.95
	100m:	1:20.78 42.87	200m:	2:47.77	43.72	300m:	4:14.86	43.37	400m:	5:37.92	40.11
11.	Viktoria Vasile		11	Sunddeild KR				5:39.11	317		
	50m:	37.48 37.48	150m:	2:03.65	43.80	250m:	3:31.00	43.57	350m:	4:57.97	43.06
	100m:	1:19.85 42.37	200m:	2:47.43	43.78	300m:	4:14.91	43.91	400m:	5:39.11	41.14
12.	Sara Steinunn Elvarsdottir		11	Ithrottabandalag Reykjanesbajar				5:39.93	315		
	50m:	39.58 39.58	150m:	2:06.13	43.80	250m:	3:33.13	43.18	350m:	4:58.84	42.57
	100m:	1:22.33 42.75	200m:	2:49.95	43.82	300m:	4:16.27	43.14	400m:	5:39.93	41.09
13.	Agnetha Yr Gudmundsdottir		12	Sunddeild Breidabliks				5:43.43	305		
	50m:	37.81 37.81	150m:	2:04.61	44.50	250m:	3:33.85	44.35	350m:	5:02.90	44.24
	100m:	1:20.11 42.30	200m:	2:49.50	44.89	300m:	4:18.66	44.81	400m:	5:43.43	40.53
14.	Guddis Malin Magnusdottir		11	Ithrottabandalag Reykjanesbajar				5:45.37	300		
	50m:	37.99 37.99	150m:	2:06.11	44.23	250m:	3:36.22	44.74	350m:	5:04.55	43.71
	100m:	1:21.88 43.89	200m:	2:51.48	45.37	300m:	4:20.84	44.62	400m:	5:45.37	40.82
15.	Sollilja Thordardottir		11	Sunddeild Breidabliks				5:53.50	280		
	50m:	39.74 39.74	150m:	2:09.89	45.03	250m:	3:39.39	44.62	350m:	5:09.62	
	100m:	1:24.86 45.12	200m:	2:54.77	44.88	300m:			400m:	5:53.50	43.88

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14 - 15 years

1.	Adriana Agnes Derti	10	Ithrottabandalag Reykjanesbajar	4:47.10	522
	50m: 32.83 32.83	150m: 1:45.08	36.30 250m: 2:58.40	36.51 350m: 4:12.18	36.62
	100m: 1:08.78 35.95	200m: 2:21.89	36.81 300m: 3:35.56	37.16 400m: 4:47.10	34.92
2.	Natalia Eir Curtis	10	Armann	4:58.61	464
	50m: 34.72 34.72	150m: 1:52.00	38.50 250m: 3:07.72	37.39 350m: 4:22.52	37.36
	100m: 1:13.50 38.78	200m: 2:30.33	38.33 300m: 3:45.16	37.44 400m: 4:58.61	36.09
3.	Alfrun Loa Jonsdottir	10	Armann	5:02.79	445
	50m: 34.28 34.28	150m: 1:51.17	38.79 250m: 3:08.21	38.35 350m: 4:25.15	38.70
	100m: 1:12.38 38.10	200m: 2:29.86	38.69 300m: 3:46.45	38.24 400m: 5:02.79	37.64
4.	Freydis Lilja Bergthorsdottir	09	Ithrottabandalag Reykjanesbajar	5:03.73	441
	50m: 35.48 35.48	150m: 1:53.27	38.84 250m: 3:10.08	38.02 350m: 4:26.39	38.37
	100m: 1:14.43 38.95	200m: 2:32.06	38.79 300m: 3:48.02	37.94 400m: 5:03.73	37.34
5.	Natalia Fanney Sigurdardottir	10	Ithrottabandalag Reykjanesbajar	5:05.01	436
	50m: 34.63 34.63	150m: 1:51.26	38.81 250m: 3:08.33	38.61 350m: 4:26.21	38.83
	100m: 1:12.45 37.82	200m: 2:29.72	38.46 300m: 3:47.38	39.05 400m: 5:05.01	38.80
6.	Austeja Savickaite	09	Ithrottabandalag Reykjanesbajar	5:07.99	423
	50m: 36.05 36.05	150m: 1:54.20	39.45 250m: 3:12.79	39.27 350m: 4:31.32	39.39
	100m: 1:14.75 38.70	200m: 2:33.52	39.32 300m: 3:51.93	39.14 400m: 5:07.99	36.67
7.	Katrin Isold Gunnsteinsdottir	10	Armann	5:24.42	362
	50m: 36.39 36.39	150m: 1:59.30	41.72 250m: 3:22.11	41.45 350m: 4:44.97	41.04
	100m: 1:17.58 41.19	200m: 2:40.66	41.36 300m: 4:03.93	41.82 400m: 5:24.42	39.45
8.	Asa Julia Kaldal	09	Sundfelagid Agir	5:32.47	336
	50m: 37.73 37.73	150m: 2:00.62	42.23 250m: 3:26.11	42.69 350m: 4:51.30	42.12
	100m: 1:18.39 40.66	200m: 2:43.42	42.80 300m: 4:09.18	43.07 400m: 5:32.47	41.17
9.	Lara Margret Hermannsdottir	09	Ithrottabandalag Reykjanesbajar	6:36.45	198
	50m: 42.06 42.06	150m: 2:24.32	52.03 250m: 4:06.41	51.37 350m: 5:48.13	50.04
	100m: 1:32.29 50.23	200m: 3:15.04	50.72 300m: 4:58.09	51.68 400m: 6:36.45	48.32

