

Sundgrein 1
7.3.2026 - 10:00

kvenna, 400m skriðsund

Opinn
Úrslitalistar

Mótsmet	4:24.04	Inga Elín Cryer	ÍA	Hafnarfjörður	1.4.2012
Íslandsmet	4:17.79	Snaefridur Sol Jorunnardóttir	ISL	Andorra La Vella (AND)	29.5.2025
Íslandsmet Unglinga	4:20.66	Sunneva Dögg Robertson	IRB	Reykjavík	22.4.2016
Íslandsmet Aldursflokka	4:23.24	Eygló Ósk Gústafsdóttir	AEGIR	Helsinki (FIN)	15.7.2010
EM : 4:21.27 / EMU 16 - 18: 4:27.17 / NÆM 14 - 16: 4:38.19 / ÍM Opinn: 5:16.35; - 18: 5:21.90					

Stig: AQUA 2025

Sæti	F.ár				Tími	Stig	
1.	Sólveig Freyja Hákonardóttir	09	SH		4:28.43	674	SSÍ ÍM ÍM
	50m: 30.91 30.91 150m: 1:38.00 34.21 250m: 2:46.03 33.86 350m: 3:54.71 34.70						
	100m: 1:03.79 32.88 200m: 2:12.17 34.17 300m: 3:20.01 33.98 400m: 4:28.43 33.72						
2.	Guðrún Ísold Harðardóttir	11	ÍRB		4:47.31	549	ÍM ÍM
	50m: 32.15 32.15 150m: 1:43.38 36.42 250m: 2:56.78 37.23 350m: 4:11.03 37.41						
	100m: 1:06.96 34.81 200m: 2:19.55 36.17 300m: 3:33.62 36.84 400m: 4:47.31 36.28						
3.	Sunna Arnfinnsdóttir	07	ÍA		4:48.64	542	ÍM
	50m: 32.79 32.79 150m: 1:45.48 36.89 250m: 3:00.09 37.41 350m: 4:13.97 36.45						
	100m: 1:08.59 35.80 200m: 2:22.68 37.20 300m: 3:37.52 37.43 400m: 4:48.64 34.67						
4.	Bjarndís Olga Hansen	10	Ægir		4:55.86	503	ÍM ÍM
	50m: 32.93 32.93 150m: 1:46.19 37.96 250m: 3:01.99 38.52 350m: 4:18.90 38.40						
	100m: 1:08.23 35.30 200m: 2:23.47 37.28 300m: 3:40.50 38.51 400m: 4:55.86 36.96						
5.	Þorgerður Freyja Helgadóttir	11	Sunddeild Breiðabliks		4:57.00	497	ÍM ÍM
	50m: 32.77 32.77 150m: 1:48.04 37.94 250m: 3:04.46 37.93 350m: 4:19.88 37.41						
	100m: 1:10.10 37.33 200m: 2:26.53 38.49 300m: 3:42.47 38.01 400m: 4:57.00 37.12						
6.	Thelma Ösp Sveinbjörnsdóttir	10	SH		4:59.59	484	ÍM ÍM
	50m: 31.86 31.86 150m: 1:46.30 37.88 250m: 3:04.62 39.05 350m: 4:22.95 38.70						
	100m: 1:08.42 36.56 200m: 2:25.57 39.27 300m: 3:44.25 39.63 400m: 4:59.59 36.64						
7.	Ema Austa Pratusyté	10	SH		4:59.74	484	ÍM ÍM
	50m: 33.19 33.19 150m: 1:48.20 38.17 250m: 3:05.07 38.40 350m: 4:22.31 38.43						
	100m: 1:10.03 36.84 200m: 2:26.67 38.47 300m: 3:43.88 38.81 400m: 4:59.74 37.43						
8.	Rannveig Perla Pétursdóttir	10	Ármann		5:01.51	475	ÍM ÍM
	50m: 32.09 32.09 150m: 1:46.35 37.86 250m: 3:04.50 39.18 350m: 4:23.40 39.01						
	100m: 1:08.49 36.40 200m: 2:25.32 38.97 300m: 3:44.39 39.89 400m: 5:01.51 38.11						
9.	Eva Goda Pratusyté	12	SH		5:03.86	464	ÍM ÍM
	50m: 34.27 34.27 150m: 1:51.46 38.74 250m: 3:09.92 39.24 350m: 4:27.71 38.45						
	100m: 1:12.72 38.45 200m: 2:30.68 39.22 300m: 3:49.26 39.34 400m: 5:03.86 36.15						
10.	Álfrún Lóa Jónsdóttir	10	Ármann		5:11.29	432	ÍM ÍM
	50m: 36.12 36.12 150m: 1:55.76 40.36 250m: 3:15.54 40.57 350m: 4:34.46 39.24						
	100m: 1:15.40 39.28 200m: 2:34.97 39.21 300m: 3:55.22 39.68 400m: 5:11.29 36.83						
11.	Hanna Steinunn Guðnadóttir	11	ÍRB		5:14.01	421	ÍM ÍM
	50m: 33.71 33.71 150m: 1:51.26 39.32 250m: 3:12.16 40.95 350m: 4:34.20 40.80						
	100m: 1:11.94 38.23 200m: 2:31.21 39.95 300m: 3:53.40 41.24 400m: 5:14.01 39.81						
12.	Freyja Sigríður Ásgeirsdóttir	07	Ægir		5:15.19	416	ÍM
	50m: 34.50 34.50 150m: 1:54.91 40.61 250m: 3:17.23 41.26 350m: 4:38.52 40.46						
	100m: 1:14.30 39.80 200m: 2:35.97 41.06 300m: 3:58.06 40.83 400m: 5:15.19 36.67						
13.	Hildur Eldey Guðjónsdóttir	11	Sunddeild Breiðabliks		5:16.18	412	ÍM ÍM
	50m: 36.25 36.25 150m: 1:56.44 40.69 250m: 3:17.84 40.99 350m: 4:38.45 40.32						
	100m: 1:15.75 39.50 200m: 2:36.85 40.41 300m: 3:58.13 40.29 400m: 5:16.18 37.73						
14.	Emilía Björt Magnúsdóttir	10	SH		5:17.14	408	ÍM
	50m: 35.89 35.89 150m: 1:56.69 40.90 250m: 3:17.96 41.05 350m: 4:39.22 40.86						
	100m: 1:15.79 39.90 200m: 2:36.91 40.22 300m: 3:58.36 40.40 400m: 5:17.14 37.92						

