

IX Siguldas peldbaseina akvatlons  
Sigulda, 25.4.2026

Event 6  
25.04.2026 - 12:47

Men, 400m Freestyle

YOB 1957 - 2012  
Results

Points: AQUA 2024

		YB				Time		Pts	
YOB 2009 - 2010									
99	PIKSENS Everts	09	Piramida Triathlon Club			<b>4:23.31</b>			523
	50m: 28.67 28.67	150m: 1:34.52	33.32	250m: 2:42.08	33.94	350m: 3:51.09	34.67		
	100m: 1:01.20 32.53	200m: 2:08.14	33.62	300m: 3:16.42	34.34	400m: 4:23.31	32.22		
69	ALEKSANDROVS Daniels	09	Baltijas triatlona klubs			<b>5:03.56</b>			341
	50m: 29.84 29.84	150m: 1:38.72	35.54	250m: 2:58.68	41.57	350m: 4:22.27	42.48		
	100m: 1:03.18 33.34	200m: 2:17.11	38.39	300m: 3:39.79	41.11	400m: 5:03.56	41.29		
4	PUMPURS Edvards	10	Siguldas SS/BTK			<b>5:03.85</b>			340
	50m: 34.02 34.02	150m: 1:50.87	38.96	250m: 3:08.48	38.33	350m: 4:25.71	38.01		
	100m: 1:11.91 37.89	200m: 2:30.15	39.28	300m: 3:47.70	39.22	400m: 5:03.85	38.14		
72	GREIDINS Renars	09	Baltijas triatlona klubs			<b>5:19.65</b>			292
	50m: 35.99 35.99	150m: 1:54.77	38.96	250m: 3:13.94	39.51	350m: 4:38.68	42.67		
	100m: 1:15.81 39.82	200m: 2:34.43	39.66	300m: 3:56.01	42.07	400m: 5:19.65	40.97		
41	DENISENKOVS Nikita	10	DTC Jauniba			<b>5:34.92</b>			254
	50m: 36.16 36.16	150m: 1:58.41	41.78	250m: 3:24.16	43.11	350m: 4:51.93	44.03		
	100m: 1:16.63 40.47	200m: 2:41.05	42.64	300m: 4:07.90	43.74	400m: 5:34.92	42.99		
90	KOLESNIKS Marks	10	SK Sharky			<b>5:41.40</b>			240
	50m: 35.01 35.01	150m: 1:59.89	43.04	250m: 3:29.89	45.24	350m: 4:59.49	44.64		
	100m: 1:16.85 41.84	200m: 2:44.65	44.76	300m: 4:14.85	44.96	400m: 5:41.40	41.91		
74	STALAZS Emils	09	Marupes NSS			<b>5:45.91</b>			231
	50m: 40.11 40.11	150m: 2:05.81	43.20	250m: 3:33.69	43.84	350m: 5:02.61	44.46		
	100m: 1:22.61 42.50	200m: 2:49.85	44.04	300m: 4:18.15	44.46	400m: 5:45.91	43.30		
40	SVERNIKS Makars	09	DTC Jauniba			<b>5:46.65</b>			229
	50m: 36.66 36.66	150m: 2:02.57	43.88	250m: 3:32.25	45.27	350m: 5:03.24	45.16		
	100m: 1:18.69 42.03	200m: 2:46.98	44.41	300m: 4:18.08	45.83	400m: 5:46.65	43.41		
92	LEVENOKS Mihails	10	SK Sharky			<b>5:48.42</b>			226
	50m: 35.23 35.23	150m: 2:00.98	44.25	250m: 3:32.71	45.95	350m: 5:04.21	44.64		
	100m: 1:16.73 41.50	200m: 2:46.76	45.78	300m: 4:19.57	46.86	400m: 5:48.42	44.21		
81	RETENAIS Eriks	10	Marupes NSS			<b>6:05.96</b>			195
	50m: 39.45 39.45	150m: 2:14.76	48.38	250m: 3:49.09	46.11	350m: 5:21.25	45.72		
	100m: 1:26.38 46.93	200m: 3:02.98	48.22	300m: 4:35.53	46.44	400m: 6:05.96	44.71		
78	ABOLINS Rudolfs	10	Marupes NSS			<b>6:42.58</b>			146
	50m: 37.45 37.45	150m: 2:14.25	50.38	250m: 4:03.28	54.70	350m: 5:52.78	54.63		
	100m: 1:23.87 46.42	200m: 3:08.58	54.33	300m: 4:58.15	54.87	400m: 6:42.58	49.80		
25	NUKSA Eduards	09	Siguldas SS/BTK			<b>6:58.16</b>			130
	50m: 36.84 36.84	150m: 2:20.73	55.79	250m: 4:14.94	56.77	350m: 6:06.75	55.28		
	100m: 1:24.94 48.10	200m: 3:18.17	57.44	300m: 5:11.47	56.53	400m: 6:58.16	51.41		

