

VIII Siguldas akvatlons
Sigulda, 12.4.2025

Event 7
12.04.2025 - 12:58

Men, 400m Freestyle

YOB 1956 - 2011
Results

Points: AQUA 2024

				YB					Time	Pts
YOB 2008 - 2009										
82	VIKSNE Gustavs			08	Piramida Triathlon Club/Jelgava				4:29.63	487
	50m: 29.51	29.51	150m: 1:36.79	34.01	250m: 2:45.76	34.59	350m: 3:55.64	35.16		
	100m: 1:02.78	33.27	200m: 2:11.17	34.38	300m: 3:20.48	34.72	400m: 4:29.63	33.99		
83	PIKSENS Everts			09	Piramida Triathlon Club/Jelgava				4:30.66	482
	50m: 28.44	28.44	150m: 1:35.72	34.08	250m: 2:45.13	34.93	350m: 3:56.21	35.82		
	100m: 1:01.64	33.20	200m: 2:10.20	34.48	300m: 3:20.39	35.26	400m: 4:30.66	34.45		
41	BINERTS Bruno			09	Siguldas SS				5:02.76	344
	50m: 31.46	31.46	150m: 1:45.55	37.99	250m: 3:04.34	39.41	350m: 4:25.05	40.20		
	100m: 1:07.56	36.10	200m: 2:24.93	39.38	300m: 3:44.85	40.51	400m: 5:02.76	37.71		
36	SOMS Oto			09	Baltijas triatlona klubs				5:17.84	297
	50m: 32.72	32.72	150m: 1:50.09	39.88	250m: 3:12.57	41.57	350m: 4:37.26	41.43		
	100m: 1:10.21	37.49	200m: 2:31.00	40.91	300m: 3:55.83	43.26	400m: 5:17.84	40.58		
121	KONDRATENKO Maksims			09	Sharky				5:29.34	267
	50m: 33.25	33.25	150m: 1:54.87	42.36	250m: 3:21.80	43.67	350m: 4:48.19	42.78		
	100m: 1:12.51	39.26	200m: 2:38.13	43.26	300m: 4:05.41	43.61	400m: 5:29.34	41.15		
117	VAKULICS Daniils			08	PS Gauja				5:44.80	233
	50m: 37.36	37.36	150m: 2:02.19	43.19	250m: 3:30.12	43.85	350m: 5:01.12	45.55		
	100m: 1:19.00	41.64	200m: 2:46.27	44.08	300m: 4:15.57	45.45	400m: 5:44.80	43.68		
3	MURINKOVS Timurs			08	DTC Jauniba				5:45.52	231
	50m: 35.35	35.35	150m: 2:02.54	45.33	250m: 3:34.85	45.51	350m: 5:05.22	44.20		
	100m: 1:17.21	41.86	200m: 2:49.34	46.80	300m: 4:21.02	46.17	400m: 5:45.52	40.30		
37	CELMARS Juris			08	Baltijas triatlona klubs				5:48.31	226
	50m: 33.62	33.62	150m: 1:57.34	43.87	250m: 3:29.22	46.99	350m: 5:05.09	47.84		
	100m: 1:13.47	39.85	200m: 2:42.23	44.89	300m: 4:17.25	48.03	400m: 5:48.31	43.22		
119	MARKUNS Adrians			09	Sharky				5:56.45	211
	50m: 37.21	37.21	150m: 2:05.27	45.73	250m: 3:41.06	48.87	350m: 5:14.50	46.55		
	100m: 1:19.54	42.33	200m: 2:52.19	46.92	300m: 4:27.95	46.89	400m: 5:56.45	41.95		
94	STALAZS Emils			09	Babites SC				6:02.04	201
	50m: 39.71	39.71	150m: 2:08.06	45.37	250m: 3:39.73	46.15	350m: 5:13.36	46.50		
	100m: 1:22.69	42.98	200m: 2:53.58	45.52	300m: 4:26.86	47.13	400m: 6:02.04	48.68		
35	GREIDINS Renars			09	Baltijas triatlona klubs				6:04.19	197
	50m: 35.19	35.19	150m: 1:59.90	43.54	250m: 3:36.53	51.28	350m: 5:15.31	49.79		
	100m: 1:16.36	41.17	200m: 2:45.25	45.35	300m: 4:25.52	48.99	400m: 6:04.19	48.88		
14	SVERNIKS Makars			09	DTC Jauniba				6:11.88	185
	50m: 40.77	40.77	150m: 2:13.76	48.36	250m: 3:49.15	47.25	350m: 5:25.45	46.68		
	100m: 1:25.40	44.63	200m: 3:01.90	48.14	300m: 4:38.77	49.62	400m: 6:11.88	46.43		

