Event 23 — 400m Freestyle — 18 - 94 years
14.11.2026 - 13:22 — Results

Points: AQUA Master 2025

Rank		YB		Time	Pts
45 - 49 years, Men					
1.	BLUDENS Igors	77	Ventspils PK Octopus	**6:55.46**	200
	50m: 45.35 (45.35) 150m: 2:26.35 (51.86) 250m: 4:13.61 (53.86) 350m: 6:02.10 (54.36)				
	100m: 1:34.49 (49.14) 200m: 3:19.75 (53.40) 300m: 5:07.74 (54.13) 400m: 6:55.46 (53.36)				
50 - 54 years, Men					
1.	GUSEVS Aleksejs	75	PK Champions	**4:57.32**	555
	50m: 35.07 (35.07) 150m: 1:49.19 (37.02) 250m: 3:05.50 (37.79) 350m: 4:20.76 (37.14)				
	100m: 1:12.17 (37.10) 200m: 2:27.71 (38.52) 300m: 3:43.62 (38.12) 400m: 4:57.32 (36.56)				
2.	ZARKOVSKIS Dmitrijs	75	SK Delfins	**5:33.78**	392
	50m: 36.79 (36.79) 150m: 2:00.53 (42.31) 250m: 3:26.43 (43.04) 350m: 4:52.29 (42.75)				
	100m: 1:18.22 (41.43) 200m: 2:43.39 (42.86) 300m: 4:09.54 (43.11) 400m: 5:33.78 (41.49)				
50 - 54 years, Women					
1.	SKABE Aiga	74	PK Kobras	**6:16.31**	385
	50m: 40.33 (40.33) 150m: 2:15.97 (49.68) 250m: 3:52.76 (48.46) 350m: 5:29.56 (48.52)				
	100m: 1:26.29 (45.96) 200m: 3:04.30 (48.33) 300m: 4:41.04 (48.28) 400m: 6:16.31 (46.75)				
55 - 59 years, Women					
1.	MIRONOVSKA Anna	68	Valmieras PK Aqua	**6:56.04**	296
	50m: 43.85 (43.85) 150m: 2:26.20 (52.70) 250m: 4:13.92 (54.24) 350m: 6:02.59 (54.40)				
	100m: 1:33.50 (49.65) 200m: 3:19.68 (53.48) 300m: 5:08.19 (54.27) 400m: 6:56.04 (53.45)				
60 - 64 years, Women					
1.	IVANAUSKAITE Ramune	64	Kauno Takas	**6:35.70**	364
	50m: 44.18 (44.18) 150m: 2:21.05 (49.10) 250m: 4:01.95 (50.84) 350m: 5:45.45 (52.16)				
	100m: 1:31.95 (47.77) 200m: 3:11.11 (50.06) 300m: 4:53.29 (51.34) 400m: 6:35.70 (50.25)				
70 - 74 years, Men					
1.	GARENCIKS Raimonds	55	PK Riga	**6:20.52**	428
	50m: 43.92 (43.92) 150m: 2:17.10 (46.75) 250m: 3:52.29 (47.77) 350m: 5:30.81 (49.60)				
	100m: 1:30.35 (46.43) 200m: 3:04.52 (47.42) 300m: 4:41.21 (48.92) 400m: 6:20.52 (49.71)				
85 - 89 years, Men					
1.	GRIGAS Stasys	41	Marijampoles Torpedos	**11:51.76**	161
	50m: 1:22.29 (1:22.29) 150m: 4:22.58 (1:30.86) 250m: 7:22.62 (1:30.70) 350m: 10:24.86 (1:30.40)				
	100m: 2:51.72 (1:29.43) 200m: 5:51.92 (1:29.34) 300m: 8:54.46 (1:31.84) 400m: 11:51.76 (1:26.90)				