

## 50m + 500m

| Grupa |       |          |         |                         | Peldēšana<br>(SWIM) | Skriešana<br>(RUN) | Kopā<br>(TOTAL) |         |         |
|-------|-------|----------|---------|-------------------------|---------------------|--------------------|-----------------|---------|---------|
| Grupa | Vārds | Uzvārds  | Klubs   | Numurs                  |                     |                    |                 |         |         |
| 1     | F9    | Veronika | Sajenko | Piramida Triathlon Club | 41                  | 0:51.09            | 1:52.9          | 2:43.18 | 1.vieta |

## 50m + 500m

|       |       |            |              |                         | Peldēšana<br>(SWIM) | Skriešana<br>(RUN) | Kopā<br>(TOTAL) |          |         |
|-------|-------|------------|--------------|-------------------------|---------------------|--------------------|-----------------|----------|---------|
| Grupa | Vārds | Uzvārds    | Klubs        | Numurs                  |                     |                    |                 |          |         |
| 1     | F11   | Jekaterina | Gubina       | Piramida Triathlon Club | 40                  | 0:49.11            | 1:57.7          | 02:46:18 | 3.vieta |
| 2     | F11   | Polina     | Sajenko      | Piramida Triathlon Club | 42                  | 0:45.47            | 1:51.2          | 02:36:49 | 1.vieta |
| 3     | F11   | Nika       | Staravoitova | DTC "Jaunība"           | 35                  | 0:45.05            | 1:57.3          | 02:38:08 | 2.vieta |

|   | Grupa | Vārds   | Uzvārds      | Klubs                       | Numurs | Peldēšana<br>(SWIM) | Skriešana<br>(RUN) | Kopā<br>(TOTAL) |         |
|---|-------|---------|--------------|-----------------------------|--------|---------------------|--------------------|-----------------|---------|
| 1 | M11   | Miķelis | Kūdis        | Liepāja                     | 3      | 0:51.82             | 1:44.7             | 02:36:29        |         |
| 2 | M11   | Didzis  | Pankoks      | Liepāja                     | 4      | 0:44.38             | 1:45.1             | 02:29:39        |         |
| 3 | M11   | Maksims | Strigo       | DTC "Jaunība"               | 36     | 0:41.55             | 1:47.2             | 02:28:57        | 3.vieta |
| 4 | M11   | Antonas | Gelumbauskas |                             | 48     | 0:41.40             | 1:43.66            | 02:25:06        | 2.vieta |
| 5 | M11   | Alfrēds | Beinerts     | Mārupes novada sporta skola | 57     | 0:38.35             | 1:33.7             | 02:11:42        | 1.vieta |

## 200m + 1000m

| 200m + 1000m |       |       |           |                     |        | Peldēšana<br>(SWIM) | Skriešana<br>(RUN) | Kopā<br>(TOTAL) |         |
|--------------|-------|-------|-----------|---------------------|--------|---------------------|--------------------|-----------------|---------|
|              | Grupa | Vārds | Uzvārds   | Klubs               | Numurs |                     |                    |                 |         |
| 1            | F13   | Lada  | Bogdanova | Triatlona Akadēmija | 6      | 2:50.58             | 3:56.5             | 06:47:03        | 1.vieta |
| 2            | F13   | Marta | Gustiņa   | Triatlona Akadēmija | 14     | DNS                 | DNS                | DNS             |         |
| 3            | F13   | Nelli | Budjiko   | Triatlona Akadēmija | 51     | 3:14.15             | 3:51.3             | 07:05:18        | 2.vieta |

|   | Grupa | Vārds  | Uzvārds   | Klubs               | Numurs | Peldēšana<br>(SWIM) | Skriešana<br>(RUN) | Kopā<br>(TOTAL) |         |
|---|-------|--------|-----------|---------------------|--------|---------------------|--------------------|-----------------|---------|
| 1 | M13   | Damirs | Barkevičs | DTC "Jaunība"       | 31     | 2:28.28             | 3:37.6             | 06:05:34        | 1.vieta |
| 2 | M13   | Ivans  | Nečajevs  | DTC "Jaunība"       | 37     | 2:46.67             | 4:01.1             | 06:48:08        | 2.vieta |
| 3 | M13   | Marats | Budjko    | Triatlona Akadēmija | 50     | 3:54.39             | 3:33.7             | 07:27:46        | 3.vieta |

