

15th Kokneses rudens
Koknese, 8.11.2025

Event 23
08.11.2025 - 13:10

Men, 400m Freestyle

18 - 94 years
Results

Points: AQUA Master 2025

Rank			YB			Time	Pts	
30 - 34 years								
1.	ABOLINS Toms		92	PK Kobras		4:39.90	544	
	50m:	32.56 32.56	150m:	1:42.74 35.32	250m:	2:53.98 35.71	350m:	4:05.31 35.53
	100m:	1:07.42 34.86	200m:	2:18.27 35.53	300m:	3:29.78 35.80	400m:	4:39.90 34.59
40 - 44 years								
1.	KNAZEVS Valerijs		83	Daugavpils SP		7:26.41	156	
	50m:	44.85 44.85	150m:	2:33.04 55.76	250m:	4:29.94 58.41	350m:	6:30.01 59.51
	100m:	1:37.28 52.43	200m:	3:31.53 58.49	300m:	5:30.50 1:00.56	400m:	7:26.41 56.40
45 - 49 years								
1.	OZOLINS Janis		76	Valmieras PK Aqua		5:08.89	487	
	50m:	34.12 34.12	150m:	1:50.21 38.74	250m:	3:10.07 40.01	350m:	4:30.22 39.71
	100m:	1:11.47 37.35	200m:	2:30.06 39.85	300m:	3:50.51 40.44	400m:	5:08.89 38.67
2.	BLUDENS Igors		77	Ventspils PK Octopus		6:27.17	247	
	50m:	40.57 40.57	150m:	2:14.59 48.35	250m:	3:57.51 51.70	350m:	5:40.78 51.75
	100m:	1:26.24 45.67	200m:	3:05.81 51.22	300m:	4:49.03 51.52	400m:	6:27.17 46.39
3.	BUNA Janis		77	Rigas pilseta		6:29.51	243	
	50m:	42.00 42.00	150m:	2:15.55 47.73	250m:	3:54.75 50.21	350m:	5:40.63 53.33
	100m:	1:27.82 45.82	200m:	3:04.54 48.99	300m:	4:47.30 52.55	400m:	6:29.51 48.88
65 - 69 years								
1.	STANKEVICS Dans		60	PK Champions		8:04.86	168	
	50m:	51.72 51.72	150m:	2:49.23 1:00.03	250m:	4:53.46 1:02.32	350m:	7:02.81 1:05.41
	100m:	1:49.20 57.48	200m:	3:51.14 1:01.91	300m:	5:57.40 1:03.94	400m:	8:04.86 1:02.05
70 - 74 years								
1.	PODLUZNIJS Viktors		54	Daugavpils SP		6:47.15	349	
	50m:	43.30 43.30	150m:	2:24.05 51.20	250m:	4:09.64 53.08	350m:	5:55.97 53.59
	100m:	1:32.85 49.55	200m:	3:16.56 52.51	300m:	5:02.38 52.74	400m:	6:47.15 51.18