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YOB 2006 - 2007

18	ZIGARKOVŠ Sebastians	07	DTC Jaunība	4:22.40	529
	50m: 29.17 29.17	150m: 1:34.29	32.69	250m: 2:41.33	33.71
	100m: 1:01.60 32.43	200m: 2:07.62	33.33	300m: 3:14.98	33.65
				350m: 3:49.45	34.47
				400m: 4:22.40	32.95
104	MEIJERS Miks	07	Triatlona akadēmija	4:22.60	528
	50m: 30.17 30.17	150m: 1:36.60	33.33	250m: 2:42.95	33.35
	100m: 1:03.27 33.10	200m: 2:09.60	33.00	300m: 3:16.90	33.95
				350m: 3:50.25	33.35
				400m: 4:22.60	32.35
127	KRAVALIS Nils	06	RSS Ridzene-ZIEP	4:40.32	434
	50m: 31.73 31.73	150m: 1:41.05	34.96	250m: 2:53.27	35.99
	100m: 1:06.09 34.36	200m: 2:17.28	36.23	300m: 3:29.09	35.82
				350m: 4:05.17	36.08
				400m: 4:40.32	35.15
33	APSITIS Anrijs	07	Baltijas triatlona klubs	4:52.32	382
	50m: 32.53 32.53	150m: 1:45.96	37.47	250m: 3:01.81	37.14
	100m: 1:08.49 35.96	200m: 2:24.67	38.71	300m: 3:40.20	38.39
				350m: 4:17.71	37.51
				400m: 4:52.32	34.61
34	BALANASS Toms	07	Baltijas triatlona klubs	4:53.49	378
	50m: 32.21 32.21	150m: 1:46.29	37.58	250m: 3:02.27	37.48
	100m: 1:08.71 36.50	200m: 2:24.79	38.50	300m: 3:40.42	38.15
				350m: 4:18.17	37.75
				400m: 4:53.49	35.32
111	MELKOVŠ Mihails	06	Tritans Triathlon Team	5:25.54	277
	50m: 32.84 32.84	150m: 1:47.65	39.53	250m: 3:15.45	44.50
	100m: 1:08.12 35.28	200m: 2:30.95	43.30	300m: 3:58.97	43.52
				350m: 4:44.80	45.83
				400m: 5:25.54	40.74
88	KUKES Timurs	06	Babites SC	6:18.36	176
	50m: 38.43 38.43	150m: 2:07.93	46.26	250m: 3:45.60	49.16
	100m: 1:21.67 43.24	200m: 2:56.44	48.51	300m: 4:36.73	51.13
				350m: 5:28.38	51.65
				400m: 6:18.36	49.98

YOB 1986 - 2005

105	GAJEVSKIS Artjoms	00	Triatlona akadēmija	4:19.54	546
	50m: 29.96 29.96	150m: 1:35.56	32.89	250m: 2:41.65	33.23
	100m: 1:02.67 32.71	200m: 2:08.42	32.86	300m: 3:14.94	33.29
				350m: 3:48.03	33.09
				400m: 4:19.54	31.51
30	VEGERIS Francis Daniels	03	Baltijas triatlona klubs	4:20.02	543
	50m: 29.78 29.78	150m: 1:34.47	32.25	250m: 2:40.39	33.21
	100m: 1:02.22 32.44	200m: 2:07.18	32.71	300m: 3:14.07	33.68
				350m: 3:47.64	33.57
				400m: 4:20.02	32.38
31	VEGERIS Maksis Maksimilians	03	Baltijas triatlona klubs	4:30.38	483
	50m: 27.83 27.83	150m: 1:33.94	33.89	250m: 2:43.88	35.44
	100m: 1:00.05 32.22	200m: 2:08.44	34.50	300m: 3:19.39	35.51
				350m: 3:55.77	36.38
				400m: 4:30.38	34.61
16	GLADIJS Nikita	03	DTC Jaunība	5:31.10	263
	50m: 35.87 35.87	150m: 2:00.10	42.77	250m: 3:25.29	42.63
	100m: 1:17.33 41.46	200m: 2:42.66	42.56	300m: 4:08.51	43.22
				350m: 4:52.02	43.51
				400m: 5:31.10	39.08
32	PAEGLIS Rainers	03	Baltijas triatlona klubs	6:40.80	148
	50m: 42.05 42.05	150m: 2:18.50	49.67	250m: 4:02.48	52.42
	100m: 1:28.83 46.78	200m: 3:10.06	51.56	300m: 4:56.90	54.42
				350m: 5:50.59	53.69
				400m: 6:40.80	50.21
147	KRAVCENKO Sergejs	86	SK runningcoach.lv	9:41.73	48
	50m: 57.39 57.39	150m: 3:19.55	1:12.40	250m: 5:52.77	1:18.05
	100m: 2:07.15 1:09.76	200m: 4:34.72	1:15.17	300m: 7:11.90	1:19.13
				350m: 8:28.11	1:16.21
				400m: 9:41.73	1:13.62

