

Sundgrein 32

karla, 400m fjórsund

Opinn

10.11.2024 - 9:05

Úrslitalistar Undanrásir

Íslandsmet	4:11.78	Orn Arnarson	SH	Vestmannaeyjar	16.3.2001
Unglingamet	4:18.12	Anton Sveinn McKee	AEGIR	Laugardalslaug	10.12.2011
Aldursflokkamet	4:27.16	Hólmar Grétarsson	SH	Tartu (EST)	3.12.2023

HM-A : 4:09.19 / HM-SSÍ : 4:16.67 / NM-A 18 +: 4:23.49; 14 - 17: 4:29.42 / NM-B 18 +: 4:26.15; 14 - 17: 4:32.14 /

A landslið : 4:24.14 / Úrvalshópur 20: 4:26.15; 19: 4:28.13; 18: 4:30.14 / Unglingalandslið 17: 4:32.14; 16: 4:36.27; 15: 4:40.97 /

Framtíðarhópur 14: 4:49.79; 13: 5:01.20; 12: 5:18.42

Stig: FINA 2023

Sæti			Aldur						Tími	Stig		
<b>18 ára og yngri</b>												
1.	Hólmar Grétarsson		16	SH					<b>4:27.45</b>	676	Q	NM-A NM-B U
	50m:	28.95 28.95	150m:	1:36.25 34.73	250m:	2:48.50 37.83	350m:	3:57.99 31.30				
	100m:	1:01.52 32.57	200m:	2:10.67 34.42	300m:	3:26.69 38.19	400m:	4:27.45 29.46				
2.	Adam Leó Tómasson		17	SH					<b>4:36.30</b>	613	Q	
	50m:	29.89 29.89	150m:	1:39.87 35.94	250m:	2:54.62 38.57	350m:	4:06.78 33.09				
	100m:	1:03.93 34.04	200m:	2:16.05 36.18	300m:	3:33.69 39.07	400m:	4:36.30 29.52				
3.	Daði Rafn Falsson		16	ÍRB					<b>4:36.45</b>	612	Q	
	50m:	29.22 29.22	150m:	1:38.98 36.12	250m:	2:54.81 39.73	350m:	4:05.99 31.44				
	100m:	1:02.86 33.64	200m:	2:15.08 36.10	300m:	3:34.55 39.74	400m:	4:36.45 30.46				
4.	Árni Þór Pálmason		15	ÍRB					<b>4:57.92</b>	489	Q	
	50m:	32.04 32.04	150m:	1:47.86 38.24	250m:	3:07.42 42.32	350m:	4:25.05 34.47				
	100m:	1:09.62 37.58	200m:	2:25.10 37.24	300m:	3:50.58 43.16	400m:	4:57.92 32.87				
5.	Gísli Kristján Traustason		15	ÍRB					<b>5:10.97</b>	430	Q	
	50m:	32.62 32.62	150m:	1:52.72 40.21	250m:	3:16.64 44.14	350m:	4:36.54 35.36				
	100m:	1:12.51 39.89	200m:	2:32.50 39.78	300m:	4:01.18 44.54	400m:	5:10.97 34.43				
6.	Styrmir Snær Árnason		14	SH					<b>5:20.40</b>	393	Q	
	50m:	31.80 31.80	150m:	1:52.35 44.29	250m:	3:20.03 45.71	350m:	4:44.87 38.57				
	100m:	1:08.06 36.26	200m:	2:34.32 41.97	300m:	4:06.30 46.27	400m:	5:20.40 35.53				
7.	Kristjón Hrafn Kjartansson		13	SH					<b>5:24.68</b>	378	Q	
	50m:	33.90 33.90	150m:	1:56.84 41.52	250m:	3:25.24 47.61	350m:	4:50.08 36.08				
	100m:	1:15.32 41.42	200m:	2:37.63 40.79	300m:	4:14.00 48.76	400m:	5:24.68 34.60				
8.	Þór Eli Gunnarsson		13	SH					<b>5:30.99</b>	357	Q	
	50m:	34.09 34.09	150m:	1:59.54 41.98	250m:	3:27.43 46.46	350m:	4:54.17 38.69				
	100m:	1:17.56 43.47	200m:	2:40.97 41.43	300m:	4:15.48 48.05	400m:	5:30.99 36.82				