

Event 12  
22.03.2025 - 16:03

Women, 400m Medley

Open  
Results

Mótsmet	5:00.25	Hrafnhildur Lúthersdóttir	SH		01.06.2010
Íslandsmet	4:46.70	Hrafnhildur Lúthersdóttir	SH	Reykjavík	05.06.2015
Íslandsmet Unglinga	4:55.17	Eygló Ósk Gústafsdóttir	AEGIR	Luxembourg (LUX)	31.05.2013
Íslandsmet Aldursflokka	5:04.17	Eygló Ósk Gústafsdóttir	AEGIR	Reykjanesbaer	29.05.2010

HM SSÍ : 4:51.55 / EM23 19 - 23: 4:56.93 / EMU 16 - 18: 5:02.22 / NÆM 14 - 16: 5:14.69 / GSSE : 5:11.37 / ÍM Open: 6:03.80; - 18: 6:10.18

Points: AQUA 2025

Rank			YB							Time	Pts		
1.	Eva Margret Falsdóttir		05	IRB						<b>5:01.93</b>	671	SSÍ	
	50m:	31.57	31.57	150m:	1:48.96	41.06	250m:	3:10.26	41.56	350m:	4:28.31	35.72	
	100m:	1:07.90	36.33	200m:	2:28.70	39.74	300m:	3:52.59	42.33	400m:	5:01.93	33.62	
2.	Solveig Freyja Hakonardóttir		09	UBK						<b>5:14.39</b>	594	NÆM	
	50m:	33.36	33.36	150m:	1:54.06	42.29	250m:	3:18.86	44.64	350m:	4:39.69	36.07	
	100m:	1:11.77	38.41	200m:	2:34.22	40.16	300m:	4:03.62	44.76	400m:	5:14.39	34.70	
3.	Auguste Balciunaite		11	SH						<b>5:27.16</b>	527	ÍM	
	50m:	35.57	35.57	150m:	2:01.02	44.32	250m:	3:30.21	46.55	350m:	4:51.53	35.43	
	100m:	1:16.70	41.13	200m:	2:43.66	42.64	300m:	4:16.10	45.89	400m:	5:27.16	35.63	
4.	Austeja Savickaite		09	IRB						<b>5:30.42</b>	512	ÍM	
	50m:	34.64	34.64	150m:	1:58.17	44.34	250m:	3:27.87	46.26	350m:	4:54.17	38.92	
	100m:	1:13.83	39.19	200m:	2:41.61	43.44	300m:	4:15.25	47.38	400m:	5:30.42	36.25	
5.	Natalia Eir Curtis		10	Armann						<b>5:42.26</b>	460	ÍM	
	50m:	39.02	39.02	150m:	2:08.60	44.35	250m:	3:40.94	49.48	350m:	5:05.95	37.63	
	100m:	1:24.25	45.23	200m:	2:51.46	42.86	300m:	4:28.32	47.38	400m:	5:42.26	36.31	
6.	Karen Julia Traustadóttir		12	IRB						<b>5:47.85</b>	439	ÍM	
	50m:	37.96	37.96	150m:	2:05.46	43.41	250m:	3:39.06	50.04	350m:	5:08.84	39.64	
	100m:	1:22.05	44.09	200m:	2:49.02	43.56	300m:	4:29.20	50.14	400m:	5:47.85	39.01	
7.	Adriana Agnes Derti		10	IRB						<b>5:52.67</b>	421	ÍM	
	50m:	36.34	36.34	150m:	2:02.77	45.27	250m:	3:41.46	53.55	350m:	5:14.95	39.17	
	100m:	1:17.50	41.16	200m:	2:47.91	45.14	300m:	4:35.78	54.32	400m:	5:52.67	37.72	
8.	Alfrun Loa Jónsdóttir		10	Armann						<b>5:58.39</b>	401	ÍM	
	50m:	38.85	38.85	150m:	2:14.81	46.67	250m:	3:50.18	49.07	350m:	5:19.82	40.40	
	100m:	1:28.14	49.29	200m:	3:01.11	46.30	300m:	4:39.42	49.24	400m:	5:58.39	38.57	
9.	Karen Anna Orłita		12	IA						<b>6:01.84</b>	390	ÍM	
	50m:	38.62	38.62	150m:	2:13.48	49.31	250m:	3:51.91	52.14	350m:	5:24.28	39.95	
	100m:	1:24.17	45.55	200m:	2:59.77	46.29	300m:	4:44.33	52.42	400m:	6:01.84	37.56	
10.	Karen Sif Helgadóttir		10	Armann						<b>6:06.97</b>	373	ÍM	
	50m:	39.75	39.75	150m:	2:14.03	47.06	250m:	3:53.28	54.97	350m:	5:29.35	40.27	
	100m:	1:26.97	47.22	200m:	2:58.31	44.28	300m:	4:49.08	55.80	400m:	6:06.97	37.62	
11.	Fridrika Sif Agustsdóttir		10	ODINN						<b>6:08.74</b>	368	ÍM	
	50m:	37.68	37.68	150m:	2:11.19	48.78	250m:	3:53.00	55.12	350m:	5:29.26	41.64	
	100m:	1:22.41	44.73	200m:	2:57.88	46.69	300m:	4:47.62	54.62	400m:	6:08.74	39.48	
12.	Agusta Elly Kristinsdóttir		11	Armann						<b>6:12.49</b>	357		
	50m:	40.84	40.84	150m:	2:20.55	49.22	250m:	3:57.38	49.16	350m:	5:30.86	43.76	
	100m:	1:31.33	50.49	200m:	3:08.22	47.67	300m:	4:47.10	49.72	400m:	6:12.49	41.63	
DSQ	Ema Austa Pratusyte		10	SH						<b>5:34.38</b>		ÍM	
	<i>Br1 - Fleiri en eitt flugsundsátak var notað í upphafi sunds eða eftir snúning (SW 7.1)</i>												
	50m:	36.03	36.03	150m:	2:01.02	41.90	250m:	3:31.97	50.42	350m:	4:58.24	37.38	
	100m:	1:19.12	43.09	200m:	2:41.55	40.53	300m:	4:20.86	48.89	400m:	5:34.38	36.14	

Event 12, Women, 400m Medley, Open

Rank	YB		Time		Pts						
DSQ	Isabella Johannsdottir	10	ODINN	<b>5:57.32</b>	ÍM						
<i>Ba10 - Keppandi lauk ekki sundinu á bakinu (SW 6.5)</i>											
50m:	38.51	38.51	150m:	2:14.60	48.75	250m:	3:48.50	46.03	350m:	5:17.37	40.13
100m:	1:25.85	47.34	200m:	3:02.47	47.87	300m:	4:37.24	48.74	400m:	5:57.32	39.95