

VII Siguldas akvatlons
Sigulda, 20.4.2024

Event 8
20.04.2024 - 12:58

Men, 400m Freestyle

14 - 69 years
Results

Points: FINA 2024

Rank				YB						Time	Pts	
16 - 17 years												
1.	MEIJERS Miks			07	Triatlona akademija					4:25.53		
	50m:	29.70	29.70	150m:	1:36.40	33.52	250m:	2:44.68	34.09	350m:	3:52.42	33.37
	100m:	1:02.88	33.18	200m:	2:10.59	34.19	300m:	3:19.05	34.37	400m:	4:25.53	33.11
2.	ZIGARKOVŠ Sebastians			07	DTC Jaunība					4:26.26		
	50m:	30.05	30.05	150m:	1:36.59	33.71	250m:	2:45.32	34.33	350m:	3:53.72	34.11
	100m:	1:02.88	32.83	200m:	2:10.99	34.40	300m:	3:19.61	34.29	400m:	4:26.26	32.54
3.	VIKSNE Gustavs			08	Piramida Triathlon Club					4:31.34		
	50m:	30.20	30.20	150m:	1:38.33	34.43	250m:	2:48.13	34.94	350m:	3:57.57	34.61
	100m:	1:03.90	33.70	200m:	2:13.19	34.86	300m:	3:22.96	34.83	400m:	4:31.34	33.77
4.	APSITIS Anrijs			07	Baltijas triatlona klubs					5:00.00		
	50m:	30.21	30.21	150m:	1:43.28	37.79	250m:	3:03.90	40.96	350m:	4:23.76	38.80
	100m:	1:05.49	35.28	200m:	2:22.94	39.66	300m:	3:44.96	41.06	400m:	5:00.00	36.24
5.	SKRINDA Linards			07	DTC Jaunība					5:26.65		
	50m:	36.05	36.05	150m:	1:57.26	41.11	250m:	3:20.01	41.09	350m:	4:45.60	43.20
	100m:	1:16.15	40.10	200m:	2:38.92	41.66	300m:	4:02.40	42.39	400m:	5:26.65	41.05
6.	CELMARS Juris			08	Jekabpils SC					6:00.27		
	50m:	35.45	35.45	150m:	2:05.32	46.65	250m:	3:42.35	49.36	350m:	5:19.03	48.10
	100m:	1:18.67	43.22	200m:	2:52.99	47.67	300m:	4:30.93	48.58	400m:	6:00.27	41.24
7.	VAKULICS Daniils			08	Sharky					6:47.06		
	50m:	40.12	40.12	150m:	2:18.90	50.47	250m:	4:05.79	53.47	350m:	5:55.90	55.57
	100m:	1:28.43	48.31	200m:	3:12.32	53.42	300m:	5:00.33	54.54	400m:	6:47.06	51.16
18 - 19 years												
1.	KRAVALIS Nils			06	TRIRUNPRO					4:49.38		
	50m:	32.68	32.68	150m:	1:45.41	36.52	250m:	2:58.75	36.79	350m:	4:13.52	37.36
	100m:	1:08.89	36.21	200m:	2:21.96	36.55	300m:	3:36.16	37.41	400m:	4:49.38	35.86
2.	GIRGENSONS Ricards			05	Valmieras SS					6:26.82		
	50m:	39.78	39.78	150m:	2:15.45	49.22	250m:	3:54.45	48.75	350m:	5:36.02	50.63
	100m:	1:26.23	46.45	200m:	3:05.70	50.25	300m:	4:45.39	50.94	400m:	6:26.82	50.80
3.	ZALINOVSKIS Mihails			06	DTC Jaunība					6:27.95		
	50m:	38.80	38.80	150m:	2:13.49	49.37	250m:	3:53.33	50.23	350m:	5:35.20	50.61
	100m:	1:24.12	45.32	200m:	3:03.10	49.61	300m:	4:44.59	51.26	400m:	6:27.95	52.75
4.	JEFREMKINS Emils			06	DTC Jaunība					6:50.24		
	50m:	39.83	39.83	150m:	2:18.55	51.55	250m:	4:06.04	54.49	350m:	5:55.27	55.30
	100m:	1:27.00	47.17	200m:	3:11.55	53.00	300m:	4:59.97	53.93	400m:	6:50.24	54.97
5.	LEBEDEVŠ Ivans			06	Sharky					7:36.33		
	50m:	41.77	41.77	150m:	2:28.09	55.22	250m:	4:28.19	1:00.76	350m:	6:33.43	1:02.80
	100m:	1:32.87	51.10	200m:	3:27.43	59.34	300m:	5:30.63	1:02.44	400m:	7:36.33	1:02.90
20 - 39 years												
1.	LIEPA Arturs			03	TRI KAN					4:23.76		
	50m:	26.61	26.61	150m:	1:32.05	34.16	250m:	2:40.94	34.58	350m:	3:50.25	34.41
	100m:	57.89	31.28	200m:	2:06.36	34.31	300m:	3:15.84	34.90	400m:	4:23.76	33.51
2.	VEGERIS Maksis Maksimilians			03	Baltijas triatlona klubs					4:23.92		
	50m:	28.78	28.78	150m:	1:34.45	33.16	250m:	2:42.33	33.95	350m:	3:51.04	34.19
	100m:	1:01.29	32.51	200m:	2:08.38	33.93	300m:	3:16.85	34.52	400m:	4:23.92	32.88

