

Reykjavík International Games 2009
Reykjavík, 16. - 18.1.2009

Event 23 18.1.2009 - 9:16	Women, 400m Freestyle	Open Results
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Íslandsmet / Icelandic Record 50m	4:22.56	Ingibjörg Arnardóttir			22.8.1991
Mótsmet / Meet Record	4:20.39	Rebecca Cooke	GBR	Reykjavík	28.1.2007

Points: FINA 2004

Rank		YB		Time	Pts
1995 and younger					
1.	Lise Sand Syversen	95	Delfana	4:37.45	694
	50m: 31.92 31.92	150m: 1:42.73	36.07 250m: 2:54.35	35.38 350m: 4:04.65	35.21
	100m: 1:06.66 34.74	200m: 2:18.97	36.24 300m: 3:29.44	35.09 400m: 4:37.45	32.80
2.	Mie Ø. Nielsen	96	Aalborg Svømmeklub	4:45.73	635
	50m: 32.63 32.63	150m: 1:46.23	36.87 250m: 2:59.32	36.21 350m: 4:11.09	35.48
	100m: 1:09.36 36.73	200m: 2:23.11	36.88 300m: 3:35.61	36.29 400m: 4:45.73	34.64
3.	Salome Jónsdóttir	95	Sundfélag Akraness	4:49.62	610
	50m: 33.36 33.36	150m: 1:46.97	37.33 250m: 3:00.80	36.59 350m: 4:14.49	36.37
	100m: 1:09.64 36.28	200m: 2:24.21	37.24 300m: 3:38.12	37.32 400m: 4:49.62	35.13
4.	Cecilia Eysturdal	96	Faroe Islands	5:04.78	524
	50m: 34.30 34.30	150m: 1:51.96	39.04 250m: 3:10.50	38.47 350m: 4:27.64	37.93
	100m: 1:12.92 38.62	200m: 2:32.03	40.07 300m: 3:49.71	39.21 400m: 5:04.78	37.14
5.	Maren Sofie Duus	95	Delfana	5:06.44	515
	50m: 34.72 34.72	150m: 1:53.09	39.37 250m: 3:10.81	37.88 350m: 4:29.18	39.04
	100m: 1:13.72 39.00	200m: 2:32.93	39.84 300m: 3:50.14	39.33 400m: 5:06.44	37.26
6.	Cecilie Hansen	95	Aalborg Svømmeklub	5:06.95	513
	50m: 36.22 36.22	150m: 1:55.25	39.94 250m: 3:14.04	39.34 350m: 4:31.04	38.14
	100m: 1:15.31 39.09	200m: 2:34.70	39.45 300m: 3:52.90	38.86 400m: 5:06.95	35.91
7.	Tina Schultz	96	Vestkansvømmerne	5:13.97	479
	50m: 36.13 36.13	150m: 1:55.55	40.00 250m: 3:16.05	40.02 350m: 4:36.32	39.81
	100m: 1:15.55 39.42	200m: 2:36.03	40.48 300m: 3:56.51	40.46 400m: 5:13.97	37.65
8.	Júlía Rún Rósbergisdóttir	96	Sundfélagið Óðinn	5:15.22	473
	50m: 37.70 37.70	150m: 1:59.80	41.87 250m: 3:20.03	40.90 350m: 4:38.87	39.97
	100m: 1:17.93 40.23	200m: 2:39.13	39.33 300m: 3:58.90	38.87 400m: 5:15.22	36.35
9.	Bára Kristí Björgvinsdóttir	95	Sundfélag Hafnarfjarðar	5:16.71	467
	50m: 36.22 36.22	150m: 1:56.33	40.53 250m: 3:17.59	40.53 350m: 4:38.97	40.58
	100m: 1:15.80 39.58	200m: 2:37.06	40.73 300m: 3:58.39	40.80 400m: 5:16.71	37.74
10.	Unnur Andrea Ásgeirsdóttir	96	Sundfélagið Ægir	5:25.60	429
	50m: 36.50 36.50	150m: 1:57.87	41.49 250m: 3:21.55	42.07 350m: 4:45.65	42.18
	100m: 1:16.38 39.88	200m: 2:39.48	41.61 300m: 4:03.47	41.92 400m: 5:25.60	39.95

