

Sundgrein 3  
8.11.2024 - 9:20

kvenna, 400m skriðsund

Opinn  
Úrslitalistar Undanrásir

Íslandsmet	4:11.61	Inga Elín Cryer	IA	Doha (QAT)	5.12.2014
Unglingamet	4:14.60	Sunneva Dögg Robertson	IRB	Hafnarfjörður	13.11.2015
Aldursflokkamet	4:15.57	Eygló Ósk Gústafsdóttir	AEGIR	Hafnarfjoerdur	26.6.2010

HM-A : 4:06.95 / HM-SSÍ : 4:14.36 / NM-A 18 +: 4:20.37; 14 - 17: 4:26.35 / NM-B 18 +: 4:23.00; 14 - 17: 4:29.04 /

A landslið : 4:21.77 / Úrvalshópur 20: 4:23.00; 19: 4:24.20; 18: 4:26.64 / Unglingalandslið 17: 4:29.04; 16: 4:30.98; 15: 4:34.54 /  
Framtíðarhópur 14: 4:38.10; 13: 4:44.02; 12: 4:53.26

Stig: FINA 2023

Sæti	Aldur		Tími		Stig
<b>19 ára og eldri</b>					
1.	Svava Björg Lárusdóttir		21	Óðinn	<b>4:50.57</b> 504
	50m: 31.17	31.17	150m: 1:43.25	36.89	250m: 2:57.77 37.17
	100m: 1:06.36	35.19	200m: 2:20.60	37.35	300m: 3:35.51 37.74
					350m: 4:13.35 37.84
					400m: 4:50.57 37.22
<b>18 ára og yngri</b>					
1.	Vala Dís Cicero <i>Unglingamet</i>		16	SH	<b>4:13.69</b> 757 Q HM NM-A NM-B
	50m: 29.29	29.29	150m: 1:33.83	32.17	250m: 2:37.91 31.57
	100m: 1:01.66	32.37	200m: 2:06.34	32.51	300m: 3:10.47 32.56
					350m: 3:42.82 32.35
					400m: 4:13.69 30.87
2.	Freyja Birkisdóttir		18	Breiðablik	<b>4:20.76</b> 697 Q NM-B A ÚRV
	50m: 29.94	29.94	150m: 1:34.70	32.44	250m: 2:40.21 32.90
	100m: 1:02.26	32.32	200m: 2:07.31	32.61	300m: 3:13.65 33.44
					350m: 3:47.42 33.77
					400m: 4:20.76 33.34
3.	Kátja Lilja Andriysoðóttir		18	SH	<b>4:24.53</b> 668 Q ÚRV
	50m: 30.30	30.30	150m: 1:36.25	33.29	250m: 2:43.02 33.33
	100m: 1:02.96	32.66	200m: 2:09.69	33.44	300m: 3:16.95 33.93
					350m: 3:51.02 34.07
					400m: 4:24.53 33.51
4.	Ásdís Steindórsdóttir		15	Breiðablik	<b>4:26.88</b> 650 Q NM-B UNG
	50m: 30.35	30.35	150m: 1:36.29	33.23	250m: 2:44.42 34.21
	100m: 1:03.06	32.71	200m: 2:10.21	33.92	300m: 3:18.98 34.56
					350m: 3:53.72 34.74
					400m: 4:26.88 33.16
5.	Sólveig Freyja Hákonardóttir		15	Breiðablik	<b>4:27.58</b> 645 Q NM-B UNG
	50m: 30.44	30.44	150m: 1:36.50	33.30	250m: 2:45.50 34.82
	100m: 1:03.20	32.76	200m: 2:10.68	34.18	300m: 3:20.42 34.92
					350m: 3:54.87 34.45
					400m: 4:27.58 32.71
6.	Sunneva Bergmann Ásbjornsdóttir		17	ÍRB	<b>4:31.08</b> 621 Q
	50m: 30.44	30.44	150m: 1:37.83	33.98	250m: 2:47.27 34.91
	100m: 1:03.85	33.41	200m: 2:12.36	34.53	300m: 3:22.36 35.09
					350m: 3:57.48 35.12
					400m: 4:31.08 33.60
7.	Alicja Julia Kempisty		14	Óðinn	<b>4:38.93</b> 570 Q
	50m: 32.00	32.00	150m: 1:42.80	35.64	250m: 2:55.35 36.25
	100m: 1:07.16	35.16	200m: 2:19.10	36.30	300m: 3:31.25 35.90
					350m: 4:06.03 34.78
					400m: 4:38.93 32.90
8.	Katrín Lóa Ingadóttir		16	SH	<b>4:40.08</b> 563 Q
	50m: 31.95	31.95	150m: 1:41.68	35.09	250m: 2:52.00 35.33
	100m: 1:06.59	34.64	200m: 2:16.67	34.99	300m: 3:28.35 36.35
					350m: 4:04.72 36.37
					400m: 4:40.08 35.36
9.	Bjarnís Olga Hansen		14	Reykjavík	<b>4:41.79</b> 553 R
	50m: 31.59	31.59	150m: 1:42.63	35.84	250m: 2:55.19 36.39
	100m: 1:06.79	35.20	200m: 2:18.80	36.17	300m: 3:31.25 36.06
					350m: 4:07.48 36.23
					400m: 4:41.79 34.31
10.	Hulda Björg Magnúsdóttir Nilsen		16	Reykjavík	<b>4:42.50</b> 548 R
	50m: 31.42	31.42	150m: 1:41.18	35.39	250m: 2:53.03 35.98
	100m: 1:05.79	34.37	200m: 2:17.05	35.87	300m: 3:29.67 36.64
					350m: 4:06.54 36.87
					400m: 4:42.50 35.96
11.	Kátla María Brynjarsdóttir		17	ÍRB	<b>4:45.38</b> 532
	50m: 32.22	32.22	150m: 1:42.80	35.76	250m: 2:55.52 36.44
	100m: 1:07.04	34.82	200m: 2:19.08	36.28	300m: 3:32.37 36.85
					350m: 4:09.16 36.79
					400m: 4:45.38 36.22

