

VII Siguldas peldbaseina akvatlons  
Sigulda, 20.4.2024

Event 1  
20.04.2024 - 10:30

Men, 50m Freestyle

Open  
Results

Points: FINA 2023

Rank	No	Name	YB	Team	Time	Pts
1.	001	RITKOVŠ Dmitrijs	07	Bernu un jauniešu para sporta apvienība	<b>54.34</b>	51
2.	003	CHEBOTAR Danila	07	Bernu un jauniešu para sporta apvienība	<b>59.41</b>	39
3.	002	KRISTAPS Jekabs	12	Bernu un jauniešu para sporta apvienība	<b>1:02.82</b>	33

Event 2  
20.04.2024 - 10:31

Girls, 50m Freestyle

11 years and younger  
Results

Points: FINA 2023

Rank	No	Name	YB	Team	Time	Pts
9 years and younger						
1.	021	ZAICA Evija	15	DTC Jaunība	<b>45.42</b>	128
2.	096	SAJENKO Veronika	15	Piramida Triathlon Club	<b>46.97</b>	116
3.	024	ROZITE Madlena	15	Valmieras SS	<b>54.95</b>	72
4.	084	ASTASONOKA Ugne	15	Babites SC	<b>1:02.78</b>	48
5.	059	PUSBARNIECE Darta Korsika	15	Siguldas SS	<b>1:04.04</b>	45
6.	068	DZINTARE Emilija	16	Siguldas SS	<b>1:12.80</b>	31
7.	019	STRIGO Laura	16	DTC Jaunība	<b>1:13.11</b>	30
8.	067	BRIEDE Emilija	16	Siguldas SS	<b>1:17.45</b>	25
9.	064	REDMANE Amelija	17	Siguldas SS	<b>1:23.19</b>	20
10.	117	DANCE Dzozefine	16	Tritans Triathlon Team	<b>1:39.11</b>	12

10 - 11 years

1.	071	FOGELE Anna Aleksandra	14	Siguldas SS	<b>36.30</b>	252
2.	076	PAVLOVA Margarita	13	Siguldas SS	<b>37.93</b>	220
3.	171	OLINA Tina Lote	13	Sigulda	<b>38.06</b>	218
4.	095	SAJENKO Polina	13	Piramida Triathlon Club	<b>39.28</b>	198
5.	145	CAUNE Paula	14	Kekavas novads	<b>39.75</b>	191
6.	006	STAROVOITOVA Nika	13	DTC Jaunība	<b>41.37</b>	170
7.	043	GOLUBEVA Milana	14	Olaines SC	<b>41.52</b>	168
8.	162	VIKSNA Leticija Alma	13	Valmieras SS	<b>41.59</b>	167
9.	041	ANTENA Paula	14	Olaines SC	<b>42.06</b>	162
10.	026	KUNDELITE Gabriela	14	Valmieras SS	<b>46.17</b>	122
11.	146	RUKKALNE Evita	14	Siguldas SS	<b>46.18</b>	122
12.	027	RISEVA Amanda	14	Valmieras SS	<b>46.79</b>	117
13.	094	GUBINA Jekaterina	14	Olaines SC	<b>46.92</b>	116
14.	025	BERZINA Elza	14	Valmieras SS	<b>47.41</b>	113
15.	042	DEMBROVSKA Elizaveta	14	Olaines SC	<b>47.97</b>	109
16.	028	URBANE Darta	14	Valmieras SS	<b>50.80</b>	91
17.	049	KALNINA Darta	14	Olaines SC	<b>53.16</b>	80
18.	029	ANCEVA Adrija	14	Valmieras SS	<b>56.14</b>	68
19.	033	TILUGA Kitija	13	Valmieras SS	<b>56.68</b>	66
20.	039	IGNATOVA Anna	14	Olaines SC	<b>59.13</b>	58

