

Atviras Lietuvos meistr plaukimo empionatas  
Kaunas, 11 - 12/5/2024

Event 10  
5/11/2024 - 18:35

Men, 400m Freestyle

Open  
Results

Points: DSV Masters 22

| Rank        | Age                       | Time                    | Pts                 | 100m    | 200m           | 300m    | 400m    |
|-------------|---------------------------|-------------------------|---------------------|---------|----------------|---------|---------|
| <b>Open</b> |                           |                         |                     |         |                |         |         |
| 1.          | Edgaras, ŠTURA 36         | Vilniaus Poseidonas     | <b>4:14.82</b> 1020 | 1:01.29 | 1:05.10        | 1:04.41 | 1:04.02 |
|             | 50m: 29.21 29.21          | 150m: 1:34.07 32.78     | 250m: 2:38.76       | 32.37   | 350m: 3:43.23  | 32.43   |         |
|             | 100m: 1:01.29 32.08       | 200m: 2:06.39 32.32     | 300m: 3:10.80       | 32.04   | 400m: 4:14.82  | 31.59   |         |
| 2.          | Vedestas, ŠEFLERIS 52     | Kauno Takas             | <b>4:42.93</b> 842  | 1:05.66 | 1:11.60        | 1:14.11 | 1:11.56 |
|             | 50m: 31.13 31.13          | 150m: 1:40.86 35.20     | 250m: 2:54.00       | 36.74   | 350m: 4:08.79  | 37.42   |         |
|             | 100m: 1:05.66 34.53       | 200m: 2:17.26 36.40     | 300m: 3:31.37       | 37.37   | 400m: 4:42.93  | 34.14   |         |
| 3.          | Vilmantas, KRASAUSKAS 60  | Marijampol s "TORPEDOS" | <b>5:35.60</b> 713  | 1:19.14 | 1:26.41        | 1:26.43 | 1:23.62 |
|             | 50m: 38.08 38.08          | 150m: 2:02.17 43.03     | 250m: 3:28.79       | 43.24   | 350m: 4:54.86  | 42.88   |         |
|             | 100m: 1:19.14 41.06       | 200m: 2:45.55 43.38     | 300m: 4:11.98       | 43.19   | 400m: 5:35.60  | 40.74   |         |
| 4.          | Tomas, GRUSLYS 35         | Kaišiadori "Plaukiam"   | <b>5:02.61</b> 609  | 1:09.88 | 1:17.25        | 1:17.71 | 1:17.77 |
|             | 50m: 32.50 32.50          | 150m: 1:48.36 38.48     | 250m: 3:06.14       | 39.01   | 350m: 4:23.96  | 39.12   |         |
|             | 100m: 1:09.88 37.38       | 200m: 2:27.13 38.77     | 300m: 3:44.84       | 38.70   | 400m: 5:02.61  | 38.65   |         |
| 5.          | Jonas, BELEŠKA 32         | SM Nemunas              | <b>5:25.94</b> 443  | 1:13.08 | 1:21.98        | 1:25.24 | 1:25.64 |
|             | 50m: 35.93 35.93          | 150m: 1:53.28 40.20     | 250m: 3:17.34       | 42.28   | 350m: 4:43.85  | 43.55   |         |
|             | 100m: 1:13.08 37.15       | 200m: 2:35.06 41.78     | 300m: 4:00.30       | 42.96   | 400m: 5:25.94  | 42.09   |         |
| 6.          | Benediktas, DAUKŠAS 27    | Šiauliai                | <b>5:37.99</b> 409  | 1:16.75 | 1:26.45        | 1:28.60 | 1:26.19 |
|             | 50m: 35.80 35.80          | 150m: 1:59.77 43.02     | 250m: 3:27.06       | 43.86   | 350m: 4:56.15  | 44.35   |         |
|             | 100m: 1:16.75 40.95       | 200m: 2:43.20 43.43     | 300m: 4:11.80       | 44.74   | 400m: 5:37.99  | 41.84   |         |
| 7.          | Tomas, BUTRIMAS 48        | Kaišiadori "Plaukiam"   | <b>5:52.70</b> 383  | 1:22.08 | 1:30.21        | 1:32.08 | 1:28.33 |
|             | 50m: 38.94 38.94          | 150m: 2:06.54 44.46     | 250m: 3:38.55       | 46.26   | 350m: 5:10.04  | 45.67   |         |
|             | 100m: 1:22.08 43.14       | 200m: 2:52.29 45.75     | 300m: 4:24.37       | 45.82   | 400m: 5:52.70  | 42.66   |         |
| 8.          | DAIVIS ,URBA 48           | Kaunas                  | <b>5:56.94</b> 369  | 1:20.14 | 1:29.70        | 1:33.64 | 1:33.46 |
|             | 50m: 37.83 37.83          | 150m: 2:04.37 44.23     | 250m: 3:36.25       | 46.41   | 350m: 5:10.68  | 47.20   |         |
|             | 100m: 1:20.14 42.31       | 200m: 2:49.84 45.47     | 300m: 4:23.48       | 47.23   | 400m: 5:56.94  | 46.26   |         |
| 9.          | Paulius, ANDRIUŠKEVI IU45 | Kauno Takas             | <b>6:08.27</b> 336  | 1:23.07 | 1:32.44        | 1:36.42 | 1:36.34 |
|             | 50m: 39.06 39.06          | 150m: 2:08.66 45.59     | 250m: 3:43.77       | 48.26   | 350m: 5:20.94  | 49.01   |         |
|             | 100m: 1:23.07 44.01       | 200m: 2:55.51 46.85     | 300m: 4:31.93       | 48.16   | 400m: 6:08.27  | 47.33   |         |
| 10.         | Eugenijus, JUODZEVICIUS75 | Klaip dos PK            | <b>8:24.16</b> 317  | 1:59.74 | 2:12.97        | 2:08.61 | 2:02.84 |
|             | 50m: 55.11 55.11          | 150m: 3:06.72 1:06.98   | 250m: 5:17.35       | 1:04.64 | 350m: 7:23.76  | 1:02.44 |         |
|             | 100m: 1:59.74 1:04.63     | 200m: 4:12.71 1:05.99   | 300m: 6:21.32       | 1:03.97 | 400m: 8:24.16  | 1:00.40 |         |
| 11.         | Andrzej , TWAROWSKI 59    | Bialystok               | <b>6:49.17</b> 307  | 1:32.02 | 1:46.57        | 1:48.99 | 1:41.59 |
|             | 50m: 43.12 43.12          | 150m: 2:25.00 52.98     | 250m: 4:12.98       | 54.39   | 350m: 6:01.15  | 53.57   |         |
|             | 100m: 1:32.02 48.90       | 200m: 3:18.59 53.59     | 300m: 5:07.58       | 54.60   | 400m: 6:49.17  | 48.02   |         |
| 12.         | Stasys, GRIGAS 83         | Marijampol s "TORPEDOS" | <b>12:39.53</b> 111 | 3:04.99 | 3:13.69        | 3:12.69 | 3:08.16 |
|             | 50m: 1:28.75 1:28.75      | 150m: 4:40.96 1:35.97   | 250m: 7:54.01       | 1:35.33 | 350m: 11:07.54 | 1:36.17 |         |
|             | 100m: 3:04.99 1:36.24     | 200m: 6:18.68 1:37.72   | 300m: 9:31.37       | 1:37.36 | 400m: 12:39.53 | 1:31.99 |         |

