Event 13 | Women, 400m Medley | Open

24.10.2026 - 16:00 | Results

Mótsmet	4:50.73	Eva Margrét Falsdóttir	ISL	Hafnarfjörður	19.10.2024
Íslandsmet	4:43.56	Hrafnhildur Luthersdóttir	SH	Hafnarfjordur	15.11.2015
Íslandsmet Unglinga	4:46.36	Eygló Ósk Gústafsdóttir	AEGIR	Hafnarfjordur	24.11.2013
Íslandsmet Aldursflokka	4:53.67	Ólöf Edda Eðvarðsdóttir	IRB	Laugardalslaug	10.12.2011

HM : 4:37.46 / NM 18 +: 4:55.49; 14 - 17: 5:02.28 / ÍM 18 +: 5:56.26; - 18: 6:02.40

Points: AQUA 2026 — provisional results

Rank		YB		Time	Pts	
1.	Auguste Balciunaite	11	SH	**5:09.34**	563	ÍM
	50m: 32.94 32.94 150m: 1:51.79 39.83 250m: 3:15.93 44.55 350m: 4:35.05 34.81					
	100m: 1:11.96 39.02 200m: 2:31.38 39.59 300m: 4:00.24 44.31 400m: 5:09.34 34.29					
2.	Eydis Johannesdottir	11	IRB	**5:12.05**	548	ÍM
	50m: 33.41 33.41 150m: 1:54.87 41.22 250m: 3:18.01 42.28 350m: 4:37.49 35.56					
	100m: 1:13.65 40.24 200m: 2:35.73 40.86 300m: 4:01.93 43.92 400m: 5:12.05 34.56					
3.	Thorgerdur Freyja Helgadottir	11	Breidablik	**5:18.42**	516	ÍM
	50m: 33.20 33.20 150m: 1:55.66 42.41 250m: 3:21.56 45.64 350m: 4:42.51 35.87					
	100m: 1:13.25 40.05 200m: 2:35.92 40.26 300m: 4:06.64 45.08 400m: 5:18.42 35.91					
4.	Ema Austa Pratusyte	10	SH	**5:26.89**	477	ÍM
	50m: 34.18 34.18 150m: 1:55.79 40.23 250m: 3:22.60 46.37 350m: 4:48.71 38.97					
	100m: 1:15.56 41.38 200m: 2:36.23 40.44 300m: 4:09.74 47.14 400m: 5:26.89 38.18					
5.	Eva Goda Pratusyte	12	SH	**5:27.15**	476	ÍM
	50m: 35.99 35.99 150m: 1:59.53 41.21 250m: 3:27.70 48.13 350m: 4:52.43 37.12					
	100m: 1:18.32 42.33 200m: 2:39.57 40.04 300m: 4:15.31 47.61 400m: 5:27.15 34.72					
6.	Elin Helga Arnardottir	14	SH	**5:37.04**	435	ÍM
	50m: 37.65 37.65 150m: 2:08.91 43.32 250m: 3:37.28 45.45 350m: 5:01.39 38.09					
	100m: 1:25.59 47.94 200m: 2:51.83 42.92 300m: 4:23.30 46.02 400m: 5:37.04 35.65					
7.	Elsa Karen Karadottir	14	Breidablik	**5:43.59**	411	ÍM
	50m: 36.07 36.07 150m: 2:05.44 46.55 250m: 3:40.98 49.98 350m: 5:08.81 36.06					
	100m: 1:18.89 42.82 200m: 2:51.00 45.56 300m: 4:32.75 51.77 400m: 5:43.59 34.78					
8.	Jovana Malbasa	13	SH	**5:47.35**	397	ÍM
	50m: 36.84 36.84 150m: 2:04.71 43.94 250m: 3:40.40 51.99 350m: 5:09.46 38.59					
	100m: 1:20.77 43.93 200m: 2:48.41 43.70 300m: 4:30.87 50.47 400m: 5:47.35 37.89					
9.	Matthilda Lilja Larsen	14	SH	**6:08.97**	331	
	50m: 38.28 38.28 150m: 2:15.02 49.62 250m: 3:54.35 51.50 350m: 5:28.92 42.84					
	100m: 1:25.40 47.12 200m: 3:02.85 47.83 300m: 4:46.08 51.73 400m: 6:08.97 40.05					
10.	Brynhildur Freyja Stefansdottir	12	SH	**6:18.42**	307	*
	50m: 41.29 41.29 150m: 2:18.74 47.58 250m: 4:00.37 54.06 350m: 5:36.69 41.78					
	100m: 1:31.16 49.87 200m: 3:06.31 47.57 300m: 4:54.91 54.54 400m: 6:18.42 41.73					
11.	Inga Aniela Czurylo	12	KR	**6:41.25**	258	*
	50m: 40.65 40.65 150m: 2:28.90 57.33 250m: 4:16.19 54.82 350m: 5:57.61 45.92					
	100m: 1:31.57 50.92 200m: 3:21.37 52.47 300m: 5:11.69 55.50 400m: 6:41.25 43.64					
DSQ	Emily Soley P M Eysteinsdottir	12	KR	**5:37.65**		
	4.4 - Keppandi startar áður en rásmerki er gefið (þjófstart)					
	50m: 35.20 35.20 150m: 2:00.90 43.68 250m: 3:30.72 47.72 350m: 4:59.83 40.47					
	100m: 1:17.22 42.02 200m: 2:43.00 42.10 300m: 4:19.36 48.64 400m: 5:37.65 37.82					