

KNSS kontrolnormat vu sacens bas Daudzceka V.posms  
ekava, 11/4/2024

Event 7  
11/04/2024 - 16:59

Women, 400m Freestyle

12 - 19 years  
Results Time Trials

Points: FINA 2023

Rank			YB					Time	Pts
<b>12 years</b>									
1.	PUKITE, Katrina		12	Kekavas NSS				<b>5:54.85</b>	276
	50m:	38.69 38.69	150m:	2:07.90 44.86	250m:	3:40.94 46.70	350m:	5:13.34 45.43	
	100m:	1:23.04 44.35	200m:	2:54.24 46.34	300m:	4:27.91 46.97	400m:	5:54.85 41.51	
2.	MIKELSONE, Karlina		12	Kekavas NSS				<b>6:30.47</b>	207
	50m:	42.53 42.53	150m:	2:20.73 49.27	250m:	4:01.73 50.76	350m:	5:43.04 50.47	
	100m:	1:31.46 48.93	200m:	3:10.97 50.24	300m:	4:52.57 50.84	400m:	6:30.47 47.43	
3.	PUTNANE, Margarita		12	Kekavas NSS				<b>7:44.45</b>	123
	50m:	46.54 46.54	150m:	2:45.95 1:00.14	250m:	4:46.94 1:01.35	350m:	6:48.32 1:01.30	
	100m:	1:18.51 59.27	200m:	3:45.59 59.64	300m:	5:47.02 1:00.08	400m:	7:44.45 56.13	
WDR	AVISANE, Darta		12	Kekavas NSS					
<b>13 years</b>									
1.	GRINBERGA, Karla		11	Kekavas NSS				<b>5:00.93</b>	454
	50m:	33.68 33.68	150m:	1:47.91 37.66	250m:	3:04.99 38.84	350m:	4:23.37 38.91	
	100m:	1:10.25 36.57	200m:	2:26.15 38.24	300m:	3:44.46 39.47	400m:	5:00.93 37.56	
2.	PETKUS, Kristiana		11	Kekavas NSS				<b>5:30.80</b>	341
	50m:	37.90 37.90	150m:	2:00.45 41.94	250m:	3:26.38 42.92	350m:	4:51.93 42.97	
	100m:	1:18.51 40.61	200m:	2:43.46 43.01	300m:	4:08.96 42.58	400m:	5:30.80 38.87	
3.	DAINE, Annija		11	Kekavas NSS				<b>6:23.64</b>	219
	50m:	42.47 42.47	150m:	2:21.32 49.02	250m:	4:00.77 49.61	350m:	5:40.60 49.92	
	100m:	1:32.30 49.83	200m:	3:11.16 49.84	300m:	4:50.68 49.91	400m:	6:23.64 43.04	
4.	VALDENA, Linda		11	Kekavas NSS				<b>6:32.12</b>	205
	50m:	45.38 45.38	150m:	2:22.97 49.57	250m:	4:04.23 50.98	350m:	5:45.82 50.09	
	100m:	1:33.40 48.02	200m:	3:13.25 50.28	300m:	4:55.73 51.50	400m:	6:32.12 46.30	
WDR	GEDUSEVA, Hanna Marija		11	Kekavas NSS					
WDR	DALBINA, Anna		11	Kekavas NSS					
<b>14 years</b>									
1.	SENUTO, Adelina		10	Kekavas NSS				<b>5:21.01</b>	374
	50m:	35.30 35.30	150m:	1:55.14 40.27	250m:	3:17.90 42.00	350m:	4:42.09 42.42	
	100m:	1:14.87 39.57	200m:	2:35.90 40.76	300m:	3:59.67 41.77	400m:	5:21.01 38.92	
<b>15 years</b>									
1.	DALBINA, Sofija		09	Kekavas NSS				<b>5:03.91</b>	440
	50m:	34.88 34.88	150m:	1:51.60 38.80	250m:	3:09.72 39.24	350m:	4:27.67 38.85	
	100m:	1:12.80 37.92	200m:	2:30.48 38.88	300m:	3:48.82 39.10	400m:	5:03.91 36.24	
WDR	AVISANE, Aleksa		09	Kekavas NSS					
WDR	DAINE, Melanija		09	Kekavas NSS					
<b>16 - 19 years</b>									
1.	MELDZERE, Pola		05	Kekavas NSS				<b>5:13.83</b>	400
	50m:	34.93 34.93	150m:	1:52.67 39.26	250m:	3:12.95 40.14	350m:	4:33.84 40.27	
	100m:	1:13.41 38.48	200m:	2:32.81 40.14	300m:	3:53.57 40.62	400m:	5:13.83 39.99	
DNS	SMILTNIECE, Sintija		08	Kekavas NSS					
WDR	MIHELSONE, Madara		08	Kekavas NSS					
WDR	PURINA, Ieva		08	Kekavas NSS					
WDR	SULA, Ramona		08	Kekavas NSS					

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## Event 7, Women, 400m Freestyle

EXH	MEDNE, Baiba		90	Rigas Kipsalas PK		<b>4:52.27</b>	495	
	50m: 33.86	33.86	150m: 1:46.72	36.73	250m: 3:00.67	37.26	350m: 4:15.82	37.58
	100m: 1:09.99	36.13	200m: 2:23.41	36.69	300m: 3:38.24	37.57	400m: 4:52.27	36.45