

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

Event 14
2016-01-29 - 10:00

Men, 400m Laisvas stilius

Open
Results Prelim

LR 3:54.62 Povilas STRAZDAS VVSM Riga (LAT) 2014-03-07

Laiko normatyvas : 4:56.46

Points: FINA 2015

Rank			YB					Time	Pts	
1.	Alexei SANCOV		99	Moldova				4:08.49	694	A
	50m:	27.45 27.45	150m:	1:30.12	31.70	250m:	2:33.36	31.09	350m:	3:37.40 32.32
	100m:	58.42 30.97	200m:	2:02.27	32.15	300m:	3:05.08	31.72	400m:	4:08.49 31.09
2.	Mikhail STRAITSELEU		00	RCOP Belarus				4:14.22	648	A
	50m:	27.85 27.85	150m:	1:32.11	32.56	250m:	2:37.41	32.64	350m:	3:42.63 32.25
	100m:	59.55 31.70	200m:	2:04.77	32.66	300m:	3:10.38	32.97	400m:	4:14.22 31.59
3.	Mikita DASHKO		98	RCOP Belarus				4:16.68	630	A
	50m:	29.47 29.47	150m:	1:34.40	32.76	250m:	2:40.36	33.38	350m:	3:46.28 33.04
	100m:	1:01.64 32.17	200m:	2:06.98	32.58	300m:	3:13.24	32.88	400m:	4:16.68 30.40
4.	Simas ŽIAUKAS		91	Kauno Centro SM				4:16.80	629	A
	50m:	29.56 29.56	150m:	1:34.56	32.52	250m:	2:40.19	32.98	350m:	3:46.28 32.96
	100m:	1:02.04 32.48	200m:	2:07.21	32.65	300m:	3:13.32	33.13	400m:	4:16.80 30.52
5.	Jonas ZAKARAUSKAS		95	Kauno Centro SM				4:17.59	623	A
	50m:	29.35 29.35	150m:	1:35.36	33.06	250m:	2:41.32	33.01	350m:	3:47.15 33.21
	100m:	1:02.30 32.95	200m:	2:08.31	32.95	300m:	3:13.94	32.62	400m:	4:17.59 30.44
6.	Grigorijs PODLESNIJS		97	Liepajas KSS-EZER				4:17.81	621	A
	50m:	29.80 29.80	150m:	1:36.02	33.67	250m:	2:42.07	33.31	350m:	3:48.01 33.11
	100m:	1:02.35 32.55	200m:	2:08.76	32.74	300m:	3:14.90	32.83	400m:	4:17.81 29.80
7.	Kanstantsin KURACHKIN		00	Minsk Start				4:19.65	608	A
	50m:	28.67 28.67	150m:	1:35.44	33.13	250m:	2:42.18	33.16	350m:	3:48.68 33.11
	100m:	1:02.31 33.64	200m:	2:09.02	33.58	300m:	3:15.57	33.39	400m:	4:19.65 30.97
8.	Tomas MIKALAUSKAS		97	Kauno Centro SM				4:23.56	582	A