Open

1.	Elin Slaatto	92	Norwegian swimming federation	4:27.91	771
	50m: 31.46 31.46	150m: 1:38.30	33.78 250m: 2:46.19	34.08 350m: 3:54.70	34.29
	100m: 1:04.52 33.06	200m: 2:12.11	33.81 300m: 3:20.41	34.22 400m: 4:27.91	33.21
2.	Lise Sand Syversen	95	Delfana	4:37.45	694
	50m: 31.92 31.92	150m: 1:42.73	36.07 250m: 2:54.35	35.38 350m: 4:04.65	35.21
	100m: 1:06.66 34.74	200m: 2:18.97	36.24 300m: 3:29.44	35.09 400m: 4:37.45	32.80
3.	Pernille Moth	94	Aalborg Svømmeklub	4:37.52	693
	50m: 32.34 32.34	150m: 1:42.70	35.44 250m: 2:53.83	35.42 350m: 4:04.01	34.91
	100m: 1:07.26 34.92	200m: 2:18.41	35.71 300m: 3:29.10	35.27 400m: 4:37.52	33.51
4.	Mona Simonsen	91	Suðuroyar Svimjifelag	4:37.65	692
	50m: 31.67 31.67	150m: 1:41.82	35.45 250m: 2:52.97	35.63 350m: 4:03.95	35.42
	100m: 1:06.37 34.70	200m: 2:17.34	35.52 300m: 3:28.53	35.56 400m: 4:37.65	33.70
5.	Soffía Klemenzdóttir	93	Íþróttabandalag Reykjanæsbæjar	4:44.70	642
	50m: 32.02 32.02	150m: 1:43.20	36.46 250m: 2:56.76	36.74 350m: 4:10.82	36.60
	100m: 1:06.74 34.72	200m: 2:20.02	36.82 300m: 3:34.22	37.46 400m: 4:44.70	33.88

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Event 23, Women, 400m Freestyle, Open