VII Siguldas peldbaseina akvatlons  
Sigulda, 20.4.2024

Event 3  
20.04.2024 - 10:39

Boys, 50m Freestyle

11 years and younger  
Results

Points: FINA 2023

Rank	No	Name	YB	Team	Time	Pts
<b>9 years and younger</b>						
1.	035	MASLOVICS Demids	16	Olaines SC	<b>46.50</b>	81
2.	012	STUPANS Oskars	15	DTC Jauniba	<b>47.06</b>	78
3.	046	BRICS Regnars	15	Olaines SC	<b>48.87</b>	70
4.	023	FRIDENFELDS Arvids	15	Valmieras SS	<b>50.59</b>	63
5.	065	VIDUCIS Haralds	16	Siguldas SS	<b>54.77</b>	49
6.	053	MARKUNS Leonards	15	Siguldas SS	<b>55.06</b>	49
7.	054	MASULIS Martins	15	Siguldas SS	<b>57.56</b>	42
8.	066	TRAUTMANIS Teodors	17	Siguldas SS	<b>58.01</b>	41
9.	057	LITINS Oskars	15	Siguldas SS	<b>59.31</b>	39
10.	147	RUSIS Georgs Janis	15	Cesis	<b>1:03.15</b>	32
11.	056	SAUKUMS Davis	15	Siguldas SS	<b>1:04.54</b>	30
12.	102	ZDANOVICS Kirils	16	SK Spars-MK	<b>1:05.42</b>	29
13.	063	KUPAVSKIS Gustavs	15	Siguldas SS	<b>1:06.96</b>	27
14.	060	KRAUZE Ricards	16	Siguldas SS	<b>1:08.20</b>	25
15.	070	TORIMS Rodrigo	15	Siguldas SS	<b>1:08.78</b>	25
16.	058	LAZDEKALNS Leonards	16	Siguldas SS	<b>1:09.59</b>	24
17.	097	MATUSEVICS Stefans	15	Piramida Triathlon Club	<b>1:15.64</b>	18
18.	168	LELS Rudolfs	15	Siguldas SS	<b>1:16.61</b>	18
19.	148	SPROGIS Ernests	15	Cesis	<b>1:17.76</b>	17
20.	061	MARKOVS Edvards	16	Siguldas SS	<b>1:20.64</b>	15
21.	069	RAPOHINS Arturs	17	Siguldas SS	<b>1:29.51</b>	11
22.	113	MIKHIEIEV Filippid	15	Tritans Triathlon Team	<b>1:33.75</b>	9
23.	164	BRENCS Rudolfs	17	Siguldas SS	<b>1:35.64</b>	9
24.	112	MIKHIEIEV Eleferios	15	Tritans Triathlon Team	<b>1:44.00</b>	7
25.	167	DALBERGS Krisjanis	17	Siguldas SS	<b>1:57.20</b>	5
<b>10 - 11 years</b>						
1.	083	BEINERTS Alfreds	13	Babites SC	<b>36.48</b>	168
2.	140	TREIGUTS Manu	14	PS Riga/Energy Racing Team	<b>38.31</b>	145
3.	048	PAHOMOVs Andrejs	14	Olaines SC	<b>40.37</b>	124
4.	101	KARPOVS Artjoms	13	SK Spars-MK	<b>40.56</b>	122
5.	143	GELUMBAUSKAS Artonas	13	Panevezys	<b>41.18</b>	117
6.	009	STRIGO Maksims	14	DTC Jauniba	<b>42.78</b>	104
7.	105	KOLESNIKS Edvards	14	Sharky	<b>47.95</b>	74
8.	086	SMOLAKS Andrejs	13	Babites SC	<b>49.39</b>	68
9.	050	SABLINS Alekss	13	Olaines SC	<b>52.01</b>	58
10.	011	LITVINSKIS Edgars	14	DTC Jauniba	<b>52.88</b>	55
11.	036	ANSONS-TOMSONS Jekabs	13	Olaines SC	<b>54.33</b>	51
12.	030	KESBERS Henrijs	13	Valmieras SS	<b>54.89</b>	49
13.	100	ALHIMOVICS Nikita	14	SK Spars-MK	<b>57.37</b>	43
14.	017	KRIVENKO Nikita	13	DTC Jauniba	<b>57.56</b>	42
15.	037	MUSINS Klavs	13	Olaines SC	<b>59.95</b>	38
16.	166	DALBERGS Eduards	14	Siguldas SS	<b>1:06.22</b>	28
17.	111	BLAUS Lukass	14	Tritans Triathlon Team	<b>1:10.90</b>	22

