

Sundgrein 17  
 9.11.2024 - 9:05

kvenna, 400m fjórsund

 Opinn  
 Úrslitalistar Undanrásir

Íslandsmet	4:43.56	Hrafnhildur Luthersdóttir	SH	Hafnarfjörður	15.11.2015
Unglingamet	4:46.36	Eygló Ósk Gústafsdóttir	AEGIR	Hafnarfjörður	24.11.2013
Aldursflokkamet	4:53.67	Ólöf Edda Eðvarðsdóttir	IRB	Laugardalslaug	10.12.2011

HM-A : 4:37.54 / HM-SSÍ : 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 /

 A landslið : 4:54.19 / Úrvalshópur 20: 4:55.58; 19: 4:56.93; 18: 4:59.66 / Unglingalandslið 17: 5:02.37; 16: 5:04.55; 15: 5:08.55 /  
 Framtíðarhópur 14: 5:12.55; 13: 5:19.20; 12: 5:29.58

Stig: FINA 2023

Sæti			Aldur				Tími		Stig			
<b>19 ára og eldri</b>												
1.	Eva Margrét Falsdóttir		19	ÍRB			<b>4:59.18</b>		648	Q		
	50m:	31.84	31.84	150m:	1:47.51	39.13	250m:	3:07.31	41.28	350m:	4:24.88	35.58
	100m:	1:08.38	36.54	200m:	2:26.03	38.52	300m:	3:49.30	41.99	400m:	4:59.18	34.30
2.	Maja Lind Cicero		19	SH			<b>5:25.95</b>		501	Q		
	50m:	33.59	33.59	150m:	1:57.28	43.69	250m:	3:24.50	44.42	350m:	4:48.61	38.70
	100m:	1:13.59	40.00	200m:	2:40.08	42.80	300m:	4:09.91	45.41	400m:	5:25.95	37.34
<b>18 ára og yngri</b>												
1.	Sólveig Freyja Hákonardóttir		15	Breiðablik			<b>5:00.16</b>		642	Q NM-B UNG		
	50m:	32.67	32.67	150m:	1:49.72	39.31	250m:	3:10.30	42.26	350m:	4:27.79	34.42
	100m:	1:10.41	37.74	200m:	2:28.04	38.32	300m:	3:53.37	43.07	400m:	5:00.16	32.37
2.	Sunneva Bergmann Ásbjörnsdóttir		17	ÍRB			<b>5:09.64</b>		584	Q		
	50m:	33.42	33.42	150m:	1:53.18	40.59	250m:	3:14.78	42.42	350m:	4:35.01	35.96
	100m:	1:12.59	39.17	200m:	2:32.36	39.18	300m:	3:59.05	44.27	400m:	5:09.64	34.63
3.	Sunna Arnfinnsdóttir		17	ÍA			<b>5:16.13</b>		549	Q		
	50m:	34.37	34.37	150m:	1:55.16	41.05	250m:	3:20.05	45.41	350m:	4:41.69	36.04
	100m:	1:14.11	39.74	200m:	2:34.64	39.48	300m:	4:05.65	45.60	400m:	5:16.13	34.44
4.	Ema Austa Pratusyté		14	SH			<b>5:26.51</b>		498	Q		
	50m:	35.61	35.61	150m:	2:00.03	40.57	250m:	3:26.18	46.54	350m:	4:50.34	37.90
	100m:	1:19.46	43.85	200m:	2:39.64	39.61	300m:	4:12.44	46.26	400m:	5:26.51	36.17
5.	Þorgerður Freyja Helgadóttir		13	Breiðablik			<b>5:34.40</b>		464	Q		
	50m:	35.65	35.65	150m:	2:03.16	42.99	250m:	3:31.99	46.86	350m:	4:57.68	37.58
	100m:	1:20.17	44.52	200m:	2:45.13	41.97	300m:	4:20.10	48.11	400m:	5:34.40	36.72
6.	Natalía Eir Curtis		14	Reykjavík			<b>5:49.79</b>		405	Q		
	50m:	39.59	39.59	150m:	2:09.93	43.00	250m:	3:43.20	50.36	350m:	5:13.02	38.79
	100m:	1:26.93	47.34	200m:	2:52.84	42.91	300m:	4:34.23	51.03	400m:	5:49.79	36.77
7.	Karen Júlía Traustadóttir		12	ÍRB			<b>5:52.52</b>		396	Q		
	50m:	40.45	40.45	150m:	2:09.78	42.76	250m:	3:42.95	49.42	350m:	5:12.79	40.28
	100m:	1:27.02	46.57	200m:	2:53.53	43.75	300m:	4:32.51	49.56	400m:	5:52.52	39.73
8.	Katrín Ísold Gunnsteinsdóttir		14	Reykjavík			<b>5:59.32</b>		374	Q		
	50m:	38.11	38.11	150m:	2:10.88	44.10	250m:	3:46.35	50.93	350m:	5:19.30	40.65
	100m:	1:26.78	48.67	200m:	2:55.42	44.54	300m:	4:38.65	52.30	400m:	5:59.32	40.02