

Latvian U16 Championships
Jelgava, 28. - 29.11.2025

Event 10 Boys, 400m Freestyle 2009 and younger
28.11.2025 - 17:25 Zēni, 400m brīvais stils Results

Latvijas rekords 3:51.52 MILOSLAVSKIS Romans LAT Shanghai (CHN) 07.04.2006
Sacensību rekords 4:06.08 BREGIS Kristofers Dags LAT Jelgava 01.12.2017

SKSM Open: 3:46.76 / SM Open: 4:06.29 / SMK Open: 4:20.64 / I Open: 4:39.05 / II Open: 5:07.14 / III Open: 5:46.42 /
IV Open: 6:58.98

Points: AQUA 2025

Vieta	UZVĀRDS, Vārds	Dz.g.	Komanda	Laiks	Punkti	Līmenis	RL	KP
1.	VILIMS Mihails	09	SK Delfins	4:19.84	545	SMK		18.00
	50m: 27.97 27.97	150m: 1:34.46 33.81	250m: 2:43.30 34.45	350m: 3:49.32 32.73				
	100m: 1:00.65 32.68	200m: 2:08.85 34.39	300m: 3:16.59 33.29	400m: 4:19.84 30.52				
2.	LEONENKO Aleksandrs	10	SK Delfins	4:21.29	536	I	+0.78	16.00
	50m: 29.86 29.86	150m: 1:36.64 33.91	250m: 2:44.45 33.78	350m: 3:50.37 32.38				
	100m: 1:02.73 32.87	200m: 2:10.67 34.03	300m: 3:17.99 33.54	400m: 4:21.29 30.92				
3.	PIKSENS Everts	09	Jelgavas SPS I	4:24.65	515	I	+0.73	15.00
	50m: 29.35 29.35	150m: 1:36.53 34.00	250m: 2:45.09 34.40	350m: 3:52.63 32.83				
	100m: 1:02.53 33.18	200m: 2:10.69 34.16	300m: 3:19.80 34.71	400m: 4:24.65 32.02				
4.	NECIPORENKO Dmitrijs	10	RSS Ridzene-ZOL	4:32.43	472	I	+0.75	14.00
	50m: 30.57 30.57	150m: 1:42.33 36.40	250m: 2:50.67 33.93	350m: 3:58.74 33.34				
	100m: 1:05.93 35.36	200m: 2:16.74 34.41	300m: 3:25.40 34.73	400m: 4:32.43 33.69				
5.	RUDZIKS Viktors	10	Jelgavas SPS I	4:35.07	459	I		13.00
	50m: 29.39 29.39	150m: 1:38.01 34.75	250m: 2:47.46 34.20	350m: 3:59.48 36.19				
	100m: 1:03.26 33.87	200m: 2:13.26 35.25	300m: 3:23.29 35.83	400m: 4:35.07 35.59				
6.	CUGUNOVŠ Zahars	11	Rezeknes BJSS	4:38.88	440	I	+0.67	12.00
	50m: 30.67 30.67	150m: 1:41.90 36.26	250m: 2:53.95 35.63	350m: 4:04.61 35.12				
	100m: 1:05.64 34.97	200m: 2:18.32 36.42	300m: 3:29.49 35.54	400m: 4:38.88 34.27				
7.	KSENDZOVŠ Maksimilians	10	PK Ogre	4:40.04	435	II	+0.70	11.00
	50m: 30.18 30.18	150m: 1:39.25 35.10	250m: 2:52.01 36.36	350m: 4:05.62 37.22				
	100m: 1:04.15 33.97	200m: 2:15.65 36.40	300m: 3:28.40 36.39	400m: 4:40.04 34.42				
8.	ZARINS Emils	11	Dobeles SS	4:49.15	395	II		10.00
	50m: 32.38 32.38	150m: 1:45.48 36.47	250m: 2:59.99 37.51	350m: 4:14.19 36.89				
	100m: 1:09.01 36.63	200m: 2:22.48 37.00	300m: 3:37.30 37.31	400m: 4:49.15 34.96				
9.	LOBANOVŠ Deniss	09	Daugavpils SS	4:53.39	378	II	+0.80	8.00
	50m: 31.59 31.59	150m: 1:43.66 36.90	250m: 3:01.64 39.57	350m: 4:18.89 38.12				
	100m: 1:06.76 35.17	200m: 2:22.07 38.41	300m: 3:40.77 39.13	400m: 4:53.39 34.50				
10.	PECONKA Dimitrijs	09	Daugavpils SS	4:54.54	374	II		7.00
	50m: 29.48 29.48	150m: 1:39.39 36.31	250m: 2:55.66 38.80	350m: 4:15.09 39.85				
	100m: 1:03.08 33.60	200m: 2:16.86 37.47	300m: 3:35.24 39.58	400m: 4:54.54 39.45				
11.	PAVLANS Dmitrijs	09	Rezeknes BJSS	4:59.25	356	II	+0.89	6.00
	50m: 31.14 31.14	150m: 1:45.10 37.70	250m: 3:02.05 38.75	350m: 4:20.45 39.22				
	100m: 1:07.40 36.26	200m: 2:23.30 38.20	300m: 3:41.23 39.18	400m: 4:59.25 38.80				
12.	INTENBERGS Linards	09	Liepajas KSS	5:02.90	344	II	+0.82	5.00
	50m: 32.68 32.68	150m: 1:50.50 39.00	250m: 3:09.91 39.91	350m: 4:27.54 38.55				
	100m: 1:11.50 38.82	200m: 2:30.00 39.50	300m: 3:48.99 39.08	400m: 5:02.90 35.36				
13.	SOKOLOVS Mareks	11	Daugavpils SS	5:11.87	315		+0.71	-
	50m: 32.87 32.87	150m: 1:50.99 39.78	250m: 3:13.63 41.49	350m: 4:35.95 40.92				
	100m: 1:11.21 38.34	200m: 2:32.14 41.15	300m: 3:55.03 41.40	400m: 5:11.87 35.92				
14.	PROKOPCUKS Viktors	11	Jurmalas SS	5:28.14	270			3.00
	50m: 33.84 33.84	150m: 1:56.72 42.63	250m: 3:22.31 43.29	350m: 4:46.97 41.94				
	100m: 1:14.09 40.25	200m: 2:39.02 42.30	300m: 4:05.03 42.72	400m: 5:28.14 41.17				