



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

Event 27 Men, 400m Medley Open
14.04.2024 - 9:30 Results Prelim

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	Hólmur 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
18 years and younger							
1.	Holmar Grétarsson 08 SH	4:39.85	650 Q	NÆM1:02.34	1:14.69	1:18.70	1:04.12
	50m: 29.21 29.21 150m: 1:40.41 38.07	250m: 2:56.50 39.47	350m: 4:08.70 32.97	100m: 1:02.34 33.13	200m: 2:17.03 36.62	300m: 3:35.73 39.23	400m: 4:39.85 31.15
2.	Daði Rafn Falsson 08 ÍRB	4:51.67	574 Q	1:03.86	1:18.07	1:23.37	1:06.37
	50m: 30.20 30.20 150m: 1:43.15 39.29	250m: 3:03.83 41.90	350m: 4:19.16 33.86	100m: 1:03.86 33.66	200m: 2:21.93 38.78	300m: 3:45.30 41.47	400m: 4:51.67 32.51
3.	Adam Leo Tomasson 07 SH	5:03.40	510 Q	1:07.13	1:20.88	1:25.02	1:10.37
	50m: 31.28 31.28 150m: 1:47.30 40.17	250m: 3:10.46 42.45	350m: 4:29.23 36.20	100m: 1:07.13 35.85	200m: 2:28.01 40.71	300m: 3:53.03 42.57	400m: 5:03.40 34.17
4.	Gísli Kristján Traustason 09 ÍRB	5:31.73	390 Q	1:17.03	1:26.67	1:36.51	1:11.52
	50m: 34.88 34.88 150m: 2:00.90 43.87	250m: 3:32.12 48.42	350m: 4:59.51 39.30	100m: 1:17.03 42.15	200m: 2:43.70 42.80	300m: 4:20.21 48.09	400m: 5:31.73 32.22
5.	Julian Jarnutowski 10 ÍRB	5:31.94	389 Q	1:17.34	1:27.76	1:36.82	1:10.02
	50m: 35.44 35.44 150m: 2:01.76 44.42	250m: 3:33.42 48.32	350m: 4:59.55 37.63	100m: 1:17.34 41.90	200m: 2:45.10 43.34	300m: 4:21.92 48.50	400m: 5:31.94 32.39
6.	Vanja Djurovic 09 Breiðablik	5:39.07	365 Q	1:15.54	1:28.22	1:41.03	1:14.28
	50m: 35.39 35.39 150m: 1:59.73 44.19	250m: 3:33.74 49.98	350m: 5:02.64 37.85	100m: 1:15.54 40.15	200m: 2:43.76 44.03	300m: 4:24.79 51.05	400m: 5:39.07 36.43