

Latvian U20 Championship
Jelgava, 5. - 6.4.2024

Event 11 Women, 400m Medley 20 years and younger
05.04.2024 - 18:12 Meitenes, 400m komplekss Results

Latvijas rekords 4:47.99 MALUKA Ieva LAT Glasgow (GBR) 04.12.2019
Sacens bu rekords 4:51.95 MALUKA Ieva LAT Jelgava 05.04.2019

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	rd	Dz.g.	Komanda	Laiks	Punkti	L	menis	RL	KP
1.	STRAZDINA	Emilija	08	Valmieras SS	5:10.91	577	SMK	+0.77	18.00			
	50m:	32.93	32.93	150m:	1:54.25	42.50	250m:	3:19.03	44.00	350m:	4:37.20	34.56
	100m:	1:11.75	38.82	200m:	2:35.03	40.78	300m:	4:02.64	43.61	400m:	5:10.91	33.71
2.	LOCANE	Alise	05	RBJSS Ridzene I	5:18.52	537	I		16.00			
	50m:	33.06	33.06	150m:	1:52.80	40.88	250m:	3:17.81	44.93	350m:	4:41.40	37.78
	100m:	1:11.92	38.86	200m:	2:32.88	40.08	300m:	4:03.62	45.81	400m:	5:18.52	37.12
3.	SIRJAJEVA	Arina	06	RBJSS Ridzene-DSN I	5:23.63	512	I		15.00			
	50m:	32.82	32.82	150m:	1:54.20	42.18	250m:	3:22.36	47.37	350m:	4:47.05	37.04
	100m:	1:12.02	39.20	200m:	2:34.99	40.79	300m:	4:10.01	47.65	400m:	5:23.63	36.58
4.	KLAVA	Evelina	07	RBJSS Ridzene-DSN II	5:36.91	453	I		14.00			
	50m:	34.66	34.66	150m:	1:59.48	44.71	250m:	3:29.17	46.69	350m:	4:56.51	40.94
	100m:	1:14.77	40.11	200m:	2:42.48	43.00	300m:	4:15.57	46.40	400m:	5:36.91	40.40
5.	BERZINA	Daniela	05	RBJSS Ridzene-DSN I	5:37.04	453	I	+0.73	13.00			
	50m:	34.36	34.36	150m:	1:59.40	44.16	250m:	3:29.70	47.41	350m:	4:58.40	41.19
	100m:	1:15.24	40.88	200m:	2:42.29	42.89	300m:	4:17.21	47.51	400m:	5:37.04	38.64
6.	SIRMA	Dzenifera	08	RBJSS Ridzene I	5:40.71	438	II	+0.70	12.00			
	50m:	34.36	34.36	150m:	2:01.13	45.15	250m:	3:32.45	47.94	350m:	5:01.68	41.22
	100m:	1:15.98	41.62	200m:	2:44.51	43.38	300m:	4:20.46	48.01	400m:	5:40.71	39.03
7.	LYAKH	Kira	07	RBJSS Ridzene-DSN II	5:41.00	437	II	+0.73	11.00			
	50m:	35.59	35.59	150m:	2:02.06	44.84	250m:	3:33.36	47.51	350m:	5:01.89	39.11
	100m:	1:17.22	41.63	200m:	2:45.85	43.79	300m:	4:22.78	49.42	400m:	5:41.00	39.11
8.	MILLERE	Una	11	Jelgavas SPS I	5:51.70	399	II		10.00			
	50m:	39.71	39.71	150m:	2:13.33	46.94	250m:	3:44.70	45.69	350m:	5:11.75	40.09
	100m:	1:26.39	46.68	200m:	2:59.01	45.68	300m:	4:31.66	46.96	400m:	5:51.70	39.95