

Sundgrein 12
7.3.2026 - 16:05

kvenna, 400m fjórsund

Opinn
Úrslitalistar

Mótsmet	5:00.25	Hrafnhildur Lúthersdóttir	SH	Hafnarfjörður	1.6.2010
Íslandsmet	4:46.70	Hrafnhildur Lúthersdóttir	SH	Reykjavík	5.6.2015
Íslandsmet Unglinga	4:55.17	Eygló Ósk Gústafsdóttir	AEGIR	Luxembourg (LUX)	31.5.2013
Íslandsmet Aldursflokka	5:04.17	Eygló Ósk Gústafsdóttir	AEGIR	Reykjanesbaer	29.5.2010

EM : 4:55.54 / EMU 16 - 18: 5:02.22 / NÆM 14 - 16: 5:14.69 / ÍM Opinn: 6:10.18; - 18: 6:16.56

Stig: AQUA 2025

Sæti			F.ár			Tími	Stig	
1.	Auguste Balciunaite		11	SH		5:20.68	560	ÍM ÍM
	50m:	34.19 34.19	150m:	1:56.77	42.32	250m:	3:23.00	45.39
	100m:	1:14.45 40.26	200m:	2:37.61	40.84	300m:	4:08.86	45.86
			350m:	4:45.21	36.35	400m:	5:20.68	35.47
2.	Ema Austa Pratusyté		10	SH		5:33.69	497	ÍM ÍM
	50m:	35.07 35.07	150m:	2:00.36	42.66	250m:	3:30.06	48.52
	100m:	1:17.70 42.63	200m:	2:41.54	41.18	300m:	4:18.45	48.39
			350m:	4:56.74	38.29	400m:	5:33.69	36.95
3.	Áróra Mjöll Jónsdóttir		13	Ármann		5:44.26	452	ÍM ÍM
	50m:	37.38 37.38	150m:	2:12.00	45.25	250m:	3:42.48	46.24
	100m:	1:26.75 49.37	200m:	2:56.24	44.24	300m:	4:29.54	47.06
			350m:	5:06.89	37.35	400m:	5:44.26	37.37
4.	Karen Sif Helgadóttir		10	Ármann		5:48.19	437	ÍM ÍM
	50m:	36.80 36.80	150m:	2:06.41	44.54	250m:	3:41.84	52.26
	100m:	1:21.87 45.07	200m:	2:49.58	43.17	300m:	4:32.90	51.06
			350m:	5:10.92	38.02	400m:	5:48.19	37.27
5.	Eva Goda Pratusyté		12	SH		5:49.81	431	ÍM ÍM
	50m:	38.93 38.93	150m:	2:09.84	43.64	250m:	3:44.16	52.10
	100m:	1:26.20 47.27	200m:	2:52.06	42.22	300m:	4:35.23	51.07
			350m:	5:13.33	38.10	400m:	5:49.81	36.48
6.	Karen Anna Orlita		12	ÍA		5:52.62	421	ÍM ÍM
	50m:	35.39 35.39	150m:	2:04.17	44.63	250m:	3:41.88	53.26
	100m:	1:19.54 44.15	200m:	2:48.62	44.45	300m:	4:35.52	53.64
			350m:	5:14.52	39.00	400m:	5:52.62	38.10
7.	Elín Helga Arnardóttir		14	SH		6:00.92	393	ÍM ÍM
	50m:	41.10 41.10	150m:	2:19.27	45.38	250m:	3:53.46	49.14
	100m:	1:33.89 52.79	200m:	3:04.32	45.05	300m:	4:43.27	49.81
			350m:	5:22.66	39.39	400m:	6:00.92	38.26
8.	Emilý Sóley P M Eysteinsdóttir		12	KR		6:05.68	377	ÍM ÍM
	50m:	38.46 38.46	150m:	2:12.75	47.66	250m:	3:49.01	51.49
	100m:	1:25.09 46.63	200m:	2:57.52	44.77	300m:	4:39.94	50.93
			350m:	5:24.31	44.37	400m:	6:05.68	41.37
9.	Friðrika Sif Ágústsdóttir		10	Óðinn		6:07.41	372	ÍM ÍM
	50m:	37.44 37.44	150m:	2:11.32	49.94	250m:	3:55.10	55.60
	100m:	1:21.38 43.94	200m:	2:59.50	48.18	300m:	4:49.80	54.70
			350m:	5:29.31	39.51	400m:	6:07.41	38.10
10.	Elsa Diljá Lunddal Rúnarsdóttir		10	SH		6:07.92	371	ÍM ÍM
	50m:	37.83 37.83	150m:			250m:	3:50.13	55.99
	100m:	1:23.86 46.03	200m:	2:54.14		300m:	4:44.91	54.78
			350m:	5:26.84	41.93	400m:	6:07.92	41.08
11.	Bríana Ósk Alvarsdóttir		12	SH		6:10.54	363	ÍM
	50m:	37.63 37.63	150m:	2:15.64	48.26	250m:	3:55.99	54.39
	100m:	1:27.38 49.75	200m:	3:01.60	45.96	300m:	4:48.60	52.61
			350m:	5:30.27	41.67	400m:	6:10.54	40.27
12.	Katrín Birta Birkisdóttir		12	Óðinn		6:11.43	360	ÍM
	50m:	37.42 37.42	150m:	2:19.39	52.22	250m:	3:57.07	48.64
	100m:	1:27.17 49.75	200m:	3:08.43	49.04	300m:	4:47.82	50.75
			350m:	5:29.82	42.00	400m:	6:11.43	41.61
13.	Elsa Karen Karadottir		14	Sunddeild Breiðabliks		6:12.19	358	ÍM
	50m:	38.57 38.57	150m:			250m:	3:59.20	54.86
	100m:	1:25.51 46.94	200m:	3:04.34		300m:	4:53.70	54.50
			350m:	5:34.29	40.59	400m:	6:12.19	37.90
14.	Matthilda Lilja Larsen		14	SH		6:19.11	339	!!
	50m:	38.28 38.28	150m:	2:17.60	49.92	250m:	4:00.84	53.56
	100m:	1:27.68 49.40	200m:	3:07.28	49.68	300m:	4:54.97	54.13
			350m:	5:38.22	43.25	400m:	6:19.11	40.89

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Sæti	F.ár								Tími	Stig		
15.	Sóley Katrín Simonsd.Knight								12	Ármann	6:28.97	314 !!
	50m:	46.07	46.07	150m:	2:28.13	48.67	250m:	4:11.67	56.29	350m:	5:49.53	42.57
	100m:	1:39.46	53.39	200m:	3:15.38	47.25	300m:	5:06.96	55.29	400m:	6:28.97	39.44