

Valmieras novada cempionats
Valmiera, 18. - 19.10.2024

Event 11 Women, 400m Freestyle Open Results
19.10.2024 - 10:50

Sacens bu rokords 14 +	4:37.09	GOBERGA Marija	LAT	Valmiera	16.10.2021
Sacens bu rokords 12 - 13	4:40.94	KRAUKLE Emilija	LAT	Valmiera	16.10.2021
Sacens bu rokords - 11	5:28.03	GRINBERGA Karla	LAT	Valmiera	15.10.2022
Latvijas rekords	4:15.49	MALUKA Ieva	RDSN	Riga	11.02.2022

Points: AQUA 2024

Rank	Name	YB	Club	Time	Pts	RT
YOB 2011 - 2012						
1.	GRINBERGA Karla	11	Kekavas NSS	5:00.70	455	
	50m: 34.12 34.12	150m: 1:50.07	37.96	250m: 3:07.34	38.88	350m: 4:25.23 38.48
	100m: 1:12.11 37.99	200m: 2:28.46	38.39	300m: 3:46.75	39.41	400m: 5:00.70 35.47
2.	DALBINA Anna	11	Kekavas NSS	5:10.05	415	
	50m: 35.31 35.31	150m: 1:54.88	40.24	250m: 3:14.98	40.39	350m: 4:33.42 38.89
	100m: 1:14.64 39.33	200m: 2:34.59	39.71	300m: 3:54.53	39.55	400m: 5:10.05 36.63
3.	SKRABE Liene Evelina	11	Valmieras SS	5:13.17	402	
	50m: 35.28 35.28	150m: 1:53.46	39.48	250m: 3:12.92	39.71	350m: 4:33.62 40.23
	100m: 1:13.98 38.70	200m: 2:33.21	39.75	300m: 3:53.39	40.47	400m: 5:13.17 39.55
4.	LAURSONE Andzelina	11	Valmieras SS	5:31.01	341	
	50m: 38.34 38.34	150m: 2:03.55	43.10	250m: 3:29.67	42.74	350m: 4:53.19 41.38
	100m: 1:20.45 42.11	200m: 2:46.93	43.38	300m: 4:11.81	42.14	400m: 5:31.01 37.82
5.	STARCENKOVA Oksana	11	Salaspils Swim Team SS	6:30.85	207	
	50m: 41.60 41.60	150m: 2:14.96	47.61	250m: 3:55.13	50.79	350m: 5:39.49 52.48
	100m: 1:27.35 45.75	200m: 3:04.34	49.38	300m: 4:47.01	51.88	400m: 6:30.85 51.36
6.	KRAMAROVA Diana	11	Salaspils Swim Team SS	7:30.14	135	+0,86
	50m: 41.95 41.95	150m: 2:27.82	56.33	250m: 4:29.91	1:03.17	350m: 6:33.22 1:02.64
	100m: 1:31.49 49.54	200m: 3:26.74	58.92	300m: 5:30.58	1:00.67	400m: 7:30.14 56.92

2010 and older

1.	GOBERGA Marija	02	Rigas Kipsalas PK	4:39.47	566	+0,55
	50m: 32.31 32.31	150m: 1:41.29	34.60	250m: 2:51.71	35.51	350m: 4:04.27 36.55
	100m: 1:06.69 34.38	200m: 2:16.20	34.91	300m: 3:27.72	36.01	400m: 4:39.47 35.20
2.	STRAZDINA Emilija	08	Valmieras SS	4:39.81	564	
	50m: 30.99 30.99	150m: 1:41.57	35.80	250m: 2:54.60	36.24	350m: 4:06.44 35.89
	100m: 1:05.77 34.78	200m: 2:18.36	36.79	300m: 3:30.55	35.95	400m: 4:39.81 33.37
3.	LYAKH Kira	07	RBJSS Ridzene-DSN	4:41.73	553	+0,64
	50m: 32.21 32.21	150m: 1:43.02	35.82	250m: 2:54.81	35.79	350m: 4:07.09 35.95
	100m: 1:07.20 34.99	200m: 2:19.02	36.00	300m: 3:31.14	36.33	400m: 4:41.73 34.64
4.	SIRJAJEVA Arina	06	RBJSS Ridzene-DSN	4:47.88	518	
	50m: 32.38 32.38	150m: 1:45.99	37.03	250m: 3:00.34	36.87	350m: 4:13.65 36.48
	100m: 1:08.96 36.58	200m: 2:23.47	37.48	300m: 3:37.17	36.83	400m: 4:47.88 34.23
5.	MASKAVA-PUDANE Kristiana	01	SK Delfins	4:55.69	478	+0,76
	50m: 31.38 31.38	150m: 1:42.99	36.60	250m: 2:58.07	37.86	350m: 4:17.08 40.06
	100m: 1:06.39 35.01	200m: 2:20.21	37.22	300m: 3:37.02	38.95	400m: 4:55.69 38.61
6.	SIRMA Dzenifera	08	RBJSS Ridzene	4:57.34	470	
	50m: 32.65 32.65	150m: 1:47.16	37.58	250m: 3:03.35	37.98	350m: 4:19.93 38.15
	100m: 1:09.58 36.93	200m: 2:25.37	38.21	300m: 3:41.78	38.43	400m: 4:57.34 37.41
7.	MONOKANDILOSE Darija	10	Kipsalas peldbaseins	5:00.25	457	
	50m: 33.97 33.97	150m: 1:49.36	38.08	250m: 3:06.80	38.78	350m: 4:23.05 38.13
	100m: 1:11.28 37.31	200m: 2:28.02	38.66	300m: 3:44.92	38.12	400m: 5:00.25 37.20
8.	DALBINA Sofija	09	Kekavas NSS	5:06.28	430	+0,81
	50m: 35.75 35.75	150m: 1:53.52	39.02	250m: 3:12.33	39.38	350m: 4:30.42 38.71
	100m: 1:14.50 38.75	200m: 2:32.95	39.43	300m: 3:51.71	39.38	400m: 5:06.28 35.86
9.	GULBE Liva	08	RBJSS Ridzene-DSN	5:06.57	429	+0,50
	50m: 34.71 34.71	150m: 1:51.32	38.55	250m: 3:08.83	39.14	350m: 4:28.67 40.02
	100m: 1:12.77 38.06	200m: 2:29.69	38.37	300m: 3:48.65	39.82	400m: 5:06.57 37.90

