

Sundgrein 32

karla, 400m fjórsund

Opinn

10.11.2024 - 9:05

Ráslisti Undanrásir

Íslandsmet	4:11.78	Orn Arnarson	SH	Vestmannaeyjar	16.3.2001
Unglingamet	4:18.12	Anton Sveinn McKee	AEGIR	Laugardalslaug	10.12.2011
Aldursflokkamet	4:27.16	Hólmar Grétarsson	SH	Tartu (EST)	3.12.2023

HM-A : 4:09.19 / HM-SSÍ : 4:16.67 / NM-A 18 +: 4:23.49; 14 - 17: 4:29.42 / NM-B 18 +: 4:26.15; 14 - 17: 4:32.14 /

A landslið : 4:24.14 / Úrvalshópur 20: 4:26.15; 19: 4:28.13; 18: 4:30.14 / Unglingalandslið 17: 4:32.14; 16: 4:36.27; 15: 4:40.97 /

Framtíðarhópur 14: 4:49.79; 13: 5:01.20; 12: 5:18.42

Aldur

Riðill 1 af 1, 9:05

1	Kristjón Hrafn Kjartansson	13	SH	5:25.37
2	Gísli Kristján Traustason	15	ÍRB	5:06.35
3	Daði Rafn Falsson	16	ÍRB	4:38.54
4	Hólmar Grétarsson	16	SH	4:25.17
5	Adam Leó Tómasson	17	SH	4:37.14
6	Árni Þór Pálmason	15	ÍRB	5:00.78
7	Styrmir Snær Árnason	14	SH	5:22.61
8	Þór Eli Gunnarsson	13	SH	5:26.91