

Rigas cempionats
Riga, 13. - 14.12.2024

Event 9
13.12.2024 - 19:27

Women, 400m Freestyle

2010 and older
Results

Points: AQUA 2024

Rank	UZV	RDS, V rds	YB	Komanda	Laiks	Punkti	RL	
1.	SIRJAJEVA Arina		06	RSS Ridzene-DSN	4:50.65	531	+0.77	
	50m:	31.91 31.91	150m:	1:45.94 37.41	250m:	3:01.25 37.49	350m:	4:15.65 37.04
	100m:	1:08.53 36.62	200m:	2:23.76 37.82	300m:	3:38.61 37.36	400m:	4:50.65 35.00
2.	MONOKANDILOSE Darija		10	Kipsalas peldbaseins	5:04.31	462	+0.73	
	50m:	32.56 32.56	150m:	1:48.09 38.70	250m:	3:06.93 39.64	350m:	4:26.55 40.17
	100m:	1:09.39 36.83	200m:	2:27.29 39.20	300m:	3:46.38 39.45	400m:	5:04.31 37.76
3.	SIRMA Dzenifera		08	Ridzene	5:07.19	449	+0.77	
	50m:	34.20 34.20	150m:	1:52.00 39.61	250m:	3:11.76 39.95	350m:	4:31.10 39.03
	100m:	1:12.39 38.19	200m:	2:31.81 39.81	300m:	3:52.07 40.31	400m:	5:07.19 36.09
4.	DALBINA Sofija		09	Kekavas NSS	5:07.93	446	+0.75	
	50m:	35.49 35.49	150m:	1:54.77 39.93	250m:	3:13.89 39.53	350m:	4:31.56 38.29
	100m:	1:14.84 39.35	200m:	2:34.36 39.59	300m:	3:53.27 39.38	400m:	5:07.93 36.37
5.	ULJANOVA Alesja		08	SK Delfins	5:23.53	385	+0.76	
	50m:	33.97 33.97	150m:	1:52.79 40.45	250m:	3:16.13 42.14	350m:	4:42.03 42.72
	100m:	1:12.34 38.37	200m:	2:33.99 41.20	300m:	3:59.31 43.18	400m:	5:23.53 41.50
6.	ZILBERMANE Marija		07	RSS Ridzene-DSN	5:25.23	379		
	50m:	35.28 35.28	150m:	1:56.47 41.98	250m:	3:20.49 42.02	350m:	4:44.92 42.14
	100m:	1:14.49 39.21	200m:	2:38.47 42.00	300m:	4:02.78 42.29	400m:	5:25.23 40.31
7.	GUSTINA Eliza		09	Dobeles SS	5:30.55	361	+0.79	
	50m:	36.39 36.39	150m:	1:57.74 41.24	250m:	3:22.55 42.61	350m:	4:48.10 42.49
	100m:	1:16.50 40.11	200m:	2:39.94 42.20	300m:	4:05.61 43.06	400m:	5:30.55 42.45
8.	VERDENHOFA Sarlote		06	RSS Ridzene-DSN	5:33.75	350	+0.75	
	50m:	35.57 35.57	150m:	1:57.21 41.67	250m:	3:23.91 43.52	350m:	4:50.37 43.07
	100m:	1:15.54 39.97	200m:	2:40.39 43.18	300m:	4:07.30 43.39	400m:	5:33.75 43.38
9.	ZARINA Laura		09	Dobeles SS	5:57.15	286	+0.84	
	50m:	37.21 37.21	150m:	2:05.91 46.21	250m:	3:39.92 46.96	350m:	5:13.28 46.71
	100m:	1:19.70 42.49	200m:	2:52.96 47.05	300m:	4:26.57 46.65	400m:	5:57.15 43.87