

Valmieras meistarsacikstes
Valmiera, 15. - 16.3.2024

Event 22
16.03.2024 - 11:00

Men, 400m Freestyle

2009 and older
Results

Latvijas rekords 3:51.52 MILOSLAVSKIS Romans LAT Shanghai (CHN) 07.04.2006

SKSM Open: 3:46.76 / SM Open: 4:06.29 / SMK Open: 4:20.64 / I Open: 4:39.05 / II Open: 5:07.14 / III Open: 5:46.42 /
IV Open: 6:58.98

Points: FINA 2023

Vieta	Uzv rds, v rds	Dz.g.	Komanda	Rezult ts	Punkti	RL	SK
1.	MIHAILOVS Olegs		05 Rezeknes BJSS	4:05.57	645	+0,77	SM
	50m: 26.12 26.12	150m: 1:26.27 30.44	250m: 2:29.56	31.88	350m: 3:33.98		32.29
	100m: 55.83 29.71	200m: 1:57.68 31.41	300m: 3:01.69	32.13	400m: 4:05.57		31.59
2.	KIRGIZOVS Timurs		08 Rezeknes BJSS	4:22.17	530	+0,70	I
	50m: 29.08 29.08	150m: 1:34.42 33.15	250m: 2:41.62	33.30	350m: 3:49.70		33.84
	100m: 1:01.27 32.19	200m: 2:08.32 33.90	300m: 3:15.86	34.24	400m: 4:22.17		32.47
3.	VEGERIS Maksis Maksimilians		03 RBJSS Ridzene	4:26.47	505		I
	50m: 28.05 28.05	150m: 1:34.37 33.92	250m: 2:43.33	34.21	350m: 3:52.42		34.45
	100m: 1:00.45 32.40	200m: 2:09.12 34.75	300m: 3:17.97	34.64	400m: 4:26.47		34.05
4.	SILINS Mikus		07 Valmieras SS	4:51.18	387	+0,64	II
	50m: 31.94 31.94	150m: 1:45.14 37.28	250m: 3:00.71	37.72	350m: 4:15.47		37.02
	100m: 1:07.86 35.92	200m: 2:22.99 37.85	300m: 3:38.45	37.74	400m: 4:51.18		35.71
5.	IRISINS Artis		08 Rezeknes BJSS	4:54.63	373		II
	50m: 31.67 31.67	150m: 1:45.60 37.99	250m: 3:02.07	38.14	350m: 4:18.43		38.31
	100m: 1:07.61 35.94	200m: 2:23.93 38.33	300m: 3:40.12	38.05	400m: 4:54.63		36.20