

Sundgrein 4

karla, 400m skriðsund

Opinn

8.11.2024 - 17:00

Úrslitalistar Úrslitsund

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	
1. Veigar Hrafn Sigþórsson	19	SH	3:56.58	722	NM-B	ÚRV
50m: 26.76 26.76	150m: 1:27.14 30.50	250m: 2:28.28 30.52	350m: 3:28.35 29.50			
100m: 56.64 29.88	200m: 1:57.76 30.62	300m: 2:58.85 30.57	400m: 3:56.58 28.23			
2. Magnús Viðir Jónsson	16	SH	3:56.82	719	NM-A	NM-B UNG
50m: 26.71 26.71	150m: 1:26.94 30.40	250m: 2:28.15 30.41	350m: 3:28.43 29.66			
100m: 56.54 29.83	200m: 1:57.74 30.80	300m: 2:58.77 30.62	400m: 3:56.82 28.39			
3. Andri Már Kristjánsson	18	SH	4:03.83	659		
50m: 27.72 27.72	150m: 1:29.73 31.38	250m: 2:32.05 30.97	350m: 3:34.63 31.32			
100m: 58.35 30.63	200m: 2:01.08 31.35	300m: 3:03.31 31.26	400m: 4:03.83 29.20			
4. Hólmur Grétarsson	16	SH	4:04.50	654	UNG	
50m: 27.96 27.96	150m: 1:29.17 30.82	250m: 2:31.36 31.00	350m: 3:33.69 31.33			
100m: 58.35 30.39	200m: 2:00.36 31.19	300m: 3:02.36 31.00	400m: 4:04.50 30.81			
5. Birgir Hrafn Kjartansson	16	Reykjavík	4:08.63	622		
50m: 28.22 28.22	150m: 1:30.37 31.45	250m: 2:33.54 31.62	350m: 3:37.57 32.00			
100m: 58.92 30.70	200m: 2:01.92 31.55	300m: 3:05.57 32.03	400m: 4:08.63 31.06			
6. Bartosz Henke	19	SH	4:08.92	619		
50m: 27.96 27.96	150m: 1:29.69 31.10	250m: 2:32.81 31.56	350m: 3:37.43 32.31			
100m: 58.59 30.63	200m: 2:01.25 31.56	300m: 3:05.12 32.31	400m: 4:08.92 31.49			
7. Björn Yngvi Guðmundsson	17	SH	4:12.08	596		
50m: 28.28 28.28	150m: 1:30.70 31.62	250m: 2:34.96 32.44	350m: 3:40.68 32.73			
100m: 59.08 30.80	200m: 2:02.52 31.82	300m: 3:07.95 32.99	400m: 4:12.08 31.40			
8. Árni Þór Pálmason	15	ÍRB	4:18.07	556		
50m: 29.26 29.26	150m: 1:33.85 32.92	250m: 2:39.60 32.50	350m: 3:45.89 32.92			
100m: 1:00.93 31.67	200m: 2:07.10 33.25	300m: 3:12.97 33.37	400m: 4:18.07 32.18			