

Gullmót KR  
Reykjavík, 13 - 15/2/2026

Event 58  
2/15/2026 - 16:47

Men, 400m Freestyle

13 years and older  
Results

Points: AQUA 2025

Rank	YB				Time	Pts	100m	200m	300m	400m
<b>13 - 15 years</b>										
1.	Jon Ingi Einarsson	11	Sundfelagid Odinn	<b>4:38.09</b>	495	1:06.55	1:13.46	1:11.65	1:06.43	
	50m: 31.07	31.07	150m: 1:43.46	36.91	250m: 2:56.12	36.11	350m: 4:05.73	34.07		
	100m: 1:06.55	35.48	200m: 2:20.01	36.55	300m: 3:31.66	35.54	400m: 4:38.09	32.36		
2.	Gudlaugur Santiago G.	13	Breidablik	<b>4:55.78</b>	411	1:10.14	1:18.29	1:18.93	1:08.42	
	50m: 32.37	32.37	150m: 1:49.10	38.96	250m: 3:07.17	38.74	350m: 4:23.99	36.63		
	100m: 1:10.14	37.77	200m: 2:28.43	39.33	300m: 3:47.36	40.19	400m: 4:55.78	31.79		
3.	Bjarki Ragnar Arnarsson	12	Umf Afturelding	<b>4:57.94</b>	402	1:10.16	1:16.79	1:18.38	1:12.61	
	50m: 32.80	32.80	150m: 1:48.29	38.13	250m: 3:06.00	39.05	350m: 4:23.62	38.29		
	100m: 1:10.16	37.36	200m: 2:26.95	38.66	300m: 3:45.33	39.33	400m: 4:57.94	34.32		
4.	Thorbergur Eriksson	12	Ithrottabandalag Reykjanest	<b>5:03.26</b>	382	1:10.93	1:17.35	1:18.38	1:16.60	
	50m: 33.49	33.49	150m: 1:49.58	38.65	250m: 3:07.38	39.10	350m: 4:25.86	39.20		
	100m: 1:10.93	37.44	200m: 2:28.28	38.70	300m: 3:46.66	39.28	400m: 5:03.26	37.40		
5.	Benjamin Petursson	12	Umf Afturelding	<b>5:08.45</b>	363	1:12.35	1:19.84	1:20.48	1:15.78	
	50m: 33.51	33.51	150m: 1:52.00	39.65	250m: 3:11.91	39.72	350m: 4:31.31	38.64		
	100m: 1:12.35	38.84	200m: 2:32.19	40.19	300m: 3:52.67	40.76	400m: 5:08.45	37.14		
6.	Robert Ingi Amarsson	13	Ithrottabandalag Reykjanest	<b>5:14.50</b>	342	1:15.40	1:21.10	1:20.17	1:17.83	
	50m: 35.10	35.10	150m: 1:56.27	40.87	250m: 3:16.06	39.56	350m: 4:36.57	39.90		
	100m: 1:15.40	40.30	200m: 2:36.50	40.23	300m: 3:56.67	40.61	400m: 5:14.50	37.93		
7.	Cecil Bjartur Cameron	12	Armann	<b>5:15.45</b>	339	1:11.48	1:22.92	1:22.71	1:18.34	
	50m: 33.18	33.18	150m: 1:52.62	41.14	250m: 3:15.47	41.07	350m: 4:36.64	39.53		
	100m: 1:11.48	38.30	200m: 2:34.40	41.78	300m: 3:57.11	41.64	400m: 5:15.45	38.81		
8.	Gabriel Jarnutowski	11	Ithrottabandalag Reykjanest	<b>5:19.51</b>	326	1:17.06	1:21.48	1:22.77	1:18.20	
	50m: 36.18	36.18	150m: 1:57.71	40.65	250m: 3:19.50	40.96	350m: 4:40.76	39.45		
	100m: 1:17.06	40.88	200m: 2:38.54	40.83	300m: 4:01.31	41.81	400m: 5:19.51	38.75		
9.	Bjorn Elvar Austfjord	11	Sundfelagid Odinn	<b>5:21.31</b>	321	1:14.52	1:23.46	1:23.48	1:19.85	
