

Gullmót KR  
Reykjavík, 9. - 11.2.2024

Event 6  
09.02.2024 - 18:08

Men, 400m Medley

Open  
Results

Points: FINA 2023

Rank	YB				Time	Pts	100m	200m	300m	400m		
<b>13 - 15 years</b>												
1.	Jon Ingvar Eythorsson	10	Breidablik		<b>5:31.85</b>	396	1:13.35	1:27.30	1:35.85	1:15.35		
	50m:	34.49	34.49	150m:	1:58.13	44.78	250m:	3:28.95	48.30	350m:	4:55.48	38.98
	100m:	1:13.35	38.86	200m:	2:40.65	42.52	300m:	4:16.50	47.55	400m:	5:31.85	36.37
2.	Julian Jarnutowski	10	IRB		<b>5:53.91</b>	327	1:24.82	1:33.21	1:40.38	1:15.50		
	50m:	38.09	38.09	150m:	2:12.42	47.60	250m:	3:47.38	49.35	350m:	5:17.85	39.44
	100m:	1:24.82	46.73	200m:	2:58.03	45.61	300m:	4:38.41	51.03	400m:	5:53.91	36.06
3.	Thor Eli Gunnarsson	11	SH		<b>5:57.69</b>	316	1:24.86	1:30.19	1:41.30	1:21.34		
	50m:	37.65	37.65	150m:	2:10.58	45.72	250m:	3:44.79	49.74	350m:	5:18.09	41.74
	100m:	1:24.86	47.21	200m:	2:55.05	44.47	300m:	4:36.35	51.56	400m:	5:57.69	39.60
4.	Styrmir Snar Arnason	10	SH		<b>5:58.02</b>	315	1:14.50	1:42.40	1:41.22	1:19.90		
	50m:	33.90	33.90	150m:	2:08.38	53.88	250m:	3:46.35	49.45	350m:	5:18.75	40.63
	100m:	1:14.50	40.60	200m:	2:56.90	48.52	300m:	4:38.12	51.77	400m:	5:58.02	39.27
5.	Magni Rafn Ragnarsson	10	Odinn		<b>5:58.80</b>	313	1:26.90	1:36.99	1:36.33	1:18.58		
	50m:	40.26	40.26	150m:	2:15.55	48.65	250m:	3:51.89	48.00	350m:	5:20.71	40.49
	100m:	1:26.90	46.64	200m:	3:03.89	48.34	300m:	4:40.22	48.33	400m:	5:58.80	38.09
6.	Kristjón Hrafn Kjartansson	11	SH		<b>6:00.63</b>	309	1:24.05	1:30.99	1:47.87	1:17.72		
	50m:	37.47	37.47	150m:	2:10.34	46.29	250m:	3:48.24	53.20	350m:	5:22.52	39.61
	100m:	1:24.05	46.58	200m:	2:55.04	44.70	300m:	4:42.91	54.67	400m:	6:00.63	38.11
7.	Ingibjörn Natan G.	09	Agir		<b>6:03.18</b>	302	1:32.40	1:26.37	1:46.46	1:17.95		
	50m:	40.56	40.56	150m:	2:16.25	43.85	250m:	3:51.25	52.48	350m:	5:24.83	39.60
	100m:	1:32.40	51.84	200m:	2:58.77	42.52	300m:	4:45.23	53.98	400m:	6:03.18	38.35
8.	Alexander Reid M.	10	Odinn		<b>6:11.11</b>	283	1:29.01	1:44.13	1:40.52	1:17.45		
	50m:	40.48	40.48	150m:	2:22.22	53.21	250m:	4:04.10	50.96	350m:	5:33.52	39.86
	100m:	1:29.01	48.53	200m:	3:13.14	50.92	300m:	4:53.66	49.56	400m:	6:11.11	37.59
9.	Timotei Roland Randhaw	10	Sunddeild KR		<b>6:16.68</b>	271	1:32.28	1:30.31	1:52.57	1:21.52		
	50m:	40.05	40.05	150m:	2:17.71	45.43	250m:	3:58.74	56.15	350m:	5:35.85	40.69
	100m:	1:32.28	52.23	200m:	3:02.59	44.88	300m:	4:55.16	56.42	400m:	6:16.68	40.83
10.	Stefan Hagalin Arnason	10	Armann		<b>6:17.64</b>	269	1:41.19	1:29.51	1:48.50	1:18.44		
	50m:	45.27	45.27	150m:	2:26.26	45.07	250m:	4:05.27	54.57	350m:	5:39.24	40.04
	100m:	1:41.19	55.92	200m:	3:10.70	44.44	300m:	4:59.20	53.93	400m:	6:17.64	38.40
11.	Björn Elvar Austfjörð	11	Odinn		<b>6:29.40</b>	245	1:37.24	1:43.21	1:44.39	1:24.56		
	50m:	44.50	44.50	150m:	2:31.08	53.84	250m:	4:12.85	52.40	350m:	5:47.63	42.79
	100m:	1:37.24	52.74	200m:	3:20.45	49.37	300m:	5:04.84	51.99	400m:	6:29.40	41.77
12.	Savar Sindri Johannesson	10	SH		<b>6:43.30</b>	221	1:34.55	1:47.26	1:51.55	1:29.94		
	50m:			150m:			250m:			350m:	5:59.38	46.02
	100m:	1:34.55		200m:	3:21.81		300m:	5:13.36		400m:	6:43.30	43.92
13.	Olafur B.	10	Breidablik		<b>6:46.70</b>	215	1:43.49	1:36.69	1:51.96	1:34.56		
	50m:	46.23	46.23	150m:			250m:	4:16.17	55.99	350m:	5:59.34	47.20
	100m:	1:43.49	57.26	200m:	3:20.18		300m:	5:12.14	55.97	400m:	6:46.70	47.36
14.	Luca Magni Barreiro C.	09	Sunddeild KR		<b>6:53.16</b>	205	1:34.97	1:49.20	1:58.08	1:30.91		
	50m:	41.81	41.81	150m:	2:29.95	54.98	250m:	4:22.29	58.12	350m:	6:07.73	45.48
	100m:	1:34.97	53.16	200m:	3:24.17	54.22	300m:	5:22.25	59.96	400m:	6:53.16	45.43
DSQ	Andri Olafsson	09	SH		<b>5:39.53</b>		1:14.41	1:31.87	1:35.86	1:17.39		
	<i>Ba10 - Keppandi lauk ekki sundinu á bakinu (SW 6.5)</i>											
	50m:	33.75	33.75	150m:	2:01.64	47.23	250m:	3:33.41	47.13	350m:	5:01.87	39.73
	100m:	1:14.41	40.66	200m:	2:46.28	44.64	300m:	4:22.14	48.73	400m:	5:39.53	37.66
DSQ	Daniel Andriysson	11	SH		<b>6:37.75</b>		1:37.36	1:43.09	1:51.96	1:25.34		
	<i>Bf2 - Handleggir ekki samtímis framávið yfir vatnsyfirborði (SW 8.2)</i>											
	50m:	43.96	43.96	150m:	2:30.74	53.38	250m:	4:16.54	56.09	350m:	5:56.22	43.81
	100m:	1:37.36	53.40	200m:	3:20.45	49.71	300m:	5:12.41	55.87	400m:	6:37.75	41.53
DSQ	Jon Gisli Edvaldsson	10	SH		<b>6:38.72</b>		1:27.09	1:44.78	1:59.53	1:27.32		
	<i>Bf2 - Handleggir ekki samtímis framávið yfir vatnsyfirborði (SW 8.2)</i>											
	50m:	37.26	37.26	150m:			250m:	4:10.73	58.86	350m:	5:56.03	44.63
	100m:	1:27.09	49.83	200m:	3:11.87		300m:	5:11.40	1:00.67	400m:	6:38.72	42.69

