

NOM2021  
Reykjavík, 8. - 9.10.2021

Event 1  
08.10.2021 - 17:30

Men, 400m Freestyle

Open  
Results

Points: FINA 2021

Rank			Age			Time	Pts	
<b>25 - 29 years</b>								
1.	Bjoergvin Gudmundur Bjoergvinsson		29	Sh		<b>5:34.58</b>	255	
	50m:	32.64 32.64	150m:	1:52.27 40.91	250m:	3:19.14 43.96	350m:	4:51.11 46.67
	100m:	1:11.36 38.72	200m:	2:35.18 42.91	300m:	4:04.44 45.30	400m:	5:34.58 43.47
<b>35 - 39 years</b>								
1.	Leifur Gunnarsson		36	Sunddeild Breidabliks		<b>6:12.28</b>	185	
	50m:	34.14 34.14	150m:	1:57.09 44.08	250m:	3:33.36 49.49	350m:	5:19.41 53.67
	100m:	1:13.01 38.87	200m:	2:43.87 46.78	300m:	4:25.74 52.38	400m:	6:12.28 52.87
<b>40 - 44 years</b>								
1.	Hakon Skaarud Karlsen		42	OI Svoemming		<b>4:17.33</b>	561	
	50m:	29.97 29.97	150m:	1:35.00 32.70	250m:	2:40.88 33.04	350m:	3:46.84 32.95
	100m:	1:02.30 32.33	200m:	2:07.84 32.84	300m:	3:13.89 33.01	400m:	4:17.33 30.49
2.	Knut Ivan Rasmussen		43	OI Svoemming		<b>4:26.49</b>	505	
	50m:	31.42 31.42	150m:	1:38.52 33.66	250m:	2:46.37 34.03	350m:	3:54.16 33.53
	100m:	1:04.86 33.44	200m:	2:12.34 33.82	300m:	3:20.63 34.26	400m:	4:26.49 32.33
<b>50 - 54 years</b>								
1.	Steinn Johannsson		53	Sh		<b>5:27.87</b>	271	
	50m:	35.85 35.85	150m:	1:55.84 40.64	250m:	3:20.16 42.71	350m:	4:46.31 43.02
	100m:	1:15.20 39.35	200m:	2:37.45 41.61	300m:	4:03.29 43.13	400m:	5:27.87 41.56
<b>65 - 69 years</b>								
1.	Sigurbjoern Einarsson		69	Sundfelagid Aegir		<b>6:40.54</b>	148	
	50m:	44.38 44.38	150m:	2:25.54 51.27	250m:	4:10.64 52.97	350m:	5:52.84 50.96
	100m:	1:34.27 49.89	200m:	3:17.67 52.13	300m:	5:01.88 51.24	400m:	6:40.54 47.70
<b>70 - 74 years</b>								
1.	Kari Geirlaugsson		72	Sundfelag Akraness		<b>6:47.62</b>	141	
	50m:	44.67 44.67	150m:	2:25.23 51.77	250m:	4:12.46 53.84	350m:	5:58.80 52.88
	100m:	1:33.46 48.79	200m:	3:18.62 53.39	300m:	5:05.92 53.46	400m:	6:47.62 48.82