

Sundgrein 13
19.10.2024 - 16:00

kvenna, 400m fjórsund

Opinn
Úrslitalistar

Mótsmet	4:53.22	Inga Elín Cryer	ÍA		31.10.2009
Íslandsmet	4:43.56	Hrafnhildur Luthersdóttir	SH	Hafnarfjörður	15.11.2015
Íslandsmet Unglinga	4:46.36	Eygló Ósk Gústafsdóttir	AEGIR	Hafnarfjörður	24.11.2013
Íslandsmet Aldursflokka	4:53.67	Ólöf Edda Eðvarðsdóttir	IRB	Laugardalslaug	10.12.2011

ÍM Opinn: 5:51.69; - 18: 5:57.86 / HM-A : 4:37.54 / HM-B : 4:45.87 / NM-A 18 +: 4:52.62; 14 - 17: 4:59.35 / NM-B 18 +: 4:55.58; 14 - 17: 5:02.37

Stig: AQUA 2024

Sæti					F.ár					Tími	Stig		
1.	Eva Margrét Falsdóttir				05	ÍRB				4:50.73	706	ÍM NM-A NM-B	
	<i>Nýtt mótsmet</i>												
	50m:	30.86	30.86	150m:	1:43.49	37.41	250m:	3:01.28	40.44	350m:	4:17.41	34.67	
	100m:	1:06.08	35.22	200m:	2:20.84	37.35	300m:	3:42.74	41.46	400m:	4:50.73	33.32	
2.	Sunneva Bergmann Ásbjornsdóttir				07	ÍRB				5:04.65	614	ÍM ÍM	
	50m:	32.47	32.47	150m:	1:52.16	40.35	250m:	3:13.00	42.02	350m:	4:30.91	34.41	
	100m:	1:11.81	39.34	200m:	2:30.98	38.82	300m:	3:56.50	43.50	400m:	5:04.65	33.74	
3.	Ylfa Lind Kristmannsdóttir				08	Ármann				5:07.48	597	ÍM ÍM	
	50m:	31.84	31.84	150m:	1:48.77	39.94	250m:	3:13.97	45.52	350m:	4:33.43	33.85	
	100m:	1:08.83	36.99	200m:	2:28.45	39.68	300m:	3:59.58	45.61	400m:	5:07.48	34.05	
4.	Sunna Arnfinnsdóttir				07	ÍA				5:10.70	578	ÍM ÍM	
	50m:	33.24	33.24	150m:	1:51.11	40.06	250m:	3:15.41	45.02	350m:	4:36.35	35.42	
	100m:	1:11.05	37.81	200m:	2:30.39	39.28	300m:	4:00.93	45.52	400m:	5:10.70	34.35	
5.	Auguste Balciunaite				11	SH				5:22.46	517	ÍM ÍM	
	50m:	34.72	34.72	150m:	1:59.87	43.49	250m:	3:26.88	44.60	350m:	4:46.42	36.77	
	100m:	1:16.38	41.66	200m:	2:42.28	42.41	300m:	4:09.65	42.77	400m:	5:22.46	36.04	
6.	Þorgerður Freyja Helgadóttir				11	BREIÐ				5:33.19	469	ÍM ÍM	
	50m:	34.90	34.90	150m:	2:00.84	42.72	250m:	3:30.32	48.02	350m:	4:56.03	38.33	
	100m:	1:18.12	43.22	200m:	2:42.30	41.46	300m:	4:17.70	47.38	400m:	5:33.19	37.16	
7.	Eydís Jóhannesdóttir				11	ÍRB				5:41.63	435	ÍM ÍM	
	50m:	37.34	37.34	150m:	2:07.52	45.25	250m:	3:37.79	45.84	350m:	5:03.45	39.83	
	100m:	1:22.27	44.93	200m:	2:51.95	44.43	300m:	4:23.62	45.83	400m:	5:41.63	38.18	
8.	Karen Sif Helgadóttir				10	Ármann				5:48.07	411	ÍM ÍM	
	50m:			150m:			250m:			350m:			
	100m:			200m:			300m:			400m:	5:48.07		
9.	Katrín Ísold Gunnsteinsdóttir				10	Ármann				5:53.32	393	ÍM	
	50m:	37.73	37.73	150m:	2:09.16	44.40	250m:	3:43.33	49.33	350m:	5:14.03	40.91	
	100m:	1:24.76	47.03	200m:	2:54.00	44.84	300m:	4:33.12	49.79	400m:	5:53.32	39.29	
10.	Karen Júlía Traustadóttir				12	ÍRB				5:54.22	390	ÍM	
	50m:			150m:			250m:			350m:			
	100m:			200m:			300m:			400m:	5:54.22		
11.	Thea Sif Hjaltadóttir				11	Ármann				5:55.68	385	ÍM	
	50m:			150m:			250m:			350m:			
	100m:			200m:			300m:			400m:	5:55.68		
12.	Friðrika Sif Ágústsdóttir				10	ÓÐINN				6:05.00	357		
	50m:			150m:			250m:			350m:			
	100m:			200m:			300m:			400m:	6:05.00		
13.	Hildur Eldey Guðjónsdóttir				11	BREIÐ				6:22.21	310	*	
	50m:			150m:			250m:			350m:			
	100m:			200m:			300m:			400m:	6:22.21		
14.	Tinna Salome Róbertsdóttir				11	BREIÐ				6:35.97	279	*	
	50m:			150m:			250m:			350m:			
	100m:			200m:			300m:			400m:	6:35.97		