

## Sundgrein 28

## kvenna, 800m skriðsund

 Opinn  
Úrslitalistar

9.11.2024 - 18:18

Íslandsmet	8:38.79	Inga Elín Cryer	IA	Doha (QAT)	4.12.2014
Unglingamet	8:41.79	Inga Elín Cryer	IA	Laugardalslaug	9.12.2011
Aldursflokkamet	8:49.26	Eygló Ósk Gústafsdóttir	AEGIR	Hafnarfjörður	24.6.2010

HM-A : 8:29.17 / HM-SSÍ : 8:44.45 / NM-A 18 +: 8:56.83; 14 - 17: 9:09.18 / NM-B 18 +: 9:02.26; 14 - 17: 9:14.72 /

 A landslið : 8:59.72 / Úrvalshópur 20: 9:02.26; 19: 9:04.74; 18: 9:09.76 / Unglingalandslið 17: 9:14.72; 16: 9:18.72; 15: 9:26.06 /  
 Framtíðarhópur 14: 9:33.40; 13: 9:45.60; 12: 10:04.65

Stig: FINA 2023

Sæti	Aldur		Tími		Stig	
1.	Freyja Birkisdóttir		18	Breiðablik		<b>8:55.35</b> 709 NM-A NM-B A Ú
	100m: 1:03.74 1:03.74	300m: 3:17.87 1:06.93	500m: 5:32.14 1:07.09	700m: 7:48.54 1:08.73	800m: 8:55.35 1:06.81	
	200m: 2:10.94 1:07.20	400m: 4:25.05 1:07.18	600m: 6:39.81 1:07.67			
2.	Ásdís Steindórsdóttir		15	Breiðablik		<b>9:01.02</b> 687 NM-A NM-B UNG
	100m: 1:03.69 1:03.69	300m: 3:19.40 1:08.39	500m: 5:36.85 1:08.87	700m: 7:54.74 1:08.82	800m: 9:01.02 1:06.28	
	200m: 2:11.01 1:07.32	400m: 4:27.98 1:08.58	600m: 6:45.92 1:09.07			
3.	Katrja Lilja Andriysoðóttir		18	SH		<b>9:02.23</b> 682 NM-B ÚRV
	100m: 1:03.26 1:03.26	300m: 3:18.18 1:07.71	500m: 5:35.67 1:09.15	700m: 7:54.94 1:09.50	800m: 9:02.23 1:07.29	
	200m: 2:10.47 1:07.21	400m: 4:26.52 1:08.34	600m: 6:45.44 1:09.77			
4.	Sólveig Freyja Hákonardóttir		15	Breiðablik		<b>9:24.97</b> 603 UNG
	100m: 1:04.88 1:04.88	300m: 3:26.60 1:11.12	500m: 5:49.94 1:11.57	700m: 8:13.53 1:11.83	800m: 9:24.97 1:11.44	
	200m: 2:15.48 1:10.60	400m: 4:38.37 1:11.77	600m: 7:01.70 1:11.76			
5.	Sunneva Bergmann Ásbjornsdóttir		17	ÍRB		<b>9:26.74</b> 597
	100m: 1:05.66 1:05.66	300m: 3:25.82 1:10.32	500m: 5:47.87 1:11.52	700m: 8:13.73 1:12.77	800m: 9:26.74 1:13.01	
	200m: 2:15.50 1:09.84	400m: 4:36.35 1:10.53	600m: 7:00.96 1:13.09			
6.	Hulda Björg Magnúsdóttir Nilsen		16	Reykjavík		<b>9:36.87</b> 566
	100m: 1:08.01 1:08.01	300m: 3:33.90 1:13.03	500m: 6:00.27 1:13.23	700m: 8:25.56 1:12.52	800m: 9:36.87 1:11.31	
	200m: 2:20.87 1:12.86	400m: 4:47.04 1:13.14	600m: 7:13.04 1:12.77			
7.	Katrja María Brynjarsdóttir		17	ÍRB		<b>9:41.34</b> 553
	100m: 1:07.02 1:07.02	300m: 3:33.27 1:13.38	500m: 6:00.82 1:13.76	700m: 8:28.30 1:13.94	800m: 9:41.34 1:13.04	
	200m: 2:19.89 1:12.87	400m: 4:47.06 1:13.79	600m: 7:14.36 1:13.54			
8.	Katrín Lóa Ingadóttir		16	SH		<b>9:53.54</b> 520
