

Event 33 Men, 400m Freestyle Open  
2026-04-26 - 16:15 Results Finals

Lithuanian Records	3:43.36	Danas, RAPSYS	PZEM	Budapest (HUN)	2019-05-12
Lithuanian Age Group Records - 16	3:57.12	Povilas, STRAZDAS	VMSC	Berlin (GER)	2013-03-01
Lithuanian Age Group Records - 14	4:07.41	Vilius, KERŠYS	KPM	Klaipėda	2025-06-13
Lithuanian Age Group Records - 12	4:29.24	Mykolas, TUSKENIS	VMSC	Kaunas	2022-04-08

Varžyb. normatyvai 25m: 4:43.42 / ECQ : 3:50.58 / EJCQ - 18: 3:58.02

Points: AQUA 2025

Rank			YB			Time			Pts
<b>Final A</b>									
1.	Kristupas, TREPO KA		06	Panevžio Žemyna		<b>3:52.84</b>			844
	50m: 25.80 25.80	150m: 1:23.34		29.02	250m: 2:22.90	30.04	350m: 3:23.81		30.37
	100m: 54.32 28.52	200m: 1:52.86		29.52	300m: 2:53.44	30.54	400m: 3:52.84		29.03
2.	Heorhii, LUKASHEV		04	Ukraine		<b>3:56.87</b>			801
	50m: 26.59 26.59	150m: 1:25.00		29.75	250m: 2:25.68	30.59	350m: 3:27.07		30.64
	100m: 55.25 28.66	200m: 1:55.09		30.09	300m: 2:56.43	30.75	400m: 3:56.87		29.80
3.	Kostas, VAIŠNAS		06	Panevžio Žemyna		<b>3:58.51</b>			785
	50m: 27.26 27.26	150m: 1:26.99		30.51	250m: 2:28.45	30.77	350m: 3:29.70		30.12
	100m: 56.48 29.22	200m: 1:57.68		30.69	300m: 2:59.58	31.13	400m: 3:58.51		28.81
4.	Mark, ILTSISIN		06	Kalevi Ujumiskool		<b>3:59.14</b>			779
	50m: 27.13 27.13	150m: 1:26.79		30.12	250m: 2:28.44	30.90	350m: 3:30.28		30.85
	100m: 56.67 29.54	200m: 1:57.54		30.75	300m: 2:59.43	30.99	400m: 3:59.14		28.86
5.	Matas, GRIŠKONIS		08	Kauno PM		<b>4:07.32</b>			704
	50m: 26.89 26.89	150m: 1:28.28		31.11	250m: 2:31.70	31.79	350m: 3:35.73		32.03
	100m: 57.17 30.28	200m: 1:59.91		31.63	300m: 3:03.70	32.00	400m: 4:07.32		31.59
6.	Vytautas, GRIGAS		09	Druskininkų SC		<b>4:16.32</b>			632
	50m: 27.02 27.02	150m: 1:30.67		32.48	250m: 2:37.40	33.82	350m: 3:44.76		33.34
	100m: 58.19 31.17	200m: 2:03.58		32.91	300m: 3:11.42	34.02	400m: 4:16.32		31.56
7.	Pijus, GUVENIUS		03	LTU Aquatics 19+		<b>4:17.34</b>			625
	50m: 28.54 28.54	150m: 1:32.37		32.52	250m: 2:39.18	33.47	350m: 3:45.92		32.99
	100m: 59.85 31.31	200m: 2:05.71		33.34	300m: 3:12.93	33.75	400m: 4:17.34		31.42
8.	Vilius, ZABLOCKIS		09	Kauno SM Startas		<b>4:22.50</b>			589
	50m: 28.72 28.72	150m: 1:33.88		33.51	250m: 2:41.34	34.21	350m: 3:49.47		34.45
	100m: 1:00.37 31.65	200m: 2:07.13		33.25	300m: 3:15.02	33.68	400m: 4:22.50		33.03
<b>Final B</b>									
9.	Martin, POTSEPP		09	TOPi Ujumisklubi		<b>4:16.32</b>			632
	50m: 27.40 27.40	150m: 1:30.98		32.14	250m: 2:37.69	33.39	350m: 3:44.44		33.36
	100m: 58.84 31.44	200m: 2:04.30		33.32	300m: 3:11.08	33.39	400m: 4:16.32		31.88
10.	Giedrius, CIRTAUTAS		07	Klaipėdos Gintaro SC		<b>4:17.92</b>			621
	50m: 28.66 28.66	150m: 1:33.37		32.65	250m: 2:39.54	33.35	350m: 3:46.00		33.54
	100m: 1:00.72 32.06	200m: 2:06.19		32.82	300m: 3:12.46	32.92	400m: 4:17.92		31.92
11.	Simonas, ŽILKAS		09	Sostinės sporto centras		<b>4:19.28</b>			611
	50m: 27.82 27.82	150m: 1:33.69		33.61	250m: 2:41.52	33.65	350m: 3:47.73		32.71
	100m: 1:00.08 32.26	200m: 2:07.87		34.18	300m: 3:15.02	33.50	400m: 4:19.28		31.55
12.	Matvei, KORJAKIN		10	Spordiklubi Garant		<b>4:22.17</b>			591
	50m: 29.48 29.48	150m: 1:34.71		33.29	250m: 2:41.63	32.97	350m: 3:48.97		33.38
	100m: 1:01.42 31.94	200m: 2:08.66		33.95	300m: 3:15.59	33.96	400m: 4:22.17		33.20
13.	Vincentas, STAKNYŠ		10	Palangos SC		<b>4:22.30</b>			590
	50m: 29.03 29.03	150m: 1:35.38		34.06	250m: 2:43.01	34.02	350m: 3:50.29		33.27
	100m: 1:01.32 32.29	200m: 2:08.99		33.61	300m: 3:17.02	34.01	400m: 4:22.30		32.01
14.	Lukas, MATUSEVIČIUS		10	Kauno SM Startas		<b>4:23.56</b>			582
	50m: 28.72 28.72	150m: 1:35.10		33.62	250m: 2:43.39	34.18	350m: 3:51.63		33.91
	100m: 1:01.48 32.76	200m: 2:09.21		34.11	300m: 3:17.72	34.33	400m: 4:23.56		31.93

Event 33, Men, 400m Freestyle, Final, Open

Rank			YB						Time	Pts
15.	Emilis, VASILIAUSKAS		10		Kauno PM				<b>4:23.75</b>	580
	50m:	28.41 28.41	150m:	1:34.85	33.67	250m:	2:43.18	34.06	350m:	3:51.20 34.11
	100m:	1:01.18 32.77	200m:	2:09.12	34.27	300m:	3:17.09	33.91	400m:	4:23.75 32.55
16.	Daniil, KOSHEVAROV		08		Spordiklubi Garant				<b>4:28.15</b>	552
	50m:	29.60 29.60	150m:	1:36.65	33.81	250m:	2:45.26	33.91	350m:	3:54.60 34.33
	100m:	1:02.84 33.24	200m:	2:11.35	34.70	300m:	3:20.27	35.01	400m:	4:28.15 33.55