

Haustmót Ármanns
Reykjavík, 28. - 29.9.2024

Event 11
28.09.2024 - 15:30

Men, 400m Freestyle

12 years and older
Results

Points: AQUA 2024

Rank				YB					Time	Pts		
12 - 13 years												
1.	Svanberg Leo Joelsson			12	Sundfelagid Agir				5:20.38	290		
	50m:	36.36	36.36	150m:	1:57.15	40.55	250m:	3:19.52	40.95	350m:	4:40.67	40.37
	100m:	1:16.60	40.24	200m:	2:38.57	41.42	300m:	4:00.30	40.78	400m:	5:20.38	39.71
2.	Gabriel Jarnutowski			11	Ithrottabandalag Reykjanesbajar				5:22.90	284		
	50m:	37.28	37.28	150m:	1:58.71	41.18	250m:	3:20.80	40.97	350m:	4:43.51	41.95
	100m:	1:17.53	40.25	200m:	2:39.83	41.12	300m:	4:01.56	40.76	400m:	5:22.90	39.39
3.	Einar Steinn Einarsson			12	Ithrottabandalag Reykjanesbajar				5:37.94	247		
	50m:	38.40	38.40	150m:	2:05.11	43.25	250m:	3:30.82	42.92	350m:	4:59.07	44.19
	100m:	1:21.86	43.46	200m:	2:47.90	42.79	300m:	4:14.88	44.06	400m:	5:37.94	38.87
4.	Thorbergur Eriksson			12	Ithrottabandalag Reykjanesbajar				5:38.39	246		
	50m:	37.71	37.71	150m:	2:03.21	43.22	250m:	3:29.60	42.80	350m:	4:57.32	43.82
	100m:	1:19.99	42.28	200m:	2:46.80	43.59	300m:	4:13.50	43.90	400m:	5:38.39	41.07
5.	Ptryk Matysko			11	Sundfelagid Agir				6:23.96	168		
	50m:	39.76	39.76	150m:	2:14.55	49.01	250m:	3:54.24	50.03	350m:	5:34.97	50.21
	100m:	1:25.54	45.78	200m:	3:04.21	49.66	300m:	4:44.76	50.52	400m:	6:23.96	48.99
14 - 15 years												
1.	Jon Ingvar Eythorsson			10	Sunddeild Breidabliks				4:29.57	488		
	50m:	30.03	30.03	150m:	1:37.96	34.35	250m:	2:47.70	34.74	350m:	3:56.48	34.05
	100m:	1:03.61	33.58	200m:	2:12.96	35.00	300m:	3:22.43	34.73	400m:	4:29.57	33.09
2.	Gisli Kristjan Traustason			09	Ithrottabandalag Reykjanesbajar				4:31.07	480		
	50m:	30.36	30.36	150m:	1:38.70	34.64	250m:	2:48.30	34.85	350m:	3:58.30	35.12
	100m:	1:04.06	33.70	200m:	2:13.45	34.75	300m:	3:23.18	34.88	400m:	4:31.07	32.77
3.	Vanja Djurovic			09	Sunddeild Breidabliks				4:34.31	463		
	50m:	30.54	30.54	150m:	1:38.45	34.68	250m:	2:48.98	35.41	350m:	4:00.55	36.00
	100m:	1:03.77	33.23	200m:	2:13.57	35.12	300m:	3:24.55	35.57	400m:	4:34.31	33.76
4.	Julian Jarnutowski			10	Ithrottabandalag Reykjanesbajar				4:36.58	451		
	50m:	31.39	31.39	150m:	1:40.88	35.22	250m:	2:51.76	35.47	350m:	4:03.57	35.97
	100m:	1:05.66	34.27	200m:	2:16.29	35.41	300m:	3:27.60	35.84	400m:	4:36.58	33.01
5.	Egill Orri Baldursson			09	Ithrottabandalag Reykjanesbajar				4:37.45	447		
	50m:	30.63	30.63	150m:	1:40.70	35.55	250m:	2:52.38	36.14	350m:	4:03.24	35.23
	100m:	1:05.15	34.52	200m:	2:16.24	35.54	300m:	3:28.01	35.63	400m:	4:37.45	34.21
6.	Viktor Bergmann Arnarsson			10	Ithrottabandalag Reykjanesbajar				4:45.79	409		
	50m:	32.86	32.86	150m:	1:46.16	36.97	250m:	2:59.43	36.66	350m:	4:11.90	35.95
	100m:	1:09.19	36.33	200m:	2:22.77	36.61	300m:	3:35.95	36.52	400m:	4:45.79	33.89
7.	Thordur Karl Steinarsson			09	Sunddeild KR				4:52.62	381		
	50m:	33.29	33.29	150m:	1:49.62	38.32	250m:	3:03.87	36.96	350m:	4:16.95	36.70
	100m:	1:11.30	38.01	200m:	2:26.91	37.29	300m:	3:40.25	36.38	400m:	4:52.62	35.67
8.	Stefan Hagalin Arnason			10	Armann				4:57.63	362		
	50m:	32.94	32.94	150m:	1:49.12	38.38	250m:	3:04.75	37.87	350m:	4:20.21	37.29
	100m:	1:10.74	37.80	200m:	2:26.88	37.76	300m:	3:42.92	38.17	400m:	4:57.63	37.42
9.	Tristan Orri Borghildarson			10	Ithrottabandalag Reykjanesbajar				5:23.70	281		
	50m:	35.06	35.06	150m:	1:56.97	41.71	250m:	3:20.80	42.56	350m:	4:43.15	40.85
	100m:	1:15.26	40.20	200m:	2:38.24	41.27	300m:	4:02.30	41.50	400m:	5:23.70	40.55
10.	Olafur Bragason Thoroddsen			10	Sunddeild Breidabliks				5:42.25	238		
	50m:	37.88	37.88	150m:	2:04.87	43.51	250m:	3:33.79	44.22	350m:	5:00.16	43.44
	100m:	1:21.36	43.48	200m:	2:49.57	44.70	300m:	4:16.72	42.93	400m:	5:42.25	42.09

