

Rekordu dienas  
Valmiera, 27. - 29.12.2023

Event 29  
29.12.2023 - 17:00

Women, 400m Freestyle

Open  
Results

Latvijas rekords 4:15.49 MALUKA Ieva RDSN Riga 11.02.2022

Points: FINA 2023

Rank				YB				Time			Pts	
1.	MACULANE Nikola			08	Valmieras SS			<b>5:14.14</b>			399	
	50m:			150m:		250m:		350m:				
	100m:			200m:		300m:		400m:	5:14.14			
2.	MACULANE Estere			08	Valmieras SS			<b>5:20.45</b>			376	
	50m:	36.55	36.55	150m:	1:57.74	40.31	250m:	3:19.67	40.91	350m:	4:41.28	40.52
	100m:	1:17.43	40.88	200m:	2:38.76	41.02	300m:	4:00.76	41.09	400m:	5:20.45	39.17
3.	MEZALE Karlina			11	Valmieras SS			<b>5:35.46</b>			327	
	50m:	37.14	37.14	150m:	2:02.14	43.04	250m:	3:29.02	43.25	350m:	4:55.98	43.54
	100m:	1:19.10	41.96	200m:	2:45.77	43.63	300m:	4:12.44	43.42	400m:	5:35.46	39.48
4.	SIMSONE Katrina Keita			10	Valmieras SS			<b>5:58.04</b>			269	
	50m:	39.73	39.73	150m:	2:10.66	46.72	250m:	3:44.88	46.95	350m:	5:16.23	45.74
	100m:	1:23.94	44.21	200m:	2:57.93	47.27	300m:	4:30.49	45.61	400m:	5:58.04	41.81
5.	HOLOD Daryna			11	Valmieras SS			<b>6:15.17</b>			234	
	50m:	39.80	39.80	150m:	2:12.62	47.13	250m:	3:50.43	49.23	350m:	5:29.28	49.05
	100m:	1:25.49	45.69	200m:	3:01.20	48.58	300m:	4:40.23	49.80	400m:	6:15.17	45.89
6.	NICIPORE Elizabete			12	Valmieras SS			<b>6:23.64</b>			219	
	50m:	40.11	40.11	150m:	2:17.65	50.01	250m:	3:55.97	49.54	350m:	5:36.37	50.65
	100m:	1:27.64	47.53	200m:	3:06.43	48.78	300m:	4:45.72	49.75	400m:	6:23.64	47.27
7.	CAUNE Katrine			12	Valmieras SS			<b>6:36.66</b>			198	
	50m:	41.64	41.64	150m:	2:18.90	49.96	250m:	4:03.30	52.46	350m:	5:49.16	52.96
	100m:	1:28.94	47.30	200m:	3:10.84	51.94	300m:	4:56.20	52.90	400m:	6:36.66	47.50
8.	LAURSONE Elizabete			09	Valmieras SS			<b>6:56.50</b>			171	
	50m:	44.77	44.77	150m:	2:32.95	54.93	250m:	4:21.58	53.57	350m:	6:09.07	53.19
	100m:	1:38.02	53.25	200m:	3:28.01	55.06	300m:	5:15.88	54.30	400m:	6:56.50	47.43
9.	LAURSONE Andzelina			11	Valmieras SS			<b>6:57.96</b>			169	
	50m:			150m:		250m:		350m:				
	100m:			200m:		300m:		400m:	6:57.96			
10.	VIKSNA Leticija Alma			13	Valmieras SS			<b>7:29.21</b>			136	
	50m:			150m:		250m:		350m:				
	100m:			200m:		300m:		400m:	7:29.21			
11.	SMIRNOVA Milana			14	Valmieras SS			<b>7:39.61</b>			127	
	50m:	49.10	49.10	150m:	2:45.95	59.97	250m:	4:46.14	1:00.11	350m:	6:47.19	1:01.51
	100m:	1:45.98	56.88	200m:	3:46.03	1:00.08	300m:	5:45.68	59.54	400m:	7:39.61	52.42
12.	KLAVINA Elza Elizabete			12	Valmieras SS			<b>8:43.43</b>			86	
	50m:	55.28	55.28	150m:	3:06.42	1:07.40	250m:	5:23.17	1:09.04	350m:	7:39.15	1:07.04
	100m:	1:59.02	1:03.74	200m:	4:14.13	1:07.71	300m:	6:32.11	1:08.94	400m:	8:43.43	1:04.28