



Event 15
11.04.2025 - 17:04

Women, 400m Freestyle

2009 and older
Results

Latvijas rekords 4:15.49 MALUKA Ieva RDSN Riga 11.02.2022

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

Points: AQUA 2024

Rank			YB			Time	Pts	
YOB 2009								
1.	SEMJONOVA Adriana		09	Olaines Sporta centrs		5:26.92	354 II	
	50m:	34.47 34.47	150m:	1:55.64 41.61	250m:	3:20.53 42.89	350m:	4:45.95 42.30
	100m:	1:14.03 39.56	200m:	2:37.64 42.00	300m:	4:03.65 43.12	400m:	5:26.92 40.97

YOB 2008

1.	BEGEBA-LATININA Darja		08	RSS Ridzene-Zolitude		5:13.58	401 II	
	50m:	34.25 34.25	150m:	1:53.86 40.19	250m:	3:13.28 39.70	350m:	4:34.10 41.06
	100m:	1:13.67 39.42	200m:	2:33.58 39.72	300m:	3:53.04 39.76	400m:	5:13.58 39.48
2.	PRIKULE Karina		08	RSS Ridzene-Zolitude		5:55.90	274 III	
	50m:	41.57 41.57	150m:	2:13.28 46.29	250m:	3:44.47 45.15	350m:	5:12.31 43.96
	100m:	1:26.99 45.42	200m:	2:59.32 46.04	300m:	4:28.35 43.88	400m:	5:55.90 43.59

2007 and older

1.	KLAVA Evelina		07	RSS Ridzene-Daugavas SN		5:04.11	439 II	
	50m:	33.75 33.75	150m:	1:51.05 39.32	250m:	3:08.24 38.88	350m:	4:26.71 39.23
	100m:	1:11.73 37.98	200m:	2:29.36 38.31	300m:	3:47.48 39.24	400m:	5:04.11 37.40
2.	POLE Daniela		07	RSS Ridzene-Zolitude		5:18.57	382 II	
	50m:	35.06 35.06	150m:	1:54.47 40.47	250m:	3:17.91 41.42	350m:	4:40.65 41.15
	100m:	1:14.00 38.94	200m:	2:36.49 42.02	300m:	3:59.50 41.59	400m:	5:18.57 37.92
3.	VILKENA Elina		06	Olaines Sporta centrs		5:32.13	337 II	
	50m:	35.17 35.17	150m:	1:55.96 40.76	250m:	3:20.99 43.23	350m:	4:49.00 44.19
	100m:	1:15.20 40.03	200m:	2:37.76 41.80	300m:	4:04.81 43.82	400m:	5:32.13 43.13