

Valmieras meistarsacikstes  
Valmiera, 13. - 14.3.2026

Event 24  
14.03.2026 - 12:15

Men, 400m Medley

2011 and older  
Results

Points: AQUA 2025

Rank									YB									Time	Pts
1.	SPOLITIS Emils								08	Valmieras SS								<b>4:41.36</b>	581
	50m:	30.01	30.01	150m:	1:41.51	36.43	250m:	2:56.60	39.99	350m:	4:09.65	33.14							
	100m:	1:05.08	35.07	200m:	2:16.61	35.10	300m:	3:36.51	39.91	400m:	4:41.36	31.71							
2.	FOGELS Gustavs Regnars								10	Valmieras SS								<b>5:13.01</b>	422
	50m:	31.77	31.77	150m:	1:52.14	40.70	250m:	3:18.28	45.55	350m:	4:38.83	35.00							
	100m:	1:11.44	39.67	200m:	2:32.73	40.59	300m:	4:03.83	45.55	400m:	5:13.01	34.18							
3.	SILINS Mikus								07	Valmieras SS								<b>5:13.22</b>	421
	50m:	32.29	32.29	150m:	1:51.59	39.67	250m:	3:15.11	44.61	350m:	4:38.12	37.22							
	100m:	1:11.92	39.63	200m:	2:30.50	38.91	300m:	4:00.90	45.79	400m:	5:13.22	35.10							
4.	MILLERS Janis								11	Valmieras SS								<b>5:45.48</b>	313
	50m:	36.03	36.03	150m:	2:05.40	44.84	250m:	3:37.56	48.59	350m:	5:07.35	40.85							
	100m:	1:20.56	44.53	200m:	2:48.97	43.57	300m:	4:26.50	48.94	400m:	5:45.48	38.13							
DSQ	OZOLS Kristers								10	Valmieras SS								<b>6:12.52</b>	
	<i>(Time: 12:00), Pagriezins no tauri stila uz krauls uz muguras - piesk riens ar vienu roku</i>																		
	50m:	44.29	44.29	150m:	2:24.01	47.29	250m:	4:01.19	49.91	350m:	5:33.66	41.52							
	100m:	1:36.72	52.43	200m:	3:11.28	47.27	300m:	4:52.14	50.95	400m:	6:12.52	38.86							