	50m:	29.68 29.68	150m:	1:36.93	34.16	250m:	2:44.23	33.33	350m:	3:50.50 33.30
	100m:	1:02.77 33.09	200m:	2:10.90	33.97	300m:	3:17.20	32.97	400m:	4:23.56 33.06
9.	Deividas IVANAUSKAS		99	Kauno Centro SM				4:24.69	574	R
	50m:	30.02 30.02	150m:	1:36.46	34.08	250m:	2:44.67	34.65	350m:	3:52.29 34.00
	100m:	1:02.38 32.36	200m:	2:10.02	33.56	300m:	3:18.29	33.62	400m:	4:24.69 32.40
10.	Dzianis SHAPSHUK		99	RCOP Belarus				4:25.14	571	R
	50m:	29.65 29.65	150m:	1:34.94	32.88	250m:	2:42.58	33.67	350m:	3:51.53 34.33
	100m:	1:02.06 32.41	200m:	2:08.91	33.97	300m:	3:17.20	34.62	400m:	4:25.14 33.61
11.	Rimas BACEVI IUS		99	Klaip dos Gintaro SC				4:25.58	568	
	50m:	30.41 30.41	150m:	1:36.52	33.95	250m:	2:44.48	34.27	350m:	3:53.08 34.36
	100m:	1:02.57 32.16	200m:	2:10.21	33.69	300m:	3:18.72	34.24	400m:	4:25.58 32.50
12.	Gytis BIELINIS		96	Kauno Centro SM				4:26.59	562	
	50m:	30.19 30.19	150m:	1:36.17	33.03	250m:	2:44.90	34.36	350m:	3:53.34 34.02
	100m:	1:03.14 32.95	200m:	2:10.54	34.37	300m:	3:19.32	34.42	400m:	4:26.59 33.25
13.	Tomas SUNGAILA		99	Kauno PM				4:27.20	558	
	50m:	29.25 29.25	150m:	1:36.52	33.78	250m:	2:44.31	33.57	350m:	3:53.72 34.76
	100m:	1:02.74 33.49	200m:	2:10.74	34.22	300m:	3:18.96	34.65	400m:	4:27.20 33.48
14.	Dovydas ŠLEVAS		99	Kauno Centro SM				4:31.55	532	
	50m:	30.59 30.59	150m:	1:37.93	34.30	250m:	2:46.95	34.92	350m:	3:57.69 35.73
	100m:	1:03.63 33.04	200m:	2:12.03	34.10	300m:	3:21.96	35.01	400m:	4:31.55 33.86
15.	Pijus KALINDRA		00	Kauno Centro SM				4:33.63	520	
	50m:	28.97 28.97	150m:	1:35.57	34.06	250m:	2:45.96	35.30	350m:	3:58.31 36.06
	100m:	1:01.51 32.54	200m:	2:10.66	35.09	300m:	3:22.25	36.29	400m:	4:33.63 35.32
16.	Gedvydas MASIULIS		00	Kauno Centro SM				4:35.66	508	
	50m:	30.56 30.56	150m:	1:39.63	34.85	250m:	2:50.40	35.32	350m:	4:01.12 34.98
	100m:	1:04.78 34.22	200m:	2:15.08	35.45	300m:	3:26.14	35.74	400m:	4:35.66 34.54

