

Akvil Lietuvos plaukimo empionatas  
Vilnius, 3 - 6/4/2025

Event 33 Open  
4/6/2025 - 10:10 Results Prelim  
Men, 400m Freestyle

Lithuanian Records	3:43.36	Danas, RAPSYS	PZEM	Budapest (HUN)	5/12/2019
Lithuanian Age Group Records - 16	3:57.12	Povilas, STRAZDAS	VMSC	Berlin (GER)	3/1/2013
Lithuanian Age Group Records - 14	4:08.52	Povilas, STRAZDAS	VMSC	Alytus	3/4/2011
Lithuanian Age Group Records - 12	4:29.24	Mykolas, TUSKENIS	VMSC	Kaunas	4/8/2022

EYOFQ 14 - 15: 4:14.19 / EJCQ 14 - 18: 3:58.71 / EU23Q 19 - 23: 3:55.12 / WCQ : 3:48.15 / PJCQ 14 - 18: 3:56.03 /

Varžyb normatyvai 50m: 4:47.18 - 25m: 4:36.97

Points: AQUA 2025

Rank					YB					Time	Pts	Rud
1.	Danas, RAPŠYS				95	Šiauli Delfinas				<b>4:02.57</b>	746	12.7 A
	50m:	26.48	26.48	150m:	1:26.20	30.11	250m:	2:28.02	30.87	350m:	3:31.17	31.59
	100m:	56.09	29.61	200m:	1:57.15	30.95	300m:	2:59.58	31.56	400m:	4:02.57	31.40
2.	Kristupas, TREPO KA				06	Panev žio Žemyna				<b>4:04.87</b>	725	14.1 A
	50m:	27.21	27.21	150m:	1:27.91	30.62	250m:	2:30.59	31.16	350m:	3:33.59	31.58
	100m:	57.29	30.08	200m:	1:59.43	31.52	300m:	3:02.01	31.42	400m:	4:04.87	31.28
3.	Kostas, VAI I NAS				06	Panev žio Žemyna				<b>4:05.93</b>	716	13.8 A
	50m:	27.93	27.93	150m:	1:29.64	31.35	250m:	2:33.08	31.56	350m:	3:36.23	31.39
	100m:	58.29	30.36	200m:	2:01.52	31.88	300m:	3:04.84	31.76	400m:	4:05.93	29.70
4.	Heorhii, LUKASHEV				04	Ukraine				<b>4:07.60</b>	702	11.2 A
	50m:	28.25	28.25	150m:	1:31.06	31.47	250m:	2:33.82	31.16	350m:	3:36.55	30.74
	100m:	59.59	31.34	200m:	2:02.66	31.60	300m:	3:05.81	31.99	400m:	4:07.60	31.05
5.	Titas, ŠTUOPIS				05	LTU Aquatics 19+				<b>4:08.30</b>	696	11.0 A
	50m:	28.26	28.26	150m:	1:31.06	31.52	250m:	2:34.79	31.94	350m:	3:37.93	31.24
	100m:	59.54	31.28	200m:	2:02.85	31.79	300m:	3:06.69	31.90	400m:	4:08.30	30.37
6.	Danielis, KVEDERIS				04	Klaip dos Gintaro SC				<b>4:09.70</b>	684	10.6 A
	50m:	28.23	28.23	150m:	1:31.58	31.96	250m:	2:36.01	31.96	350m:	3:39.74	31.42
	100m:	59.62	31.39	200m:	2:04.05	32.47	300m:	3:08.32	32.31	400m:	4:09.70	29.96
7.	Vilius, KERŠYS EYOFQ				11	Kauno PM				<b>4:13.27</b>	656	16.9 A
	50m:	28.76	28.76	150m:	1:33.20	32.52	250m:	2:38.52	32.63	350m:	3:43.52	32.37
	100m:	1:00.68	31.92	200m:	2:05.89	32.69	300m:	3:11.15	32.63	400m:	4:13.27	29.75
8.	Giedrius, CIRTAUTAS				07	Klaip dos Gintaro SC				<b>4:14.55</b>	646	11.4 A
	50m:	28.13	28.13	150m:	1:32.01	32.06	250m:	2:37.59	32.91	350m:	3:43.36	32.70
	100m:	59.95	31.82	200m:	2:04.68	32.67	300m:	3:10.66	33.07	400m:	4:14.55	31.19
9.	Pijus, GUVENIUS				03	Kauno PM				<b>4:16.43</b>	632	8.6 A
	50m:	29.56	29.56	150m:	1:33.03	32.03	250m:	2:37.91	32.27	350m:	3:44.08	32.77
	100m:	1:01.00	31.44	200m:	2:05.64	32.61	300m:	3:11.31	33.40	400m:	4:16.43	32.35
10.	Edgaras, ŠTURA				88	Vilniaus Poseidonas				<b>4:18.30</b>	618	8.1 A
	50m:	29.53	29.53	150m:	1:35.88	33.24	250m:	2:40.97	32.27	350m:	3:46.13	32.34
	100m:	1:02.64	33.11	200m:	2:08.70	32.82	300m:	3:13.79	32.82	400m:	4:18.30	32.17
11.	Dominik, GRUDINSKIJ				08	Sostin s SC				<b>4:19.10</b>	612	11.7 B
	50m:	30.25	30.25	150m:	1:35.82	32.80	250m:	2:41.82	32.87	350m:	3:47.51	32.66
	100m:	1:03.02	32.77	200m:	2:08.95	33.13	300m:	3:14.85	33.03	400m:	4:19.10	31.59
12.	Daumantas, DREVINSKAS				08	Kauno SM Startas				<b>4:20.31</b>	604	11.4 B
	50m:	28.76	28.76	150m:	1:33.78	33.10	250m:	2:40.92	33.90	350m:	3:48.24	33.90
	100m:	1:00.68	31.92	200m:	2:07.02	33.24	300m:	3:14.34	33.42	400m:	4:20.31	32.07

