

Ida-Virumaa Karikavõistlused 2024
Kohtla-Järve, 8. - 9.11.2024

Event 9
08.11.2024 - 17:20

Women, 400m Medley

Open
Results

Estonian Records	4:38.88	GOLD, Aleksa	KUK	Quebec (CAN)	24.03.2022
Estonian Age Group Records - 18	4:51.13	GURJANOVA, Violanta	JOHVI	Tallinn	22.12.2022
Estonian Age Group Records - 16	4:51.13	GURJANOVA, Violanta	JOHVI	Tallinn	22.12.2022
Estonian Age Group Records - 14	4:54.92	ROMANJUK, Maria	GARANT	Tallinn	04.03.2011

Points: AQUA 2024

Rank	YB				Time	Pts
2010 and younger						
1.	NIINEP, Karolina	11	Kohtla-Jarve Veespordiklubi 1		5:14.99	555
	50m: 32.98 32.98	150m: 1:53.46	41.90	250m: 3:18.85	45.63	350m: 4:40.84 36.13
	100m: 1:11.56 38.58	200m: 2:33.22	39.76	300m: 4:04.71	45.86	400m: 5:14.99 34.15
2.	ROMANENKO, Olivia Aleksandra	12	Kohtla-Jarve Veespordiklubi 1		5:23.07	514
	50m: 34.44 34.44	150m: 1:54.28	38.85	250m: 3:19.30	46.21	350m: 4:47.20 38.40
	100m: 1:15.43 40.99	200m: 2:33.09	38.81	300m: 4:08.80	49.50	400m: 5:23.07 35.87
3.	SHESTAKOVA, Valeriia	12	Kohtla-Jarve Veespordiklubi 1		5:45.95	419
	50m: 34.47 34.47	150m: 2:01.00	45.51	250m: 3:34.82	49.60	350m: 5:07.06 40.97
	100m: 1:15.49 41.02	200m: 2:45.22	44.22	300m: 4:26.09	51.27	400m: 5:45.95 38.89
4.	TSISTJAKOVA, Anastassia	13	Ujumisklubi Aktiiv 1		5:47.94	412
	50m: 37.69 37.69	150m: 2:07.84	43.61	250m: 3:39.84	49.82	350m: 5:08.03 38.68
	100m: 1:24.23 46.54	200m: 2:50.02	42.18	300m: 4:29.35	49.51	400m: 5:47.94 39.91
5.	ZITKOVA, Jelizaveta	10	Johvi Spordikool		5:55.25	387
	50m: 38.37 38.37	150m: 2:11.63	47.82	250m: 3:46.51	49.47	350m: 5:17.61 40.61
	100m: 1:23.81 45.44	200m: 2:57.04	45.41	300m: 4:37.00	50.49	400m: 5:55.25 37.64
6.	MARTONOVA, Arsenia	10	Johvi Spordikool		6:00.04	372
	50m: 38.35 38.35	150m: 2:12.41	45.83	250m: 3:45.99	49.09	350m: 5:19.28 42.83
	100m: 1:26.58 48.23	200m: 2:56.90	44.49	300m: 4:36.45	50.46	400m: 6:00.04 40.76
7.	LUNEVA, Kira	13	Kohtla-Jarve Veespordiklubi 1		6:04.78	357
	50m: 37.90 37.90	150m: 2:12.68	47.99	250m: 3:53.55	52.22	350m: 5:27.50 42.05
	100m: 1:24.69 46.79	200m: 3:01.33	48.65	300m: 4:45.45	51.90	400m: 6:04.78 37.28
8.	ODINETS, Diana	12	Ujumisklubi Aktiiv 2		6:19.65	317
	50m: 43.63 43.63	150m: 2:25.99	47.80	250m: 4:04.71	51.76	350m: 5:39.27 42.39
	100m: 1:38.19 54.56	200m: 3:12.95	46.96	300m: 4:56.88	52.17	400m: 6:19.65 40.38
9.	GURJANOVA, Olga Violina	13	Johvi Spordikool		6:48.29	255
	50m: 46.50 46.50	150m: 2:37.06	50.06	250m: 4:19.05	53.96	350m: 6:02.28 48.81
	100m: 1:47.00 1:00.50	200m: 3:25.09	48.03	300m: 5:13.47	54.42	400m: 6:48.29 46.01
WDR	KOMLOVA, Emilia	11	Narva SK/Energia			

2009 and older

1.	ZAIDENTSAL, Alessandra	08	Kohtla-Jarve Veespordiklubi 1		5:12.94	566
	50m: 33.14 33.14	150m: 1:53.38	39.50	250m: 3:14.06	40.71	350m: 4:35.32 39.06
	100m: 1:13.88 40.74	200m: 2:33.35	39.97	300m: 3:56.26	42.20	400m: 5:12.94 37.62
2.	VIDLOHA, Anna	09	Kohtla-Jarve Veespordiklubi 1		5:34.00	465
	50m: 32.49 32.49	150m: 1:54.44	42.90	250m: 3:27.35	49.63	350m: 4:56.87 37.22
	100m: 1:11.54 39.05	200m: 2:37.72	43.28	300m: 4:19.65	52.30	400m: 5:34.00 37.13