

Baltic States Championships
Riga, 7. - 8.3.2026

Event 9
07.03.2026 - 17:58

Men, 400m Freestyle

Open
Results Final

WA475 : 4:41.91

Points: AQUA 2025

Rank				YB				Time	Pts	RT	Team	
1.	VAICIUNAS Kostas			06	Lithuania			3:59.58	775	+0.69	7.00	
	50m:	26.98	26.98	150m:	1:25.69	29.89	250m:	2:27.64	31.29	350m:	3:30.05	30.90
	100m:	55.80	28.82	200m:	1:56.35	30.66	300m:	2:59.15	31.51	400m:	3:59.58	29.53
2.	LESSING Gerd Johan			09	Estonia			3:59.80	772	+0.65	5.00	
	50m:	26.91	26.91	150m:	1:26.66	30.16	250m:	2:28.74	31.13	350m:	3:31.26	30.97
	100m:	56.50	29.59	200m:	1:57.61	30.95	300m:	3:00.29	31.55	400m:	3:59.80	28.54
3.	MAESEPP Erik			09	Estonia			4:04.46	729	+0.73	4.00	
	50m:	28.09	28.09	150m:	1:28.73	30.67	250m:	2:30.96	31.19	350m:	3:34.12	31.68
	100m:	58.06	29.97	200m:	1:59.77	31.04	300m:	3:02.44	31.48	400m:	4:04.46	30.34
4.	PRIKS Robin			10	Estonia			4:08.09	697	+0.68	-	
	50m:	28.21	28.21	150m:	1:29.55	31.07	250m:	2:33.19	32.12	350m:	3:37.55	32.36
	100m:	58.48	30.27	200m:	2:01.07	31.52	300m:	3:05.19	32.00	400m:	4:08.09	30.54
5.	GRISKONIS Matas			08	Lithuania			4:14.84	643	+0.80	3.00	
	50m:	28.60	28.60	150m:	1:31.88	32.31	250m:	2:36.54	32.46	350m:	3:42.35	33.23
	100m:	59.57	30.97	200m:	2:04.08	32.20	300m:	3:09.12	32.58	400m:	4:14.84	32.49
6.	KIRGIZOVS Timurs			08	Latvia			4:15.58	638	+0.69	2.00	
	50m:	27.50	27.50	150m:	1:30.82	32.26	250m:	2:37.00	33.07	350m:	3:44.24	33.27
	100m:	58.56	31.06	200m:	2:03.93	33.11	300m:	3:10.97	33.97	400m:	4:15.58	31.34
7.	POTSEPP Martin			09	Estonia			4:19.12	612	+0.63	-	
	50m:	27.49	27.49	150m:	1:31.72	32.96	250m:	2:38.44	33.55	350m:	3:45.91	33.45
	100m:	58.76	31.27	200m:	2:04.89	33.17	300m:	3:12.46	34.02	400m:	4:19.12	33.21
8.	STAKNYS Vincentas			10	Lithuania			4:20.39	603	+0.42	-	
	50m:	29.49	29.49	150m:	1:35.47	33.18	250m:	2:42.60	33.29	350m:	3:48.73	32.54
	100m:	1:02.29	32.80	200m:	2:09.31	33.84	300m:	3:16.19	33.59	400m:	4:20.39	31.66