

LIETUVOS JAUNI -JAUNIMO PLAUKIMO EMPIONATAS  
Druskininkai, 7 - 8/2/2025

Event 12 Vyrai, 400m Laisvu stiliumi Pasirenkama  
2/7/2025 - 13:42 Results Paruošiamieji plaukimai

Lithuanian Records	3:33.20	Danas, RAPSYS	PZEM	Glasgow (GBR)	12/4/2019
Lithuanian Age Group Records - 16	3:52.40	Povilas, STRAZDAS	VMSC	Anyksciai	12/21/2012
Lithuanian Age Group Records - 14	4:04.76	Povilas, STRAZDAS	VMSC	Siauliai	4/16/2011
Lithuanian Age Group Records - 12	4:16.38	Vilius, KERŠYS	KPM	Druskininkai	12/16/2023

Jaunimo varžyb normatyvai 17 - 18 50m: 5:01.21 - 25m: 4:50.50 / Jauni varžyb normatyvai - 16 50m: 5:15.30 - 25m: 5:04.10

Points: AQUA 2024

Rank	GIM.M.				Time	Pts
<b>2009 ir jaunesni</b>						
1.	Vilius, KERŠYS	11	Kauno PM	<b>4:08.08</b>	626	A
	50m: 28.63 28.63	150m: 1:30.79 31.37	250m: 2:34.05 31.88	350m: 3:37.45 31.70		
	100m: 59.42 30.79	200m: 2:02.17 31.38	300m: 3:05.75 31.70	400m: 4:08.08 30.63		
2.	Vilius, ZABLOCKIS	09	Kauno SM Startas	<b>4:17.86</b>	557	A
	50m: 29.16 29.16	150m: 1:34.13 32.66	250m: 2:39.71 33.09	350m: 3:46.43 33.65		
	100m: 1:01.47 32.31	200m: 2:06.62 32.49	300m: 3:12.78 33.07	400m: 4:17.86 31.43		
3.	Pijus, GUMBELEVI IUS	09	Kauno PM	<b>4:18.77</b>	551	A
	50m: 29.95 29.95	150m: 1:36.33 33.36	250m: 2:43.82 33.50	350m: 3:50.21 32.85		
	100m: 1:02.97 33.02	200m: 2:10.32 33.99	300m: 3:17.36 33.54	400m: 4:18.77 28.56		
4.	Simas, PE IULIS	10	Kauno PM	<b>4:22.19</b>	530	A
	50m: 28.92 28.92	150m: 1:34.53 33.16	250m: 2:41.99 33.70	350m: 3:49.81 33.93		
	100m: 1:01.37 32.45	200m: 2:08.29 33.76	300m: 3:15.88 33.89	400m: 4:22.19 32.38		
5.	V jas Jok bas, RUŽEL	10	Palangos sporto centras	<b>4:22.40</b>	529	A
	50m: 28.89 28.89	150m: 1:34.50 32.92	250m: 2:41.30 33.34	350m: 3:48.83 33.91		
	100m: 1:01.58 32.69	200m: 2:07.96 33.46	300m: 3:14.92 33.62	400m: 4:22.40 33.57		
6.	Majus, ABRAITIS	09	Kauno PM	<b>4:23.94</b>	520	A
	50m: 30.26 30.26	150m: 1:37.93 33.77	250m: 2:45.89 33.86	350m: 3:52.30 32.95		
	100m: 1:04.16 33.90	200m: 2:12.03 34.10	300m: 3:19.35 33.46	400m: 4:23.94 31.64		
7.	Lukas, MATUSEVI IUS	10	Kauno SM Startas	<b>4:26.32</b>	506	A
	50m: 29.71 29.71	150m: 1:36.66 34.06	250m: 2:45.63 34.14	350m: 3:54.35 34.18		
	100m: 1:02.60 32.89	200m: 2:11.49 34.83	300m: 3:20.17 34.54	400m: 4:26.32 31.97		
8.	Vincentas, STAKNYS	10	Palangos sporto centras	<b>4:26.58</b>	504	A
	50m: 31.47 31.47	150m: 1:39.66 34.04	250m: 2:47.94 33.99	350m: 3:54.64 32.21		
	100m: 1:05.62 34.15	200m: 2:13.95 34.29	300m: 3:22.43 34.49	400m: 4:26.58 31.94		
9.	Julius, GALVYDIS	09	Rokiškio KKSC	<b>4:29.89</b>	486	B
	50m: 29.31 29.31	150m: 1:37.31 34.52	250m: 2:47.12 34.68	350m: 3:56.63 34.85		
	100m: 1:02.79 33.48	200m: 2:12.44 35.13	300m: 3:21.78 34.66	400m: 4:29.89 33.26		
10.	Matas, VEŽBAVI IUS	10	Kauno SM Startas	<b>4:30.34</b>	483	B
	50m: 30.14 30.14	150m: 1:38.97 34.95	250m: 2:49.41 35.14	350m: 3:59.06 34.79		
	100m: 1:04.02 33.88	200m: 2:14.27 35.30	300m: 3:24.27 34.86	400m: 4:30.34 31.28		
11.	Kernius, R KŠTEL	09	Sostin s SC	<b>4:31.14</b>	479	B
	50m: 28.92 28.92	150m: 1:34.82 33.72	250m: 2:45.23 35.25	350m: 3:56.95 35.57		
	100m: 1:01.10 32.18	200m: 2:09.98 35.16	300m: 3:21.38 36.15	400m: 4:31.14 34.19		
12.	Adomas, LAURUTIS	10	Palangos sporto centras	<b>4:31.94</b>	475	B
	50m: 30.96 30.96	150m: 1:40.03 35.24	250m: 2:50.09 35.18	350m: 3:59.79 34.62		
	100m: 1:04.79 33.83	200m: 2:14.91 34.88	300m: 3:25.17 35.08	400m: 4:31.94 32.15		
13.	Tadas, LINKUS	10	Kauno SM Startas	<b>4:32.43</b>	472	B
	50m: 30.93 30.93	150m: 1:38.12 34.08	250m: 2:47.94 34.82	350m: 3:58.13 35.42		
	100m: 1:04.04 33.11	200m: 2:13.12 35.00	300m: 3:22.71 34.77	400m: 4:32.43 34.30		

