

Sundgrein 24  
8.3.2026 - 10:06

karla, 400m fjórsund

Opinn  
Úrslitalistar

Mótsmet	4:33.36	Hólmar Grétarsson	SH	Hafnarfjörður	23.3.2025
Íslandsmet	4:23.64	Anton Sveinn McKee	AEGIR	Laugardalslaug	15.4.2012
Íslandsmet Unglinga	4:30.15	Anton Sveinn McKee	AEGIR	Belgrade (SRB)	10.7.2011
Íslandsmet Aldursflokka	4:35.30	Hólmar Grétarsson	SH	Maribor (SLO)	28.7.2023

EM : 4:28.83 / EMU 16 - 18: 4:35.57 / NÆM 14 - 16: 4:50.31 / ÍM Opinn: 5:38.14; - 18: 5:43.97

Stig: AQUA 2025

Sæti	F.ár				Tími	Stig	
1. Hólmar Grétarsson	08	SH			<b>4:34.12</b>	692	EMU SSÍ ÍM ÍM
50m: 28.36 28.36	150m: 1:37.45 36.76	250m: 2:51.86 38.75	350m: 4:03.46 32.40				
100m: 1:00.69 32.33	200m: 2:13.11 35.66	300m: 3:31.06 39.20	400m: 4:34.12 30.66				
2. Daði Rafn Falsson	08	ÍRB			<b>4:54.34</b>	559	ÍM ÍM
50m: 29.27 29.27	150m: 1:43.08 39.95	250m: 3:03.58 42.00	350m: 4:21.04 34.87				
100m: 1:03.13 33.86	200m: 2:21.58 38.50	300m: 3:46.17 42.59	400m: 4:54.34 33.30				
3. Adam Leó Tómasson	07	SH			<b>4:57.24</b>	543	ÍM
50m: 31.31 31.31	150m: 1:47.21 39.51	250m: 3:06.65 40.07	350m: 4:23.13 35.38				
100m: 1:07.70 36.39	200m: 2:26.58 39.37	300m: 3:47.75 41.10	400m: 4:57.24 34.11				
4. Jón Ingi Einarsson	11	Óðinn			<b>5:05.13</b>	501	ÍM ÍM
50m: 32.31 32.31	150m: 1:51.73 40.75	250m: 3:14.41 42.29	350m: 4:32.63 34.88				
100m: 1:10.98 38.67	200m: 2:32.12 40.39	300m: 3:57.75 43.34	400m: 5:05.13 32.50				
5. Julian Jarnutowski	10	ÍRB			<b>5:12.01</b>	469	ÍM ÍM
50m: 31.57 31.57	150m: 1:51.83 40.74	250m: 3:17.38 44.08	350m: 4:37.87 34.39				
100m: 1:11.09 39.52	200m: 2:33.30 41.47	300m: 4:03.48 46.10	400m: 5:12.01 34.14				
6. Viljar Fannarsson	10	Ármann			<b>5:19.61</b>	436	ÍM ÍM
50m: 31.33 31.33	150m: 1:52.63 43.40	250m: 3:20.13 46.75	350m: 4:45.41 39.34				
100m: 1:09.23 37.90	200m: 2:33.38 40.75	300m: 4:06.07 45.94	400m: 5:19.61 34.20				
7. Daníel Andriysson	11	SH			<b>5:33.11</b>	385	ÍM ÍM
50m: 33.82 33.82	150m: 1:56.93 43.52	250m: 3:26.25 47.86	350m: 4:55.04 38.73				
100m: 1:13.41 39.59	200m: 2:38.39 41.46	300m: 4:16.31 50.06	400m: 5:33.11 38.07				
8. Þór Eli Gunnarsson	11	SH			<b>5:33.31</b>	385	ÍM ÍM
50m: 33.89 33.89	150m: 1:58.05 42.70	250m: 3:28.38 49.98	350m: 4:56.64 39.51				
100m: 1:15.35 41.46	200m: 2:38.40 40.35	300m: 4:17.13 48.75	400m: 5:33.31 36.67				
9. Aaron Sebastian Jóhannsson	12	SH			<b>5:35.87</b>	376	ÍM ÍM
50m: 35.47 35.47	150m: 2:01.26 43.44	250m: 3:30.99 47.66	350m: 4:58.33 37.72				
100m: 1:17.82 42.35	200m: 2:43.33 42.07	300m: 4:20.61 49.62	400m: 5:35.87 37.54				
10. Gudlaugur Santiago Gudlaugsson	13	Sunddeild Breiðabliks			<b>5:40.72</b>	360	ÍM
50m: 33.93 33.93	150m: 1:59.96 43.66	250m: 3:35.88 52.31	350m: 5:06.49 37.00				
100m: 1:16.30 42.37	200m: 2:43.57 43.61	300m: 4:29.49 53.61	400m: 5:40.72 34.23				
11. Halldór Ingi Ólafsson	13	SH			<b>5:43.29</b>	352	ÍM
50m: 35.13 35.13	150m: 2:02.60 43.14	250m: 3:36.46 50.45	350m: 5:06.65 38.37				
100m: 1:19.46 44.33	200m: 2:46.01 43.41	300m: 4:28.28 51.82	400m: 5:43.29 36.64				
12. Benjamín Pétursson	12	UMFA			<b>5:43.67</b>	351	ÍM
50m: 33.37 33.37	150m: 1:59.19 47.25	250m: 3:34.81 52.10	350m: 5:08.12 40.16				
100m: 1:11.94 38.57	200m: 2:42.71 43.52	300m: 4:27.96 53.15	400m: 5:43.67 35.55				
13. Svanberg Leó Jóelsson	12	Ægir			<b>6:01.67</b>	301	
50m: 39.32 39.32	150m: 2:11.91 46.20	250m: 3:49.26 54.17	350m: 5:23.52 41.18				
100m: 1:25.71 46.39	200m: 2:55.09 43.18	300m: 4:42.34 53.08	400m: 6:01.67 38.15				
14. Jóhannes Gabríel Friðjónsson	11	Ármann			<b>6:03.48</b>	296	
50m: 34.42 34.42	150m: 2:06.57 48.88	250m: 3:47.38 53.56	350m: 5:22.31 40.41				
100m: 1:17.69 43.27	200m: 2:53.82 47.25	300m: 4:41.90 54.52	400m: 6:03.48 41.17				

Sundgrein 24, karla, 400m fjórsund, Opinn

Sæti	F.ár						Tími	Stig			
ÓG. Bjorn Elvar Austfjörð	11 Óðinn						<b>5:38.36</b>				
<i>Ba10 - Keppandi lauk ekki sundinu á bakinu (SW 6.5)</i>											
50m:	35.16	35.16	150m:	2:07.46	46.59	250m:	3:36.63	44.62	350m:	5:00.60	39.12
100m:	1:20.87	45.71	200m:	2:52.01	44.55	300m:	4:21.48	44.85	400m:	5:38.36	37.76