

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

Event 14  
09.11.2024 - 11:15

Men, 400m Freestyle

Open  
Results

Estonian Records	3:40.95	ZIRK, Kregor	USK	Eindhoven (NED)	18.11.2021
Estonian Age Group Records - 18	3:47.51	ZIRK, Kregor	USK	Tallinn	18.12.2016
Estonian Age Group Records - 16	3:48.34	ZIRK, Kregor	USK	Tallinn	20.12.2015
Estonian Age Group Records - 14	4:00.75	ZIRK, Kregor	USK	Keila	07.06.2014

Points: AQUA 2024

Rank			YB					Time	Pts
<b>2009 and younger</b>									
1.	SYNIUHIN, Mykhailo		11	Kohtla-Jarve Veespordiklubi 1				<b>4:32.70</b>	471
	50m:	29.78 29.78	150m:	1:38.76 34.92	250m:	2:49.62 35.44	350m:	3:59.89 34.90	
	100m:	1:03.84 34.06	200m:	2:14.18 35.42	300m:	3:24.99 35.37	400m:	4:32.70 32.81	
2.	LEMBINEN, Kristjan		11	Ujumisklubi Aktiiv 1				<b>4:45.79</b>	409
	50m:	30.81 30.81	150m:	1:42.67 36.31	250m:	2:57.01 37.50	350m:	4:10.74 36.58	
	100m:	1:06.36 35.55	200m:	2:19.51 36.84	300m:	3:34.16 37.15	400m:	4:45.79 35.05	
3.	ZGURO, Arseni		09	NRK Kalev				<b>4:51.90</b>	384
	50m:	30.43 30.43	150m:	1:40.40 35.82	250m:	2:55.88 38.31	350m:	4:14.13 39.20	
	100m:	1:04.58 34.15	200m:	2:17.57 37.17	300m:	3:34.93 39.05	400m:	4:51.90 37.77	
4.	NEMIRO, Martin		11	Johvi Spordikool				<b>5:03.66</b>	341
	50m:	31.93 31.93	150m:	1:47.10 38.32	250m:	3:06.08 39.53	350m:	4:25.03 39.37	
	100m:	1:08.78 36.85	200m:	2:26.55 39.45	300m:	3:45.66 39.58	400m:	5:03.66 38.63	
5.	TROFIMOV, Arseni		11	Ujumisklubi Aktiiv 2				<b>5:21.08</b>	288
	50m:	35.08 35.08	150m:	1:58.04 41.75	250m:	3:21.97 42.68	350m:	4:44.23 41.21	
	100m:	1:16.29 41.21	200m:	2:39.29 41.25	300m:	4:03.02 41.05	400m:	5:21.08 36.85	
6.	BRONNIKOV, Matvei		13	Johvi Spordikool				<b>5:48.20</b>	226
	50m:	37.84 37.84	150m:	2:06.12 43.63	250m:	3:35.16 44.15	350m:	5:04.64 44.33	
	100m:	1:22.49 44.65	200m:	2:51.01 44.89	300m:	4:20.31 45.15	400m:	5:48.20 43.56	
7.	SKADOV, Andrei		12	Ujumisklubi Aktiiv 2				<b>5:48.73</b>	225
	50m:	37.71 37.71	150m:	2:05.01 44.92	250m:	3:34.85 45.12	350m:	5:05.65 45.56	
	100m:	1:20.09 42.38	200m:	2:49.73 44.72	300m:	4:20.09 45.24	400m:	5:48.73 43.08	
8.	MORIN, Maksim		10	Ujumisklubi Aktiiv 2				<b>5:49.72</b>	223
	50m:	37.81 37.81	150m:	2:06.63 45.31	250m:	3:38.67 45.80	350m:	5:09.82 45.40	
	100m:	1:21.32 43.51	200m:	2:52.87 46.24	300m:	4:24.42 45.75	400m:	5:49.72 39.90	
9.	OVECHKIN, Ivan		11	Sillamae Ujumisklubi Kalev				<b>6:10.91</b>	187
	50m:	38.15 38.15	150m:	2:08.55 46.87	250m:	3:48.42 50.09	350m:	5:25.71 49.38	
	100m:	1:21.68 43.53	200m:	2:58.33 49.78	300m:	4:36.33 47.91	400m:	6:10.91 45.20	
10.	IVANOV, Kirill		13	Ujumisklubi Aktiiv 3				<b>6:19.70</b>	174
	50m:	40.01 40.01	150m:	2:18.30 49.59	250m:	3:55.31 48.55	350m:	5:34.51 49.42	
	100m:	1:28.71 48.70	200m:	3:06.76 48.46	300m:	4:45.09 49.78	400m:	6:19.70 45.19	
11.	RAE, Martin		14	Ujumisklubi Aktiiv 3				<b>6:20.62</b>	173
	50m:	42.66 42.66	150m:	2:22.35 51.00	250m:	4:02.72 49.94	350m:	5:38.17 47.21	
	100m:	1:31.35 48.69	200m:	3:12.78 50.43	300m:	4:50.96 48.24	400m:	6:20.62 42.45	
12.	TUROGIN, Milan		13	Ujumisklubi Aktiiv 3				<b>6:29.12</b>	162
	50m:	38.75 38.75	150m:	2:18.35 50.45	250m:	4:01.67 52.90	350m:	5:42.20 49.76	
	100m:	1:27.90 49.15	200m:	3:08.77 50.42	300m:	4:52.44 50.77	400m:	6:29.12 46.92	
13.	KAZARETS, Alex		12	Ujumisklubi Aktiiv 3				<b>6:36.73</b>	153
	50m:	41.01 41.01	150m:	2:20.24 50.14	250m:	4:01.31 51.16	350m:	5:45.71 51.81	
	100m:	1:30.10 49.09	200m:	3:10.15 49.91	300m:	4:53.90 52.59	400m:	6:36.73 51.02	
14.	VOKHMYANIN, Semjon		13	Ujumisklubi Aktiiv 3				<b>7:03.89</b>	125
	50m:	45.63 45.63	150m:	2:31.44 53.76	250m:	4:19.75 54.87	350m:	6:11.67 55.81	
	100m:	1:37.68 52.05	200m:	3:24.88 53.44	300m:	5:15.86 56.11	400m:	7:03.89 52.22	

