

Atviras Lietuvos meistr plaukimo empionatas  
Elektr nai, 9-5-2026

Event 22  
2026-05-09 - 15:30

Men, 400m Freestyle

Open  
Results

Lithuanian Master Records 90 - 94	13:00.02	Zigmas, POLINAUSKAS	VILPO	Kaunas	2015-11-28
Lithuanian Master Records 85 - 89	11:29.48	Zigmas, POLINAUSKAS	VILPO	Alytus	2011-11-26
Lithuanian Master Records 80 - 84	8:31.93	Romualdas, TUBIS	TAKAS	Kaunas	2023-05-13
Lithuanian Master Records 75 - 79	7:57.67	Romualdas, TUBIS	TAKAS	Kaunas	2018-11-24
Lithuanian Master Records 70 - 74	6:23.53	Jonas, MICKELIUNAS	LTU	Kaunas	2021-11-27
Lithuanian Master Records 65 - 69	5:14.92	Sigitas, KATKEVICIUS	LTU	Belgrade (SRB)	2024-07-02
Lithuanian Master Records 60 - 64	5:26.35	Vilmantas, KRASAUSKAS	MARTO	Belgrade (SRB)	2024-07-02
Lithuanian Master Records 55 - 59	5:08.15	Vilmantas, KRASAUSKAS	MARTO	Torino (ITA)	2019-07-27
Lithuanian Master Records 50 - 54	4:36.00	Vedestas, SEFLERIS	TAKAS	Rome (ITA)	2022-08-29
Lithuanian Master Records 45 - 49	4:38.17	Vedestas, SEFLERIS	TAKAS	Klaipeda	2021-05-29
Lithuanian Master Records 40 - 44	4:28.82	Eugenijus, RAKITINAS	IPK	Kaunas	2021-11-27
Lithuanian Master Records 35 - 39	4:13.29	Edgaras, STURA	VILPO	Vilnius	2025-04-06
Lithuanian Master Records 30 - 34	4:11.80	Edgaras, STURA	VILPO	Gwangju (KOR)	2019-08-18
Lithuanian Master Records 25 - 29	4:21.80	Simas, ZIAUKAS	LTU	Alytus	2016-11-26

Points: AQUA Master 2025

Rank	YB	Time	Pts	100m	200m	300m	400m
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25 - 29 years

1. Aidas, GANELINAS	97	Kontaktas	<b>5:20.57</b>	424	1:11.85	1:20.55	1:23.51	1:24.66
50m:	33.85	33.85	150m:	1:51.67	39.82	250m:	3:14.26	41.86
100m:	1:11.85	38.00	200m:	2:32.40	40.73	300m:	3:55.91	41.65
						350m:	4:38.06	42.15
						400m:	5:20.57	42.51

30 - 34 years

1. Aurimas, STRUMYLAS	93	PK Banga	<b>5:38.37</b>	348	1:16.58	1:26.40	1:28.90	1:26.49
50m:	36.29	36.29	150m:	1:59.10	42.52	250m:	3:27.22	44.24
100m:	1:16.58	40.29	200m:	2:42.98	43.88	300m:	4:11.88	44.66
						350m:	4:57.11	45.23
						400m:	5:38.37	41.26

35 - 39 years

1. Lukas, RINKEVI IUS	90	Vilniaus Poseidonas	<b>4:58.74</b>	523	1:10.39	1:16.72	1:16.53	1:15.10
50m:	32.52	32.52	150m:	1:48.66	38.27	250m:	3:05.22	38.11
100m:	1:10.39	37.87	200m:	2:27.11	38.45	300m:	3:43.64	38.42
						350m:	4:22.47	38.83
						400m:	4:58.74	36.27

45 - 49 years

1. P., ANDRIUŠKEVI IUS	79	Kauno Takas	<b>6:02.28</b>	327	1:23.24	1:32.23	1:35.14	1:31.67
50m:	39.26	39.26	150m:	2:08.97	45.73	250m:	3:42.88	47.41
100m:	1:23.24	43.98	200m:	2:55.47	46.50	300m:	4:30.61	47.73
						350m:	5:17.96	47.35
						400m:	6:02.28	44.32
2. Linas , SAMAŠKA	78	Robinsonada Adventure Te	<b>6:45.36</b>	233	1:33.45	1:45.32	1:46.41	1:40.18
50m:	43.29	43.29	150m:	2:25.82	52.37	250m:	4:11.67	52.90
100m:	1:33.45	50.16	200m:	3:18.77	52.95	300m:	5:05.18	53.51
						350m:	5:56.42	51.24
						400m:	6:45.36	48.94

50 - 54 years

1. Tomas, BUTRIMAS	76	Kaišiadori "Plaukiam"	<b>5:53.97</b>	377	1:23.22	1:30.65	1:31.63	1:28.47
50m:	39.78	39.78	150m:	2:08.22	45.00	250m:	3:39.57	45.70
100m:	1:23.22	43.44	200m:	2:53.87	45.65	300m:	4:25.50	45.93
						350m:	5:11.82	46.32
						400m:	5:53.97	42.15

55 - 59 years

1. Rimantas, NAVICKAS	69	Klaip dos "Nendr "	<b>6:10.75</b>	354	1:24.67	1:33.62	1:37.99	1:34.47
50m:	39.53	39.53	150m:	2:11.58	46.91	250m:	3:47.47	49.18
100m:	1:24.67	45.14	200m:	2:58.29	46.71	300m:	4:36.28	48.81
						350m:	5:24.18	47.90
						400m:	6:10.75	46.57

