

Event 1
22.03.2025 - 10:00

Women, 400m Freestyle

Open
Results

Mótsmet	4:24.04	Inga Elín Cryer	ÍA		01.04.2012
Íslandsmet	4:20.16	Snaefridur Sol Jorunnardóttir	ISL	Gzira (MLT)	31.05.2023
Íslandsmet Unglinga	4:20.66	Sunneva Dögg Robertson	IRB	Reykjavík	22.04.2016
Íslandsmet Aldursflokka	4:23.24	Eygló Ósk Gústafsdóttir	AEGIR	Helsinki (FIN)	15.07.2010

HM SSÍ : 4:17.74 / EM23 19 - 23: 4:22.49 / EMU 16 - 18: 4:27.17 / NÆM 14 - 16: 4:38.19 / GSSE : 4:35.25 / ÍM Open: 5:16.35; -
18: 5:21.90

Points: AQUA 2025

Rank			YB			Time	Pts	
1.	Vala Dis Cicero		08	SH		4:32.34	645	SSÍ
	50m: 30.76	30.76	150m: 1:39.30	34.61	250m: 2:49.57	34.90	350m: 3:58.83	34.43
	100m: 1:04.69	33.93	200m: 2:14.67	35.37	300m: 3:24.40	34.83	400m: 4:32.34	33.51
2.	Solveig Freyja Hakonardóttir		09	UBK		4:34.51	630	GSSE
	50m: 31.61	31.61	150m: 1:41.19	34.86	250m: 2:51.34	34.72	350m: 4:01.21	34.52
	100m: 1:06.33	34.72	200m: 2:16.62	35.43	300m: 3:26.69	35.35	400m: 4:34.51	33.30
3.	Katja Lilja Andriysoðottir		06	SH		4:34.88	627	GSSE
	50m: 31.76	31.76	150m: 1:39.92	34.57	250m: 2:49.97	35.10	350m: 4:00.76	35.20
	100m: 1:05.35	33.59	200m: 2:14.87	34.95	300m: 3:25.56	35.59	400m: 4:34.88	34.12
4.	Alicja Julia Kempisty		10	ODINN		4:46.15	556	ÍM
	50m: 32.68	32.68	150m: 1:44.38	36.46	250m: 2:57.33	36.07	350m: 4:10.99	36.81
	100m: 1:07.92	35.24	200m: 2:21.26	36.88	300m: 3:34.18	36.85	400m: 4:46.15	35.16
5.	Bjarndis Olga Hansen		10	Agir		4:49.31	538	ÍM
	50m: 31.97	31.97	150m: 1:44.60	36.47	250m: 2:59.15	36.88	350m: 4:14.19	36.77
	100m: 1:08.13	36.16	200m: 2:22.27	37.67	300m: 3:37.42	38.27	400m: 4:49.31	35.12
6.	Ema Austa Pratusyte		10	SH		4:51.55	526	ÍM
	50m: 31.92	31.92	150m: 1:45.65	37.42	250m: 2:59.82	36.79	350m: 4:15.25	37.67
	100m: 1:08.23	36.31	200m: 2:23.03	37.38	300m: 3:37.58	37.76	400m: 4:51.55	36.30
7.	Hulda Bjorg Magnusoðottir Nilsen		08	Agir		4:51.85	524	ÍM
	50m: 32.64	32.64	150m: 1:46.49	37.32	250m: 3:02.06	37.80	350m: 4:16.93	36.91
	100m: 1:09.17	36.53	200m: 2:24.26	37.77	300m: 3:40.02	37.96	400m: 4:51.85	34.92
8.	Katrin Loa Ingadoðottir		08	SH		4:56.90	498	ÍM
	50m: 33.57	33.57	150m: 1:47.09	37.23	250m: 3:02.02	37.62	350m: 4:18.87	38.48
	100m: 1:09.86	36.29	200m: 2:24.40	37.31	300m: 3:40.39	38.37	400m: 4:56.90	38.03
9.	Gudrun Isold Hardardóttir		11	UBK		4:56.92	498	ÍM
	50m: 33.29	33.29	150m: 1:47.63	37.77	250m: 3:03.56	38.05	350m: 4:19.64	37.57
	100m: 1:09.86	36.57	200m: 2:25.51	37.88	300m: 3:42.07	38.51	400m: 4:56.92	37.28
10.	Thelma Osp Sveinbjornsoðottir		10	SH		4:58.89	488	ÍM
	50m: 34.12	34.12	150m: 1:50.94	38.48	250m: 3:06.62	37.85	350m: 4:22.54	37.71
	100m: 1:12.46	38.34	200m: 2:28.77	37.83	300m: 3:44.83	38.21	400m: 4:58.89	36.35
11.	Viktoria Emilia Orlita		09	IA		4:59.77	484	ÍM
	50m: 34.50	34.50	150m: 1:50.67	38.51	250m: 3:06.85	37.88	350m: 4:23.95	38.23
	100m: 1:12.16	37.66	200m: 2:28.97	38.30	300m: 3:45.72	38.87	400m: 4:59.77	35.82
12.	Adriana Agnes Derti		10	IRB		5:03.53	466	ÍM
	50m: 34.91	34.91	150m: 1:51.59	38.76	250m: 3:08.91	38.80	350m: 4:26.61	38.64
	100m: 1:12.83	37.92	200m: 2:30.11	38.52	300m: 3:47.97	39.06	400m: 5:03.53	36.92
13.	Hildur Erla Hakonardóttir		10	SH		5:04.02	464	ÍM
	50m: 34.50	34.50	150m: 1:51.68	38.72	250m: 3:09.30	38.51	350m: 4:26.40	38.47
	100m: 1:12.96	38.46	200m: 2:30.79	39.11	300m: 3:47.93	38.63	400m: 5:04.02	37.62
14.	Thorgerður Freyja Helgadoðottir		11	UBK		5:05.04	459	ÍM
	50m: 34.78	34.78	150m: 1:52.52	39.20	250m: 3:10.46	38.88	350m: 4:27.92	39.06
	100m: 1:13.32	38.54	200m: 2:31.58	39.06	300m: 3:48.86	38.40	400m: 5:05.04	37.12

