

3. Ziepniekkalna kausa IV posms  
Riga, 15.5.2026



Event 17  
15.05.2026 - 18:29

Women, 400m Medley  
APVIENOTAIS PELD JUMS

2011 and older  
Results

Sacens bu rekords 19 +	5:54.14	ABELE Nadina	LAT	Riga	11.04.2025
Sacens bu rekords 17	5:37.35	SIRMA Dzenifera	LAT	Riga	11.04.2025
Latvijas rekords	4:47.99	MALUKA Ieva	LAT	Glasgow (GBR)	04.12.2019

SKSM Open: 4:32.95 / SM Open: 4:56.45 / SMK Open: 5:13.73 / I Open: 5:35.89 / II Open: 6:09.70 / III Open: 6:56.97 / IV Open: 8:24.32

Points: AQUA 2025

Rank	YB		Time		Pts
<b>2008 and older</b>					
1.	ZARINA Arella	07	RSS Ridzene-DSN	<b>5:27.81</b>	473 I
<i>JAUNS SACENS BU VECUMA GRUPAS REKORDS!!</i>					
50m:	33.49	33.49	150m:	1:56.15	42.17
100m:	1:13.98	40.49	200m:	2:39.01	42.86
			250m:	3:25.55	46.54
			300m:	4:12.36	46.81
			350m:	4:50.80	38.44
			400m:	5:27.81	37.01