

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

Event 14
2016-01-29 - 17:26

Men, 400m Laisvas stilius

Open
Results Final

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

Points: FINA 2015

Rank			YB							Time	Pts
Final											
1.	Alexei SANCOV		99	Moldova						4:01.40	757
	50m:	27.48 27.48	150m:	1:29.27	30.93	250m:	2:30.56	30.16	350m:	3:31.63	30.73
	100m:	58.34 30.86	200m:	2:00.40	31.13	300m:	3:00.90	30.34	400m:	4:01.40	29.77
2.	Jonas ZAKARAUSKAS		95	Kauno Centro SM						4:06.71	709
	50m:	27.33 27.33	150m:	1:29.81	31.54	250m:	2:32.30	31.15	350m:	3:36.00	31.67
	100m:	58.27 30.94	200m:	2:01.15	31.34	300m:	3:04.33	32.03	400m:	4:06.71	30.71
3.	Mikhail STRAITSELEU		00	RCOP Belarus						4:11.73	668
	50m:	27.72 27.72	150m:	1:31.30	32.19	250m:	2:36.46	32.43	350m:	3:40.76	32.01
	100m:	59.11 31.39	200m:	2:04.03	32.73	300m:	3:08.75	32.29	400m:	4:11.73	30.97
4.	Simas ŽIAUKAS		91	Kauno Centro SM						4:12.34	663
	50m:	28.34 28.34	150m:	1:31.34	32.07	250m:	2:36.48	32.57	350m:	3:41.02	31.78
	100m:	59.27 30.93	200m:	2:03.91	32.57	300m:	3:09.24	32.76	400m:	4:12.34	31.32
5.	Mikita DASHKO		98	RCOP Belarus						4:15.49	639
	50m:	28.06 28.06	150m:	1:30.88	31.51	250m:	2:36.33	32.96	350m:	3:42.86	32.95
	100m:	59.37 31.31	200m:	2:03.37	32.49	300m:	3:09.91	33.58	400m:	4:15.49	32.63
6.	Grigorijs PODLESNIJS		97	Liepajas KSS-EZER						4:17.31	625
	50m:	28.65 28.65	150m:	1:32.50	32.72	250m:	2:37.96	33.08	350m:	3:44.95	33.76
	100m:	59.78 31.13	200m:	2:04.88	32.38	300m:	3:11.19	33.23	400m:	4:17.31	32.36
7.	Kanstantsin KURACHKIN		00	Minsk Start						4:17.53	624
	50m:	27.25 27.25	150m:	1:31.01	32.25	250m:	2:37.64	33.39	350m:	3:44.88	33.42
	100m:	58.76 31.51	200m:	2:04.25	33.24	300m:	3:11.46	33.82	400m:	4:17.53	32.65
8.	Tomas MIKALAIUSKAS		97	Kauno Centro SM						4:22.82	587
	50m:	28.94 28.94	150m:	1:33.80	32.93	250m:	2:40.61	33.77	350m:	3:48.68	34.37
	100m:	1:00.87 31.93	200m:	2:06.84	33.04	300m:	3:14.31	33.70	400m:	4:22.82	34.14