## 200m + 1000m

|   |       |         |                |                             | Peldēšana<br>(SWIM) | Skriešana<br>(RUN) | Kopā<br>(TOTAL) |          |         |
|---|-------|---------|----------------|-----------------------------|---------------------|--------------------|-----------------|----------|---------|
|   | Grupa | Vārds   | Uzvārds        | Klubs                       | Numurs              |                    |                 |          |         |
| 1 | F15   | Elīza   | Gustiņa        | Triatlona Akadēmija         | 15                  | DNS                | DNS             | DNS      |         |
| 2 | F15   | Paulina | Gelumbauskaite |                             | 49                  | 2:42.39            | 4:10.9          | 06:52:48 | 1.vieta |
| 3 | F15   | Mendija | Lagzdina       | Mārupes novada sporta skola | 59                  | 3:18.56            | 4:16.8          | 07:35:04 | 2.vieta |

|   | Grupa | Vārds   | Uzvārds    | Klubs                       | Numurs | Peldēšana<br>(SWIM) | Skriešana<br>(RUN) | Kopā<br>(TOTAL) |         |
|---|-------|---------|------------|-----------------------------|--------|---------------------|--------------------|-----------------|---------|
| 1 | M15   | Gustavs | Inkins     | Mārupes novada sporta skola | 58     | 03:23.19            | 3:52.3             | 07:15:22        | 3.vieta |
| 2 | M15   | Teo     | Lankovskis | Liepāja                     | 26     | 2:36.06             | 3:50.3             | 06:26:09        | 2.vieta |
| 3 | M15   | Everts  | Pikšēns    | Piramida Triathlon Club     | 39     | 2:12.46             | 3:09.9             | 05:21:55        | 1.vieta |

## 200m + 1000m

|   | Grupa | Vārds  | Uzvārds  | Klubs | Numurs | Peldēšana (SWIM) | Skriešana (RUN) | Kopā (TOTAL) |         |
|---|-------|--------|----------|-------|--------|------------------|-----------------|--------------|---------|
| 1 | FO    | Terēze | Priedola |       | 27     | 3:00.51          | 4:13.6          | 07:13:57     | 1.vieta |

## 400m + 3000m

|   |       |          |         |                     | Peldēšana<br>(SWIM) | Skriešana<br>(RUN) | Kopā<br>(TOTAL) |          |         |
|---|-------|----------|---------|---------------------|---------------------|--------------------|-----------------|----------|---------|
|   | Grupa | Vārds    | Uzvārds | Klubs               | Numurs              |                    |                 |          |         |
| 1 | F17   | Karolina | Bulko   | Triatlona Akadēmija | 5                   | 5:10:42            | 12:49.5         | 17:59:47 | 1.vieta |
| 2 | F17   | Nadežda  | Sulaine | DTC "Jaunība"       | 32                  | 5:46:23            | 13:30.0         | 19:16:23 | 2.vieta |

|   | Grupa | Vārds   | Uzvārds | Vieta                                          | Numurs | Peldēšana<br>(SWIM) | Skriešana<br>(RUN) | Kopā<br>(TOTAL) |         |
|---|-------|---------|---------|------------------------------------------------|--------|---------------------|--------------------|-----------------|---------|
| 1 | M17   | Anrijs  | Apsītis | Baltijas Triatlona klubs/Siguldas Sporta skola | 13     | 5:10.75             | 10:33.0            | 15:44:15        | 1.vieta |
| 2 | M17   | Linards | Skrinda | DTC "Jaunība"                                  | 33     | 05:23.77            | 13:24.7            | 18:48:24        | 3.vieta |
| 3 | M17   | Rūdolfs | Žiņģeš  | Triatlona Akadēmija                            | 55     | 5:22:54             | 10:46.3            | 16:08:57        | 2.vieta |

