

Nordic Open Masters Championships
Tallinn, 10. - 11.10.2025

Event 4 Men, 400m Freestyle 20 years and older
10.10.2025 - 17:40 Results

Points: AQUA Master 2025

Rank	Age							Time			Pts	
25 - 29 years												
1.	OJARAND, Frank Johan			29	GoSwim Ujumisklubi			4:12.62			753	
	50m:	28.24	28.24	150m:	1:30.71	31.54	250m:	2:35.13	32.26	350m:	3:40.58	32.96
	100m:	59.17	30.93	200m:	2:02.87	32.16	300m:	3:07.62	32.49	400m:	4:12.62	32.04
2.	ANTONELLI, Giovanni			28	AAM Italy			4:28.06			630	
	50m:	29.61	29.61	150m:	1:35.56	33.47	250m:	2:44.91	34.62	350m:	3:54.97	34.94
	100m:	1:02.09	32.48	200m:	2:10.29	34.73	300m:	3:20.03	35.12	400m:	4:28.06	33.09
3.	HUUNONEN, Aki			29	Hu			5:13.16			395	
	50m:	36.66	36.66	150m:	1:55.94	39.89	250m:	3:16.98	40.81	350m:	4:35.33	38.98
	100m:	1:16.05	39.39	200m:	2:36.17	40.23	300m:	3:56.35	39.37	400m:	5:13.16	37.83
4.	LAURILA, Daniel			29	S.C. Pingviinit			5:24.97			354	
	50m:	35.85	35.85	150m:	1:55.56	40.53	250m:	3:18.54	41.85	350m:	4:41.94	41.96
	100m:	1:15.03	39.18	200m:	2:36.69	41.13	300m:	3:59.98	41.44	400m:	5:24.97	43.03
5.	SABOT, Julien			28	Hovedstad			6:55.25			169	
	50m:	45.49	45.49	150m:	2:26.04	51.07	250m:	4:12.12	53.30	350m:	6:01.80	54.90
	100m:	1:34.97	49.48	200m:	3:18.82	52.78	300m:	5:06.90	54.78	400m:	6:55.25	53.45
30 - 34 years												
1.	MANDEL, Mart			32	Kalevi Ujumiskool			4:27.85			621	
	50m:	28.86	28.86	150m:	1:35.46	33.72	250m:	2:44.83	34.76	350m:	3:54.73	34.78
	100m:	1:01.74	32.88	200m:	2:10.07	34.61	300m:	3:19.95	35.12	400m:	4:27.85	33.12
2.	ABOLINS, Toms			33	PK Kobras			4:37.73			557	
	50m:	31.70	31.70	150m:	1:40.38	34.60	250m:	2:50.74	35.31	350m:	4:01.83	35.66
	100m:	1:05.78	34.08	200m:	2:15.43	35.05	300m:	3:26.17	35.43	400m:	4:37.73	35.90
3.	ALBA DE MIGUEL, Diego			32	Angelholms Swim Team			5:14.13			385	
	50m:	35.52	35.52	150m:	1:52.80	38.92	250m:	3:12.87	40.52	350m:	4:34.62	40.80
	100m:	1:13.88	38.36	200m:	2:32.35	39.55	300m:	3:53.82	40.95	400m:	5:14.13	39.51
35 - 39 years												
1.	ALJAND, Martti			38	Kalevi Ujumiskool			4:23.54			734	
	50m:	27.90	27.90	150m:	1:30.82	32.03	250m:	2:36.79	33.33	350m:	3:47.49	35.67
	100m:	58.79	30.89	200m:	2:03.46	32.64	300m:	3:11.82	35.03	400m:	4:23.54	36.05
2.	OLVIK, Andres			39	Meisterujumise U-Klubi			4:34.90			647	
	50m:	29.86	29.86	150m:	1:35.53	33.28	250m:	2:44.76	35.17	350m:	3:58.27	37.04
	100m:	1:02.25	32.39	200m:	2:09.59	34.06	300m:	3:21.23	36.47	400m:	4:34.90	36.63
3.	FROLOVS, Aleksandrs			35	Hovedstad			4:40.57			608	
	50m:	30.64	30.64	150m:	1:41.48	36.06	250m:	2:53.15	35.68	350m:	4:06.09	36.94
	100m:	1:05.42	34.78	200m:	2:17.47	35.99	300m:	3:29.15	36.00	400m:	4:40.57	34.48
4.	KORPELA, Tuukka			35	Oulun Uinti 1906			4:44.86			581	
	50m:	29.57	29.57	150m:	1:37.29	34.17	250m:	2:48.04	35.40	350m:	4:02.90	38.15
	100m:	1:03.12	33.55	200m:	2:12.64	35.35	300m:	3:24.75	36.71	400m:	4:44.86	41.96
5.	DMITRIJEVS, Deniss			37	Meisterujumise U-Klubi			5:42.40			334	
	50m:	37.26	37.26	150m:	2:00.17	41.85	250m:	3:26.70	44.05	350m:	4:58.13	45.91
	100m:	1:18.32	41.06	200m:	2:42.65	42.48	300m:	4:12.22	45.52	400m:	5:42.40	44.27

