

15th Kokneses rudens  
Koknese, 8.11.2025

Event 25  
08.11.2025 - 13:33

Men, 400m Medley

18 - 94 years  
Results

Points: AQUA Master 2025

Rank				YB						Time	Pts	
50 - 54 years												
1.	GUSEVS Aleksejs			75	PK Champions					<b>5:36.45</b>	512	
	50m:	34.42	34.42	150m:	2:00.77	42.75	250m:	3:32.27	50.44	350m:	5:00.36	38.30
	100m:	1:18.02	43.60	200m:	2:41.83	41.06	300m:	4:22.06	49.79	400m:	5:36.45	36.09

65 - 69 years

1.	SVEDS Vladimirs			56	PK Champions					<b>7:24.53</b>	317	
	50m:	48.99	48.99	150m:	2:46.98	1:01.84	250m:	4:48.29	1:00.34	350m:	6:37.55	48.87
	100m:	1:45.14	56.15	200m:	3:47.95	1:00.97	300m:	5:48.68	1:00.39	400m:	7:24.53	46.98