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Sæti			F.ár						Tími	Stig		
15.	Lena Przybylska		11		ÍRB				5:18.94	401	ÍM	
	50m:	36.04	36.04	150m:	1:55.45	41.04	250m:	3:18.17	42.36	350m:	4:40.43	41.32
	100m:	1:14.41	38.37	200m:	2:35.81	40.36	300m:	3:59.11	40.94	400m:	5:18.94	38.51
16.	Elsa Karen Karadottir		14		Sunddeild Breiðabliks				5:20.92	394	ÍM !!	
	50m:	34.81	34.81	150m:	1:56.47	40.94	250m:	3:19.38	40.77	350m:	4:42.32	40.65
	100m:	1:15.53	40.72	200m:	2:38.61	42.14	300m:	4:01.67	42.29	400m:	5:20.92	38.60
17.	Ágústa Elly Kristinsdóttir		11		Ármann				5:28.65	367	!!	
	50m:	36.56	36.56	150m:	2:00.85	42.51	250m:	3:26.08	42.67	350m:	4:50.09	41.45
	100m:	1:18.34	41.78	200m:	2:43.41	42.56	300m:	4:08.64	42.56	400m:	5:28.65	38.56
18.	Ástrós Lea Þorvaldsdóttir		13		Óðinn				5:28.93	366	!!	
	50m:	37.33	37.33	150m:	2:01.06	42.16	250m:	3:26.14	42.72	350m:	4:50.02	41.35
	100m:	1:18.90	41.57	200m:	2:43.42	42.36	300m:	4:08.67	42.53	400m:	5:28.93	38.91
19.	Viktoría Rós Guseva		12		Óðinn				5:32.68	354	!!	
	50m:	36.62	36.62	150m:	2:02.09	43.10	250m:	3:27.66	42.33	350m:	4:52.13	42.34
	100m:	1:18.99	42.37	200m:	2:45.33	43.24	300m:	4:09.79	42.13	400m:	5:32.68	40.55
20.	Ása Júlía Kaldal		09		Ægir				5:33.88	350	!!	
	50m:	36.24	36.24	150m:	2:00.24	42.55	250m:	3:25.88	42.55	350m:	4:52.17	43.63
	100m:	1:17.69	41.45	200m:	2:43.33	43.09	300m:	4:08.54	42.66	400m:	5:33.88	41.71