16 years and older

1.	Eva Margret Falsdottir	05	Ithrottabandalag Reykjanesbajar	4:18.48	716
	50m: 29.79 29.79	150m: 1:34.58	32.57 250m: 2:39.73	32.29 350m: 3:45.62	33.04
	100m: 1:02.01 32.22	200m: 2:07.44	32.86 300m: 3:12.58	32.85 400m: 4:18.48	32.86
2.	Katja Lilja Andriysdottir	06	Sh	4:22.63	683
	50m: 30.13 30.13	150m: 1:35.81	33.05 250m: 2:42.43	33.25 350m: 3:49.69	33.57
	100m: 1:02.76 32.63	200m: 2:09.18	33.37 300m: 3:16.12	33.69 400m: 4:22.63	32.94
3.	Katrin Loa Ingadottir	08	Sh	4:44.69	536
	50m: 32.85 32.85	150m: 1:44.22	36.00 250m: 2:56.97	36.57 350m: 4:09.47	36.16
	100m: 1:08.22 35.37	200m: 2:20.40	36.18 300m: 3:33.31	36.34 400m: 4:44.69	35.22
4.	Hulda Bjorg Magnúsdottir Nilsen	08	Sundfelagid Agir	4:45.02	534
	50m: 31.87 31.87	150m: 1:42.93	36.11 250m: 2:56.32	36.76 350m: 4:08.77	35.49
	100m: 1:06.82 34.95	200m: 2:19.56	36.63 300m: 3:33.28	36.96 400m: 4:45.02	36.25
5.	Asdis Gunnarsdottir	08	Sunddeild Breidabliks	4:59.65	459
	50m: 33.54 33.54	150m: 1:49.22	38.33 250m: 3:06.28	38.36 350m: 4:22.48	37.87
	100m: 1:10.89 37.35	200m: 2:27.92	38.70 300m: 3:44.61	38.33 400m: 4:59.65	37.17
6.	Anna Rosa Thrastardottir	04	Ithrottafelagid Fjordur	5:36.49	324
	50m: 38.07 38.07	150m: 2:03.09	42.62 250m: 3:30.32	43.60 350m: 4:55.38	42.07
	100m: 1:20.47 42.40	200m: 2:46.72	43.63 300m: 4:13.31	42.99 400m: 5:36.49	41.11