

VIII Latvian Masters Championships
Riga, 2. - 3.5.2026

Event 3
02.05.2026 - 19:25

Men, 400m Freestyle

2008 and older
Results

Points: AQUA Master 2025

Rank			YB			Time	Pts	Team
YOB 1992 - 1996								
1.	GOLDMANIS Niks		94	PK Kobras		4:54.21	530	9.00
	50m:	31.87 31.87	150m:	1:45.69 37.46	250m:	3:01.81 38.43	350m:	4:17.78 38.09
	100m:	1:08.23 36.36	200m:	2:23.38 37.69	300m:	3:39.69 37.88	400m:	4:54.21 36.43
2.	ABOLINS Toms		92	PK Kobras		4:57.41	513	8.00
	50m:	33.57 33.57	150m:	1:46.43 36.77	250m:	3:02.09 37.75	350m:	4:18.98 38.61
	100m:	1:09.66 36.09	200m:	2:24.34 37.91	300m:	3:40.37 38.28	400m:	4:57.41 38.43
YOB 1987 - 1991								
1.	FROLOVS Aleksandrs		90	Hovedstadens Svømmeklub		4:49.02	578	10.00
	50m:	32.10 32.10	150m:	1:45.80 36.83	250m:	3:00.15 37.36	350m:	4:14.04 36.84
	100m:	1:08.97 36.87	200m:	2:22.79 36.99	300m:	3:37.20 37.05	400m:	4:49.02 34.98
2.	SOLODUHA Artjoms		88	PK Riga		5:00.88	512	7.00
	50m:	32.21 32.21	150m:	1:45.37 37.55	250m:	3:02.91 39.21	350m:	4:21.85 39.65
	100m:	1:07.82 35.61	200m:	2:23.70 38.33	300m:	3:42.20 39.29	400m:	5:00.88 39.03
YOB 1982 - 1986								
1.	VAIMANN Toomas		84	Meisterujumise U-Klubi		5:24.08	441	6.00
	50m:	33.70 33.70	150m:	1:50.92 39.76	250m:	3:15.41 42.31	350m:	4:41.78 43.20
	100m:	1:11.16 37.46	200m:	2:33.10 42.18	300m:	3:58.58 43.17	400m:	5:24.08 42.30
YOB 1977 - 1981								
1.	KATLAPS Karlis		78	PK Kobras		5:40.80	393	3.00
	50m:	37.76 37.76	150m:	2:04.29 43.82	250m:	3:34.52 45.26	350m:	5:01.49 41.96
	100m:	1:20.47 42.71	200m:	2:49.26 44.97	300m:	4:19.53 45.01	400m:	5:40.80 39.31
2.	KULLERKUPP Margus		79	Ujumisklubi Briis		5:41.44	390	2.00
	50m:	37.79 37.79	150m:	2:01.88 42.33	250m:	3:27.92 43.05	350m:	4:56.24 44.24
	100m:	1:19.55 41.76	200m:	2:44.87 42.99	300m:	4:12.00 44.08	400m:	5:41.44 45.20
3.	BUNA Janis		77	Latvijas UF		6:39.58	243	-
	50m:	40.51 40.51	150m:	2:19.51 50.00	250m:	4:03.64 52.21	350m:	5:48.96 50.88
	100m:	1:29.51 49.00	200m:	3:11.43 51.92	300m:	4:58.08 54.44	400m:	6:39.58 50.62
YOB 1972 - 1976								
1.	BUTRIMAS Tomas		76	Kaisiadoriu plaukiam		5:52.70	382	1.00
	50m:	40.51 40.51	150m:	2:08.70 44.50	250m:	3:38.90 45.32	350m:	5:10.26 45.93
	100m:	1:24.20 43.69	200m:	2:53.58 44.88	300m:	4:24.33 45.43	400m:	5:52.70 42.44
2.	JEGOROVS Maksims		75	PK Riga		6:35.48	271	-
	50m:	34.31 34.31	150m:	2:06.86 48.74	250m:	3:51.12 53.28	350m:	5:43.59 54.82
	100m:	1:18.12 43.81	200m:	2:57.84 50.98	300m:	4:48.77 57.65	400m:	6:35.48 51.89

VIII Latvian Masters Championships
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Event 3, Men, 400m Freestyle

YOB 1952 - 1956

1. GARENČIKS Raimonds	55	PK Riga	6:37.84	419	4.00
50m: 45.74 45.74	150m: 2:24.57	50.10	250m: 4:05.44	50.61	350m: 5:48.07 51.02
100m: 1:34.47 48.73	200m: 3:14.83	50.26	300m: 4:57.05	51.61	400m: 6:37.84 49.77

