Event 12 | Men, 400m Freestyle | Open
17.10.2026 - 11:20 | Results

Points: AQUA 2026

Rank		YB								Time	Pts
2012 and older											
1.	KRIEVS Patriks	11	Valmieras SS							**4:54.54**	374
	50m: 30.76	30.76	150m: 1:43.11	37.34	250m: 2:59.73	37.50	350m: 4:16.03	39.28			
	100m: 1:05.77	35.01	200m: 2:22.23	39.12	300m: 3:36.75	37.02	400m: 4:54.54	38.51			
2.	MILLERS Janis	11	Valmieras SS							**4:54.69**	373
	50m: 31.30	31.30	150m: 1:45.16	37.62	250m: 3:01.48	38.29	350m: 4:19.13	38.60			
	100m: 1:07.54	36.24	200m: 2:23.19	38.03	300m: 3:40.53	39.05	400m: 4:54.69	35.56			
3.	BROLITIS Renars	12	Valmieras SS							**4:55.47**	370
	50m: 32.48	32.48	150m: 1:46.78	37.76	250m: 3:03.68	38.64	350m: 4:20.90	38.32			
	100m: 1:09.02	36.54	200m: 2:25.04	38.26	300m: 3:42.58	38.90	400m: 4:55.47	34.57			
4.	ROMANOVSKIS Rolands	12	Valmieras SS							**6:00.24**	204
	50m: 38.45	38.45	150m: 2:10.21	47.26	250m: 3:45.16	48.25	350m: 5:18.68	46.08			
	100m: 1:22.95	44.50	200m: 2:56.91	46.70	300m: 4:32.60	47.44	400m: 6:00.24	41.56			
DNF	SPOLITIS Emils	08	Valmieras SS								
	50m: 29.32	29.32	150m:		250m:		350m:				
	100m: 1:06.54	37.22	200m:		300m:		400m:				
YOB 2013 - 2014											
1.	PRUZINSKIS Andris	13	Valmieras SS							**4:46.68**	405
	50m: 31.44	31.44	150m: 1:42.15	35.83	250m: 2:57.47	37.29	350m: 4:11.78	37.54			
	100m: 1:06.32	34.88	200m: 2:20.18	38.03	300m: 3:34.24	36.77	400m: 4:46.68	34.90			
2.	CILENBERGS Gustavs	13	Valmieras SS							**4:53.00**	380
	50m: 31.85	31.85	150m: 1:46.00	37.78	250m: 3:02.65	38.23	350m: 4:18.97	37.55			
	100m: 1:08.22	36.37	200m: 2:24.42	38.42	300m: 3:41.42	38.77	400m: 4:53.00	34.03			
3.	KLAVINS Marcis Jekabs	14	Valmieras SS							**5:29.33**	267
	50m: 36.07	36.07	150m: 2:01.60	43.80	250m: 3:26.81	42.04	350m: 4:51.24	41.75			
	100m: 1:17.80	41.73	200m: 2:44.77	43.17	300m: 4:09.49	42.68	400m: 5:29.33	38.09			
4.	ZIRNITIS Krisjanis	13	RSS Ridzene							**5:29.84**	266
	50m: 37.24	37.24	150m: 2:03.33	43.53	250m: 3:27.71	41.42	350m: 4:52.36	42.75			
	100m: 1:19.80	42.56	200m: 2:46.29	42.96	300m: 4:09.61	41.90	400m: 5:29.84	37.48			
5.	LOCMELIS Olivers	14	PK Ogre							**5:30.03**	266
	50m: 35.43	35.43	150m: 1:58.31	42.48	250m: 3:24.30	42.97	350m: 4:49.43	42.78			
	100m: 1:15.83	40.40	200m: 2:41.33	43.02	300m: 4:06.65	42.35	400m: 5:30.03	40.60			
6.	AVOTINS Marts	13	Valmieras SS							**5:33.74**	257
	50m: 36.68	36.68	150m: 2:03.60	43.77	250m: 3:31.47	44.39	350m: 4:56.25	42.27			
	100m: 1:19.83	43.15	200m: 2:47.08	43.48	300m: 4:13.98	42.51	400m: 5:33.74	37.49			
7.	GRISCENKO Artemijs	14	RSS Ridzene							**5:47.03**	228
	50m: 38.25	38.25	150m: 2:07.42	45.21	250m: 3:38.39	45.44	350m: 5:07.69	44.35			
	100m: 1:22.21	43.96	200m: 2:52.95	45.53	300m: 4:23.34	44.95	400m: 5:47.03	39.34			
8.	RODE Evans	14	Valmieras SS							**5:49.51**	223
	50m: 37.69	37.69	150m: 2:08.20	46.23	250m: 3:39.42	44.72	350m: 5:08.77	44.62			
	100m: 1:21.97	44.28	200m: 2:54.70	46.50	300m: 4:24.15	44.73	400m: 5:49.51	40.74			
9.	EGLITIS Roberts	13	RSS Ridzene							**6:09.09**	190
	50m: 39.24	39.24	150m: 2:12.43	46.60	250m: 3:47.52	48.03	350m: 5:24.70	48.58			
	100m: 1:25.83	46.59	200m: 2:59.49	47.06	300m: 4:36.12	48.60	400m: 6:09.09	44.39			