YOB 1995 - 1999

|    |                        |                     |                    |         |               |         |         |
|----|------------------------|---------------------|--------------------|---------|---------------|---------|---------|
| 1. | Benediktas, DAUKŠAS 27 | Šiauliai            | <b>5:37.99</b> 409 | 1:16.75 | 1:26.45       | 1:28.60 | 1:26.19 |
|    | 50m: 35.80 35.80       | 150m: 1:59.77 43.02 | 250m: 3:27.06      | 43.86   | 350m: 4:56.15 | 44.35   |         |
|    | 100m: 1:16.75 40.95    | 200m: 2:43.20 43.43 | 300m: 4:11.80      | 44.74   | 400m: 5:37.99 | 41.84   |         |

YOB 1990 - 1994

|    |                     |                     |                    |         |               |         |         |
|----|---------------------|---------------------|--------------------|---------|---------------|---------|---------|
| 1. | Jonas, BELEŠKA 32   | SM Nemunas          | <b>5:25.94</b> 443 | 1:13.08 | 1:21.98       | 1:25.24 | 1:25.64 |
|    | 50m: 35.93 35.93    | 150m: 1:53.28 40.20 | 250m: 3:17.34      | 42.28   | 350m: 4:43.85 | 43.55   |         |
|    | 100m: 1:13.08 37.15 | 200m: 2:35.06 41.78 | 300m: 4:00.30      | 42.96   | 400m: 5:25.94 | 42.09   |         |

