

Volvo mót Ármanns
Reykjavík, 17. - 19.4.2026

Event 31
19.04.2026 - 9:30

Women, 400m Freestyle

Open
Results

Points: AQUA 2025

Rank			YB							Time	Pts
1.	Natalia Eir Curtis		10	Armann						4:35.52	583
	50m:	30.94 30.94	150m:	1:40.40	34.67	250m:	2:50.70	35.17	350m:	4:01.67	35.69
	100m:	1:05.73 34.79	200m:	2:15.53	35.13	300m:	3:25.98	35.28	400m:	4:35.52	33.85
2.	Adriana Agnes Derti		10	Ithrottabandalag Reykjanesbajar						4:56.90	466
	50m:	32.52 32.52	150m:	1:47.00	37.98	250m:	3:03.14	38.12	350m:	4:19.67	38.11
	100m:	1:09.02 36.50	200m:	2:25.02	38.02	300m:	3:41.56	38.42	400m:	4:56.90	37.23
3.	Arora Mjoll Jonsdottir		13	Armann						5:03.16	438
	50m:	33.73 33.73	150m:	1:50.29	38.57	250m:	3:09.37	39.48	350m:	4:27.29	38.51
	100m:	1:11.72 37.99	200m:	2:29.89	39.60	300m:	3:48.78	39.41	400m:	5:03.16	35.87
4.	Isabella Saga Thorbjornsdottir		13	Ithrottabandalag Reykjanesbajar						5:21.37	367
	50m:	35.96 35.96	150m:	1:58.29	41.61	250m:	3:20.72	41.06	350m:	4:42.83	40.48
	100m:	1:16.68 40.72	200m:	2:39.66	41.37	300m:	4:02.35	41.63	400m:	5:21.37	38.54
5.	Asgerdur Einarsdottir		11	Armann						5:33.62	328
	50m:	36.29 36.29	150m:	2:01.63	43.10	250m:	3:27.24	42.48	350m:	4:52.74	41.95
	100m:	1:18.53 42.24	200m:	2:44.76	43.13	300m:	4:10.79	43.55	400m:	5:33.62	40.88
6.	Fridrika Yr Gudmundsdottir		13	Sh						5:36.84	319
	50m:	38.87 38.87	150m:			250m:			350m:	4:56.82	42.75
	100m:	1:21.44 42.57	200m:			300m:	4:14.07		400m:	5:36.84	40.02
7.	Soley Katrin Simonsd.Knight		12	Armann						5:36.88	319
	50m:	39.00 39.00	150m:	2:06.78	44.29	250m:	3:34.55	43.95	350m:	5:00.10	42.00
	100m:	1:22.49 43.49	200m:	2:50.60	43.82	300m:	4:18.10	43.55	400m:	5:36.88	36.78
8.	Dea Nikolla		14	Ithrottabandalag Reykjanesbajar						5:37.60	317
	50m:	38.79 38.79	150m:	2:04.99	43.51	250m:	3:32.35	43.71	350m:	4:58.62	42.11
	100m:	1:21.48 42.69	200m:	2:48.64	43.65	300m:	4:16.51	44.16	400m:	5:37.60	38.98
9.	Elisabet Steinunn Andradottir		13	Umf Afturelding						5:38.17	315
	50m:	37.83 37.83	150m:	2:04.27	43.99	250m:	3:31.29	43.69	350m:	4:58.45	43.25
	100m:	1:20.28 42.45	200m:	2:47.60	43.33	300m:	4:15.20	43.91	400m:	5:38.17	39.72
10.	Svana Run Imsland		14	Ithrottabandalag Reykjanesbajar						5:39.65	311
	50m:	38.29 38.29	150m:	2:04.97	43.53	250m:	3:31.63	43.06	350m:	4:58.19	43.18
	100m:	1:21.44 43.15	200m:	2:48.57	43.60	300m:	4:15.01	43.38	400m:	5:39.65	41.46
11.	Snadis Anna Hjartardottir Dungal		13	Armann						5:44.12	299
	50m:	38.81 38.81	150m:	2:08.77	45.89	250m:	3:38.64	44.81	350m:	5:04.45	41.49
	100m:	1:22.88 44.07	200m:	2:53.83	45.06	300m:	4:22.96	44.32	400m:	5:44.12	39.67
12.	Gudrun Arny Eythorsdottir		14	Armann						5:45.86	295
	50m:	38.42 38.42	150m:	2:05.83	44.46	250m:	3:34.80	44.72	350m:	5:04.30	44.37
	100m:	1:21.37 42.95	200m:	2:50.08	44.25	300m:	4:19.93	45.13	400m:	5:45.86	41.56
13.	Elin Sigurlaug Cameron		13	Armann						5:46.33	293
	50m:	35.25 35.25	150m:	2:02.25	45.24	250m:	3:34.15	45.81	350m:	5:04.14	44.11
	100m:	1:17.01 41.76	200m:	2:48.34	46.09	300m:	4:20.03	45.88	400m:	5:46.33	42.19
14.	Rosa Kristin Kristmannsdottir		09	Ithrottafelagid Fjordur						5:47.70	290
	50m:	39.89 39.89	150m:	2:07.81	43.91	250m:	3:37.05	44.46	350m:	5:06.60	44.79
	100m:	1:23.90 44.01	200m:	2:52.59	44.78	300m:	4:21.81	44.76	400m:	5:47.70	41.10
15.	Emma Sjöfn Einarsdottir		13	Ithrottabandalag Reykjanesbajar						5:48.28	288
	50m:	39.32 39.32	150m:	2:10.02	45.55	250m:	3:40.67	45.24	350m:		
	100m:	1:24.47 45.15	200m:	2:55.43	45.41	300m:	5:08.30	1:27.63	400m:	5:48.28	
16.	Sara Grecko		16	Sh						5:48.33	288
	50m:	37.98 37.98	150m:	2:05.86	44.47	250m:	3:35.60	44.86	350m:	5:05.12	44.94
	100m:	1:21.39 43.41	200m:	2:50.74	44.88	300m:	4:20.18	44.58	400m:	5:48.33	43.21
17.	Astros Amy Petursdottir		15	Armann						5:51.38	281
	50m:	40.13 40.13	150m:	2:07.57	44.59	250m:	3:36.94	44.68	350m:	5:08.16	45.96
	100m:	1:22.98 42.85	200m:	2:52.26	44.69	300m:	4:22.20	45.26	400m:	5:51.38	43.22

