Event 25 | Men, 400m Medley | Open

25.10.2026 - 10:00 | Results

Mótsmet	4:20.81	Hólmar Grétarsson	ISL	Hafnarfjörður	19.10.2025
Íslandsmet	4:11.78	Orn Arnarson	SH	Vestmannaeyjar	16.03.2001
Íslandsmet Unglinga	4:17.81	Hólmar Grétarsson	SH		09.11.2025
Íslandsmet Aldursflokka	4:27.16	Hólmar Grétarsson	SH	Tartu (EST)	03.12.2023

HM : 4:08.87 / NM 18 +: 4:25.81; 14 - 17: 4:31.80 / ÍM 18 +: 5:27.55; - 18: 5:33.20

Points: AQUA 2026 — provisional results

Rank		YB		Time	Pts	
1.	Holmar Gretarsson	08	SH	**4:25.48**	691	NM ÍM ÍM
	50m: 28.69 28.69 150m: 1:35.66 34.54 250m: 2:46.62 37.74 350m: 3:55.60 30.73					
	100m: 1:01.12 32.43 200m: 2:08.88 33.22 300m: 3:24.87 38.25 400m: 4:25.48 29.88					
2.	Adam Leo Tomasson	07	SH	**4:38.35**	600	ÍM
	50m: 29.49 29.49 150m: 1:40.01 36.19 250m: 2:54.10 37.75 350m: 4:06.29 33.28					
	100m: 1:03.82 34.33 200m: 2:16.35 36.34 300m: 3:33.01 38.91 400m: 4:38.35 32.06					
3.	Dadi Rafn Falsson	08	IRB	**4:44.75**	560	ÍM ÍM
	50m: 30.05 30.05 150m: 1:43.54 38.89 250m: 3:00.78 39.80 350m: 4:12.96 31.85					
	100m: 1:04.65 34.60 200m: 2:20.98 37.44 300m: 3:41.11 40.33 400m: 4:44.75 31.79					
4.	Jon Ingi Einarsson	11	Odinn	**4:52.73**	516	ÍM
	50m: 30.36 30.36 150m: 1:45.09 38.63 250m: 3:02.81 40.08 350m: 4:19.50 34.98					
	100m: 1:06.46 36.10 200m: 2:22.73 37.64 300m: 3:44.52 41.71 400m: 4:52.73 33.23					
5.	Alexander Reid McCormick	10	Odinn	**5:08.86**	439	ÍM
	50m: 32.93 32.93 150m: 1:52.08 40.56 250m: 3:14.06 42.38 350m: 4:34.92 37.52					
	100m: 1:11.52 38.59 200m: 2:31.68 39.60 300m: 3:57.40 43.34 400m: 5:08.86 33.94					
6.	Gudlaugur Santiago Gudlaugsson	13	Breidablik	**5:16.60**	407	ÍM
	50m: 32.04 32.04 150m: 1:52.74 42.11 250m: 3:20.10 47.55 350m: 4:43.98 35.86					
	100m: 1:10.63 38.59 200m: 2:32.55 39.81 300m: 4:08.12 48.02 400m: 5:16.60 32.62					
7.	Thorbergur Eriksson	12	IRB	**5:27.10**	369	ÍM
	50m: 35.10 35.10 150m: 2:00.74 41.68 250m: 3:28.67 46.94 350m: 4:51.65 35.38					
	100m: 1:19.06 43.96 200m: 2:41.73 40.99 300m: 4:16.27 47.60 400m: 5:27.10 35.45					
8.	Svanberg Leo Joelsson	12	Agir	**5:33.62**	348	
	50m: 35.46 35.46 150m: 2:03.11 43.69 250m: 3:31.67 46.35 350m: 4:57.18 37.02					
	100m: 1:19.42 43.96 200m: 2:45.32 42.21 300m: 4:20.16 48.49 400m: 5:33.62 36.44					