

VII Siguldas akvatlons
Sigulda, 20.4.2024

Event 7
20.04.2024 - 12:43

Women, 400m Freestyle

16 - 59 years
Results

Points: FINA 2024

Rank				YB						Time	Pts	
16 - 17 years												
1.	GUSTAITYTE Vilguste			07	Panevezys					5:01.15		
	50m:	32.31	32.31	150m:	1:45.72	37.70	250m:	3:03.49	39.34	350m:	4:23.16	39.77
	100m:	1:08.02	35.71	200m:	2:24.15	38.43	300m:	3:43.39	39.90	400m:	5:01.15	37.99
2.	BULKO Karolina			08	Triatlona akadēmija					5:12.51		
	50m:	34.16	34.16	150m:	1:51.99	39.48	250m:	3:13.18	40.71	350m:	4:34.65	40.23
	100m:	1:12.51	38.35	200m:	2:32.47	40.48	300m:	3:54.42	41.24	400m:	5:12.51	37.86
18 - 19 years												
1.	BULA Beate			06	Triatlona akadēmija					4:40.84		
	50m:	31.24	31.24	150m:	1:40.43	35.04	250m:	2:51.76	35.90	350m:	4:04.69	36.68
	100m:	1:05.39	34.15	200m:	2:15.86	35.43	300m:	3:28.01	36.25	400m:	4:40.84	36.15
20 - 39 years												
1.	MASKAVA-PUDANE Kristiana			01	TRI KAN					4:47.57		
	50m:	31.78	31.78	150m:	1:42.22	35.60	250m:	2:55.04	36.78	350m:	4:10.77	38.05
	100m:	1:06.62	34.84	200m:	2:18.26	36.04	300m:	3:32.72	37.68	400m:	4:47.57	36.80
2.	MEDNE Baiba			90	TRI Kekava					4:54.04		
	50m:	33.40	33.40	150m:	1:45.52	36.35	250m:	2:59.87	37.27	350m:	4:15.98	38.36
	100m:	1:09.17	35.77	200m:	2:22.60	37.08	300m:	3:37.62	37.75	400m:	4:54.04	38.06
3.	PAUNINA Ieva			99	Piramida Triathlon Club					6:05.85		
	50m:	37.85	37.85	150m:	2:04.19	44.28	250m:	3:38.91	47.35	350m:	5:14.10	47.45
	100m:	1:19.91	42.06	200m:	2:51.56	47.37	300m:	4:26.65	47.74	400m:	6:05.85	51.75
40 - 49 years												
1.	GRUGULE Jolanta			80	Jekabpils SC					5:46.53		
	50m:	36.90	36.90	150m:	2:02.72	44.13	250m:	3:35.05	46.25	350m:	5:05.92	44.91
	100m:	1:18.59	41.69	200m:	2:48.80	46.08	300m:	4:21.01	45.96	400m:	5:46.53	40.61
2.	SNIEGA Ilze			83	TRIRUNPRO					6:43.18		
	50m:	42.34	42.34	150m:	2:22.96	52.13	250m:	4:08.21	52.20	350m:	5:54.52	53.18
	100m:	1:30.83	48.49	200m:	3:16.01	53.05	300m:	5:01.34	53.13	400m:	6:43.18	48.66
3.	OZOLA-OZOLINA Dace			79	Jekabpils					11:17.54		
	50m:	1:05.89	1:05.89	150m:	4:02.01	1:32.11	250m:	6:56.22	1:26.94	350m:	9:51.64	1:28.47
	100m:	2:29.90	1:24.01	200m:	5:29.28	1:27.27	300m:	8:23.17	1:26.95	400m:	11:17.54	1:25.90
50 - 59 years												
1.	NERETA Inita			71	Jekabpils SC					9:54.98		
	50m:	1:00.60	1:00.60	150m:	3:35.26	1:17.73	250m:	6:11.35	1:20.42	350m:	8:42.21	1:13.91
	100m:	2:17.53	1:16.93	200m:	4:50.93	1:15.67	300m:	7:28.30	1:16.95	400m:	9:54.98	1:12.77