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YOB 1976 - 1985

128	MARNAUZA Martins	83	TRIRUNPRO	5:54.55	214
	50m: 38.80 38.80	150m: 2:06.96 45.27	250m: 3:39.19 46.41	350m: 5:11.48 46.19	
	100m: 1:21.69 42.89	200m: 2:52.78 45.82	300m: 4:25.29 46.10	400m: 5:54.55 43.07	
2	KNAZEVS Valerijs	83	DTC Jauniba	7:12.48	118
	50m: 44.75 44.75	150m: 2:29.49 53.99	250m: 4:23.98 57.39	350m: 6:19.00 57.45	
	100m: 1:35.50 50.75	200m: 3:26.59 57.10	300m: 5:21.55 57.57	400m: 7:12.48 53.48	
145	BALMAKS Reinis	84	Rigas pilseta	8:24.01	74
	50m: 45.89 45.89	150m: 2:48.77 1:05.93	250m: 5:03.56 1:07.97	350m: 7:18.78 1:07.45	
	100m: 1:42.84 56.95	200m: 3:55.59 1:06.82	300m: 6:11.33 1:07.77	400m: 8:24.01 1:05.23	

YOB 1966 - 1975

131	LIEPA Maris	70	TRI KAN	5:08.71	325
	50m: 33.56 33.56	150m: 1:48.94 38.24	250m: 3:07.78 39.71	350m: 4:28.75 40.62	
	100m: 1:10.70 37.14	200m: 2:28.07 39.13	300m: 3:48.13 40.35	400m: 5:08.71 39.96	
39	OZOLINS Janis	72	Baltijas triatlona klubs	6:01.29	202
	50m: 37.98 37.98	150m: 2:06.76 45.57	250m: 3:40.47 46.92	350m: 5:15.36 47.19	
	100m: 1:21.19 43.21	200m: 2:53.55 46.79	300m: 4:28.17 47.70	400m: 6:01.29 45.93	
84	PIKSENS Toms	66	Piramida Triathlon Club/Jelgava	6:53.39	135
	50m: 45.71 45.71	150m: 2:27.51 51.99	250m: 4:14.18 53.70	350m: 6:00.76 53.40	
	100m: 1:35.52 49.81	200m: 3:20.48 52.97	300m: 5:07.36 53.18	400m: 6:53.39 52.63	
138	ROZE Juris	70	LSSK/Liepaja	7:06.17	123
	50m: 43.27 43.27	150m: 2:25.75 52.95	250m: 4:15.30 55.22	350m: 6:09.94 58.44	
	100m: 1:32.80 49.53	200m: 3:20.08 54.33	300m: 5:11.50 56.20	400m: 7:06.17 56.23	
143	GRASMANIS Dzintars	69	Rigas pilseta	7:49.75	92
	50m: 48.63 48.63	150m: 2:44.52 1:00.30	250m: 4:47.41 1:01.44	350m: 6:51.09 1:02.77	
	100m: 1:44.22 55.59	200m: 3:45.97 1:01.45	300m: 5:48.32 1:00.91	400m: 7:49.75 58.66	

YOB 1956 - 1965

151	LAATS Mart	61	Parnu	7:06.23	123
	50m: 51.42 51.42	150m: 2:42.19 56.42	250m: 4:30.63 54.04	350m: 6:16.96 53.97	
	100m: 1:45.77 54.35	200m: 3:36.59 54.40	300m: 5:22.99 52.36	400m: 7:06.23 49.27	
1	DUDELIS Andris	63	DTC Jauniba	9:18.69	54
	50m: 55.20 55.20	150m: 3:15.94 1:11.80	250m: 5:43.04 1:13.89	350m: 8:08.15 1:12.64	
	100m: 2:04.14 1:08.94	200m: 4:29.15 1:13.21	300m: 6:55.51 1:12.47	400m: 9:18.69 1:10.54	