

Sundgrein 17

kvenna, 400m fjórsund

Opinn

9.11.2024 - 16:35

Úrslitalistar Úrslitsund

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				
1.	Eva Margrét Falsdóttir		19		ÍRB		<b>4:52.60</b>				693	NM-A	NM-B	A Ú	
	50m:	30.65	30.65	150m:	1:43.88	37.66	250m:	3:01.99	40.51	350m:	4:18.31	35.00			
	100m:	1:06.22	35.57	200m:	2:21.48	37.60	300m:	3:43.31	41.32	400m:	4:52.60	34.29			
2.	Sólveig Freyja Hákonardóttir		15		Breiðablik		<b>4:55.18</b>				675	NM-A	NM-B	UNG	
	50m:	31.72	31.72	150m:	1:47.45	39.17	250m:	3:07.82	42.31	350m:	4:23.41	33.10			
	100m:	1:08.28	36.56	200m:	2:25.51	38.06	300m:	3:50.31	42.49	400m:	4:55.18	31.77			
3.	Sunneva Bergmann Ásbjornsdóttir		17		ÍRB		<b>5:04.70</b>				613				
	50m:	32.43	32.43	150m:	1:50.24	39.27	250m:	3:11.05	42.35	350m:	4:30.21	35.38			
	100m:	1:10.97	38.54	200m:	2:28.70	38.46	300m:	3:54.83	43.78	400m:	5:04.70	34.49			
4.	Sunna Arnfinnsdóttir		17		ÍA		<b>5:08.13</b>				593				
	50m:	33.67	33.67	150m:	1:51.53	39.16	250m:	3:14.72	45.40	350m:	4:34.25	34.81			
	100m:	1:12.37	38.70	200m:	2:29.32	37.79	300m:	3:59.44	44.72	400m:	5:08.13	33.88			
5.	Maja Lind Cicero		19		SH		<b>5:18.04</b>				539				
	50m:	33.29	33.29	150m:	1:54.14	42.23	250m:	3:18.63	42.95	350m:	4:40.92	38.67			
	100m:	1:11.91	38.62	200m:	2:35.68	41.54	300m:	4:02.25	43.62	400m:	5:18.04	37.12			
6.	Ema Austa Pratusyté		14		SH		<b>5:25.35</b>				504				
	50m:	35.75	35.75	150m:	1:59.97	40.89	250m:	3:26.60	46.67	350m:	4:50.49	37.70			
	100m:	1:19.08	43.33	200m:	2:39.93	39.96	300m:	4:12.79	46.19	400m:	5:25.35	34.86			
7.	Þorgerður Freyja Helgadóttir		13		Breiðablik		<b>5:35.30</b>				460				
	50m:	35.50	35.50	150m:	2:01.42	42.83	250m:	3:31.92	47.98	350m:	4:58.25	38.08			
	100m:	1:18.59	43.09	200m:	2:43.94	42.52	300m:	4:20.17	48.25	400m:	5:35.30	37.05			
8.	Natalía Eir Curtis		14		Reykjavík		<b>5:42.88</b>				430				
	50m:	38.98	38.98	150m:	2:08.81	42.91	250m:	3:39.04	49.45	350m:	5:06.74	37.99			
	100m:	1:25.90	46.92	200m:	2:49.59	40.78	300m:	4:28.75	49.71	400m:	5:42.88	36.14			