



Event 28
01.03.2025 - 15:13

Men, 400m Freestyle

Open
Results

Latvian Records 3:54.64 MILOSLAVSKIS Romans LAT Vienna (AUT) 24.04.2009
SKSM : 3:55.12 / SM : 4:15.36 / SMK : 4:30.24 / I : 4:49.34 / II : 5:18.46 / III : 5:59.18 / IV : 7:14.42

Points: AQUA 2025

Rank	Name	YOB	Team	RT	Time	Points	Level
1.	KSENDZOVŠ Maksimilians	10	PK Ogre	+0.70	4:50.44	435	
	50m: 31.36 31.36	150m: 1:43.36 36.92	250m: 2:58.35 37.86	350m: 4:14.40 37.61			
	100m: 1:06.44 35.08	200m: 2:20.49 37.13	300m: 3:36.79 38.44	400m: 4:50.44 36.04			
2.	SINDIKOVŠ Daniils	09	Kekavas NSS	+0.69	4:54.33	418	II
	50m: 31.47 31.47	150m: 1:44.01 36.40	250m: 3:00.31 38.40	350m: 4:17.62 38.74			
	100m: 1:07.61 36.14	200m: 2:21.91 37.90	300m: 3:38.88 38.57	400m: 4:54.33 36.71			
3.	CUGUNOVŠ Zahars	11	Rezeknes BJSS	+0.64	4:57.93	403	II
	50m: 32.69 32.69	150m: 1:47.22 38.09	250m: 3:03.66 38.23	350m: 4:20.99 38.54			
	100m: 1:09.13 36.44	200m: 2:25.43 38.21	300m: 3:42.45 38.79	400m: 4:57.93 36.94			
4.	ERGLIS Gustavs	11	Kekavas NSS	+0.74	5:05.08	375	II
	50m: 34.75 34.75	150m: 1:54.09 39.62	250m: 3:11.78 38.28	350m: 4:28.57 37.81			
	100m: 1:14.47 39.72	200m: 2:33.50 39.41	300m: 3:50.76 38.98	400m: 5:05.08 36.51			
5.	RUKERIS Marcis	09	Bauskas NBJSS	+0.70	5:19.29	327	III
	50m: 33.56 33.56	150m: 1:54.73 41.23	250m: 3:17.83 41.46	350m: 4:41.20 41.75			
	100m: 1:13.50 39.94	200m: 2:36.37 41.64	300m: 3:59.45 41.62	400m: 5:19.29 38.09			
6.	BUKS Henrijs	13	Kekavas NSS	+0.66	5:25.23	309	III
	50m: 34.70 34.70	150m: 1:57.65 42.99	250m: 3:21.83 42.93	350m: 4:46.08 42.45			
	100m: 1:14.66 39.96	200m: 2:38.90 41.25	300m: 4:03.63 41.80	400m: 5:25.23 39.15			
7.	VIGULIS Kristofers	13	Kekavas NSS	+0.63	5:34.14	285	III
	50m: 37.20 37.20	150m: 2:02.00 43.14	250m: 3:29.40 43.74	350m: 4:54.38 41.44			
	100m: 1:18.86 41.66	200m: 2:45.66 43.66	300m: 4:12.94 43.54	400m: 5:34.14 39.76			
8.	KULAKOVŠ Rainers	10	Jurmala SS	+0.82	5:36.73	279	III
	50m: 35.57 35.57	150m: 1:56.03 40.58	250m: 3:22.50 42.33	350m: 4:53.35 45.05			
	100m: 1:15.45 39.88	200m: 2:40.17 44.14	300m: 4:08.30 45.80	400m: 5:36.73 43.38			
9.	STEPULS Kristaps	12	Rezeknes BJSS	+0.81	5:38.02	275	III
	50m: 36.05 36.05	150m: 2:00.33 42.70	250m: 3:28.22 43.66	350m: 4:54.94 43.02			
	100m: 1:17.63 41.58	200m: 2:44.56 44.23	300m: 4:11.92 43.70	400m: 5:38.02 43.08			
10.	LEGZDINS Rodrigo	13	Kekavas NSS	+0.74	5:48.13	252	III
	50m: 37.83 37.83	150m: 2:03.68 43.58	250m: 3:33.19 45.07	350m: 5:03.87 45.20			
	100m: 1:20.10 42.27	200m: 2:48.12 44.44	300m: 4:18.67 45.48	400m: 5:48.13 44.26			
11.	BEIKERTS Rojs	12	Kekavas NSS	+0.96	5:52.18	243	III
	50m: 38.38 38.38	150m: 2:09.43 46.70	250m: 3:41.88 45.69	350m: 5:10.41 43.35			
	100m: 1:22.73 44.35	200m: 2:56.19 46.76	300m: 4:27.06 45.18	400m: 5:52.18 41.77			
12.	PRISTUPA Vladimir	10	Jurmala SS	+0.73	5:59.52	229	IV
	50m: 36.35 36.35	150m: 2:05.25 46.39	250m: 3:39.52 47.79	350m: 5:15.58 48.04			
	100m: 1:18.86 42.51	200m: 2:51.73 46.48	300m: 4:27.54 48.02	400m: 5:59.52 43.94			

NOSAC TIE APZ M JUMI:

Event - distance;

Points - punkti;

DSQ - diskvalifikacija;

DNS - nestartaja;

WDR - atteicis no starta;

Women - sievietes; Men - vrieši; Mixed - jaukt;

Butterfly - tauristils; Backstroke - mugura;

Breastroke - brass; Freestyle - brvais stils;

Medley - kompleksis;

Best Performance by Points - augstvirgtgie rezultati pcc punktiem;

Open - atklata grupa;

Results - rezultati;

Prelim - priekšpeldjumi;

Finals - finall



Event 28, Men, 400m Freestyle, Open

Rank	Name	YOB	Team	RT	Time	Points	Level	
13.	ISAKOVS Maksims	13	Kekavas NSS	+0.71	6:01.02	226	N	
	50m: 38.57	38.57	150m: 2:08.53	46.25	250m: 3:41.65	46.16	350m: 5:15.76	47.26
	100m: 1:22.28	43.71	200m: 2:55.49	46.96	300m: 4:28.50	46.85	400m: 6:01.02	45.26
14.	KRAMS Peteris	10	Bauskas NBJS	+0.82	6:01.71	225	N	
	50m: 38.25	38.25	150m: 2:09.75	45.50	250m: 3:45.37	46.56	350m: 5:23.08	48.90
	100m: 1:24.25	46.00	200m: 2:58.81	49.06	300m: 4:34.18	48.81	400m: 6:01.71	38.63
EXH	KRISTAPS Jakabs	12	BJ para sporta apvieniba	+0.66	8:30.64	80		
	50m: 57.04	57.04	150m: 3:06.54	1:05.41	250m: 5:17.16	1:05.54	350m: 7:28.20	1:04.21
	100m: 2:01.13	1:04.09	200m: 4:11.62	1:05.08	300m: 6:23.99	1:06.83	400m: 8:30.64	1:02.44
EXH	RITIKOVS Dmitrijs	07	BJ para sporta apvieniba		9:32.39	56		
	50m: 54.32	54.32	150m: 3:17.02	1:14.76	250m: 5:41.24	1:30.26	350m: 8:19.29	1:17.40
	100m: 2:02.26	1:07.94	200m: 4:10.98	53.96	300m: 7:01.89	1:20.65	400m: 9:32.39	1:13.10

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Finals - fin ali