

3. Ziepniekkalna kausa IV posms
Riga, 15.5.2026



Event 15
15.05.2026 - 17:51

Women, 400m Freestyle

2011 and older
Results

Sacens bu rekords 19 +	5:32.13	VILKENA Elina	LAT	Riga	11.04.2025
Sacens bu rekords 18	5:04.11	KLAVA Evelina	LAT	Riga	11.04.2025
Sacens bu rekords 18	5:04.11	KLAVA Evelina	LAT	Riga	11.04.2025
Sacens bu rekords 17	5:13.58	BEGEBA-LATININA Darja	LAT	Riga	11.04.2025
Sacens bu rekords 16	5:26.92	SEMJONOVA Adriana	LAT	Riga	11.04.2025
Latvijas rekords	4:15.49	MALUKA Ieva	RDSN	Riga	11.02.2022

SKSM Open: 4:05.99 / SM Open: 4:27.18 / SMK Open: 4:42.74 / I Open: 5:02.72 / II Open: 5:33.19 / III Open: 6:15.80 / IV Open: 7:34.51

Points: AQUA 2025

Rank			YB			Time			Pts
YOB 2011									
1.	ROZINA Milana		11	RSS Ridzene-ZIEP		4:59.92			452 I
	50m:	31.61 31.61	150m:	1:44.47 37.51	250m:	3:02.73 39.65	350m:	4:23.00 40.31	
	100m:	1:06.96 35.35	200m:	2:23.08 38.61	300m:	3:42.69 39.96	400m:	4:59.92 36.92	
2.	SEMJONOVA Darina		11	RSS Ridzene-ZIEP		5:10.77			406 II
	50m:	35.20 35.20	150m:	1:53.23 39.74	250m:	3:15.05 40.97	350m:	4:35.13 39.67	
	100m:	1:13.49 38.29	200m:	2:34.08 40.85	300m:	3:55.46 40.41	400m:	5:10.77 35.64	
3.	ZAHAROVA Daniela		11	Rigas Kipsalas PK		5:37.25			318 III
	50m:	36.61 36.61	150m:	2:02.53 43.04	250m:	3:30.03 43.57	350m:	4:58.07 43.44	
	100m:	1:19.49 42.88	200m:	2:46.46 43.93	300m:	4:14.63 44.60	400m:	5:37.25 39.18	
YOB 2010									
1.	FILIPOVA Nikola		10	RSS Ridzene-ZIEP		5:09.89			410 II
	JAUNS SACENS BU VECUMA GRUPAS REKORDS!!								
	50m:	33.60 33.60	150m:	1:52.11 39.83	250m:	3:13.83 41.00	350m:	4:33.82 38.94	
	100m:	1:12.28 38.68	200m:	2:32.83 40.72	300m:	3:54.88 41.05	400m:	5:09.89 36.07	
2.	VIKSNE Marta		10	Kipsalas peldbaseins		6:36.03			196 IV
	50m:	40.89 40.89	150m:	2:20.13 50.95	250m:	4:03.14 51.77	350m:	5:47.27 52.28	
	100m:	1:29.18 48.29	200m:	3:11.37 51.24	300m:	4:54.99 51.85	400m:	6:36.03 48.76	
3.	LASKINA Viktorija		10	Ziepniekkalna peldbaseins		7:22.02			141 IV
	50m:	43.66 43.66	150m:	2:32.40 57.23	250m:	4:29.27 58.32	350m:	6:23.91 56.39	
	100m:	1:35.17 51.51	200m:	3:30.95 58.55	300m:	5:27.52 58.25	400m:	7:22.02 58.11	
EXH	RUDAKOVA Agate		12	RSS Ridzene-DSN		5:44.92			297 III
	50m:	36.65 36.65	150m:	2:03.25 43.95	250m:	3:32.67 44.90	350m:	5:02.70 44.97	
	100m:	1:19.30 42.65	200m:	2:47.77 44.52	300m:	4:17.73 45.06	400m:	5:44.92 42.22	