

3. Latvijas meistarsacikstes/3rd Latvian Para Championships  
Riga, 20. - 21.2.2026

Event 28  
21.02.2026 - 15:12

Men, 400m Freestyle

Open  
Results

Latvian Records 3:54.64 MILOSLAVSKIS Romans LAT Vienna (AUT) 24.04.2009  
SKSM : 3:55.12 / SM : 4:15.36 / SMK : 4:30.24 / I : 4:49.34 / II : 5:18.46 / III : 5:59.18 / IV : 7:14.42

Points: AQUA 2025

Rank	Name	YOB	Team	RT	Time	Points	Level
1.	FOMICOVS Maksims	12	Rezeknes BJSS	+0.74	<b>4:58.07</b>	402	II
	50m: 32.81 32.81	150m: 1:48.73	38.72	250m: 3:07.72	39.79	350m: 4:23.15	37.79
	100m: 1:10.01 37.20	200m: 2:27.93	39.20	300m: 3:45.36	37.64	400m: 4:58.07	34.92
2.	PRUZINSKIS Andris	13	Valmieras SS	+0.70	<b>4:58.22</b>	401	II
	50m: 32.10 32.10	150m: 1:47.16	38.25	250m: 3:04.50	38.68	350m: 4:21.54	38.04
	100m: 1:08.91 36.81	200m: 2:25.82	38.66	300m: 3:43.50	39.00	400m: 4:58.22	36.68
3.	RUKERIS Marcis	09	Bauskas BJSS	+0.71	<b>5:02.07</b>	386	II
	50m: 30.74 30.74	150m: 1:46.30	38.69	250m: 3:06.28	40.15	350m: 4:26.28	40.05
	100m: 1:07.61 36.87	200m: 2:26.13	39.83	300m: 3:46.23	39.95	400m: 5:02.07	35.79
4.	CILENBERGS Gustavs	13	Valmieras SS	+0.75	<b>5:07.82</b>	365	II
	50m: 31.41 31.41	150m: 1:47.46	38.92	250m: 3:08.11	40.15	350m: 4:29.24	40.31
	100m: 1:08.54 37.13	200m: 2:27.96	40.50	300m: 3:48.93	40.82	400m: 5:07.82	38.58
5.	BUKS Henrijs	13	Kekavas NSS	+0.69	<b>5:10.95</b>	354	II
	50m: 32.17 32.17	150m: 1:49.62	39.99	250m: 3:11.58	40.94	350m: 4:31.95	39.91
	100m: 1:09.63 37.46	200m: 2:30.64	41.02	300m: 3:52.04	40.46	400m: 5:10.95	39.00
6.	KAUPUZS Sergejs	09	Jurmalas SS	+0.80	<b>5:13.25</b>	346	II
	50m: 32.50 32.50	150m: 1:48.57	39.20	250m: 3:10.80	41.99	350m: 4:34.70	41.73
	100m: 1:09.37 36.87	200m: 2:28.81	40.24	300m: 3:52.97	42.17	400m: 5:13.25	38.55
7.	VIGULIS Kristofers	13	Kekavas NSS	+0.77	<b>5:20.01</b>	325	III
	50m: 34.12 34.12	150m: 1:55.35	41.95	250m: 3:17.85	41.18	350m: 4:40.08	40.77
	100m: 1:13.40 39.28	200m: 2:36.67	41.32	300m: 3:59.31	41.46	400m: 5:20.01	39.93
8.	CUBAROVS Vitalijs	11	SK Delfins	+0.58	<b>5:20.59</b>	323	III
	50m: 33.99 33.99	150m: 1:55.67	41.57	250m: 3:19.75	42.16	350m: 4:42.71	40.89
	100m: 1:14.10 40.11	200m: 2:37.59	41.92	300m: 4:01.82	42.07	400m: 5:20.59	37.88
9.	TREIGUTS Manu	14	PS Riga	+0.73	<b>5:23.56</b>	314	III
	50m: 37.43 37.43	150m: 2:00.13	41.67	250m: 3:23.83	42.41	350m: 4:44.38	40.05
	100m: 1:18.46 41.03	200m: 2:41.42	41.29	300m: 4:04.33	40.50	400m: 5:23.56	39.18
10.	MATUZKA Martins	12	Kekavas NSS	+0.70	<b>5:28.66</b>	300	III
	50m: 37.41 37.41	150m: 2:01.26	43.01	250m: 3:28.20	43.07	350m: 4:50.57	39.25
	100m: 1:18.25 40.84	200m: 2:45.13	43.87	300m: 4:11.32	43.12	400m: 5:28.66	38.09
11.	KAGIS Kristofers	15	Kipsalas peldbaseins GJ	+0.58	<b>5:32.98</b>	288	III
	50m: 38.68 38.68	150m: 2:01.97	41.78	250m: 3:28.29	43.28	350m: 4:52.80	41.65
	100m: 1:20.19 41.51	200m: 2:45.01	43.04	300m: 4:11.15	42.86	400m: 5:32.98	40.18
12.	EIHMANIS Ernests	12	Kekavas NSS	+0.69	<b>5:33.19</b>	288	III
	50m: 36.43 36.43	150m: 2:00.87	42.93	250m: 3:27.42	43.24	350m: 4:52.66	41.74
	100m: 1:17.94 41.51	200m: 2:44.18	43.31	300m: 4:10.92	43.50	400m: 5:33.19	40.53

NOSAC TIE APZ M JUMI:

Event - distance;

Points - punkti;

DSQ - diskvalifikacija;

