

Reykjavik International 2015
Laugardalslaug, 16. - 18.1.2015

Event 13 Men, 400m Freestyle Open
17.1.2015 Results Final

RIG 3:53.71 Pál Joensen FAR 17.1.2009

RIG - 14: 5:20.00; 15 +: 5:20.00; Open: 5:20.00

Points: FINA 2014

Rank			Age			Time	Pts		
Final									
1.	Oli Mortensen		19	Havnar		4:05.02	724	RIG	RIG
	50m:	28.79 28.79	150m:	1:30.65 31.02	250m:	2:32.63 30.99	350m:	3:35.11 31.18	
	100m:	59.63 30.84	200m:	2:01.64 30.99	300m:	3:03.93 31.30	400m:	4:05.02 29.91	
2.	Alvi Hjelm		19	Klaksvik		4:13.08	657	RIG	RIG
	50m:	28.60 28.60	150m:	1:31.31 31.51	250m:	2:35.50 32.07	350m:	3:40.73 32.45	
	100m:	59.80 31.20	200m:	2:03.43 32.12	300m:	3:08.28 32.78	400m:	4:13.08 32.35	
3.	Olafur Sigurdsson		16	SH		4:18.77	615	RIG	RIG
	50m:	29.22 29.22	150m:	1:33.05 32.48	250m:	2:39.97 33.15	350m:	3:46.60 32.95	
	100m:	1:00.57 31.35	200m:	2:06.82 33.77	300m:	3:13.65 33.68	400m:	4:18.77 32.17	
4.	Birkir Snar Helgason		21	Aegir		4:20.67	601	RIG	RIG
	50m:	29.57 29.57	150m:	1:34.92 33.07	250m:	2:42.30 33.53	350m:	3:49.51 33.39	
	100m:	1:01.85 32.28	200m:	2:08.77 33.85	300m:	3:16.12 33.82	400m:	4:20.67 31.16	
5.	Jon Margeir Sverrisson		23	S.d. Fjoelnis		4:29.08	547	RIG	RIG
	50m:	28.63 28.63	150m:	1:33.69 33.43	250m:	2:43.31 35.07	350m:	3:53.83 35.13	
	100m:	1:00.26 31.63	200m:	2:08.24 34.55	300m:	3:18.70 35.39	400m:	4:29.08 35.25	
6.	Sindre Pleyrn Olsen		15	BS/Delfana		4:33.38	521	RIG	RIG
	50m:	30.89 30.89	150m:	1:39.65 35.01	250m:	2:49.30 34.71	350m:	3:59.93 34.93	
	100m:	1:04.64 33.75	200m:	2:14.59 34.94	300m:	3:25.00 35.70	400m:	4:33.38 33.45	
7.	Tom Olav Bellikka		17	Drammen		4:35.49	509	RIG	RIG
	50m:	30.20 30.20	150m:	1:38.19 34.77	250m:	2:49.49 35.48	350m:	4:01.24 35.60	
	100m:	1:03.42 33.22	200m:	2:14.01 35.82	300m:	3:25.64 36.15	400m:	4:35.49 34.25	
8.	Gunnar Bjarki Jonsson		17	Blikar		4:41.59	477	RIG	RIG
	50m:	31.13 31.13	150m:	1:42.85 36.56	250m:	2:55.15 35.86	350m:	4:06.84 35.84	
	100m:	1:06.29 35.16	200m:	2:19.29 36.44	300m:	3:31.00 35.85	400m:	4:41.59 34.75	