

Valmieras meistarsacikstes
Valmiera, 15. - 16.3.2024

Event 21
16.03.2024 - 10:53

Women, 400m Freestyle

2009 and older
Results

Latvijas rekords 4:15.49 MALUKA Ieva RDSN Riga 11.02.2022

SKSM Open: 4:07.11 / SM Open: 4:28.39 / SMK Open: 4:44.03 / I Open: 5:04.10 / II Open: 5:34.71 / III Open: 6:17.51 /
IV Open: 7:36.59

Points: FINA 2023

Vieta	Uzv rds, v rds	Dz.g.	Komanda	Rezult ts	Punkti	RL	SK
1.	VIKSNA Amelija Nikola	07	Valmieras SS	5:19.92	377	+0,66	II
	50m: 37.48 37.48	150m: 2:00.48 41.48	250m: 3:22.80 41.09	350m: 4:42.32 39.06			
	100m: 1:19.00 41.52	200m: 2:41.71 41.23	300m: 4:03.26 40.46	400m: 5:19.92 37.60			
2.	CEPJOLKINA Anna	07	Valmieras SS	5:45.48	300	+0,67	III
	50m: 38.34 38.34	150m: 2:03.77 43.33	250m: 3:32.20 44.49	350m: 5:01.54 44.65			
	100m: 1:20.44 42.10	200m: 2:47.71 43.94	300m: 4:16.89 44.69	400m: 5:45.48 43.94			
3.	LAURSONE Elizabete	09	Valmieras SS	6:42.47	189		IV
	50m: 42.12 42.12	150m: 2:24.33 52.19	250m: 4:09.42 52.70	350m: 5:54.48 52.72			
	100m: 1:32.14 50.02	200m: 3:16.72 52.39	300m: 5:01.76 52.34	400m: 6:42.47 47.99			