

Sundgrein 4
19.10.2024 - 10:42

karla, 400m skriðsund

Opinn
Úrslitalistar

Mótsmet	3:56.80	Kristófer Sigurðsson	ÍRB		31.10.2014
Íslandsmet	3:47.83	Anton Sveinn McKee	ÆGIR	Istanbul (TUR)	14.12.2012
Íslandsmet Unglinga	3:52.06	Anton Sveinn McKee	ÆGIR	Laugardalslaug	11.12.2011
Íslandsmet Aldursflokka	4:04.34	Magnús Viðir Jónsson	SH	Hafnarfjörður	21.10.2023

ÍM Opinn: 4:42.41; - 18: 4:47.37 / HM-A : 3:42.50 / HM-B : 3:49.17 / NM-A 18 +: 3:55.27; 14 - 17: 4:00.57 / NM-B 18 +: 3:57.64; 14 - 17: 4:03.00

Stig: AQUA 2024

Sæti	F.ár								Tími	Stig	
1. Veigar Hrafn Sigþórsson	05 SH								3:59.41	696 ÍM	
50m:	27.47	27.47	150m:	1:28.24	30.67	250m:	2:29.29	30.18	350m:	3:29.92	29.94
100m:	57.57	30.10	200m:	1:59.11	30.87	300m:	2:59.98	30.69	400m:	3:59.41	29.49
2. Magnús Viðir Jónsson	08 SH								4:00.65	686 ÍM ÍM NM-B	
50m:	28.07	28.07	150m:	1:29.01	30.61	250m:	2:29.56	29.63	350m:	3:30.59	30.21
100m:	58.40	30.33	200m:	1:59.93	30.92	300m:	3:00.38	30.82	400m:	4:00.65	30.06
3. Hólmar Grétarsson	08 SH								4:02.04	674 ÍM ÍM NM-B	
50m:	28.37	28.37	150m:	1:30.03	30.94	250m:	2:31.22	30.26	350m:	3:32.28	30.58
100m:	59.09	30.72	200m:	2:00.96	30.93	300m:	3:01.70	30.48	400m:	4:02.04	29.76
4. Andri Már Kristjánsson	06 SH								4:11.41	601 ÍM ÍM	
50m:	27.78	27.78	150m:	1:30.95	31.87	250m:	2:35.71	32.76	350m:	3:40.71	32.69
100m:	59.08	31.30	200m:	2:02.95	32.00	300m:	3:08.02	32.31	400m:	4:11.41	30.70
5. Bartosz Henke	05 SH								4:11.43	601 ÍM	
50m:	28.20	28.20	150m:	1:30.64	31.33	250m:	2:34.33	31.99	350m:	3:39.73	32.87
100m:	59.31	31.11	200m:	2:02.34	31.70	300m:	3:06.86	32.53	400m:	4:11.43	31.70
6. Birgir Hrafn Kjartansson	08 Ægir								4:16.16	568 ÍM ÍM	
50m:	28.44	28.44	150m:	1:32.13	32.22	250m:	2:37.36	32.90	350m:	3:43.66	33.08
100m:	59.91	31.47	200m:	2:04.46	32.33	300m:	3:10.58	33.22	400m:	4:16.16	32.50
7. Árni Þór Pálmason	09 ÍRB								4:21.64	533 ÍM ÍM	
50m:	28.62	28.62	150m:	1:34.20	33.73	250m:	2:41.31	33.83	350m:	3:48.72	33.72
100m:	1:00.47	31.85	200m:	2:07.48	33.28	300m:	3:15.00	33.69	400m:	4:21.64	32.92
8. Stefán Ingi Ólafsson	06 Ægir								4:26.16	507 ÍM ÍM	
50m:	28.74	28.74	150m:	1:34.09	33.13	250m:	2:42.09	34.14	350m:	3:51.72	34.92
100m:	1:00.96	32.22	200m:	2:07.95	33.86	300m:	3:16.80	34.71	400m:	4:26.16	34.44
9. Már Óskar Þorsteinsson	07 SH								4:32.21	474 ÍM ÍM	
50m:	30.89	30.89	150m:	1:39.04	34.52	250m:	2:48.71	34.43	350m:	3:57.91	34.85
100m:	1:04.52	33.63	200m:	2:14.28	35.24	300m:	3:23.06	34.35	400m:	4:32.21	34.30
10. Vanja Djurovic	09 SH								4:35.05	459 ÍM ÍM	
50m:	30.50	30.50	150m:	1:37.51	34.19	250m:	2:48.00	35.75	350m:	4:00.13	36.17
100m:	1:03.32	32.82	200m:	2:12.25	34.74	300m:	3:23.96	35.96	400m:	4:35.05	34.92
11. Gísli Kristján Traustason	09 ÍRB								4:35.08	459 ÍM ÍM	
50m:	30.32	30.32	150m:	1:38.68	34.81	250m:	2:49.24	35.39	350m:	4:00.19	35.45
100m:	1:03.87	33.55	200m:	2:13.85	35.17	300m:	3:24.74	35.50	400m:	4:35.08	34.89
12. Egill Orri Baldursson	09 ÍRB								4:36.38	452 ÍM ÍM	
50m:	30.03	30.03	150m:	1:39.41	35.15	250m:	2:50.93	35.62	350m:	4:01.82	35.40
100m:	1:04.26	34.23	200m:	2:15.31	35.90	300m:	3:26.42	35.49	400m:	4:36.38	34.56
13. Þór Eli Gunnarsson	11 SH								4:49.06	395	
50m:	32.25	32.25	150m:	1:45.85	37.44	250m:	3:00.62	37.20	350m:	4:14.43	36.93
100m:	1:08.41	36.16	200m:	2:23.42	37.57	300m:	3:37.50	36.88	400m:	4:49.06	34.63
14. Ernir Máni Oddgeirsson	07 SH								4:49.85	392	
50m:	32.00	32.00	150m:	1:45.72	37.44	250m:	3:01.08	37.40	350m:	4:15.04	36.75
100m:	1:08.28	36.28	200m:	2:23.68	37.96	300m:	3:38.29	37.21	400m:	4:49.85	34.81

