

TYR mót Breiðabliks  
Kópavogur, 23/11/2024

Sundgrein 2  
11/23/2024 - 9:08

Stúlkur, 400m fjórsund

10 - 14 ára  
Úrslitalistar

Stig: FINA 2023

Sæti			F.ár			Tími	Stig	
10 - 12 ára								
1.	Sóley Helga Sigfríðardóttir		12	Ármann		<b>6:43.06</b>		
	50m:	46.44 46.44	150m:	2:32.98 50.66	250m:	4:24.45 1:02.31	350m:	6:04.55 38.39
	100m:	1:42.32 55.88	200m:	3:22.14 49.16	300m:	5:26.16 1:01.71	400m:	6:43.06 38.51
2.	Herdís Daðadóttir		12	Ármann		<b>6:54.07</b>		
	50m:	47.22 47.22	150m:	2:36.09 52.17	250m:	4:24.09 55.26	350m:	6:08.27 47.88
	100m:	1:43.92 56.70	200m:	3:28.83 52.74	300m:	5:20.39 56.30	400m:	6:54.07 45.80
ÓG.	Sofia Cogalniceanu		12	Ármann		<b>6:30.56</b>		
	<i>Ba8 - Keppandi notar fleiri en eina eða tvær samfeldar armsveiflur í snúningi eða snúningur er ekki samfelldur (SW 6.4)</i>							
	50m:	47.42 47.42	150m:	2:30.20 47.58	250m:	4:11.46 54.13	350m:	5:48.73 42.34
	100m:	1:42.62 55.20	200m:	3:17.33 47.13	300m:	5:06.39 54.93	400m:	6:30.56 41.83

13 - 14 ára

1.	Thea Sif Hjaltadóttir		11	Ármann		<b>5:55.30</b>		
	50m:	41.61 41.61	150m:	2:13.72 44.08	250m:	3:45.75 46.19	350m:	5:15.26 41.31
	100m:	1:29.64 48.03	200m:	2:59.56 45.84	300m:	4:33.95 48.20	400m:	5:55.30 40.04
2.	Gabriela Róza Bondarow		10	Ármann		<b>5:56.16</b>		
	50m:	38.58 38.58	150m:	2:11.98 44.37	250m:	3:47.73 51.44	350m:	5:18.25 39.03
	100m:	1:27.61 49.03	200m:	2:56.29 44.31	300m:	4:39.22 51.49	400m:	5:56.16 37.91
3.	Eyvör Ása Hólm		11	Ármann		<b>7:02.68</b>		
	50m:	51.43 51.43	150m:	2:47.21 56.58	250m:	4:35.91 54.06	350m:	6:21.53 46.66
	100m:	1:50.63 59.20	200m:	3:41.85 54.64	300m:	5:34.87 58.96	400m:	7:02.68 41.15