

Siguldas Sporta skolas atklatas sacensibas KOMPLEKSS 2026
Sigulda, 17.4.2026

Event 6 Men, 400m Medley 2014 and older
17.04.2026 Results

Points: AQUA 2025

| Rank | YB | | | | | | | | Time | Pts | | |
|------|-------------------|---------|---------|-------|---------|-------|-------|---------|---------|-----------------------|----------------|-------|
| 1. | GRANTS, Jekabs | | | | | | | | 10 | Siguldas Sporta skola | 5:28.40 | 365 |
| | 50m: | 32.76 | 32.76 | 150m: | 1:57.90 | 43.53 | 250m: | 3:25.78 | 45.36 | 350m: | 4:50.82 | 39.10 |
| | 100m: | 1:14.37 | 41.61 | 200m: | 2:40.42 | 42.52 | 300m: | 4:11.72 | 45.94 | 400m: | 5:28.40 | 37.58 |
| 2. | DABOLINS, Valters | | | | | | | | 12 | Siguldas Sporta skola | 5:44.02 | 317 |
| | 50m: | 34.43 | 34.43 | 150m: | 2:00.46 | 45.25 | 250m: | 3:35.13 | 49.38 | 350m: | 5:05.93 | 42.26 |
| | 100m: | 1:15.21 | 40.78 | 200m: | 2:45.75 | 45.29 | 300m: | 4:23.67 | 48.54 | 400m: | 5:44.02 | 38.09 |
| 3. | PATASS, Patriks | | | | | | | | 09 | Siguldas Sporta skola | 5:56.06 | 286 |
| | 50m: | 39.25 | 39.25 | 150m: | 2:12.38 | 43.62 | 250m: | 3:46.36 | 49.70 | 350m: | 5:17.76 | 40.89 |
| | 100m: | 1:28.76 | 49.51 | 200m: | 2:56.66 | 44.28 | 300m: | 4:36.87 | 50.51 | 400m: | 5:56.06 | 38.30 |
| 4. | PUMPURS, Edvards | | | | | | | | 10 | Siguldas Sporta skola | 5:56.52 | 285 |
| | 50m: | 40.20 | 40.20 | 150m: | 2:14.09 | 46.58 | 250m: | 3:50.60 | 50.44 | 350m: | 5:20.31 | 38.98 |
| | 100m: | 1:27.51 | 47.31 | 200m: | 3:00.16 | 46.07 | 300m: | 4:41.33 | 50.73 | 400m: | 5:56.52 | 36.21 |
| 5. | BERZINS, Gusts | | | | | | | | 13 | Siguldas Sporta skola | 6:08.15 | 259 |
| | 50m: | 40.51 | 40.51 | 150m: | 2:15.04 | 47.09 | 250m: | 3:55.28 | 53.78 | 350m: | 5:28.96 | 40.24 |
| | 100m: | 1:27.95 | 47.44 | 200m: | 3:01.50 | 46.46 | 300m: | 4:48.72 | 53.44 | 400m: | 6:08.15 | 39.19 |
| 6. | PUCURS, Klavs | | | | | | | | 13 | Siguldas Sporta skola | 6:54.61 | 181 |
| | 50m: | 41.00 | 41.00 | 150m: | 2:29.34 | 53.28 | 250m: | 4:21.48 | 1:03.07 | 350m: | 6:10.23 | 45.29 |
| | 100m: | 1:36.06 | 55.06 | 200m: | 3:18.41 | 49.07 | 300m: | 5:24.94 | 1:03.46 | 400m: | 6:54.61 | 44.38 |
| 7. | KRUKLIS, Jekabs | | | | | | | | 14 | Siguldas Sporta skola | 7:12.10 | 160 |
| | 50m: | 51.71 | 51.71 | 150m: | 2:49.30 | 57.31 | 250m: | 4:41.25 | 57.76 | 350m: | 6:25.38 | 47.06 |
| | 100m: | 1:51.99 | 1:00.28 | 200m: | 3:43.49 | 54.19 | 300m: | 5:38.32 | 57.07 | 400m: | 7:12.10 | 46.72 |
| 8. | SVERNS, Janis | | | | | | | | 12 | Siguldas Sporta skola | 7:28.38 | 143 |
| | 50m: | 53.95 | 53.95 | 150m: | 2:55.54 | 58.15 | 250m: | 4:53.75 | 1:02.31 | 350m: | 6:41.34 | 47.15 |
| | 100m: | 1:57.39 | 1:03.44 | 200m: | 3:51.44 | 55.90 | 300m: | 5:54.19 | 1:00.44 | 400m: | 7:28.38 | 47.04 |