

Sundgrein 25

karla, 400m fjórsund

Opinn

20.10.2024 - 10:00

Úrslitalistar

Mótsmet	4:32.99	Kristinn Þórarinsson	FJÖL		31.10.2014
Íslandsmet	4:11.78	Orn Arnarson	SH	Vestmannaeyjar	16.03.2001
Íslandsmet Unglinga	4:18.12	Anton Sveinn McKee	AEGIR	Laugardalslaug	10.12.2011
Íslandsmet Aldursflokka	4:27.16	Hólmar Grétarsson	SH	Tartu (EST)	03.12.2023

ÍM Opinn: 5:23.41; - 18: 5:29.08 / HM-A : 4:09.19 / HM-B : 4:16.67 / NM-A 18 +: 4:23.49; 14 - 17: 4:29.42 / NM-B 18 +: 4:26.15; 14 - 17: 4:32.14

Stig: AQUA 2024

Sæti											F.ár	Tími	Stig		
1.	Hólmar Grétarsson										08	SH	4:25.17	694	ÍM ÍM NM-A NM
	<i>Nýtt mótsmet</i>														
	50m:	28.66	28.66	150m:	1:35.68	35.12	250m:	2:47.23	37.34	350m:	3:55.98	31.01			
	100m:	1:00.56	31.90	200m:	2:09.89	34.21	300m:	3:24.97	37.74	400m:	4:25.17	29.19			
2.	Adam Leó Tómasson										07	SH	4:37.26	607	ÍM ÍM
	50m:	29.95	29.95	150m:	1:39.93	35.80	250m:	2:53.63	37.80	350m:	4:05.77	33.12			
	100m:	1:04.13	34.18	200m:	2:15.83	35.90	300m:	3:32.65	39.02	400m:	4:37.26	31.49			
3.	Daði Rafn Falsson										08	ÍRB	4:39.90	590	ÍM ÍM
	50m:	29.61	29.61	150m:	1:39.75	36.34	250m:	2:55.68	39.93	350m:	4:08.29	32.50			
	100m:	1:03.41	33.80	200m:	2:15.75	36.00	300m:	3:35.79	40.11	400m:	4:39.90	31.61			
4.	Árni Þór Pálmason										09	ÍRB	5:00.78	475	ÍM ÍM
	50m:	31.60	31.60	150m:	1:47.70	38.47	250m:	3:08.00	42.54	350m:	4:26.98	35.54			
	100m:	1:09.23	37.63	200m:	2:25.46	37.76	300m:	3:51.44	43.44	400m:	5:00.78	33.80			
5.	Gísli Kristján Traustason										09	ÍRB	5:13.70	419	ÍM ÍM
	50m:	32.83	32.83	150m:	1:53.64	41.12	250m:	3:16.93	43.96	350m:	4:37.95	36.45			
	100m:	1:12.52	39.69	200m:	2:32.97	39.33	300m:	4:01.50	44.57	400m:	5:13.70	35.75			
6.	Julian Jarnutowski										10	ÍRB	5:17.11	405	ÍM ÍM
	50m:	34.02	34.02	150m:	1:55.64	41.22	250m:	3:20.29	44.93	350m:	4:43.23	36.73			
	100m:	1:14.42	40.40	200m:	2:35.36	39.72	300m:	4:06.50	46.21	400m:	5:17.11	33.88			
7.	Þór Eli Gunnarsson										11	SH	5:26.91	370	ÍM
	50m:	33.79	33.79	150m:	1:57.67	41.53	250m:	3:25.15	46.81	350m:	4:50.79	38.16			
	100m:	1:16.14	42.35	200m:	2:38.34	40.67	300m:	4:12.63	47.48	400m:	5:26.91	36.12			
8.	Kajus Jatautas										10	ÍA	5:28.54	365	ÍM
	50m:	32.09	32.09	150m:	1:54.76	42.50	250m:	3:24.33	48.20	350m:	4:52.28	37.77			
	100m:	1:12.26	40.17	200m:	2:36.13	41.37	300m:	4:14.51	50.18	400m:	5:28.54	36.26			
9.	Stefán Hagalín Árnason										10	Ármann	5:45.12	314	
	50m:	40.58	40.58	150m:	2:14.35	43.07	250m:	3:43.96	47.57	350m:	5:09.44	37.38			
	100m:	1:31.28	50.70	200m:	2:56.39	42.04	300m:	4:32.06	48.10	400m:	5:45.12	35.68			
10.	Magni Rafn Ragnarsson										10	ÓÐINN	5:46.31	311	
	50m:	38.36	38.36	150m:	2:10.94	46.18	250m:	3:43.02	47.20	350m:	5:10.70	40.02			
	100m:	1:24.76	46.40	200m:	2:55.82	44.88	300m:	4:30.68	47.66	400m:	5:46.31	35.61			
11.	Daníel Andriysson										11	SH	6:01.35	274	
	50m:	38.30	38.30	150m:	2:10.32	45.59	250m:	3:45.80	53.74	350m:	5:21.24	40.83			
	100m:	1:24.73	46.43	200m:	2:52.06	41.74	300m:	4:40.41	54.61	400m:	6:01.35	40.11			