	100m: 1:08.67 1:08.67	300m: 3:36.86 1:14.47	500m: 6:05.60 1:14.55	700m: 8:38.36 1:16.64	800m: 9:53.54 1:15.18	
	200m: 2:22.39 1:13.72	400m: 4:51.05 1:14.19	600m: 7:21.72 1:16.12			
9.	Guðrún Ísold Harðardóttir		13	Breiðablik		<b>9:53.60</b> 520
	100m: 1:10.95 1:10.95	300m: 3:41.88 1:16.54	500m: 6:10.94 1:15.38	700m: 8:40.29 1:15.08	800m: 9:53.60 1:13.31	
	200m: 2:25.34 1:14.39	400m: 4:55.56 1:13.68	600m: 7:25.21 1:14.27			
10.	Karen Sif Helgadóttir		14	Reykjavík		<b>9:54.87</b> 516
	100m: 1:09.21 1:09.21	300m: 3:40.88 1:16.35	500m: 6:11.23 1:16.10	700m: 8:41.14 1:14.20	800m: 9:54.87 1:13.73	
	200m: 2:24.53 1:15.32	400m: 4:55.13 1:14.25	600m: 7:26.94 1:15.71			
11.	Þorgerður Freyja Helgadóttir		13	Breiðablik		<b>9:57.30</b> 510
	100m: 1:11.37 1:11.37	300m: 3:44.23 1:16.39	500m: 6:17.13 1:15.80	700m: 8:45.74 1:13.69	800m: 9:57.30 1:11.56	
	200m: 2:27.84 1:16.47	400m: 5:01.33 1:17.10	600m: 7:32.05 1:14.92			
12.	Ema Austa Pratusytė		14	SH		<b>9:58.92</b> 506
	100m: 1:11.05 1:11.05	300m: 3:42.00 1:15.78	500m: 6:15.75 1:16.65	700m: 8:45.80 1:14.10	800m: 9:58.92 1:13.12	
	200m: 2:26.22 1:15.17	400m: 4:59.10 1:17.10	600m: 7:31.70 1:15.95			
13.	Svava Björg Lárusdóttir		21	Óðinn		<b>10:07.10</b> 486
	100m: 1:09.68 1:09.68	300m: 3:42.25 1:16.24	500m: 6:14.70 1:15.86	700m: 8:50.14 1:17.68	800m: 10:07.10 1:16.96	
	200m: 2:26.01 1:16.33	400m: 4:58.84 1:16.59	600m: 7:32.46 1:17.76			

## Sundgrein 28, kvenna, 800m skriðsund, Opinn

Sæti	Aldur		Tími		Stig
14.	Thelma Ösp Sveinbjörnsdóttir		14	SH	<b>10:17.80</b> 461
	100m: 1:11.81	1:11.81	300m: 3:48.59	1:18.68	500m: 6:28.64 1:20.76
	200m: 2:29.91	1:18.10	400m: 5:07.88	1:19.29	600m: 7:47.13 1:18.49
					700m: 9:05.05 1:17.92
					800m: 10:17.80 1:12.75
15.	Hanna Steinunn Guðnadóttir		13	ÍRB	<b>10:22.71</b> 450
	100m: 1:13.91	1:13.91	300m: 3:51.48	1:18.45	500m: 6:30.56 1:19.75
	200m: 2:33.03	1:19.12	400m: 5:10.81	1:19.33	600m: 7:47.13 1:18.49
					700m: 9:06.78
					800m: 10:22.71 1:15.93
16.	Rannveig Perla Pétursdóttir		14	Reykjavík	<b>10:40.97</b> 413
	100m: 1:17.04	1:17.04	300m: 4:01.97	1:22.79	500m: 6:48.04 1:21.70
	200m: 2:39.18	1:22.14	400m: 5:26.34	1:24.37	600m: 8:07.55 1:19.51
					700m: 9:25.67 1:18.12
					800m: 10:40.97 1:15.30
17.	Sóley Helga Sigfríðardóttir		12	Reykjavík	<b>10:46.24</b> 403
	100m: 1:17.83	1:17.83	300m: 4:03.93	1:23.16	500m: 6:49.59 1:22.33
	200m: 2:40.77	1:22.94	400m: 5:27.26	1:23.33	600m: 8:10.17 1:20.58
					700m: 9:29.51 1:19.34
					800m: 10:46.24 1:16.73

