

Úrvalsmót  
Hafnarfjörður, 28.9.2025

Sundgrein 8  
28.9.2025 - 10:09

karla, 400m skriðsund

Opinn  
Úrslitalistar

Stig: AQUA 2024

Sæti									F.ár	Sh					Tími	Stig
1.	Andri Ólafsson								09	Sh					<b>4:26.74</b>	503
	50m:			150m:				250m:				350m:	3:52.95			
	100m:			200m:				300m:				400m:	4:26.74	33.79		
2.	Már Óskar Þorsteinsson								07	Sh					<b>4:28.82</b>	492
	50m:	30.87	30.87	150m:	1:37.66	33.82		250m:	2:46.80	34.34		350m:	3:54.78	34.33		
	100m:	1:03.84	32.97	200m:	2:12.46	34.80		300m:	3:20.45	33.65		400m:	4:28.82	34.04		
3.	Kristjón Hrafn Kjartansson								11	Sh					<b>4:47.04</b>	404
	50m:	31.73	31.73	150m:	1:43.71	36.54		250m:	2:58.04	36.94		350m:	4:12.78	37.57		
	100m:	1:07.17	35.44	200m:	2:21.10	37.39		300m:	3:35.21	37.17		400m:	4:47.04	34.26		