	50m: 34.21	34.21	150m: 1:56.58	42.06	250m: 3:20.66	42.68	350m: 4:42.37	40.91		
	100m: 1:14.52	40.31	200m: 2:37.98	41.40	300m: 4:01.46	40.80	400m: 5:21.31	38.94		
10.	Stefan Fanneyjarson	13	Breidablik	<b>5:22.82</b>	316	1:15.78	1:23.91	1:22.68	1:20.45	
	50m: 34.94	34.94	150m: 1:57.33	41.55	250m: 3:21.89	42.20	350m: 4:44.28	41.91		
	100m: 1:15.78	40.84	200m: 2:39.69	42.36	300m: 4:02.37	40.48	400m: 5:22.82	38.54		
11.	Pall Ragnar Smith	12	Sundfelagid Agir	<b>5:27.21</b>	304	1:15.10	1:24.65	1:25.05	1:22.41	
	50m: 34.69	34.69	150m: 1:57.33	42.23	250m: 3:22.83	43.08	350m: 4:47.33	42.53		
	100m: 1:15.10	40.41	200m: 2:39.75	42.42	300m: 4:04.80	41.97	400m: 5:27.21	39.88		
12.	Travis Bensor	11	SH	<b>5:27.94</b>	302	1:18.87	1:24.34	1:24.65	1:20.08	
	50m: 37.31	37.31	150m: 2:00.79	41.92	250m: 3:25.07	41.86	350m: 4:48.29	40.43		
	100m: 1:18.87	41.56	200m: 2:43.21	42.42	300m: 4:07.86	42.79	400m: 5:27.94	39.65		
13.	Ingimar Hang Ingimarsson	12	SH	<b>5:27.99</b>	302	1:16.93	1:25.79	1:23.61	1:21.66	
	50m: 35.39	35.39	150m: 1:59.61	42.68	250m: 3:24.57	41.85	350m: 4:47.66	41.33		
	100m: 1:16.93	41.54	200m: 2:42.72	43.11	300m: 4:06.33	41.76	400m: 5:27.99	40.33		
14.	Robert Leo Eiriksson	13	Breidablik	<b>5:30.97</b>	293	1:16.75	1:25.97	1:26.45	1:21.80	
	50m: 35.21	35.21	150m: 1:59.12	42.37	250m: 3:25.89	43.17	350m: 4:51.43	42.26		
	100m: 1:16.75	41.54	200m: 2:42.72	43.60	300m: 4:09.17	43.28	400m: 5:30.97	39.54		
15.	Mangirdas Moliusis	12	Umf Afturelding	<b>5:32.07</b>	291	1:15.92	1:26.86	1:27.03	1:22.26	
	50m: 34.96	34.96	150m: 1:58.52	42.60	250m: 3:26.66	43.88	350m: 4:50.94	41.13		
	100m: 1:15.92	40.96	200m: 2:42.78	44.26	300m: 4:09.81	43.15	400m: 5:32.07	41.13		
16.	Larus Hogni Gunnarsson	12	Sundfelagid Odinn	<b>5:45.04</b>	259	1:20.13	1:28.97	1:29.56	1:26.38	
	50m: 35.76	35.76	150m: 2:04.31	44.18	250m: 3:34.52	45.42	350m: 5:04.95	46.29		
	100m: 1:20.13	44.37	200m: 2:49.10	44.79	300m: 4:18.66	44.14	400m: 5:45.04	40.09		
17.	Ymir Atli Kristinsson	13	Ithrottabandalag Reykjanest	<b>6:06.65</b>	216	1:21.48	1:34.20	1:35.85	1:35.12	
	50m: 37.17	37.17	150m: 2:08.91	47.43	250m: 3:42.29	46.61	350m: 5:21.33	49.80		
	100m: 1:21.48	44.31	200m: 2:55.68	46.77	300m: 4:31.53	49.24	400m: 6:06.65	45.32		
18.	Tomas Ingi Thordarsson	11	Armann	<b>6:09.33</b>	211	1:24.69	1:34.34	1:36.14	1:34.16	
	50m: 39.50	39.50	150m:		250m: 3:46.38	47.35	350m: 5:24.31	49.14		
	100m: 1:24.69	45.19	200m: 2:59.03		300m: 4:35.17	48.79	400m: 6:09.33	45.02		