## 18 ára og yngri

1.	Freyja Birkisdóttir		18	Breiðablik	<b>8:55.35</b> 709	NM-A NM-B A Ú
	100m: 1:03.74	1:03.74	300m: 3:17.87	1:06.93	500m: 5:32.14 1:07.09	700m: 7:48.54 1:08.73
	200m: 2:10.94	1:07.20	400m: 4:25.05	1:07.18	600m: 6:39.81 1:07.67	800m: 8:55.35 1:06.81
2.	Ásdís Steindórsdóttir		15	Breiðablik	<b>9:01.02</b> 687	NM-A NM-B UNG
	100m: 1:03.69	1:03.69	300m: 3:19.40	1:08.39	500m: 5:36.85 1:08.87	700m: 7:54.74 1:08.82
	200m: 2:11.01	1:07.32	400m: 4:27.98	1:08.58	600m: 6:45.92 1:09.07	800m: 9:01.02 1:06.28
3.	Kátja Lilja Andriysoðóttir		18	SH	<b>9:02.23</b> 682	NM-B ÚRV
	100m: 1:03.26	1:03.26	300m: 3:18.18	1:07.71	500m: 5:35.67 1:09.15	700m: 7:54.94 1:09.50
	200m: 2:10.47	1:07.21	400m: 4:26.52	1:08.34	600m: 6:45.44 1:09.77	800m: 9:02.23 1:07.29
4.	Sólveig Freyja Hákonardóttir		15	Breiðablik	<b>9:24.97</b> 603	UNG
	100m: 1:04.88	1:04.88	300m: 3:26.60	1:11.12	500m: 5:49.94 1:11.57	700m: 8:13.53 1:11.83
	200m: 2:15.48	1:10.60	400m: 4:38.37	1:11.77	600m: 7:01.70 1:11.76	800m: 9:24.97 1:11.44
5.	Sunneva Bergmann Ásbjörnsdóttir		17	ÍRB	<b>9:26.74</b> 597	
	100m: 1:05.66	1:05.66	300m: 3:25.82	1:10.32	500m: 5:47.87 1:11.52	700m: 8:13.73 1:12.77
	200m: 2:15.50	1:09.84	400m: 4:36.35	1:10.53	600m: 7:00.96 1:13.09	800m: 9:26.74 1:13.01
6.	Hulda Björg Magnúsdóttir Nilsen		16	Reykjavík	<b>9:36.87</b> 566	
	100m: 1:08.01	1:08.01	300m: 3:33.90	1:13.03	500m: 6:00.27 1:13.23	700m: 8:25.56 1:12.52
	200m: 2:20.87	1:12.86	400m: 4:47.04	1:13.14	600m: 7:13.04 1:12.77	800m: 9:36.87 1:11.31
7.	Kátla María Brynjarsdóttir		17	ÍRB	<b>9:41.34</b> 553	
	100m: 1:07.02	1:07.02	300m: 3:33.27	1:13.38	500m: 6:00.82 1:13.76	700m: 8:28.30 1:13.94
	200m: 2:19.89	1:12.87	400m: 4:47.06	1:13.79	600m: 7:14.36 1:13.54	800m: 9:41.34 1:13.04
8.	Katrín Lóa Ingadóttir		16	SH	<b>9:53.54</b> 520	
	100m: 1:08.67	1:08.67	300m: 3:36.86	1:14.47	500m: 6:05.60 1:14.55	700m: 8:38.36 1:16.64
	200m: 2:22.39	1:13.72	400m: 4:51.05	1:14.19	600m: 7:21.72 1:16.12	800m: 9:53.54 1:15.18
9.	Guðrún Ísold Harðardóttir		13	Breiðablik	<b>9:53.60</b> 520	
	100m: 1:10.95	1:10.95	300m: 3:41.88	1:16.54	500m: 6:10.94 1:15.38	700m: 8:40.29 1:15.08
	200m: 2:25.34	1:14.39	400m: 4:55.56	1:13.68	600m: 7:25.21 1:14.27	800m: 9:53.60 1:13.31
10.	Karen Sif Helgadóttir		14	Reykjavík	<b>9:54.87</b> 516	
	100m: 1:09.21	1:09.21	300m: 3:40.88	1:16.35	500m: 6:11.23 1:16.10	700m: 8:41.14 1:14.20
	200m: 2:24.53	1:15.32	400m: 4:55.13	1:14.25	600m: 7:26.94 1:15.71	800m: 9:54.87 1:13.73
11.	Þorgerður Freyja Helgadóttir		13	Breiðablik	<b>9:57.30</b> 510	
	100m: 1:11.37	1:11.37	300m: 3:44.23	1:16.39	500m: 6:17.13 1:15.80	700m: 8:45.74 1:13.69
	200m: 2:27.84	1:16.47	400m: 5:01.33	1:17.10	600m: 7:32.05 1:14.92	800m: 9:57.30 1:11.56