## 400m + 3000m

|   | Grupa | Vārds | Uzvārds | Klubs               | Numurs | Peldēšana (SWIM) | Skriešana (RUN) | Kopā (TOTAL) |         |
|---|-------|-------|---------|---------------------|--------|------------------|-----------------|--------------|---------|
| 1 | F19   | Beāte | Bula    | Triatlona Akadēmija | 54     | 4:41:48          | 11:58.8         | 16:39:56     | 1.vieta |

|   | Grupa | Vārds  | Uzvārds  | Klubs                       | Numurs | Peldēšana (SWIM) | Skriešana (RUN) | Kopā (TOTAL) |         |
|---|-------|--------|----------|-----------------------------|--------|------------------|-----------------|--------------|---------|
| 1 | M19   | Timurs | Kukes    | Mārupes novada Sporta skola | 56     | 6:13:43          | 10:36.1         | 16:49:44     | 3.vieta |
| 2 | M19   | Enriks | Kalns    | Liepājas Sporta spēju skola | 24     | 5:46:23          | 10:15.01        | 16:01:24     | 2.vieta |
| 3 | M19   | Nīls   | Kravalis | TriRunPro                   | 20     | 4:54.83          | 9:45.9          | 14:40:32     | 1.vieta |

## 400m + 3000m

|   | Grupa | Vārds     | Uzvārds | Klubs                   | Numurs | Peldēšana (SWIM) | Skriešana (RUN) | Kopā (TOTAL) |         |
|---|-------|-----------|---------|-------------------------|--------|------------------|-----------------|--------------|---------|
| 1 | F     | Ieva      | Pauniņa | Piramida Triathlon Club | 2      | 6:18:01          | 12:17.4         | 18:35:05     | 2.vieta |
| 2 | F     | Kristiāna | Pudāne  | TriKan                  | 30     | 4:53:29          | 11:39.1         | 16:32:30     | 1.vieta |

|    | Grupa | Vārds        | Uzvārds   | Klubs                    | Numurs | Peldēšana (SWIM) | Skriešana (RUN) | Kopā (TOTAL) |         |
|----|-------|--------------|-----------|--------------------------|--------|------------------|-----------------|--------------|---------|
| 1  | M     | Jānis        | Ruskuls   | TriRunPro                | 7      | 6:02:25          | 9:44.6          | 15:46:31     | 3.vieta |
| 2  | M     | Arturs       | Ķudis     | Liepāja                  | 1      | 7:37.99          | 12:38.8         | 20:16:47     |         |
| 3  | M     | Daniels      | Veģeris   | Baltijas Triatlona klubs | 10     | 4:24.65          | 9:36.3          | 14:01:08     | 2.vieta |
| 4  | M     | Māris        | Zāle      |                          | 12     | 8:47.85          | 12:11.6         | 20:59:31     |         |
| 5  | M     | Artūrs Dāvis | Paeglis   | Baltijas Triatlona klubs | 18     | 5:23:54          | 13:19.3         | 18:42:57     |         |
| 6  | M     | Dzintars     | Semenkovs | Bom2win/Vērgale          | 21     | 7:11.75          | 11:00.6         | 18:12:21     |         |
| 7  | M     | Jānis        | Zāle      | TriRunPro                | 22     | 7:16.43          | 11:43.6         | 18:59:49     |         |
| 8  | M     | Matīss       | Priedītis | TriKan                   | 28     | 6:53.75          | 10:24.6         | 17:18:21     |         |
| 9  | M     | Nikita       | Gladijs   | DTC "Jaunība"            | 34     | 5:12.70          | 12:51.3         | 18:04:13     |         |
| 10 | M     | Artjoms      | Gajevskis | Triatlona Akadēmija      | 53     | 4:22:41          | 9:27.7          | 13:49:48     | 1.vieta |

