

Sundgrein 3
19.10.2024 - 10:24

kvenna, 400m skriðsund

Opinn
Úrslitalistar

Mótsmet	4:15.91	Inga Elín Cryer	ÍA		31.10.2012
Íslandsmet	4:11.61	Inga Elín Cryer	IA	Doha (QAT)	05.12.2014
Íslandsmet Unglinga	4:14.60	Sunneva Dögg Robertson	IRB	Hafnarfjordur	13.11.2015
Íslandsmet Aldursflokka	4:15.57	Eygló Ósk Gústafsdóttir	AEGIR	Hafnarfjoerdur	26.06.2010

ÍM Opinn: 5:08.55; - 18: 5:13.97 / HM-A : 4:06.95 / HM-B : 4:14.36 / NM-A 18 +: 4:20.37; 14 - 17: 4:26.35 / NM-B 18 +: 4:23.00; 14 - 17: 4:29.04

Stig: AQUA 2024

Sæti	F.ár								Tími	Stig	
1. Vala Dís Cicero	08 SH								4:16.45	733 ÍM ÍM NM-A NM	
50m:	29.32	29.32	150m:	1:33.79	32.49	250m:	2:39.47	32.50	350m:	3:45.15	32.84
100m:	1:01.30	31.98	200m:	2:06.97	33.18	300m:	3:12.31	32.84	400m:	4:16.45	31.30
2. Freyja Birkisdóttir	06 BREIÐ								4:22.13	687 ÍM ÍM NM-B	
50m:	29.79	29.79	150m:	1:34.44	32.62	250m:	2:40.52	33.18	350m:	3:48.22	34.24
100m:	1:01.82	32.03	200m:	2:07.34	32.90	300m:	3:13.98	33.46	400m:	4:22.13	33.91
3. Katja Lilja Andriysoóttir	06 SH								4:24.86	666 ÍM ÍM	
50m:	30.48	30.48	150m:	1:35.33	32.60	250m:	2:42.30	33.68	350m:	3:50.88	34.32
100m:	1:02.73	32.25	200m:	2:08.62	33.29	300m:	3:16.56	34.26	400m:	4:24.86	33.98
4. Sólveig Freyja Hákonardóttir	09 BREIÐ								4:27.04	649 ÍM ÍM NM-B	
50m:	30.16	30.16	150m:	1:37.21	33.89	250m:	2:46.15	34.57	350m:	3:54.65	33.93
100m:	1:03.32	33.16	200m:	2:11.58	34.37	300m:	3:20.72	34.57	400m:	4:27.04	32.39
5. Ásdís Steindórsdóttir	09 BREIÐ								4:28.68	638 ÍM ÍM NM-B	
50m:	30.03	30.03	150m:	1:36.11	33.35	250m:	2:45.15	34.80	350m:	3:54.83	34.67
100m:	1:02.76	32.73	200m:	2:10.35	34.24	300m:	3:20.16	35.01	400m:	4:28.68	33.85
6. Sunneva Bergmann Ásbjornsdóttir	07 ÍRB								4:29.87	629 ÍM ÍM	
50m:	30.52	30.52	150m:	1:37.79	34.12	250m:	2:46.79	34.41	350m:	3:55.86	34.57
