

Gullmót KR
Reykjavík, 13 - 15/2/2026

Event 57
2/15/2026 - 16:08

Women, 400m Freestyle

13 years and older
Results

Points: AQUA 2025

Rank	YB		Time		Pts	100m	200m	300m	400m			
13 - 15 years												
1.	Soley Helga Sigfríðardóttir 12		Armann		5:04.12	463	1:10.21	1:17.93	1:18.92	1:17.06		
	50m:	33.39	33.39	150m:	1:49.12	38.91	250m:	3:07.54	39.40	350m:	4:26.81	39.75
	100m:	1:10.21	36.82	200m:	2:28.14	39.02	300m:	3:47.06	39.52	400m:	5:04.12	37.31
2.	Hanna Steinunn G. 11		Ithrottabandalag Reykjanest		5:07.86	446	1:12.62	1:19.37	1:18.33	1:17.54		
	50m:	34.05	34.05	150m:	1:50.00	40.00	250m:	3:10.77	38.78	350m:	4:29.36	39.04
	100m:	1:12.62	38.57	200m:	2:31.99	40.00	300m:	3:50.32	39.55	400m:	5:07.86	38.50
3.	Arora Mjöll Jónsdóttir 13		Armann		5:12.41	427	1:13.70	1:20.10	1:20.12	1:18.49		
	50m:	34.95	34.95	150m:	1:53.80	40.10	250m:	3:14.06	40.26	350m:	4:34.12	40.20
	100m:	1:13.70	38.75	200m:	2:33.80	40.00	300m:	3:53.92	39.86	400m:	5:12.41	38.29
4.	Anna Gloria Karadóttir 11		Armann		5:17.21	408	1:15.87	1:23.03	1:21.64	1:16.67		
	50m:	35.60	35.60	150m:	1:57.00	41.13	250m:	3:19.99	41.09	350m:	4:40.00	39.46
	100m:	1:15.87	40.27	200m:	2:38.90	41.90	300m:	4:00.54	40.55	400m:	5:17.21	37.21
5.	Lena Przybylska 11		Ithrottabandalag Reykjanest		5:18.02	405	1:15.21	1:20.36	1:23.34	1:19.11		
	50m:	35.81	35.81	150m:	1:55.13	39.92	250m:	3:17.10	41.53	350m:	4:39.25	40.34
	100m:	1:15.21	39.40	200m:	2:35.57	40.44	300m:	3:58.91	41.81	400m:	5:18.02	38.77
6.	Bryndis Run Guðnadóttir 13		Armann		5:18.71	402	1:16.73	1:22.97	1:21.80	1:17.21		
	50m:	35.93	35.93	150m:	1:58.31	41.58	250m:	3:20.85	41.15	350m:	4:41.05	39.55
	100m:	1:16.73	40.80	200m:	2:39.70	41.39	300m:	4:01.50	40.65	400m:	5:18.71	37.66
7.	Sofia Cogalniceanu 12		Armann		5:19.08	401	1:15.86	1:23.29	1:23.04	1:16.89		
	50m:	35.39	35.39	150m:	1:57.29	41.43	250m:	3:21.13	41.98	350m:	4:41.77	39.58
	100m:	1:15.86	40.47	200m:	2:39.15	41.86	300m:	4:02.19	41.06	400m:	5:19.08	37.31
8.	Astros Lea Thorvaldsdóttir 13		Sundfelagid Odinn		5:24.34	382	1:16.98	1:24.76	1:24.56	1:18.04		
	50m:	35.49	35.49	150m:	1:59.46	42.48	250m:	3:24.19	42.45	350m:	4:47.97	41.67
	100m:	1:16.98	41.49	200m:	2:41.74	42.28	300m:	4:06.30	42.11	400m:	5:24.34	36.37
9.	Tinna Salome Robertsdóttir 11		Breidablik		5:32.85	353	1:18.59	1:26.02	1:25.91	1:22.33		