## Sundgrein 3, Stúlkur, 400m skriðsund, Undanrásir, 18 ára og yngri

Sæti			Aldur				Tími				Stig	
12.	Guðrún Ísold Harðardóttir	13	Breiðablik				<b>4:48.64</b>				514	
	50m:	32.07	32.07	150m:	1:43.55	36.16	250m:	2:57.03	37.15	350m:	4:11.77	37.42
	100m:	1:07.39	35.32	200m:	2:19.88	36.33	300m:	3:34.35	37.32	400m:	4:48.64	36.87
13.	Hildur Erla Hákonardóttir	14	SH				<b>4:52.82</b>				492	
	50m:	32.75	32.75	150m:	1:46.56	37.42	250m:	3:01.45	37.64	350m:	4:16.29	37.20
	100m:	1:09.14	36.39	200m:	2:23.81	37.25	300m:	3:39.09	37.64	400m:	4:52.82	36.53
14.	Þorgerður Freyja Helgadóttir	13	Breiðablik				<b>4:54.59</b>				484	
	50m:	32.78	32.78	150m:	1:48.54	37.70	250m:	3:03.45	37.05	350m:	4:18.45	37.40
	100m:	1:10.84	38.06	200m:	2:26.40	37.86	300m:	3:41.05	37.60	400m:	4:54.59	36.14
15.	Natalía Eir Curtis	14	Reykjavík				<b>4:55.78</b>				478	
	50m:	33.54	33.54	150m:	1:47.25	37.42	250m:	3:02.38	37.46	350m:	4:19.02	38.24
	100m:	1:09.83	36.29	200m:	2:24.92	37.67	300m:	3:40.78	38.40	400m:	4:55.78	36.76
16.	Matthildur María Ríkarðsdóttir	15	SH				<b>4:57.92</b>				467	
	50m:	33.14	33.14	150m:	1:46.88	37.19	250m:	3:03.36	38.41	350m:	4:20.46	38.40
	100m:	1:09.69	36.55	200m:	2:24.95	38.07	300m:	3:42.06	38.70	400m:	4:57.92	37.46
17.	Karen Sif Helgadóttir	14	Reykjavík				<b>4:58.49</b>				465	
	50m:	31.76	31.76	150m:	1:45.21	38.01	250m:	3:03.26	39.30	350m:	4:20.89	40.07
	100m:	1:07.20	35.44	200m:	2:23.96	38.75	300m:	3:40.82	37.56	400m:	4:58.49	37.60
18.	Hanna Steinunn Guðnadóttir	13	ÍRB				<b>5:03.47</b>				442	
	50m:	33.93	33.93	150m:	1:50.91	38.41	250m:	3:08.13	38.86	350m:	4:26.01	39.23
	100m:	1:12.50	38.57	200m:	2:29.27	38.36	300m:	3:46.78	38.65	400m:	5:03.47	37.46
19.	Gabriela Róza Bondarow	14	Reykjavík				<b>5:03.56</b>				442	
	50m:	32.46	32.46	150m:	1:48.94	38.65	250m:	3:07.89	39.56	350m:	4:26.09	38.93
	100m:	1:10.29	37.83	200m:	2:28.33	39.39	300m:	3:47.16	39.27	400m:	5:03.56	37.47
20.	Natalía Fanney Sigurðardóttir	14	ÍRB				<b>5:05.81</b>				432	
	50m:	33.99	33.99	150m:	1:51.86	39.27	250m:	3:09.44	38.40	350m:	4:27.70	38.87
