

Valmieras empions ts//Latvijas kauss  
Valmiera, 15. - 16.10.2021

Event 11  
16.10.2021 - 10:48

Women, 400m Freestyle

Open  
Results

Latvijas rekords 4:15.89 BAIKOVA Arina LAT Saint Petersburg (RUS) 22.12.2019

Points: FINA 2021

Rank			YB							Time	Pts	
<b>YOB 2008 - 2009</b>												
1.	KRAUKLE Emilija		08	PK Ogre						<b>4:40.94</b>	577	
	50m:	32.17	32.17	150m:	1:43.21	35.79	250m:	2:55.91	36.60	350m:	4:07.33	35.47
	100m:	1:07.42	35.25	200m:	2:19.31	36.10	300m:	3:31.86	35.95	400m:	4:40.94	33.61
2.	JANSONE Beate		08	Dobeles SS						<b>5:05.81</b>	447	
	50m:	34.25	34.25	150m:	1:50.91	38.85	250m:	3:09.42	38.78	350m:	4:28.04	39.14
	100m:	1:12.06	37.81	200m:	2:30.64	39.73	300m:	3:48.90	39.48	400m:	5:05.81	37.77
3.	GOLIKOVA Arina		08	PK Ogre						<b>5:06.11</b>	446	
	50m:	34.02	34.02	150m:	1:50.26	38.72	250m:	3:07.82	38.79	350m:	4:27.87	39.77
	100m:	1:11.54	37.52	200m:	2:29.03	38.77	300m:	3:48.10	40.28	400m:	5:06.11	38.24
4.	RODIONOVA Arina		08	Ilukstes NSS						<b>5:20.32</b>	389	
	50m:	35.10	35.10	150m:	1:56.09	41.11	250m:	3:19.72	41.38	350m:	4:41.83	40.26
	100m:	1:14.98	39.88	200m:	2:38.34	42.25	300m:	4:01.57	41.85	400m:	5:20.32	38.49
5.	SIRMA Dzenifera		08	RBJSS Ridzene						<b>5:20.76</b>	387	
	50m:	35.77	35.77	150m:	1:56.53	40.93	250m:	3:19.94	41.95	350m:	4:42.29	40.80
	100m:	1:15.60	39.83	200m:	2:37.99	41.46	300m:	4:01.49	41.55	400m:	5:20.76	38.47
6.	BULKO Karolina		08	Dobeles SS						<b>5:39.36</b>	327	
	50m:	36.30	36.30	150m:	2:02.37	43.60	250m:	3:29.91	43.79	350m:	4:56.59	43.06
	100m:	1:18.77	42.47	200m:	2:46.12	43.75	300m:	4:13.53	43.62	400m:	5:39.36	42.77
7.	GUSTINA Eliza		09	Dobeles SS						<b>5:58.59</b>	277	
	50m:	40.06	40.06	150m:	2:11.00	45.68	250m:	3:43.53	46.08	350m:	5:15.15	45.79
	100m:	1:25.32	45.26	200m:	2:57.45	46.45	300m:	4:29.36	45.83	400m:	5:58.59	43.44
8.	SAMMUTA Karolina		09	PK Ogre						<b>5:58.83</b>	277	
	50m:	38.76	38.76	150m:	2:07.61	45.45	250m:	3:42.61	48.31	350m:	5:16.19	46.29
	100m:	1:22.16	43.40	200m:	2:54.30	46.69	300m:	4:29.90	47.29	400m:	5:58.83	42.64
9.	PURINA Ieva		08	Kekavas NSS						<b>6:10.74</b>	251	
	50m:	37.07	37.07	150m:	2:09.87	46.48	250m:	3:46.20	47.87	350m:	5:24.25	48.71
	100m:	1:23.39	46.32	200m:	2:58.33	48.46	300m:	4:35.54	49.34	400m:	6:10.74	46.49
<b>2007 and older</b>												
1.	GOBERGA Marija		02	RBJSS Ridzene-ZIEP						<b>4:37.09</b>	601	
	50m:	31.61	31.61	150m:	1:41.10	35.31	250m:	2:51.79	35.32	350m:	4:03.49	35.68
	100m:	1:05.79	34.18	200m:	2:16.47	35.37	300m:	3:27.81	36.02	400m:	4:37.09	33.60
2.	OZOLA Elizabete Paula		04	RBJSS Ridzene						<b>4:48.96</b>	530	
	50m:	32.02	32.02	150m:	1:43.76	36.41	250m:	2:57.91	37.23	350m:	4:12.78	37.62
	100m:	1:07.35	35.33	200m:	2:20.68	36.92	300m:	3:35.16	37.25	400m:	4:48.96	36.18
3.	FERSTA Elizabete		04	RBJSS Ridzene						<b>5:01.87</b>	465	
	50m:	33.10	33.10	150m:	1:47.48	37.73	250m:	3:05.29	38.94	350m:	4:23.69	39.00
	100m:	1:09.75	36.65	200m:	2:26.35	38.87	300m:	3:44.69	39.40	400m:	5:01.87	38.18
4.	SVIATKINA Marharyta-Alena		06	RBJSS Ridzene-ZOL						<b>5:06.04</b>	446	
	50m:	33.35	33.35	150m:	1:50.74	39.52	250m:	3:10.87	39.92	350m:	4:30.03	38.92
	100m:	1:11.22	37.87	200m:	2:30.95	40.21	300m:	3:51.11	40.24	400m:	5:06.04	36.01
5.	SARTA Mare		04	RBJSS Ridzene						<b>5:17.54</b>	399	
	50m:	35.52	35.52	150m:	1:55.98	40.78	250m:	3:17.56	40.39	350m:	4:38.54	40.39
	100m:	1:15.20	39.68	200m:	2:37.17	41.19	300m:	3:58.15	40.59	400m:	5:17.54	39.00
6.	SIRJAJEVA Arina		06	RBJSS Ridzene						<b>5:27.90</b>	363	
	50m:	35.29	35.29	150m:	1:59.80	42.92	250m:	3:25.54	42.85	350m:	4:49.31	41.71
	100m:	1:16.88	41.59	200m:	2:42.69	42.89	300m:	4:07.60	42.06	400m:	5:27.90	38.59

