

Sundgrein 13

kvenna, 400m fjórsund

Opinn

18.10.2025 - 16:00

Úrslitalistar

Mótsmet	4:50.73	Eva Margrét Falsdóttir	ISL	Hafnarfjörður	19.10.2024
Íslandsmet	4:43.56	Hrafnhildur Luthersdóttir	SH	Hafnarfjörður	15.11.2015
Íslandsmet Unglinga	4:46.36	Eygló Ósk Gústafsdóttir	AEGIR	Hafnarfjörður	24.11.2013
Íslandsmet Aldursflokka	4:53.67	Ólöf Edda Eðvarðsdóttir	IRB	Laugardalslaug	10.12.2011

ÍM 18 +: 5:56.26; - 18: 6:02.40 / EM : 4:48.64 / NM-A 18 +: 4:55.58; 14 - 17: 5:02.37 / NM-B 18 +: 4:58.53; 14 - 17: 5:05.39

Stig: AQUA 2024

Sæti	F.ár				Tími	Stig
1. Eva Margrét Falsdóttir	05 ÍRB				4:51.87	698 ÍM NM NMB
50m: 30.62 30.62	150m: 1:43.82	38.42	250m: 3:02.91	41.12	350m: 4:18.63	34.65
100m: 1:05.40 34.78	200m: 2:21.79	37.97	300m: 3:43.98	41.07	400m: 4:51.87	33.24
2. Sólveig Freyja Hákonardóttir	09 SH				4:56.43	666 ÍM NM NMB
50m: 31.34 31.34	150m: 1:46.69	39.34	250m: 3:08.09	42.73	350m: 4:24.11	33.12
100m: 1:07.35 36.01	200m: 2:25.36	38.67	300m: 3:50.99	42.90	400m: 4:56.43	32.32
3. Ylfa Lind Kristmannsdóttir	08 Ármann				5:05.02	611 ÍM NMB
50m: 31.44 31.44	150m: 1:46.20	38.72	250m: 3:07.33	43.70	350m: 4:28.95	36.72
100m: 1:07.48 36.04	200m: 2:23.63	37.43	300m: 3:52.23	44.90	400m: 5:05.02	36.07
4. Ema Austa Pratusyté	10 SH				5:20.23	528 ÍM
50m: 34.44 34.44	150m: 1:55.16	40.04	250m: 3:22.20	47.64	350m: 4:45.61	36.08
100m: 1:15.12 40.68	200m: 2:34.56	39.40	300m: 4:09.53	47.33	400m: 5:20.23	34.62
5. Guðrún Ísold Harðardóttir	11 ÍRB				5:31.91	474 ÍM
50m: 36.85 36.85	150m: 2:03.40	42.91	250m: 3:31.98	46.02	350m: 4:56.01	36.93
100m: 1:20.49 43.64	200m: 2:45.96	42.56	300m: 4:19.08	47.10	400m: 5:31.91	35.90