

Lýsismót Ármanns
Reykjavík, 5. - 6.4.2025

Event 6
05.04.2025 - 10:20

Women, 400m Medley

Open
Results

Points: AQUA 2025

Rank			YB			Time			Pts
13 years and younger									
1.	Bryndis Run Gudnadottir		13	Armann		5:58.04			
	50m:	39.39 39.39	150m:	2:15.84 48.88	250m:	3:50.53 48.80	350m:	5:19.41 40.34	
	100m:	1:26.96 47.57	200m:	3:01.73 45.89	300m:	4:39.07 48.54	400m:	5:58.04 38.63	
2.	Arora Mjoll Jonsdottir		13	Armann		6:12.42			
	50m:	45.02 45.02	150m:	2:27.67 49.35	250m:	4:04.12 48.53	350m:	5:34.29 41.36	
	100m:	1:38.32 53.30	200m:	3:15.59 47.92	300m:	4:52.93 48.81	400m:	6:12.42 38.13	
3.	Herdis Dadadottir		12	Armann		6:39.01			
	50m:	47.74 47.74	150m:	2:34.22 50.42	250m:	4:17.33 54.04	350m:	5:56.02 44.53	
	100m:	1:43.80 56.06	200m:	3:23.29 49.07	300m:	5:11.49 54.16	400m:	6:39.01 42.99	
DSQ	Sofia Cogalniceanu		12	Armann		6:07.49			
	<i>Bf3 - Hreyfing fóta ósamhæfð (SW 8.3)</i>								
	50m:	41.17 41.17	150m:	2:17.96 45.77	250m:	3:56.87 53.67	350m:	5:28.73 40.00	
	100m:	1:32.19 51.02	200m:	3:03.20 45.24	300m:	4:48.73 51.86	400m:	6:07.49 38.76	
DSQ	Margret Brynja Steingrimsdottir		12	Afturelding		6:27.54			
	<i>Ba8 - Keppandi notar fleiri en eina eða tvær samfeldar armsveiflur í snúningi eða snúningur er ekki samfeldur (SW 6.4)</i>								
	50m:	42.21 42.21	150m:	3:14.98 1:40.99	250m:	4:07.64	350m:	5:46.29	
	100m:	1:33.99 51.78	200m:		300m:		400m:	6:27.54 41.25	
DSQ	Soley Katrin Simonsd.Knight		12	Armann		6:54.82			
	<i>Ba7 - Keppandi snertir ekki bakkann í snúningi (SW 6.4)</i>								
	50m:	51.46 51.46	150m:	2:40.34 48.51	250m:	4:27.52 57.27	350m:		
	100m:	1:51.83 1:00.37	200m:	3:30.25 49.91	300m:	5:27.27 59.75	400m:	6:54.82	
14 - 15 years									
1.	Gabriela Roza Bondarow		10	Armann		5:44.39			
	50m:	36.79 36.79	150m:	2:06.96 43.45	250m:	3:39.27 49.36	350m:	5:07.68 38.99	
	100m:	1:23.51 46.72	200m:	2:49.91 42.95	300m:	4:28.69 49.42	400m:	5:44.39 36.71	
2.	Anna Gloria Karadottir		11	Armann		6:22.42			
	50m:	40.70 40.70	150m:	2:21.26 52.95	250m:	4:07.76 54.82	350m:	5:42.55 40.79	
	100m:	1:28.31 47.61	200m:	3:12.94 51.68	300m:	5:01.76 54.00	400m:	6:22.42 39.87	
3.	Ayja Katrin Armstrong		11	Armann		6:35.28			
	50m:	40.68 40.68	150m:		250m:	4:13.62 56.97	350m:	5:54.70 43.80	
	100m:	1:32.78 52.10	200m:	3:16.65	300m:	5:10.90 57.28	400m:	6:35.28 40.58	