Rank									YB					Time	Pts
6.	Mie Ø. Nielsen					96	Aalborg Svømmeklub						4:45.73	635	
	50m:	32.63	32.63	150m:	1:46.23	36.87	250m:	2:59.32	36.21	350m:	4:11.09	35.48			
	100m:	1:09.36	36.73	200m:	2:23.11	36.88	300m:	3:35.61	36.29	400m:	4:45.73	34.64			
7.	Elfa Ingvadóttir					92	Íþróttabandalag Reykjanesbæjar						4:48.76	616	
	50m:	32.81	32.81	150m:	1:44.48	36.37	250m:	2:58.55	37.11	350m:	4:12.63	36.92			
	100m:	1:08.11	35.30	200m:	2:21.44	36.96	300m:	3:35.71	37.16	400m:	4:48.76	36.13			
8.	Salome Jónsdóttir					95	Sundfélag Akraness						4:49.62	610	
	50m:	33.36	33.36	150m:	1:46.97	37.33	250m:	3:00.80	36.59	350m:	4:14.49	36.37			
	100m:	1:09.64	36.28	200m:	2:24.21	37.24	300m:	3:38.12	37.32	400m:	4:49.62	35.13			
9.	Bryndís Rún Hansen					93	Sundfélagið Óðinn						4:50.99	602	
	50m:	32.60	32.60	150m:	1:46.95	37.52	250m:	3:02.35	38.06	350m:	4:17.37	37.78			
	100m:	1:09.43	36.83	200m:	2:24.29	37.34	300m:	3:39.59	37.24	400m:	4:50.99	33.62			
10.	Andrea Haugstad					92	Vestkansvømmerne						4:51.73	597	
	50m:	32.31	32.31	150m:	1:45.32	37.29	250m:	3:00.53	37.45	350m:	4:15.21	37.09			
	100m:	1:08.03	35.72	200m:	2:23.08	37.76	300m:	3:38.12	37.59	400m:	4:51.73	36.52			
11.	Elín Erla Káradóttir					94	Sundfélagið Óðinn						4:52.33	593	
	50m:	33.12	33.12	150m:	1:46.89	37.27	250m:	3:01.53	37.26	350m:	4:16.42	37.44			
	100m:	1:09.62	36.50	200m:	2:24.27	37.38	300m:	3:38.98	37.45	400m:	4:52.33	35.91			
12.	Ann-Louise Nielsen					93	Aalborg Svømmeklub						4:54.28	582	
	50m:	33.89	33.89	150m:	1:47.65	37.26	250m:	3:02.45	37.19	350m:	4:17.29	37.21			
	100m:	1:10.39	36.50	200m:	2:25.26	37.61	300m:	3:40.08	37.63	400m:	4:54.28	36.99			
13.	Jóna Helena Bjarnadóttir					92	Íþróttabandalag Reykjanesbæjar						4:54.81	578	
	50m:	32.63	32.63	150m:	1:45.17	37.18	250m:	3:00.56	37.87	350m:	4:16.86	38.19			
	100m:	1:07.99	35.36	200m:	2:22.69	37.52	300m:	3:38.67	38.11	400m:	4:54.81	37.95			
14.	Ingibjörg Kristí Jónsdóttir					93	Sundfélag Hafnarfjarðar						4:57.82	561	
	50m:	32.79	32.79	150m:	1:48.27	38.49	250m:	3:05.41	38.30	350m:	4:21.60	38.19			
	100m:	1:09.78	36.99	200m:	2:27.11	38.84	300m:	3:43.41	38.00	400m:	4:57.82	36.22			
15.	Karen Konráðsdóttir					94	Sundfélagið Óðinn						5:03.36	531	
	50m:	34.26	34.26	150m:	1:49.70	37.89	250m:	3:07.65	39.13	350m:	4:25.55	38.98			
	100m:	1:11.81	37.55	200m:	2:28.52	38.82	300m:	3:46.57	38.92	400m:	5:03.36	37.81			
16.	Guðrún Jóna Baldursdóttir					93	Sunddeild KR						5:03.38	531	
	50m:	34.03	34.03	150m:	1:50.74	38.53	250m:	3:07.22	38.47	350m:	4:24.92	39.25			
	100m:	1:12.21	38.18	200m:	2:28.75	38.01	300m:	3:45.67	38.45	400m:	5:03.38	38.46			
17.	Monika Biskopstø					94	Faroe Islands						5:03.47	530	
	50m:	34.02	34.02	150m:	1:50.98	39.06	250m:	3:08.97	38.58	350m:	4:26.35	38.54			
	100m:	1:11.92	37.90	200m:	2:30.39	39.41	300m:	3:47.81	38.84	400m:	5:03.47	37.12			
18.	Cecilia Eysturdal					96	Faroe Islands						5:04.78	524	
	50m:	34.30	34.30	150m:	1:51.96	39.04	250m:	3:10.50	38.47	350m:	4:27.64	37.93			
	100m:	1:12.92	38.62	200m:	2:32.03	40.07	300m:	3:49.71	39.21	400m:	5:04.78	37.14			
19.	Maren Sofie Duus					95	Delfana						5:06.44	515	
	50m:	34.72	34.72	150m:	1:53.09	39.37	250m:	3:10.81	37.88	350m:	4:29.18	39.04			
	100m:	1:13.72	39.00	200m:	2:32.93	39.84	300m:	3:50.14	39.33	400m:	5:06.44	37.26			
20.	Cecilie Hansen					95	Aalborg Svømmeklub						5:06.95	513	
	50m:	36.22	36.22	150m:	1:55.25	39.94	250m:	3:14.04	39.34	350m:	4:31.04	38.14			
	100m:	1:15.31	39.09	200m:	2:34.70	39.45	300m:	3:52.90	38.86	400m:	5:06.95	35.91			
21.	Johanne G. Skaaland					94	Delfana						5:08.56	505	
	50m:	34.65	34.65	150m:	1:51.93	38.82	250m:	3:11.24	39.71	350m:	4:30.74	39.61			
	100m:	1:13.11	38.46	200m:	2:31.53	39.60	300m:	3:51.13	39.89	400m:	5:08.56	37.82			
22.	Dagmar M. Winther					93	Faroe Islands						5:08.59	504	
	50m:	33.21	33.21	150m:	1:49.13	38.54	250m:	3:08.59	39.87	350m:	4:29.83	40.12			
	100m:	1:10.59	37.38	200m:	2:28.72	39.59	300m:	3:49.71	41.12	400m:	5:08.59	38.76			
23.	Emilía Ý Jónsdóttir					91	Sunddeild KR						5:12.41	486	
	50m:	34.10	34.10	150m:	1:52.66	40.12	250m:	3:12.75	40.18	350m:	4:32.89	39.83			
	100m:	1:12.54	38.44	200m:	2:32.57	39.91	300m:	3:53.06	40.31	400m:	5:12.41	39.52			

