

Event 32 Open
10.11.2024 - 9:05 Results Prelim
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		
18 years and younger												
1.	Holmar Grétarsson		16		SH				4:27.45	676	Q NM-A NM-B U	
	50m:	28.95	28.95	150m:	1:36.25	34.73	250m:	2:48.50	37.83	350m:	3:57.99	31.30
	100m:	1:01.52	32.57	200m:	2:10.67	34.42	300m:	3:26.69	38.19	400m:	4:27.45	29.46
2.	Adam Leo Tomasson		17		SH				4:36.30	613	Q	
	50m:	29.89	29.89	150m:	1:39.87	35.94	250m:	2:54.62	38.57	350m:	4:06.78	33.09
	100m:	1:03.93	34.04	200m:	2:16.05	36.18	300m:	3:33.69	39.07	400m:	4:36.30	29.52
3.	Dadi Rafn Falsson		16		ÍRB				4:36.45	612	Q	
	50m:	29.22	29.22	150m:	1:38.98	36.12	250m:	2:54.81	39.73	350m:	4:05.99	31.44
	100m:	1:02.86	33.64	200m:	2:15.08	36.10	300m:	3:34.55	39.74	400m:	4:36.45	30.46
4.	Arni Thor Palmason		15		ÍRB				4:57.92	489	Q	
	50m:	32.04	32.04	150m:	1:47.86	38.24	250m:	3:07.42	42.32	350m:	4:25.05	34.47
	100m:	1:09.62	37.58	200m:	2:25.10	37.24	300m:	3:50.58	43.16	400m:	4:57.92	32.87
5.	Gisli Kristján Traustason		15		ÍRB				5:10.97	430	Q	
	50m:	32.62	32.62	150m:	1:52.72	40.21	250m:	3:16.64	44.14	350m:	4:36.54	35.36
	100m:	1:12.51	39.89	200m:	2:32.50	39.78	300m:	4:01.18	44.54	400m:	5:10.97	34.43
6.	Styrmir Snar Arnason		14		SH				5:20.40	393	Q	
	50m:	31.80	31.80	150m:	1:52.35	44.29	250m:	3:20.03	45.71	350m:	4:44.87	38.57
	100m:	1:08.06	36.26	200m:	2:34.32	41.97	300m:	4:06.30	46.27	400m:	5:20.40	35.53
7.	Kristján Hrafn Kjartansson		13		SH				5:24.68	378	Q	
	50m:	33.90	33.90	150m:	1:56.84	41.52	250m:	3:25.24	47.61	350m:	4:50.08	36.08
	100m:	1:15.32	41.42	200m:	2:37.63	40.79	300m:	4:14.00	48.76	400m:	5:24.68	34.60
8.	Thor Eli Gunnarsson		13		SH				5:30.99	357	Q	
	50m:	34.09	34.09	150m:	1:59.54	41.98	250m:	3:27.43	46.46	350m:	4:54.17	38.69
	100m:	1:17.56	43.47	200m:	2:40.97	41.43	300m:	4:15.48	48.05	400m:	5:30.99	36.82