

Haustmót Ármanns
Reykjavík, 25. - 26.9.2021

Event 10
25.09.2021 - 12:15

Men, 400m Freestyle

Open
Results

Points: FINA 2021

Rank			YB			Time	Pts	
12 years and younger								
1.	Arni Thor Palmason		09	Ithrottabandalag Reykjanesbajar		5:04.88	337	
	50m:	33.14 33.14	150m:	1:48.93 38.55	250m:	3:08.17 39.74	350m:	4:26.60 38.81
	100m:	1:10.38 37.24	200m:	2:28.43 39.50	300m:	3:47.79 39.62	400m:	5:04.88 38.28
2.	Ragnar Halldorsson		09	Sunddeild Breidabliks		5:19.47	293	
	50m:	36.01 36.01	150m:	1:57.59 41.50	250m:	3:19.96 41.46	350m:	4:40.59 40.29
	100m:	1:16.09 40.08	200m:	2:38.50 40.91	300m:	4:00.30 40.34	400m:	5:19.47 38.88
3.	Bui Heinrich Mimir Thorsteinsson		10	Armann		7:18.51	113	
	50m:	47.40 47.40	150m:	2:40.23 57.38	250m:	4:33.72 55.73	350m:	6:26.37 55.51
	100m:	1:42.85 55.45	200m:	3:37.99 57.76	300m:	5:30.86 57.14	400m:	7:18.51 52.14
4.	Jon Ingi Laufeyjarson		10	Armann		7:20.91	111	
	50m:	51.63 51.63	150m:	2:47.12 59.29	250m:	4:40.92 55.11	350m:	6:32.02 53.44
	100m:	1:47.83 56.20	200m:	3:45.81 58.69	300m:	5:38.58 57.66	400m:	7:20.91 48.89
13 - 14 years								
1.	Bjoern Yngvi Gudmundsson		07	Sh		4:27.56	499	
	50m:	28.94 28.94	150m:	1:36.25 34.18	250m:	2:45.39 34.69	350m:	3:54.95 34.87
	100m:	1:02.07 33.13	200m:	2:10.70 34.45	300m:	3:20.08 34.69	400m:	4:27.56 32.61
2.	Holmar Gretarsson		08	Sh		4:35.15	459	
	50m:	31.74 31.74	150m:	1:41.06 35.12	250m:	2:51.46 35.03	350m:	4:01.77 35.32
	100m:	1:05.94 34.20	200m:	2:16.43 35.37	300m:	3:26.45 34.99	400m:	4:35.15 33.38
3.	Denas Kazulis		08	Ithrottabandalag Reykjanesbajar		4:39.22	439	
	50m:	31.23 31.23	150m:	1:41.37 35.23	250m:	2:53.25 35.90	350m:	4:04.79 35.80
	100m:	1:06.14 34.91	200m:	2:17.35 35.98	300m:	3:28.99 35.74	400m:	4:39.22 34.43
4.	Dadi Thor Fridriksson		07	Sh		4:47.46	402	
	50m:	31.19 31.19	150m:	1:42.56 36.17	250m:	2:55.98 36.90	350m:	4:10.98 37.47
	100m:	1:06.39 35.20	200m:	2:19.08 36.52	300m:	3:33.51 37.53	400m:	4:47.46 36.48
5.	Nikolai Leo Jonsson		08	Ithrottabandalag Reykjanesbajar		4:51.11	387	
	50m:	32.69 32.69	150m:	1:46.04 36.43	250m:	3:00.57 37.30	350m:	4:15.09 37.09
	100m:	1:09.61 36.92	200m:	2:23.27 37.23	300m:	3:38.00 37.43	400m:	4:51.11 36.02
6.	Oliver Kaldal		07	Sundfelagid Aegir		4:53.44	378	
	50m:	32.36 32.36	150m:	1:46.10 37.63	250m:	3:01.62 37.47	350m:	4:16.55 36.99
	100m:	1:08.47 36.11	200m:	2:24.15 38.05	300m:	3:39.56 37.94	400m:	4:53.44 36.89
7.	Dominic Dadi Wheeler		07	Sundfelagid Aegir		4:59.40	356	
	50m:	32.54 32.54	150m:	1:46.69 37.66	250m:	3:03.14 38.14	350m:	4:20.64 39.22
	100m:	1:09.03 36.49	200m:	2:25.00 38.31	300m:	3:41.42 38.28	400m:	4:59.40 38.76
8.	Benedikt Kari Theodorsson		07	Sh		5:04.09	340	
	50m:	34.29 34.29	150m:	1:51.37 38.89	250m:	3:09.82 38.47	350m:	4:27.32 38.28
	100m:	1:12.48 38.19	200m:	2:31.35 39.98	300m:	3:49.04 39.22	400m:	5:04.09 36.77
9.	Birgir Hrafn Kjartansson		08	Sundfelagid Aegir		5:15.84	303	
	50m:	34.68 34.68	150m:	1:55.84 41.83	250m:	3:16.73 40.75	350m:	4:36.70 39.85
	100m:	1:14.01 39.33	200m:	2:35.98 40.14	300m:	3:56.85 40.12	400m:	5:15.84 39.14
10.	Arnar Milos Arbjoernsson		08	Ithrottabandalag Reykjanesbajar		5:19.08	294	
	50m:	35.84 35.84	150m:	1:56.67 40.79	250m:	3:19.43 40.74	350m:	4:40.09 40.08
	100m:	1:15.88 40.04	200m:	2:38.69 42.02	300m:	4:00.01 40.58	400m:	5:19.08 38.99
11.	Halldor Ingi Hafthorsson		08	Sh		5:25.02	278	
	50m:	36.08 36.08	150m:	1:58.42 42.02	250m:	3:21.33 41.02	350m:	4:45.94 42.31
	100m:	1:16.40 40.32	200m:	2:40.31 41.89	300m:	4:03.63 42.30	400m:	5:25.02 39.08
12.	Svavar Thor Gudboernsson		08	Ithrottabandalag Reykjanesbajar		7:08.51	121	
	50m:	42.71 42.71	150m:	2:31.06 54.73	250m:	4:23.00 56.89	350m:	6:10.57 52.10
	100m:	1:36.33 53.62	200m:	3:26.11 55.05	300m:	5:18.47 55.47	400m:	7:08.51 57.94

