

Sundgrein 4
7.3.2026 - 10:25

karla, 400m skriðsund

Opinn
Úrslitalistar

Mótsmet	4:04.42	Anton Sveinn McKee	Ægir	Hafnarfjörður	1.4.2013
Íslandsmet	3:54.36	Anton Sveinn McKee	AEGIR	Los Angeles (USA)	18.7.2014
Íslandsmet Unglinga	3:59.48	Anton Sveinn McKee	AEGIR	Belgrade (SRB)	6.7.2011
Íslandsmet Aldursflokka	4:08.86	Hólmur Grétarsson	SH	Maribor (SLO)	24.7.2023

EM : 3:58.21 / EMU 16 - 18: 4:04.18 / NÆM 14 - 16: 4:17.24 / ÍM Opinn: 4:50.38; - 18: 4:55.48

Stig: AQUA 2025

Sæti	F.ár				Tími	Stig	
1. Magnús Víðir Jónsson	08	SH			4:12.00	666	ÍM ÍM
50m: 28.28 28.28	150m: 1:31.62 32.00	250m: 2:35.36 31.81	350m: 3:40.65 32.22	400m: 4:12.00 31.35			
100m: 59.62 31.34	200m: 2:03.55 31.93	300m: 3:08.43 33.07					
2. Birgir Hrafn Kjartansson	08	Ægir			4:21.79	594	ÍM ÍM
50m: 29.35 29.35	150m: 1:33.92 32.75	250m: 2:40.81 33.73	350m: 3:48.42 34.10	400m: 4:21.79 33.37			
100m: 1:01.17 31.82	200m: 2:07.08 33.16	300m: 3:14.32 33.51					
3. Andri Ólafsson	09	SH			4:31.72	531	ÍM ÍM
50m: 30.18 30.18	150m: 1:38.59 34.44	250m: 2:48.67 35.46	350m: 3:57.95 34.56	400m: 4:31.72 33.77			
100m: 1:04.15 33.97	200m: 2:13.21 34.62	300m: 3:23.39 34.72					
4. Björn Yngvi Guðmundsson	07	SH			4:33.19	522	ÍM
50m: 30.88 30.88	150m: 1:38.81 34.27	250m: 2:48.22 34.97	350m: 3:58.77 35.48	400m: 4:33.19 34.42			
100m: 1:04.54 33.66	200m: 2:13.25 34.44	300m: 3:23.29 35.07					
5. Vanja Djurovic	09	SH			4:36.07	506	ÍM ÍM
50m: 30.71 30.71	150m: 1:38.14 33.62	250m: 2:48.58 35.04	350m: 4:01.04 36.23	400m: 4:36.07 35.03			
100m: 1:04.52 33.81	200m: 2:13.54 35.40	300m: 3:24.81 36.23					
6. Viktor Bergmann Arnarsson	10	ÍRB			4:42.09	474	ÍM ÍM
50m: 30.22 30.22	150m: 1:41.84 36.35	250m: 2:55.16 37.15	350m: 4:07.56 35.86	400m: 4:42.09 34.53			
100m: 1:05.49 35.27	200m: 2:18.01 36.17	300m: 3:31.70 36.54					
7. Alexander Reid McCormick	10	Óðinn			4:42.98	470	ÍM ÍM
50m: 31.88 31.88	150m: 1:42.25 35.51	250m: 2:54.98 36.43	350m: 4:07.85 35.91	400m: 4:42.98 35.13			
100m: 1:06.74 34.86	200m: 2:18.55 36.30	300m: 3:31.94 36.96					
8. Andrej Tepavcevic	12	SH			4:43.12	469	ÍM ÍM
50m: 31.60 31.60	150m: 1:42.23 35.77	250m: 2:55.92 36.06	350m: 4:08.39 35.40	400m: 4:43.12 34.73			
100m: 1:06.46 34.86	200m: 2:19.86 37.63	300m: 3:32.99 37.07					
9. Daníel Andriysson	11	SH			4:49.36	439	ÍM ÍM
50m: 31.82 31.82	150m: 1:43.45 36.01	250m: 2:58.24 37.39	350m: 4:12.76 37.06	400m: 4:49.36 36.60			
100m: 1:07.44 35.62	200m: 2:20.85 37.40	300m: 3:35.70 37.46					
10. Magni Rafn Ragnarsson	10	Óðinn			4:50.21	436	ÍM ÍM
50m: 32.70 32.70	150m: 1:45.11 36.74	250m: 2:59.02 37.22	350m: 4:14.10 37.62	400m: 4:50.21 36.11			
100m: 1:08.37 35.67	200m: 2:21.80 36.69	300m: 3:36.48 37.46					
11. Guðlaugur Santiago Guðlaugsson	13	Sunddeild Breiðabliks			4:53.21	422	ÍM
50m: 31.93 31.93	150m: 1:47.03 38.09	250m: 3:03.81 39.00	350m: 4:18.96 37.22	400m: 4:53.21 34.25			
100m: 1:08.94 37.01	200m: 2:24.81 37.78	300m: 3:41.74 37.93					
12. Aaron Sebastian Jóhannsson	12	SH			4:53.81	420	ÍM
50m: 32.09 32.09	150m: 1:45.92 37.54	250m: 3:01.36 37.16	350m: 4:16.67 37.45	400m: 4:53.81 37.14			
100m: 1:08.38 36.29	200m: 2:24.20 38.28	300m: 3:39.22 37.86					
13. Þórbergur Eriksson	12	ÍRB			4:54.57	416	ÍM
50m: 32.60 32.60	150m: 1:46.67 37.70	250m: 3:02.99 38.34	350m: 4:18.10 36.70	400m: 4:54.57 36.47			
100m: 1:08.97 36.37	200m: 2:24.65 37.98	300m: 3:41.40 38.41					
14. Sævar Sindri Jóhannesson	10	SH			5:00.49	392	
50m: 32.74 32.74	150m: 1:48.20 37.94	250m: 3:05.95 38.94	350m: 4:23.05 37.51	400m: 5:00.49 37.44			
100m: 1:10.26 37.52	200m: 2:27.01 38.81	300m: 3:45.54 39.59					