VII Siguldas peldbaseina akvatlons  
Sigulda, 20.4.2024

Event 4  
20.04.2024 - 10:53

Women, 200m Freestyle

12 years and older  
Results

Points: FINA 2023

Rank	No	Name	YB	Team	Time	Pts
<b>12 - 13 years</b>						
1.	118	BOGDANOVA Lada	11	Triatlona akademiija	<b>2:48.59</b>	280
		50m: 37.87 37.87	100m: 1:21.62	43.75 150m: 2:07.20	45.58 200m: 2:48.59	41.39
2.	072	BERZINA Undine	11	Siguldas SS	<b>2:49.58</b>	275
		50m: 39.47 39.47	100m: 1:24.76	45.29 150m: 2:09.11	44.35 200m: 2:49.58	40.47
3.	077	STRASERE Enija	11	Siguldas SS	<b>2:51.99</b>	263
		50m: 39.94 39.94	100m: 1:25.93	45.99 150m: 2:11.56	45.63 200m: 2:51.99	40.43
4.	074	GRINBERGA Elza	11	Siguldas SS	<b>2:52.11</b>	263
		50m: 39.69 39.69	100m: 1:24.13	44.44 150m: 2:09.94	45.81 200m: 2:52.11	42.17
5.	075	ANDERSONE Kate	11	Siguldas SS	<b>2:59.41</b>	232
		50m: 40.56 40.56	100m: 1:26.74	46.18 150m: 2:14.24	47.50 200m: 2:59.41	45.17
6.	141	TREIGUTE Lea	12	PS Riga/Energy Racing Team	<b>3:00.75</b>	227
		50m: 40.96 40.96	100m: 1:28.06	47.10 150m: 2:15.28	47.22 200m: 3:00.75	45.47
7.	047	VILKENA Agnese	12	Olaines SC	<b>3:03.46</b>	217
		50m: 40.02 40.02	100m: 1:27.92	47.90 150m: 2:16.09	48.17 200m: 3:03.46	47.37
8.	107	VAKULICA Anastasija	11	Sharky	<b>3:16.40</b>	177
		50m: 43.07 43.07	100m: 1:32.34	49.27 150m: 2:24.71	52.37 200m: 3:16.40	51.69
9.	052	APSITE Liva	11	Olaines SC	<b>3:35.01</b>	135
		50m: 50.15 50.15	100m: 1:45.88	55.73 150m: 2:44.33	58.45 200m: 3:35.01	50.68
10.	038	LEVCENKO Eva	12	Olaines SC	<b>3:37.59</b>	130
		50m: 49.61 49.61	100m: 1:47.25	57.64 150m: 2:46.22	58.97 200m: 3:37.59	51.37
11.	040	SCANIKOVA Zlata	12	Olaines SC	<b>3:37.74</b>	130
		50m: 49.43 49.43	100m: 1:44.78	55.35 150m: 2:41.19	56.41 200m: 3:37.74	56.55
12.	169	KALVISA Viktorija	11	Sharky	<b>3:50.78</b>	109
		50m: 45.92 45.92	100m: 1:44.58	58.66 150m: 2:49.20	1:04.62 200m: 3:50.78	1:01.58
13.	034	MAIZITE Alise	12	Valmieras SS	<b>4:20.49</b>	75
		50m: 49.87 49.87	100m: 1:50.25	1:00.38 150m: 3:04.24	1:13.99 200m: 4:20.49	1:16.25
14.	115	BLAUA Lucija	11	Tritans Triathlon Team	<b>6:18.36</b>	24
		50m: 1:12.86 1:12.86	100m: 2:58.01	1:45.15 150m: 4:34.93	1:36.92 200m: 6:18.36	1:43.43
<b>14 - 15 years</b>						
1.	144	GELUMBAUSKAITE Paulina	09	Panevezys	<b>2:38.75</b>	335
		50m: 34.19 34.19	100m: 1:14.59	40.40 150m: 1:57.75	43.16 200m: 2:38.75	41.00
2.	013	SULAINE Nadezda	09	DTC Jauniba	<b>2:43.83</b>	305
		50m: 36.60 36.60	100m: 1:17.78	41.18 150m: 2:01.34	43.56 200m: 2:43.83	42.49
3.	073	PAVLOVA Polina	10	Siguldas SS	<b>2:47.97</b>	283
		50m: 36.49 36.49	100m: 1:19.28	42.79 150m: 2:05.36	46.08 200m: 2:47.97	42.61
4.	051	SMITE Keita	10	Olaines SC	<b>3:03.53</b>	217
		50m: 40.08 40.08	100m: 1:26.19	46.11 150m: 2:15.86	49.67 200m: 3:03.53	47.67
5.	108	KRUJOCKOVA Ksenija	10	Sharky	<b>3:12.38</b>	188
		50m: 42.81 42.81	100m: 1:33.97	51.16 150m: 2:25.68	51.71 200m: 3:12.38	46.70
6.	151	ZACESTA Evelina	10	Jekabpils	<b>3:13.37</b>	185
		50m: 42.90 42.90	100m: 1:31.94	49.04 150m: 2:22.85	50.91 200m: 3:13.37	50.52

VII Siguldas peldbaseina akvatlons  
Sigulda, 20.4.2024

Event 4, Women, 200m Freestyle

20 years and older

1.	163	NIJZI Arija Arita	04	Rigas pilseta	<b>4:02.53</b>	94
		50m: 45.94 45.94	100m: 1:45.59 59.65	150m: 2:54.73 1:09.14	200m: 4:02.53 1:07.80	