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40 - 44 years

1.	BEATO, Andrew	40	Solna Sundbyberg SS 04	4:18.71	805
	50m: 28.85 28.85	150m: 1:32.75 32.54	250m: 2:38.96 33.13	350m: 3:46.08 33.61	
	100m: 1:00.21 31.36	200m: 2:05.83 33.08	300m: 3:12.47 33.51	400m: 4:18.71 32.63	
2.	SALMELA, Markus	42	Simmis Wanda ry	4:55.66	539
	50m: 32.85 32.85	150m: 1:46.59 37.45	250m: 3:02.69 38.21	350m: 4:20.02 38.54	
	100m: 1:09.14 36.29	200m: 2:24.48 37.89	300m: 3:41.48 38.79	400m: 4:55.66 35.64	
3.	SIRNELA, Lari	43	Speedo Masters Finland	5:00.79	512
	50m: 32.47 32.47	150m: 1:47.44 37.79	250m: 3:04.88 38.82	350m: 4:23.65 39.51	
	100m: 1:09.65 37.18	200m: 2:26.06 38.62	300m: 3:44.14 39.26	400m: 5:00.79 37.14	
4.	HERRERA, Daniel	40	Solna Sundbyberg SS 04	5:39.15	357
	50m: 37.60 37.60	150m: 2:00.42 41.86	250m: 3:26.99 43.44	350m: 4:54.76 43.68	
	100m: 1:18.56 40.96	200m: 2:43.55 43.13	300m: 4:11.08 44.09	400m: 5:39.15 44.39	
5.	SAUN, Mart	41	GoSwim Ujumisklubi	7:24.45	158
	50m: 45.40 45.40	150m: 2:32.83 56.01	250m: 4:28.70 58.29	350m: 6:27.09 58.59	
	100m: 1:36.82 51.42	200m: 3:30.41 57.58	300m: 5:28.50 59.80	400m: 7:24.45 57.36	