Event 12, Boys, 400m Freestyle, YOB 2013 - 2014

Rank		YB		Time	Pts
10.	LIELCEPURS Vairis	13	RSS Ridzene	**6:15.13**	181
	50m: 40.14 40.14 150m: 2:16.50 48.53 250m: 3:54.03 48.85 350m: 5:32.47 50.01				
	100m: 1:27.97 47.83 200m: 3:05.18 48.68 300m: 4:42.46 48.43 400m: 6:15.13 42.66				
11.	DUKA Deniss	13	RSS Ridzene	**6:49.00**	139
	50m: 44.14 44.14 150m: 2:27.19 52.58 250m: 4:15.21 54.78 350m: 6:02.95 53.55				
	100m: 1:34.61 50.47 200m: 3:20.43 53.24 300m: 5:09.40 54.19 400m: 6:49.00 46.05				
12.	SEIMANS Kristers	14	RSS Ridzene	**7:43.42**	96
	50m: 50.56 50.56 150m: 2:48.09 59.29 250m: 4:48.69 59.69 350m: 6:48.99 59.86				
	100m: 1:48.80 58.24 200m: 3:49.00 1:00.91 300m: 5:49.13 1:00.44 400m: 7:43.42 54.43				

2015 and younger

1.	ZALCMANIS Henrijs	16	PK Ogre	**5:24.03**	281
	50m: 34.64 34.64 150m: 1:55.60 41.85 250m: 3:19.59 42.58 350m: 4:45.41 43.36				
	100m: 1:13.75 39.11 200m: 2:37.01 41.41 300m: 4:02.05 42.46 400m: 5:24.03 38.62				
2.	FRIDENFELDS Arvids	15	Valmieras SS	**6:24.98**	167
	50m: 43.43 43.43 150m: 2:20.59 48.12 250m: 3:59.34 49.55 350m: 5:36.41 48.97				
	100m: 1:32.47 49.04 200m: 3:09.79 49.20 300m: 4:47.44 48.10 400m: 6:24.98 48.57				
3.	BISENIEKS Edvards	15	Valmieras SS	**6:36.96**	152
	50m: 40.74 40.74 150m: 2:20.19 50.42 250m: 4:03.37 53.50 350m: 5:43.26 45.74				
	100m: 1:29.77 49.03 200m: 3:09.87 49.68 300m: 4:57.52 54.15 400m: 6:36.96 53.70				
4.	ZUBOVSKIS Jekabs	15	RSS Ridzene	**6:37.04**	152
	50m: 40.63 40.63 150m: 2:22.58 52.43 250m: 4:05.84 52.30 350m: 5:48.92 51.25				
	100m: 1:30.15 49.52 200m: 3:13.54 50.96 300m: 4:57.67 51.83 400m: 6:37.04 48.12				
5.	JAUNZEMS Haralds	17	RSS Ridzene	**6:41.92**	147
	50m: 45.41 45.41 150m: 2:29.31 52.43 250m: 4:14.45 52.89 350m: 5:52.59 46.02				
	100m: 1:36.88 51.47 200m: 3:21.56 52.25 300m: 5:06.57 52.12 400m: 6:41.92 49.33				
6.	MARIMONOVS Savelijs	15	PK Ogre	**7:08.23**	121
	50m: 45.65 45.65 150m: 2:35.84 56.10 250m: 4:27.19 56.79 350m: 6:20.47 56.33				
	100m: 1:39.74 54.09 200m: 3:30.40 54.56 300m: 5:24.14 56.95 400m: 7:08.23 47.76				
7.	GRISCENKO Grigorijs	16	RSS Ridzene	**7:24.43**	108
	50m: 49.65 49.65 150m: 2:45.17 58.48 250m: 4:39.92 56.82 350m: 6:31.53 53.83				
	100m: 1:46.69 57.04 200m: 3:43.10 57.93 300m: 5:37.70 57.78 400m: 7:24.43 52.90				