Akvil Lietuvos plaukimo empijonatas  
Vilnius, 3 - 6/4/2025

Event 33, Men, 400m Freestyle, Prelim, Open

Rank				YB				Time	Pts	Rud
13.	Allan, ZABOTIN			06	Kalevi Ujumiskool			<b>4:20.83</b>	600	9.6 B
	50m: 29.28	29.28	150m: 1:34.33	33.03	250m: 2:41.42	33.33	350m: 3:48.45	33.43		
	100m: 1:01.30	32.02	200m: 2:08.09	33.76	300m: 3:15.02	33.60	400m: 4:20.83	32.38		
14.	Pijus, GUMBELEVI IUS			09	Kauno PM			<b>4:22.09</b>	592	10.9 B
	50m: 29.87	29.87	150m: 1:36.44	33.95	250m: 2:43.90	33.71	350m: 3:50.18	32.33		
	100m: 1:02.49	32.62	200m: 2:10.19	33.75	300m: 3:17.85	33.95	400m: 4:22.09	31.91		
15.	Vilius, ZABLOCKIS			09	Kauno SM Startas			<b>4:22.62</b>	588	10.8 B
	50m: 29.60	29.60	150m: 1:34.78	32.75	250m: 2:41.93	33.54	350m: 3:49.56	33.63		
	100m: 1:02.03	32.43	200m: 2:08.39	33.61	300m: 3:15.93	34.00	400m: 4:22.62	33.06		
16.	Juozas , MAGELINSKAS			07	Mount Kelly Swimming			<b>4:24.97</b>	572	9.3 B
	50m: 28.84	28.84	150m: 1:34.89	33.49	250m: 2:43.31	34.04	350m: 3:51.03	32.93		
	100m: 1:01.40	32.56	200m: 2:09.27	34.38	300m: 3:18.10	34.79	400m: 4:24.97	33.94		
17.	V jas Jok bas, RUŽEL			10	Palangos SC			<b>4:26.52</b>	562	13.4 B
	50m: 28.68	28.68	150m: 1:34.54	33.07	250m: 2:43.01	34.39	350m: 3:52.39	34.35		
	100m: 1:01.47	32.79	200m: 2:08.62	34.08	300m: 3:18.04	35.03	400m: 4:26.52	34.13		
18.	Matas, GRIŠKONIS			08	Kauno PM			<b>4:26.93</b>	560	9.5 B
	50m: 28.60	28.60	150m: 1:32.52	32.22	250m: 2:40.82	34.92	350m: 3:52.02	36.23		
	100m: 1:00.30	31.70	200m: 2:05.90	33.38	300m: 3:15.79	34.97	400m: 4:26.93	34.91		
19.	Tautvydas, TALALAS			07	Kauno SM Startas			<b>4:29.58</b>	544	8.0 B
	50m: 30.32	30.32	150m: 1:38.12	34.25	250m: 2:47.37	34.90	350m: 3:56.86	34.66		
	100m: 1:03.87	33.55	200m: 2:12.47	34.35	300m: 3:22.20	34.83	400m: 4:29.58	32.72		
20.	Steponas, ADOMAITIS			08	Kauno PM			<b>4:30.13</b>	540	7.8 B
	50m: 29.32	29.32	150m: 1:36.91	34.29	250m: 2:46.89	34.54	350m: 3:56.93	34.85		
	100m: 1:02.62	33.30	200m: 2:12.35	35.44	300m: 3:22.08	35.19	400m: 4:30.13	33.20		
21.	Nojus, ŽVAGINIS			08	Šiauli Delfinas			<b>4:32.30</b>	527	8.0 R
	50m: 28.81	28.81	150m: 1:36.66	34.58	250m: 2:47.15	35.52	350m: 3:58.06	34.85		
	100m: 1:02.08	33.27	200m: 2:11.63	34.97	300m: 3:23.21	36.06	400m: 4:32.30	34.24		
22.	Tadas, LINKUS			10	Kauno SM Startas			<b>4:33.02</b>	523	9.2 R
	50m: 30.50	30.50	150m: 1:38.59	34.93	250m: 2:50.07	36.13	350m: 4:00.23	34.95		
	100m: 1:03.66	33.16	200m: 2:13.94	35.35	300m: 3:25.28	35.21	400m: 4:33.02	32.79		
23.	Domas, DUBAKA			07	Sostin s SC			<b>4:34.02</b>	518	5.8
	50m: 31.70	31.70	150m: 1:40.12	34.69	250m: 2:50.33	35.22	350m: 4:00.48	35.25		
	100m: 1:05.43	33.73	200m: 2:15.11	34.99	300m: 3:25.23	34.90	400m: 4:34.02	33.54		
24.	Martin, OREHOVSKI			06	Klaip dos Gintaro SC			<b>4:34.21</b>	516	5.7
	50m: 28.80	28.80	150m: 1:35.28	33.78	250m: 2:47.17	35.62	350m: 4:01.30	36.93		
	100m: 1:01.50	32.70	200m: 2:11.55	36.27	300m: 3:24.37	37.20	400m: 4:34.21	32.91		
25.	Jonas, EVERSONAS			10	Rokiškio KKSC			<b>4:34.68</b>	514	8.8
	50m: 30.20	30.20	150m: 1:37.94	34.57	250m: 2:49.44	36.38	350m: 4:00.35	35.47		
	100m: 1:03.37	33.17	200m: 2:13.06	35.12	300m: 3:24.88	35.44	400m: 4:34.68	34.33		
26.	Aurimas, GRINCEVI IUS			06	Kauno PM			<b>4:35.16</b>	511	5.4
	50m: 30.06	30.06	150m: 1:38.50	34.35	250m: 2:49.04	35.11	350m: 4:00.69	35.68		
	100m: 1:04.15	34.09	200m: 2:13.93	35.43	300m: 3:25.01	35.97	400m: 4:35.16	34.47		
27.	Danas, BUDREVI IUS			10	Panev žio Žemyna			<b>4:35.25</b>	511	11.0
	50m: 29.82	29.82	150m: 1:39.36	35.10	250m: 2:50.70	35.68	350m: 4:01.82	34.76		
	100m: 1:04.26	34.44	200m: 2:15.02	35.66	300m: 3:27.06	36.36	400m: 4:35.25	33.43		