LIETUVOS JAUNI -JAUNIMO PLAUKIMO EMPIONATAS  
Druskininkai, 7 - 8/2/2025

Event 12, Berniukai, 400m Laisvu stiliumi, Paruošiamasis plaukimas, 2009 ir jaunesni

Rank	GIM.M.								Time	Pts	
14.	Mindaugas, ŽUMBAKIS	10	Panev	žio Žemyna					<b>4:35.21</b>	458	B
	50m: 29.53 29.53	150m: 1:39.88	35.88	250m: 2:52.29	35.91	350m: 4:04.39	35.76				
	100m: 1:04.00 34.47	200m: 2:16.38	36.50	300m: 3:28.63	36.34	400m: 4:35.21	30.82				
15.	Titas, JANAVI IUS	10	Panev	žio Žemyna					<b>4:35.76</b>	455	B
	50m: 30.68 30.68	150m: 1:40.37	35.33	250m: 2:52.35	36.12	350m: 4:02.69	34.65				
	100m: 1:05.04 34.36	200m: 2:16.23	35.86	300m: 3:28.04	35.69	400m: 4:35.76	33.07				
16.	Jonas, LUKAUSKAS	10	Palangos sporto centras						<b>4:40.55</b>	433	B
	50m: 30.55 30.55	150m: 1:39.79	35.07	250m: 2:51.87	36.31	350m: 4:05.06	36.56				
	100m: 1:04.72 34.17	200m: 2:15.56	35.77	300m: 3:28.50	36.63	400m: 4:40.55	35.49				
17.	Tadas, S DŽIUS	09	Kauno SM Startas						<b>4:42.57</b>	423	R
	50m: 30.59 30.59	150m: 1:40.18	35.38	250m: 2:53.95	37.03	350m: 4:07.72	36.96				
	100m: 1:04.80 34.21	200m: 2:16.92	36.74	300m: 3:30.76	36.81	400m: 4:42.57	34.85				
18.	Skomantas, SINKEVI IUS	09	Kauno PM						<b>4:46.37</b>	407	R
	50m: 31.83 31.83	150m: 1:44.60	36.91	250m: 2:58.80	37.43	350m: 4:12.44	35.95				
	100m: 1:07.69 35.86	200m: 2:21.37	36.77	300m: 3:36.49	37.69	400m: 4:46.37	33.93				
19.	Pijus, PAKUSAS	10	Palangos sporto centras						<b>4:46.51</b>	406	
	50m: 31.75 31.75	150m: 1:43.48	36.80	250m: 2:57.86	37.27	350m: 4:11.92	36.91				
	100m: 1:06.68 34.93	200m: 2:20.59	37.11	300m: 3:35.01	37.15	400m: 4:46.51	34.59				
20.	Tajus, NORMANTAS	10	Šiauli "Delfinas"						<b>4:47.58</b>	402	
	50m: 30.91 30.91	150m: 1:42.19	36.60	250m: 2:56.99	37.91	350m: 4:11.64	37.24				
	100m: 1:05.59 34.68	200m: 2:19.08	36.89	300m: 3:34.40	37.41	400m: 4:47.58	35.94				
21.	Adomas, STAŠKONIS	11	Panev	žio Žemyna					<b>4:48.36</b>	398	