Event 5

Men, 200m Freestyle

12 - 79 years

20.04.2024 - 11:10

Results

Points: FINA 2023

Rank	No	Name	YB	Team	Time	Pts
12 - 13 years						
1.	016	BARKEVICS Damirs	12	DTC Jauniba	<b>2:24.15</b>	327
		50m: 32.51 32.51	100m: 1:10.26 37.75	150m: 1:48.82 38.56	200m: 2:24.15 35.33	
2.	007	NECAJEVS Ivans	11	DTC Jauniba	<b>2:40.58</b>	236
		50m: 34.89 34.89	100m: 1:17.35 42.46	150m: 2:00.97 43.62	200m: 2:40.58 39.61	
3.	044	SAIDANS Markuss	11	Olaines SC	<b>2:57.41</b>	175
		50m: 37.11 37.11	100m: 1:22.44 45.33	150m: 2:11.53 49.09	200m: 2:57.41 45.88	
4.	085	GEDROVICS Karlis	11	Babites SC	<b>3:32.19</b>	102
		50m: 43.82 43.82	100m: 1:36.35 52.53	150m: 2:33.75 57.40	200m: 3:32.19 58.44	
5.	103	SAVELIJS Maksims	12	SK Spars-MK	<b>4:03.57</b>	67
		50m: 53.61 53.61	100m: 1:58.26 1:04.65	150m: 3:03.53 1:05.27	200m: 4:03.57 1:00.04	
6.	150	RUKKALNS Martins	12	Sigulda	<b>4:35.00</b>	47
		50m: 1:00.35 1:00.35	100m: 2:10.09 1:09.74	150m: 3:17.02 1:06.93	200m: 4:35.00 1:17.98	

20 - 69 years

1.	139	TREIGUTS Girts	83	PS Riga/Energy Racing Team	<b>2:30.43</b>	288
		50m: 30.95 30.95	100m: 1:08.34 37.39	150m: 1:49.20 40.86	200m: 2:30.43 41.23	
2.	135	KRONBERGS Vairis	85	Baltijas triatlona klubs	<b>3:43.48</b>	87
		50m: 44.64 44.64	100m: 1:38.45 53.81	150m: 2:40.73 1:02.28	200m: 3:43.48 1:02.75	
3.	152	ZEMITIS Oskars	70	Rigas pilseta	<b>3:52.64</b>	77
		50m: 49.92 49.92	100m: 1:47.07 57.15	150m: 2:49.51 1:02.44	200m: 3:52.64 1:03.13	

70 - 79 years

1.	149	KORNETS Valdis	54	Odor Beauty Cesis	<b>5:54.45</b>	22
		50m: 1:08.10 1:08.10	100m: 2:41.71 1:33.61	150m: 4:19.38 1:37.67	200m: 5:54.45 1:35.07	

Event 6

Men, 200m Freestyle

14 - 79 years

20.04.2024 - 12:30

Results

Points: FINA 2023

Rank	No	Name	YB	Team	Time	Pts
14 - 15 years						
1.	092	PIKSENS Everts	09	Piramida Triathlon Club	<b>2:15.83</b>	391
		50m: 30.80 30.80	100m: 1:05.95 35.15	150m: 1:41.35 35.40	200m: 2:15.83 34.48	
2.	099	STEIMANIS Reinis	09	Piramida Triathlon Club	<b>2:21.43</b>	346
		50m: 29.79 29.79	100m: 1:05.42 35.63	150m: 1:43.55 38.13	200m: 2:21.43 37.88	
3.	079	BINERTS Bruno	09	Siguldas SS	<b>2:24.12</b>	327
		50m: 31.52 31.52	100m: 1:07.65 36.13	150m: 1:45.93 38.28	200m: 2:24.12 38.19	

VII Siguldas peldbaseina akvatlons  
Sigulda, 20.4.2024

Event 6, Boys, 200m Freestyle, 14 - 15 years

Rank	No	Name	YB	Team	Time	Pts
4.	078	ERMANSONS Oskars Mikus	09	Siguldas SS	<b>2:38.04</b>	248
		50m: 34.25 34.25 100m: 1:13.17 38.92 150m: 1:55.31 42.14 200m: 2:38.04 42.73				
5.	109	MARKUNS Adrians	09	Sharky	<b>2:43.00</b>	226
		50m: 35.01 35.01 100m: 1:18.07 43.06 150m: 2:02.27 44.20 200m: 2:43.00 40.73				
6.	005	DENISENKOVS Nikita	10	DTC Jauniba	<b>2:46.15</b>	213
		50m: 37.02 37.02 100m: 1:18.33 41.31 150m: 2:01.68 43.35 200m: 2:46.15 44.47				
7.	081	PATASS Patriks	09	Siguldas SS	<b>2:49.16</b>	202
		50m: 34.98 34.98 100m: 1:16.91 41.93 150m: 2:03.23 46.32 200m: 2:49.16 45.93				
8.	106	KOLESNIKS Marks	10	Sharky	<b>2:51.28</b>	195
		50m: 36.55 36.55 100m: 1:20.54 43.99 150m: 2:07.49 46.95 200m: 2:51.28 43.79				
9.	080	VEIDEMANIS Ernests	09	Siguldas SS	<b>2:56.56</b>	178
		50m: 36.29 36.29 100m: 1:22.53 46.24 150m: 2:10.57 48.04 200m: 2:56.56 45.99				
10.	010	SVERNIKS Makars	09	DTC Jauniba	<b>2:58.02</b>	173
		50m: 40.62 40.62 100m: 1:26.18 45.56 150m: 2:13.04 46.86 200m: 2:58.02 44.98				
11.	082	PUMPURS Edvards	10	Siguldas SS	<b>3:01.23</b>	164
		50m: 40.14 40.14 100m: 1:26.86 46.72 150m: 2:15.27 48.41 200m: 3:01.23 45.96				
12.	015	BIZANS Nikita	09	DTC Jauniba	<b>3:05.50</b>	153
		50m: 40.34 40.34 100m: 1:27.59 47.25 150m: 2:16.86 49.27 200m: 3:05.50 48.64				
13.	045	JANSONS Rodrigo	10	Olaines SC	<b>3:11.97</b>	138
		50m: 43.86 43.86 100m: 1:33.57 49.71 150m: 2:23.76 50.19 200m: 3:11.97 48.21				
14.	032	SUTELIS Gustavs	09	Valmieras SS	<b>3:57.75</b>	73
		50m: 43.12 43.12 100m: 1:37.87 54.75 150m: 2:49.03 1:11.16 200m: 3:57.75 1:08.72				
15.	116	BLAUS Tomass	09	Tritans Triathlon Team	<b>4:36.64</b>	46
		50m: 52.18 52.18 100m: 2:01.54 1:09.36 150m: 3:20.17 1:18.63 200m: 4:36.64 1:16.47				