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Sæti	F.ár								Tími	Stig		
15.	Jóhannes Gabríel Friðjónsson 11 Ármann								5:08.65	362		
	50m:	32.11	32.11	150m:	1:48.03	38.39	250m:	3:08.00	40.13	350m:	4:29.20	40.21
	100m:	1:09.64	37.53	200m:	2:27.87	39.84	300m:	3:48.99	40.99	400m:	5:08.65	39.45
16.	Kristjón Hrafn Kjartansson 11 SH								5:09.62	359		
	50m:	32.66	32.66	150m:	1:47.42	38.33	250m:	3:06.74	39.77	350m:	4:28.85	41.28
	100m:	1:09.09	36.43	200m:	2:26.97	39.55	300m:	3:47.57	40.83	400m:	5:09.62	40.77
17.	Ívan Elí Ólafsson 10 Óðinn								5:14.90	341 !!		
	50m:	33.44	33.44	150m:	1:51.39	38.94	250m:	3:13.22	41.19	350m:	4:36.36	41.08
	100m:	1:12.45	39.01	200m:	2:32.03	40.64	300m:	3:55.28	42.06	400m:	5:14.90	38.54
18.	Bjorn Elvar Austfjörð 11 Óðinn								5:15.31	339 !!		
	50m:	34.50	34.50	150m:	1:55.64	41.26	250m:	3:18.41	41.37	350m:	4:38.19	39.26
	100m:	1:14.38	39.88	200m:	2:37.04	41.40	300m:	3:58.93	40.52	400m:	5:15.31	37.12
19.	Stefan Fanneyjarson 13 Sunddeild Breiðabliks								5:22.39	318 !!		
	50m:	34.70	34.70	150m:	1:54.89	40.82	250m:	3:21.27	44.30	350m:	4:42.95	39.50
	100m:	1:14.07	39.37	200m:	2:36.97	42.08	300m:	4:03.45	42.18	400m:	5:22.39	39.44