

Valmieras meistarsacikstes
Valmiera, 15. - 16.3.2024

Event 23
16.03.2024 - 11:12

Women, 400m Medley

2009 and older
Results

Latvijas rekords 4:47.99 MALUKA Ieva LAT Glasgow (GBR) 04.12.2019

SKSM Open: 4:35.53 / SM Open: 5:00.47 / SMK Open: 5:17.98 / I Open: 5:40.44 / II Open: 6:14.70 / III Open: 7:02.62 /
IV Open: 8:31.15

Points: FINA 2023

Vieta	Uzv rds, v rds	Dz.g. Komanda			Rezult ts	Punkti	RL	SK				
1.	STRAZDINA Emilija	08 Valmieras SS			5:11.49	574		SMK				
	50m:	33.12	33.12	150m:	1:56.22	41.22	250m:	3:19.40	42.70	350m:	4:37.24	35.36
	100m:	1:15.00	41.88	200m:	2:36.70	40.48	300m:	4:01.88	42.48	400m:	5:11.49	34.25