Atviras Lietuvos meistr plaukimo empionatas  
Kaunas, 11 - 12/5/2024

Event 10, Men, 400m Freestyle

YOB 1985 - 1989

|                   |         |                       |                |         |         |         |         |         |
|-------------------|---------|-----------------------|----------------|---------|---------|---------|---------|---------|
| 1. Edgaras, ŠTURA | 36      | Vilniaus Poseidonas   | <b>4:14.82</b> | 1020    | 1:01.29 | 1:05.10 | 1:04.41 | 1:04.02 |
| 50m:              | 29.21   | 29.21                 | 150m:          | 1:34.07 | 32.78   | 250m:   | 2:38.76 | 32.37   |
| 100m:             | 1:01.29 | 32.08                 | 200m:          | 2:06.39 | 32.32   | 300m:   | 3:10.80 | 32.04   |
| 350m:             |         |                       | 350m:          |         |         | 400m:   | 4:14.82 | 31.59   |
| 32.43             |         |                       |                |         |         |         |         |         |
| 2. Tomas, GRUSLYS | 35      | Kaišiadori "Plaukiam" | <b>5:02.61</b> | 609     | 1:09.88 | 1:17.25 | 1:17.71 | 1:17.77 |
| 50m:              | 32.50   | 32.50                 | 150m:          | 1:48.36 | 38.48   | 250m:   | 3:06.14 | 39.01   |
| 100m:             | 1:09.88 | 37.38                 | 200m:          | 2:27.13 | 38.77   | 300m:   | 3:44.84 | 38.70   |
| 350m:             |         |                       | 350m:          |         |         | 400m:   | 5:02.61 | 38.65   |
| 39.12             |         |                       |                |         |         |         |         |         |

YOB 1975 - 1979

|                              |         |                       |                |         |         |         |         |         |
|------------------------------|---------|-----------------------|----------------|---------|---------|---------|---------|---------|
| 1. Tomas, BUTRIMAS           | 48      | Kaišiadori "Plaukiam" | <b>5:52.70</b> | 383     | 1:22.08 | 1:30.21 | 1:32.08 | 1:28.33 |
| 50m:                         | 38.94   | 38.94                 | 150m:          | 2:06.54 | 44.46   | 250m:   | 3:38.55 | 46.26   |
| 100m:                        | 1:22.08 | 43.14                 | 200m:          | 2:52.29 | 45.75   | 300m:   | 4:24.37 | 45.82   |
| 350m:                        |         |                       | 350m:          |         |         | 400m:   | 5:52.70 | 42.66   |
| 45.67                        |         |                       |                |         |         |         |         |         |
| 2. DAVIS ,URBA               | 48      | Kaunas                | <b>5:56.94</b> | 369     | 1:20.14 | 1:29.70 | 1:33.64 | 1:33.46 |
| 50m:                         | 37.83   | 37.83                 | 150m:          | 2:04.37 | 44.23   | 250m:   | 3:36.25 | 46.41   |
| 100m:                        | 1:20.14 | 42.31                 | 200m:          | 2:49.84 | 45.47   | 300m:   | 4:23.48 | 47.23   |
| 350m:                        |         |                       | 350m:          |         |         | 400m:   | 5:56.94 | 46.26   |
| 47.20                        |         |                       |                |         |         |         |         |         |
| 3. Paulius, ANDRIUŠKEVI IU45 |         | Kauno Takas           | <b>6:08.27</b> | 336     | 1:23.07 | 1:32.44 | 1:36.42 | 1:36.34 |
| 50m:                         | 39.06   | 39.06                 | 150m:          | 2:08.66 | 45.59   | 250m:   | 3:43.77 | 48.26   |
| 100m:                        | 1:23.07 | 44.01                 | 200m:          | 2:55.51 | 46.85   | 300m:   | 4:31.93 | 48.16   |
| 350m:                        |         |                       | 350m:          |         |         | 400m:   | 6:08.27 | 47.33   |
| 49.01                        |         |                       |                |         |         |         |         |         |