75 - 79 years

1. Jonas, MICKELI NAS	51	Marijampol s "TORPEDOS"	<b>7:41.73</b>	325	1:40.40	1:55.54	2:02.82	2:02.97
LR								
50m:	46.50	46.50	150m:	2:37.14	56.74	250m:	4:37.01	1:01.07
100m:	1:40.40	53.90	200m:	3:35.94	58.80	300m:	5:38.76	1:01.75
						350m:	6:41.25	1:02.49
						400m:	7:41.73	1:00.48

Atviras Lietuvos meistr plaukimo empionatas  
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Event 22, Men, 400m Freestyle

85 - 89 years

1. Stasys, GRIGAS	41	Marijampol s "TORPEDO"	<b>12:34.03</b>	148	3:01.14	3:15.92	3:14.06	3:02.91			
50m:	1:26.55	1:26.55	150m:	4:37.64	1:36.50	250m:	7:57.10	1:40.04	350m:	11:04.15	1:33.03
100m:	3:01.14	1:34.59	200m:	6:17.06	1:39.42	300m:	9:31.12	1:34.02	400m:	12:34.03	1:29.88

Open

1. Lukas, RINKEVI IUS	90	Vilniaus Poseidonas	<b>4:58.74</b>	523	1:10.39	1:16.72	1:16.53	1:15.10			
50m:	32.52	32.52	150m:	1:48.66	38.27	250m:	3:05.22	38.11	350m:	4:22.47	38.83
100m:	1:10.39	37.87	200m:	2:27.11	38.45	300m:	3:43.64	38.42	400m:	4:58.74	36.27
2. Aidas, GANELINAS	97	Kontaktas	<b>5:20.57</b>	424	1:11.85	1:20.55	1:23.51	1:24.66			
50m:	33.85	33.85	150m:	1:51.67	39.82	250m:	3:14.26	41.86	350m:	4:38.06	42.15
100m:	1:11.85	38.00	200m:	2:32.40	40.73	300m:	3:55.91	41.65	400m:	5:20.57	42.51
3. Tomas, BUTRIMAS	76	Kaišiadori "Plaukiam"	<b>5:53.97</b>	377	1:23.22	1:30.65	1:31.63	1:28.47			
50m:	39.78	39.78	150m:	2:08.22	45.00	250m:	3:39.57	45.70	350m:	5:11.82	46.32
100m:	1:23.22	43.44	200m:	2:53.87	45.65	300m:	4:25.50	45.93	400m:	5:53.97	42.15
4. Rimantas, NAVICKAS	69	Klaip dos "Nendr "	<b>6:10.75</b>	354	1:24.67	1:33.62	1:37.99	1:34.47			
50m:	39.53	39.53	150m:	2:11.58	46.91	250m:	3:47.47	49.18	350m:	5:24.18	47.90
100m:	1:24.67	45.14	200m:	2:58.29	46.71	300m:	4:36.28	48.81	400m:	6:10.75	46.57
5. Aurimas, STRUMYLAS	93	PK Banga	<b>5:38.37</b>	348	1:16.58	1:26.40	1:28.90	1:26.49			
50m:	36.29	36.29	150m:	1:59.10	42.52	250m:	3:27.22	44.24	350m:	4:57.11	45.23
100m:	1:16.58	40.29	200m:	2:42.98	43.88	300m:	4:11.88	44.66	400m:	5:38.37	41.26
6. P., ANDRIUŠKEVI IUS	79	Kauno Takas	<b>6:02.28</b>	327	1:23.24	1:32.23	1:35.14	1:31.67			
50m:	39.26	39.26	150m:	2:08.97	45.73	250m:	3:42.88	47.41	350m:	5:17.96	47.35
100m:	1:23.24	43.98	200m:	2:55.47	46.50	300m:	4:30.61	47.73	400m:	6:02.28	44.32
7. Jonas, MICKELI NAS	51	Marijampol s "TORPEDOS"	<b>7:41.73</b>	325	1:40.40	1:55.54	2:02.82	2:02.97			
LR											
50m:	46.50	46.50	150m:	2:37.14	56.74	250m:	4:37.01	1:01.07	350m:	6:41.25	1:02.49
100m:	1:40.40	53.90	200m:	3:35.94	58.80	300m:	5:38.76	1:01.75	400m:	7:41.73	1:00.48
8. Linas , SAMASKA	78	Robinsonada Adventure Te	<b>6:45.36</b>	233	1:33.45	1:45.32	1:46.41	1:40.18			
50m:	43.29	43.29	150m:	2:25.82	52.37	250m:	4:11.67	52.90	350m:	5:56.42	51.24
100m:	1:33.45	50.16	200m:	3:18.77	52.95	300m:	5:05.18	53.51	400m:	6:45.36	48.94
9. Stasys, GRIGAS	41	Marijampol s "TORPEDO"	<b>12:34.03</b>	148	3:01.14	3:15.92	3:14.06	3:02.91			
50m:	1:26.55	1:26.55	150m:	4:37.64	1:36.50	250m:	7:57.10	1:40.04	350m:	11:04.15	1:33.03
100m:	3:01.14	1:34.59	200m:	6:17.06	1:39.42	300m:	9:31.12	1:34.02	400m:	12:34.03	1:29.88