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Event 33, Men, 400m Freestyle, Prelim, Open

Rank			YB				Time	Pts	Rud
28.	Algimantas, SMOLSKAS		07	Sostines SC Triatlonas			<b>4:36.72</b>	502	5.0
	50m: 29.79	29.79	150m: 1:37.66	34.59	250m: 2:48.78	35.55	350m: 4:02.08		36.33
	100m: 1:03.07	33.28	200m: 2:13.23	35.57	300m: 3:25.75	36.97	400m: 4:36.72		34.64
29.	Simonas, POCIUS		09	Kauno PM			<b>4:37.65</b>	497	6.5
	50m: 30.24	30.24	150m: 1:40.04	35.10	250m: 2:51.76	35.89	350m: 4:03.47		35.49
	100m: 1:04.94	34.70	200m: 2:15.87	35.83	300m: 3:27.98	36.22	400m: 4:37.65		34.18
30.	Lukas, MATUSEVI IUS		10	Kauno SM Startas			<b>4:37.87</b>	496	10.3
	50m: 29.81	29.81	150m: 1:38.79	35.07	250m: 2:50.91	35.86	350m: 4:03.22		36.07
	100m: 1:03.72	33.91	200m: 2:15.05	36.26	300m: 3:27.15	36.24	400m: 4:37.87		34.65
31.	Aistis, KINDERIS		09	Kauno PM			<b>4:38.03</b>	495	7.9
	50m: 30.03	30.03	150m: 1:41.76	37.13	250m: 2:54.72	36.93	350m: 4:05.24		34.60
	100m: 1:04.63	34.60	200m: 2:17.79	36.03	300m: 3:30.64	35.92	400m: 4:38.03		32.79
32.	Matas, VEŽBAVI IUS		10	Kauno SM Startas			<b>4:38.30</b>	494	7.8
	50m: 29.95	29.95	150m: 1:42.05	36.64	250m: 2:55.11	37.00	350m: 4:06.90		35.56
	100m: 1:05.41	35.46	200m: 2:18.11	36.06	300m: 3:31.34	36.23	400m: 4:38.30		31.40
33.	Rojus, VALAVI IUS		09	Kauno PM			<b>4:39.51</b>	488	7.4
	50m: 31.44	31.44	150m: 1:41.54	35.61	250m: 2:53.41	36.14	350m: 4:05.65		36.20
	100m: 1:05.93	34.49	200m: 2:17.27	35.73	300m: 3:29.45	36.04	400m: 4:39.51		33.86
34.	Benas, JAKUBAUSKAS		09	Šiauli Delfinas			<b>4:41.13</b>	479	7.0
	50m: 29.98	29.98	150m: 1:40.31	36.19	250m: 2:54.64	37.15	350m: 4:05.50		34.93
	100m: 1:04.12	34.14	200m: 2:17.49	37.18	300m: 3:30.57	35.93	400m: 4:41.13		35.63
35.	V jas, SMELEVI IUS		09	Sostin s SC			<b>4:41.29</b>	478	7.0
	50m: 30.78	30.78	150m: 1:40.19	35.51	250m: 2:53.39	36.98	350m: 4:06.67		36.41
	100m: 1:04.68	33.90	200m: 2:16.41	36.22	300m: 3:30.26	36.87	400m: 4:41.29		34.62
36.	Julius, GALVYDIS		09	Rokiškio KKSC			<b>4:41.91</b>	475	6.8
	50m: 30.20	30.20	150m: 1:40.51	36.41	250m: 2:53.97	37.39	350m: 4:07.12		36.66
