



Íslands- og unglingsmeistaramótið í 50m laug 2024
Reykjavík, 12. - 14.4.2024

Event 27 Men, 400m Medley Open
14.04.2024 - 17:00 Results Final

Íslandsmet	4:23.64	Anton Sveinn McKee	AEGIR	Laugardalslaug	15.04.2012
Unglingamet	4:30.15	Anton Sveinn McKee	AEGIR	Belgrade (SRB)	10.07.2011
Aldursflokkamet	4:35.30	Hólmar Grétarsson	SH	Maribor (SLO)	28.07.2023

ÓL OQT (A) : 4:12.50 / ÓL OCT (B) : 4:13.76 / EM50 Opið : 4:27.47 / EM50 2003-2005 19 - 21: 4:30.20 / EMU 2006-2008 16 - 18: 4:35.57 / NÆM 2008-2010 14 - 16: 4:50.31 / A-landslið : 4:32.93 / Úrvalshópur 2003 21: 4:35.00 / Úrvalshópur 2004 20: 4:37.05 / Úrvalshópur 2005 19: 4:39.12 / Unglingalandslið 2006 18: 4:41.20 / Unglingalandslið 2007 17: 4:45.46 / Unglingalandslið 2008 16: 4:50.31 / Framtíðarhópur 2009 15: 4:59.43 / Framtíðarhópur 2010 14: 5:11.22 / Framtíðarhópur 2011 13: 5:29.02

Points: FINA 2024

Rank	YB				Time	Pts	100m	200m	300m	400m		
1.	Hólmar Grétarsson	08	SH		4:39.26	654	NÆM U1:02.90	1:15.15	1:17.45	1:03.76		
	50m:	29.30	29.30	150m:	1:41.76	38.86	250m:	2:57.30	39.25	350m:	4:08.61	33.11
	100m:	1:02.90	33.60	200m:	2:18.05	36.29	300m:	3:35.50	38.20	400m:	4:39.26	30.65
2.	Adam Leó Tómasson	07	SH		4:50.68	580		1:06.99	1:16.22	1:21.44	1:06.03	
	50m:	31.07	31.07	150m:	1:44.79	37.80	250m:	3:03.57	40.36	350m:	4:18.69	34.04
	100m:	1:06.99	35.92	200m:	2:23.21	38.42	300m:	3:44.65	41.08	400m:	4:50.68	31.99
3.	Daði Rafn Falsson	08	ÍRB		4:51.43	576		1:04.10	1:18.20	1:22.79	1:06.34	
	50m:	29.65	29.65	150m:	1:43.88	39.78	250m:	3:03.46	41.16	350m:	4:18.92	33.83
	100m:	1:04.10	34.45	200m:	2:22.30	38.42	300m:	3:45.09	41.63	400m:	4:51.43	32.51
4.	Gísli Kristján Traustason	09	ÍRB		5:24.32	418		1:14.74	1:23.45	1:31.95	1:14.18	
	50m:	34.37	34.37	150m:	1:57.01	42.27	250m:	3:24.09	45.90	350m:	4:47.76	37.62
	100m:	1:14.74	40.37	200m:	2:38.19	41.18	300m:	4:10.14	46.05	400m:	5:24.32	36.56
5.	Julian Jarnutowski	10	ÍRB		5:31.75	390		1:16.91	1:26.59	1:36.24	1:12.01	
	50m:	35.01	35.01	150m:	2:00.89	43.98	250m:	3:31.49	47.99	350m:	4:57.07	37.33
	100m:	1:16.91	41.90	200m:	2:43.50	42.61	300m:	4:19.74	48.25	400m:	5:31.75	34.68
6.	Vanja Djurovic	09	Breiðablik		5:31.80	390		1:16.21	1:26.51	1:38.64	1:10.44	
	50m:	34.85	34.85	150m:	1:59.71	43.50	250m:	3:31.64	48.92	350m:	4:58.76	37.40
	100m:	1:16.21	41.36	200m:	2:42.72	43.01	300m:	4:21.36	49.72	400m:	5:31.80	33.04