

Sundgrein 3
18.10.2025 - 10:35

kvenna, 400m skriðsund

Opinn
Úrslitalistar

Mótsmet	4:15.91	Inga Elín Cryer	ÍA		31.10.2012
Íslandsmet	4:11.61	Inga Elín Cryer	IA	Doha (QAT)	05.12.2014
Íslandsmet Unglinga	4:13.69	Vala Dís Cicero	SH	Hafnarfjordur	08.11.2024
Íslandsmet Aldursflokka	4:15.57	Eygló Ósk Gústafsdóttir	AEGIR	Hafnarfjoerdur	26.06.2010

ÍM 18 +: 5:05.22; - 18: 5:10.58 / EM : 4:16.83 / NM-A 18 +: 4:23.00; 14 - 17: 4:29.04 / NM-B 18 +: 4:25.63; 14 - 17: 4:31.73

Stig: AQUA 2024

Sæti	F.ár				Tími	Stig
1. Eva Margrét Falsdóttir	05 ÍRB				4:19.05	711 ÍM NM NMB
50m: 29.54 29.54	150m: 1:33.75	32.59	250m: 2:39.98	33.41	350m: 3:46.27	33.18
100m: 1:01.16 31.62	200m: 2:06.57	32.82	300m: 3:13.09	33.11	400m: 4:19.05	32.78
2. Katja Lilja Andriysoóttir	06 SH				4:24.55	668 ÍM NMB
50m: 30.21 30.21	150m: 1:35.91	33.13	250m: 2:43.35	33.92	350m: 3:51.07	33.98
100m: 1:02.78 32.57	200m: 2:09.43	33.52	300m: 3:17.09	33.74	400m: 4:24.55	33.48
3. Alicja Julia Kempisty	10 SH				4:32.83	609 ÍM
50m: 30.25 30.25	150m: 1:37.11	34.03	250m: 2:47.90	35.38	350m: 3:59.24	35.37
100m: 1:03.08 32.83	200m: 2:12.52	35.41	300m: 3:23.87	35.97	400m: 4:32.83	33.59
4. Bjarndís Olga Hansen	10 Ægir				4:41.64	553 ÍM
50m: 31.86 31.86	150m: 1:42.00	35.42	250m: 2:53.13	35.59	350m: 4:06.07	36.47
100m: 1:06.58 34.72	200m: 2:17.54	35.54	300m: 3:29.60	36.47	400m: 4:41.64	35.57
5. Natalía Eir Curtis	10 Ármann				4:44.39	538 ÍM
50m: 32.08 32.08	150m: 1:43.36	35.97	250m: 2:56.41	36.43	350m: 4:09.23	36.42
100m: 1:07.39 35.31	200m: 2:19.98	36.62	300m: 3:32.81	36.40	400m: 4:44.39	35.16
6. Viktoría Emilia Orlita	09 ÍA				4:50.31	505 ÍM
50m: 33.13 33.13	150m: 1:45.10	36.23	250m: 2:58.67	36.92	350m: 4:14.67	38.32
100m: 1:08.87 35.74	200m: 2:21.75	36.65	300m: 3:36.35	37.68	400m: 4:50.31	35.64
7. Guðrún Ísold Harðardóttir	11 ÍRB				4:51.18	501 ÍM
50m: 32.04 32.04	150m: 1:43.73	36.17	250m: 2:57.84	37.20	350m: 4:13.59	37.87
100m: 1:07.56 35.52	200m: 2:20.64	36.91	300m: 3:35.72	37.88	400m: 4:51.18	37.59
8. Gabriela Róza Bondarow	10 Ármann				4:56.14	476 ÍM
50m: 31.70 31.70	150m: 1:45.58	37.54	250m: 3:01.98	38.12	350m: 4:19.33	38.60
100m: 1:08.04 36.34	200m: 2:23.86	38.28	300m: 3:40.73	38.75	400m: 4:56.14	36.81
9. Thelma Ösp Sveinbjörnsdóttir	10 SH				4:56.46	474 ÍM
50m: 31.97 31.97	150m: 1:46.17	37.90	250m: 3:02.79	38.06	350m: 4:19.31	38.54
100m: 1:08.27 36.30	200m: 2:24.73	38.56	300m: 3:40.77	37.98	400m: 4:56.46	37.15
10. Sóley Helga Sigfríðardóttir	12 Ármann				4:58.92	463 ÍM
50m: 33.85 33.85	150m: 1:48.10	37.66	250m: 3:04.68	38.40	350m: 4:22.02	38.39
100m: 1:10.44 36.59	200m: 2:26.28	38.18	300m: 3:43.63	38.95	400m: 4:58.92	36.90
11. Eva Goda Pratusyté	12 SH				5:00.71	455 ÍM
50m: 34.60 34.60	150m: 1:51.41	38.69	250m: 3:07.96	38.48	350m: 4:24.39	37.85
100m: 1:12.72 38.12	200m: 2:29.48	38.07	300m: 3:46.54	38.58	400m: 5:00.71	36.32
12. Ásta Þórey Einarsdóttir	13 SH				5:00.88	454 ÍM
50m: 33.84 33.84	150m: 1:49.85	38.62	250m: 3:07.63	38.65	350m: 4:24.46	38.19
100m: 1:11.23 37.39	200m: 2:28.98	39.13	300m: 3:46.27	38.64	400m: 5:00.88	36.42
13. Elsa Diljá Lunddal Rúnarsdóttir	10 SH				5:01.49	451 ÍM
50m: 34.00 34.00	150m: 1:48.88	37.49	250m: 3:05.83	38.48	350m: 4:23.37	38.81
100m: 1:11.39 37.39	200m: 2:27.35	38.47	300m: 3:44.56	38.73	400m: 5:01.49	38.12
14. Aldís Ogmundsdóttir	09 Sunddeild KR				5:01.93	449 ÍM
50m: 34.79 34.79	150m: 1:50.62	38.10	250m: 3:07.58	38.55	350m: 4:24.42	38.36
100m: 1:12.52 37.73	200m: 2:29.03	38.41	300m: 3:46.06	38.48	400m: 5:01.93	37.51

