

Eesti Lühiraja Meistrivõistlused
Tallinn, 19. - 21.12.2025

Event 502
21.12.2025 - 9:46

Men, 400m Freestyle

Open
Results

EER	3:40.60	ZIRK, Kregor	USK	Singapore (SGP)	31.10.2024
EJR - 18	3:47.51	ZIRK, Kregor	USK	Tallinn	18.12.2016
EJR - 16	3:48.34	ZIRK, Kregor	USK	Tallinn	20.12.2015
EJR - 14	4:00.75	ZIRK, Kregor	USK	Keila	07.06.2014

Points: AQUA 2025

Rank	YB				Time	Pts
1.	LESSING, Gerd Johan	09	Ujumise Spordiklubi		3:52.91	756
	50m: 26.34 26.34	150m: 1:24.65 29.55	250m: 2:24.29 29.85	350m: 3:24.96 30.38		
	100m: 55.10 28.76	200m: 1:54.44 29.79	300m: 2:54.58 30.29	400m: 3:52.91 27.95		
2.	KULJUS, Lars	05	TOPi Ujumisklubi		3:53.13	754
	50m: 25.51 25.51	150m: 1:24.68 30.15	250m: 2:25.49 30.20	350m: 3:25.55 29.77		
	100m: 54.53 29.02	200m: 1:55.29 30.61	300m: 2:55.78 30.29	400m: 3:53.13 27.58		
3.	PASKO, Jaan	06	Orca Swim Club		3:54.20	744
	50m: 27.80 27.80	150m: 1:28.04 29.88	250m: 2:27.50 29.34	350m: 3:25.27 28.37		
	100m: 58.16 30.36	200m: 1:58.16 30.12	300m: 2:56.90 29.40	400m: 3:54.20 28.93		
4.	RULLIS, Reds	05	Valmieras SS		3:55.53	731
	50m: 26.32 26.32	150m: 1:25.78 30.21	250m: 2:25.87 30.16	350m: 3:26.59 30.02		
	100m: 55.57 29.25	200m: 1:55.71 29.93	300m: 2:56.57 30.70	400m: 3:55.53 28.94		
5.	DENISSOV, Aleksei	08	Spordiklubi Garant		3:57.87	710
	50m: 27.39 27.39	150m: 1:27.19 30.20	250m: 2:27.66 29.87	350m: 3:28.10 30.36		
	100m: 56.99 29.60	200m: 1:57.79 30.60	300m: 2:57.74 30.08	400m: 3:57.87 29.77		
6.	SUKK, Oliver	07	Kalevi Ujumiskool		4:02.22	672
	50m: 28.26 28.26	150m: 1:29.04 30.69	250m: 2:30.68 30.73	350m: 3:32.30 30.74		
	100m: 58.35 30.09	200m: 1:59.95 30.91	300m: 3:01.56 30.88	400m: 4:02.22 29.92		
7.	MAESEPP, Erik	09	Ujumise Spordiklubi		4:04.16	656
	50m: 28.00 28.00	150m: 1:29.43 31.06	250m: 2:32.07 31.42	350m: 3:34.85 31.22		
	100m: 58.37 30.37	200m: 2:00.65 31.22	300m: 3:03.63 31.56	400m: 4:04.16 29.31		
8.	PRIKS, Robin	10	Ujumise Spordiklubi		4:05.33	647
	50m: 27.88 27.88	150m: 1:29.38 30.98	250m: 2:32.17 31.49	350m: 3:35.50 31.68		
	100m: 58.40 30.52	200m: 2:00.68 31.30	300m: 3:03.82 31.65	400m: 4:05.33 29.83		
9.	PRANTS, Hans Kristian	08	TOPi Ujumisklubi		4:12.59	593
	50m: 28.64 28.64	150m: 1:31.76 31.83	250m: 2:36.41 32.29	350m: 3:38.04 29.16		
	100m: 59.93 31.29	200m: 2:04.12 32.36	300m: 3:08.88 32.47	400m: 4:12.59 34.55		
10.	POTSEPP, Martin	09	TOPi Ujumisklubi		4:12.60	593
	50m: 27.02 27.02	150m: 1:30.24 32.57	250m: 2:36.13 33.30	350m: 3:41.82 32.63		
	100m: 57.67 30.65	200m: 2:02.83 32.59	300m: 3:09.19 33.06	400m: 4:12.60 30.78		
11.	KOPJEV, Ernest	08	Kalevi Ujumiskool		4:12.92	591
	50m: 28.34 28.34	150m: 1:32.26 32.39	250m: 2:37.98 32.61	350m: 3:42.05 31.96		
	100m: 59.87 31.53	200m: 2:05.37 33.11	300m: 3:10.09 32.11	400m: 4:12.92 30.87		
12.	KOSHEVAROV, Daniil	08	Spordiklubi Garant		4:14.99	576
	50m: 27.47 27.47	150m: 1:30.12 31.73	250m: 2:36.13 33.43	350m: 3:42.39 32.67		
	100m: 58.39 30.92	200m: 2:02.70 32.58	300m: 3:09.72 33.59	400m: 4:14.99 32.60		
13.	KORJAKIN, Matvei	10	Spordiklubi Garant		4:16.77	564
	50m: 28.35 28.35	150m: 1:32.65 32.97	250m: 2:38.80 32.97	350m: 3:45.30 33.32		
	100m: 59.68 31.33	200m: 2:05.83 33.18	300m: 3:11.98 33.18	400m: 4:16.77 31.47		
14.	SAVITSCH, Gert Martin	06	Ujumise Spordiklubi		4:17.35	561
	50m: 29.94 29.94	150m: 1:36.12 32.96	250m: 2:42.09 32.90	350m: 3:47.01 32.34		
	100m: 1:03.16 33.22	200m: 2:09.19 33.07	300m: 3:14.67 32.58	400m: 4:17.35 30.34		
15.	BLUMFELDT, Erik	11	Kalevi Ujumiskool		4:20.36	541
	50m: 29.46 29.46	150m: 1:35.81 33.73	250m: 2:42.92 33.51	350m: 3:48.95 32.29		
	100m: 1:02.08 32.62	200m: 2:09.41 33.60	300m: 3:16.66 33.74	400m: 4:20.36 31.41		
16.	DORONIN, Grigori	10	Spordiklubi Garant		4:21.90	532
	50m: 29.24 29.24	150m: 1:35.08 33.55	250m: 2:42.02 33.25	350m: 3:49.95 34.27		
	100m: 1:01.53 32.29	200m: 2:08.77 33.69	300m: 3:15.68 33.66	400m: 4:21.90 31.95		