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Event 6, Men, 400m Medley

16 years and older

1. Mar Oskar Thorsteinsson	07	SH				<b>5:54.76</b>	324	1:30.66	1:38.11	1:30.14	1:15.85
50m:	40.88	40.88	150m:	2:20.85	50.19	250m:	3:52.97	44.20	350m:	5:17.86	38.95
100m:	1:30.66	49.78	200m:	3:08.77	47.92	300m:	4:38.91	45.94	400m:	5:54.76	36.90
DSQ Ernir Mani Oddgeirsson	07	SH				<b>6:05.07</b>		1:34.88	1:30.75	1:38.52	1:20.92
<i>Ba8 - Keppandi notar fleiri en eina eða tvær samfeldar armsveiflur í snúningi eða snúningur er ekki samfelldur (SW 6.4)</i>											
50m:	40.56	40.56	150m:	2:21.87	46.99	250m:	3:53.99	48.36	350m:	5:26.58	42.43
100m:	1:34.88	54.32	200m:	3:05.63	43.76	300m:	4:44.15	50.16	400m:	6:05.07	38.49

12 years and younger

1. Svanberg Leo Joelsson	12	Agir				<b>6:49.33</b>	211	1:40.20	1:46.49	1:59.27	1:23.37
50m:	46.00	46.00	150m:	2:35.35	55.15	250m:	4:26.04	59.35	350m:	6:06.63	40.67
100m:	1:40.20	54.20	200m:	3:26.69	51.34	300m:	5:25.96	59.92	400m:	6:49.33	42.70
2. Halldor Ingi Olafsson	13	SH				<b>6:52.12</b>	207	1:41.08	1:44.62	1:59.85	1:26.57
50m:	44.67	44.67	150m:	2:34.13	53.05	250m:	4:25.39	59.69	350m:	6:11.63	46.08
100m:	1:41.08	56.41	200m:	3:25.70	51.57	300m:	5:25.55	1:00.16	400m:	6:52.12	40.49
3. Benjamin Thor Jonsson	12	Agir				<b>7:14.49</b>	176	1:48.55	1:48.63	2:00.58	1:36.73
50m:	49.40	49.40	150m:	2:44.39	55.84	250m:	4:37.90	1:00.72	350m:		
100m:	1:48.55	59.15	200m:	3:37.18	52.79	300m:	5:37.76	59.86	400m:	7:14.49	