

Volvo mót Ármanns
Reykjavík, 17. - 19.4.2026

Event 12
18.04.2026 - 11:15

Women, 400m Medley

Open
Results

Points: AQUA 2025

Rank			YB							Time	Pts
1.	Karen Julia Traustadottir		12	Ithrottabandalag Reykjanesbajar						5:36.86	436
	50m:	38.73 38.73	150m:	2:04.80	40.79	250m:	3:33.59	47.92	350m:	4:59.90	37.09
	100m:	1:24.01 45.28	200m:	2:45.67	40.87	300m:	4:22.81	49.22	400m:	5:36.86	36.96
2.	Gabriela Roza Bondarow		10	Armann						5:41.10	420
	50m:	36.89 36.89	150m:	2:05.92	42.98	250m:	3:37.16	48.45	350m:	5:04.40	38.16
	100m:	1:22.94 46.05	200m:	2:48.71	42.79	300m:	4:26.24	49.08	400m:	5:41.10	36.70
3.	Freyja Dis Dagmarardottir		13	Sundfelagid Agir						6:24.44	293
	50m:	44.73 44.73	150m:	2:22.67	45.14	250m:	4:04.71	56.39	350m:	5:43.51	43.85
	100m:	1:37.53 52.80	200m:	3:08.32	45.65	300m:	4:59.66	54.95	400m:	6:24.44	40.93
4.	Dea Nikolla		14	Ithrottabandalag Reykjanesbajar						6:31.16	278
	50m:	41.78 41.78	150m:	2:27.39	52.89	250m:	4:07.92	50.06	350m:	5:46.32	46.98
	100m:	1:34.50 52.72	200m:	3:17.86	50.47	300m:	4:59.34	51.42	400m:	6:31.16	44.84
5.	Isabella Saga Thorbjornsdottir		13	Ithrottabandalag Reykjanesbajar						6:34.87	270
	50m:	46.89 46.89	150m:	2:26.46	46.97	250m:	4:15.18	59.88	350m:	5:55.15	40.94
	100m:	1:39.49 52.60	200m:	3:15.30	48.84	300m:	5:14.21	59.03	400m:	6:34.87	39.72
6.	Elva Osk Cramer		14	Ithrottabandalag Reykjanesbajar						6:38.58	263
	50m:	44.68 44.68	150m:			250m:	4:12.05	56.30	350m:	5:56.87	47.55
	100m:	1:34.44 49.76	200m:	3:15.75		300m:	5:09.32	57.27	400m:	6:38.58	41.71
7.	Svana Run Imsland		14	Ithrottabandalag Reykjanesbajar						6:39.49	261
	50m:	45.84 45.84	150m:	2:31.08	48.40	250m:	4:15.81	57.51	350m:	5:57.60	44.05
	100m:	1:42.68 56.84	200m:	3:18.30	47.22	300m:	5:13.55	57.74	400m:	6:39.49	41.89
8.	Asgerdur Einarsdottir		11	Armann						6:43.93	253
	50m:	46.45 46.45	150m:	2:31.50	47.75	250m:	4:20.58	1:00.41	350m:	6:02.75	41.35
	100m:	1:43.75 57.30	200m:	3:20.17	48.67	300m:	5:21.40	1:00.82	400m:	6:43.93	41.18
9.	Brynja Dis Bjarkardottir		14	Sundfelagid Agir						6:51.01	240
	50m:	40.93 40.93	150m:	2:33.91	57.97	250m:	4:19.31	53.61	350m:	6:06.42	51.73
	100m:	1:35.94 55.01	200m:	3:25.70	51.79	300m:	5:14.69	55.38	400m:	6:51.01	44.59
10.	Maria Zahra		15	Ithrottabandalag Reykjanesbajar						6:58.27	227
	50m:	50.95 50.95	150m:	2:39.98	50.13	250m:	4:30.37	1:00.39	350m:	6:16.35	46.00
	100m:	1:49.85 58.90	200m:	3:29.98	50.00	300m:	5:30.35	59.98	400m:	6:58.27	41.92
11.	Emma Sjofn Einarsdottir		13	Ithrottabandalag Reykjanesbajar						7:06.18	215
	50m:	48.34 48.34	150m:	2:42.20	54.70	250m:	4:36.99	1:03.35	350m:		
	100m:	1:47.50 59.16	200m:	3:33.64	51.44	300m:	5:39.37	1:02.38	400m:	7:06.18	
12.	Sigurborg Asta Leifsdottir Kaldal		13	Sundfelagid Agir						7:07.02	214
	50m:	45.82 45.82	150m:	2:44.75	55.62	250m:	4:36.98	56.79	350m:	6:25.21	46.43
	100m:	1:49.13 1:03.31	200m:	3:40.19	55.44	300m:	5:38.78	1:01.80	400m:	7:07.02	41.81