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Rank			YB			Time			Pts			
3.	VEGERIS Francis Daniels		03	Baltijas triatlona klubs		4:25.78						
	50m:	30.01	30.01	150m:	1:37.36	34.03	250m:	2:45.50	34.00	350m:	3:53.65	33.79
	100m:	1:03.33	33.32	200m:	2:11.50	34.14	300m:	3:19.86	34.36	400m:	4:25.78	32.13
4.	GLADIJS Nikita		03	DTC Jauniba		5:20.46						
	50m:	34.02	34.02	150m:	1:53.83	40.78	250m:	3:17.18	41.76	350m:	4:40.67	42.12
	100m:	1:13.05	39.03	200m:	2:35.42	41.59	300m:	3:58.55	41.37	400m:	5:20.46	39.79
5.	GRENCBERGS Arvis		88	TRI KAN		5:37.23						
	50m:	36.19	36.19	150m:	1:57.76	41.92	250m:	3:25.26	44.15	350m:	4:54.22	44.59
	100m:	1:15.84	39.65	200m:	2:41.11	43.35	300m:	4:09.63	44.37	400m:	5:37.23	43.01
6.	RUSKULS Janis		88	TRIRUNPRO		6:03.21						
	50m:	39.25	39.25	150m:	2:07.20	45.31	250m:	3:41.08	47.43	350m:	5:17.31	48.66
	100m:	1:21.89	42.64	200m:	2:53.65	46.45	300m:	4:28.65	47.57	400m:	6:03.21	45.90
7.	LAPPUKE Lukass		93	TRI KAN		6:06.65						
	50m:	39.35	39.35	150m:	2:10.89	46.40	250m:	3:44.58	47.07	350m:	5:20.80	48.14
	100m:	1:24.49	45.14	200m:	2:57.51	46.62	300m:	4:32.66	48.08	400m:	6:06.65	45.85
8.	ZALE Janis		92	TRIRUNPRO		7:18.01						
	50m:	43.58	43.58	150m:	2:29.94	56.12	250m:	4:27.49	59.42	350m:	6:23.61	58.25
	100m:	1:33.82	50.24	200m:	3:28.07	58.13	300m:	5:25.36	57.87	400m:	7:18.01	54.40
9.	ZALE Maris		90	Liepajas pilseta		8:33.14						
	50m:	50.27	50.27	150m:	2:52.35	1:04.34	250m:	5:09.48	1:08.46	350m:	7:27.39	1:08.98
	100m:	1:48.01	57.74	200m:	4:01.02	1:08.67	300m:	6:18.41	1:08.93	400m:	8:33.14	1:05.75