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Rank			YB					Time	Pts		
17.	MAASIK, Robert		08	Kalevi Ujumiskool				4:21.98	531		
	50m:	27.81 27.81	150m:	1:30.86	32.13	250m:	2:38.68	34.05	350m:	3:48.23	34.91
	100m:	58.73 30.92	200m:	2:04.63	33.77	300m:	3:13.32	34.64	400m:	4:21.98	33.75
18.	ERMAKOV, Aleksandr		11	Spordiklubi Garant				4:22.51	528		
	50m:	29.28 29.28	150m:	1:35.37	33.70	250m:	2:42.29	33.25	350m:	3:50.00	33.69
	100m:	1:01.67 32.39	200m:	2:09.04	33.67	300m:	3:16.31	34.02	400m:	4:22.51	32.51
19.	MADDISON, Rasmus		11	Audentese Spordiklubi				4:28.21	495		
	50m:	28.89 28.89	150m:	1:36.15	34.49	250m:	2:45.79	34.93	350m:	3:55.51	34.30
	100m:	1:01.66 32.77	200m:	2:10.86	34.71	300m:	3:21.21	35.42	400m:	4:28.21	32.70
20.	VIIDAS, Ilja		11	Spordiklubi Garant				4:28.29	495		
	50m:	29.67 29.67	150m:	1:36.70	34.37	250m:	2:46.64	34.63	350m:	3:55.29	33.62
	100m:	1:02.33 32.66	200m:	2:12.01	35.31	300m:	3:21.67	35.03	400m:	4:28.29	33.00
21.	EPOLD, Kirill		09	Aquaway Spordikool				4:29.69	487		
	50m:	30.04 30.04	150m:	1:35.62	32.99	250m:	2:44.86	34.78	350m:	3:54.92	35.40
	100m:	1:02.63 32.59	200m:	2:10.08	34.46	300m:	3:19.52	34.66	400m:	4:29.69	34.77
22.	LEMBINEN, Kristjan		11	Ujumisklubi Aktiiv				4:32.04	474		
	50m:	29.13 29.13	150m:	1:37.17	34.68	250m:	2:47.71	34.89	350m:	3:58.32	34.85
	100m:	1:02.49 33.36	200m:	2:12.82	35.65	300m:	3:23.47	35.76	400m:	4:32.04	33.72
23.	MUTTIKA, Rasmus		06	Spordiklubi Fortuna				4:32.74	471		
	50m:	29.30 29.30	150m:	1:36.86	34.41	250m:	2:48.18	35.79	350m:	3:58.65	35.49
	100m:	1:02.45 33.15	200m:	2:12.39	35.53	300m:	3:23.16	34.98	400m:	4:32.74	34.09
24.	OUNMAA, Sven-Soreni		10	Spordiklubi Shark				4:33.14	469		
	50m:	29.18 29.18	150m:	1:36.42	33.99	250m:	2:46.64	35.55	350m:	3:58.47	35.40
	100m:	1:02.43 33.25	200m:	2:11.09	34.67	300m:	3:23.07	36.43	400m:	4:33.14	34.67
25.	ABNER, Mihkel		09	Kalevi Ujumiskool				4:33.25	468		
	50m:	30.21 30.21	150m:	1:38.20	34.45	250m:	2:49.29	35.41	350m:	3:59.32	34.91
	100m:	1:03.75 33.54	200m:	2:13.88	35.68	300m:	3:24.41	35.12	400m:	4:33.25	33.93
26.	MASSAKAS, Simon		10	Yess				4:39.21	439		
	50m:	29.83 29.83	150m:	1:38.46	35.05	250m:	2:50.91	36.22	350m:	4:03.47	36.33
	100m:	1:03.41 33.58	200m:	2:14.69	36.23	300m:	3:27.14	36.23	400m:	4:39.21	35.74