

Lithuanian Open Winter Championships
Kaunas, 28- - 30-1-2016

Event 10
2016-01-28 - 18:02

Men, 400m Komplexinis plaukimas

Open
Results

LR 4:19.65 Vytautas JANUŠAITIS KPM Canet (FRA) 2009-06-10

Laiko normatyvas : 5:27.67

Points: FINA 2015

Rank			YB							Time	Pts
1.	Ivan ZHUKAU		99	RCOP Belarus						4:39.16	666
	50m:	30.46 30.46	150m:	1:43.71	38.28	250m:	2:57.10	36.78	350m:	4:07.05	32.78
	100m:	1:05.43 34.97	200m:	2:20.32	36.61	300m:	3:34.27	37.17	400m:	4:39.16	32.11
2.	Lukas RUTKAUSKAS		96	Kauno Centro SM						4:50.46	591
	50m:	28.64 28.64	150m:	1:41.93	38.16	250m:	3:00.00	40.79	350m:	4:16.48	34.57
	100m:	1:03.77 35.13	200m:	2:19.21	37.28	300m:	3:41.91	41.91	400m:	4:50.46	33.98
3.	Vytenis VAIŠVILAS		97	Vilniaus MSC						4:56.88	554
	50m:	30.44 30.44	150m:	1:44.91	38.72	250m:	3:07.44	43.84	350m:	4:25.97	34.46
	100m:	1:06.19 35.75	200m:	2:23.60	38.69	300m:	3:51.51	44.07	400m:	4:56.88	30.91
4.	Gytis BIELINIS		96	Kauno Centro SM						4:57.70	549
	50m:	31.48 31.48	150m:	1:48.03	39.56	250m:	3:08.64	43.14	350m:	4:25.97	33.51
	100m:	1:08.47 36.99	200m:	2:25.50	37.47	300m:	3:52.46	43.82	400m:	4:57.70	31.73
5.	Žygimantas BIMBA		97	Utenos DSC						4:59.58	539
	50m:	31.68 31.68	150m:	1:49.74	39.99	250m:	3:10.82	42.33	350m:	4:28.11	34.05
	100m:	1:09.75 38.07	200m:	2:28.49	38.75	300m:	3:54.06	43.24	400m:	4:59.58	31.47
6.	Martynas LAURUŠKA		98	Panev žio Žemyna						5:01.20	530
	50m:	31.14 31.14	150m:	1:48.63	40.38	250m:	3:09.62	41.52	350m:	4:27.49	35.24
	100m:	1:08.25 37.11	200m:	2:28.10	39.47	300m:	3:52.25	42.63	400m:	5:01.20	33.71
7.	Rokas DREVINSKAS		00	Kauno PM						5:08.27	494
	50m:	31.76 31.76	150m:	1:48.40	39.84	250m:	3:11.02	43.15	350m:	4:32.57	36.54
	100m:	1:08.56 36.80	200m:	2:27.87	39.47	300m:	3:56.03	45.01	400m:	5:08.27	35.70
8.	Dovydas ŠLEVAS		99	Kauno Centro SM						5:08.52	493
	50m:	30.95 30.95	150m:	1:49.46	41.97	250m:	3:14.53	44.48	350m:	4:35.37	35.32
	100m:	1:07.49 36.54	200m:	2:30.05	40.59	300m:	4:00.05	45.52	400m:	5:08.52	33.15
9.	Martynas KASPERAVI IUS		94	Šiauli Delfinas-VJSUC						5:10.29	485
	50m:	31.23 31.23	150m:	1:49.59	41.38	250m:	3:12.62	42.96	350m:	4:34.34	37.99
	100m:	1:08.21 36.98	200m:	2:29.66	40.07	300m:	3:56.35	43.73	400m:	5:10.29	35.95
10.	Eugenijus RAKITINAS		80	Ignalinos PK						5:13.77	469
	50m:	32.56 32.56	150m:	1:51.97	41.14	250m:	3:16.24	44.45	350m:	4:37.57	37.02
	100m:	1:10.83 38.27	200m:	2:31.79	39.82	300m:	4:00.55	44.31	400m:	5:13.77	36.20
11.	Paulius KONSTANTINOV		01	Vilniaus MSC						5:17.06	454
	50m:	31.98 31.98	150m:	1:53.37	42.20	250m:	3:18.89	44.88	350m:	4:41.98	37.62
	100m:	1:11.17 39.19	200m:	2:34.01	40.64	300m:	4:04.36	45.47	400m:	5:17.06	35.08
12.	Mantas ZUPKAUSKAS		01	Vilniaus MSC						5:20.59	440
	50m:	33.70 33.70	150m:	1:54.33	40.85	250m:	3:20.62	46.74	350m:	4:45.49	37.60
	100m:	1:13.48 39.78	200m:	2:33.88	39.55	300m:	4:07.89	47.27	400m:	5:20.59	35.10
13.	Gedvydas MASIULIS		00	Kauno Centro SM						5:22.82	430
	50m:	31.78 31.78	150m:	1:53.16	43.18	250m:	3:22.00	48.49	350m:	4:48.65	36.09
	100m:	1:09.98 38.20	200m:	2:33.51	40.35	300m:	4:12.56	50.56	400m:	5:22.82	34.17
14.	Dominykas VYŠNIAUSKAS		02	Kauno PM						6:11.25	283 *
	50m:	44.06 44.06	150m:	2:20.51	46.63	250m:	3:59.87	54.15	350m:	5:32.83	41.81
	100m:	1:33.88 49.82	200m:	3:05.72	45.21	300m:	4:51.02	51.15	400m:	6:11.25	38.42