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16 years and older

1.	Gudmundur Leo Rafnsson	06	Ithrottabandalag Reykjanesbajar	3:58.38	705
	50m: 27.48 27.48	150m: 1:28.72 30.37	250m: 2:29.15 29.89	350m: 3:29.36 30.19	
	100m: 58.35 30.87	200m: 1:59.26 30.54	300m: 2:59.17 30.02	400m: 3:58.38 29.02	
2.	Magnus Vidir Jonsson	08	Sh	4:01.04	682
	50m: 28.60 28.60	150m: 1:30.92 31.09	250m: 2:32.53 30.07	350m: 3:32.03 29.16	
	100m: 59.83 31.23	200m: 2:02.46 31.54	300m: 3:02.87 30.34	400m: 4:01.04 29.01	
3.	Holmar Gretarsson	08	Sh	4:03.45	662
	50m: 28.86 28.86	150m: 1:31.25 31.06	250m: 2:33.19 30.41	350m: 3:33.83 30.14	
	100m: 1:00.19 31.33	200m: 2:02.78 31.53	300m: 3:03.69 30.50	400m: 4:03.45 29.62	
4.	Denas Kazulis	08	Ithrottabandalag Reykjanesbajar	4:07.38	631
	50m: 28.72 28.72	150m: 1:32.07 32.00	250m: 2:35.53 31.82	350m: 3:38.36 31.09	
	100m: 1:00.07 31.35	200m: 2:03.71 31.64	300m: 3:07.27 31.74	400m: 4:07.38 29.02	
5.	Andri Mar Kristjansson	06	Sh	4:12.12	596
	50m: 28.56 28.56	150m: 1:32.26 31.79	250m: 2:36.32 32.07	350m: 3:41.18 32.57	
	100m: 1:00.47 31.91	200m: 2:04.25 31.99	300m: 3:08.61 32.29	400m: 4:12.12 30.94	
6.	Dadi Rafn Falsson	08	Ithrottabandalag Reykjanesbajar	4:13.53	586
	50m: 28.46 28.46	150m: 1:33.53 32.92	250m: 2:37.78 32.13	350m: 3:42.56 32.11	
	100m: 1:00.61 32.15	200m: 2:05.65 32.12	300m: 3:10.45 32.67	400m: 4:13.53 30.97	
7.	Bjorn Yngvi Gudmundsson	07	Sh	4:15.37	574
	50m: 28.54 28.54	150m: 1:32.77 32.39	250m: 2:38.42 32.82	350m: 3:44.35 33.07	
	100m: 1:00.38 31.84	200m: 2:05.60 32.83	300m: 3:11.28 32.86	400m: 4:15.37 31.02	
8.	Bartosz Henke	05	Sh	4:15.88	570
	50m: 30.04 30.04	150m: 1:34.59 31.64	250m: 2:38.31 31.25	350m: 3:43.60 33.19	
	100m: 1:02.95 32.91	200m: 2:07.06 32.47	300m: 3:10.41 32.10	400m: 4:15.88 32.28	
9.	Nikolai Leo Jonsson	08	Ithrottabandalag Reykjanesbajar	4:20.57	540
	50m: 28.82 28.82	150m: 1:33.20 32.84	250m: 2:39.71 33.65	350m: 3:48.01 34.20	
	100m: 1:00.36 31.54	200m: 2:06.06 32.86	300m: 3:13.81 34.10	400m: 4:20.57 32.56	
10.	Mar Oskar Thorsteinsson	07	Sh	4:30.99	480
	50m: 31.29 31.29	150m: 1:39.80 34.27	250m: 2:49.24 34.49	350m: 3:57.51 34.07	
	100m: 1:05.53 34.24	200m: 2:14.75 34.95	300m: 3:23.44 34.20	400m: 4:30.99 33.48	
11.	Halldor Ingi Hafthorsson	08	Sh	4:36.71	451
	50m: 31.15 31.15	150m: 1:41.77 35.45	250m: 2:52.19 34.67	350m: 4:03.52 35.17	
	100m: 1:06.32 35.17	200m: 2:17.52 35.75	300m: 3:28.35 36.16	400m: 4:36.71 33.19	