

Nordic Open Masters Championships
Tallinn, 10. - 11.10.2025

Event 33
11.10.2025 - 18:23

Men, 400m Medley

20 years and older
Results

Points: AQUA Master 2025

Rank				Age					Time	Pts		
20 - 24 years												
1.	LOIK, Kaspar Paul			24	TOPi Ujumisklubi				7:03.26	217		
	50m:	41.94	41.94	150m:	2:37.58	55.62	250m:	4:27.67	58.36	350m:	6:16.83	50.27
	100m:	1:41.96	1:00.02	200m:	3:29.31	51.73	300m:	5:26.56	58.89	400m:	7:03.26	46.43
25 - 29 years												
1.	OJARAND, Frank Johan			29	GoSwim Ujumisklubi				4:46.06	704		
	50m:	30.84	30.84	150m:	1:45.08	38.64	250m:	3:02.85	39.88	350m:	4:15.63	32.14
	100m:	1:06.44	35.60	200m:	2:22.97	37.89	300m:	3:43.49	40.64	400m:	4:46.06	30.43
2.	HEIN, Silver			28	GoSwim Ujumisklubi				4:49.49	679		
	50m:	29.73	29.73	150m:	1:42.98	38.68	250m:	3:01.75	40.62	350m:	4:17.18	34.62
	100m:	1:04.30	34.57	200m:	2:21.13	38.15	300m:	3:42.56	40.81	400m:	4:49.49	32.31
30 - 34 years												
1.	MOHN, Carl-Johan			32	Ita-Vantaan Vesikot				5:08.57	571		
	50m:	30.94	30.94	150m:	1:46.33	40.46	250m:	3:10.80	44.52	350m:	4:31.53	37.57
	100m:	1:05.87	34.93	200m:	2:26.28	39.95	300m:	3:53.96	43.16	400m:	5:08.57	37.04
2.	MIKKELSEN, Soren			34	Helsingfors Simsallskap				5:42.52	417		
	50m:	35.31	35.31	150m:	2:05.38	47.73	250m:	3:38.81	47.71	350m:	5:05.22	37.92
	100m:	1:17.65	42.34	200m:	2:51.10	45.72	300m:	4:27.30	48.49	400m:	5:42.52	37.30
40 - 44 years												
1.	SALMELA, Markus			42	Simmis Wanda ry				5:29.30	505		
	50m:	34.92	34.92	150m:	1:58.06	43.08	250m:	3:25.47	45.20	350m:	4:52.13	39.85
	100m:	1:14.98	40.06	200m:	2:40.27	42.21	300m:	4:12.28	46.81	400m:	5:29.30	37.17
2.	FERRARA, Federico			42	Espoon Kilpauinti				5:56.50	398		
	50m:	33.90	33.90	150m:	1:59.87	44.89	250m:	3:35.57	50.69	350m:	5:13.15	44.87
	100m:	1:14.98	41.08	200m:	2:44.88	45.01	300m:	4:28.28	52.71	400m:	5:56.50	43.35
3.	GHEZAIEL, Yassine-Emmanuel			44	Jarvenpaan Uintiklubi ry				6:19.55	330		
	50m:	37.81	37.81	150m:	2:12.06	49.44	250m:	3:55.07	54.45	350m:	5:35.33	45.13
	100m:	1:22.62	44.81	200m:	3:00.62	48.56	300m:	4:50.20	55.13	400m:	6:19.55	44.22
45 - 49 years												
1.	KARLSEN, Hakan Skaarud			46	Oi Svømming				4:59.43	744		
	50m:	32.31	32.31	150m:	1:48.90	40.59	250m:	3:12.17	43.16	350m:	4:27.98	33.18
	100m:	1:08.31	36.00	200m:	2:29.01	40.11	300m:	3:54.80	42.63	400m:	4:59.43	31.45
2.	MALPASS, Chris			46	Trafford Metro				5:24.23	586		
	50m:	31.74	31.74	150m:	1:51.93	42.70	250m:	3:20.28	47.07	350m:	4:47.32	39.34
	100m:	1:09.23	37.49	200m:	2:33.21	41.28	300m:	4:07.98	47.70	400m:	5:24.23	36.91
3.	ZAPASNIK, Jan			46	Cetus Espoo				5:47.25	477		
	50m:	34.87	34.87	150m:	2:03.80	47.74	250m:	3:42.69	52.10	350m:	5:11.65	38.01
	100m:	1:16.06	41.19	200m:	2:50.59	46.79	300m:	4:33.64	50.95	400m:	5:47.25	35.60
4.	TISTAD, Holger			48	SK Neptun				6:01.24	423		
	50m:	37.10	37.10	150m:	2:10.31	49.88	250m:	3:50.16	51.87	350m:	5:22.91	40.49
	100m:	1:20.43	43.33	200m:	2:58.29	47.98	300m:	4:42.42	52.26	400m:	6:01.24	38.33

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Event 33, Men, 400m Medley

50 - 54 years

1. MALMBERG, Simon	51	Goteborg	5:04.51	691
50m: 31.43 31.43	150m: 1:50.80 42.27	250m: 3:13.66 41.71	350m: 4:30.49 34.97	
100m: 1:08.53 37.10	200m: 2:31.95 41.15	300m: 3:55.52 41.86	400m: 5:04.51 34.02	

55 - 59 years

1. RIMMEREIDE, Geir Inge	55	Kappsymjarlaget Stord Masters SK	5:37.41	634
50m: 34.77 34.77	150m: 2:03.59 47.91	250m: 3:36.13 46.43	350m: 5:01.95 39.65	
100m: 1:15.68 40.91	200m: 2:49.70 46.11	300m: 4:22.30 46.17	400m: 5:37.41 35.46	

60 - 64 years

1. PEDERSEN, Henrik	60	Sigma Swim Birkerod	5:34.46	754
50m: 35.48 35.48	150m: 2:00.62 43.85	250m: 3:32.85 47.98	350m: 4:59.18 37.38	
100m: 1:16.77 41.29	200m: 2:44.87 44.25	300m: 4:21.80 48.95	400m: 5:34.46 35.28	

65 - 69 years

1. BODEN, Henrik	66	Danderyd Simklubb	6:38.13	442
50m: 42.16 42.16	150m: 2:24.56 52.67	250m: 4:13.20 57.76	350m: 5:55.99 46.70	
100m: 1:31.89 49.73	200m: 3:15.44 50.88	300m: 5:09.29 56.09	400m: 6:38.13 42.14	
2. SKEIDE, Rolf Andreas	68	Kristiansund SK	6:42.56	427
50m: 40.85 40.85	150m: 2:26.77 55.96	250m: 4:18.28 57.71	350m: 5:59.81 45.72	
100m: 1:30.81 49.96	200m: 3:20.57 53.80	300m: 5:14.09 55.81	400m: 6:42.56 42.75	
3. SVEDS, Vladimirs	69	PK Champions	7:52.04	265
50m: 52.78 52.78	150m: 2:59.76 1:07.11	250m: 5:07.98 1:04.28	350m: 7:00.87 51.79	
100m: 1:52.65 59.87	200m: 4:03.70 1:03.94	300m: 6:09.08 1:01.10	400m: 7:52.04 51.17	

75 - 79 years

1. LAHT, Lembit	76	Meisterujumise U-Klubi	8:00.89	517
50m: 53.54 53.54	150m: 3:04.63 1:04.09	250m: 5:16.52 1:09.26	350m: 7:14.67 53.24	
100m: 2:00.54 1:07.00	200m: 4:07.26 1:02.63	300m: 6:21.43 1:04.91	400m: 8:00.89 46.22	