100m:	1:03.67	33.15	200m:	2:12.38	34.59	300m:	3:21.29	34.50	400m:	4:29.87	34.01
7. Ylfa Lind Kristmannsdóttir	08 Ármann								4:32.23	613 ÍM ÍM	
50m:	30.43	30.43	150m:	1:37.43	33.87	250m:	2:46.52	34.99	350m:	3:57.48	35.81
100m:	1:03.56	33.13	200m:	2:11.53	34.10	300m:	3:21.67	35.15	400m:	4:32.23	34.75
8. Sunna Arnfinnsdóttir	07 ÍA								4:38.05	575 ÍM ÍM	
50m:	31.41	31.41	150m:	1:41.23	35.14	250m:	2:52.18	35.42	350m:	4:03.56	35.71
100m:	1:06.09	34.68	200m:	2:16.76	35.53	300m:	3:27.85	35.67	400m:	4:38.05	34.49
9. Auguste Balciunaite	11 SH								4:43.82	541 ÍM ÍM	
50m:	32.15	32.15	150m:	1:44.65	36.47	250m:	2:57.99	36.18	350m:	4:09.72	35.44
100m:	1:08.18	36.03	200m:	2:21.81	37.16	300m:	3:34.28	36.29	400m:	4:43.82	34.10
10. Katrín Lóa Ingadóttir	08 SH								4:45.02	534 ÍM ÍM	
50m:	32.49	32.49	150m:	1:43.17	35.71	250m:	2:54.84	35.98	350m:	4:08.34	36.69
100m:	1:07.46	34.97	200m:	2:18.86	35.69	300m:	3:31.65	36.81	400m:	4:45.02	36.68
11. Alicja Julia Kempisty	10 ÓÐINN								4:45.37	532 ÍM ÍM	
50m:	31.84	31.84	150m:	1:44.04	36.59	250m:	2:58.40	37.71	350m:	4:11.66	35.71
100m:	1:07.45	35.61	200m:	2:20.69	36.65	300m:	3:35.95	37.55	400m:	4:45.37	33.71
12. Bjarndís Olga Hansen	10 Ægir								4:45.58	531 ÍM ÍM	
50m:	31.53	31.53	150m:	1:43.64	36.82	250m:	2:57.22	37.01	350m:	4:10.99	36.75
100m:	1:06.82	35.29	200m:	2:20.21	36.57	300m:	3:34.24	37.02	400m:	4:45.58	34.59
13. Katla María Brynjarsdóttir	07 ÍRB								4:47.04	523 ÍM ÍM	
50m:	32.42	32.42	150m:	1:44.15	36.08	250m:	2:57.22	36.72	350m:	4:10.82	36.88
100m:	1:08.07	35.65	200m:	2:20.50	36.35	300m:	3:33.94	36.72	400m:	4:47.04	36.22
14. Hulda Björg Magnúsdóttir Nilsen	08 Ægir								4:53.02	491 ÍM ÍM	
50m:	32.07	32.07	150m:	1:43.96	36.72	250m:	2:59.54	37.88	350m:	4:15.71	37.97
100m:	1:07.24	35.17	200m:	2:21.66	37.70	300m:	3:37.74	38.20	400m:	4:53.02	37.31

