

Event 12 Men, 400m Freestyle 20 - 84 years
 4.5.2024 - 9:17 Results

Garpamet 80 - 84	8:31.80	Ragnar G Kvaran	UMSK	Hafnarfjoerdur	3.10.2008
Garpamet 75 - 79	7:16.51	Kári Geirlaugsson	ÍA	Hafnarfjörður	3.5.2024
Garpamet 70 - 74	6:20.65	Kári Geirlaugsson	IA	Reykjavik	4.5.2019
Garpamet 65 - 69	6:06.51	Einar Hauksson	BREI	Hafnarfjörður	3.5.2024
Garpamet 60 - 64	5:29.29	Guðni Guðnason	SH	Torshavn (FRO)	30.9.2022
Garpamet 55 - 59	5:17.59	Steinn Jóhannsson	SH	Hafnarfjörður	3.5.2024
Garpamet 50 - 54	5:09.46	Steinn Jóhannsson	SH	Hafnarfjoerdur	5.5.2018
Garpamet 45 - 49	4:41.67	Peter Garajszki	UBK	Kopavogur	6.5.2023
Garpamet 40 - 44	4:41.38	Peter Garajszki	UBK	Hafnarfjoerdur	7.5.2022
Garpamet 35 - 39	4:39.68	Omar Fridriksson	SH	Hafnarfjoerdur	29.4.2016
Garpamet 30 - 34	4:21.47	Przemysław Puławski	UBK	Copenhagen (DEN)	30.9.2023
Garpamet 25 - 29	4:16.83	Sigurður Örn Ragnarsson	GEST	Hafnarfjoerdur	30.4.2016

 Rank Age Time Stig
 75 - 79 years

 1. Kari Geirlaugsson 75 IA **7:22.46** 9,00
Garpamet

50m:	150m:	2:34.78	250m:	4:30.13	59.45	350m:	6:25.85	57.72
100m:	200m:	3:30.68	300m:	5:28.13	58.00	400m:	7:22.46	56.61

70 - 74 years

 1. Thorhallur Johannesson 71 SH **7:15.46** 9,00

50m:	44.58	44.58	150m:	2:34.28	56.33	250m:	4:28.45	57.14	350m:	6:22.74	56.82
100m:	1:37.95	53.37	200m:	3:31.31	57.03	300m:	5:25.92	57.47	400m:	7:15.46	52.72

65 - 69 years

 1. Jon Hestoy 65 Havnar **5:33.89** 9,00

50m:	38.57	38.57	150m:	2:02.88	42.77	250m:	3:28.78	42.72	350m:	4:53.73	42.02
100m:	1:20.11	41.54	200m:	2:46.06	43.18	300m:	4:11.71	42.93	400m:	5:33.89	40.16

 2. Einar Hauksson 66 Breiðablik **6:08.50** 7,00

50m:	39.49	39.49	150m:	2:12.62	47.76	250m:	3:47.59	47.38	350m:	5:21.92	47.39
100m:	1:24.86	45.37	200m:	3:00.21	47.59	300m:	4:34.53	46.94	400m:	6:08.50	46.58

 3. Jakup Enni 67 Havnar **7:16.36** 6,00

50m:	46.40	46.40	150m:	2:37.00	56.60	250m:	4:31.38	57.15	350m:	6:23.53	55.39
100m:	1:40.40	54.00	200m:	3:34.23	57.23	300m:	5:28.14	56.76	400m:	7:16.36	52.83

 4. Ragnar Marteinson 67 Stjarnan **9:16.96** 5,00

50m:	34.22	34.22	150m:	2:58.11	1:23.33	250m:	5:34.63	1:20.78	350m:	8:04.00	1:15.46
100m:	1:34.78	1:00.56	200m:	4:13.85	1:15.74	300m:	6:48.54	1:13.91	400m:	9:16.96	1:12.96

60 - 64 years

 1. Eydun Husgard 62 Havnar **5:58.83** 9,00

50m:	38.85	38.85	150m:	2:05.66	44.51	250m:	3:39.16	47.05	350m:	5:13.13	47.19
100m:	1:21.15	42.30	200m:	2:52.11	46.45	300m:	4:25.94	46.78	400m:	5:58.83	45.70

