

3. Ziepniekkalna kausa IV posms
Rīga, 15.5.2026



Event 16
15.05.2026 - 18:06

Men, 400m Freestyle

2011 and older
Results

Sacens bu rekords 18	4:11.79	VAIVADS Igors	LAT	Rīga	11.04.2025
Sacens bu rekords 17	4:23.02	BRJUHOVECKIS Kirills	LAT	Rīga	11.04.2025
Sacens bu rekords 16	5:40.76	KRAVCENKO Jegors	LAT	Rīga	11.04.2025
Latvijas rekords	3:51.52	MILOSLAVSKIS Romans	LAT	Shanghai (CHN)	07.04.2006

SKSM Open: 3:46.76 / SM Open: 4:06.29 / SMK Open: 4:20.64 / I Open: 4:39.05 / II Open: 5:07.14 / III Open: 5:46.42 / IV Open: 6:58.98

Points: AQUA 2025

Rank	YB		Time		Pts
YOB 2011					
1.	BOGDANOVŠ Nikita	11	RSS Ridzene-ZIEP	5:06.40	332 II
	50m: 33.34 33.34	150m: 1:51.93 40.15	250m: 3:12.96 40.20	350m: 4:32.25 38.61	
	100m: 1:11.78 38.44	200m: 2:32.76 40.83	300m: 3:53.64 40.68	400m: 5:06.40 34.15	
2.	KOZLOVSKIS Mikelis	11	RSS Ridzene-DSN	5:12.30	313 III
	50m: 34.50 34.50	150m: 1:56.42 41.74	250m: 3:17.83 41.16	350m: 4:38.36 39.93	
	100m: 1:14.68 40.18	200m: 2:36.67 40.25	300m: 3:58.43 40.60	400m: 5:12.30 33.94	
3.	SOLOVEJS Georgijs	11	Olaines SC	5:22.20	285 III
	50m: 34.24 34.24	150m: 1:56.25 42.51	250m: 3:21.51 42.88	350m: 4:44.87 40.51	
	100m: 1:13.74 39.50	200m: 2:38.63 42.38	300m: 4:04.36 42.85	400m: 5:22.20 37.33	
4.	GRECUHINS Maksims	11	Olaines SC	5:31.57	262 III
	50m: 37.40 37.40	150m: 2:02.46 42.93	250m: 3:30.80 44.44	350m: 4:56.17 40.94	
	100m: 1:19.53 42.13	200m: 2:46.36 43.90	300m: 4:15.23 44.43	400m: 5:31.57 35.40	

YOB 2010

1.	NECIPORENKO Dmitrijs	10	RSS Ridzene-ZOL	4:20.13	543 SMK
	<i>JAUNS SACENS BU VECUMA GRUPAS REKORDS!!</i>				
	50m: 29.23 29.23	150m: 1:34.03 32.83	250m: 2:41.10 33.10	350m: 3:48.02 33.01	
	100m: 1:01.20 31.97	200m: 2:08.00 33.97	300m: 3:15.01 33.91	400m: 4:20.13 32.11	
2.	KOZLOVS Arsenijs	10	RSS Ridzene-ZIEP	5:01.81	347 II
	50m: 33.00 33.00	150m: 1:50.06 39.40	250m: 3:08.57 38.75	350m: 4:26.80 38.79	
	100m: 1:10.66 37.66	200m: 2:29.82 39.76	300m: 3:48.01 39.44	400m: 5:01.81 35.01	
3.	ZUKOVSKIS Vladimirs	10	RSS Ridzene-ZIEP	5:32.49	260 III
	50m: 36.36 36.36	150m: 2:00.70 42.62	250m: 3:26.18 43.03	350m: 4:52.52 43.20	
	100m: 1:18.08 41.72	200m: 2:43.15 42.45	300m: 4:09.32 43.14	400m: 5:32.49 39.97	
4.	STEINBORS Marians	10	Adazu BJSS	5:45.44	231 III
	50m: 33.37 33.37	150m: 1:59.26 46.05	250m: 3:31.97 46.20	350m: 5:02.87 45.30	
	100m: 1:13.21 39.84	200m: 2:45.77 46.51	300m: 4:17.57 45.60	400m: 5:45.44 42.57	