Event 7

Women, 400m Freestyle

16 - 59 years

20.04.2024 - 12:43

Results

Points: FINA 2023

Rank	No	Name	YB	Team	Time	Pts
16 - 17 years						
1.	142	GUSTAITYTE Vilguste	07	Alytaus SRC	<b>5:01.15</b>	453
		50m: 32.31 32.31 150m: 1:45.72 37.70 250m: 3:03.49 39.34 350m: 4:23.16 39.77 100m: 1:08.02 35.71 200m: 2:24.15 38.43 300m: 3:43.39 39.90 400m: 5:01.15 37.99				
2.	122	BULKO Karolina	08	Triatlona akademija	<b>5:12.51</b>	405
		50m: 34.16 34.16 150m: 1:51.99 39.48 250m: 3:13.18 40.71 350m: 4:34.65 40.23 100m: 1:12.51 38.35 200m: 2:32.47 40.48 300m: 3:54.42 41.24 400m: 5:12.51 37.86				
18 - 19 years						
1.	121	BULA Beate	06	Triatlona akademija	<b>4:40.84</b>	558
		50m: 31.24 31.24 150m: 1:40.43 35.04 250m: 2:51.76 35.90 350m: 4:04.69 36.68 100m: 1:05.39 34.15 200m: 2:15.86 35.43 300m: 3:28.01 36.25 400m: 4:40.84 36.15				
20 - 39 years						
1.	130	MASKAVA-PUDANE Kristiana	01	TRI KAN	<b>4:47.57</b>	520
		50m: 31.78 31.78 150m: 1:42.22 35.60 250m: 2:55.04 36.78 350m: 4:10.77 38.05 100m: 1:06.62 34.84 200m: 2:18.26 36.04 300m: 3:32.72 37.68 400m: 4:47.57 36.80				

VII Siguldas peldbaseina akvatlons  
Sigulda, 20.4.2024

Event 7, Women, 400m Freestyle, 20 - 39 years

Rank	No	Name	YB	Team	Time	Pts		
2.	161	MEDNE Baiba	90	TRI Kekava	<b>4:54.04</b>	486		
		50m: 33.40 33.40	150m: 1:45.52	36.35	250m: 2:59.87	37.27	350m: 4:15.98	38.36
		100m: 1:09.17 35.77	200m: 2:22.60	37.08	300m: 3:37.62	37.75	400m: 4:54.04	38.06
3.	098	PAUNINA Ieva	99	Piramida Triathlon Club	<b>6:05.85</b>	252		
		50m: 37.85 37.85	150m: 2:04.19	44.28	250m: 3:38.91	47.35	350m: 5:14.10	47.45
		100m: 1:19.91 42.06	200m: 2:51.56	47.37	300m: 4:26.65	47.74	400m: 6:05.85	51.75

40 - 49 years

1.	089	GRUGULE Jolanta	80	Jekabpils SC	<b>5:46.53</b>	297		
		50m: 36.90 36.90	150m: 2:02.72	44.13	250m: 3:35.05	46.25	350m: 5:05.92	44.91
		100m: 1:18.59 41.69	200m: 2:48.80	46.08	300m: 4:21.01	45.96	400m: 5:46.53	40.61
2.	127	SNIEGA Ilze	83	TRIRUNPRO	<b>6:43.18</b>	188		
		50m: 42.34 42.34	150m: 2:22.96	52.13	250m: 4:08.21	52.20	350m: 5:54.52	53.18
		100m: 1:30.83 48.49	200m: 3:16.01	53.05	300m: 5:01.34	53.13	400m: 6:43.18	48.66
3.	155	OZOLA-OZOLINA Dace	79	Jekabpils	<b>11:17.54</b>	39		
		50m: 1:05.89 1:05.89	150m: 4:02.01	1:32.11	250m: 6:56.22	1:26.94	350m: 9:51.64	1:28.47
		100m: 2:29.90 1:24.01	200m: 5:29.28	1:27.27	300m: 8:23.17	1:26.95	400m: 11:17.54	1:25.90

