

Event 24
23.03.2025 - 10:06

Men, 400m Medley

Open
Results

Mótsmet	4:36.21	Hocine Haciane	AND		01.06.2010
Íslandsmet	4:23.64	Anton Sveinn McKee	AEGIR	Laugardalslaug	15.04.2012
Íslandsmet Unglinga	4:30.15	Anton Sveinn McKee	AEGIR	Belgrade (SRB)	10.07.2011
Íslandsmet Aldursflokka	4:35.30	Hólmar Grétarsson	SH	Maribor (SLO)	28.07.2023

HM SSÍ : 4:25.20 / EM23 19 - 23: 4:30.88 / EMU 16 - 18: 4:35.57 / NÆM 14 - 16: 4:50.31 / GSSE : 4:43.23 / ÍM Open: 5:32.31; - 18: 5:38.14

Points: AQUA 2025

Rank			YB						Time	Pts		
1.	Holmar Grétarsson		08	SH					4:33.36	698	EMU	
	<i>Mótsmet</i>											
	50m:	28.85	28.85	150m:	1:38.00	36.72	250m:	2:52.01	38.97	350m:	4:03.42	32.43
	100m:	1:01.28	32.43	200m:	2:13.04	35.04	300m:	3:30.99	38.98	400m:	4:33.36	29.94
2.	Dadi Rafn Falsson		08	IRB					4:45.91	610	ÍM	
	50m:	29.29	29.29	150m:	1:41.31	38.49	250m:	3:00.76	41.88	350m:	4:14.55	33.00
	100m:	1:02.82	33.53	200m:	2:18.88	37.57	300m:	3:41.55	40.79	400m:	4:45.91	31.36
3.	Adam Leo Tomasson		07	SH					4:47.94	597	ÍM	
	50m:	30.54	30.54	150m:	1:44.11	38.67	250m:	3:01.95	40.02	350m:	4:16.09	33.05
	100m:	1:05.44	34.90	200m:	2:21.93	37.82	300m:	3:43.04	41.09	400m:	4:47.94	31.85
4.	Daniel Andriysson		11	SH					5:46.36	343		
	50m:	36.40	36.40	150m:	2:04.09	45.36	250m:	3:36.92	50.07	350m:	5:07.41	39.76
	100m:	1:18.73	42.33	200m:	2:46.85	42.76	300m:	4:27.65	50.73	400m:	5:46.36	38.95
5.	Savar Sindri Johannesson		10	SH					5:47.04	341		
	50m:	36.49	36.49	150m:	2:07.26	46.61	250m:	3:39.55	47.49	350m:	5:09.47	39.87
	100m:	1:20.65	44.16	200m:	2:52.06	44.80	300m:	4:29.60	50.05	400m:	5:47.04	37.57