

Nordic Swimming Championships 2023
Tartu, 1. - 3.12.2023

Event 20
02.12.2023 - 17:00

Women, 400m Medley

2010 and older
Results Finals

Points: FINA 2023

Rank							YB							Time	Pts
2005 and older															
1.	WINBLAD Tea						04	Sweden						4:44.92	750
	50m:	30.15	30.15	150m:	1:42.49	37.64	250m:	2:59.15	40.00	350m:	4:12.87	33.35			
	100m:	1:04.85	34.70	200m:	2:19.15	36.66	300m:	3:39.52	40.37	400m:	4:44.92	32.05			
2.	BORGENSGAARD Mia						03	Den						4:47.92	727
	50m:	30.56	30.56	150m:	1:41.76	37.01	250m:	2:59.33	41.36	350m:	4:14.84	33.11			
	100m:	1:04.75	34.19	200m:	2:17.97	36.21	300m:	3:41.73	42.40	400m:	4:47.92	33.08			
3.	EKMAN Christine						94	Sweden						4:51.61	700
	50m:	31.39	31.39	150m:	1:44.73	37.37	250m:	3:02.26	40.74	350m:	4:19.15	34.78			
	100m:	1:07.36	35.97	200m:	2:21.52	36.79	300m:	3:44.37	42.11	400m:	4:51.61	32.46			
4.	FALSDOTTIR Eva Margret						05	Iceland						4:52.30	695
	50m:	31.07	31.07	150m:	1:44.40	37.90	250m:	3:04.01	41.04	350m:	4:19.59	33.95			
	100m:	1:06.50	35.43	200m:	2:22.97	38.57	300m:	3:45.64	41.63	400m:	4:52.30	32.71			
5.	RUUSKA Martta						03	Finland						5:03.01	624
	50m:	31.66	31.66	150m:	1:50.68	41.72	250m:	3:11.46	39.13	350m:	4:28.39	36.57			
	100m:	1:08.96	37.30	200m:	2:32.33	41.65	300m:	3:51.82	40.36	400m:	5:03.01	34.62			
YOB 2006 - 2010															
1.	KJELSTRUP Karoline						06	Den						4:48.97	719
	50m:	31.18	31.18	150m:	1:46.81	39.56	250m:	3:03.16	39.12	350m:	4:16.33	33.58			
	100m:	1:07.25	36.07	200m:	2:24.04	37.23	300m:	3:42.75	39.59	400m:	4:48.97	32.64			
	SUNDT Wilma						06	Finland						4:48.97	719
	50m:	30.21	30.21	150m:	1:43.41	38.16	250m:	3:01.64	41.21	350m:	4:17.22	33.68			
	100m:	1:05.25	35.04	200m:	2:20.43	37.02	300m:	3:43.54	41.90	400m:	4:48.97	31.75			
3.	GURJANOVA Violanta						06	Estonia						4:54.72	678
	50m:	31.60	31.60	150m:	1:45.71	37.25	250m:	3:03.26	41.28	350m:	4:21.45	35.19			
	100m:	1:08.46	36.86	200m:	2:21.98	36.27	300m:	3:46.26	43.00	400m:	4:54.72	33.27			
4.	BIRKISDOTTIR Freyja						06	Iceland						4:56.60	665
	50m:	32.05	32.05	150m:	1:51.28	40.89	250m:	3:09.55	39.49	350m:	4:24.83	33.98			
	100m:	1:10.39	38.34	200m:	2:30.06	38.78	300m:	3:50.85	41.30	400m:	4:56.60	31.77			
5.	SOHN Ida						08	Den						4:56.76	664
	50m:	33.56	33.56	150m:	1:47.98	36.83	250m:	3:06.05	42.64	350m:	4:23.98	34.45			
	100m:	1:11.15	37.59	200m:	2:23.41	35.43	300m:	3:49.53	43.48	400m:	4:56.76	32.78			
6.	ARNFINNSDOTTIR Sunna						07	Iceland						5:00.52	639
	50m:	32.52	32.52	150m:	1:49.10	39.27	250m:	3:11.03	43.96	350m:	4:28.44	34.31			
	100m:	1:09.83	37.31	200m:	2:27.07	37.97	300m:	3:54.13	43.10	400m:	5:00.52	32.08			
7.	OLAVSDOTTIR Johanna						07	Faroe Islands						5:06.91	600
	50m:	32.17	32.17	150m:	1:48.37	38.60	250m:	3:11.31	44.52	350m:	4:32.43	35.59			
	100m:	1:09.77	37.60	200m:	2:26.79	38.42	300m:	3:56.84	45.53	400m:	5:06.91	34.48			
8.	BALKEVICIUTE Jorile						10	Lithuania						5:10.62	579
	50m:	32.26	32.26	150m:	1:50.64	40.56	250m:	3:15.53	44.65	350m:	4:36.08	35.32			
	100m:	1:10.08	37.82	200m:	2:30.88	40.24	300m:	4:00.76	45.23	400m:	5:10.62	34.54			