

Event 4 Men, 400m Freestyle Open Results Final
8.11.2024 - 17:00

Íslandsmet	3:47.83	Anton Sveinn McKee	AEGIR	Istanbul (TUR)	14.12.2012
Unglingamet	3:52.06	Anton Sveinn McKee	AEGIR	Laugardalslaug	11.12.2011
Aldursflokkamet	4:04.34	Magnús Viðir Jónsson	SH	Hafnarfjörður	21.10.2023

HM-A : 3:42.50 / HM-SSÍ : 3:49.17 / NM-A 18 +: 3:55.27; 14 - 17: 4:00.57 / NM-B 18 +: 3:57.64; 14 - 17: 4:03.00 /

A landslið : 3:55.85 / Úrvalshópur 20: 3:57.64; 19: 3:59.41; 18: 4:01.20 / Unglingalandslið 17: 4:03.00; 16: 4:06.68; 15: 4:10.87 /
Framtíðarhópur 14: 4:18.75; 13: 4:28.94; 12: 4:44.32

Points: FINA 2023

Rank			Age						Time	Pts	
1.	Veigar Hrafn Sigthorsson		19	SH					3:56.58	722	NM-B ÚRV
	50m:	26.76 26.76	150m:	1:27.14 30.50	250m:	2:28.28 30.52	350m:	3:28.35 29.50			
	100m:	56.64 29.88	200m:	1:57.76 30.62	300m:	2:58.85 30.57	400m:	3:56.58 28.23			
2.	Magnus Vidir Jonsson		16	SH					3:56.82	719	NM-A NM-B UNG
	50m:	26.71 26.71	150m:	1:26.94 30.40	250m:	2:28.15 30.41	350m:	3:28.43 29.66			
	100m:	56.54 29.83	200m:	1:57.74 30.80	300m:	2:58.77 30.62	400m:	3:56.82 28.39			
3.	Andri Mar Kristjansson		18	SH					4:03.83	659	
	50m:	27.72 27.72	150m:	1:29.73 31.38	250m:	2:32.05 30.97	350m:	3:34.63 31.32			
	100m:	58.35 30.63	200m:	2:01.08 31.35	300m:	3:03.31 31.26	400m:	4:03.83 29.20			
4.	Holmar Gretarsson		16	SH					4:04.50	654	UNG
	50m:	27.96 27.96	150m:	1:29.17 30.82	250m:	2:31.36 31.00	350m:	3:33.69 31.33			
	100m:	58.35 30.39	200m:	2:00.36 31.19	300m:	3:02.36 31.00	400m:	4:04.50 30.81			
5.	Birgir Hrafn Kjartansson		16	Reykjavík					4:08.63	622	
	50m:	28.22 28.22	150m:	1:30.37 31.45	250m:	2:33.54 31.62	350m:	3:37.57 32.00			
	100m:	58.92 30.70	200m:	2:01.92 31.55	300m:	3:05.57 32.03	400m:	4:08.63 31.06			
6.	Bartosz Henke		19	SH					4:08.92	619	
	50m:	27.96 27.96	150m:	1:29.69 31.10	250m:	2:32.81 31.56	350m:	3:37.43 32.31			
	100m:	58.59 30.63	200m:	2:01.25 31.56	300m:	3:05.12 32.31	400m:	4:08.92 31.49			
7.	Bjorn Yngvi Gudmundsson		17	SH					4:12.08	596	
	50m:	28.28 28.28	150m:	1:30.70 31.62	250m:	2:34.96 32.44	350m:	3:40.68 32.73			
	100m:	59.08 30.80	200m:	2:02.52 31.82	300m:	3:07.95 32.99	400m:	4:12.08 31.40			
8.	Arni Thor Palmason		15	ÍRB					4:18.07	556	
	50m:	29.26 29.26	150m:	1:33.85 32.92	250m:	2:39.60 32.50	350m:	3:45.89 32.92			
	100m:	1:00.93 31.67	200m:	2:07.10 33.25	300m:	3:12.97 33.37	400m:	4:18.07 32.18			