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Rank			YB							Time	Pts	
15.	Dagmar Arna Sigurdardottir		09	SH						5:05.48	457	ÍM
	50m:	33.66	33.66	150m:	1:49.45	38.18	250m:	3:06.73	39.17	350m:	4:26.40	40.10
	100m:	1:11.27	37.61	200m:	2:27.56	38.11	300m:	3:46.30	39.57	400m:	5:05.48	39.08
16.	Karen Julia Traustadottir		12	IRB						5:11.15	432	ÍM
	50m:	34.37	34.37	150m:	1:53.72	39.75	250m:	3:13.53	40.66	350m:	4:33.19	39.24
	100m:	1:13.97	39.60	200m:	2:32.87	39.15	300m:	3:53.95	40.42	400m:	5:11.15	37.96
17.	Karen Anna Orlita		12	IA						5:12.18	428	ÍM
	50m:	33.82	33.82	150m:	1:51.69	39.62	250m:	3:12.52	40.46	350m:	4:33.92	39.93
	100m:	1:12.07	38.25	200m:	2:32.06	40.37	300m:	3:53.99	41.47	400m:	5:12.18	38.26
18.	Asta Thorey Einarsdottir		13	SH						5:12.25	428	ÍM
	50m:	35.51	35.51	150m:	1:56.46	41.74	250m:	3:17.07	39.67	350m:	4:35.99	38.58
	100m:	1:14.72	39.21	200m:	2:37.40	40.94	300m:	3:57.41	40.34	400m:	5:12.25	36.26
19.	Hanna Steinunn Guðnadottir		11	IRB						5:12.42	427	ÍM
	50m:	34.61	34.61	150m:	1:53.36	39.49	250m:	3:14.07	40.07	350m:	4:34.46	39.92
	100m:	1:13.87	39.26	200m:	2:34.00	40.64	300m:	3:54.54	40.47	400m:	5:12.42	37.96
20.	Matthildur María Ríkardsdottir		09	SH						5:13.24	424	ÍM
	50m:	34.72	34.72	150m:	1:52.66	39.61	250m:	3:13.05	39.93	350m:	4:33.44	39.46
	100m:	1:13.05	38.33	200m:	2:33.12	40.46	300m:	3:53.98	40.93	400m:	5:13.24	39.80
21.	Gabriela Roza Bondarow		10	Armann						5:13.30	424	ÍM
	50m:	34.26	34.26	150m:	1:53.21	39.98	250m:	3:13.76	39.98	350m:	4:34.49	40.24
	100m:	1:13.23	38.97	200m:	2:33.78	40.57	300m:	3:54.25	40.49	400m:	5:13.30	38.81
22.	Soley Helga Sigfríðardottir		12	Armann						5:14.75	418	ÍM
	50m:	35.00	35.00	150m:	1:53.67	40.75	250m:	3:15.16	41.18	350m:	4:36.64	41.04
	100m:	1:12.92	37.92	200m:	2:33.98	40.31	300m:	3:55.60	40.44	400m:	5:14.75	38.11
23.	Lilja Rákel Hannesdottir Bríðde		11	UBK						5:15.27	416	ÍM
	50m:	35.83	35.83	150m:	1:55.16	40.18	250m:	3:15.47	40.69	350m:	4:35.97	40.09
	100m:	1:14.98	39.15	200m:	2:34.78	39.62	300m:	3:55.88	40.41	400m:	5:15.27	39.30
24.	Natalia Fanney Sigurdardottir		10	IRB						5:20.45	396	* ÍM
	50m:	35.83	35.83	150m:	1:55.98	40.47	250m:	3:19.44	42.25	350m:	4:41.40	40.18
	100m:	1:15.51	39.68	200m:	2:37.19	41.21	300m:	4:01.22	41.78	400m:	5:20.45	39.05
25.	Theodís Styrmissdottir		11	UBK						5:21.64	391	* ÍM
	50m:	34.93	34.93	150m:	1:54.90	40.86	250m:	3:17.41	41.42	350m:	4:41.07	41.39
	100m:	1:14.04	39.11	200m:	2:35.99	41.09	300m:	3:59.68	42.27	400m:	5:21.64	40.57
26.	Lena Przybylska		11	IRB						5:24.06	383	*
	50m:	36.49	36.49	150m:	1:56.27	40.55	250m:	3:19.74	42.31	350m:	4:43.84	42.10
	100m:	1:15.72	39.23	200m:	2:37.43	41.16	300m:	4:01.74	42.00	400m:	5:24.06	40.22
27.	Emilia Björt Magnúsdottir		10	SH						5:24.51	381	*
	50m:	36.30	36.30	150m:	2:00.64	42.22	250m:	3:24.35	40.88	350m:	4:45.45	39.94
	100m:	1:18.42	42.12	200m:	2:43.47	42.83	300m:	4:05.51	41.16	400m:	5:24.51	39.06
28.	Birna Run Jónsdottir		09	IA						5:29.21	365	*
	50m:	36.94	36.94	150m:	2:00.33	42.52	250m:	3:24.47	42.02	350m:	4:49.29	42.06
	100m:	1:17.81	40.87	200m:	2:42.45	42.12	300m:	4:07.23	42.76	400m:	5:29.21	39.92
29.	Hildur Eldey Guðjónsdottir		11	UBK						5:33.18	352	*
	50m:	38.64	38.64	150m:	2:03.43	43.25	250m:	3:28.91	42.88	350m:	4:53.41	41.63
	100m:	1:20.18	41.54	200m:	2:46.03	42.60	300m:	4:11.78	42.87	400m:	5:33.18	39.77
30.	Tinna Salome Róbertsdottir		11	UBK						5:33.58	351	*
	50m:	37.29	37.29	150m:	2:02.88	43.66	250m:	3:29.22	42.93	350m:	4:53.31	41.63
	100m:	1:19.22	41.93	200m:	2:46.29	43.41	300m:	4:11.68	42.46	400m:	5:33.58	40.27

