

Sundgrein 4  
 8.11.2024 - 9:47

karla, 400m skriðsund

 Opinn  
 Úrslitalistar Undanrásir

Íslandsmet	3:47.83	Anton Sveinn McKee	AEGIR	Istanbul (TUR)	14.12.2012
Unglingamet	3:52.06	Anton Sveinn McKee	AEGIR	Laugardalslaug	11.12.2011
Aldursflokkamet	4:04.34	Magnús Viðir Jónsson	SH	Hafnarfjörður	21.10.2023

HM-A : 3:42.50 / HM-SSÍ : 3:49.17 / NM-A 18 +: 3:55.27; 14 - 17: 4:00.57 / NM-B 18 +: 3:57.64; 14 - 17: 4:03.00 /

 A landslið : 3:55.85 / Úrvalshópur 20: 3:57.64; 19: 3:59.41; 18: 4:01.20 / Unglingalandslið 17: 4:03.00; 16: 4:06.68; 15: 4:10.87 /  
 Framtíðarhópur 14: 4:18.75; 13: 4:28.94; 12: 4:44.32

Stig: FINA 2023

Sæti			Aldur				Tími	Stig	
<b>19 ára og eldri</b>									
1.	Veigar Hrafn Sigþórsson	19	SH				<b>4:02.21</b>	672	Q
	50m: 27.09 27.09	150m: 1:28.53 31.18	250m: 2:30.87 30.87	350m: 3:32.35 30.44					
	100m: 57.35 30.26	200m: 2:00.00 31.47	300m: 3:01.91 31.04	400m: 4:02.21 29.86					
2.	Bartosz Henke	19	SH				<b>4:13.01</b>	590	Q
	50m: 27.49 27.49	150m: 1:28.91 30.90	250m: 2:32.89 32.19	350m: 3:39.47 33.07					
	100m: 58.01 30.52	200m: 2:00.70 31.79	300m: 3:06.40 33.51	400m: 4:13.01 33.54					
3.	Örn Kató Arnarsson	19	Óðinn				<b>4:21.21</b>	536	R
	50m: 28.83 28.83	150m: 1:32.32 32.15	250m: 2:39.06 33.48	350m: 3:47.50 34.37					
	100m: 1:00.17 31.34	200m: 2:05.58 33.26	300m: 3:13.13 34.07	400m: 4:21.21 33.71					
4.	Guðfinnur Karlsson	36	Fjörður				<b>5:27.50</b>	272	
	50m: 38.82 38.82	150m: 2:00.33 40.91	250m: 3:23.69 41.66	350m: 4:47.78 42.16					
	100m: 1:19.42 40.60	200m: 2:42.03 41.70	300m: 4:05.62 41.93	400m: 5:27.50 39.72					
<b>18 ára og yngri</b>									
1.	Magnús Viðir Jónsson	16	SH				<b>4:02.92</b>	667	Q NM-B UNG
	50m: 28.44 28.44	150m: 1:31.01 31.30	250m: 2:32.49 29.50	350m: 3:33.28 30.31					
	100m: 59.71 31.27	200m: 2:02.99 31.98	300m: 3:02.97 30.48	400m: 4:02.92 29.64					
2.	Hólmar Grétarsson	16	SH				<b>4:03.67</b>	660	Q UNG
	50m: 28.54 28.54	150m: 1:31.04 31.27	250m: 2:32.74 30.29	350m: 3:33.98 30.61					
	100m: 59.77 31.23	200m: 2:02.45 31.41	300m: 3:03.37 30.63	400m: 4:03.67 29.69					
3.	Andri Már Kristjánsson	18	SH				<b>4:08.03</b>	626	Q
	50m: 28.60 28.60	150m: 1:31.96 31.87	250m: 2:34.90 30.75	350m: 3:38.10 31.63					
	100m: 1:00.09 31.49	200m: 2:04.15 32.19	300m: 3:06.47 31.57	400m: 4:08.03 29.93					
4.	Birgir Hrafn Kjartansson	16	Reykjavík				<b>4:09.54</b>	615	Q
	50m: 28.49 28.49	150m: 1:30.92 31.31	250m: 2:34.19 31.70	350m: 3:38.25 31.95					
	100m: 59.61 31.12	200m: 2:02.49 31.57	300m: 3:06.30 32.11	400m: 4:09.54 31.29					
5.	Bjorn Yngvi Guðmundsson	17	SH				<b>4:16.75</b>	564	Q
	50m: 28.71 28.71	150m: 1:32.58 32.15	250m: 2:37.66 32.66	350m: 3:44.26 33.34					
	100m: 1:00.43 31.72	200m: 2:05.00 32.42	300m: 3:10.92 33.26	400m: 4:16.75 32.49					
6.	Árni Þór Pálmason	15	ÍRB				<b>4:19.19</b>	549	Q
	50m: 28.99 28.99	150m: 1:33.94 32.86	250m: 2:39.94 32.81	350m: 3:46.79 33.12					
	100m: 1:01.08 32.09	200m: 2:07.13 33.19	300m: 3:13.67 33.73	400m: 4:19.19 32.40					
7.	Vanja Djurovic	15	SH				<b>4:30.94</b>	480	R
	50m: 29.74 29.74	150m: 1:36.62 34.05	250m: 2:46.17 35.08	350m: 3:57.11 35.48					
	100m: 1:02.57 32.83	200m: 2:11.09 34.47	300m: 3:21.63 35.46	400m: 4:30.94 33.83					
8.	Julian Jarnutowski	14	ÍRB				<b>4:33.05</b>	469	
	50m: 30.29 30.29	150m: 1:38.35 34.57	250m: 2:48.95 35.57	350m: 3:59.28 35.05					
	100m: 1:03.78 33.49	200m: 2:13.38 35.03	300m: 3:24.23 35.28	400m: 4:33.05 33.77					