## 400m + 3000m

|   | Grupa | Vārds | Uzvārds | Klubs     | Numurs | Peldēšana (SWIM) | Skriešana (RUN) | Kopā (TOTAL) |         |
|---|-------|-------|---------|-----------|--------|------------------|-----------------|--------------|---------|
| 1 | F40   | Ilze  | Sniega  | TriRunPro | 8      | 6:45:45          | 12:18.8         | 19:03:53     | 1.vieta |
| 2 | F40   | Evita | Leitāne | TRI KAN   | 11     | 7:43:23          | 14:32.2         | 22:15:25     | 2.vieta |

|   | Grupa | Vārds   | Uzvārds    | Klubs               | Numurs | Peldēšana (SWIM) | Skriešana (RUN) | Kopā (TOTAL) |         |
|---|-------|---------|------------|---------------------|--------|------------------|-----------------|--------------|---------|
| 1 | M40   | Edgars  | Akmeņkalns | Triatlona Akadēmija | 17     | 7:53.66          | 10:34.9         | 18:28:15     | 2.vieta |
| 2 | M40   | Mārtiņš | Marnauza   | TriRunPro           | 19     | 6:05:26          | 10:49.3         | 16:54:29     | 1.vieta |
| 3 | M40   | Edgars  | Porciķis   | Liepāja             | 23     | 7:39.74          | 11:43.2         | 19:23:16     | 3.vieta |
| 4 | M40   | Viktors | Buligo     | LOC                 | 47     | DNF              | 13:13.9         | 13:13:9+DNF  |         |

## 400m + 3000m

|   | Grupa | Vārds | Uzvārds | Klubs                    | Numurs | Peldēšana (SWIM) | Skriešana (RUN) | Kopā (TOTAL) |         |
|---|-------|-------|---------|--------------------------|--------|------------------|-----------------|--------------|---------|
| 1 | F50   | Antra | Roga    | Baltijas Triatlona klubs | 9      | 6:12:30          | 14:56.3         | 21:08:03     | 1.vieta |

|   | Grupa | Vārds  | Uzvārds     | Klubs                    | Numurs | Peldēšana (SWIM) | Skriešana (RUN) | Kopā (TOTAL) |         |
|---|-------|--------|-------------|--------------------------|--------|------------------|-----------------|--------------|---------|
| 1 | M50   | Jānis  | Ozoliņš     | Baltijas Triatlona klubs | 16     | 6:01:12          | 10:54.4         | 16:55:16     | 2.vieta |
| 2 | M50   | Māris  | Liepa       | TriKan                   | 25     | 5:18.90          | 11:21.9         | 16:40:39     | 1.vieta |
| 3 | M50   | Jānis  | Rieksts     | TriRunPro                | 29     | 6:29.79          | 11:38.5         | 18:08:24     |         |
| 4 | M50   | Toms   | Pikšēns     | Piramida Triathlon Club  | 43     | 7:02.87          | 14:09.5         | 21:12:32     |         |
| 5 | M50   | Vilnis | Viitkovskis | Liepāja                  | 46     | 8:19:26          | 14:24.7         | 22:43:33     |         |
| 6 | M50   | Āris   | Burkins     | "Veloronis"              | 52     | 7:29:50          | 12:39.1         | 20:08:51     |         |
| 7 | M50   | Juris  | Roze        | Liepājas Senioru klubs   | 60     | 06:43:53         | 11:17.1         | 18:00:54     | 3.vieta |

## 400m + 3000m

|   | Grupa | Vārds  | Uzvārds   | Klubs                   | Numurs | Peldēšana (SWIM) | Skriešana (RUN) | Kopā (TOTAL) |         |
|---|-------|--------|-----------|-------------------------|--------|------------------|-----------------|--------------|---------|
| 1 | M60   | Aivars | Uzols     | DTC "Jaunība"           | 38     | 6:38:38          | 11:17.3         | 17:55:03     | 1.vieta |
| 2 | M60   | Jurijs | Ščetiņins | Piramida Triathlon Club | 44     | 9:56.92          | 11:56.4         | 21:53:36     |         |
| 3 | M60   | Edgars | Ozoliņš   | Piramida Triathlon Club | 45     | 5:19.82          | 12:55.8         | 18:15:30     | 2.vieta |