

Event 17

Women, 400m Medley

Open
Results Prelim

9.11.2024 - 9:05

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	
19 years and older										
1.	Eva Margret Falsdóttir		19	ÍRB		4:59.18	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		5:25.95	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		
18 years and younger										
1.	Solveig Freyja Hakonardóttir		15	Breiðablik		5:00.16	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 Asbjörnsdóttir		17	ÍRB		5:09.64	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		5:16.13	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 Pratusyte		14	SH		5:26.51	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.	Thorgerdur Freyja Helgadóttir		13	Breiðablik		5:34.40	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.	Natalia Eir Curtis		14	Reykjavík		5:49.79	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 Julia Traustadóttir		12	ÍRB		5:52.52	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 Isold Gunnsteinsdóttir		14	Reykjavík		5:59.32	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		