Event 1, Women, 400m Freestyle, Open

Rank			YB							Time	Pts	
31.	Hugrun Gudmundsdottir		08	Agir						5:36.64	341 *	
	50m:	34.94	34.94	150m:	1:57.85	42.06	250m:	3:26.28	43.99	350m:	4:54.12	43.71
	100m:	1:15.79	40.85	200m:	2:42.29	44.44	300m:	4:10.41	44.13	400m:	5:36.64	42.52
32.	Stefania Run Hjartardottir		09	UMFB						5:37.31	339 *	
	50m:	36.33	36.33	150m:	2:01.20	42.67	250m:	3:28.32	43.76	350m:	4:55.37	43.71
	100m:	1:18.53	42.20	200m:	2:44.56	43.36	300m:	4:11.66	43.34	400m:	5:37.31	41.94
33.	Katrín Lind Runarsdóttir		11	UMFB						5:37.91	337 *	
	50m:	34.11	34.11	150m:	1:57.94	42.63	250m:	3:27.30	44.89	350m:	4:56.42	44.28
	100m:	1:15.31	41.20	200m:	2:42.41	44.47	300m:	4:12.14	44.84	400m:	5:37.91	41.49
34.	Thorey Isafold Magnúsdóttir		99	Armann						5:40.81	329 *	
	50m:	40.08	40.08	150m:	2:07.47	43.70	250m:	3:33.98	42.98	350m:	4:59.64	42.86
	100m:	1:23.77	43.69	200m:	2:51.00	43.53	300m:	4:16.78	42.80	400m:	5:40.81	41.17
DNF	Alfrun Loa Jónsdóttir		10	Armann								
	50m:	34.43	34.43	150m:	1:52.54	39.70	250m:	3:13.34	39.87	350m:		
	100m:	1:12.84	38.41	200m:	2:33.47	40.93	300m:	4:05.87	52.53	400m:		