Event 25 | Men, 400m Medley | Open

25.10.2026 - 10:00 | Startlist

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 / Cubemót : 6:15.00

YB

Heat 1 of 1

1	Thorbergur Eriksson	12	IRB	5:38.41
2	Alexander Reid McCormick	10	Odinn	5:13.84
3	Dadi Rafn Falsson	08	IRB	4:31.33
4	Holmar Gretarsson	08	SH	4:17.81
5	Adam Leo Tomasson	07	SH	4:31.33
6	Jon Ingi Einarsson	11	Odinn	4:51.31
7	Svanberg Leo Joelsson	12	Agir	5:31.08
8	Gudlaugur Santiago Gudlaugsson	13	Breidablik	5:43.47