YOB 1970 - 1974

|                       |         |             |                |         |         |         |         |         |
|-----------------------|---------|-------------|----------------|---------|---------|---------|---------|---------|
| 1. Vedestas, ŠEFLERIS | 52      | Kauno Takas | <b>4:42.93</b> | 842     | 1:05.66 | 1:11.60 | 1:14.11 | 1:11.56 |
| 50m:                  | 31.13   | 31.13       | 150m:          | 1:40.86 | 35.20   | 250m:   | 2:54.00 | 36.74   |
| 100m:                 | 1:05.66 | 34.53       | 200m:          | 2:17.26 | 36.40   | 300m:   | 3:31.37 | 37.37   |
| 350m:                 |         |             | 350m:          |         |         | 400m:   | 4:42.93 | 34.14   |
| 37.42                 |         |             |                |         |         |         |         |         |

YOB 1965 - 1969

|                        |         |           |                |         |         |         |         |         |
|------------------------|---------|-----------|----------------|---------|---------|---------|---------|---------|
| 1. Andrzej , TWAROWSKI | 59      | Bialystok | <b>6:49.17</b> | 307     | 1:32.02 | 1:46.57 | 1:48.99 | 1:41.59 |
| 50m:                   | 43.12   | 43.12     | 150m:          | 2:25.00 | 52.98   | 250m:   | 4:12.98 | 54.39   |
| 100m:                  | 1:32.02 | 48.90     | 200m:          | 3:18.59 | 53.59   | 300m:   | 5:07.58 | 54.60   |
| 350m:                  |         |           | 350m:          |         |         | 400m:   | 6:49.17 | 48.02   |
| 53.57                  |         |           |                |         |         |         |         |         |

YOB 1960 - 1964

|                          |         |                         |                |         |         |         |         |         |
|--------------------------|---------|-------------------------|----------------|---------|---------|---------|---------|---------|
| 1. Vilmantas, KRASAUSKAS | 60      | Marijampol s "TORPEDOS" | <b>5:35.60</b> | 713     | 1:19.14 | 1:26.41 | 1:26.43 | 1:23.62 |
| 50m:                     | 38.08   | 38.08                   | 150m:          | 2:02.17 | 43.03   | 250m:   | 3:28.79 | 43.24   |
| 100m:                    | 1:19.14 | 41.06                   | 200m:          | 2:45.55 | 43.38   | 300m:   | 4:11.98 | 43.19   |
| 350m:                    |         |                         | 350m:          |         |         | 400m:   | 5:35.60 | 40.74   |
| 42.88                    |         |                         |                |         |         |         |         |         |

YOB 1945 - 1949

|                              |         |              |                |         |         |         |         |         |
|------------------------------|---------|--------------|----------------|---------|---------|---------|---------|---------|
| 1. Eugenijus, JUODZEVICIUS75 |         | Klaip dos PK | <b>8:24.16</b> | 317     | 1:59.74 | 2:12.97 | 2:08.61 | 2:02.84 |
| 50m:                         | 55.11   | 55.11        | 150m:          | 3:06.72 | 1:06.98 | 250m:   | 5:17.35 | 1:04.64 |
| 100m:                        | 1:59.74 | 1:04.63      | 200m:          | 4:12.71 | 1:05.99 | 300m:   | 6:21.32 | 1:03.97 |
| 350m:                        |         |              | 350m:          |         |         | 400m:   | 8:24.16 | 1:00.40 |
| 1:02.44                      |         |              |                |         |         |         |         |         |

YOB 1940 - 1944

|                   |         |                         |                 |         |         |         |          |          |
|-------------------|---------|-------------------------|-----------------|---------|---------|---------|----------|----------|
| 1. Stasys, GRIGAS | 83      | Marijampol s "TORPEDOS" | <b>12:39.53</b> | 111     | 3:04.99 | 3:13.69 | 3:12.69  | 3:08.16  |
| 50m:              | 1:28.75 | 1:28.75                 | 150m:           | 4:40.96 | 1:35.97 | 250m:   | 7:54.01  | 1:35.33  |
| 100m:             | 3:04.99 | 1:36.24                 | 200m:           | 6:18.68 | 1:37.72 | 300m:   | 9:31.37  | 1:37.36  |
| 350m:             |         |                         | 350m:           |         |         | 400m:   | 12:39.53 | 11:07.54 |
| 1:36.17           |         |                         |                 |         |         |         |          | 1:36.17  |
|                   |         |                         |                 |         |         |         |          | 1:31.99  |