

2. Ziepniekkalna kauss
Rīga, 10. - 11.4.2025



Event 18
11.04.2025 - 17:35

Men, 400m Medley

2009 and older
Results

Latvijas rekords 4:15.24 KALNINS Uvis VBSS Jelgava 21.12.2017

SKSM Open: 4:10.86 / SM Open: 4:32.47 / SMK Open: 4:48.34 / I Open: 5:08.72 / II Open: 5:39.79 / III Open: 6:23.24 / IV Open: 7:43.52

Points: AQUA 2024

Rank			YB			Time	Pts	
YOB 2009								
1.	LOBANS Deniss		09	RSS Ridzene-Daugavas SN		5:00.40	477 I	
	50m: 32.28	32.28	150m: 1:54.40	41.27	250m: 3:12.24	38.69	350m: 4:26.15	35.07
	100m: 1:13.13	40.85	200m: 2:33.55	39.15	300m: 3:51.08	38.84	400m: 5:00.40	34.25
2.	VASILJEVS Dmitrijs		09	RSS Ridzene-Ziepniekkalns		5:09.01	438 II	
	50m: 32.00	32.00	150m: 1:54.57	41.77	250m: 3:16.54	41.06	350m: 4:34.64	37.08
	100m: 1:12.80	40.80	200m: 2:35.48	40.91	300m: 3:57.56	41.02	400m: 5:09.01	34.37
3.	LEJANS Pauls		09	Olaines Sporta centrs		5:33.41	349 II	
	50m: 32.31	32.31	150m: 1:56.02	44.44	250m: 3:26.90	47.65	350m: 4:56.87	40.51
	100m: 1:11.58	39.27	200m: 2:39.25	43.23	300m: 4:16.36	49.46	400m: 5:33.41	36.54
4.	HORUNZHIJS Glebs		09	RSS Ridzene-Zolitude		5:37.00	338 II	
	50m: 30.45	30.45	150m: 1:54.69	43.14	250m: 3:28.50	51.99	350m: 5:00.48	39.55
	100m: 1:11.55	41.10	200m: 2:36.51	41.82	300m: 4:20.93	52.43	400m: 5:37.00	36.52

YOB 2008

1.	GREIBERS Niks		08	RSS Ridzene-Zolitude		5:51.75	297 III	
	50m: 34.50	34.50	150m: 2:01.72	42.84	250m: 3:35.19	50.50	350m: 5:10.54	42.89
	100m: 1:18.88	44.38	200m: 2:44.69	42.97	300m: 4:27.65	52.46	400m: 5:51.75	41.21

2007 and older

1.	KRAMPE Emils		07	RSS Ridzene-Ziepniekkalns		4:37.06	608 SMK	
	50m: 29.50	29.50	150m: 1:39.25	35.46	250m: 2:52.72	36.64	350m: 4:05.07	34.00
	100m: 1:03.79	34.29	200m: 2:16.08	36.83	300m: 3:31.07	38.35	400m: 4:37.06	31.99
2.	BIERANDS Arturs		07	Olaines Sporta centrs		5:49.53	303 III	
	50m: 34.44	34.44	150m: 2:02.72	47.00	250m: 3:38.68	48.49	350m: 5:10.92	42.42
	100m: 1:15.72	41.28	200m: 2:50.19	47.47	300m: 4:28.50	49.82	400m: 5:49.53	38.61