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Sæti					F.ár					Tími	Stig	
15.	Stefán Hagalín Árnason				10	Ármann				4:50.68	389	
	50m:	32.58	32.58	150m:	1:47.05	37.58	250m:	3:01.36	37.21	350m:	4:14.77	36.84
	100m:	1:09.47	36.89	200m:	2:24.15	37.10	300m:	3:37.93	36.57	400m:	4:50.68	35.91
16.	Þórður Karl Steinarsson				09	KR				4:50.72	389	
	50m:	31.44	31.44	150m:	1:45.05	37.26	250m:	2:59.51	37.24	350m:	4:13.93	37.03
	100m:	1:07.79	36.35	200m:	2:22.27	37.22	300m:	3:36.90	37.39	400m:	4:50.72	36.79
17.	Magni Rafn Ragnarsson				10	ÓÐINN				4:52.82	380	
	50m:	32.06	32.06	150m:	1:45.22	37.24	250m:	3:00.45	37.74	350m:	4:16.96	38.42
	100m:	1:07.98	35.92	200m:	2:22.71	37.49	300m:	3:38.54	38.09	400m:	4:52.82	35.86
18.	Ingibjörn Natan Guðmundsson				09	Ægír				4:54.39	374	
	50m:	31.16	31.16	150m:	1:43.92	37.36	250m:	3:00.21	38.45	350m:	4:16.85	38.50
	100m:	1:06.56	35.40	200m:	2:21.76	37.84	300m:	3:38.35	38.14	400m:	4:54.39	37.54
19.	Alexander Reid McCormick				10	ÓÐINN				4:54.51	374	
	50m:	33.04	33.04	150m:	1:47.16	37.77	250m:	3:04.17	38.58	350m:	4:19.91	37.39
	100m:	1:09.39	36.35	200m:	2:25.59	38.43	300m:	3:42.52	38.35	400m:	4:54.51	34.60
20.	Benedikt Bjarni Melsted				08	KR				5:07.38	329 *	
	50m:	31.56	31.56	150m:	1:45.02	38.25	250m:	3:05.44	40.43	350m:	4:27.54	40.98
	100m:	1:06.77	35.21	200m:	2:25.01	39.99	300m:	3:46.56	41.12	400m:	5:07.38	39.84
21.	Daníel Andriysson				11	SH				5:11.01	317 *	
	50m:	35.06	35.06	150m:	1:52.68	38.50	250m:	3:11.86	39.00	350m:	4:31.41	38.76
	100m:	1:14.18	39.12	200m:	2:32.86	40.18	300m:	3:52.65	40.79	400m:	5:11.01	39.60
22.	Hrafn Guðmundsson				11	KR				5:13.80	309 *	
	50m:	34.64	34.64	150m:	1:54.36	40.72	250m:	3:15.66	40.49	350m:	4:36.00	39.90
	100m:	1:13.64	39.00	200m:	2:35.17	40.81	300m:	3:56.10	40.44	400m:	5:13.80	37.80
23.	Guðfinnur Karlsson S11				S11	88	FJÖRD				5:28.91	268 *
	50m:	38.53	38.53	150m:	1:59.83	41.81	250m:	3:24.37	42.36	350m:	4:48.56	41.95
	100m:	1:18.02	39.49	200m:	2:42.01	42.18	300m:	4:06.61	42.24	400m:	5:28.91	40.35
24.	Aaron Sebastian Jóhannsson				12	SH				5:33.47	257 *	
	50m:	34.12	34.12	150m:	1:53.67	40.41	250m:	3:16.02	41.26	350m:	4:37.45	40.44
	100m:	1:13.26	39.14	200m:	2:34.76	41.09	300m:	3:57.01	40.99	400m:	5:33.47	56.02