

Sundgrein 4
18.10.2025 - 10:53

karla, 400m skriðsund

Opinn
Úrslitalistar

Mótsmet	3:56.80	Kristófer Sigurðsson	ÍRB		31.10.2014
Íslandsmet	3:47.83	Anton Sveinn McKee	ÆGIR	Istanbul (TUR)	14.12.2012
Íslandsmet Unglinga	3:52.06	Anton Sveinn McKee	ÆGIR	Laugardalslaug	11.12.2011
Íslandsmet Aldursflokka	4:04.34	Magnús Viðir Jónsson	SH	Hafnarfjörður	21.10.2023

ÍM 18 +: 4:39.87; - 18: 4:44.78 / EM : 3:51.40 / NM-A 18 +: 3:57.64; 14 - 17: 4:03.00 / NM-B 18 +: 4:00.02; 14 - 17: 4:05.43

Stig: AQUA 2024

Sæti			F.ár						Tími	Stig		
1.	Ýmir Chatenay Sölvason		06	SH					3:56.14	726	ÍM NM NMB	
	<i>Nýtt mótsmet</i>											
	50m:	26.90	26.90	150m:	1:26.22	29.93	250m:	2:27.26	30.38	350m:	3:27.86	30.18
	100m:	56.29	29.39	200m:	1:56.88	30.66	300m:	2:57.68	30.42	400m:	3:56.14	28.28
2.	Magnús Viðir Jónsson		08	SH					3:56.33	724	ÍM NM NMB	
	50m:	27.46	27.46	150m:	1:26.63	29.49	250m:	2:27.27	30.34	350m:	3:27.65	30.08
	100m:	57.14	29.68	200m:	1:56.93	30.30	300m:	2:57.57	30.30	400m:	3:56.33	28.68
3.	Andri Már Kristjánsson		06	SH					4:05.52	646	ÍM	
	50m:	28.00	28.00	150m:	1:29.11	30.59	250m:	2:31.65	31.21	350m:	3:34.69	31.53
	100m:	58.52	30.52	200m:	2:00.44	31.33	300m:	3:03.16	31.51	400m:	4:05.52	30.83
4.	Birgir Hrafn Kjartansson		08	Ægir					4:06.86	635	ÍM	
	50m:	27.57	27.57	150m:	1:27.64	30.31	250m:	2:30.53	31.66	350m:	3:34.71	32.37
	100m:	57.33	29.76	200m:	1:58.87	31.23	300m:	3:02.34	31.81	400m:	4:06.86	32.15
5.	Árni Þór Pálmason		09	ÍRB					4:17.40	560	ÍM	
	50m:	28.79	28.79	150m:	1:32.21	31.90	250m:	2:37.96	32.86	350m:	3:44.76	33.41
	100m:	1:00.31	31.52	200m:	2:05.10	32.89	300m:	3:11.35	33.39	400m:	4:17.40	32.64
6.	Andri Ólafsson		09	SH					4:20.78	539	ÍM	
	50m:	29.20	29.20	150m:	1:34.11	33.10	250m:	2:40.84	33.61	350m:	3:48.52	33.84
	100m:	1:01.01	31.81	200m:	2:07.23	33.12	300m:	3:14.68	33.84	400m:	4:20.78	32.26
7.	Már Óskar Þorsteinsson		07	SH					4:25.43	511	ÍM ÍM	
	50m:	29.85	29.85	150m:	1:35.83	33.41	250m:	2:43.68	33.82	350m:	3:51.90	34.29
	100m:	1:02.42	32.57	200m:	2:09.86	34.03	300m:	3:17.61	33.93	400m:	4:25.43	33.53
8.	Vanja Djurovic		09	SH					4:28.85	492	ÍM	
	50m:	29.28	29.28	150m:	1:34.94	33.33	250m:	2:44.15	34.68	350m:	3:54.81	35.33
	100m:	1:01.61	32.33	200m:	2:09.47	34.53	300m:	3:19.48	35.33	400m:	4:28.85	34.04
9.	Huginn Levi Pétursson		09	Sunddeild Breiðabliks					4:28.89	491	ÍM	
	50m:	29.06	29.06	150m:	1:36.89	34.66	250m:	2:47.09	34.94	350m:	3:56.76	34.60
	100m:	1:02.23	33.17	200m:	2:12.15	35.26	300m:	3:22.16	35.07	400m:	4:28.89	32.13
10.	Kristjón Hrafn Kjartansson		11	SH					4:34.43	462	ÍM	
	50m:	30.47	30.47	150m:	1:40.16	35.14	250m:	2:50.18	34.73	350m:	4:00.26	34.93
	100m:	1:05.02	34.55	200m:	2:15.45	35.29	300m:	3:25.33	35.15	400m:	4:34.43	34.17
11.	Alexander Reid McCormick		10	Óðinn					4:36.70	451	ÍM	
	50m:	30.73	30.73	150m:	1:39.72	34.87	250m:	2:51.50	35.96	350m:	4:03.19	35.62
	100m:	1:04.85	34.12	200m:	2:15.54	35.82	300m:	3:27.57	36.07	400m:	4:36.70	33.51
12.	Halldór Ingi Hafþórsson		08	SH					4:37.00	449	ÍM	
	50m:	31.16	31.16	150m:	1:40.73	35.24	250m:	2:51.84	35.80	350m:	4:02.25	35.53
	100m:	1:05.49	34.33	200m:	2:16.04	35.31	300m:	3:26.72	34.88	400m:	4:37.00	34.75
13.	Magni Rafn Ragnarsson		10	Óðinn					4:39.09	439	ÍM	
	50m:	31.28	31.28	150m:	1:40.72	35.10	250m:	2:52.07	35.87	350m:	4:04.12	35.95
	100m:	1:05.62	34.34	200m:	2:16.20	35.48	300m:	3:28.17	36.10	400m:	4:39.09	34.97
14.	Daníel Andriysson		11	SH					4:42.59	423	ÍM	
	50m:	32.12	32.12	150m:	1:43.57	35.83	250m:	2:55.44	35.68	350m:	4:07.30	35.67
	100m:	1:07.74	35.62	200m:	2:19.76	36.19	300m:	3:31.63	36.19	400m:	4:42.59	35.29