YOB 1947 - 1951

1. LAHT Lembit	49	Meisterujumise U-Klubi	7:00.47	431	5.00
50m: 54.06 54.06	150m: 2:41.39	52.99	250m: 4:29.30	54.80	350m: 6:13.24 52.76
100m: 1:48.40 54.34	200m: 3:34.50	53.11	300m: 5:20.48	51.18	400m: 7:00.47 47.23

2008 and older

1. FROLOVS Aleksandrs	90	Hovedstadens Svømmeklub	4:49.02	578	10.00
50m: 32.10 32.10	150m: 1:45.80	36.83	250m: 3:00.15	37.36	350m: 4:14.04 36.84
100m: 1:08.97 36.87	200m: 2:22.79	36.99	300m: 3:37.20	37.05	400m: 4:49.02 34.98
2. GOLDMANIS Niks	94	PK Kobras	4:54.21	530	9.00
50m: 31.87 31.87	150m: 1:45.69	37.46	250m: 3:01.81	38.43	350m: 4:17.78 38.09
100m: 1:08.23 36.36	200m: 2:23.38	37.69	300m: 3:39.69	37.88	400m: 4:54.21 36.43
3. ABOLINS Toms	92	PK Kobras	4:57.41	513	8.00
50m: 33.57 33.57	150m: 1:46.43	36.77	250m: 3:02.09	37.75	350m: 4:18.98 38.61
100m: 1:09.66 36.09	200m: 2:24.34	37.91	300m: 3:40.37	38.28	400m: 4:57.41 38.43
4. SOLODUHA Artjoms	88	PK Riga	5:00.88	512	7.00
50m: 32.21 32.21	150m: 1:45.37	37.55	250m: 3:02.91	39.21	350m: 4:21.85 39.65
100m: 1:07.82 35.61	200m: 2:23.70	38.33	300m: 3:42.20	39.29	400m: 5:00.88 39.03
5. VAIMANN Toomas	84	Meisterujumise U-Klubi	5:24.08	441	6.00
50m: 33.70 33.70	150m: 1:50.92	39.76	250m: 3:15.41	42.31	350m: 4:41.78 43.20
100m: 1:11.16 37.46	200m: 2:33.10	42.18	300m: 3:58.58	43.17	400m: 5:24.08 42.30
6. LAHT Lembit	49	Meisterujumise U-Klubi	7:00.47	431	5.00
50m: 54.06 54.06	150m: 2:41.39	52.99	250m: 4:29.30	54.80	350m: 6:13.24 52.76
100m: 1:48.40 54.34	200m: 3:34.50	53.11	300m: 5:20.48	51.18	400m: 7:00.47 47.23
7. GARENČIKS Raimonds	55	PK Riga	6:37.84	419	4.00
50m: 45.74 45.74	150m: 2:24.57	50.10	250m: 4:05.44	50.61	350m: 5:48.07 51.02
100m: 1:34.47 48.73	200m: 3:14.83	50.26	300m: 4:57.05	51.61	400m: 6:37.84 49.77
8. KATLAPS Karlis	78	PK Kobras	5:40.80	393	3.00
50m: 37.76 37.76	150m: 2:04.29	43.82	250m: 3:34.52	45.26	350m: 5:01.49 41.96
100m: 1:20.47 42.71	200m: 2:49.26	44.97	300m: 4:19.53	45.01	400m: 5:40.80 39.31
9. KULLERKUPP Margus	79	Ujumisklubi Briis	5:41.44	390	2.00
50m: 37.79 37.79	150m: 2:01.88	42.33	250m: 3:27.92	43.05	350m: 4:56.24 44.24
100m: 1:19.55 41.76	200m: 2:44.87	42.99	300m: 4:12.00	44.08	400m: 5:41.44 45.20
10. BUTRIMAS Tomas	76	Kaisiadoriu plaukiam	5:52.70	382	1.00
50m: 40.51 40.51	150m: 2:08.70	44.50	250m: 3:38.90	45.32	350m: 5:10.26 45.93
100m: 1:24.20 43.69	200m: 2:53.58	44.88	300m: 4:24.33	45.43	400m: 5:52.70 42.44
11. JEGOROVS Maksims	75	PK Riga	6:35.48	271	-
50m: 34.31 34.31	150m: 2:06.86	48.74	250m: 3:51.12	53.28	350m: 5:43.59 54.82
100m: 1:18.12 43.81	200m: 2:57.84	50.98	300m: 4:48.77	57.65	400m: 6:35.48 51.89
12. BUNA Janis	77	Latvijas UF	6:39.58	243	-
50m: 40.51 40.51	150m: 2:19.51	50.00	250m: 4:03.64	52.21	350m: 5:48.96 50.88
100m: 1:29.51 49.00	200m: 3:11.43	51.92	300m: 4:58.08	54.44	400m: 6:39.58 50.62