	50m:	36.68	36.68	150m:	2:01.69	43.10	250m:	3:27.86	43.25	350m:	4:52.64	42.12
	100m:	1:18.59	41.91	200m:	2:44.61	42.92	300m:	4:10.52	42.66	400m:	5:32.85	40.21
10.	Sollilja Thordardóttir 11		Breidablik		5:34.48	348	1:20.71	1:25.52	1:26.43	1:21.82		
	50m:	38.11	38.11	150m:	2:04.05	43.34	250m:	3:29.10	42.87	350m:	4:54.45	41.79
	100m:	1:20.71	42.60	200m:	2:46.23	42.18	300m:	4:12.66	43.56	400m:	5:34.48	40.03
11.	Viktoria Ros Guseva 12		Sundfelagid Odinn		5:34.87	347	1:20.83	1:25.85	1:25.40	1:22.79		
	50m:	38.09	38.09	150m:	2:03.72	42.89	250m:	3:29.33	42.65	350m:	4:53.16	41.08
	100m:	1:20.83	42.74	200m:	2:46.68	42.96	300m:	4:12.08	42.75	400m:	5:34.87	41.71
12.	Isabella Saga T. 13		Ithrottabandalag Reykjanest		5:35.33	345	1:18.94	1:24.81	1:26.81	1:24.77		
	50m:	37.43	37.43	150m:	2:01.11	42.17	250m:	3:26.81	43.06	350m:	4:54.24	43.68
	100m:	1:18.94	41.51	200m:	2:43.75	42.64	300m:	4:10.56	43.75	400m:	5:35.33	41.09
13.	Asgerdur Einarsdóttir 11		Armann		5:36.03	343	1:21.02	1:27.44	1:26.54	1:21.03		
	50m:	37.85	37.85	150m:	2:04.68	43.66	250m:	3:31.36	42.90	350m:	4:56.63	41.63
	100m:	1:21.02	43.17	200m:	2:48.46	43.78	300m:	4:15.00	43.64	400m:	5:36.03	39.40
14.	Soley Katrín S. 12		Armann		5:36.34	342	1:21.37	1:26.80	1:27.36	1:20.81		
	50m:	38.89	38.89	150m:	2:04.60	43.23	250m:	3:31.59	43.42	350m:	4:57.26	41.73
	100m:	1:21.37	42.48	200m:	2:48.17	43.57	300m:	4:15.53	43.94	400m:	5:36.34	39.08
15.	Eyvor Asa Holm 11		Armann		5:36.58	342	1:20.68	1:26.99	1:27.16	1:21.75		
	50m:	37.78	37.78	150m:	2:03.72	43.04	250m:	3:31.11	43.44	350m:	4:56.90	42.07
	100m:	1:20.68	42.90	200m:	2:47.67	43.95	300m:	4:14.83	43.72	400m:	5:36.58	39.68
16.	Eva Soley Aronsdóttir 12		Sundfelagid Odinn		5:37.08	340	1:18.93	1:27.25	1:27.63	1:23.27		
	50m:	36.31	36.31	150m:	2:02.78	43.85	250m:	3:29.94	43.76	350m:	4:57.40	43.59
	100m:	1:18.93	42.62	200m:	2:46.18	43.40	300m:	4:13.81	43.87	400m:	5:37.08	39.68
17.	Arndis Margrét M. 12		Sundfelagid Odinn		5:39.37	333	1:20.73	1:27.55	1:27.32	1:23.77		
	50m:	37.89	37.89	150m:	2:04.33	43.60	250m:	3:31.68	43.40	350m:	4:58.76	43.16
	100m:	1:20.73	42.84	200m:	2:48.28	43.95	300m:	4:15.60	43.92	400m:	5:39.37	40.61
18.	Lovisa Austfjord S. 12		Sundfelagid Odinn		5:40.42	330	1:19.52	1:27.61				
	50m:	37.64	37.64	150m:	2:02.99	43.47	250m:	3:30.78	43.65	350m:	4:58.26	
	100m:	1:19.52	41.88	200m:	2:47.13	44.14	300m:			400m:	5:40.42	42.16

