

Lietuvos plaukimo žiemos pirmenybės  
Alytus, 17- - 19-2-2022

Event 35 Men, 400m Freestyle Open  
2022-02-19 - 17:09 Results Final

Lithuanian Age Group Records - 16	3:57.12	Povilas, STRAZDAS	VMSC	Berlin (GER)	2013
Lithuanian Age Group Records - 14	4:08.52	Povilas, STRAZDAS	VMSC	Alytus	2011
Lithuanian Age Group Records - 12	4:33.13	Mykolas, TUSKENIS	VMSC	Alytus	2022
Lithuanian Records	3:43.36	Danas, RAPSYS	PZEM	Budapest (HUN)	2019

Varžybų normatyvai 50m: 4:47.18 - 25m: 4:36.97

Points: Rudolph Table 2020

Rank			YB							Time	Pts	
1.	Danas, RAPŠYS		95	Panevėžio Žemyna						<b>3:51.97</b>	16,4	
	50m:	26.11	26.11	150m:	1:25.46	29.91	250m:	2:24.64	29.55	350m:	3:23.98	29.41
	100m:	55.55	29.44	200m:	1:55.09	29.63	300m:	2:54.57	29.93	400m:	3:51.97	27.99
2.	Tomas, NAVIKONIS		03	Panevėžio Žemyna						<b>4:05.67</b>	14,1	
	50m:	27.55	27.55	150m:	1:29.29	31.06	250m:	2:31.82	31.36	350m:	3:35.06	31.32
	100m:	58.23	30.68	200m:	2:00.46	31.17	300m:	3:03.74	31.92	400m:	4:05.67	30.61
3.	Deividas, KAZILAS		02	Panevėžio Žemyna						<b>4:06.73</b>	12,0	
	50m:	27.86	27.86	150m:	1:31.15	31.85	250m:	2:34.53	31.56	350m:	3:37.90	31.73
	100m:	59.30	31.44	200m:	2:02.97	31.82	300m:	3:06.17	31.64	400m:	4:06.73	28.83
4.	Džiugas, MIŠKINIS		05	Kauno PM						<b>4:07.08</b>	15,6	
	50m:	28.06	28.06	150m:	1:30.47	31.29	250m:	2:33.85	31.64	350m:	3:37.07	31.43
	100m:	59.18	31.12	200m:	2:02.21	31.74	300m:	3:05.64	31.79	400m:	4:07.08	30.01
5.	Matas, INGA		05	Panevėžio Žemyna						<b>4:10.41</b>	14,6	
	50m:	27.72	27.72	150m:	1:32.10	32.44	250m:	2:37.21	32.66	350m:	3:41.03	30.17
	100m:	59.66	31.94	200m:	2:04.55	32.45	300m:	3:10.86	33.65	400m:	4:10.41	29.38
6.	Nojus, SKIRUTIS		03	Kauno PM						<b>4:10.69</b>	12,7	
	50m:	27.81	27.81	150m:	1:30.76	32.09	250m:	2:35.25	32.46	350m:	3:40.80	32.95
	100m:	58.67	30.86	200m:	2:02.79	32.03	300m:	3:07.85	32.60	400m:	4:10.69	29.89
7.	Kostas, VAIŠKAS		06	Panevėžio Žemyna						<b>4:11.21</b>	15,5	
	50m:	29.19	29.19	150m:	1:32.97	31.70	250m:	2:36.72	31.48	350m:	3:40.95	31.45
	100m:	1:01.27	32.08	200m:	2:05.24	32.27	300m:	3:09.50	32.78	400m:	4:11.21	30.26
8.	Povilas, STRAZDAS		96	Plaukimo mokykla Nemunas						<b>4:15.25</b>	9,5	
	50m:	29.19	29.19	150m:	1:33.83	32.58	250m:	2:39.33	32.69	350m:	3:44.63	32.76
	100m:	1:01.25	32.06	200m:	2:06.64	32.81	300m:	3:11.87	32.54	400m:	4:15.25	30.62