50 - 59 years

1.	088	NERETA Inita	71	Jekabpils SC	<b>9:54.98</b>	58		
		50m: 1:00.60 1:00.60	150m: 3:35.26	1:17.73	250m: 6:11.35	1:20.42	350m: 8:42.21	1:13.91
		100m: 2:17.53 1:16.93	200m: 4:50.93	1:15.67	300m: 7:28.30	1:16.95	400m: 9:54.98	1:12.77

Event 8  
20.04.2024 - 12:58

Men, 400m Freestyle

14 - 69 years  
Results

Points: FINA 2023

Rank	No	Name	YB	Team	Time	Pts		
16 - 17 years								
1.	123	MEIJERS Miks	07	Triatona akademija	<b>4:25.53</b>	510		
		50m: 29.70 29.70	150m: 1:36.40	33.52	250m: 2:44.68	34.09	350m: 3:52.42	33.37
		100m: 1:02.88 33.18	200m: 2:10.59	34.19	300m: 3:19.05	34.37	400m: 4:25.53	33.11
2.	020	ZIGARKOVŠ Sebastians	07	DTC Jaunība	<b>4:26.26</b>	506		
		50m: 30.05 30.05	150m: 1:36.59	33.71	250m: 2:45.32	34.33	350m: 3:53.72	34.11
		100m: 1:02.88 32.83	200m: 2:10.99	34.40	300m: 3:19.61	34.29	400m: 4:26.26	32.54
3.	093	VIKSNE Gustavs	08	Piramida Triathlon Club	<b>4:31.34</b>	478		
		50m: 30.20 30.20	150m: 1:38.33	34.43	250m: 2:48.13	34.94	350m: 3:57.57	34.61
		100m: 1:03.90 33.70	200m: 2:13.19	34.86	300m: 3:22.96	34.83	400m: 4:31.34	33.77
4.	136	APSITIS Anrijs	07	Baltijas triatlonu klubs	<b>5:00.00</b>	354		
		50m: 30.21 30.21	150m: 1:43.28	37.79	250m: 3:03.90	40.96	350m: 4:23.76	38.80
		100m: 1:05.49 35.28	200m: 2:22.94	39.66	300m: 3:44.96	41.06	400m: 5:00.00	36.24
5.	004	SKRINDA Linards	07	DTC Jaunība	<b>5:26.65</b>	274		
		50m: 36.05 36.05	150m: 1:57.26	41.11	250m: 3:20.01	41.09	350m: 4:45.60	43.20
		100m: 1:16.15 40.10	200m: 2:38.92	41.66	300m: 4:02.40	42.39	400m: 5:26.65	41.05
6.	087	CELMARS Juris	08	Jekabpils SC	<b>6:00.27</b>	204		
		50m: 35.45 35.45	150m: 2:05.32	46.65	250m: 3:42.35	49.36	350m: 5:19.03	48.10
		100m: 1:18.67 43.22	200m: 2:52.99	47.67	300m: 4:30.93	48.58	400m: 6:00.27	41.24
7.	110	VAKULICS Daniils	08	Sharky	<b>6:47.06</b>	141		
		50m: 40.12 40.12	150m: 2:18.90	50.47	250m: 4:05.79	53.47	350m: 5:55.90	55.57
		100m: 1:28.43 48.31	200m: 3:12.32	53.42	300m: 5:00.33	54.54	400m: 6:47.06	51.16