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Reykjavík, 13 - 15/2/2026

Event 58, Boys, 400m Freestyle, 13 - 15 years

Rank	YB		Club		Time	Pts	100m	200m	300m	400m
19.	Runar Siththichai S.	13	Sundfelagid Odinn		<b>6:19.14</b>	195	1:30.08	1:34.87	1:37.85	1:36.34
	50m: 41.36	41.36	150m: 2:16.98	46.90	250m: 3:53.68		48.73	350m: 5:30.31	47.51	
	100m: 1:30.08	48.72	200m: 3:04.95	47.97	300m: 4:42.80		49.12	400m: 6:19.14	48.83	
20.	Breki Thor Hauksson	12	Ithrottabandalag Reykjanest		<b>6:20.93</b>	192		350m:		
	50m:		150m:		250m:			400m: 6:20.93		
	100m:		200m:		300m:					
21.	Birkir Hrafn Petursson	13	Stjarnan		<b>6:26.67</b>	184	1:31.70	1:40.22	1:38.15	1:36.60
	50m: 41.79	41.79	150m: 2:21.16	49.46	250m: 4:00.32		48.40	350m: 5:39.81	49.74	
	100m: 1:31.70	49.91	200m: 3:11.92	50.76	300m: 4:50.07		49.75	400m: 6:26.67	46.86	
22.	Magnus Helgi O K.	13	Armann		<b>6:32.53</b>	176	1:33.42	1:40.55	1:42.17	1:36.39
	50m: 44.49	44.49	150m: 2:23.97	50.55	250m: 4:05.16		51.19	350m: 5:45.69	49.55	
	100m: 1:33.42	48.93	200m: 3:13.97	50.00	300m: 4:56.14		50.98	400m: 6:32.53	46.84	
23.	Birkir Ari Tumason	11	Armann		<b>7:36.09</b>	112	1:45.15	2:00.51		
	50m: 47.54	47.54	150m: 2:44.49	59.34	250m: 4:46.28	1:00.62	350m:			
	100m: 1:45.15	57.61	200m: 3:45.66	1:01.17	300m:		400m: 7:36.09			
24.	Aron Kari Gudmundsson	12	Armann		<b>7:38.97</b>	110	1:42.68	1:56.71	2:01.50	1:58.08
	50m: 46.81	46.81	150m: 2:40.64	57.96	250m: 4:40.93	1:01.54	350m: 6:41.74	1:00.85		
	100m: 1:42.68	55.87	200m: 3:39.39	58.75	300m: 5:40.89	59.96	400m: 7:38.97	57.23		

