

Eesti Karikavõistlused Ujumises
Tallinn, 14. - 15.7.2026

Event 110
14.07.2026 - 16:12

Men, 400m Freestyle

Open
Results

Eesti rekord	3:40.60	ZIRK, Kregor	USK	Singapore (SGP)	31.10.2024
Eesti vanuseklassi rekord - 18	3:47.51	ZIRK, Kregor	USK	Tallinn	18.12.2016
Eesti vanuseklassi rekord - 16	3:48.34	ZIRK, Kregor	USK	Tallinn	20.12.2015
Eesti vanuseklassi rekord - 14	4:00.75	ZIRK, Kregor	USK	Keila	07.06.2014

Points: AQUA 2025

Rank	YB								Time		Pts	
1.	LESSING, Gerd Johan			09	Ujumise Spordiklubi					3:49.20	794	
	50m:	26.33	26.33	150m:	1:23.56	28.89	250m:	2:22.04	29.55	350m:	3:20.86	28.88
	100m:	54.67	28.34	200m:	1:52.49	28.93	300m:	2:51.98	29.94	400m:	3:49.20	28.34
2.	DENISSOV, Aleksei			08	Spordiklubi Garant					3:50.93	776	
	50m:	26.77	26.77	150m:	1:24.69	29.23	250m:	2:23.85	29.64	350m:	3:22.88	29.49
	100m:	55.46	28.69	200m:	1:54.21	29.52	300m:	2:53.39	29.54	400m:	3:50.93	28.05
3.	GUNES, Ahmet Cinar			08	Turkiye					3:56.57	722	
	50m:	26.15	26.15	150m:	1:24.39	29.49	250m:	2:25.14	30.75	350m:	3:26.65	30.79
	100m:	54.90	28.75	200m:	1:54.39	30.00	300m:	2:55.86	30.72	400m:	3:56.57	29.92
4.	MAESEPP, Erik			09	Ujumise Spordiklubi					3:58.72	702	
	50m:	27.43	27.43	150m:	1:26.59	29.91	250m:	2:27.10	30.34	350m:	3:28.72	30.85
	100m:	56.68	29.25	200m:	1:56.76	30.17	300m:	2:57.87	30.77	400m:	3:58.72	30.00
5.	KULJUS, Lars			05	TOPi Ujumisklubi					4:03.77	660	
	50m:	26.34	26.34	150m:	1:25.56	29.93	250m:	2:26.87	30.72	350m:	3:31.39	32.73
	100m:	55.63	29.29	200m:	1:56.15	30.59	300m:	2:58.66	31.79	400m:	4:03.77	32.38
6.	ERMAKOV, Aleksandr			11	Spordiklubi Garant					4:10.20	610	
	50m:	28.35	28.35	150m:	1:30.17	31.43	250m:	2:33.92	32.17	350m:	3:37.40	32.21
	100m:	58.74	30.39	200m:	2:01.75	31.58	300m:	3:05.19	31.27	400m:	4:10.20	32.80
7.	POTSEPP, Martin			09	TOPi Ujumisklubi					4:12.25	595	
	50m:	26.80	26.80	150m:	1:28.34	31.19	250m:	2:32.53	32.11	350m:	3:39.50	33.59
	100m:	57.15	30.35	200m:	2:00.42	32.08	300m:	3:05.91	33.38	400m:	4:12.25	32.75
8.	SYNIUHIN, Mykhailo			11	Kohtla-Jarve Veespordiklubi					4:12.84	591	
	50m:	29.07	29.07	150m:	1:32.56	32.09	250m:	2:37.16	32.41	350m:	3:42.30	32.37
	100m:	1:00.47	31.40	200m:	2:04.75	32.19	300m:	3:09.93	32.77	400m:	4:12.84	30.54
9.	NORDEN, Artur			05	Kalevi Ujumiskool					4:19.87	544	
	50m:	28.91	28.91	150m:	1:33.25	32.42	250m:	2:38.79	32.97	350m:	3:46.98	34.53
	100m:	1:00.83	31.92	200m:	2:05.82	32.57	300m:	3:12.45	33.66	400m:	4:19.87	32.89
10.	PAJULA, Airon			07	Kalevi Ujumiskool					4:20.34	541	
	50m:	27.09	27.09	150m:	1:29.35	32.07	250m:	2:37.40	34.55	350m:	3:46.75	35.44
	100m:	57.28	30.19	200m:	2:02.85	33.50	300m:	3:11.31	33.91	400m:	4:20.34	33.59
11.	KALJUVEER, Hans Herman			09	Ujumisklubi Briis					4:21.82	532	
	50m:	28.72	28.72	150m:	1:34.73	33.41	250m:	2:41.97	33.83	350m:	3:50.44	34.22
	100m:	1:01.32	32.60	200m:	2:08.14	33.41	300m:	3:16.22	34.25	400m:	4:21.82	31.38
12.	MADDISON, Rasmus			11	Audentese Spordiklubi					4:22.83	526	
	50m:	29.12	29.12	150m:	1:35.23	33.50	250m:	2:43.03	33.77	350m:	3:50.33	33.44
	100m:	1:01.73	32.61	200m:	2:09.26	34.03	300m:	3:16.89	33.86	400m:	4:22.83	32.50
13.	LAHT, Gregor			09	Tuk					4:25.64	510	
	50m:	28.25	28.25	150m:	1:33.76	33.41	250m:	2:42.98	34.90	350m:	3:53.71	35.37
	100m:	1:00.35	32.10	200m:	2:08.08	34.32	300m:	3:18.34	35.36	400m:	4:25.64	31.93
14.	VANARI, Kaur			05	Spordiklubi Fortuna					4:34.60	461	
	50m:	30.72	30.72	150m:	1:37.48	34.08	250m:	2:48.06	35.82	350m:	3:59.98	36.05
	100m:	1:03.40	32.68	200m:	2:12.24	34.76	300m:	3:23.93	35.87	400m:	4:34.60	34.62
15.	MASSAKAS, Simon			10	Yess					4:37.08	449	
	50m:	30.10	30.10	150m:	1:38.82	34.72	250m:	2:50.66	36.21	350m:	4:02.74	36.27
	100m:	1:04.10	34.00	200m:	2:14.45	35.63	300m:	3:26.47	35.81	400m:	4:37.08	34.34
16.	RASMANN, Robin			12	Audentese Spordiklubi					4:37.14	449	
	50m:	31.72	31.72	150m:	1:42.92	35.72	250m:	2:53.17	35.34	350m:	4:03.97	35.16
	100m:	1:07.20	35.48	200m:	2:17.83	34.91	300m:	3:28.81	35.64	400m:	4:37.14	33.17

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Rank	YB										Time	Pts		
17.	TIHHANOVSKI, Taras										12	Yess	4:45.88	409
	50m:	31.24	31.24	150m:	1:44.30	37.06	250m:	2:59.36	37.64	350m:	4:12.35	35.43		
	100m:	1:07.24	36.00	200m:	2:21.72	37.42	300m:	3:36.92	37.56	400m:	4:45.88	33.53		
18.	MILLER, Norman										12	Ujumisklubi Briis	4:56.09	368
	50m:	31.88	31.88	150m:	1:44.92	37.16	250m:	3:02.16	38.89	350m:	4:19.30	38.41		
	100m:	1:07.76	35.88	200m:	2:23.27	38.35	300m:	3:40.89	38.73	400m:	4:56.09	36.79		