Sundgrein 28, Stúlkur, 800m skriðsund, 18 ára og yngri

Sæti	Aldur		Tími		Stig
12. Ema Austa Pratusyté	14	SH	<b>9:58.92</b>	506	
100m:	1:11.05	1:11.05	300m:	3:42.00	1:15.78
200m:	2:26.22	1:15.17	400m:	4:59.10	1:17.10
500m:	6:15.75	1:16.65	700m:	8:45.80	1:14.10
600m:	7:31.70	1:15.95	800m:	9:58.92	1:13.12
13. Thelma Ösp Sveinbjörnsdóttir	14	SH	<b>10:17.80</b>	461	
100m:	1:11.81	1:11.81	300m:	3:48.59	1:18.68
200m:	2:29.91	1:18.10	400m:	5:07.88	1:19.29
500m:	6:28.64	1:20.76	700m:	9:05.05	1:17.92
600m:	7:47.13	1:18.49	800m:	10:17.80	1:12.75
14. Hanna Steinunn Guðnadóttir	13	ÍRB	<b>10:22.71</b>	450	
100m:	1:13.91	1:13.91	300m:	3:51.48	1:18.45
200m:	2:33.03	1:19.12	400m:	5:10.81	1:19.33
500m:	6:30.56	1:19.75	700m:	9:06.78	
600m:			800m:	10:22.71	1:15.93
15. Rannveig Perla Pétursdóttir	14	Reykjavík	<b>10:40.97</b>	413	
100m:	1:17.04	1:17.04	300m:	4:01.97	1:22.79
200m:	2:39.18	1:22.14	400m:	5:26.34	1:24.37
500m:	6:48.04	1:21.70	700m:	9:25.67	1:18.12
600m:	8:07.55	1:19.51	800m:	10:40.97	1:15.30
16. Sóley Helga Sigfríðardóttir	12	Reykjavík	<b>10:46.24</b>	403	
100m:	1:17.83	1:17.83	300m:	4:03.93	1:23.16
200m:	2:40.77	1:22.94	400m:	5:27.26	1:23.33
500m:	6:49.59	1:22.33	700m:	9:29.51	1:19.34
600m:	8:10.17	1:20.58	800m:	10:46.24	1:16.73