16 years and older

1.	Andri Olafsson	09	SH		<b>4:30.23</b>	540	1:03.49	1:08.69	1:09.10	1:08.95
	50m: 29.87	29.87	150m: 1:37.72	34.23	250m: 2:46.49		34.31	350m: 3:56.39	35.11	
	100m: 1:03.49	33.62	200m: 2:12.18	34.46	300m: 3:21.28		34.79	400m: 4:30.23	33.84	
2.	Snavar Orn Kristmannssor	06	Breidablik		<b>4:41.43</b>	478	1:06.99	1:12.71	1:12.24	1:09.49
	50m: 31.33	31.33	150m: 1:43.20	36.21	250m: 2:55.91		36.21	350m: 4:07.78	35.84	
	100m: 1:06.99	35.66	200m: 2:19.70	36.50	300m: 3:31.94		36.03	400m: 4:41.43	33.65	
3.	Alexander Reid McCormick	10	Sundfelagid Odinn		<b>4:44.79</b>	461	1:07.33	1:12.89	1:13.64	1:10.93
	50m: 32.01	32.01	150m: 1:43.39	36.06	250m: 2:56.95		36.73	350m: 4:10.55	36.69	
	100m: 1:07.33	35.32	200m: 2:20.22	36.83	300m: 3:33.86		36.91	400m: 4:44.79	34.24	
4.	Paul Ingi Cicero	10	SH		<b>4:44.89</b>	460	1:08.07	1:13.46	1:13.73	1:09.63
	50m: 32.14	32.14	150m: 1:44.84	36.77	250m: 2:58.21		36.68	350m: 4:10.94	35.68	
	100m: 1:08.07	35.93	200m: 2:21.53	36.69	300m: 3:35.26		37.05	400m: 4:44.89	33.95	
5.	Magni Rafn Ragnarsson	10	Sundfelagid Odinn		<b>4:50.32</b>	435	1:07.15	1:13.23	1:14.66	1:15.28
	50m: 31.80	31.80	150m: 1:43.32	36.17	250m: 2:57.32		36.94	350m: 4:13.11	38.07	
	100m: 1:07.15	35.35	200m: 2:20.38	37.06	300m: 3:35.04		37.72	400m: 4:50.32	37.21	
6.	Valentin K.	10	Armann		<b>5:03.23</b>	382	1:12.47	1:15.91	1:18.55	1:16.30
	50m: 34.24	34.24	150m: 1:50.00	37.53	250m: 3:07.48		39.10	350m: 4:25.72	38.79	
	100m: 1:12.47	38.23	200m: 2:28.38	38.38	300m: 3:46.93		39.45	400m: 5:03.23	37.51	
7.	Benedikt Mar Thorvaldssor	10	Sundfelagid Odinn		<b>5:13.22</b>	346	1:13.55	1:22.24	1:22.18	1:15.25
	50m: 33.93	33.93	150m: 1:54.60	41.05	250m: 3:16.64		40.85	350m: 4:38.26	40.29	
	100m: 1:13.55	39.62	200m: 2:35.79	41.19	300m: 3:57.97		41.33	400m: 5:13.22	34.96	
8.	Daniel Rafn Atlason	10	SH		<b>5:14.34</b>	343	1:16.18	1:21.34	1:19.73	1:17.09
	50m: 35.52	35.52	150m: 1:56.78	40.60	250m: 3:16.81		39.29	350m: 4:36.80	39.55	
	100m: 1:16.18	40.66	200m: 2:37.52	40.74	300m: 3:57.25		40.44	400m: 5:14.34	37.54	
9.	Ivan Eli Olafsson	10	Sundfelagid Odinn		<b>5:21.85</b>	319		350m: 4:45.02		1:19.53
	50m: 33.88	33.88	150m: 1:55.27	41.91	250m: 3:19.56			400m: 5:21.85	36.83	
	100m:		200m:		300m: 4:02.32		42.76			
10.	Eymar Agust Eymarsson	10	Sundfelag Akraness		<b>5:24.80</b>	311	1:17.60	1:24.46	1:24.16	1:18.58
	50m: 36.29	36.29	150m: 1:59.51	41.91	250m: 3:23.71		41.65	350m: 4:47.07	40.85	
	100m: 1:17.60	41.31	200m: 2:42.06	42.55	300m: 4:06.22		42.51	400m: 5:24.80	37.73	
11.	Bui Heinrich Mimir T.	10	Armann		<b>5:35.19</b>	283	1:16.24	1:26.11	1:27.22	1:25.62
	50m: 34.99	34.99	150m: 1:58.60	42.36	250m: 3:25.63		43.28	350m: 4:53.91	44.34	
	100m: 1:16.24	41.25	200m: 2:42.35	43.75	300m: 4:09.57		43.94	400m: 5:35.19	41.28	
12.	Ymir Snar Hlynsson	02	Osp		<b>6:13.56</b>	204	1:17.13	1:35.12	1:39.57	1:41.74
	50m: 35.48	35.48	150m: 2:04.43	47.30	250m: 3:42.40		50.15	350m: 5:24.36	52.54	
	100m: 1:17.13	41.65	200m: 2:52.25	47.82	300m: 4:31.82		49.42	400m: 6:13.56	49.20	

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Event 58, Men, 400m Freestyle, 16 years and older

Rank	YB		Time		Pts	100m	200m	300m	400m			
13.	Arni Theodor Sigurdsson	10	Armann	<b>6:17.32</b>	<b>198</b>	1:30.75	1:39.38	1:37.33	1:29.86			
	50m:	41.22	41.22	150m:	2:19.67	48.92	250m:	3:58.73	48.60	350m:	5:35.71	48.25
	100m:	1:30.75	49.53	200m:	3:10.13	50.46	300m:	4:47.46	48.73	400m:	6:17.32	41.61