YOB 2009

1.	VASILJEVS Dmitrijs	09	RSS Ridzene-ZIEP	4:34.82	460 I
	50m: 29.85 29.85	150m: 1:40.57 35.89	250m: 2:52.38 36.11	350m: 4:03.79 34.99	
	100m: 1:04.68 34.83	200m: 2:16.27 35.70	300m: 3:28.80 36.42	400m: 4:34.82 31.03	
2.	BELIKOVŠ Aleksandrs	09	RSS Ridzene-ZIEP	4:38.38	443 I
	50m: 31.13 31.13	150m: 1:42.83 37.17	250m: 2:55.52 35.69	350m: 4:05.47 34.11	
	100m: 1:05.66 34.53	200m: 2:19.83 37.00	300m: 3:31.36 35.84	400m: 4:38.38 32.91	
3.	KOMASKO Davids	09	RSS Ridzene-ZIEP	4:40.82	431 II
	50m: 29.62 29.62	150m: 1:38.45 35.33	250m: 2:51.34 36.67	350m: 4:04.80 36.43	
	100m: 1:03.12 33.50	200m: 2:14.67 36.22	300m: 3:28.37 37.03	400m: 4:40.82 36.02	



Event 16, Boys, 400m Freestyle, YOB 2009

Rank	YB								Time	Pts		
4.	LEJANS Pauls								09	Olaines SC	4:45.76	409 II
	50m:	30.53	30.53	150m:	1:39.22	35.55	250m:	2:55.26	38.66	350m:	4:10.99	37.75
	100m:	1:03.67	33.14	200m:	2:16.60	37.38	300m:	3:33.24	37.98	400m:	4:45.76	34.77

2008 and older

1.	BRJUHOVECKIS Kirills								08	RSS Ridzene-ZIEP	4:15.34	574 SMK
	50m:	27.95	27.95	150m:	1:31.69	32.21	250m:	2:36.77	32.86	350m:	3:43.29	33.35
	100m:	59.48	31.53	200m:	2:03.91	32.22	300m:	3:09.94	33.17	400m:	4:15.34	32.05
2.	DEKSNIS Ernests								08	RSS Ridzene-ZIEP	4:23.07	525 I
	50m:	28.88	28.88	150m:	1:36.60	34.74	250m:	2:45.20	34.00	350m:	3:52.33	33.59
	100m:	1:01.86	32.98	200m:	2:11.20	34.60	300m:	3:18.74	33.54	400m:	4:23.07	30.74
3.	SONDORS Renars								05	Jelgavas SPS	4:24.80	514 I
	50m:	27.41	27.41	150m:	1:31.68	33.19	250m:	2:39.81	34.19	350m:	3:50.01	35.18
	100m:	58.49	31.08	200m:	2:05.62	33.94	300m:	3:14.83	35.02	400m:	4:24.80	34.79
4.	KODOLA Igors								04	Rigas Kipsalas PK	4:25.77	509 I
	50m:	29.80	29.80	150m:	1:34.98	33.04	250m:	2:42.81	34.26	350m:	3:51.93	34.63
	100m:	1:01.94	32.14	200m:	2:08.55	33.57	300m:	3:17.30	34.49	400m:	4:25.77	33.84
5.	SLUCAKS Arsenijs								08	RSS Ridzene-ZOL	4:51.05	387 II
	50m:	31.11	31.11	150m:	1:42.28	36.14	250m:	2:57.81	37.90	350m:	4:14.13	37.70
	100m:	1:06.14	35.03	200m:	2:19.91	37.63	300m:	3:36.43	38.62	400m:	4:51.05	36.92
6.	UMBRASKO Endijs								08	Olaines SC	5:15.82	303 III
	50m:	30.82	30.82	150m:	1:47.62	39.41	250m:	3:12.21	42.68	350m:	4:38.25	42.73
	100m:	1:08.21	37.39	200m:	2:29.53	41.91	300m:	3:55.52	43.31	400m:	5:15.82	37.57