45 - 49 years

1.	KARLSEN, Hakan Skaarud	46	Oi Svømming	4:23.71	783
	50m: 30.48 30.48	150m: 1:36.46 33.32	250m: 2:43.76 33.70	350m: 3:51.03 33.80	
	100m: 1:03.14 32.66	200m: 2:10.06 33.60	300m: 3:17.23 33.47	400m: 4:23.71 32.68	
2.	METZ, Hendrik	47	Hamburger Schwimm-Club r.V. von 1879	4:36.56	679
	50m: 30.51 30.51	150m: 1:37.79 33.88	250m: 2:47.65 35.45	350m: 4:00.46 36.66	
	100m: 1:03.91 33.40	200m: 2:12.20 34.41	300m: 3:23.80 36.15	400m: 4:36.56 36.10	
3.	MALPASS, Chris	46	Trafford Metro	4:46.31	612
	50m: 30.76 30.76	150m: 1:41.95 35.94	250m: 2:55.69 36.91	350m: 4:09.54 36.99	
	100m: 1:06.01 35.25	200m: 2:18.78 36.83	300m: 3:32.55 36.86	400m: 4:46.31 36.77	
4.	PUUSTINEN, Jani-Petteri	46	Uinti Turku - Abo Simning ry	4:55.97	554
	50m: 33.95 33.95	150m: 1:48.23 37.60	250m: 3:03.83 37.70	350m: 4:19.89 38.07	
	100m: 1:10.63 36.68	200m: 2:26.13 37.90	300m: 3:41.82 37.99	400m: 4:55.97 36.08	
5.	KULLERKUPP, Margus	46	Ujumisklubi Briis	5:29.84	400
	50m: 37.06 37.06	150m: 1:58.35 41.14	250m: 3:22.08 42.02	350m: 4:47.70 43.10	
	100m: 1:17.21 40.15	200m: 2:40.06 41.71	300m: 4:04.60 42.52	400m: 5:29.84 42.14	

50 - 54 years

1.	MARKLUND, Tobias	50	Pitea Sim	4:29.96	742
	50m: 30.25 30.25	150m: 1:37.73 33.92	250m: 2:46.18 34.24	350m: 3:55.12 34.75	
	100m: 1:03.81 33.56	200m: 2:11.94 34.21	300m: 3:20.37 34.19	400m: 4:29.96 34.84	
2.	GJERLOV, Mads	53	Sigma Swim Birkerød	4:41.06	658
	50m: 32.11 32.11	150m: 1:43.49 36.04	250m: 2:55.83 36.00	350m: 4:06.10 34.68	
	100m: 1:07.45 35.34	200m: 2:19.83 36.34	300m: 3:31.42 35.59	400m: 4:41.06 34.96	
3.	KLINT, Torben Marott	51	Swim Team Taastrup	4:52.71	582
	50m: 33.66 33.66	150m: 1:46.79 36.62	250m: 3:00.35 36.73	350m: 4:15.64 37.56	
	100m: 1:10.17 36.51	200m: 2:23.62 36.83	300m: 3:38.08 37.73	400m: 4:52.71 37.07	
4.	KONONENKO, Viacheslav	51	Simmis Wanda ry	4:53.92	575
	50m: 32.77 32.77	150m: 1:45.18 36.76	250m: 3:00.51 37.82	350m: 4:15.32 37.49	
	100m: 1:08.42 35.65	200m: 2:22.69 37.51	300m: 3:37.83 37.32	400m: 4:53.92 38.60	

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55 - 59 years

1.	RATALA, Petri	57	Espoon Kilpauinti	4:36.78	791
	50m: 32.02 32.02	150m: 1:41.83 35.16	250m: 2:52.77 35.61	350m: 4:02.87 35.05	
	100m: 1:06.67 34.65	200m: 2:17.16 35.33	300m: 3:27.82 35.05	400m: 4:36.78 33.91	
2.	GUMBIS, Vaidotas	59	Ilgaplaukiai	5:03.76	598
	50m: 34.71 34.71	150m: 1:51.41 38.67	250m: 3:09.52 39.07	350m: 4:26.52 38.24	
	100m: 1:12.74 38.03	200m: 2:30.45 39.04	300m: 3:48.28 38.76	400m: 5:03.76 37.24	
3.	LEHTOLA, Jukka	57	Uinti Imatra	5:35.61	443
	50m: 37.74 37.74	150m: 2:03.39 43.34	250m: 3:29.18 42.81	350m: 4:54.76 42.53	
	100m: 1:20.05 42.31	200m: 2:46.37 42.98	300m: 4:12.23 43.05	400m: 5:35.61 40.85	