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

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Event 14, Men, 400m Freestyle

2008 and older

1.	PETRIKOV, Andrei		06	Narva SK/Energia		<b>4:23.85</b>	520	
	50m: 29.32	29.32	150m: 1:34.91	33.09	250m: 2:41.88	33.35	350m: 3:47.63	32.07
	100m: 1:01.82	32.50	200m: 2:08.53	33.62	300m: 3:15.56	33.68	400m: 4:23.85	36.22
2.	NIINE, Jannes		02	Ujumisklubi Aktiiv 1		<b>4:25.68</b>	509	
	50m: 28.79	28.79	150m: 1:35.09	33.58	250m: 2:43.13	34.05	350m: 3:52.94	35.50
	100m: 1:01.51	32.72	200m: 2:09.08	33.99	300m: 3:17.44	34.31	400m: 4:25.68	32.74
3.	ZIGADLO, Jegor		08	Ujumisklubi Aktiiv 1		<b>4:32.48</b>	472	
	50m: 30.46	30.46	150m: 1:39.72	35.00	250m: 2:49.64	35.27	350m: 3:59.94	34.33
	100m: 1:04.72	34.26	200m: 2:14.37	34.65	300m: 3:25.61	35.97	400m: 4:32.48	32.54
4.	BOSTAN, Dominik		07	Ujumisklubi Aktiiv 2		<b>4:49.06</b>	395	
	50m: 31.21	31.21	150m: 1:42.04	35.83	250m: 2:56.89	37.77	350m: 4:12.55	37.79
	100m: 1:06.21	35.00	200m: 2:19.12	37.08	300m: 3:34.76	37.87	400m: 4:49.06	36.51