

Gullmót KR
Reykjavík, 13 - 15/2/2026

Event 5
2/13/2026 - 17:54

Women, 400m Medley

11 years and older
Results

Points: AQUA 2025

Rank	YB		Time		Pts	100m	200m	300m	400m
11 - 12 years									
1.	Elin Helga Arnardottir	14	SH	6:04.17	382	1:34.50	1:32.16	1:38.40	1:19.11
	50m: 41.83	41.83	150m: 2:21.72	47.22	250m: 3:56.43	49.77	350m: 5:25.26	40.20	
	100m: 1:34.50	52.67	200m: 3:06.66	44.94	300m: 4:45.06	48.63	400m: 6:04.17	38.91	
2.	Matthilda Lilja Larsen	14	SH	6:19.20	338	1:26.88	1:39.03	1:48.43	1:24.86
	50m: 38.97	38.97	150m: 2:16.78	49.90	250m: 3:59.73	53.82	350m: 5:37.69	43.35	
	100m: 1:26.88	47.91	200m: 3:05.91	49.13	300m: 4:54.34	54.61	400m: 6:19.20	41.51	
13 - 15 years									
1.	Gudrun Isold Hardardottir	11	Ithrottabandalag Reykjanest	5:34.84	492	1:19.48	1:25.44	1:34.84	1:15.08
	50m: 36.17	36.17	150m: 2:03.25	43.77	250m: 3:32.10	47.18	350m: 4:57.94	38.18	
	100m: 1:19.48	43.31	200m: 2:44.92	41.67	300m: 4:19.76	47.66	400m: 5:34.84	36.90	
2.	Arora Mjoll Jonsdottir	13	Armarnn	5:53.87	417	1:31.11	1:32.43	1:34.11	1:16.22
	50m: 40.21	40.21	150m: 2:17.59	46.48	250m: 3:50.26	46.72	350m: 5:17.00	39.35	
	100m: 1:31.11	50.90	200m: 3:03.54	45.95	300m: 4:37.65	47.39	400m: 5:53.87	36.87	
3.	Emily Soley P M E.	12	KR	6:04.08	382	1:25.43	1:33.24	1:43.63	1:21.78
	50m: 39.09	39.09	150m: 2:12.75	47.32	250m: 3:51.23	52.56	350m: 5:25.00	42.70	
	100m: 1:25.43	46.34	200m: 2:58.67	45.92	300m: 4:42.30	51.07	400m: 6:04.08	39.08	
4.	Anna Gloria Karadottir	11	Armarnn	6:11.59	360	1:22.65	1:38.08	1:48.51	1:22.35
	50m: 38.30	38.30	150m: 2:11.61	48.96	250m: 3:55.25	54.52	350m: 5:31.59	42.35	
	100m: 1:22.65	44.35	200m: 3:00.73	49.12	300m: 4:49.24	53.99	400m: 6:11.59	40.00	
5.	Soley Helga Sigfridardottir	12	Armarnn	6:21.05	333	1:32.40	1:35.90	1:54.82	1:17.93
	50m: 41.49	41.49	150m: 2:20.99	48.59	250m: 4:04.97	56.67	350m: 5:42.51	39.39	
	100m: 1:32.40	50.91	200m: 3:08.30	47.31	300m: 5:03.12	58.15	400m: 6:21.05	38.54	
6.	Margret Brynja S.	12	Umf Afturelding	6:23.85	326	1:30.78	1:40.65	1:49.24	1:23.18
	50m: 38.96	38.96	150m: 2:23.09	52.31	250m: 4:05.20	53.77	350m: 5:42.41	41.74	
	100m: 1:30.78	51.82	200m: 3:11.43	48.34	300m: 5:00.67	55.47	400m: 6:23.85	41.44	
7.	Soley Katrin S.	12	Armarnn	6:26.32	320	1:40.40	1:33.32	1:52.03	1:20.57
	50m: 46.82	46.82	150m: 2:28.08	47.68	250m: 4:10.33	56.61	350m: 5:46.95	41.20	
	100m: 1:40.40	53.58	200m: 3:13.72	45.64	300m: 5:05.75	55.42	400m: 6:26.32	39.37	
8.	Sara Steinunn Elvarsdottir	11	Ithrottabandalag Reykjanest	6:28.07	316	1:38.47	1:32.75	1:50.94	1:25.91
	50m: 46.21	46.21	150m: 2:25.50	47.03	250m: 4:07.04	55.82	350m: 5:46.34	44.18	
	100m: 1:38.47	52.26	200m: 3:11.22	45.72	300m: 5:02.16	55.12	400m: 6:28.07	41.73	
9.	Jovana Malbasa	13	SH	6:42.23	283	1:36.11	1:38.12	1:58.01	1:29.99
	50m: 42.75	42.75	150m: 2:26.38	50.27	250m: 4:13.21	58.98	350m: 5:57.14	44.90	
	100m: 1:36.11	53.36	200m: 3:14.23	47.85	300m: 5:12.24	59.03	400m: 6:42.23	45.09	
DSQ	Viktoria Ros Guseva	12	Sundfelagid Odinn	6:32.05		1:51.10	1:38.57	1:38.99	1:23.39
	<i>Bf2 - Handleggir ekki samtímis framávið yfir vatnsyfirborði (SW 8.2)</i>								
	50m: 48.55	48.55	150m: 2:41.58	50.48	250m: 4:18.47	48.80	350m: 5:51.31	42.65	
	100m: 1:51.10	1:02.55	200m: 3:29.67	48.09	300m: 5:08.66	50.19	400m: 6:32.05	40.74	
DSQ	Fridrika Yr Gudmundsdottir	13	SH	6:47.39		1:39.98	1:44.52	1:56.32	1:26.57
	<i>Ba9 - Keppandi ekki kominn í bakstöðu þegar spyrrt er frá bakka (SW 6.4)</i>								
	50m: 45.36	45.36	150m: 2:32.64	52.66	250m: 4:22.02	57.52	350m: 6:05.13	44.31	
	100m: 1:39.98	54.62	200m: 3:24.50	51.86	300m: 5:20.82	58.80	400m: 6:47.39	42.26	
16 years and older									
1.	Karen Sif Helgadóttir	10	Armarnn	5:45.83	446	1:21.44	1:26.27	1:45.21	1:12.91
	50m: 37.32	37.32	150m: 2:04.22	42.78	250m: 3:40.39	52.68	350m: 5:09.45	36.53	
	100m: 1:21.44	44.12	200m: 2:47.71	43.49	300m: 4:32.92	52.53	400m: 5:45.83	36.38	
2.	Freyja Sigridur A.	07	Sundfelagid Agir	5:53.25	419	1:22.77	1:28.98	1:44.21	1:17.29
	50m: 37.96	37.96	150m: 2:07.75	44.98	250m: 3:43.61	51.86	350m: 5:15.23	39.27	
	100m: 1:22.77	44.81	200m: 2:51.75	44.00	300m: 4:35.96	52.35	400m: 5:53.25	38.02	

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Event 5, Women, 400m Medley, 16 years and older

Rank		YB			Time	Pts		100m	200m	300m	400m	
3.	Natalia Fanney S.	10	Ithrottbandalag Reykjanest		6:08.53	369		1:35.71	1:37.61	1:34.87	1:20.34	
	50m:	41.99	41.99	150m:	2:24.68	48.97	250m:	3:59.26	45.94	350m:	5:28.97	40.78
	100m:	1:35.71	53.72	200m:	3:13.32	48.64	300m:	4:48.19	48.93	400m:	6:08.53	39.56