

Eesti Karikavõistlused Ujumises
Tallinn, 14. - 15.7.2026

Event 109
14.07.2026 - 15:56

Women, 400m Freestyle

Open
Results

Eesti rekord	4:14.40	LIIV-KULLA, Aivi	EST	Bonn (GER)	11.02.1984
Eesti vanuseklassi rekord - 18	4:14.40	LIIV-KULLA, Aivi	EST	Bonn (GER)	11.02.1984
Eesti vanuseklassi rekord - 16	4:14.79	RANDVÄLI, Maari	AUD	Vejle (DEN)	01.12.2024
Eesti vanuseklassi rekord - 14	4:19.57	RANDVÄLI, Maari	AUD	Tartu	01.12.2023

Points: AQUA 2025

Rank	YB				Time				Pts
1. ROOP, Adele	09 Ujumise Spordiklubi				4:22.37				675
50m: 30.84 30.84	150m: 1:36.40 33.05	250m: 2:42.83 33.25	350m: 3:49.55 33.37						
100m: 1:03.35 32.51	200m: 2:09.58 33.18	300m: 3:16.18 33.35	400m: 4:22.37 32.82						
2. AABRAMS, Evalotta Victoria	05 Orca Swim Club				4:31.18				612
50m: 30.97 30.97	150m: 1:37.62 33.58	250m: 2:46.29 34.63	350m: 3:56.39 35.28						
100m: 1:04.04 33.07	200m: 2:11.66 34.04	300m: 3:21.11 34.82	400m: 4:31.18 34.79						
3. VILBORN, Freya Cornelia	11 Ujumise Spordiklubi				4:35.50				583
50m: 31.35 31.35	150m: 1:39.97 34.69	250m: 2:51.37 35.50	350m: 4:02.24 34.84						
100m: 1:05.28 33.93	200m: 2:15.87 35.90	300m: 3:27.40 36.03	400m: 4:35.50 33.26						
4. PAJU, Karola	08 Viimsi Veeklubi/Bruno Ujumisko				4:36.42				577
50m: 30.74 30.74	150m: 1:40.57 35.17	250m: 2:51.91 35.46	350m: 4:02.33 34.54						
100m: 1:05.40 34.66	200m: 2:16.45 35.88	300m: 3:27.79 35.88	400m: 4:36.42 34.09						
5. VARNIK, Jaroslava	10 Spordiklubi Garant				4:39.56				558
50m: 32.35 32.35	150m: 1:42.42 35.09	250m: 2:54.07 36.02	350m: 4:05.62 35.57						
100m: 1:07.33 34.98	200m: 2:18.05 35.63	300m: 3:30.05 35.98	400m: 4:39.56 33.94						
6. JAMSA, Fiona	08 Ujumisklubi Briis				4:40.36				553
50m: 31.67 31.67	150m: 1:41.73 35.26	250m: 2:53.40 35.81	350m: 4:05.46 35.97						
100m: 1:06.47 34.80	200m: 2:17.59 35.86	300m: 3:29.49 36.09	400m: 4:40.36 34.90						
7. ZAIDENTSAL, Alessandra	08 Spordiklubi Garant				4:45.08				526
50m: 30.64 30.64	150m: 1:40.89 36.02	250m: 2:55.11 36.76	350m: 4:09.17 36.72						
100m: 1:04.87 34.23	200m: 2:18.35 37.46	300m: 3:32.45 37.34	400m: 4:45.08 35.91						
8. KAARE, Kertu	02 Kalevi Ujumiskool				4:45.67				523
50m: 31.96 31.96	150m: 1:44.13 36.82	250m: 2:57.72 36.53	350m: 4:10.98 36.69						
100m: 1:07.31 35.35	200m: 2:21.19 37.06	300m: 3:34.29 36.57	400m: 4:45.67 34.69						
9. ROOS, Aleksandra	10 Parnu SK				4:45.92				522
50m: 30.39 30.39	150m: 1:40.15 35.34	250m: 2:53.41 37.06	350m: 4:08.81 38.19						
100m: 1:04.81 34.42	200m: 2:16.35 36.20	300m: 3:30.62 37.21	400m: 4:45.92 37.11						
10. TAMMEPOLD, Carolin	11 Audentese Spordiklubi				4:47.77				512
50m: 31.89 31.89	150m: 1:44.20 36.73	250m: 2:59.01 37.06	350m: 4:13.22 37.35						
100m: 1:07.47 35.58	200m: 2:21.95 37.75	300m: 3:35.87 36.86	400m: 4:47.77 34.55						
11. MARAN, Meribel	11 Yess				4:48.14				510
50m: 31.79 31.79	150m: 1:43.20 36.43	250m: 2:57.47 37.15	350m: 4:12.00 37.18						
100m: 1:06.77 34.98	200m: 2:20.32 37.12	300m: 3:34.82 37.35	400m: 4:48.14 36.14						
12. ROASTO, Emma	09 Ujumisklubi Briis				4:49.74				501
50m: 31.14 31.14	150m: 1:42.89 36.57	250m: 2:56.99 37.08	350m: 4:12.33 37.78						
100m: 1:06.32 35.18	200m: 2:19.91 37.02	300m: 3:34.55 37.56	400m: 4:49.74 37.41						
13. LUISK, Lili Tereese	11 Kalevi Ujumiskool				4:50.71				496
50m: 31.62 31.62	150m: 1:45.26 37.63	250m: 3:00.57 37.88	350m: 4:16.52 38.08						
100m: 1:07.63 36.01	200m: 2:22.69 37.43	300m: 3:38.44 37.87	400m: 4:50.71 34.19						
14. NOLVAK, Ann-Marii	12 Keila Swimclub				4:50.93				495
50m: 31.77 31.77	150m: 1:44.53 37.15	250m: 2:59.56 37.30	350m: 4:14.75 37.53						
100m: 1:07.38 35.61	200m: 2:22.26 37.73	300m: 3:37.22 37.66	400m: 4:50.93 36.18						
15. ROHTOJA, Mia-Laurel	08 Orca Swim Club				4:54.28				478
50m: 33.05 33.05	150m: 1:45.67 36.72	250m: 3:01.60 38.06	350m: 4:18.04 38.20						
100m: 1:08.95 35.90	200m: 2:23.54 37.87	300m: 3:39.84 38.24	400m: 4:54.28 36.24						
16. KOZLOVA, Cathalina	12 Yess				5:08.81				414
50m: 33.57 33.57	150m: 1:49.73 38.94	250m: 3:07.70 39.36	350m: 4:29.46 41.07						
100m: 1:10.79 37.22	200m: 2:28.34 38.61	300m: 3:48.39 40.69	400m: 5:08.81 39.35						

Eesti Karikavõistlused Ujumises
Tallinn, 14. - 15.7.2026

Event 109, Women, 400m Freestyle, Open

Rank	YB										Time	Pts		
17.	LIIVAND, Merle										91	TOPi Ujumisklubi	5:24.53	357
	50m:	34.75	34.75	150m:	1:53.37	39.98	250m:	3:17.69	41.64	350m:	4:42.29	42.22		
	100m:	1:13.39	38.64	200m:	2:36.05	42.68	300m:	4:00.07	42.38	400m:	5:24.53	42.24		