

Rigas cempionats  
Riga, 15. - 16.12.2023

Event 10  
15.12.2023 - 17:32

Men, 400m Freestyle

2009 and older  
Results

Points: FINA 2023

Rank	UZV	RDS, V rds	YB	Komanda	Laiks	Punkti	RL	
1.	VITOLS	Reinis	07	RBJSS Ridzene-DSN	<b>4:30.93</b>	535	+0.76	
	50m:	30.03 30.03	150m:	1:37.99 34.53	250m:	2:47.88 35.16	350m:	3:58.51 35.32
	100m:	1:03.46 33.43	200m:	2:12.72 34.73	300m:	3:23.19 35.31	400m:	4:30.93 32.42
2.	VEGERIS	Francis Daniels	03	RBJSS Ridzene II	<b>4:33.68</b>	519	+0.66	
	50m:	30.36 30.36	150m:	1:38.31 34.23	250m:	2:48.20 35.14	350m:	3:59.20 35.61
	100m:	1:04.08 33.72	200m:	2:13.06 34.75	300m:	3:23.59 35.39	400m:	4:33.68 34.48
3.	UCKURONIS	Kristians	09	Kekavas NSS	<b>4:35.68</b>	508	+0.73	
	50m:	29.64 29.64	150m:	1:38.55 34.72	250m:	2:49.82 35.71	350m:	4:01.71 36.32
	100m:	1:03.83 34.19	200m:	2:14.11 35.56	300m:	3:25.39 35.57	400m:	4:35.68 33.97
4.	VILIMS	Mihails	09	SK Delfins	<b>4:46.33</b>	454	+0.76	
	50m:	31.73 31.73	150m:	1:44.27 37.10	250m:	2:58.81 37.16	350m:	4:13.00 36.58
	100m:	1:07.17 35.44	200m:	2:21.65 37.38	300m:	3:36.42 37.61	400m:	4:46.33 33.33
5.	VIKSNE	Gustavs	08	RBJSS Ridzene-DSN	<b>4:46.67</b>	452	+0.69	
	50m:	31.19 31.19	150m:	1:44.33 36.95	250m:	2:58.33 36.85	350m:	4:11.77 36.42
	100m:	1:07.38 36.19	200m:	2:21.48 37.15	300m:	3:35.35 37.02	400m:	4:46.67 34.90
6.	GOLOVENKOV	Timofejs	05	RBJSS Ridzene I	<b>4:46.78</b>	451	+0.76	
	50m:	32.26 32.26	150m:	1:44.86 37.28	250m:	2:59.00 37.35	350m:	4:12.47 36.87
	100m:	1:07.58 35.32	200m:	2:21.65 36.79	300m:	3:35.60 36.60	400m:	4:46.78 34.31
7.	ABOLINS	Toms	92	PK Kobras	<b>4:47.91</b>	446	+0.78	
	50m:	32.80 32.80	150m:	1:44.89 36.41	250m:	2:58.31 36.67	350m:	4:12.23 36.78
	100m:	1:08.48 35.68	200m:	2:21.64 36.75	300m:	3:35.45 37.14	400m:	4:47.91 35.68
8.	LIHOVECKIS	Adrians	09	Augsdaugavas NSS	<b>4:50.85</b>	433	+0.78	
	50m:	31.16 31.16	150m:	1:41.46 36.36	250m:	2:57.44 38.49	350m:	4:15.40 38.79
	100m:	1:05.10 33.94	200m:	2:18.95 37.49	300m:	3:36.61 39.17	400m:	4:50.85 35.45
9.	TENISS	Martiass	09	Kekavas NSS	<b>5:20.84</b>	322	+0.75	
	50m:	34.53 34.53	150m:	1:53.73 40.80	250m:	3:18.18 42.70	350m:	4:40.84 41.89
	100m:	1:12.93 38.40	200m:	2:35.48 41.75	300m:	3:58.95 40.77	400m:	5:20.84 40.00
10.	SARS	Reinis	08	Kekavas NSS	<b>5:27.71</b>	302	+0.86	
	50m:	33.88 33.88	150m:	1:52.33 40.46	250m:	3:17.53 43.09	350m:	4:45.18 44.06
	100m:	1:11.87 37.99	200m:	2:34.44 42.11	300m:	4:01.12 43.59	400m:	5:27.71 42.53
11.	STORHS	Henrijs	08	Kekavas NSS	<b>5:36.10</b>	280	+0.77	
	50m:	35.74 35.74	150m:	2:00.48 42.98	250m:	3:28.99 44.29	350m:	4:55.94 43.72
	100m:	1:17.50 41.76	200m:	2:44.70 44.22	300m:	4:12.22 43.23	400m:	5:36.10 40.16
12.	SINDIKOV	Daniils	09	Kekavas NSS	<b>5:40.41</b>	270	+0.90	
	50m:	35.27 35.27	150m:	1:57.89 42.81	250m:	3:27.92 45.82	350m:	4:57.89 45.02
	100m:	1:15.08 39.81	200m:	2:42.10 44.21	300m:	4:12.87 44.95	400m:	5:40.41 42.52
13.	SMILGA	Rudolfs	08	Kekavas NSS	<b>6:04.44</b>	220	+0.79	
	50m:	36.53 36.53	150m:	2:07.35 47.30	250m:	3:42.95 47.96	350m:	5:21.29 49.11
	100m:	1:20.05 43.52	200m:	2:54.99 47.64	300m:	4:32.18 49.23	400m:	6:04.44 43.15