

13th Kokneses rudens
Koknese, 11.11.2023

Event 23
11.11.2023

Men, 400m Freestyle

25 - 94 years
Results

Points: DSV Masters 22

Rank			YB			Time			Pts
30 - 34 years									
1.	ABOLINS, Toms		92	PK Kobras		4:37.23			650
	50m:	31.95	31.95	150m:	1:41.99	35.29	250m:	2:52.44	34.99
	100m:	1:06.70	34.75	200m:	2:17.45	35.46	300m:	3:27.72	35.28
							350m:	4:02.94	35.22
							400m:	4:37.23	34.29
40 - 44 years									
1.	DEJUS, Girts		79	PK Kobras		6:45.65			208
	50m:	42.68	42.68	150m:	2:24.58	51.80	250m:	4:09.53	53.42
	100m:	1:32.78	50.10	200m:	3:16.11	51.53	300m:	5:01.94	52.41
							350m:	5:54.01	52.07
							400m:	6:45.65	51.64
45 - 49 years									
1.	OZOLINS, Janis		76	Valmieras PK Aqua		5:02.52			537
	50m:	33.51	33.51	150m:	1:48.66	38.65	250m:	3:06.57	39.05
	100m:	1:10.01	36.50	200m:	2:27.52	38.86	300m:	3:46.12	39.55
							350m:	4:24.82	38.70
							400m:	5:02.52	37.70
50 - 54 years									
1.	SIDERS, Juris		71	Ventspils PK Octopus		8:34.82			129
	50m:	47.14	47.14	150m:	2:53.93	1:06.36	250m:	5:07.23	1:07.95
	100m:	1:47.57	1:00.43	200m:	3:59.28	1:05.35	300m:	6:14.82	1:07.59
							350m:	7:24.77	1:09.95
							400m:	8:34.82	1:10.05
60 - 64 years									
1.	UZULS, Aivars		63	Daugavpils SP		7:02.33			327
	50m:	44.03	44.03	150m:	2:30.02	54.18	250m:	4:20.07	55.34
	100m:	1:35.84	51.81	200m:	3:24.73	54.71	300m:	5:14.95	54.88
							350m:	6:08.75	53.80
							400m:	7:02.33	53.58
2.	BAKANOVS, Viktors		60	SK Delfins		8:05.64			215
	50m:	48.61	48.61	150m:	2:49.26	1:02.29	250m:	4:54.64	1:02.81
	100m:	1:46.97	58.36	200m:	3:51.83	1:02.57	300m:	5:58.27	1:03.63
							350m:	7:03.27	1:05.00
							400m:	8:05.64	1:02.37
65 - 69 years									
1.	GARENCIKS, Raimonds		55	Adazu novada SC		6:09.01			564
	50m:	41.90	41.90	150m:	2:13.85	46.61	250m:	3:47.86	46.90
	100m:	1:27.24	45.34	200m:	3:00.96	47.11	300m:	4:35.28	47.42
							350m:	5:22.68	47.40
							400m:	6:09.01	46.33
70 - 74 years									
1.	BERGMANIS, Ivans		51	Mitau Swim		8:44.63			244
	50m:	53.80	53.80	150m:	3:05.50	1:07.06	250m:	5:20.14	1:06.89
	100m:	1:58.44	1:04.64	200m:	4:13.25	1:07.75	300m:	6:29.57	1:09.43
							350m:	7:39.90	1:10.33
							400m:	8:44.63	1:04.73