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Event 11, Women, 400m Freestyle, 2007 and older

Rank		YB						Time	Pts
7.	SAULITE Elina Elizabete	06	Kekavas NSS					<b>5:32.40</b>	348
	50m: 35.69 35.69	150m: 1:59.88	42.45	250m: 3:26.93	44.03	350m: 4:51.76	41.93		
	100m: 1:17.43 41.74	200m: 2:42.90	43.02	300m: 4:09.83	42.90	400m: 5:32.40	40.64		
8.	OZOLINA Kate	07	Valmieras BSS					<b>5:43.30</b>	316
	50m: 37.76 37.76	150m: 2:03.24	44.05	250m: 3:32.12	44.33	350m: 5:02.11	44.72		
	100m: 1:19.19 41.43	200m: 2:47.79	44.55	300m: 4:17.39	45.27	400m: 5:43.30	41.19		
9.	VIKSNA Amelija Nikola	07	Valmieras BSS					<b>5:48.53</b>	302
	50m: 37.25 37.25	150m: 2:02.85	43.64	250m: 3:32.99	45.23	350m: 5:03.93	45.89		
	100m: 1:19.21 41.96	200m: 2:47.76	44.91	300m: 4:18.04	45.05	400m: 5:48.53	44.60		
10.	SULA Anete	06	Kekavas NSS					<b>5:59.26</b>	276
	50m: 38.42 38.42	150m: 2:06.63	45.07	250m: 3:40.20	47.80	350m: 5:15.55	47.32		
	100m: 1:21.56 43.14	200m: 2:52.40	45.77	300m: 4:28.23	48.03	400m: 5:59.26	43.71		