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Event 6, Men, 400m Freestyle

YOB 2007 - 2008

34	ZIGARKOVŠ Sebastians	07	DTC Jauniba	<b>4:23.47</b>	522
	50m: 28.74 28.74	150m: 1:33.74	33.27 250m: 2:41.36	33.83	350m: 3:50.61 35.06
	100m: 1:00.47 31.73	200m: 2:07.53	33.79 300m: 3:15.55	34.19	400m: 4:23.47 32.86
70	VIKSNE Gustavs	08	Baltijas triatlona klubs	<b>4:33.78</b>	465
	50m: 30.21 30.21	150m: 1:38.00	34.21 250m: 2:47.96	34.94	350m: 3:59.05 35.62
	100m: 1:03.79 33.58	200m: 2:13.02	35.02 300m: 3:23.43	35.47	400m: 4:33.78 34.73
68	APSITIS Anrijs	07	Baltijas triatlona klubs	<b>4:42.18</b>	425
	50m: 29.31 29.31	150m: 1:36.26	34.17 250m: 2:49.03	36.96	350m: 4:04.85 37.90
	100m: 1:02.09 32.78	200m: 2:12.07	35.81 300m: 3:26.95	37.92	400m: 4:42.18 37.33
86	VAKULICS Daniils	08	SK Sharky	<b>5:26.64</b>	274
	50m: 35.87 35.87	150m: 1:56.29	40.55 250m: 3:19.68	42.03	350m: 4:45.37 42.71
	100m: 1:15.74 39.87	200m: 2:37.65	41.36 300m: 4:02.66	42.98	400m: 5:26.64 41.27
77	BREIKSS Eduards	08	Marupes NSS	<b>5:37.65</b>	248
	50m: 36.94 36.94	150m: 2:00.84	42.54 250m: 3:28.31	43.99	350m: 4:54.94 43.45
	100m: 1:18.30 41.36	200m: 2:44.32	43.48 300m: 4:11.49	43.18	400m: 5:37.65 42.71

YOB 1987 - 2006

66	VEGERIS Francis Daniels	03	Baltijas triatlona klubs	<b>4:17.95</b>	557
	50m: 29.57 29.57	150m: 1:34.16	32.35 250m: 2:39.95	32.88	350m: 3:46.11 33.27
	100m: 1:01.81 32.24	200m: 2:07.07	32.91 300m: 3:12.84	32.89	400m: 4:17.95 31.84
39	GLADIJS Nikita	03	DTC Jauniba	<b>5:16.06</b>	302
	50m: 35.05 35.05	150m: 1:54.38	39.67 250m: 3:15.06	40.77	350m: 4:36.81 40.92
	100m: 1:14.71 39.66	200m: 2:34.29	39.91 300m: 3:55.89	40.83	400m: 5:16.06 39.25
132	GRENCBERGS Arvis	88	TRI KAN	<b>5:25.45</b>	277
	50m: 35.42 35.42	150m: 1:54.64	40.63 250m: 3:18.99	42.70	350m: 4:45.21 42.95
	100m: 1:14.01 38.59	200m: 2:36.29	41.65 300m: 4:02.26	43.27	400m: 5:25.45 40.24
140	DOROFJEVS Aleksandrs	93	Daugavpils SP	<b>5:46.39</b>	230
	50m:	150m:	250m:		350m:
	100m: 1:18.01	200m: 2:46.51	300m: 4:14.62		400m: 5:46.39
130	KIRSIS Gvido	87	Rigas pilseta	<b>7:01.77</b>	127
	50m: 39.73 39.73	150m: 2:19.72	52.47 250m: 4:10.83	56.55	350m: 6:05.84 58.70
	100m: 1:27.25 47.52	200m: 3:14.28	54.56 300m: 5:07.14	56.31	400m: 7:01.77 55.93