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Rank					YB					Time	Pts	
17.	Matas PAUKŠT				00	Utenos DSC				4:39.47	488	
	50m:	30.82	30.82	150m:	1:40.08	35.00	250m:	2:51.85	36.09	350m:	4:04.20	36.29
	100m:	1:05.08	34.26	200m:	2:15.76	35.68	300m:	3:27.91	36.06	400m:	4:39.47	35.27
18.	Aidas GANELINAS				97	Kauno PM				4:40.28	484	
	50m:	29.65	29.65	150m:	1:40.07	36.27	250m:	2:54.17	37.29	350m:	4:06.18	35.97
	100m:	1:03.80	34.15	200m:	2:16.88	36.81	300m:	3:30.21	36.04	400m:	4:40.28	34.10
19.	Eugenijus RAKITINAS				80	Ignalinos PK				4:44.06	464	
	50m:	32.13	32.13	150m:	1:43.67	36.31	250m:	2:56.08	36.41	350m:	4:09.45	37.18
	100m:	1:07.36	35.23	200m:	2:19.67	36.00	300m:	3:32.27	36.19	400m:	4:44.06	34.61
20.	Paulius KONSTANTINOV				01	Vilniaus MSC				4:44.94	460	
	50m:	32.29	32.29	150m:	1:45.06	36.95	250m:	2:59.20	37.26	350m:	4:12.60	36.55
	100m:	1:08.11	35.82	200m:	2:21.94	36.88	300m:	3:36.05	36.85	400m:	4:44.94	32.34
21.	Aurimas PALILI NAS				99	Kauno Centro SM				4:45.20	459	
	50m:	30.22	30.22	150m:	1:40.57	35.90	250m:	2:53.87	36.71	350m:	4:09.41	37.97
	100m:	1:04.67	34.45	200m:	2:17.16	36.59	300m:	3:31.44	37.57	400m:	4:45.20	35.79
22.	Mantas ZUPKAUSKAS				01	Vilniaus MSC				4:45.57	457	
	50m:	32.75	32.75	150m:	1:45.88	37.00	250m:	2:59.72	37.06	350m:	4:12.37	36.20
	100m:	1:08.88	36.13	200m:	2:22.66	36.78	300m:	3:36.17	36.45	400m:	4:45.57	33.20
23.	Martynas KASPERAVI IUS				94	Šiauli Delfinas-VJSUC				4:47.60	448	
	50m:	31.04	31.04	150m:	1:42.17	35.83	250m:	2:55.88	36.94	350m:	4:11.12	37.26
	100m:	1:06.34	35.30	200m:	2:18.94	36.77	300m:	3:33.86	37.98	400m:	4:47.60	36.48
24.	Redas TARNAUSKAS				01	Kauno Centro SM				4:49.72	438	
	50m:	32.31	32.31	150m:	1:46.35	37.79	250m:	3:01.31	37.35	350m:	4:15.96	36.92
	100m:	1:08.56	36.25	200m:	2:23.96	37.61	300m:	3:39.04	37.73	400m:	4:49.72	33.76
25.	Mykolas NADVARAVI IUS				00	Anykš i KKSC				4:52.03	427	
	50m:	32.92	32.92	150m:	1:46.74	36.32	250m:	3:02.29	37.95	350m:	4:16.49	36.68
	100m:	1:10.42	37.50	200m:	2:24.34	37.60	300m:	3:39.81	37.52	400m:	4:52.03	35.54
26.	Dominykas VYŠNIAUSKAS				02	Kauno PM				4:57.98	402 *	
	50m:	31.96	31.96	150m:	1:46.23	38.21	250m:	3:04.17	39.46	350m:	4:21.55	38.71
	100m:	1:08.02	36.06	200m:	2:24.71	38.48	300m:	3:42.84	38.67	400m:	4:57.98	36.43
27.	Ronaldas KIDIKAS				02	Kauno Centro SM				4:58.02	402 *	
	50m:	32.25	32.25	150m:	1:45.62	37.18	250m:	3:02.04	38.28	350m:	4:19.62	38.67
	100m:	1:08.44	36.19	200m:	2:23.76	38.14	300m:	3:40.95	38.91	400m:	4:58.02	38.40
28.	Lukas KLEVINSKAS				02	Utenos DSC				5:00.37	393 *	
	50m:	33.17	33.17	150m:	1:49.17	38.79	250m:	3:07.66	38.87	350m:	4:25.42	38.94
	100m:	1:10.38	37.21	200m:	2:28.79	39.62	300m:	3:46.48	38.82	400m:	5:00.37	34.95
29.	Džiugas KARKLELIS				03	Ignalinos KSC				5:01.28	389 *	
	50m:	33.03	33.03	150m:	1:50.26	38.36	250m:	3:08.55	38.75	350m:	4:26.57	38.28
	100m:	1:11.90	38.87	200m:	2:29.80	39.54	300m:	3:48.29	39.74	400m:	5:01.28	34.71
30.	Gantas GRIGALIONIS				01	Panev žio SG-Žemyna				5:04.28	378 *	
	50m:	33.85	33.85	150m:	1:50.84	38.66	250m:	3:09.42	38.80	350m:	4:27.12	39.12
	100m:	1:12.18	38.33	200m:	2:30.62	39.78	300m:	3:48.00	38.58	400m:	5:04.28	37.16
31.	Samuelis ŽURAUSKAS				98	Kauno Centro SM				5:14.75	341 *	
	50m:	32.27	32.27	150m:	1:47.16	38.70	250m:	3:08.49	41.69	350m:	4:33.10	42.88
	100m:	1:08.46	36.19	200m:	2:26.80	39.64	300m:	3:50.22	41.73	400m:	5:14.75	41.65