VII Siguldas peldbaseina akvatlons  
Sigulda, 20.4.2024

Event 8, Men, 400m Freestyle

18 - 19 years

1.	124	KRAVALIS Nils	06	TRIRUNPRO	<b>4:49.38</b>	394
	50m:	32.68	32.68	150m:	1:45.41	36.52
	100m:	1:08.89	36.21	200m:	2:21.96	36.55
				250m:	2:58.75	36.79
				300m:	3:36.16	37.41
				350m:	4:13.52	37.36
				400m:	4:49.38	35.86
2.	031	GIRGENSONS Ricards	05	Valmieras SS	<b>6:26.82</b>	165
	50m:	39.78	39.78	150m:	2:15.45	49.22
	100m:	1:26.23	46.45	200m:	3:05.70	50.25
				250m:	3:54.45	48.75
				300m:	4:45.39	50.94
				350m:	5:36.02	50.63
				400m:	6:26.82	50.80
3.	022	ZALINOVSKIS Mihails	06	DTC Jauniba	<b>6:27.95</b>	163
	50m:	38.80	38.80	150m:	2:13.49	49.37
	100m:	1:24.12	45.32	200m:	3:03.10	49.61
				250m:	3:53.33	50.23
				300m:	4:44.59	51.26
				350m:	5:35.20	50.61
				400m:	6:27.95	52.75
4.	014	JEFREMKINS Emils	06	DTC Jauniba	<b>6:50.24</b>	138
	50m:	39.83	39.83	150m:	2:18.55	51.55
	100m:	1:27.00	47.17	200m:	3:11.55	53.00
				250m:	4:06.04	54.49
				300m:	4:59.97	53.93
				350m:	5:55.27	55.30
				400m:	6:50.24	54.97
5.	170	LEBEDEVIS Ivans	06	Sharky	<b>7:36.33</b>	100
	50m:	41.77	41.77	150m:	2:28.09	55.22
	100m:	1:32.87	51.10	200m:	3:27.43	59.34
				250m:	4:28.19	1:00.76
				300m:	5:30.63	1:02.44
				350m:	6:33.43	1:02.80
				400m:	7:36.33	1:02.90

20 - 39 years

1.	132	LIEPA Arturs	03	TRI KAN	<b>4:23.76</b>	521
	50m:	26.61	26.61	150m:	1:32.05	34.16
	100m:	57.89	31.28	200m:	2:06.36	34.31
				250m:	2:40.94	34.58
				300m:	3:15.84	34.90
				350m:	3:50.25	34.41
				400m:	4:23.76	33.51
2.	138	VEGERIS Maksis Maksimilians	03	Baltijas triatlona klubs	<b>4:23.92</b>	520
	50m:	28.78	28.78	150m:	1:34.45	33.16
	100m:	1:01.29	32.51	200m:	2:08.38	33.93
				250m:	2:42.33	33.95
				300m:	3:16.85	34.52
				350m:	3:51.04	34.19
				400m:	4:23.92	32.88
3.	137	VEGERIS Francis Daniels	03	Baltijas triatlona klubs	<b>4:25.78</b>	509
	50m:	30.01	30.01	150m:	1:37.36	34.03
	100m:	1:03.33	33.32	200m:	2:11.50	34.14
				250m:	2:45.50	34.00
				300m:	3:19.86	34.36
				350m:	3:53.65	33.79
				400m:	4:25.78	32.13
4.	008	GLADIJS Nikita	03	DTC Jauniba	<b>5:20.46</b>	290
	50m:	34.02	34.02	150m:	1:53.83	40.78
	100m:	1:13.05	39.03	200m:	2:35.42	41.59
				250m:	3:17.18	41.76
				300m:	3:58.55	41.37
				350m:	4:40.67	42.12
				400m:	5:20.46	39.79
5.	131	GRENCBERGS Arvis	88	TRI KAN	<b>5:37.23</b>	249
	50m:	36.19	36.19	150m:	1:57.76	41.92
	100m:	1:15.84	39.65	200m:	2:41.11	43.35
				250m:	3:25.26	44.15
				300m:	4:09.63	44.37
				350m:	4:54.22	44.59
				400m:	5:37.23	43.01
6.	126	RUSKULS Janis	88	TRIRUNPRO	<b>6:03.21</b>	199
	50m:	39.25	39.25	150m:	2:07.20	45.31
	100m:	1:21.89	42.64	200m:	2:53.65	46.45
				250m:	3:41.08	47.43
				300m:	4:28.65	47.57
				350m:	5:17.31	48.66
				400m:	6:03.21	45.90
7.	134	LAPPUKE Lukass	93	TRI KAN	<b>6:06.65</b>	193
	50m:	39.35	39.35	150m:	2:10.89	46.40
	100m:	1:24.49	45.14	200m:	2:57.51	46.62
				250m:	3:44.58	47.07
				300m:	4:32.66	48.08
				350m:	5:20.80	48.14
				400m:	6:06.65	45.85
8.	129	ZALE Janis	92	TRIRUNPRO	<b>7:18.01</b>	113
	50m:	43.58	43.58	150m:	2:29.94	56.12
	100m:	1:33.82	50.24	200m:	3:28.07	58.13
				250m:	4:27.49	59.42
				300m:	5:25.36	57.87
				350m:	6:23.61	58.25
				400m:	7:18.01	54.40
9.	160	ZALE Maris	90	Liepajas pilseta	<b>8:33.14</b>	70
	50m:	50.27	50.27	150m:	2:52.35	1:04.34
	100m:	1:48.01	57.74	200m:	4:01.02	1:08.67
				250m:	5:09.48	1:08.46
				300m:	6:18.41	1:08.93
				350m:	7:27.39	1:08.98
				400m:	8:33.14	1:05.75

