Event 3 | Women, 400m Freestyle | Open

24.10.2026 - 10:29 | Results

Mótsmet	4:15.91	Inga Elín Cryer	ÍA		31.10.2012
Íslandsmet	4:11.61	Inga Elín Cryer	IA	Doha (QAT)	05.12.2014
Íslandsmet Unglinga	4:13.69	Vala Dís Cicero	SH	Hafnarfjordur	08.11.2024
Íslandsmet Aldursflokka	4:15.57	Eygló Ósk Gústafsdóttir	AEGIR	Hafnarfjoerdur	26.06.2010

HM : 4:06.27 / NM 18 +: 4:22.27; 14 - 17: 4:28.30 / ÍM 18 +: 5:05.22; - 18: 5:10.58

Points: AQUA 2026 — provisional results

Rank		YB		Time	Pts	
1.	Solveig Freyja Hakonardottir	09	SH	**4:20.31**	692	NM ÍM
	50m: 29.52 (29.52) 150m: 1:34.62 (33.01) 250m: 2:40.43 (32.76) 350m: 3:47.90 (33.88)					
	100m: 1:01.61 (32.09) 200m: 2:07.67 (33.05) 300m: 3:14.02 (33.59) 400m: 4:20.31 (32.41)					
2.	Alicja Julia Kempisty	10	SH	**4:34.70**	588	ÍM
	50m: 29.69 (29.69) 150m: 1:36.43 (34.64) 250m: 2:49.02 (36.58) 350m: 3:59.90 (35.24)					
	100m: 1:01.79 (32.10) 200m: 2:12.44 (36.01) 300m: 3:24.66 (35.64) 400m: 4:34.70 (34.80)					
3.	Gudrun Isold Hardardottir	11	IRB	**4:36.42**	577	ÍM
	50m: 31.29 (31.29) 150m: 1:40.55 (35.11) 250m: 2:50.80 (34.98) 350m: 4:01.44 (35.45)					
	100m: 1:05.44 (34.15) 200m: 2:15.82 (35.27) 300m: 3:25.99 (35.19) 400m: 4:36.42 (34.98)					
4.	Karen Julia Traustadottir	12	IRB	**4:51.80**	491	ÍM
	50m: 32.29 (32.29) 150m: 1:45.09 (37.20) 250m: 3:00.48 (37.68) 350m: 4:15.19 (37.29)					
	100m: 1:07.89 (35.60) 200m: 2:22.80 (37.71) 300m: 3:37.90 (37.42) 400m: 4:51.80 (36.61)					
5.	Karen Anna Orlita	12	IA	**4:52.25**	489	ÍM
	50m: 31.49 (31.49) 150m: 1:43.50 (36.74) 250m: 2:58.70 (37.78) 350m: 4:15.15 (38.49)					
	100m: 1:06.76 (35.27) 200m: 2:20.92 (37.42) 300m: 3:36.66 (37.96) 400m: 4:52.25 (37.10)					
6.	Elsa Karen Karadottir	14	Breidablik	**4:53.78**	481	ÍM
	50m: 32.18 (32.18) 150m: 1:45.60 (37.49) 250m: 3:02.72 (38.91) 350m: 4:19.58 (38.60)					
	100m: 1:08.11 (35.93) 200m: 2:23.81 (38.21) 300m: 3:40.98 (38.26) 400m: 4:53.78 (34.20)					
7.	Jovana Malbasa	13	SH	**5:05.08**	429	ÍM
	50m: 32.87 (32.87) 150m: 1:49.88 (39.11) 250m: 3:08.15 (39.01) 350m: 4:26.81 (38.77)					
	100m: 1:10.77 (37.90) 200m: 2:29.14 (39.26) 300m: 3:48.04 (39.89) 400m: 5:05.08 (38.27)					
8.	Hildur Eldey Gudjonsdottir	11	Breidablik	**5:09.65**	411	ÍM
	50m: 34.67 (34.67) 150m: 1:51.48 (38.91) 250m: 3:10.90 (39.67) 350m: 4:31.57 (40.31)					
	100m: 1:12.57 (37.90) 200m: 2:31.23 (39.75) 300m: 3:51.26 (40.36) 400m: 5:09.65 (38.08)					
9.	Theodis Styrmisdottir	11	Breidablik	**5:15.60**	388	
	50m: 34.31 (34.31) 150m: 1:52.84 (40.08) 250m: 3:13.87 (40.93) 350m: 4:35.89 (40.53)					
	100m: 1:12.76 (38.45) 200m: 2:32.94 (40.10) 300m: 3:55.36 (41.49) 400m: 5:15.60 (39.71)					
10.	Briet Fridjonsdottir	12	SH	**5:20.12**	372	
	50m: 34.18 (34.18) 150m: 1:54.90 (41.02) 250m: 3:17.78 (41.17) 350m: 4:40.85 (41.45)					
	100m: 1:13.88 (39.70) 200m: 2:36.61 (41.71) 300m: 3:59.40 (41.62) 400m: 5:20.12 (39.27)					
11.	Yrsa Lif Oddgeirsdottir	12	SH	**5:21.71**	366	
	50m: 35.42 (35.42) 150m: 1:56.79 (40.97) 250m: 3:19.38 (41.62) 350m: 4:41.57 (41.12)					
	100m: 1:15.82 (40.40) 200m: 2:37.76 (40.97) 300m: 4:00.45 (41.07) 400m: 5:21.71 (40.14)					
12.	Eva Petursdottir	14	Agir	**5:24.30**	357	
	50m: 35.06 (35.06) 150m: 1:59.01 (42.97) 250m: 3:23.39 (42.18) 350m: 4:46.33 (41.79)					
	100m: 1:16.04 (40.98) 200m: 2:41.21 (42.20) 300m: 4:04.54 (41.15) 400m: 5:24.30 (37.97)					
13.	Matthilda Lilja Larsen	14	SH	**5:24.52**	357	
	50m: 35.19 (35.19) 150m: 1:57.55 (41.57) 250m: 3:20.95 (42.06) 350m: 4:44.36 (41.65)					
	100m: 1:15.98 (40.79) 200m: 2:38.89 (41.34) 300m: 4:02.71 (41.76) 400m: 5:24.52 (40.16)					
14.	Isabella Saga Thorbjornsdottir	13	IRB	**5:29.83**	340	*
	50m: 36.37 (36.37) 150m: 2:00.58 (42.98) 250m: 3:26.46 (43.05) 350m: 4:50.26 (42.16)					
	100m: 1:17.60 (41.23) 200m: 2:43.41 (42.83) 300m: 4:08.10 (41.64) 400m: 5:29.83 (39.57)					

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Rank		YB		Time	Pts
15.	Emma Sjofn Einarsdottir	13	IRB	**5:43.22**	301 *

50m:	37.99	37.99	150m:	2:04.42	43.42	250m:	3:33.06	44.56	350m:	5:01.37	43.72
100m:	1:21.00	43.01	200m:	2:48.50	44.08	300m:	4:17.65	44.59	400m:	5:43.22	41.85