DNS - nestartaja;

WDR - atteicis no starta;

Women - sievietes; Men - vrieši; Mixed - jaukt;

Butterfly - tauristils; Backstroke - mugura;

Breastroke - brass; Freestyle - brvais stils;

Medley - kompleks;

Best Performance by Points - augstvirgtgie rezultati pcc punktiem;

Open - atklata grupa;

Results - rezultati;

Prelim - priekšpeldjumi;

Finals - finalli

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Rank	Name	YOB	Team	RT	Time	Points	Level	
13.	BEIKERTS Rojs	12	Kekavas NSS	+0.81	<b>5:35.71</b>	281	III	
	50m: 36.83	36.83	150m: 2:01.87	43.39	250m: 3:30.70	44.75	350m: 4:57.25	42.91
	100m: 1:18.48	41.65	200m: 2:45.95	44.08	300m: 4:14.34	43.64	400m: 5:35.71	38.46
14.	STEPULS Kristaps	12	Rezeknes BJSS	+0.86	<b>5:36.53</b>	279	III	
	50m: 35.45	35.45	150m: 1:57.22	41.74	250m: 3:25.14	44.43	350m: 4:54.27	44.39
	100m: 1:15.48	40.03	200m: 2:40.71	43.49	300m: 4:09.88	44.74	400m: 5:36.53	42.26
15.	ISAKOVS Maksims	13	Kekavas NSS	+0.72	<b>5:40.47</b>	270	III	
	50m: 34.45	34.45	150m: 1:59.81	43.91	250m: 3:28.61	43.69	350m: 4:59.57	44.48
	100m: 1:15.90	41.45	200m: 2:44.92	45.11	300m: 4:15.09	46.48	400m: 5:40.47	40.90
16.	LEGZDINS Rodrigo	13	Kekavas NSS	+0.62	<b>5:41.69</b>	267	III	
	50m: 37.79	37.79	150m: 2:04.32	44.04	250m: 3:32.73	44.08	350m: 4:59.92	43.35
	100m: 1:20.28	42.49	200m: 2:48.65	44.33	300m: 4:16.57	43.84	400m: 5:41.69	41.77
17.	ZALCMANIS Henrijs	16	PK Ogre	+0.57	<b>5:42.71</b>	264	III	
	50m: 38.09	38.09	150m: 2:04.44	43.51	250m: 3:34.01	44.46	350m: 5:00.65	42.66
	100m: 1:20.93	42.84	200m: 2:49.55	45.11	300m: 4:17.99	43.98	400m: 5:42.71	42.06
18.	PAVLOVIC Matus	13	Kipsalas peldbaseins GJ	+0.87	<b>5:43.49</b>	262	III	
	50m: 39.38	39.38	150m: 2:07.13	43.31	250m: 3:34.35	43.55	350m: 5:01.70	43.48
	100m: 1:23.82	44.44	200m: 2:50.80	43.67	300m: 4:18.22	43.87	400m: 5:43.49	41.79
19.	AUSTRUMS Oskars	14	Kekavas NSS	+0.69	<b>5:54.90</b>	238	III	
	50m: 38.33	38.33	150m: 2:07.72	45.29	250m: 3:40.96	46.74	350m: 5:12.88	45.95
	100m: 1:22.43	44.10	200m: 2:54.22	46.50	300m: 4:26.93	45.97	400m: 5:54.90	42.02
20.	ZABINAKS Aleksandrs	14	Kipsalas peldbaseins AP	+0.71	<b>6:02.86</b>	223	IV	
	50m: 39.04	39.04	150m: 2:10.38	46.52	250m: 3:44.14	46.50	350m: 5:17.86	46.64
	100m: 1:23.86	44.82	200m: 2:57.64	47.26	300m: 4:31.22	47.08	400m: 6:02.86	45.00
21.	VIGULIS Ernests	15	Kekavas NSS	+0.72	<b>6:11.25</b>	208	IV	
	50m: 40.11	40.11	150m: 2:15.34	48.20	250m: 3:52.91	47.32	350m: 5:27.85	47.30
	100m: 1:27.14	47.03	200m: 3:05.59	50.25	300m: 4:40.55	47.64	400m: 6:11.25	43.40
22.	RASA Kristians	12	Bauskas BJSS		<b>6:33.39</b>	175	IV	
	50m: 38.95	38.95	150m: 2:17.76	50.09	250m: 3:59.08	50.14	350m: 5:43.13	52.25
	100m: 1:27.67	48.72	200m: 3:08.94	51.18	300m: 4:50.88	51.80	400m: 6:33.39	50.26
23.	BULIGA Karlis	13	Bauskas BJSS	+0.87	<b>7:05.14</b>	138	IV	
	50m: 44.94	44.94	150m: 2:29.85	53.78	250m: 4:21.04	55.43	350m: 6:11.30	55.20
	100m: 1:36.07	51.13	200m: 3:25.61	55.76	300m: 5:16.10	55.06	400m: 7:05.14	53.84
24.	RITIKOVS Dmitrijs	07	BJ para sporta apvieniba PCH		<b>7:47.13</b>	104		
	50m: 47.05	47.05	150m: 2:44.00	59.34	250m: 4:47.86	1:02.34	350m: 6:49.16	1:00.23
	100m: 1:44.66	57.61	200m: 3:45.52	1:01.52	300m: 5:48.93	1:01.07	400m: 7:47.13	57.97

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Best Performance by Points - augstvērtīgākie rezultāti pēc punktiem;

Open - atklātā grupa;

Results - rezultāti;

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