40 - 49 years

1.	156	OZOLINS Janis	76	Valmieras PK Aqua	<b>4:59.69</b>	355
	50m:	32.43	32.43	150m:	1:44.95	37.50
	100m:	1:07.45	35.02	200m:	2:23.31	38.36
				250m:	3:02.64	39.33
				300m:	3:42.11	39.47
				350m:	4:21.92	39.81
				400m:	4:59.69	37.77
2.	158	SILIS Viesturs	80	Religija Riga	<b>5:51.59</b>	220
	50m:	41.16	41.16	150m:	2:13.52	45.93
	100m:	1:27.59	46.43	200m:	2:59.23	45.71
				250m:	3:44.93	45.70
				300m:	4:28.93	44.00
				350m:	5:12.18	43.25
				400m:	5:51.59	39.41

VII Siguldas peldbaseina akvatlons  
Sigulda, 20.4.2024

Event 8, Men, 400m Freestyle, 40 - 49 years

Rank	No	Name	YB	Team	Time	Pts
3.	125	MARNAUZA Martins	83	TRIRUNPRO	<b>6:01.46</b>	202
		50m: 39.14 39.14	150m: 2:09.84	47.15	250m: 3:44.68	47.48
		100m: 1:22.69 43.55	200m: 2:57.20	47.36	300m: 4:31.39	46.71
					350m: 5:18.31	46.92
					400m: 6:01.46	43.15
4.	157	PETERSONS Marcis	76	Rigas pilseta	<b>6:35.50</b>	154
		50m: 40.62 40.62	150m: 2:17.34	49.67	250m: 4:00.71	52.19
		100m: 1:27.67 47.05	200m: 3:08.52	51.18	300m: 4:54.26	53.55
					350m: 5:48.93	54.67
					400m: 6:35.50	46.57
5.	165	PEZENKOVŠ Jevgenijs	75	Rigas pilseta	<b>6:45.66</b>	143
		50m: 47.09 47.09	150m: 2:29.79	52.45	250m: 4:14.83	51.91
		100m: 1:37.34 50.25	200m: 3:22.92	53.13	300m: 5:06.55	51.72
					350m: 5:57.90	51.35
					400m: 6:45.66	47.76

50 - 59 years

1.	133	LIEPA Maris	70	TRI KAN	<b>5:16.31</b>	302
		50m: 34.20 34.20	150m: 1:52.90	39.79	250m: 3:13.08	40.06
		100m: 1:13.11 38.91	200m: 2:33.02	40.12	300m: 3:53.94	40.86
					350m: 4:35.80	41.86
					400m: 5:16.31	40.51
2.	153	GRSMANIS Dzintars	69	Rigas pilseta	<b>7:26.32</b>	107
		50m: 48.67 48.67	150m: 2:41.98	58.68	250m: 4:36.84	59.24
		100m: 1:43.30 54.63	200m: 3:37.60	55.62	300m: 5:33.38	56.54
					350m: 6:31.04	57.66
					400m: 7:26.32	55.28

60 - 69 years

1.	091	OZOLINS Edgars	59	Piramida Triathlon Club	<b>5:10.96</b>	318
		50m: 33.72 33.72	150m: 1:50.19	39.02	250m: 3:09.84	40.32
		100m: 1:11.17 37.45	200m: 2:29.52	39.33	300m: 3:50.28	40.44
					350m: 4:31.26	40.98
					400m: 5:10.96	39.70
2.	018	UZOLS Aivars	63	DTC Jauniba	<b>6:47.37</b>	141
		50m: 41.81 41.81	150m: 2:21.20	51.32	250m: 4:06.98	53.00
		100m: 1:29.88 48.07	200m: 3:13.98	52.78	300m: 5:00.41	53.43
					350m: 5:54.79	54.38
					400m: 6:47.37	52.58
3.	154	KUBAR Andres	59	AOK Arendus Team Polva	<b>7:15.64</b>	115
		50m: 45.53 45.53	150m: 2:36.88	57.28	250m: 4:28.93	56.31
		100m: 1:39.60 54.07	200m: 3:32.62	55.74	300m: 5:26.67	57.74
					350m: 6:22.13	55.46
					400m: 7:15.64	53.51
4.	090	SCETININS Jurijs	61	Piramida Triathlon Club	<b>9:31.42</b>	51
		50m: 50.23 50.23	150m: 3:08.30	1:13.22	250m: 5:40.40	1:17.87
		100m: 1:55.08 1:04.85	200m: 4:22.53	1:14.23	300m: 6:57.83	1:17.43
					350m: 8:15.35	1:17.52
					400m: 9:31.42	1:16.07
5.	159	TOKACIROVS Ilja	59	Piramida Triathlon Club	<b>11:24.28</b>	29
		50m: 1:07.98 1:07.98	150m: 3:54.78	1:27.85	250m: 6:58.40	1:33.21
		100m: 2:26.93 1:18.95	200m: 5:25.19	1:30.41	300m: 8:26.80	1:28.40
					350m: 9:57.95	1:31.15
					400m: 11:24.28	1:26.33