

Volvo mót Ármanns
Reykjavík, 17. - 19.4.2026

Event 3
18.04.2026 - 9:30

Men, 400m Freestyle

Open
Results

Points: AQUA 2025

Rank			YB							Time	Pts
1.	Noi Nikolai Davidsson		13	Umf Afturelding						4:48.26	399
	50m:	32.90 32.90	150m:	1:45.87	37.20	250m:	3:01.51	37.94	350m:	4:15.43	36.87
	100m:	1:08.67 35.77	200m:	2:23.57	37.70	300m:	3:38.56	37.05	400m:	4:48.26	32.83
2.	Kristinn Freyr Gudmundsson		14	Ithrottabandalag Reykjanesbajar						5:02.19	346
	50m:	34.06 34.06	150m:	1:50.41	38.60	250m:	3:07.20	38.31	350m:	4:24.71	38.88
	100m:	1:11.81 37.75	200m:	2:28.89	38.48	300m:	3:45.83	38.63	400m:	5:02.19	37.48
3.	Cecil Bjartur Cameron		12	Armann						5:08.05	327
	50m:	32.49 32.49	150m:	1:48.00	39.31	250m:	3:09.48	40.38	350m:	4:29.89	39.25
	100m:	1:08.69 36.20	200m:	2:29.10	41.10	300m:	3:50.64	41.16	400m:	5:08.05	38.16
4.	Niklas Aufferberg		12	Armann						5:32.95	259
	50m:	36.26 36.26	150m:	2:01.01	43.44	250m:	3:28.32	43.40	350m:	4:53.91	42.73
	100m:	1:17.57 41.31	200m:	2:44.92	43.91	300m:	4:11.18	42.86	400m:	5:32.95	39.04
5.	Robert Ingi Arnarsson		13	Ithrottabandalag Reykjanesbajar						5:38.07	247
	50m:	34.90 34.90	150m:	1:53.26	39.82	250m:	3:13.49	40.11	350m:	5:12.99	39.33
	100m:	1:13.44 38.54	200m:	2:33.38	40.12	300m:	4:33.66	1:20.17	400m:	5:38.07	25.08
6.	Piotr Gruszka		15	Ithrottabandalag Reykjanesbajar						5:45.61	231
	50m:	38.94 38.94	150m:	2:05.87	44.20	250m:	3:34.38	44.22	350m:	5:02.87	43.72
	100m:	1:21.67 42.73	200m:	2:50.16	44.29	300m:	4:19.15	44.77	400m:	5:45.61	42.74
7.	Mikael Daniel Damrath		13	Armann						5:46.36	230
	50m:	37.39 37.39	150m:	2:03.19	44.04	250m:	3:34.10	45.86	350m:	5:02.81	44.09
	100m:	1:19.15 41.76	200m:	2:48.24	45.05	300m:	4:18.72	44.62	400m:	5:46.36	43.55
8.	Tomas Ingi Thordarsson		11	Armann						5:47.63	227
	50m:	35.72 35.72	150m:	2:00.90	44.15	250m:	3:30.99	45.10	350m:	5:02.86	46.25
	100m:	1:16.75 41.03	200m:	2:45.89	44.99	300m:	4:16.61	45.62	400m:	5:47.63	44.77
9.	Brekki Thor Hauksson		12	Ithrottabandalag Reykjanesbajar						5:52.90	217
	50m:		150m:			250m:			350m:		
	100m:		200m:			300m:			400m:	5:52.90	
10.	Halldor Thorri Heidarsson		15	Sh						5:55.47	212
	50m:	41.47 41.47	150m:	2:11.57	45.21	250m:	3:42.16	44.89	350m:	5:14.24	45.34
	100m:	1:26.36 44.89	200m:	2:57.27	45.70	300m:	4:28.90	46.74	400m:	5:55.47	41.23
11.	Ymir Snar Hlynsson		02	Osp						5:58.79	207
	50m:	35.45 35.45	150m:	2:00.80	44.58	250m:	3:33.83	46.05	350m:	5:08.72	47.88
	100m:	1:16.22 40.77	200m:	2:47.78	46.98	300m:	4:20.84	47.01	400m:	5:58.79	50.07
12.	Magnus Helgi O Kristinsson		13	Armann						6:00.06	204
	50m:	40.89 40.89	150m:	2:11.37	46.04	250m:	3:43.82	46.34	350m:	5:16.21	45.85
	100m:	1:25.33 44.44	200m:	2:57.48	46.11	300m:	4:30.36	46.54	400m:	6:00.06	43.85
13.	Alexander Romanowski		16	Ithrottabandalag Reykjanesbajar						6:09.83	189
	50m:	37.03 37.03	150m:	2:09.78	48.29	250m:	3:47.20	47.66	350m:	5:22.47	46.64
	100m:	1:21.49 44.46	200m:	2:59.54	49.76	300m:	4:35.83	48.63	400m:	6:09.83	47.36
14.	Arni Gudmundur Tumason		13	Armann						6:15.21	181
	50m:	41.06 41.06	150m:	2:17.63	48.06	250m:	3:53.92	47.32	350m:	5:29.76	46.87
	100m:	1:29.57 48.51	200m:	3:06.60	48.97	300m:	4:42.89	48.97	400m:	6:15.21	45.45
15.	Alexander Orn Sveinsson		14	Sh						6:16.30	179
	50m:	39.80 39.80	150m:	2:16.55	48.27	250m:	3:53.82	48.58	350m:	5:30.82	48.88
	100m:	1:28.28 48.48	200m:	3:05.24	48.69	300m:	4:41.94	48.12	400m:	6:16.30	45.48
16.	Thorbjorn Logi Joelsson		15	Sundfelagid Agir						6:28.74	162
	50m:	41.81 41.81	150m:	2:22.09	50.46	250m:	4:05.27	51.03	350m:	5:43.75	49.16
	100m:	1:31.63 49.82	200m:	3:14.24	52.15	300m:	4:54.59	49.32	400m:	6:28.74	44.99
17.	Eythor Gabriel Freitas Jakobsson		13	Armann						6:30.75	160
	50m:	42.06 42.06	150m:	2:18.48	48.95	250m:	4:00.73	51.50	350m:	5:42.72	49.42
	100m:	1:29.53 47.47	200m:	3:09.23	50.75	300m:	4:53.30	52.57	400m:	6:30.75	48.03

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Rank				YB					Time	Pts		
18.	Anton Mani Arkadiusson			14	Armann				6:37.29	152		
	50m:	42.31	42.31	150m:	2:18.93	48.40	250m:	4:03.02	52.43	350m:	5:49.73	53.77
	100m:	1:30.53	48.22	200m:	3:10.59	51.66	300m:	4:55.96	52.94	400m:	6:37.29	47.56