 2. Sigurjon Thordarson 60 Tindastoll **6:08.97** 7,00

50m:	39.89	39.89	150m:	2:10.30	46.38	250m:	3:47.30	49.49	350m:	5:24.46	48.01
100m:	1:23.92	44.03	200m:	2:57.81	47.51	300m:	4:36.45	49.15	400m:	6:08.97	44.51

 3. Samal Olsen 63 Havnar **6:15.33** 6,00

50m:	39.01	39.01	150m:	2:10.45	47.98	250m:	3:50.08	50.32	350m:	5:27.26	48.11
100m:	1:22.47	43.46	200m:	2:59.76	49.31	300m:	4:39.15	49.07	400m:	6:15.33	48.07

 4. Sveinn Simonarson 62 SH **6:35.02** 5,00

50m:	43.74	43.74	150m:	2:20.72	50.38	250m:	4:03.06	51.51	350m:	5:45.34	51.34
100m:	1:30.34	46.60	200m:	3:11.55	50.83	300m:	4:54.00	50.94	400m:	6:35.02	49.68



Event 12, Men, 400m Freestyle

55 - 59 years

1.	Steinn Johannsson	56	SH						5:13.40	9,00
	<i>Garpamet</i>									
	50m: 35.34	35.34	150m: 1:53.38	39.36	250m: 3:13.87	40.33	350m: 4:34.47	39.84		
	100m: 1:14.02	38.68	200m: 2:33.54	40.16	300m: 3:54.63	40.76	400m: 5:13.40	38.93		
2.	Birgir Gislason	58	Breiðablik						5:53.33	7,00
	50m: 39.34	39.34	150m: 2:09.29	45.78	250m: 3:40.00	45.17	350m: 5:09.65	44.56		
	100m: 1:23.51	44.17	200m: 2:54.83	45.54	300m: 4:25.09	45.09	400m: 5:53.33	43.68		
3.	Karl Georg Klein	55	SH						7:01.96	6,00
	50m: 42.32	42.32	150m:		250m: 4:13.26	55.91	350m: 6:07.24	57.39		
	100m: 1:30.52	48.20	200m: 3:17.35		300m: 5:09.85	56.59	400m: 7:01.96	54.72		
4.	Agust Hilmarrsson	55	SH						7:23.71	5,00
	50m: 47.88	47.88	150m: 2:39.24	56.79	250m: 4:35.22	58.90	350m: 6:30.07	57.71		
	100m: 1:42.45	54.57	200m: 3:36.32	57.08	300m: 5:32.36	57.14	400m: 7:23.71	53.64		
5.	Birkir Marteinsson	59	SH						7:53.37	4,00
	50m: 53.61	53.61	150m: 2:52.91	1:00.21	250m: 4:51.87	59.10	350m: 6:48.80	1:02.10		
	100m: 1:52.70	59.09	200m: 3:52.77	59.86	300m: 5:46.70	54.83	400m: 7:53.37	1:04.57		

