

Event 17

Women, 400m Medley

Open
Results Final

9.11.2024 - 16:35

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

Points: FINA 2023

Rank			Age							Time	Pts		
1.	Eva Margret Falsdóttir		19	ÍRB						4:52.60	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.	Solveig Freyja Hakonardóttir		15	Breiðablik						4:55.18	675	NM-A NM-B UNO	
	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 Asbjornsdóttir		17	ÍRB						5:04.70	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						5:08.13	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						5:18.04	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 Pratusyte		14	SH						5:25.35	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.	Thorgerdur Freyja Helgadóttir		13	Breiðablik						5:35.30	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.	Natalia Eir Curtis		14	Reykjavík						5:42.88	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	