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Rank	YB								Time		Pts	
24.	Tina Schultz				96	Vestkansvømmerne				5:13.97	479	
	50m:	36.13	36.13	150m:	1:55.55	40.00	250m:	3:16.05	40.02	350m:	4:36.32	39.81
	100m:	1:15.55	39.42	200m:	2:36.03	40.48	300m:	3:56.51	40.46	400m:	5:13.97	37.65
25.	Guðlaug Edda Hannesdóttir				94	Sunddeild Breiðabliks				5:14.92	475	
	50m:	35.33	35.33	150m:	1:55.69	40.60	250m:	3:16.68	40.33	350m:	4:36.76	39.69
	100m:	1:15.09	39.76	200m:	2:36.35	40.66	300m:	3:57.07	40.39	400m:	5:14.92	38.16
26.	Júlía Rún Rósbergisdóttir				96	Sundfélagið Óðinn				5:15.22	473	
	50m:	37.70	37.70	150m:	1:59.80	41.87	250m:	3:20.03	40.90	350m:	4:38.87	39.97
	100m:	1:17.93	40.23	200m:	2:39.13	39.33	300m:	3:58.90	38.87	400m:	5:15.22	36.35
27.	Ólöf Embla Kristinsdóttir				94	Sundfélagið Ægir				5:16.70	467	
	50m:	35.09	35.09	150m:	1:53.70	39.90	250m:	3:14.60	40.59	350m:	4:36.56	41.36
	100m:	1:13.80	38.71	200m:	2:34.01	40.31	300m:	3:55.20	40.60	400m:	5:16.70	40.14
28.	Bára Kristí Björgvinsdóttir				95	Sundfélag Hafnarfjarðar				5:16.71	467	
	50m:	36.22	36.22	150m:	1:56.33	40.53	250m:	3:17.59	40.53	350m:	4:38.97	40.58
	100m:	1:15.80	39.58	200m:	2:37.06	40.73	300m:	3:58.39	40.80	400m:	5:16.71	37.74
29.	Aðalheiður Gunnarsdóttir				93	Íþróttabandalag Reykjanesbæjar				5:18.66	458	
	50m:	37.22	37.22	150m:	1:58.73	40.98	250m:	3:19.47	40.26	350m:	4:39.56	40.28
	100m:	1:17.75	40.53	200m:	2:39.21	40.48	300m:	3:59.28	39.81	400m:	5:18.66	39.10
30.	Katerina Bernhoft				92	Delfana				5:19.38	455	
	50m:	35.52	35.52	150m:	1:56.30	40.63	250m:	3:17.70	40.71	350m:	4:39.48	41.12
	100m:	1:15.67	40.15	200m:	2:36.99	40.69	300m:	3:58.36	40.66	400m:	5:19.38	39.90
31.	Unnur Andrea Ásgeirsdóttir				96	Sundfélagið Ægir				5:25.60	429	
	50m:	36.50	36.50	150m:	1:57.87	41.49	250m:	3:21.55	42.07	350m:	4:45.65	42.18
	100m:	1:16.38	39.88	200m:	2:39.48	41.61	300m:	4:03.47	41.92	400m:	5:25.60	39.95
32.	Guðný Erna Bjarnadóttir				94	Sunddeild Breiðabliks				5:30.56	410	
	50m:	37.27	37.27	150m:	2:01.03	42.50	250m:	3:25.62	42.38	350m:	4:50.33	41.90
	100m:	1:18.53	41.26	200m:	2:43.24	42.21	300m:	4:08.43	42.81	400m:	5:30.56	40.23
33.	Sigrún Eva Ármannsdóttir				93	Sundfélag Akraness				5:34.20	397	
	50m:	33.98	33.98	150m:	1:54.04	41.00	250m:	3:19.60	42.86	350m:	4:49.45	45.26
	100m:	1:13.04	39.06	200m:	2:36.74	42.70	300m:	4:04.19	44.59	400m:	5:34.20	44.75