60 - 64 years

1.	KINNUNEN, Tero	60	Jsu	4:49.63	788
	50m: 31.95 31.95	150m: 1:44.79 36.73	250m: 2:58.25 36.78	350m: 4:12.71 37.37	
	100m: 1:08.06 36.11	200m: 2:21.47 36.68	300m: 3:35.34 37.09	400m: 4:49.63 36.92	
2.	PEDERSEN, Henrik	60	Sigma Swim Birkerød	4:50.63	780
	50m: 33.47 33.47	150m: 1:46.57 36.92	250m: 3:01.72 37.41	350m: 4:15.55 36.60	
	100m: 1:09.65 36.18	200m: 2:24.31 37.74	300m: 3:38.95 37.23	400m: 4:50.63 35.08	
3.	HAGLUND, Anders	64	SK Neptun	4:53.68	756
	50m: 32.57 32.57	150m: 1:45.81 37.27	250m: 3:02.37 38.46	350m: 4:17.46 37.48	
	100m: 1:08.54 35.97	200m: 2:23.91 38.10	300m: 3:39.98 37.61	400m: 4:53.68 36.22	
4.	JOHANSSON, Folke	60	Lane 4 Swimming Triathlon Club	5:20.73	580
	50m: 34.98 34.98	150m: 1:54.84 40.48	250m: 3:17.42 41.45	350m: 4:41.17 41.73	
	100m: 1:14.36 39.38	200m: 2:35.97 41.13	300m: 3:59.44 42.02	400m: 5:20.73 39.56	
	LARSEN, Niels Jorgen	63	SK Neptun	5:20.73	580
	50m: 34.96 34.96	150m: 1:53.51 39.98	250m: 3:13.75 40.09	350m: 4:38.24 42.71	
	100m: 1:13.53 38.57	200m: 2:33.66 40.15	300m: 3:55.53 41.78	400m: 5:20.73 42.49	
6.	HAKANSSON, Peter	60	Solna Sundbyberg SS 04	5:25.77	554
	50m: 36.45 36.45	150m: 1:57.16 41.01	250m: 3:20.98 41.84	350m: 4:45.45 41.90	
	100m: 1:16.15 39.70	200m: 2:39.14 41.98	300m: 4:03.55 42.57	400m: 5:25.77 40.32	
7.	MORGAN, John J	63	KU Svømning og Vandpolo	5:29.78	534
	50m: 37.22 37.22	150m: 2:02.37 43.24	250m: 3:27.78 42.84	350m: 4:51.89 41.43	
	100m: 1:19.13 41.91	200m: 2:44.94 42.57	300m: 4:10.46 42.68	400m: 5:29.78 37.89	
8.	HALMEENMAKI, Juha-Pekka	61	Lane 4 Swimming Triathlon Club	5:53.13	435
	50m: 38.99 38.99	150m: 2:07.03 45.22	250m: 3:37.34 45.05	350m: 5:08.75 45.19	
	100m: 1:21.81 42.82	200m: 2:52.29 45.26	300m: 4:23.56 46.22	400m: 5:53.13 44.38	
9.	LYSMA, Marko	60	Lane 4 Swimming Triathlon Club	6:12.88	369
	50m: 38.34 38.34	150m: 2:08.81 46.91	250m: 3:45.54 48.65	350m: 5:24.33 49.77	
	100m: 1:21.90 43.56	200m: 2:56.89 48.08	300m: 4:34.56 49.02	400m: 6:12.88 48.55	
10.	TAMM, Raivo	60	GoSwim Ujumisklubi	8:12.42	160
	50m: 49.70 49.70	150m: 2:48.69 1:01.47	250m: 4:58.04 1:05.81	350m: 7:09.35 1:06.26	
	100m: 1:47.22 57.52	200m: 3:52.23 1:03.54	300m: 6:03.09 1:05.05	400m: 8:12.42 1:03.07	

