

Event 32 Men, 400m Medley
12.11.2023 - 17:00 Open Results Final

Íslandsmet	4:11.78	Orn Arnarson	SH	Vestmannaeyjar	16.03.2001
Unglingamet	4:18.12	Anton Sveinn McKee	AEGIR	Laugardalslaug	10.12.2011
Aldursflokkamet	4:30.75	Hólmar Grétarsson	SH	Reykjavík	07.10.2023

EM25 : 4:18.86 / NM-A 18 +: 4:23.49; 14 - 17: 4:29.42 / NM-B 18 +: 4:26.15; 14 - 17: 4:32.14 / A-landslið : 4:24.14 /
Úrvalshópur 20: 4:26.15; 19: 4:28.13; 18: 4:30.14 / Unglingalandslið 17: 4:32.14; 16: 4:36.27; 15: 4:40.97 /
Framtíðarhópur 14: 4:49.79; 13: 5:01.20; 12: 5:18.42

Points: FINA 2023

Rank			Age							Time	Pts	
1.	Holmar Grétarsson		15	SH						4:33.06	635	Unglinga
	50m:	29.32 29.32	150m:	1:39.22 36.25	250m:	2:51.88 38.09	350m:	4:02.96 32.61				
	100m:	1:02.97 33.65	200m:	2:13.79 34.57	300m:	3:30.35 38.47	400m:	4:33.06 30.10				
2.	Dadi Rafn Falsson		15	ÍRB						4:38.54	599	Unglinga
	50m:	29.44 29.44	150m:	1:40.92 36.82	250m:	2:55.91 38.93	350m:	4:07.66 32.52				
	100m:	1:04.10 34.66	200m:	2:16.98 36.06	300m:	3:35.14 39.23	400m:	4:38.54 30.88				
3.	Adam Leo Tomasson		16	SH						4:43.68	567	
	50m:	31.24 31.24	150m:	1:43.45 37.00	250m:	2:58.98 38.74	350m:	4:12.18 33.66				
	100m:	1:06.45 35.21	200m:	2:20.24 36.79	300m:	3:38.52 39.54	400m:	4:43.68 31.50				
4.	Gisli Kristjan Traustason		14	ÍRB						5:10.01	434	
	50m:	33.75 33.75	150m:	1:54.08 40.44	250m:	3:17.12 43.65	350m:	4:35.79 34.88				
	100m:	1:13.64 39.89	200m:	2:33.47 39.39	300m:	4:00.91 43.79	400m:	5:10.01 34.22				