

Latvian Short Course Championships (25m)
Jelgava, 12 - 14/6/2026

Event 25
13/06/2026 - 17:52

Women, 400m Medley

Open
Results

Latvijas rekords	4:47.99	MALUKA Ieva	LAT	Glasgow (GBR)	04/12/2019
Sacens bu rekords	4:53.25	BAIKOVA Arina	LAT	Valmiera	18/06/2022

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

Points: AQUA 2025

Vieta	Uzv rds, v rds	Dz.g.	Komanda	Rezult ts	Punkti	RL	SK	KP
1.	MALUKA Ieva	03	PS Riga	4:41.22	749		SM	
	<i>JAUNS LATVIJAS REKORDS!!</i>							
	50m: 30.15	30.15	150m: 1:41.33	36.51	250m: 2:57.28	40.52	350m: 4:10.47	32.52
	100m: 1:04.82	34.67	200m: 2:16.76	35.43	300m: 3:37.95	40.67	400m: 4:41.22	30.75
2.	SIRJAJEVA Arina	06	RSS Ridzene-DSN	5:15.32	531		I	
	50m: 33.59	33.59	150m: 1:53.44	40.38	250m: 3:17.59	45.65	350m: 4:41.02	37.15
	100m: 1:13.06	39.47	200m: 2:31.94	38.50	300m: 4:03.87	46.28	400m: 5:15.32	34.30
3.	SIRMA Dzenifera	08	RSS Ridzene	5:26.60	478		I	
	50m: 34.09	34.09	150m: 1:58.03	43.09	250m: 3:25.56	45.56	350m: 4:50.00	38.09
	100m: 1:14.94	40.85	200m: 2:40.00	41.97	300m: 4:11.91	46.35	400m: 5:26.60	36.60
4.	SKRABE Liene Evelina	11	Valmieras SS	5:33.37	450	+0.70	I	
	50m: 35.40	35.40	150m: 2:01.70	43.47	250m: 3:30.08	45.93	350m: 4:56.01	38.74
	100m: 1:18.23	42.83	200m: 2:44.15	42.45	300m: 4:17.27	47.19	400m: 5:33.37	37.36
5.	RENGARDE Zete	10	PK Ogre	5:38.35	430		II	
	50m: 36.05	36.05	150m: 2:00.27	41.19	250m: 3:31.49	49.89	350m: 5:00.73	38.76
	100m: 1:19.08	43.03	200m: 2:41.60	41.33	300m: 4:21.97	50.48	400m: 5:38.35	37.62
6.	ZUJEVA Sara	13	Kipsalas peldbaseins GJ	5:43.72	410		II	
	50m: 37.59	37.59	150m: 2:08.22	45.06	250m: 3:37.27	46.05	350m: 5:05.34	41.34
	100m: 1:23.16	45.57	200m: 2:51.22	43.00	300m: 4:24.00	46.73	400m: 5:43.72	38.38