

Event 3

Women, 400m Freestyle

Open
Results Final

8.11.2024 - 16:49

Íslandsmet	4:11.61	Inga Elín Cryer	IA	Doha (QAT)	5.12.2014
Unglingamet	4:13.69	Vala Dís Cicero	SH	Hafnarfjörður	8.11.2024
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

Points: FINA 2023

Rank			Age							Time	Pts		
1.	Vala Dís Cicero		16	SH						4:15.71	740	NM-A NM-B A Ú	
	50m:	29.09	29.09	150m:	1:34.14	32.45	250m:	2:38.98	31.91	350m:	3:44.44	32.61	
	100m:	1:01.69	32.60	200m:	2:07.07	32.93	300m:	3:11.83	32.85	400m:	4:15.71	31.27	
2.	Katja Lilja Andriydsdottir		18	SH						4:19.13	711	NM-A NM-B A Ú	
	50m:	29.94	29.94	150m:	1:34.55	32.24	250m:	2:40.20	32.70	350m:	3:46.47	33.32	
	100m:	1:02.31	32.37	200m:	2:07.50	32.95	300m:	3:13.15	32.95	400m:	4:19.13	32.66	
3.	Freyja Birkisdottir		18	Breiðablik						4:22.20	686	NM-B ÚRV	
	50m:	29.67	29.67	150m:	1:34.67	32.64	250m:	2:40.47	32.86	350m:	3:48.40	34.12	
	100m:	1:02.03	32.36	200m:	2:07.61	32.94	300m:	3:14.28	33.81	400m:	4:22.20	33.80	
4.	Asdis Steindorsdottir		15	Breiðablik						4:23.78	674	NM-A NM-B UNO	
	50m:	30.01	30.01	150m:	1:35.57	33.03	250m:	2:42.37	33.39	350m:	3:50.92	34.30	
	100m:	1:02.54	32.53	200m:	2:08.98	33.41	300m:	3:16.62	34.25	400m:	4:23.78	32.86	
5.	Katrín Loa Ingadóttir		16	SH						4:40.03	563		
	50m:	32.19	32.19	150m:	1:43.03	35.79	250m:	2:54.31	35.51	350m:	4:05.57	35.51	
	100m:	1:07.24	35.05	200m:	2:18.80	35.77	300m:	3:30.06	35.75	400m:	4:40.03	34.46	
6.	Hulda Björg Magnúsdóttir Nilsen		16	Reykjavík						4:41.06	557		
	50m:	31.92	31.92	150m:	1:41.61	35.44	250m:	2:53.57	35.95	350m:	4:05.60	35.66	
	100m:	1:06.17	34.25	200m:	2:17.62	36.01	300m:	3:29.94	36.37	400m:	4:41.06	35.46	
7.	Kátla María Brynjarsdóttir		17	ÍRB						4:42.89	546		
	50m:	31.68	31.68	150m:	1:42.68	35.82	250m:	2:54.87	36.13	350m:	4:07.28	36.36	
	100m:	1:06.86	35.18	200m:	2:18.74	36.06	300m:	3:30.92	36.05	400m:	4:42.89	35.61	
8.	Alicja Julia Kempisty		14	Óðinn						4:49.60	509		
	50m:	31.66	31.66	150m:	1:43.97	36.73	250m:	2:58.84	37.38	350m:	4:12.55	37.05	
	100m:	1:07.24	35.58	200m:	2:21.46	37.49	300m:	3:35.50	36.66	400m:	4:49.60	37.05	