	50m: 32.20 32.20	150m: 1:45.87	37.21	250m: 3:01.15	37.70	350m: 4:14.26	35.58				
	100m: 1:08.66 36.46	200m: 2:23.45	37.58	300m: 3:38.68	37.53	400m: 4:48.36	34.10				
22.	Aistis, GRAŽEVI IUS	10	Var nos sporto centras						<b>4:52.44</b>	382	
	50m: 31.96 31.96	150m: 1:45.94	37.54	250m: 3:01.58	37.38	350m: 4:17.78	37.82				
	100m: 1:08.40 36.44	200m: 2:24.20	38.26	300m: 3:39.96	38.38	400m: 4:52.44	34.66				
23.	Martynas, SAKALAS	10	Sostin s SC						<b>4:52.88</b>	380	
	50m: 33.97 33.97	150m: 1:47.65	37.20	250m: 3:02.62	37.79	350m: 4:17.01	36.83				
	100m: 1:10.45 36.48	200m: 2:24.83	37.18	300m: 3:40.18	37.56	400m: 4:52.88	35.87				
24.	Marijus, MEŠKAUSKAS	12	Panev	žio Žemyna					<b>4:56.55</b>	366	
	50m: 34.33 34.33	150m: 1:49.12	37.72	250m: 3:04.84	37.77	350m: 4:20.15	37.35				
	100m: 1:11.40 37.07	200m: 2:27.07	37.95	300m: 3:42.80	37.96	400m: 4:56.55	36.40				
25.	Tigran, AMIRYAN	10	Visagino plaukimo centras						<b>4:57.07</b>	364	
	50m: 32.24 32.24	150m: 1:46.21	38.21	250m: 3:05.07	39.52	350m: 4:22.54	38.40				
	100m: 1:08.00 35.76	200m: 2:25.55	39.34	300m: 3:44.14	39.07	400m: 4:57.07	34.53				
26.	V jas, LASKOVAS	11	Utenos daugiafunkcis sporto centras						<b>4:58.09</b>	360	
	50m: 33.46 33.46	150m: 1:49.64	38.54	250m: 3:06.31	38.24	350m: 4:22.38	38.02				
	100m: 1:11.10 37.64	200m: 2:28.07	38.43	300m: 3:44.36	38.05	400m: 4:58.09	35.71				

GIM.M 2007 - 2008

1.	Giedrius, CIRTAUTAS	07	Klaip dos Gintaro SC						<b>4:04.31</b>	655	Q
	50m: 28.19 28.19	150m: 1:29.39	30.77	250m: 2:32.36	31.49	350m: 3:34.31	30.32				
	100m: 58.62 30.43	200m: 2:00.87	31.48	300m: 3:03.99	31.63	400m: 4:04.31	30.00				
2.	Kajus, RIMKUS	07	Kauno PM						<b>4:05.54</b>	645	Q
	50m: 27.91 27.91	150m: 1:30.74	31.35	250m: 2:34.73	31.82	350m: 3:37.38	30.52				
	100m: 59.39 31.48	200m: 2:02.91	32.17	300m: 3:06.86	32.13	400m: 4:05.54	28.16				

