

Valmieras meistarsacikstes
Valmiera, 15. - 16.3.2024

Event 24 Men, 400m Medley 2009 and older
16.03.2024 - 11:17 Results

Latvijas rekords 4:15.24 KALNINS Uvis VBSS Jelgava 21.12.2017

SKSM Open: 4:10.86 / SM Open: 4:32.47 / SMK Open: 4:48.34 / I Open: 5:08.72 / II Open: 5:39.79 / III Open: 6:23.24 /
IV Open: 7:43.52

Points: FINA 2023

Vieta	Uzv rds, v rds		Dz.g.	Komanda		Rezult ts	Punkti	RL	SK			
1.	SPRICIS Markuss		04	Valmieras SS		5:15.90	410	+0,78	II			
	50m:	33.22	33.22	150m:	1:55.11	42.16	250m:	3:18.43	41.34	350m:	4:39.21	37.49
	100m:	1:12.95	39.73	200m:	2:37.09	41.98	300m:	4:01.72	43.29	400m:	5:15.90	36.69
EXH	STRAZDINA Emilija		08	Valmieras SS		5:11.49	574					
	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