

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  
Startlist

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

YB

Heat 1 of 1

1 ZARINA Arella

07 RSS Ridzene-DSN

NT