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Event 12, Berniukai, 400m Laisvu stiliumi, Paruošiamasis plaukimas, GIM.M 2007 - 2008

Rank	GIM.M.										Time	Pts	
3.	Matas, GRIŠKONIS		08	Kauno PM							<b>4:06.53</b>	638	Q
	50m:	28.36 28.36	150m:	1:29.81 31.08	250m:	2:33.17 31.81	350m:	3:35.92 31.30					
	100m:	58.73 30.37	200m:	2:01.36 31.55	300m:	3:04.62 31.45	400m:	4:06.53 30.61					
4.	Dominik, GRUDINSKIJ		08	Sostin s SC							<b>4:09.88</b>	612	Q
	50m:	27.74 27.74	150m:	1:30.45 31.95	250m:	2:34.25 31.80	350m:	3:38.29 31.83					
	100m:	58.50 30.76	200m:	2:02.45 32.00	300m:	3:06.46 32.21	400m:	4:09.88 31.59					
5.	Nedas, JANAVI IUS		08	Panev žio Žemyna							<b>4:22.56</b>	528	Q
	50m:	29.31 29.31	150m:	1:35.30 33.23	250m:	2:42.25 33.45	350m:	3:50.05 33.84					
	100m:	1:02.07 32.76	200m:	2:08.80 33.50	300m:	3:16.21 33.96	400m:	4:22.56 32.51					
6.	Augustas, PATAŠONKA		08	Kauno SM Startas							<b>4:24.66</b>	515	Q
	50m:	29.53 29.53	150m:	1:37.47 34.36	250m:	2:46.12 34.09	350m:	3:53.57 33.30					
	100m:	1:03.11 33.58	200m:	2:12.03 34.56	300m:	3:20.27 34.15	400m:	4:24.66 31.09					
7.	Jonas, BUBNYS		07	Kauno PM							<b>4:25.00</b>	513	Q
	50m:	30.41 30.41	150m:	1:38.35 34.22	250m:	2:46.22 33.43	350m:	3:52.73 33.01					
	100m:	1:04.13 33.72	200m:	2:12.79 34.44	300m:	3:19.72 33.50	400m:	4:25.00 32.27					
8.	Domas, DUBAKA		07	Sostin s SC							<b>4:26.40</b>	505	Q
	50m:	30.31 30.31	150m:	1:37.41 33.89	250m:	2:46.30 34.47	350m:	3:54.73 33.78					
	100m:	1:03.52 33.21	200m:	2:11.83 34.42	300m:	3:20.95 34.65	400m:	4:26.40 31.67					
9.	Raidas, VARNAS		08	Klaip dos Gintaro SC							<b>4:30.04</b>	485	R
	50m:	29.39 29.39	150m:	1:38.80 35.33	250m:	2:49.91 35.76	350m:	3:59.75 34.14					
	100m:	1:03.47 34.08	200m:	2:14.15 35.35	300m:	3:25.61 35.70	400m:	4:30.04 30.29					
10.	Domantas, BINEKAS		08	Kauno PM							<b>4:33.20</b>	468	R
	50m:	29.88 29.88	150m:	1:37.99 34.71	250m:	2:48.96 35.52	350m:	3:59.64 35.11					
	100m:	1:03.28 33.40	200m:	2:13.44 35.45	300m:	3:24.53 35.57	400m:	4:33.20 33.56					
11.	Nojus, ALIŠAUSKAS		08	Kauno SM Startas							<b>4:55.61</b>	370	
	50m:	30.16 30.16	150m:	1:43.81 37.37	250m:	3:02.09 40.94	350m:	4:21.31 37.19					
	100m:	1:06.44 36.28	200m:	2:21.15 37.34	300m:	3:44.12 42.03	400m:	4:55.61 34.30					