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Event 57, Girls, 400m Freestyle, 13 - 15 years

Rank	YB		Time		Pts	100m	200m	300m	400m
19.	Sara Steinunn Elvarsdottir	11	Ithrottabandalag Reykjanest	5:40.74	329	1:20.64	1:26.94	1:27.63	1:25.53
	50m:	38.05	38.05	150m:	2:03.93	43.29	250m:	3:31.44	43.86
	100m:	1:20.64	42.59	200m:	2:47.58	43.65	300m:	4:15.21	43.77
							350m:	4:59.03	43.82
							400m:	5:40.74	41.71
20.	Briet Laufey Ingimarsdottir	11	Sundfelagid Odinn	5:42.58	324	1:19.58	1:27.93	1:28.45	1:26.62
	50m:	36.96	36.96	150m:	2:03.32	43.74	250m:	3:31.86	44.35
	100m:	1:19.58	42.62	200m:	2:47.51	44.19	300m:	4:15.96	44.10
							350m:	5:00.48	44.52
							400m:	5:42.58	42.10
21.	Snadis Anna H.	13	Armann	5:45.27	316	1:22.45	1:29.69	1:30.34	1:22.79
	50m:	38.74	38.74	150m:	2:07.35	44.90	250m:	3:37.40	45.26
	100m:	1:22.45	43.71	200m:	2:52.14	44.79	300m:	4:22.48	45.08
							350m:	5:05.19	42.71
							400m:	5:45.27	40.08
22.	Freyja Mjoll Einarsdottir	13	Breidablik	5:45.65	315	1:22.23	1:28.51	1:29.43	1:25.48
	50m:	39.28	39.28	150m:	2:06.46	44.23	250m:	3:35.54	44.80
	100m:	1:22.23	42.95	200m:	2:50.74	44.28	300m:	4:20.17	44.63
							350m:	5:03.80	43.63
							400m:	5:45.65	41.85
23.	Briet Fridjonsdottir	12	SH	5:45.71	315	1:23.28	1:31.56	1:27.26	1:23.61
	50m:	38.80	38.80	150m:	2:08.45	45.17	250m:	3:37.26	42.42
	100m:	1:23.28	44.48	200m:	2:54.84	46.39	300m:	4:22.10	44.84
							350m:	5:04.59	42.49
							400m:	5:45.71	41.12
24.	Jovana Malbasa	13	SH	5:46.80	312	1:22.79	1:30.47	1:28.14	1:25.40
	50m:	38.91	38.91	150m:	2:07.90	45.11	250m:	3:36.77	43.51
	100m:	1:22.79	43.88	200m:	2:53.26	45.36	300m:	4:21.40	44.63
							350m:	5:06.01	44.61
							400m:	5:46.80	40.79
25.	Elin Sigurlaug Cameron	13	Armann	5:47.91	309	1:20.05	1:27.94	1:31.55	1:28.37
	50m:	37.00	37.00	150m:	2:04.56	44.51	250m:	3:33.64	45.65
	100m:	1:20.05	43.05	200m:	2:47.99	43.43	300m:	4:19.54	45.90
							350m:	5:04.78	45.24
							400m:	5:47.91	43.13
26.	Fridrika Yr Gudmundsdottir	13	SH	5:49.71	304				
	50m:			150m:			250m:		350m:
	100m:			200m:	2:55.68		300m:		400m:
								5:49.71	
27.	Arney Drofn Petursdottir	13	Breidablik	5:51.99	299	1:23.68	1:31.41	1:32.45	1:24.45
	50m:	40.21	40.21	150m:	2:08.81	45.13	250m:	3:41.57	46.48
	100m:	1:23.68	43.47	200m:	2:55.09	46.28	300m:	4:27.54	45.97
							350m:	5:14.08	46.54
							400m:	5:51.99	37.91
28.	Steinunn Bjorg Einarsdottir	13	Armann	6:16.69	243	1:29.73	1:36.75	1:38.17	1:32.04
	50m:	42.11	42.11	150m:	2:17.94	48.21	250m:	3:55.63	49.15
	100m:	1:29.73	47.62	200m:	3:06.48	48.54	300m:	4:44.65	49.02
							350m:	5:32.32	47.67
							400m:	6:16.69	44.37
29.	Margret Dis Arnarsdottir	12	Armann	6:22.16	233	1:28.40	1:37.43	1:37.88	1:38.45
	50m:	41.06	41.06	150m:	2:17.07	48.67	250m:	3:54.95	49.12
	100m:	1:28.40	47.34	200m:	3:05.83	48.76	300m:	4:43.71	48.76
							350m:	5:33.43	49.72
							400m:	6:22.16	48.73

