

Ida-Virumaa Karikavõistlused 2024  
Kohtla-Järve, 8. - 9.11.2024

Event 10  
08.11.2024 - 17:30

Men, 400m Medley

Open  
Results

Estonian Records	4:12.15	LIIVAMÄGI, Martin	KUK	Istanbul (TUR)	11.12.2009
Estonian Age Group Records - 18	4:19.83	ZIRK, Kregor	USK	Tallinn	19.12.2016
Estonian Age Group Records - 16	4:21.47	ZIRK, Kregor	USK	Tallinn	21.12.2015
Estonian Age Group Records - 14	4:38.43	DENISSOV, Aleksei	GARANT	Tallinn	13.11.2022

Points: AQUA 2024

Rank			YB							Time	Pts	
<b>2009 and younger</b>												
1.	TSIKALJOV, Deniss		10	Narva SK/Energia						<b>5:04.81</b>	457	
	50m:	32.72	32.72	150m:	1:49.22	37.07	250m:	3:09.50	43.29	350m:	4:30.11	36.22
	100m:	1:12.15	39.43	200m:	2:26.21	36.99	300m:	3:53.89	44.39	400m:	5:04.81	34.70
2.	LEMBINEN, Kristijan		11	Ujumisklubi Aktiiv 1						<b>5:27.59</b>	368	
	50m:	33.46	33.46	150m:	1:58.30	43.70	250m:	3:29.44	48.56	350m:	4:53.19	35.07
	100m:	1:14.60	41.14	200m:	2:40.88	42.58	300m:	4:18.12	48.68	400m:	5:27.59	34.40
3.	SKOLOZHABSKYY, Nikita		10	Ujumisklubi Aktiiv 1						<b>5:29.72</b>	361	
	50m:	33.56	33.56	150m:	2:02.84	45.27	250m:	3:31.34	45.88	350m:	4:55.06	36.76
	100m:	1:17.57	44.01	200m:	2:45.46	42.62	300m:	4:18.30	46.96	400m:	5:29.72	34.66
4.	NEMIRO, Martin		11	Johvi Spordikool						<b>5:30.98</b>	357	
	50m:	35.47	35.47	150m:	2:03.27	43.79	250m:	3:31.52	46.44	350m:	4:55.52	37.44
	100m:	1:19.48	44.01	200m:	2:45.08	41.81	300m:	4:18.08	46.56	400m:	5:30.98	35.46
5.	TROFIMOV, Arseni		11	Ujumisklubi Aktiiv 2						<b>6:18.18</b>	239	
	50m:	40.99	40.99	150m:	2:25.39	46.17	250m:	4:01.18	49.62	350m:	5:39.42	42.81
	100m:	1:39.22	58.23	200m:	3:11.56	46.17	300m:	4:56.61	55.43	400m:	6:18.18	38.76
<b>2008 and older</b>												
1.	KANEVSKI, Dmitri		07	Narva SK/Energia						<b>4:51.56</b>	522	
	50m:	30.80	30.80	150m:	1:42.58	37.31	250m:	3:01.27	41.63	350m:	4:17.98	34.30
	100m:	1:05.27	34.47	200m:	2:19.64	37.06	300m:	3:43.68	42.41	400m:	4:51.56	33.58
2.	ZIGADLO, Jegor		08	Ujumisklubi Aktiiv 1						<b>5:06.74</b>	448	
	50m:	30.27	30.27	150m:	1:45.71	39.12	250m:	3:10.43	45.56	350m:	4:32.18	35.78
	100m:	1:06.59	36.32	200m:	2:24.87	39.16	300m:	3:56.40	45.97	400m:	5:06.74	34.56
3.	NIINE, Johannes		06	Ujumisklubi Aktiiv 1						<b>5:23.75</b>	381	
	50m:	32.86	32.86	150m:	1:55.05	40.63	250m:	3:21.14	46.46	350m:	4:45.84	37.40
	100m:	1:14.42	41.56	200m:	2:34.68	39.63	300m:	4:08.44	47.30	400m:	5:23.75	37.91