

Valmieras meistarsacikstes
Valmiera, 13. - 14.3.2026

Event 22
14.03.2026 - 12:00

Men, 400m Freestyle

2011 and older
Results

Points: AQUA 2025

Rank									YB					Time	Pts
1.	VITOLS Reinis								07	Rdsn				4:18.20	555
	50m:	28.61	28.61	150m:	1:35.41	34.02	250m:	2:42.87	33.74	350m:	3:48.28	31.90			
	100m:	1:01.39	32.78	200m:	2:09.13	33.72	300m:	3:16.38	33.51	400m:	4:18.20	29.92			
2.	BLUDENS Alekss								09	Valmieras SS				4:26.35	506
	50m:	29.25	29.25	150m:	1:36.16	34.19	250m:	2:44.68	34.34	350m:	3:53.29	33.88			
	100m:	1:01.97	32.72	200m:	2:10.34	34.18	300m:	3:19.41	34.73	400m:	4:26.35	33.06			
3.	MELNGARSS Eduards								10	Valmieras SS				4:33.13	469
	50m:	30.82	30.82	150m:	1:39.73	35.05	250m:	2:50.36	35.40	350m:	4:01.00	34.75			
	100m:	1:04.68	33.86	200m:	2:14.96	35.23	300m:	3:26.25	35.89	400m:	4:33.13	32.13			
4.	APSITIS Anrijs								07	BJAC Gauja Incukalns				4:42.25	425
	50m:	30.05	30.05	150m:	1:39.61	35.64	250m:	2:53.00	36.73	350m:	4:06.87	36.52			
	100m:	1:03.97	33.92	200m:	2:16.27	36.66	300m:	3:30.35	37.35	400m:	4:42.25	35.38			
5.	KOZLOVSKIS Mikelis								11	RSS Ridzene-DSN				5:14.95	306
	50m:	34.94	34.94	150m:	1:57.43	42.01	250m:	3:19.84	40.91	350m:	4:40.23	39.59			
	100m:	1:15.42	40.48	200m:	2:38.93	41.50	300m:	4:00.64	40.80	400m:	5:14.95	34.72			