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Rank	Name	YB	Club	Time	Pts	RT
10.	RENGARDE Zete	10	PK Ogre	5:08.35	422	
	50m: 34.20 34.20	150m: 1:50.79	38.48	250m: 3:09.76	39.74	350m: 4:29.90 40.24
	100m: 1:12.31 38.11	200m: 2:30.02	39.23	300m: 3:49.66	39.90	400m: 5:08.35 38.45
11.	VERDENHOFA Sarlote	06	RBJSS Ridzene-DSN	5:17.81	385	
	50m: 35.04 35.04	150m: 1:55.14	40.64	250m: 3:16.80	40.55	350m: 4:37.66 39.88
	100m: 1:14.50 39.46	200m: 2:36.25	41.11	300m: 3:57.78	40.98	400m: 5:17.81 40.15
12.	MACULANE Nikola	08	Valmieras SS	5:20.37	376	+0,55
	50m: 37.28 37.28	150m: 1:59.24	41.48	250m: 3:22.14	41.10	350m: 4:42.93 40.18
	100m: 1:17.76 40.48	200m: 2:41.04	41.80	300m: 4:02.75	40.61	400m: 5:20.37 37.44
13.	VIKSNA Amelija Nikola	07	Valmieras SS	5:30.56	342	+0,68
	50m: 38.35 38.35	150m: 2:03.33	42.43	250m: 3:28.89	42.74	350m: 4:52.22 40.97
	100m: 1:20.90 42.55	200m: 2:46.15	42.82	300m: 4:11.25	42.36	400m: 5:30.56 38.34
14.	SAMOILOVA Alisa	10	Kipsalas peldbaseins	5:33.96	332	
	50m: 38.34 38.34	150m: 2:04.12	43.12	250m: 3:30.07	42.81	350m: 4:53.30 41.43
	100m: 1:21.00 42.66	200m: 2:47.26	43.14	300m: 4:11.87	41.80	400m: 5:33.96 40.66
15.	MARTIROSYAN Aleksandra	09	Kipsalas peldbaseins	5:36.98	323	
	50m: 36.59 36.59	150m: 2:00.93	42.44	250m: 3:27.04	43.28	350m: 4:53.91 43.51
	100m: 1:18.49 41.90	200m: 2:43.76	42.83	300m: 4:10.40	43.36	400m: 5:36.98 43.07
16.	VISNAKOVA Eliza	10	Kipsalas peldbaseins	5:45.67	299	
	50m: 38.44 38.44	150m: 2:03.82	43.54	250m: 3:32.07	44.56	350m: 5:01.68 44.77
	100m: 1:20.28 41.84	200m: 2:47.51	43.69	300m: 4:16.91	44.84	400m: 5:45.67 43.99
17.	CEPJOLKINA Anna	07	Valmieras SS	6:04.91	254	+0,52
	50m: 39.29 39.29	150m: 2:10.75	46.64	250m: 3:44.53	47.08	350m: 5:20.40 47.66
	100m: 1:24.11 44.82	200m: 2:57.45	46.70	300m: 4:32.74	48.21	400m: 6:04.91 44.51
18.	LEIBUS Anna	10	Salaspils Swim Team SS	6:10.18	243	+0,91
	50m: 38.02 38.02	150m: 2:09.11	46.70	250m: 3:46.15	48.79	350m: 5:24.72 48.78
	100m: 1:22.41 44.39	200m: 2:57.36	48.25	300m: 4:35.94	49.79	400m: 6:10.18 45.46