

Sundgrein 3  
 8.11.2024 - 9:20

kvenna, 400m skriðsund

 Opinn  
 Ráslisti Undanrásir

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

Aldur

## Riðill 1 af 4, 9:20

2 Elsa Diljá Lunddal Rúnarsdóttir	14	SH	5:18.67
3 Þeodís Styrmsdóttir	13	Breiðablik	5:12.47
4 Rebekka Rún Magnúsdóttir	16	SH	5:10.25
5 Ingibjörg Þóra Stefánsdóttir	16	SH	5:11.74
6 Sóley Helga Sigfríðardóttir	12	Reykjavík	5:13.55

## Riðill 2 af 4, 9:26

1 Lilja Rakel Hannesdóttir Bridde	13	Breiðablik	5:07.40
2 Freyja Sigríður Ásgeirsdóttir	17	Reykjavík	5:04.55
3 Natallía Fanney Sigurðardóttir	14	ÍRB	5:03.99
4 Þorgerður Freyja Helgadóttir	13	Breiðablik	4:59.09
5 Hildur Erla Hákonardóttir	14	SH	5:00.09
6 Gabriela Róza Bondarow	14	Reykjavík	5:04.24
7 Bergey Huld Arnarsdóttir	13	Breiðablik	5:06.86
8 Hanna Steinunn Guðnadóttir	13	ÍRB	5:07.47

## Riðill 3 af 4, 9:32

1 Matthildur María Ríkarðsdóttir	15	SH	4:56.42
2 Natallía Eir Curtis	14	Reykjavík	4:52.27
3 Þjarnarólga Hansen	14	Reykjavík	4:45.58
4 Alicja Julia Kempisty	14	Óðinn	4:43.03
5 Katrín Lóa Ingadóttir	16	SH	4:44.69
6 Guðrún Ísold Harðardóttir	13	Breiðablik	4:50.46
7 Svava Björg Lárusdóttir	21	Óðinn	4:53.91
8 Karen Sif Helgadóttir	14	Reykjavík	4:58.73

## Riðill 4 af 4, 9:38

1 Katla María Brynjarsdóttir	17	ÍRB	4:37.94
2 Sólveig Freyja Hákonardóttir	15	Breiðablik	4:26.00
3 Freyja Birkisdóttir	18	Breiðablik	4:22.13
4 Vala Dís Cicero	16	SH	4:16.45
5 Katja Lilja Andriyasdóttir	18	SH	4:19.80
6 Ásdís Steindórsdóttir	15	Breiðablik	4:25.49
7 Sunneva Bergmann Ásbjörnsdóttir	17	ÍRB	4:29.87
8 Hulda Björg Magnúsdóttir Nilsen	16	Reykjavík	4:39.83