

Latvian Short Course Championship (25m)
Valmiera, 20. - 22.6.2024

Event 9 Women, 400m Freestyle Open Results
20.06.2024 - 18:17

Latvijas rekords 4:15.49 MALUKA Ieva RDSN Riga 11.02.2022
Sacens bu rekords 4:29.33 BAIKOVA Arina LAT Valmiera 22.06.2019

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

Points: FINA 2023

Vieta	Uzv rds, v rds	Dz.g.	Komanda	Rezult ts	Punkti	RL	SK	KP
1.	GOBERGA Marija	02	Rigas Kipsalas PK	4:42.88	546	+0.66	SMK	
	50m: 32.47 32.47	150m: 1:43.79 35.56	250m: 2:55.69 35.99	350m: 4:08.34 36.16				
	100m: 1:08.23 35.76	200m: 2:19.70 35.91	300m: 3:32.18 36.49	400m: 4:42.88 34.54				
2.	SIRJAJEVA Arina	06	RBJSS Ridzene-DSN	4:43.05	545	+0.75	SMK	
	50m: 31.07 31.07	150m: 1:42.90 36.48	250m: 2:56.63 36.91	350m: 4:09.11 36.05				
	100m: 1:06.42 35.35	200m: 2:19.72 36.82	300m: 3:33.06 36.43	400m: 4:43.05 33.94				
3.	ULJANOVA Alesja	08	SK Delfins	4:55.78	478	+0.79	I	
	50m: 32.52 32.52	150m: 1:45.20 36.74	250m: 3:00.88 38.34	350m: 4:18.17 38.46				
	100m: 1:08.46 35.94	200m: 2:22.54 37.34	300m: 3:39.71 38.83	400m: 4:55.78 37.61				
4.	GRINBERGA Karla	11	Kekavas NSS	4:58.81	463		I	
	50m: 32.61 32.61	150m: 1:48.49 38.75	250m: 3:04.93 37.57	350m: 4:22.02 37.97				
	100m: 1:09.74 37.13	200m: 2:27.36 38.87	300m: 3:44.05 39.12	400m: 4:58.81 36.79				
5.	GULBE Liva	08	RBJSS Ridzene-DSN	5:00.20	457	+0.58	I	
	50m: 32.66 32.66	150m: 1:46.90 37.64	250m: 3:03.96 38.68	350m: 4:22.05 38.88				
	100m: 1:09.26 36.60	200m: 2:25.28 38.38	300m: 3:43.17 39.21	400m: 5:00.20 38.15				
6.	RENGARDE Zete	10	PK Ogre	5:04.10	440	+0.61	I	
	50m: 32.50 32.50	150m: 1:47.47 38.17	250m: 3:05.23 39.10	350m: 4:25.53 40.48				
	100m: 1:09.30 36.80	200m: 2:26.13 38.66	300m: 3:45.05 39.82	400m: 5:04.10 38.57				
7.	DALBINA Sofija	09	Kekavas NSS	5:05.16	435	+0.54	II	
	50m: 35.19 35.19	150m: 1:53.73 39.75	250m: 3:12.68 39.26	350m: 4:30.68 38.69				
	100m: 1:13.98 38.79	200m: 2:33.42 39.69	300m: 3:51.99 39.31	400m: 5:05.16 34.48				
8.	DALBINA Anna	11	Kekavas NSS	5:11.97	407	+0.76	II	
	50m: 35.43 35.43	150m: 1:54.84 39.97	250m: 3:15.38 39.77	350m: 4:35.48 39.51				
	100m: 1:14.87 39.44	200m: 2:35.61 40.77	300m: 3:55.97 40.59	400m: 5:11.97 36.49				
9.	SKRABE Liene Evelina	11	Valmieras SS	5:12.91	403	+0.60	II	
	50m: 34.61 34.61	150m: 1:52.54 39.66	250m: 3:12.13 39.60	350m: 4:33.56 40.92				
	100m: 1:12.88 38.27	200m: 2:32.53 39.99	300m: 3:52.64 40.51	400m: 5:12.91 39.35				
10.	PETRUSE Margarita	09	RBJSS Ridzene	5:14.75	396	+0.74	II	
	50m: 34.80 34.80	150m: 1:53.66 40.03	250m: 3:15.81 41.27	350m: 4:36.49 40.48				
	100m: 1:13.63 38.83	200m: 2:34.54 40.88	300m: 3:56.01 40.20	400m: 5:14.75 38.26				
11.	MELDZERE Pola	05	Kekavas NSS	5:16.27	391		II	
	50m: 35.14 35.14	150m: 1:54.16 40.07	250m: 3:15.29 40.65	350m: 4:36.68 40.52				
	100m: 1:14.09 38.95	200m: 2:34.64 40.48	300m: 3:56.16 40.87	400m: 5:16.27 39.59				
12.	PAURINA Evelina	11	PK Ogre	5:30.05	344	+0.62	II	
	50m: 36.85 36.85	150m: 2:00.42 42.52	250m: 3:25.81 42.63	350m: 4:50.38 41.75				
	100m: 1:17.90 41.05	200m: 2:43.18 42.76	300m: 4:08.63 42.82	400m: 5:30.05 39.67				
13.	POLE Daniela	07	RBJSS Ridzene-ZOL	5:30.57	342	+0.73	II	
	50m: 34.73 34.73	150m: 1:57.21 41.55	250m: 3:23.17 43.28	350m: 4:50.09 44.47				
	100m: 1:15.66 40.93	200m: 2:39.89 42.68	300m: 4:05.62 42.45	400m: 5:30.57 40.48				
14.	BOGDANOVA Lada	11	Jurmallas SS	6:09.29	245			
	<i>*neatbilstošs I menis saska ar nolikuma 4.1.1. p</i>							
	50m: 39.36 39.36	150m: 2:09.92 46.65	250m: 3:46.74 48.06	350m: 5:23.46 48.49				
	100m: 1:23.27 43.91	200m: 2:58.68 48.76	300m: 4:34.97 48.23	400m: 6:09.29 45.83				