

2. Ziepniekkalna kauss
Riga, 10. - 11.4.2025



Event 17
11.04.2025 - 17:29

Women, 400m Medley

2009 and older
Results

Latvijas rekords 4:47.99 MALUKA Ieva LAT Glasgow (GBR) 04.12.2019

SKSM Open: 4:35.53 / SM Open: 5:00.47 / SMK Open: 5:17.98 / I Open: 5:40.44 / II Open: 6:14.70 / III Open: 7:02.62 / IV Open: 8:31.15

Points: AQUA 2024

Rank			YB			Time	Pts	
YOB 2008								
1.	SIRMA Dzenifera		08	RSS Ridzene		5:37.35	452 I	
	50m:	34.94 34.94	150m:	2:03.78 45.88	250m:	3:34.46 47.45	350m:	5:00.62 39.10
	100m:	1:17.90 42.96	200m:	2:47.01 43.23	300m:	4:21.52 47.06	400m:	5:37.35 36.73

2007 and older

1.	ABELE Nadina		06	RSS Ridzene-Ziepniekkalns		5:54.14	390 II	
	50m:	38.04 38.04	150m:	2:09.05 45.81	250m:	3:41.10 46.82	350m:	5:12.08 43.41
	100m:	1:23.24 45.20	200m:	2:54.28 45.23	300m:	4:28.67 47.57	400m:	5:54.14 42.06