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Sæti	F.ár								Tími	Stig		
15.	María Skorastein Sigurdardóttir								07 SH	4:54.48	484 ÍM ÍM	
	50m:	32.63	32.63	150m:	1:45.08	36.66	250m:	2:59.18	37.09	350m:	4:15.82	38.87
	100m:	1:08.42	35.79	200m:	2:22.09	37.01	300m:	3:36.95	37.77	400m:	4:54.48	38.66
16.	Natalía Eir Curtis								10 Ármann	5:01.21	452 ÍM ÍM	
	50m:	34.22	34.22	150m:	1:50.02	37.87	250m:	3:06.38	38.14	350m:	4:23.90	39.00
	100m:	1:12.15	37.93	200m:	2:28.24	38.22	300m:	3:44.90	38.52	400m:	5:01.21	37.31
17.	Aldís Ogmundsdóttir								09 KR	5:01.71	450 ÍM ÍM	
	50m:	34.08	34.08	150m:	1:49.11	37.60	250m:	3:05.97	38.58	350m:	4:23.42	38.74
	100m:	1:11.51	37.43	200m:	2:27.39	38.28	300m:	3:44.68	38.71	400m:	5:01.71	38.29
18.	Natalía Fanney Sigurðardóttir								10 ÍRB	5:03.99	440 ÍM ÍM	
	50m:	34.01	34.01	150m:	2:29.09	1:17.11	250m:			350m:		
	100m:	1:11.98	37.97	200m:			300m:	3:47.29		400m:	5:03.99	
19.	Gabriela Róza Bondarow								10 Ármann	5:04.24	439 ÍM ÍM	
	50m:	33.39	33.39	150m:	1:49.36	38.43	250m:	3:07.64	39.04	350m:	4:25.97	39.13
	100m:	1:10.93	37.54	200m:	2:28.60	39.24	300m:	3:46.84	39.20	400m:	5:04.24	38.27
20.	Freyja Sigríður Ásgeirsdóttir								07 Ægir	5:04.55	438 ÍM ÍM	
	50m:	33.29	33.29	150m:	1:48.93	38.33	250m:	3:07.35	39.72	350m:	4:25.95	39.39
	100m:	1:10.60	37.31	200m:	2:27.63	38.70	300m:	3:46.56	39.21	400m:	5:04.55	38.60
21.	Kornelia Nadia Maniak								10 ÍRB	5:11.24	410 ÍM	
	50m:	35.12	35.12	150m:	1:53.26	39.52	250m:	3:13.19	40.12	350m:	4:32.99	39.80
	100m:	1:13.74	38.62	200m:	2:33.07	39.81	300m:	3:53.19	40.00	400m:	5:11.24	38.25
22.	Ingibjörg Þóra Stefánsdóttir								08 SH	5:11.74	408 ÍM	
	50m:	35.39	35.39	150m:	1:53.70	39.88	250m:	3:14.13	40.35	350m:	4:34.17	39.67
	100m:	1:13.82	38.43	200m:	2:33.78	40.08	300m:	3:54.50	40.37	400m:	5:11.74	37.57
23.	Hanna Steinunn Guðnadóttir								11 ÍRB	5:12.10	407 ÍM	
	50m:	35.91	35.91	150m:	1:54.50	39.92	250m:	3:13.23	39.52	350m:	4:33.05	39.66
	100m:	1:14.58	38.67	200m:	2:33.71	39.21	300m:	3:53.39	40.16	400m:	5:12.10	39.05
24.	Sóley Helga Sigfríðardóttir								12 Ármann	5:13.55	401 ÍM	
	50m:	35.06	35.06	150m:	1:53.87	39.59	250m:	3:15.38	40.82	350m:	4:36.22	39.90
	100m:	1:14.28	39.22	200m:	2:34.56	40.69	300m:	3:56.32	40.94	400m:	5:13.55	37.33
25.	Thelma Ösp Sveinbjörnsdóttir								10 SH	5:15.74	393	
	50m:	35.41	35.41	150m:	1:56.31	40.29	250m:	3:16.86	41.09	350m:	4:37.88	40.09
	100m:	1:16.02	40.61	200m:	2:35.77	39.46	300m:	3:57.79	40.93	400m:	5:15.74	37.86
26.	Birna Rún Jónsdóttir								09 UMFA	5:23.75	364	
	50m:	35.00	35.00	150m:	1:55.72	41.41	250m:	3:19.95	41.70	350m:	4:44.98	42.48
	100m:	1:14.31	39.31	200m:	2:38.25	42.53	300m:	4:02.50	42.55	400m:	5:23.75	38.77
27.	Emilía Anna Jóhannsdóttir								11 SH	5:32.60	336 *	
	50m:	36.52	36.52	150m:	2:00.11	42.02	250m:	3:25.32	42.75	350m:	4:50.22	42.78
	100m:	1:18.09	41.57	200m:	2:42.57	42.46	300m:	4:07.44	42.12	400m:	5:32.60	42.38
28.	Ninja Ýr Logadóttir								09 SH	5:32.69	336 *	
	50m:	36.56	36.56	150m:	1:58.21	41.70	250m:	3:23.43	42.81	350m:	4:50.30	43.47
	100m:	1:16.51	39.95	200m:	2:40.62	42.41	300m:	4:06.83	43.40	400m:	5:32.69	42.39
29.	Tinna Salome Róbertsdóttir								11 BREIÐ	5:33.24	334 *	
	50m:	36.05	36.05	150m:	1:59.60	42.46	250m:	3:25.61	43.38	350m:	4:51.77	42.52
	100m:	1:17.14	41.09	200m:	2:42.23	42.63	300m:	4:09.25	43.64	400m:	5:33.24	41.47