

Sundgrein 25

karla, 400m fjórsund

Opinn

20.10.2024 - 10:00

Ráslisti

Mótsmet	4:32.99	Kristinn Þórarinnsson	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

Cubemót : 6:15.00 / 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

F.ár

Riðill 1 af 2

3	Daníel Andriysson	11	SH	6:03.09
4	Kajus Jatautas	10	ÍA	5:42.83
5	Stefán Hagalín Árnason	10	Ármann	5:49.82

Riðill 2 af 2

1	Þór Eli Gunnarsson	11	SH	5:30.00
2	Gísli Kristján Traustason	09	ÍRB	5:06.35
3	Daði Rafn Falsson	08	ÍRB	4:38.54
4	Hólmar Grétarsson	08	SH	4:25.28
5	Adam Leó Tómasson	07	SH	4:37.14
6	Árni Þór Pálmason	09	ÍRB	5:05.57
7	Julian Jarnutowski	10	ÍRB	5:31.94
8	Magni Rafn Ragnarsson	10	ÓÐINN	5:40.31