

Sundgrein 25

karla, 400m fjórsund

Opinn

19.10.2025 - 10:00

Úrslitalistar

Mótsmet	4:25.17	Hólmar Grétarsson	ISL	Hafnarfjörður	20.10.2024
Íslandsmet	4:11.78	Orn Arnarson	SH	Vestmannaeyjar	16.03.2001
Íslandsmet Unglinga	4:18.12	Anton Sveinn McKee	AEGIR	Laugardalslaug	10.12.2011
Íslandsmet Aldursflokka	4:27.16	Hólmar Grétarsson	SH	Tartu (EST)	03.12.2023

ÍM 18 +: 5:27.55; - 18: 5:33.20 / EM : 4:19.16 / NM-A 18 +: 4:26.15; 14 - 17: 4:32.14 / NM-B 18 +: 4:28.81; 14 - 17: 4:34.87

Stig: AQUA 2024

Sæti			F.ár						Tími	Stig		
1.	Hólmar Grétarsson		08	SH					4:20.81	729 ÍM NM NMB		
	<i>Nýtt mótsmet</i>											
	50m:	27.56	27.56	150m:	1:32.88	33.86	250m:	2:43.18	37.19	350m:	3:51.27	30.46
	100m:	59.02	31.46	200m:	2:05.99	33.11	300m:	3:20.81	37.63	400m:	4:20.81	29.54
2.	Adam Leó Tómasson		07	SH					4:31.33	648 ÍM ÍM		
	50m:	29.73	29.73	150m:	1:38.64	35.25	250m:	2:52.04	37.85	350m:	4:01.01	31.03
	100m:	1:03.39	33.66	200m:	2:14.19	35.55	300m:	3:29.98	37.94	400m:	4:31.33	30.32
3.	Daði Rafn Falsson		08	ÍRB					4:37.81	603 ÍM		
	50m:	28.86	28.86	150m:	1:39.42	36.84	250m:	2:54.92	39.21	350m:	4:06.64	32.50
	100m:	1:02.58	33.72	200m:	2:15.71	36.29	300m:	3:34.14	39.22	400m:	4:37.81	31.17
4.	Jón Ingi Einarsson		11	Óðinn					5:00.16	478 ÍM		
	50m:	31.66	31.66	150m:	1:49.46	40.78	250m:	3:09.99	41.11	350m:	4:27.17	35.23
	100m:	1:08.68	37.02	200m:	2:28.88	39.42	300m:	3:51.94	41.95	400m:	5:00.16	32.99
5.	Kristjón Hrafn Kjartansson		11	SH					5:13.50	420 ÍM		
	50m:	31.72	31.72	150m:	1:47.68	38.68	250m:	3:14.00	47.27	350m:	4:38.29	35.83
	100m:	1:09.00	37.28	200m:	2:26.73	39.05	300m:	4:02.46	48.46	400m:	5:13.50	35.21
6.	Alexander Reid McCormick		10	Óðinn					5:13.84	418 ÍM		
	50m:	34.22	34.22	150m:	1:56.61	42.09	250m:	3:20.01	43.46	350m:	4:39.97	36.10
	100m:	1:14.52	40.30	200m:	2:36.55	39.94	300m:	4:03.87	43.86	400m:	5:13.84	33.87
7.	Sævar Sindri Jóhannesson		10	SH					5:23.47	382 ÍM		
	50m:	34.22	34.22	150m:	1:57.48	44.24	250m:	3:24.93	44.99	350m:	4:48.21	37.34
	100m:	1:13.24	39.02	200m:	2:39.94	42.46	300m:	4:10.87	45.94	400m:	5:23.47	35.26
8.	Magni Rafn Ragnarsson		10	Óðinn					5:35.42	343		
	50m:	35.89	35.89	150m:	2:02.93	44.34	250m:	3:32.22	45.66	350m:	4:57.77	39.64
	100m:	1:18.59	42.70	200m:	2:46.56	43.63	300m:	4:18.13	45.91	400m:	5:35.42	37.65
9.	Cecil Bjartur Cameron		12	Ármann					5:52.70	295		
	50m:	37.10	37.10	150m:	2:10.13	45.36	250m:	3:43.40	49.96	350m:	5:15.78	41.05
	100m:	1:24.77	47.67	200m:	2:53.44	43.31	300m:	4:34.73	51.33	400m:	5:52.70	36.92
10.	Halldór Ingi Ólafsson		13	SH					5:53.16	293		
	50m:	37.64	37.64	150m:	2:09.45	44.74	250m:	3:45.74	53.00	350m:	5:16.02	38.56
	100m:	1:24.71	47.07	200m:	2:52.74	43.29	300m:	4:37.46	51.72	400m:	5:53.16	37.14