	100m: 1:04.10	33.90	200m: 2:16.58	36.07	300m: 3:30.46	36.49	400m: 4:41.91		34.79
37.	Titas, JANAVI IUS		10	Panev žio Žemyna			<b>4:42.41</b>	473	9.1
	50m: 30.27	30.27	150m: 1:40.51	36.15	250m: 2:53.83	36.82	350m: 4:07.53		37.23
	100m: 1:04.36	34.09	200m: 2:17.01	36.50	300m: 3:30.30	36.47	400m: 4:42.41		34.88
38.	Simonas, POŠKUS		09	Sostin s SC			<b>4:42.57</b>	472	6.6
	50m: 32.50	32.50	150m: 1:45.29	36.75	250m: 2:56.43	35.18	350m: 4:08.46		36.09
	100m: 1:08.54	36.04	200m: 2:21.25	35.96	300m: 3:32.37	35.94	400m: 4:42.57		34.11
39.	Emilis, VASILIAUSKAS		10	Kauno PM			<b>4:42.95</b>	470	6.5
	50m: 30.87	30.87	150m: 1:42.35	36.25	250m: 2:55.15	36.96	350m: 4:08.41		36.45
	100m: 1:06.10	35.23	200m: 2:18.19	35.84	300m: 3:31.96	36.81	400m: 4:42.95		34.54
40.	Dominykas, ENDZINAS		11	Palangos SC			<b>4:43.19</b>	469	11.1
	50m: 31.20	31.20	150m: 1:43.04	35.78	250m: 2:55.82	35.91	350m: 4:08.42		36.28
	100m: 1:07.26	36.06	200m: 2:19.91	36.87	300m: 3:32.14	36.32	400m: 4:43.19		34.77
41.	Rytis, SLUŠNYS		08	Kauno PM			<b>4:45.07</b>	460	4.4
	50m: 30.40	30.40	150m: 1:40.28	36.00	250m: 2:55.71	38.23	350m: 4:11.26		37.94
	100m: 1:04.28	33.88	200m: 2:17.48	37.20	300m: 3:33.32	37.61	400m: 4:45.07		33.81
42.	Dovydas, VASILIAUSKAS		11	Kauno PM			<b>4:47.20</b>	449	10.1
	50m: 31.34	31.34	150m: 1:42.30	36.00	250m: 2:56.34	36.91	350m: 4:10.89		37.15
	100m: 1:06.30	34.96	200m: 2:19.43	37.13	300m: 3:33.74	37.40	400m: 4:47.20		36.31

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Event 33, Men, 400m Freestyle, Prelim, Open

Rank	YB								Time	Pts	Rud	
43.	Tadas, S	DŽIUS			09	Kauno SM Startas			<b>4:50.53</b>	434	4.4	
	50m:	32.06	32.06	150m:	1:45.34	37.20	250m:	3:00.00	37.06	350m:	4:15.79	37.51
	100m:	1:08.14	36.08	200m:	2:22.94	37.60	300m:	3:38.28	38.28	400m:	4:50.53	34.74
44.	Kernius, R	KŠTEL			09	Sostin s SC			<b>4:51.50</b>	430	4.1	
	50m:	30.80	30.80	150m:	1:41.21	35.75	250m:	2:56.45	38.03	350m:	4:13.49	38.45
	100m:	1:05.46	34.66	200m:	2:18.42	37.21	300m:	3:35.04	38.59	400m:	4:51.50	38.01