

KNSS kontrolnormat vu sacens bas Daudzceka V.posms
ekava, 11/4/2024

Event 8
11/04/2024 - 17:19

Men, 400m Freestyle

12 - 19 years
Results Time Trials

Points: FINA 2023

Rank			YB					Time	Pts
12 years									
1.	ZDANOVSKIS, Janis		12	Kekavas NSS				6:00.28	204
	50m:	40.90 40.90	150m:	2:12.83	45.84	250m:	3:47.59 47.57	350m:	5:18.71 45.12
	100m:	1:26.99 46.09	200m:	3:00.02	47.19	300m:	4:33.59 46.00	400m:	6:00.28 41.57
2.	ERNESTS, Eihmanis		12	Kekavas NSS				6:12.03	185
	50m:	40.62 40.62	150m:	2:15.63	48.11	250m:	3:52.37 48.29	350m:	5:27.00 46.19
	100m:	1:27.52 46.90	200m:	3:04.08	48.45	300m:	4:40.81 48.44	400m:	6:12.03 45.03
3.	BEIKERTS, Rojs		12	Kekavas NSS				6:25.73	166
	50m:	42.88 42.88	150m:	2:21.56	49.79	250m:	3:59.88 49.12	350m:	5:39.75 50.87
	100m:	1:31.77 48.89	200m:	3:10.76	49.20	300m:	4:48.88 49.00	400m:	6:25.73 45.98
DNS	MATUZKA, Martins		12	Kekavas NSS					
13 years									
1.	ERGLIS, Gustavs		11	Kekavas NSS				5:08.99	324
	50m:	34.08 34.08	150m:	1:52.79	39.79	250m:	3:13.28 39.99	350m:	4:29.96 38.07
	100m:	1:13.00 38.92	200m:	2:33.29	40.50	300m:	3:51.89 38.61	400m:	5:08.99 39.03
2.	NUKSA, Karlis		11	Kekavas NSS				6:12.17	185
	50m:	41.52 41.52	150m:	2:16.56	48.16	250m:	3:53.15 48.58	350m:	5:28.80 47.19
	100m:	1:28.40 46.88	200m:	3:04.57	48.01	300m:	4:41.61 48.46	400m:	6:12.17 43.37
14 years									
WDR	GORKIJS, Miroslavs		10	Kekavas NSS					
WDR	KRASNOVS, Kirils		10	Kekavas NSS					
15 years									
1.	UCKURONIS, Kristians		09	Kekavas NSS				4:24.93	514
	50m:	29.31 29.31	150m:	1:36.35	33.51	250m:	2:44.70 33.94	350m:	3:52.92 34.04
	100m:	1:02.84 33.53	200m:	2:10.76	34.41	300m:	3:18.88 34.18	400m:	4:24.93 32.01
2.	TENISS, Martiass		09	Kekavas NSS				4:49.24	395
	50m:	31.77 31.77	150m:	1:44.19	36.51	250m:	2:58.91 37.40	350m:	4:12.85 36.61
	100m:	1:07.68 35.91	200m:	2:21.51	37.32	300m:	3:36.24 37.33	400m:	4:49.24 36.39
3.	SINDIKOVS, Daniils		09	Kekavas NSS				4:51.94	384
	50m:	31.45 31.45	150m:	1:43.83	37.27	250m:	2:59.78 38.22	350m:	4:16.22 37.37
	100m:	1:06.56 35.11	200m:	2:21.56	37.73	300m:	3:38.85 39.07	400m:	4:51.94 35.72
4.	LEGZDINS, Roberts		09	Kekavas NSS				6:20.22	173
	50m:	40.36 40.36	150m:	2:16.82	49.09	250m:	3:53.76 48.70	350m:	5:32.17 49.49
	100m:	1:27.73 47.37	200m:	3:05.06	48.24	300m:	4:42.68 48.92	400m:	6:20.22 48.05
WDR	BRIUNA, Ivars		09	Kekavas NSS					
16 - 19 years									
1.	SARS, Reinis		08	Kekavas NSS				5:14.84	306
	50m:	32.93 32.93	150m:	1:50.27	39.14	250m:	3:11.52 40.87	350m:	4:34.12 42.33
	100m:	1:11.13 38.20	200m:	2:30.65	40.38	300m:	3:51.79 40.27	400m:	5:14.84 40.72
2.	GREIERS, Gustavs		07	Kekavas NSS				5:20.93	289
	50m:	30.57 30.57	150m:	1:45.59	38.63	250m:	3:10.43 43.35	350m:	4:37.73 44.31
	100m:	1:06.96 36.39	200m:	2:27.08	41.49	300m:	3:53.42 42.99	400m:	5:20.93 43.20
3.	STORHS, Henrijs		08	Kekavas NSS				5:21.28	288
	50m:	35.17 35.17	150m:	1:54.76	40.69	250m:	3:18.87 42.40	350m:	4:42.85 41.56
	100m:	1:14.07 38.90	200m:	2:36.47	41.71	300m:	4:01.29 42.42	400m:	5:21.28 38.43

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Event 8, Men, 400m Freestyle, 16 - 19 years

Rank					YB					Time	Pts	
4.	SMILGA, Rudolfs				08	Kekavas NSS				5:54.47	214	
	50m:	36.62	36.62	150m:	2:03.44	44.55	250m:	3:37.52	47.39	350m:	5:10.92	46.68
	100m:	1:18.89	42.27	200m:	2:50.13	46.69	300m:	4:24.24	46.72	400m:	5:54.47	43.55
WDR	CAMANS, Kristers				05	Kekavas NSS						