Event 4 | Men, 400m Freestyle | Open

24.10.2026 - 10:41 | Results

Mótsmet	3:56.14	Ýmir Chatenay Sölvason	ISL	Hafnarfjörður	18.10.2025
Íslandsmet	3:47.83	Anton Sveinn McKee	AEGIR	Istanbul (TUR)	14.12.2012
Íslandsmet Unglinga	3:52.06	Anton Sveinn McKee	AEGIR	Laugardalslaug	11.12.2011
Íslandsmet Aldursflokka	4:04.34	Magnús Viðir Jónsson	SH	Hafnarfjordur	21.10.2023

HM : 3:42.39 / NM 18 +: 3:57.30; 14 - 17: 4:02.65 / ÍM 18 +: 4:39.87; - 18: 4:44.78

Points: AQUA 2026 — provisional results

Rank		YB		Time	Pts	
1.	Holmar Gretarsson	08	SH	**3:59.48**	696	ÍM ÍM
	50m: 27.19 27.19 150m: 1:27.16 30.48 250m: 2:28.85 30.83 350m: 3:29.80 29.79					
	100m: 56.68 29.49 200m: 1:58.02 30.86 300m: 3:00.01 31.16 400m: 3:59.48 29.68					
2.	Magnus Vidir Jonsson	08	SH	**4:04.28**	655	ÍM ÍM
	50m: 27.77 27.77 150m: 1:29.11 31.08 250m: 2:31.10 31.08 350m: 3:33.39 31.07					
	100m: 58.03 30.26 200m: 2:00.02 30.91 300m: 3:02.32 31.22 400m: 4:04.28 30.89					
3.	Arni Thor Palmason	09	IRB	**4:13.27**	588	ÍM
	50m: 28.17 28.17 150m: 1:31.16 31.81 250m: 2:35.58 32.11 350m: 3:41.59 32.94					
	100m: 59.35 31.18 200m: 2:03.47 32.31 300m: 3:08.65 33.07 400m: 4:13.27 31.68					
4.	Birgir Hrafn Kjartansson	08	Agir	**4:17.18**	562	ÍM ÍM
	50m: 28.44 28.44 150m: 1:31.84 32.24 250m: 2:37.50 32.90 350m: 3:44.79 33.82					
	100m: 59.60 31.16 200m: 2:04.60 32.76 300m: 3:10.97 33.47 400m: 4:17.18 32.39					
5.	Andri Olafsson	09	SH	**4:18.53**	553	ÍM
	50m: 28.34 28.34 150m: 1:31.82 32.40 250m: 2:38.12 33.52 350m: 3:45.02 33.38					
	100m: 59.42 31.08 200m: 2:04.60 32.78 300m: 3:11.64 33.52 400m: 4:18.53 33.51					
6.	Viktor Bergmann Arnarsson	10	IRB	**4:23.03**	525	ÍM
	50m: 28.74 28.74 150m: 1:33.56 32.90 250m: 2:40.72 33.61 350m: 3:49.80 34.80					
	100m: 1:00.66 31.92 200m: 2:07.11 33.55 300m: 3:15.00 34.28 400m: 4:23.03 33.23					
7.	Vanja Djurovic	09	SH	**4:31.79**	476	ÍM
	50m: 29.54 29.54 150m: 1:35.29 33.46 250m: 2:45.33 35.36 350m: 3:56.33 35.38					
	100m: 1:01.83 32.29 200m: 2:09.97 34.68 300m: 3:20.95 35.62 400m: 4:31.79 35.46					
8.	Gudlaugur Santiago Gudlaugsson	13	Breidablik	**4:34.22**	463	ÍM
	50m: 29.97 29.97 150m: 1:40.49 35.73 250m: 2:52.03 35.66 350m: 4:02.31 34.70					
	100m: 1:04.76 34.79 200m: 2:16.37 35.88 300m: 3:27.61 35.58 400m: 4:34.22 31.91					
9.	Daniel Andriysson	11	SH	**4:34.81**	460	ÍM
	50m: 30.19 30.19 150m: 1:40.07 35.20 250m: 2:50.81 35.25 350m: 4:01.82 35.33					
	100m: 1:04.87 34.68 200m: 2:15.56 35.49 300m: 3:26.49 35.68 400m: 4:34.81 32.99					
10.	Alexander Reid McCormick	10	Odinn	**4:34.95**	460	ÍM
	50m: 30.57 30.57 150m: 1:37.84 33.97 250m: 2:47.81 35.18 350m: 3:59.84 36.13					
	100m: 1:03.87 33.30 200m: 2:12.63 34.79 300m: 3:23.71 35.90 400m: 4:34.95 35.11					
11.	Halldor Ingi Olafsson	13	SH	**4:40.67**	432	ÍM
	50m: 30.82 30.82 150m: 1:40.95 35.40 250m: 2:52.31 35.66 350m: 4:04.88 36.43					
	100m: 1:05.55 34.73 200m: 2:16.65 35.70 300m: 3:28.45 36.14 400m: 4:40.67 35.79					
12.	Tristan Orri Borghildarson	10	IRB	**4:49.18**	395	
	50m: 31.51 31.51 150m: 1:45.14 37.05 250m: 2:59.62 37.64 350m: 4:13.44 36.73					
	100m: 1:08.09 36.58 200m: 2:21.98 36.84 300m: 3:36.71 37.09 400m: 4:49.18 35.74					
13.	Daniel Rafn Atlason	10	SH	**4:50.99**	388	
	50m: 32.69 32.69 150m: 1:45.97 37.22 250m: 3:00.17 37.08 350m: 4:15.23 37.43					
	100m: 1:08.75 36.06 200m: 2:23.09 37.12 300m: 3:37.80 37.63 400m: 4:50.99 35.76					
14.	Stefan G. Fanneyjarson	13	Breidablik	**4:57.41**	363	
	50m: 150m: 1:47.96 38.36 250m: 350m: 4:57.41					
	100m: 1:09.60 200m: 300m: 400m: 4:57.41					

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Rank		YB		Time	Pts
15.	Robert Ingi Arnarsson	13	IRB	**5:01.80**	347

50m:	33.12	33.12	150m:	1:49.21	38.68	250m:	3:06.60	38.63	350m:	4:24.39	38.70
100m:	1:10.53	37.41	200m:	2:27.97	38.76	300m:	3:45.69	39.09	400m:	5:01.80	37.41

Rank		YB		Time	Pts
16.	Ingibjorn Natan Gudmundsson	09	Armann	**5:01.97**	347

50m:	29.97	29.97	150m:	1:40.05	36.57	250m:	2:58.67	40.44	350m:	4:22.12	
100m:	1:03.48	33.51	200m:	2:18.23	38.18	300m:			400m:	5:01.97	39.85