40 - 49 years

1.	OZOLINS Janis		76	Valmieras PK Aqua		4:59.69						
	50m:	32.43	32.43	150m:	1:44.95	37.50	250m:	3:02.64	39.33	350m:	4:21.92	39.81
	100m:	1:07.45	35.02	200m:	2:23.31	38.36	300m:	3:42.11	39.47	400m:	4:59.69	37.77
2.	SILIS Viesturs		80	Religija Riga		5:51.59						
	50m:	41.16	41.16	150m:	2:13.52	45.93	250m:	3:44.93	45.70	350m:	5:12.18	43.25
	100m:	1:27.59	46.43	200m:	2:59.23	45.71	300m:	4:28.93	44.00	400m:	5:51.59	39.41
3.	MARNAUZA Martins		83	TRIRUNPRO		6:01.46						
	50m:	39.14	39.14	150m:	2:09.84	47.15	250m:	3:44.68	47.48	350m:	5:18.31	46.92
	100m:	1:22.69	43.55	200m:	2:57.20	47.36	300m:	4:31.39	46.71	400m:	6:01.46	43.15
4.	PETERSONS Marcis		76	Rigas pilseta		6:35.50						
	50m:	40.62	40.62	150m:	2:17.34	49.67	250m:	4:00.71	52.19	350m:	5:48.93	54.67
	100m:	1:27.67	47.05	200m:	3:08.52	51.18	300m:	4:54.26	53.55	400m:	6:35.50	46.57
5.	PEZENKOVŠ Jevgenijs		75	Rigas pilseta		6:45.66						
	50m:	47.09	47.09	150m:	2:29.79	52.45	250m:	4:14.83	51.91	350m:	5:57.90	51.35
	100m:	1:37.34	50.25	200m:	3:22.92	53.13	300m:	5:06.55	51.72	400m:	6:45.66	47.76

50 - 59 years

1.	LIEPA Maris		70	TRI KAN		5:16.31						
	50m:	34.20	34.20	150m:	1:52.90	39.79	250m:	3:13.08	40.06	350m:	4:35.80	41.86
	100m:	1:13.11	38.91	200m:	2:33.02	40.12	300m:	3:53.94	40.86	400m:	5:16.31	40.51
2.	GRASMANIS Dzintars		69	Rigas pilseta		7:26.32						
	50m:	48.67	48.67	150m:	2:41.98	58.68	250m:	4:36.84	59.24	350m:	6:31.04	57.66
	100m:	1:43.30	54.63	200m:	3:37.60	55.62	300m:	5:33.38	56.54	400m:	7:26.32	55.28

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60 - 69 years

1.	OZOLINS Edgars		59	Piramida Triathlon Club		5:10.96		
	50m: 33.72	33.72	150m: 1:50.19	39.02	250m: 3:09.84	40.32	350m: 4:31.26	40.98
	100m: 1:11.17	37.45	200m: 2:29.52	39.33	300m: 3:50.28	40.44	400m: 5:10.96	39.70
2.	UZOLS Aivars		63	DTC Jauniba		6:47.37		
	50m: 41.81	41.81	150m: 2:21.20	51.32	250m: 4:06.98	53.00	350m: 5:54.79	54.38
	100m: 1:29.88	48.07	200m: 3:13.98	52.78	300m: 5:00.41	53.43	400m: 6:47.37	52.58
3.	KUBAR Andres		59	AOK Arendus Team Polva		7:15.64		
	50m: 45.53	45.53	150m: 2:36.88	57.28	250m: 4:28.93	56.31	350m: 6:22.13	55.46
	100m: 1:39.60	54.07	200m: 3:32.62	55.74	300m: 5:26.67	57.74	400m: 7:15.64	53.51
4.	SCETININS Juris		61	Piramida Triathlon Club		9:31.42		
	50m: 50.23	50.23	150m: 3:08.30	1:13.22	250m: 5:40.40	1:17.87	350m: 8:15.35	1:17.52
	100m: 1:55.08	1:04.85	200m: 4:22.53	1:14.23	300m: 6:57.83	1:17.43	400m: 9:31.42	1:16.07
5.	TOKACIROVS Ilja		59	Piramida Triathlon Club		11:24.28		
	50m: 1:07.98	1:07.98	150m: 3:54.78	1:27.85	250m: 6:58.40	1:33.21	350m: 9:57.95	1:31.15
	100m: 2:26.93	1:18.95	200m: 5:25.19	1:30.41	300m: 8:26.80	1:28.40	400m: 11:24.28	1:26.33