Sundgrein 4, karla, 400m skriðsund, Opinn

Sæti				F.ár				Tími	Stig			
15.	Þórður Karl Steinarsson			09	Sunddeild KR			4:43.58	419 ÍM			
	50m:	30.55	30.55	150m:	1:41.79	36.17	250m:	2:54.81	36.30	350m:	4:07.90	36.70
	100m:	1:05.62	35.07	200m:	2:18.51	36.72	300m:	3:31.20	36.39	400m:	4:43.58	35.68
16.	Andrej Tepavčević			12	SH			4:45.48	410			
	50m:	31.36	31.36	150m:	1:43.17	35.97	250m:	2:56.09	35.83	350m:	4:10.30	37.22
	100m:	1:07.20	35.84	200m:	2:20.26	37.09	300m:	3:33.08	36.99	400m:	4:45.48	35.18
17.	Aaron Sebastian Jóhannsson			12	SH			4:47.34	403			
	50m:	31.69	31.69	150m:	1:44.70	36.83	250m:	2:57.41	37.00	350m:	4:11.58	37.19
	100m:	1:07.87	36.18	200m:	2:20.41	35.71	300m:	3:34.39	36.98	400m:	4:47.34	35.76
18.	Gudlaugur Santiago Gudlaugsson			13	Sunddeild Breiðabliks			4:52.48	382			
	50m:	30.91	30.91	150m:	1:43.18	36.97	250m:	2:58.77	37.62	350m:	4:16.54	39.49
	100m:	1:06.21	35.30	200m:	2:21.15	37.97	300m:	3:37.05	38.28	400m:	4:52.48	35.94
19.	Tristan Orri Borghildarson			10	ÍRB			4:57.87	361			
	50m:	33.10	33.10	150m:	1:48.26	37.89	250m:	3:04.46	38.59	350m:	4:20.94	38.17
	100m:	1:10.37	37.27	200m:	2:25.87	37.61	300m:	3:42.77	38.31	400m:	4:57.87	36.93
20.	Benedikt Már Þorvaldsson			10	Óðinn			5:06.34	332 *			
	50m:	30.90	30.90	150m:	1:43.92	38.00	250m:	3:03.98	40.39	350m:	4:26.39	41.14
	100m:	1:05.92	35.02	200m:	2:23.59	39.67	300m:	3:45.25	41.27	400m:	5:06.34	39.95
21.	Kristinn Freyr Guðmundsson			14	ÍRB			5:14.98	305 *			
	50m:	35.09	35.09	150m:	1:54.74	40.36	250m:	3:16.09	40.96	350m:	4:37.48	40.67
	100m:	1:14.38	39.29	200m:	2:35.13	40.39	300m:	3:56.81	40.72	400m:	5:14.98	37.50
22.	Cecil Bjartur Cameron			12	Ármann			5:16.33	302 *			
	50m:	33.78	33.78	150m:	1:52.50	40.57	250m:	3:15.32	41.07	350m:	4:37.31	41.13
	100m:	1:11.93	38.15	200m:	2:34.25	41.75	300m:	3:56.18	40.86	400m:	5:16.33	39.02