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Rank					YB					Time	Pts	
18.	Elva Osk Cramer				14	Ithrottabandalag Reykjanesbajar				5:52.87	277	
	50m:	43.40	43.40	150m:	2:15.92	46.73	250m:	3:44.96	44.99	350m:	5:13.50	44.31
	100m:	1:29.19	45.79	200m:	2:59.97	44.05	300m:	4:29.19	44.23	400m:	5:52.87	39.37
19.	Maria Zahra				15	Ithrottabandalag Reykjanesbajar				5:54.46	274	
	50m:	41.81	41.81	150m:	2:12.58	45.86	250m:	3:43.25	45.80	350m:	5:14.34	44.81
	100m:	1:26.72	44.91	200m:	2:57.45	44.87	300m:	4:29.53	46.28	400m:	5:54.46	40.12
20.	Steinunn Bjorg Einarsdottir				13	Armann				5:57.23	267	
	50m:	40.56	40.56	150m:	2:11.59	46.24	250m:	3:43.88	46.43	350m:	5:14.71	45.00
	100m:	1:25.35	44.79	200m:	2:57.45	45.86	300m:	4:29.71	45.83	400m:	5:57.23	42.52
21.	Julia Rut Larusdottir				14	Sundfelagid Agir				6:02.62	256	
	50m:	38.91	38.91	150m:	2:09.01	46.20	250m:	3:45.03	47.31	350m:	5:19.26	47.58
	100m:	1:22.81	43.90	200m:	2:57.72	48.71	300m:	4:31.68	46.65	400m:	6:02.62	43.36
22.	Brynhildur Freyja Stefansdottir				12	Sh				6:03.28	254	
	50m:	39.58	39.58	150m:	2:11.48	46.65	250m:	3:44.83	46.71	350m:	5:18.63	46.02
	100m:	1:24.83	45.25	200m:	2:58.12	46.64	300m:	4:32.61	47.78	400m:	6:03.28	44.65
23.	Athena Sif Oskarsdottir				14	Sh				6:03.99	253	
	50m:	41.50	41.50	150m:	2:14.52	46.50	250m:	3:48.30	47.06	350m:	5:22.40	46.50
	100m:	1:28.02	46.52	200m:	3:01.24	46.72	300m:	4:35.90	47.60	400m:	6:03.99	41.59
24.	Mila Malivuk				14	Sh				6:04.99	251	
	50m:	42.28	42.28	150m:	2:15.65	47.24	250m:	3:49.22	46.78	350m:	5:21.87	45.69
	100m:	1:28.41	46.13	200m:	3:02.44	46.79	300m:	4:36.18	46.96	400m:	6:04.99	43.12
25.	Sarlotte Majevska				13	Sh				6:11.50	238	
	50m:	39.70	39.70	150m:	2:12.19	47.29	250m:	3:48.85	48.64	350m:	5:27.56	50.10
	100m:	1:24.90	45.20	200m:	3:00.21	48.02	300m:	4:37.46	48.61	400m:	6:11.50	43.94
26.	Margret Dis Arnarsdottir				12	Armann				6:25.37	213	
	50m:	42.81	42.81	150m:	2:20.23	48.45	250m:	3:59.13		350m:		
	100m:	1:31.78	48.97	200m:			300m:	4:48.60	49.47	400m:	6:25.37	
27.	Birta Lilly Bjarnadottir				13	Armann				6:42.59	187	
	50m:	44.82	44.82	150m:	2:28.33	52.52	250m:	5:04.39	52.26	350m:	5:55.53	
	100m:	1:35.81	50.99	200m:	4:12.13	1:43.80	300m:			400m:	6:42.59	47.06
28.	Sigrun Osk Brynjarsdottir				15	Armann				6:49.43	177	
	50m:	48.11	48.11	150m:	2:32.74	52.87	250m:	4:16.97	51.66	350m:	6:01.62	52.25
	100m:	1:39.87	51.76	200m:	3:25.31	52.57	300m:	5:09.37	52.40	400m:	6:49.43	47.81