16 years and older

1.	Solveig Freyja H.	09	SH	4:30.14	661	1:04.23	1:08.32	1:09.62	1:07.97
	50m:	30.97	30.97	150m:	1:38.27	34.04	250m:	2:47.34	34.79
	100m:	1:04.23	33.26	200m:	2:12.55	34.28	300m:	3:22.17	34.83
							350m:	3:56.94	34.77
							400m:	4:30.14	33.20
2.	Thelma Osp S.	10	SH	4:55.11	507	1:08.46	1:15.33	1:17.03	1:14.29
	50m:	32.39	32.39	150m:	1:45.76	37.30	250m:	3:01.96	38.17
	100m:	1:08.46	36.07	200m:	2:23.79	38.03	300m:	3:40.82	38.86
							350m:	4:18.30	37.48
							400m:	4:55.11	36.81
3.	Viktoria Emilia Orlita	09	Sundfelag Akraness	5:01.30	476	1:10.80	1:16.32	1:18.12	1:16.06
	50m:	34.02	34.02	150m:	1:48.80	38.00	250m:	3:05.88	38.76
	100m:	1:10.80	36.78	200m:	2:27.12	38.32	300m:	3:45.24	39.36
							350m:	4:24.36	39.12
							400m:	5:01.30	36.94
4.	Gabriela Roza Bondarow	10	Armann	5:04.61	461	1:08.92	1:16.96	1:19.39	1:19.34
	50m:	32.24	32.24	150m:	1:46.68	37.76	250m:	3:05.31	39.43
	100m:	1:08.92	36.68	200m:	2:25.88	39.20	300m:	3:45.27	39.96
							350m:	4:24.99	39.72
							400m:	5:04.61	39.62
5.	Adriana Agnes Derti	10	Ithrottabandalag Reykjanest	5:08.13	445	1:11.62	1:19.32	1:19.88	1:17.31
	50m:	34.07	34.07	150m:	1:50.88	39.26	250m:	3:10.58	39.64
	100m:	1:11.62	37.55	200m:	2:30.94	40.06	300m:	3:50.82	40.24
							350m:	4:30.12	39.30
							400m:	5:08.13	38.01
6.	Isabella Johannsdottir	10	Sundfelagid Odinn	5:10.32	436	1:13.38	1:19.57	1:19.94	1:17.43
	50m:	34.67	34.67	150m:	1:52.82	39.44	250m:	3:12.62	39.67
	100m:	1:13.38	38.71	200m:	2:32.95	40.13	300m:	3:52.89	40.27
							350m:	4:32.21	39.32
							400m:	5:10.32	38.11
7.	Katrin Isold G.	10	Armann	5:16.74	410	1:15.19	1:22.72	1:21.64	1:17.19
	50m:	34.93	34.93	150m:	1:56.60	41.41	250m:	3:19.20	41.29
	100m:	1:15.19	40.26	200m:	2:37.91	41.31	300m:	3:59.55	40.35
							350m:	4:39.48	39.93
							400m:	5:16.74	37.26

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Event 57, Women, 400m Freestyle, 16 years and older

Rank	YB				Time	Pts	100m	200m	300m	400m		
8.	Fridrika Sif Agustsdottir		10	Sundfelagid Odinn		5:18.11	405	1:16.81	1:22.16	1:22.07	1:17.07	
	50m:	36.48	36.48	150m:	1:57.64	40.83	250m:	3:19.74	40.77	350m:	4:40.44	39.40
	100m:	1:16.81	40.33	200m:	2:38.97	41.33	300m:	4:01.04	41.30	400m:	5:18.11	37.67
9.	Asa Julia Kaldal		09	Sundfelagid Agir		5:34.40	348	1:17.65	1:25.81	1:27.10	1:23.84	
	50m:	36.36	36.36	150m:	2:00.48	42.83	250m:	3:27.19	43.73	350m:	4:53.59	43.03
	100m:	1:17.65	41.29	200m:	2:43.46	42.98	300m:	4:10.56	43.37	400m:	5:34.40	40.81
10.	Rosa Kristin K.		09	Ithrottafelagid Fjordur		6:05.12	267	1:27.66	1:34.54	1:35.52	1:27.40	
	50m:	41.70	41.70	150m:	2:14.39	46.73	250m:	3:50.16	47.96	350m:	5:23.65	45.93
	100m:	1:27.66	45.96	200m:	3:02.20	47.81	300m:	4:37.72	47.56	400m:	6:05.12	41.47