Sundgrein 4, Piltar, 400m skriðsund, Undanrásir, 18 ára og yngri

Sæti	Aldur								Tími	Stig	
9. Kajus Jatautas	14								ÍA	<b>4:34.17</b>	463
50m:	29.50	29.50	150m:	1:36.63	33.88	250m:	2:47.09	35.56	350m:	3:59.55	36.05
100m:	1:02.75	33.25	200m:	2:11.53	34.90	300m:	3:23.50	36.41	400m:	4:34.17	34.62
10. Kristjón Hrafn Kjartansson	13								SH	<b>4:35.38</b>	457
50m:	30.17	30.17	150m:	1:37.95	34.28	250m:	2:48.42	35.60	350m:	4:00.40	36.18
100m:	1:03.67	33.50	200m:	2:12.82	34.87	300m:	3:24.22	35.80	400m:	4:35.38	34.98
11. Egill Orri Baldursson	15								ÍRB	<b>4:39.53</b>	437
50m:	30.40	30.40	150m:	1:39.69	35.17	250m:	2:51.06	35.66	350m:	4:03.48	36.23
100m:	1:04.52	34.12	200m:	2:15.40	35.71	300m:	3:27.25	36.19	400m:	4:39.53	36.05
12. Viktor Bergmann Arnarsson	14								ÍRB	<b>4:42.62</b>	423
50m:	32.23	32.23	150m:	1:43.87	35.57	250m:	2:57.67	36.58	350m:	4:09.20	35.38
100m:	1:08.30	36.07	200m:	2:21.09	37.22	300m:	3:33.82	36.15	400m:	4:42.62	33.42
13. Stefán Hagalín Árnason	14								Reykjavík	<b>4:52.26</b>	383
50m:	32.95	32.95	150m:	1:46.78	37.04	250m:	3:01.18	36.93	350m:	4:15.50	37.42
100m:	1:09.74	36.79	200m:	2:24.25	37.47	300m:	3:38.08	36.90	400m:	4:52.26	36.76