	100m:	1:12.59	38.60	200m:	2:31.04	39.18	300m:	3:48.83	39.39	400m:	5:05.81	38.11
21.	Sóley Helga Sigfríðardóttir	12	Reykjavík				<b>5:07.82</b>				424	
	50m:	34.90	34.90	150m:	1:52.93	39.28	250m:	3:12.80	39.30	350m:	4:31.00	38.67
	100m:	1:13.65	38.75	200m:	2:33.50	40.57	300m:	3:52.33	39.53	400m:	5:07.82	36.82
22.	Bergey Huld Arnarsdóttir	13	Breiðablik				<b>5:08.13</b>				422	
	50m:	33.42	33.42	150m:	1:52.44	39.68	250m:	3:10.75	38.50	350m:	4:30.35	39.34
	100m:	1:12.76	39.34	200m:	2:32.25	39.81	300m:	3:51.01	40.26	400m:	5:08.13	37.78
23.	Freyja Sigríður Ásgeirsdóttir	17	Reykjavík				<b>5:08.61</b>				421	
	50m:	34.07	34.07	150m:	1:52.58	39.55	250m:	3:11.91	39.63	350m:	4:31.54	39.25
	100m:	1:13.03	38.96	200m:	2:32.28	39.70	300m:	3:52.29	40.38	400m:	5:08.61	37.07
24.	Þeodís Styrmsdóttir	13	Breiðablik				<b>5:09.70</b>				416	
	50m:	34.53	34.53	150m:	1:52.55	39.62	250m:	3:12.17	39.94	350m:	4:32.01	40.39
	100m:	1:12.93	38.40	200m:	2:32.23	39.68	300m:	3:51.62	39.45	400m:	5:09.70	37.69
25.	Rebekka Rún Magnúsdóttir	16	SH				<b>5:09.75</b>				416	
	50m:	33.71	33.71	150m:	1:52.41	40.08	250m:	3:11.75	40.71	350m:	4:32.70	40.00
	100m:	1:12.33	38.62	200m:	2:31.04	38.63	300m:	3:52.70	40.95	400m:	5:09.75	37.05
26.	Elsa Diljá Lunddal Rúnarsdóttir	14	SH				<b>5:09.91</b>				415	
	50m:	34.83	34.83	150m:	1:52.57	39.66	250m:	3:12.42	39.68	350m:	4:32.55	39.99
	100m:	1:12.91	38.08	200m:	2:32.74	40.17	300m:	3:52.56	40.14	400m:	5:09.91	37.36
27.	Ingibjörg Þóra Stefánsdóttir	16	SH				<b>5:10.13</b>				414	
	50m:	34.46	34.46	150m:	1:50.98	38.58	250m:	3:10.82	40.23	350m:	4:31.49	40.43
	100m:	1:12.40	37.94	200m:	2:30.59	39.61	300m:	3:51.06	40.24	400m:	5:10.13	38.64

Sundgrein 3, Stúlkur, 400m skriðsund, Undanrásir, 18 ára og yngri

Sæti	Aldur						Tími	Stig				
28.	Lilja Rake! Hannesdóttir Bridde						13	Breiðablik	<b>5:12.87</b>	404		
	50m:	34.90	34.90	150m:	1:54.19	40.13	250m:	3:15.13	40.49	350m:	4:33.94	38.91
	100m:	1:14.06	39.16	200m:	2:34.64	40.45	300m:	3:55.03	39.90	400m:	5:12.87	38.93