

Volvo mót Ármanns
Reykjavík, 17. - 19.4.2026

Event 40
19.04.2026 - 11:35

Men, 400m Medley

Open
Results

Points: AQUA 2025

Rank	YB								Time	Pts		
1.	Cecil Bjartur Cameron			12	Armann				5:39.23	331		
	50m:	39.05	39.05	150m:	2:08.95	42.09	250m:	3:38.52	47.67	350m:	5:02.19	38.24
	100m:	1:26.86	47.81	200m:	2:50.85	41.90	300m:	4:23.95	45.43	400m:	5:39.23	37.04
2.	Kristinn Freyr Gudmundsson			14	Ithrottabandalag Reykjanesbajar				5:53.16	293		
	50m:	39.10	39.10	150m:	2:12.17	44.54	250m:	3:45.85	50.00	350m:	5:16.13	39.30
	100m:	1:27.63	48.53	200m:	2:55.85	43.68	300m:	4:36.83	50.98	400m:	5:53.16	37.03
3.	Robert Ingi Arnarsson			13	Ithrottabandalag Reykjanesbajar				6:14.99	245		
	50m:	45.98	45.98	150m:	2:25.75	44.40	250m:	4:02.13	51.28	350m:	5:35.77	39.05
	100m:	1:41.35	55.37	200m:	3:10.85	45.10	300m:	4:56.72	54.59	400m:	6:14.99	39.22
4.	Dagur Noi Helgason			13	Sundfelagid Agir				6:16.52	242		
	50m:	43.42	43.42	150m:	2:24.34	46.79	250m:	4:06.55	54.50	350m:	5:38.35	38.86
	100m:	1:37.55	54.13	200m:	3:12.05	47.71	300m:	4:59.49	52.94	400m:	6:16.52	38.17