

Event 32

Men, 400m Medley

Open  
Results Prelim

12.11.2023 - 9:30

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		
<b>18 years and younger</b>												
1.	Holmar Grétarsson		15		SH				<b>4:36.30</b>	613	Q Unglinga	
	50m:	29.53	29.53	150m:	1:39.97	36.44	250m:	2:53.83	38.74	350m:	4:05.24	32.60
	100m:	1:03.53	34.00	200m:	2:15.09	35.12	300m:	3:32.64	38.81	400m:	4:36.30	31.06
2.	Dadi Rafn Falsson		15		ÍRB				<b>4:45.95</b>	553	Q	
	50m:	30.38	30.38	150m:	1:43.46	37.63	250m:	3:00.33	39.97	350m:	4:13.48	33.01
	100m:	1:05.83	35.45	200m:	2:20.36	36.90	300m:	3:40.47	40.14	400m:	4:45.95	32.47
3.	Adam Leo Tomasson		16		SH				<b>4:53.75</b>	510	Q	
	50m:	31.51	31.51	150m:	1:46.37	38.48	250m:	3:05.24	40.86	350m:	4:20.76	34.88
	100m:	1:07.89	36.38	200m:	2:24.38	38.01	300m:	3:45.88	40.64	400m:	4:53.75	32.99
4.	Gisli Kristjan Traustason		14		ÍRB				<b>5:18.58</b>	400	Q	
	50m:	34.26	34.26	150m:	1:56.84	41.66	250m:	3:21.94	45.00	350m:	4:43.29	36.06
	100m:	1:15.18	40.92	200m:	2:36.94	40.10	300m:	4:07.23	45.29	400m:	5:18.58	35.29