

Event 3 Women, 400m Freestyle Open Results Prelim
8.11.2024 - 9:20

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

Event 3, Girls, 400m Freestyle, Prelim, 18 years and younger

Rank			Age					Time	Pts
12.	Gudrun Isold Hardardottir		13	Breiðablik				4:48.64	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 Hakonardottir		14	SH				4:52.82	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.	Thorgerdur Freyja Helgadóttir		13	Breiðablik				4:54.59	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.	Natalia Eir Curtis		14	Reykjavík				4:55.78	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 Maria Ríkardsdóttir		15	SH				4:57.92	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				4:58.49	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				5:03.47	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 Roza Bondarow		14	Reykjavík				5:03.56	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.	Natalia Fanney Sigurdardóttir		14	ÍRB				5:05.81	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.	Soley Helga Sigfríðardóttir		12	Reykjavík				5:07.82	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				5:08.13	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 Sigfríður Asgeirsdóttir		17	Reykjavík				5:08.61	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.	Theodis Styrmsdóttir		13	Breiðablik				5:09.70	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 Run Magnúsdóttir		16	SH				5:09.75	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 Dilja Lunddal Runarsdóttir		14	SH				5:09.91	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 Thora Stefánsdóttir		16	SH				5:10.13	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

Event 3, Girls, 400m Freestyle, Prelim, 18 years and younger

Rank			Age				Time				Pts	
28.	Lilja RakeL Hannesdottir Bridde		13	Breiðablik				5:12.87				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