50 - 54 years

1.	Richard Lee Blurton	52	SH						5:37.83	9,00
	50m: 37.73	37.73	150m: 2:01.57	42.87	250m: 3:28.67	43.83	350m: 4:56.79	44.17		
	100m: 1:18.70	40.97	200m: 2:44.84	43.27	300m: 4:12.62	43.95	400m: 5:37.83	41.04		
2.	Hakon Hrafn Sigurdsson	50	Breiðablik						5:39.55	7,00
	50m: 38.40	38.40	150m: 2:02.31	42.89	250m: 3:29.51	43.59	350m: 4:56.67	43.67		
	100m: 1:19.42	41.02	200m: 2:45.92	43.61	300m: 4:13.00	43.49	400m: 5:39.55	42.88		
3.	Erling Eidesgaard	53	Havnar						5:42.19	6,00
	50m: 39.95	39.95	150m: 2:07.42	43.99	250m: 3:35.71	43.68	350m: 5:02.13	42.75		
	100m: 1:23.43	43.48	200m: 2:52.03	44.61	300m: 4:19.38	43.67	400m: 5:42.19	40.06		
4.	Alexander Eck	53	IA						6:20.16	5,00
	50m: 41.80	41.80	150m: 2:18.93	49.12	250m: 3:57.94	49.24	350m: 5:34.53	47.81		
	100m: 1:29.81	48.01	200m: 3:08.70	49.77	300m: 4:46.72	48.78	400m: 6:20.16	45.63		
5.	Mikkjal Helmsdal	50	Havnar						6:50.72	4,00
	50m: 41.98	41.98	150m: 2:20.55	50.93	250m: 4:07.36	54.31	350m: 5:56.42	53.96		
	100m: 1:29.62	47.64	200m: 3:13.05	52.50	300m: 5:02.46	55.10	400m: 6:50.72	54.30		
6.	Magnus Palmi Ornlófsen	53	Breiðablik						7:01.26	3,00
	50m: 42.90	42.90	150m: 2:24.19	52.91	250m: 4:13.67	55.50	350m: 6:06.79	56.78		
	100m: 1:31.28	48.38	200m: 3:18.17	53.98	300m: 5:10.01	56.34	400m: 7:01.26	54.47		
7.	Omar Gisli Savarsson	52	SH						7:12.96	2,00
	50m: 45.59	45.59	150m: 2:32.79	55.40	250m: 4:24.65	55.81	350m: 6:17.49	56.03		
	100m: 1:37.39	51.80	200m: 3:28.84	56.05	300m: 5:21.46	56.81	400m: 7:12.96	55.47		

45 - 49 years

1.	Peter Garajszki	46	Breiðablik						4:36.25	9,00
	<i>Garpamet</i>									
	50m: 30.65	30.65	150m: 1:39.13	34.98	250m: 2:49.53	35.47	350m: 4:00.73	35.87		
	100m: 1:04.15	33.50	200m: 2:14.06	34.93	300m: 3:24.86	35.33	400m: 4:36.25	35.52		

40 - 44 years

1.	Stefan Karl Savarsson	41	Breiðablik						5:22.43	9,00
	50m: 35.67	35.67	150m: 1:57.40	41.54	250m: 3:20.67	41.12	350m: 4:41.42	39.79		
	100m: 1:15.86	40.19	200m: 2:39.55	42.15	300m: 4:01.63	40.96	400m: 5:22.43	41.01		



Event 12, Men, 400m Freestyle

35 - 39 years

1. Hakon Jonsson			39	Breiðablik					5:29.90	9,00	
50m:	36.32	36.32	150m:	1:59.45	42.30	250m:	3:24.49	42.58	350m:	4:48.78	41.99
100m:	1:17.15	40.83	200m:	2:41.91	42.46	300m:	4:06.79	42.30	400m:	5:29.90	41.12
2. Leifur Gunnarsson			39	Breiðablik					7:12.57	7,00	
50m:			150m:	3:16.66	44.06	250m:	4:49.30	46.75	350m:	6:24.21	47.66
100m:	2:32.60		200m:	4:02.55	45.89	300m:	5:36.55	47.25	400m:	7:12.57	48.36

30 - 34 years

1. Arkadiusz Przybyla			32	Breiðablik					4:46.59	9,00	
50m:	31.64	31.64	150m:	1:41.03	34.95	250m:	2:54.05	36.83	350m:	4:09.57	37.74
100m:	1:06.08	34.44	200m:	2:17.22	36.19	300m:	3:31.83	37.78	400m:	4:46.59	37.02

25 - 29 years

1. Hamed Salimishahraki			25	Breiðablik					5:20.47	9,00	
50m:	35.72	35.72	150m:	1:53.51	39.66	250m:	3:14.93	40.64	350m:	4:38.69	42.38
100m:	1:13.85	38.13	200m:	2:34.29	40.78	300m:	3:56.31	41.38	400m:	5:20.47	41.78