

Reykjavik International 2015  
Laugardalslaug, 16. - 18.1.2015

Event 5 Men, 400m Medley Open Results  
16.1.2015 - 16:45

RIG 4:36.70 Davy Verreussel NED 18.1.2008

RIG - 14: 5:50.00; 15 +: 5:50.00; Open: 5:50.00

Points: FINA 2014

Rank			Age			Time	Pts		
<b>14 years and younger</b>									
1.	Oskar Voldsund		14	Delfana		<b>5:33.80</b>	389	RIG	RIG
	50m:	34.63	34.63	150m:	1:59.15	44.42	250m:	3:32.47	50.10
	100m:	1:14.73	40.10	200m:	2:42.37	43.22	300m:	4:21.85	49.38
							350m:	4:57.85	36.00
							400m:	5:33.80	35.95
2.	Hugin Lave		14	SuSwim		<b>5:35.45</b>	384	RIG	RIG
	50m:	35.96	35.96	150m:	2:04.35	45.80	250m:	3:34.80	45.57
	100m:	1:18.55	42.59	200m:	2:49.23	44.88	300m:	4:20.98	46.18
							350m:	4:59.29	38.31
							400m:	5:35.45	36.16
<b>15 years and older</b>									
1.	Sindri Thor Jakobsson		24	BS/Delfana		<b>4:34.61</b>	700	RIG	RIG
	50m:	27.65	27.65	150m:	1:36.03	36.47	250m:	2:50.35	39.08
	100m:	59.56	31.91	200m:	2:11.27	35.24	300m:	3:29.77	39.42
							350m:	4:03.00	33.23
							400m:	4:34.61	31.61
2.	Alvi Hjelm		19	Klaksvik		<b>4:40.21</b>	658	RIG	RIG
	50m:	29.39	29.39	150m:	1:41.80	38.53	250m:	2:58.22	40.35
	100m:	1:03.27	33.88	200m:	2:17.87	36.07	300m:	3:38.72	40.50
							350m:	4:10.04	31.32
							400m:	4:40.21	30.17
3.	Nicolas Blanch		18	Aalborg		<b>4:42.26</b>	644	RIG	RIG
	50m:	29.17	29.17	150m:	1:41.12	38.30	250m:	2:58.58	41.03
	100m:	1:02.82	33.65	200m:	2:17.55	36.43	300m:	3:39.29	40.71
							350m:	4:11.18	31.89
							400m:	4:42.26	31.08
4.	Sondre Saltnes Urdal		16	BS/Delfana		<b>5:01.09</b>	531	RIG	RIG
	50m:	31.19	31.19	150m:	1:47.03	39.97	250m:	3:08.37	43.53
	100m:	1:07.06	35.87	200m:	2:24.84	37.81	300m:	3:51.61	43.24
							350m:	4:26.71	35.10
							400m:	5:01.09	34.38
5.	Olafur Sigurdsson		16	SH		<b>5:01.86</b>	527	RIG	RIG
	50m:	29.78	29.78	150m:	1:48.03	43.06	250m:	3:12.35	42.40
	100m:	1:04.97	35.19	200m:	2:29.95	41.92	300m:	3:55.16	42.81
							350m:	4:29.34	34.18
							400m:	5:01.86	32.52
6.	Sindre Pleyrn Olsen		15	BS/Delfana		<b>5:07.48</b>	498	RIG	RIG
	50m:	31.22	31.22	150m:	1:49.91	41.17	250m:	3:14.50	44.79
	100m:	1:08.74	37.52	200m:	2:29.71	39.80	300m:	4:00.30	45.80
							350m:	4:34.99	34.69
							400m:	5:07.48	32.49
7.	Joekull Ymir Gudmundsson		15	SH		<b>5:38.42</b>	374	RIG	RIG
	50m:	33.59	33.59	150m:	2:01.58	46.07	250m:	3:33.81	46.95
	100m:	1:15.51	41.92	200m:	2:46.86	45.28	300m:	4:21.34	47.53
							350m:	5:00.12	38.78
							400m:	5:38.42	38.30