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Reykjavík, 25. - 26.9.2021

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15 years and older

1.	Veigar Hrafn Sigthorsson	05	Sh						4:04.25	656
	50m: 27.77 27.77	150m: 1:28.75	30.70	250m: 2:31.11	31.18	350m: 3:33.95	31.31			
	100m: 58.05 30.28	200m: 1:59.93	31.18	300m: 3:02.64	31.53	400m: 4:04.25	30.30			
2.	Alexander Logi Jonsson	04	Ithrottabandalag Reykjanesbajar						4:16.32	567
	50m: 29.50 29.50	150m: 1:34.17	32.17	250m: 2:39.53	32.69	350m: 3:44.70	32.18			
	100m: 1:02.00 32.50	200m: 2:06.84	32.67	300m: 3:12.52	32.99	400m: 4:16.32	31.62			
3.	Sigurður Haukur Birgisson	06	Armann						4:27.97	496
	50m: 29.77 29.77	150m: 1:37.40	34.23	250m: 2:46.68	34.55	350m: 3:55.82	34.66			
	100m: 1:03.17 33.40	200m: 2:12.13	34.73	300m: 3:21.16	34.48	400m: 4:27.97	32.15			
4.	Stefan Elias Berman	03	Ithrottabandalag Reykjanesbajar						4:29.00	491
	50m: 29.63 29.63	150m: 1:37.28	33.91	250m: 2:46.01	34.30	350m: 3:55.24	34.30			
	100m: 1:03.37 33.74	200m: 2:11.71	34.43	300m: 3:20.94	34.93	400m: 4:29.00	33.76			
5.	Andri Mar Kristjánsson	06	Sh						4:33.93	465
	50m: 30.68 30.68	150m: 1:40.09	35.07	250m: 2:49.98	34.35	350m: 4:00.76	35.23			
	100m: 1:05.02 34.34	200m: 2:15.63	35.54	300m: 3:25.53	35.55	400m: 4:33.93	33.17			
6.	Gudmundur Leo Rafnsson	06	Ithrottabandalag Reykjanesbajar						4:39.28	438
	50m: 30.82 30.82	150m: 1:40.71	34.93	250m: 2:52.86	35.81	350m: 4:04.95	35.78			
	100m: 1:05.78 34.96	200m: 2:17.05	36.34	300m: 3:29.17	36.31	400m: 4:39.28	34.33			
7.	Stefan Ingi Olafsson	06	Sundfelagid Aegir						4:39.37	438
	50m: 31.88 31.88	150m: 1:42.13	35.44	250m: 2:54.00	35.82	350m: 4:05.22	35.44			
	100m: 1:06.69 34.81	200m: 2:18.18	36.05	300m: 3:29.78	35.78	400m: 4:39.37	34.15			
8.	Sveinn Eli Helgason	04	Sundfelagid Aegir						4:40.43	433
	50m: 30.47 30.47	150m: 1:40.54	35.30	250m: 2:53.09	36.31	350m: 4:05.47	36.12			
	100m: 1:05.24 34.77	200m: 2:16.78	36.24	300m: 3:29.35	36.26	400m: 4:40.43	34.96			
9.	Hrafn Sverrisson	05	Armann						5:10.85	318
	50m: 33.73 33.73	150m: 1:53.04	39.53	250m: 3:14.22	40.63	350m: 4:33.18	39.18			
	100m: 1:13.51 39.78	200m: 2:33.59	40.55	300m: 3:54.00	39.78	400m: 5:10.85	37.67			
10.	Isak Arni Gudmundsson	05	Armann						5:21.90	286
	50m: 37.01 37.01	150m: 1:59.35	41.53	250m: 3:23.19	41.93	350m: 4:44.08	39.77			
	100m: 1:17.82 40.81	200m: 2:41.26	41.91	300m: 4:04.31	41.12	400m: 5:21.90	37.82			