YOB 1977 - 1986

35	ZIGARKOVŠ Viktors	79	DTC Jauniba	<b>5:09.15</b>	323
	50m: 35.43 35.43	150m: 1:52.52	39.11 250m: 3:12.20	39.88	350m: 4:31.19 39.12
	100m: 1:13.41 37.98	200m: 2:32.32	39.80 300m: 3:52.07	39.87	400m: 5:09.15 37.96
55	OSCENKOVŠ Valerijs	86	DTC Jauniba	<b>5:45.43</b>	231
	50m: 37.16 37.16	150m: 2:02.78	44.60 250m: 3:32.22	45.25	350m: 5:03.08 45.90
	100m: 1:18.18 41.02	200m: 2:46.97	44.19 300m: 4:17.18	44.96	400m: 5:45.43 42.35
128	ZUKULIS Sandis	81	SK Siguldas Takas	<b>7:08.05</b>	121
	50m: 42.06 42.06	150m: 2:22.32	51.36 250m: 4:13.88	56.78	350m: 6:11.61 1:00.64
	100m: 1:30.96 48.90	200m: 3:17.10	54.78 300m: 5:10.97	57.09	400m: 7:08.05 56.44

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Event 6, Men, 400m Freestyle, YOB 1977 - 1986

		YB				Time				Pts
107	LOVANOVSIS Aleksandrs	78	Tritans Triathlon Team			<b>7:12.48</b>				118
	50m: 45.80	45.80	150m: 2:28.38	52.93	250m: 4:18.82	55.04	350m: 6:13.98	58.28		
	100m: 1:35.45	49.65	200m: 3:23.78	55.40	300m: 5:15.70	56.88	400m: 7:12.48	58.50		

YOB 1967 - 1976

138	OZOLINS Janis	76	Valmieras PK Aqua			<b>5:04.67</b>				338
	50m: 33.03	33.03	150m: 1:50.04	38.96	250m: 3:08.38	39.22	350m: 4:27.24	39.36		
	100m: 1:11.08	38.05	200m: 2:29.16	39.12	300m: 3:47.88	39.50	400m: 5:04.67	37.43		

137	GRASMANIS Dzintars	69	Rigas pilseta			<b>7:57.53</b>				87
	50m: 51.17	51.17	150m: 2:49.16	1:00.75	250m: 4:54.25	1:04.09	350m: 6:57.44	1:00.90		
	100m: 1:48.41	57.24	200m: 3:50.16	1:01.00	300m: 5:56.54	1:02.29	400m: 7:57.53	1:00.09		

133	ZEMITIS Oskars	70	Zemisi			<b>8:35.74</b>				69
	50m: 53.43	53.43	150m: 3:01.70	1:05.42	250m: 5:16.91	1:07.42	350m: 7:33.38	1:08.77		
	100m: 1:56.28	1:02.85	200m: 4:09.49	1:07.79	300m: 6:24.61	1:07.70	400m: 8:35.74	1:02.36		

YOB 1957 - 1966

98	PIKSENS Toms	66	Piramida Triathlon Club			<b>6:57.57</b>				131
	50m: 47.02	47.02	150m: 2:28.65	51.25	250m: 4:16.03	54.25	350m: 6:05.88	55.12		
	100m: 1:37.40	50.38	200m: 3:21.78	53.13	300m: 5:10.76	54.73	400m: 6:57.57	51.69		

42	UZOLS Aivars	63	DTC Jauniba			<b>6:59.99</b>				129
	50m: 44.02	44.02	150m: 2:29.54	54.46	250m: 4:20.36	54.02	350m: 6:08.77	54.15		
	100m: 1:35.08	51.06	200m: 3:26.34	56.80	300m: 5:14.62	54.26	400m: 6:59.99	51.22		

139	SCETININS Jurijs	61	Piramida Triathlon Club			<b>10:00.07</b>				44
	50m: 57.78	57.78	150m: 3:22.42	1:15.14	250m: 5:59.81	1:20.13	350m: 8:40.99	1:20.40		
	100m: 2:07.28	1:09.50	200m: 4:39.68	1:17.26	300m: 7:20.59	1:20.78	400m: 10:00.07	1:19.08		