

Valmieras meistarsacikstes  
Valmiera, 14. - 15.3.2025

Event 22  
15.03.2025 - 11:06

Men, 400m Freestyle

2010 and older  
Results

SKSM Open: 3:46.76 / SM Open: 4:06.29 / SMK Open: 4:20.64 / I Open: 4:39.05 / II Open: 5:07.14 / III Open: 5:46.42 /  
IV Open: 6:58.98

Points: AQUA 2024

Vieta	Uzv rds, v rds	Dz.g.	Komanda	Rezult ts	Punkti	RL	SK
1.	SILINS Mikus	07	Valmieras SS	<b>4:40.69</b>	432	II	
	50m: 31.12 31.12	150m: 1:40.64 35.51	250m: 2:53.63 36.89	350m: 4:07.09 36.50			
	100m: 1:05.13 34.01	200m: 2:16.74 36.10	300m: 3:30.59 36.96	400m: 4:40.69 33.60			
2.	PAVLANS Dmitrijs	09	Rezeknes BJSS	<b>5:19.32</b>	293	+0.80 III	
	50m: 31.64 31.64	150m: 1:51.09 41.28	250m: 3:15.94 43.35	350m: 4:41.16 42.60			
	100m: 1:09.81 38.17	200m: 2:32.59 41.50	300m: 3:58.56 42.62	400m: 5:19.32 38.16			
3.	MUNDA Edgars	10	Rezeknes BJSS	<b>5:47.29</b>	228	+0.59 IV	
	50m: 37.18 37.18	150m: 2:05.08 44.75	250m: 3:33.22 44.02	350m: 5:03.48 44.57			
	100m: 1:20.33 43.15	200m: 2:49.20 44.12	300m: 4:18.91 45.69	400m: 5:47.29 43.81			