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65 - 69 years

1.	JOHANSEN, Dan Ole	65	Swim Team Taastrup	5:05.10	677
	50m: 35.41 35.41	150m: 1:53.10 39.48	250m: 3:11.76 39.11	350m: 4:28.72 38.46	
	100m: 1:13.62 38.21	200m: 2:32.65 39.55	300m: 3:50.26 38.50	400m: 5:05.10 36.38	
2.	TORSTI, Simo-Pekka	65	Espoon Kilpauinti	5:43.11	476
	50m: 39.18 39.18	150m: 2:05.58 43.40	250m: 3:32.57 43.41	350m: 5:00.27 43.80	
	100m: 1:22.18 43.00	200m: 2:49.16 43.58	300m: 4:16.47 43.90	400m: 5:43.11 42.84	
3.	TAMM, Pearu	65	Meisterujumise U-Klubi	5:50.69	445
	50m: 38.18 38.18	150m: 2:05.44 44.40	250m: 3:35.57 45.03	350m: 5:06.73 45.81	
	100m: 1:21.04 42.86	200m: 2:50.54 45.10	300m: 4:20.92 45.35	400m: 5:50.69 43.96	
4.	SKEIDE, Rolf Andreas	68	Kristiansund SK	5:51.48	442
	50m: 40.29 40.29	150m: 2:08.65 44.68	250m: 3:38.66 44.81	350m: 5:08.41 44.82	
	100m: 1:23.97 43.68	200m: 2:53.85 45.20	300m: 4:23.59 44.93	400m: 5:51.48 43.07	
5.	BODEN, Henrik	66	Danderyd Simklubb	5:54.03	433
	50m: 39.50 39.50	150m: 2:09.07 45.53	250m: 3:40.75 45.79	350m: 5:10.94 44.78	
	100m: 1:23.54 44.04	200m: 2:54.96 45.89	300m: 4:26.16 45.41	400m: 5:54.03 43.09	
6.	LAIKARI, Jukka	66	S.C. Pingviinit	5:55.16	429
	50m: 38.62 38.62	150m: 2:05.27 43.93	250m: 3:35.92 45.80	350m: 5:08.78 46.48	
	100m: 1:21.34 42.72	200m: 2:50.12 44.85	300m: 4:22.30 46.38	400m: 5:55.16 46.38	

70 - 74 years

1.	KILE, Sverre	72	Bergen Om	5:22.00	706
	50m: 38.89 38.89	150m: 2:01.82 41.47	250m: 3:24.02 40.78	350m: 4:43.67 39.79	
	100m: 1:20.35 41.46	200m: 2:43.24 41.42	300m: 4:03.88 39.86	400m: 5:22.00 38.33	
2.	ALPOLA, Matti	72	ORCA Helsinki	6:58.04	322
	50m: 44.74 44.74	150m: 2:29.31 53.88	250m: 4:15.67 53.01	350m: 6:05.51 54.96	
	100m: 1:35.43 50.69	200m: 3:22.66 53.35	300m: 5:10.55 54.88	400m: 6:58.04 52.53	
3.	JALAKAS, Jaak	71	Wiru Swim	8:25.29	182
	50m: 57.53 57.53	150m: 3:03.12 1:03.74	250m: 5:12.77 1:04.81	350m: 7:22.73 1:04.82	
	100m: 1:59.38 1:01.85	200m: 4:07.96 1:04.84	300m: 6:17.91 1:05.14	400m: 8:25.29 1:02.56	

75 - 79 years

1.	GABRIELSSON, Ulf	77	Solna Sundbyberg SS 04	6:28.27	508
	50m: 40.48 40.48	150m: 2:16.05 49.16	250m: 3:57.38 50.70	350m: 5:39.20 50.63	
	100m: 1:26.89 46.41	200m: 3:06.68 50.63	300m: 4:48.57 51.19	400m: 6:28.27 49.07	
2.	NEUMAN, Rafik	77	S.C. Pingviinit	7:41.81	302
	50m: 47.57 47.57	150m: 2:43.45 59.70	250m: 4:44.31 1:00.38	350m: 6:44.45 59.84	
	100m: 1:43.75 56.18	200m: 3:43.93 1:00.48	300m: 5:44.61 1:00.30	400m: 7:41.81 57.36	