

Event 32 Open  
10.11.2024 - 16:35 Results Final

Men, 400m Medley

Íslandsmet	4:11.78	Orn Arnarson	SH	Vestmannaeyjar	16.3.2001
Unglingamet	4:18.12	Anton Sveinn McKee	AEGIR	Laugardalslaug	10.12.2011
Aldursflokkamet	4:27.16	Hólmar Grétarsson	SH	Tartu (EST)	3.12.2023

HM-A : 4:09.19 / HM-SSÍ : 4:16.67 / 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	
1.	Holmar Grétarsson		16	SH						<b>4:24.23</b>	701	NM-A NM-B UNG
	50m:	28.27 28.27	150m:	1:35.11 34.81	250m:	2:46.71 37.45	350m:	3:54.77 30.59				
	100m:	1:00.30 32.03	200m:	2:09.26 34.15	300m:	3:24.18 37.47	400m:	4:24.23 29.46				
2.	Dadi Rafn Falsson		16	ÍRB						<b>4:33.90</b>	630	UNG
	50m:	28.92 28.92	150m:	1:37.92 35.91	250m:	2:52.84 38.92	350m:	4:03.15 31.41				
	100m:	1:02.01 33.09	200m:	2:13.92 36.00	300m:	3:31.74 38.90	400m:	4:33.90 30.75				
3.	Adam Leo Tomasson		17	SH						<b>4:37.65</b>	604	
	50m:	29.52 29.52	150m:	1:39.04 35.75	250m:	2:53.44 38.67	350m:	4:05.65 32.46				
	100m:	1:03.29 33.77	200m:	2:14.77 35.73	300m:	3:33.19 39.75	400m:	4:37.65 32.00				
4.	Gisli Kristjan Traustason		15	ÍRB						<b>5:01.75</b>	471	
	50m:	32.04 32.04	150m:	1:49.75 39.33	250m:	3:11.01 43.34	350m:	4:28.68 34.02				
	100m:	1:10.42 38.38	200m:	2:27.67 37.92	300m:	3:54.66 43.65	400m:	5:01.75 33.07				
5.	Styrmir Snar Arnason		14	SH						<b>5:14.69</b>	415	
	50m:	31.74 31.74	150m:	1:50.82 42.74	250m:	3:16.33 44.84	350m:	4:39.69 36.93				
	100m:	1:08.08 36.34	200m:	2:31.49 40.67	300m:	4:02.76 46.43	400m:	5:14.69 35.00				
6.	Kristjon Hrafn Kjartansson		13	SH						<b>5:19.07</b>	398	
	50m:	33.48 33.48	150m:	1:52.64 39.41	250m:	3:20.03 47.52	350m:	4:44.18 36.02				
	100m:	1:13.23 39.75	200m:	2:32.51 39.87	300m:	4:08.16 48.13	400m:	5:19.07 34.89				