

Gullmót KR  
Reykjavík, 13 - 15/2/2026

Event 6  
2/13/2026 - 18:18

Men, 400m Medley

11 years and older  
Results

Points: AQUA 2025

Rank	YB		Time		Pts	100m	200m	300m	400m
<b>11 - 12 years</b>									
1.	Kristinn Freyr G.	14	Ithrottabandalag Reykjanest	<b>6:01.07</b>	302	1:28.88	1:33.04	1:40.26	1:18.89
	50m: 39.54	39.54	150m: 2:15.29	46.41	250m: 3:51.04	49.12	350m: 5:22.37	40.19	
	100m: 1:28.88	49.34	200m: 3:01.92	46.63	300m: 4:42.18	51.14	400m: 6:01.07	38.70	
2.	Daniil Emil Olegsson	14	SH	<b>6:24.86</b>	250	1:30.44	1:36.80	1:53.67	1:23.95
	50m: 39.30	39.30	150m: 2:19.77	49.33	250m: 4:03.88	56.64	350m: 5:43.11	42.20	
	100m: 1:30.44	51.14	200m: 3:07.24	47.47	300m: 5:00.91	57.03	400m: 6:24.86	41.75	
<b>13 - 15 years</b>									
1.	Cecil Bjartur Cameron	12	Armann	<b>5:38.41</b>	367	1:17.99	1:26.99	1:35.61	1:17.82
	50m: 34.31	34.31	150m: 2:03.22	45.23	250m: 3:33.75	48.77	350m: 5:00.59	40.00	
	100m: 1:17.99	43.68	200m: 2:44.98	41.76	300m: 4:20.59	46.84	400m: 5:38.41	37.82	
2.	Gabriel Jarnutowski	11	Ithrottabandalag Reykjanest	<b>5:57.07</b>	313	1:37.33	1:27.25	1:35.74	1:16.75
	50m: 44.70	44.70	150m: 2:22.21	44.88	250m: 3:53.36	48.78	350m: 5:19.07	38.75	
	100m: 1:37.33	52.63	200m: 3:04.58	42.37	300m: 4:40.32	46.96	400m: 5:57.07	38.00	
3.	Thorbergur Eriksson	12	Ithrottabandalag Reykjanest	<b>5:58.39</b>	309	1:30.74	1:31.78	1:41.48	1:14.39
	50m: 40.78	40.78	150m: 2:16.91	46.17	250m: 3:53.30	50.78	350m: 5:20.75	36.75	
	100m: 1:30.74	49.96	200m: 3:02.52	45.61	300m: 4:44.00	50.70	400m: 5:58.39	37.64	
4.	Bjarki Ragnar Arnarsson	12	Umf Afturelding	<b>6:13.20</b>	274	1:26.02	1:34.67	1:54.44	1:18.07
	50m: 37.91	37.91	150m: 2:13.80	47.78	250m: 3:56.93	56.24	350m: 5:34.13	39.00	
	100m: 1:26.02	48.11	200m: 3:00.69	46.89	300m: 4:55.13	58.20	400m: 6:13.20	39.07	
DSQ	Jon Ingi Einarsson	11	Sundfelagid Odinn	<b>5:05.09</b>		1:12.72	1:20.10	1:24.97	1:07.30
	<i>Ba10 - Keppandi lauk ekki sundinu á bakinu (SW 6.5)</i>								
	50m: 33.36	33.36	150m: 1:53.08	40.36	250m: 3:15.16	42.34	350m: 4:32.66	34.87	
	100m: 1:12.72	39.36	200m: 2:32.82	39.74	300m: 3:57.79	42.63	400m: 5:05.09	32.43	
DSQ	Ingimar Hang Ingimarsson	12	SH	<b>6:17.12</b>		1:28.98	1:36.62	1:48.21	1:23.31
	<i>Ba7 - Keppandi snertir ekki bakkann í snúningi (SW 6.4)</i>								
	50m: 38.31	38.31	150m:		250m: 3:58.68	53.08	350m:		
	100m: 1:28.98	50.67	200m: 3:05.60		300m: 4:53.81	55.13	400m: 6:17.12		
<b>16 years and older</b>									
1.	Nikolai Leo Jonsson	08	Ithrottabandalag Reykjanest	<b>4:57.80</b>	539	1:06.33	1:18.68	1:20.96	1:11.83
	50m: 30.33	30.33	150m: 1:45.62	39.29	250m: 3:04.43	39.42	350m: 4:22.43	36.46	
	100m: 1:06.33	36.00	200m: 2:25.01	39.39	300m: 3:45.97	41.54	400m: 4:57.80	35.37	
2.	Alexander Reid McCormick	10	Sundfelagid Odinn	<b>5:25.48</b>	413	1:13.69	1:28.74	1:30.11	1:12.94
	50m: 34.10	34.10	150m: 1:58.55	44.86	250m: 3:27.39	44.96	350m: 4:50.07	37.53	
	100m: 1:13.69	39.59	200m: 2:42.43	43.88	300m: 4:12.54	45.15	400m: 5:25.48	35.41	
3.	Birgir Hrafn Kjartansson	08	Sundfelagid Agir	<b>5:27.92</b>	404	1:12.08	1:28.63	1:39.07	1:08.14
	50m: 32.28	32.28	150m: 1:57.15	45.07	250m: 3:30.47	49.76	350m: 4:53.61	33.83	
	100m: 1:12.08	39.80	200m: 2:40.71	43.56	300m: 4:19.78	49.31	400m: 5:27.92	34.31	
4.	Stefan Hagalin Arnason	10	Armann	<b>5:37.79</b>	369	1:27.20	1:23.24	1:35.34	1:12.01
	50m: 38.39	38.39	150m: 2:08.95	41.75	250m: 3:38.34	47.90	350m: 5:03.28	37.50	
	100m: 1:27.20	48.81	200m: 2:50.44	41.49	300m: 4:25.78	47.44	400m: 5:37.79	34.51	