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Sæti					F.ár					Tími	Stig	
15.	Emilía Björt Magnúsdóttir				10	SH				5:05.76	432 ÍM	
	50m:	35.23	35.23	150m:	1:52.29	38.90	250m:	3:11.48	39.51	350m:	4:29.51	38.83
	100m:	1:13.39	38.16	200m:	2:31.97	39.68	300m:	3:50.68	39.20	400m:	5:05.76	36.25
16.	Natalía Fanney Sigurðardóttir				10	ÍRB				5:06.09	431 ÍM	
	50m:	33.87	33.87	150m:	1:50.48	38.88	250m:	3:09.36	39.75	350m:	4:28.13	39.01
	100m:	1:11.60	37.73	200m:	2:29.61	39.13	300m:	3:49.12	39.76	400m:	5:06.09	37.96
17.	Hanna Steinunn Guðnadóttir				11	ÍRB				5:06.22	430 ÍM	
	50m:	34.46	34.46	150m:	1:51.11	38.88	250m:	3:10.24	39.83	350m:	4:28.41	38.85
	100m:	1:12.23	37.77	200m:	2:30.41	39.30	300m:	3:49.56	39.32	400m:	5:06.22	37.81
18.	Hildur Eldey Guðjónsdóttir				11	Sunddeild Breiðabliks				5:07.83	424 ÍM	
	50m:	35.05	35.05	150m:	1:52.06	38.70	250m:	3:11.14	39.87	350m:	4:29.21	39.18
	100m:	1:13.36	38.31	200m:	2:31.27	39.21	300m:	3:50.03	38.89	400m:	5:07.83	38.62
19.	Thea Sif Hjaltadóttir				11	Ármann				5:09.88	415 ÍM	
	50m:	33.51	33.51	150m:	1:50.76	38.85	250m:	3:10.32	40.48	350m:	4:29.85	39.45
	100m:	1:11.91	38.40	200m:	2:29.84	39.08	300m:	3:50.40	40.08	400m:	5:09.88	40.03
20.	Ágústa Elly Kristinsdóttir				11	Ármann				5:13.72	400	
	50m:	34.74	34.74	150m:	1:54.91	40.58	250m:	3:15.72	40.73	350m:	4:35.66	39.85
	100m:	1:14.33	39.59	200m:	2:34.99	40.08	300m:	3:55.81	40.09	400m:	5:13.72	38.06
21.	Anna Gloría Káradóttir				11	Ármann				5:19.49	379	
	50m:	35.81	35.81	150m:	1:56.15	40.42	250m:	3:18.51	41.25	350m:	4:40.64	40.84
	100m:	1:15.73	39.92	200m:	2:37.26	41.11	300m:	3:59.80	41.29	400m:	5:19.49	38.85
22.	Alexandra Dís Gunnarsdóttir				11	ÍRB				5:19.54	379	
	50m:	34.44	34.44	150m:	1:54.82	40.64	250m:	3:17.51	41.48	350m:	4:40.08	41.46
	100m:	1:14.18	39.74	200m:	2:36.03	41.21	300m:	3:58.62	41.11	400m:	5:19.54	39.46
23.	Ayja Katrín Armstrong				11	Ármann				5:30.42	343 *	
	50m:	36.32	36.32	150m:	1:57.62	41.47	250m:	3:22.98	43.42	350m:	4:49.75	43.73
	100m:	1:16.15	39.83	200m:	2:39.56	41.94	300m:	4:06.02	43.04	400m:	5:30.42	40.67
24.	Agnetha Ýr Guðmundsdóttir				12	Sunddeild Breiðabliks				5:32.18	337 *	
	50m:	35.79	35.79	150m:	1:58.04	41.88	250m:	3:24.13	43.03	350m:	4:51.65	43.73
	100m:	1:16.16	40.37	200m:	2:41.10	43.06	300m:	4:07.92	43.79	400m:	5:32.18	40.53
25.	Arndis Margret Magnúsdóttir				12	Óðinn				5:35.85	326 *	
	50m:	36.84	36.84	150m:	2:00.39	42.51	250m:	3:26.33	43.68	350m:	4:53.64	43.30
	100m:	1:17.88	41.04	200m:	2:42.65	42.26	300m:	4:10.34	44.01	400m:	5:35.85	42.21