

VSI - Swimming Cup '25
Plovdiv, 28.2. - 2.3.2025

Event 18 Women, 400m Freestyle 13 years and older
1.3.2025 . - 11:50 Results

Bulgaria LCM Open	4:11.71	Nina RANGELOVA	MLA91	London (GBR)	29.7.2012 .
Bulgaria LCM 15 - 17	4:15.57	Zhanet ANGELOVA	AKULI	ROME (ITA)	11.7.2021 .
Bulgaria LCM 13 - 14	4:29.91	Vasiliki KADOGLU	ASTER	Sofia	1.7.2017 .

Points: AQUA 2025

Rank			YB							Time	Pts	
18 years and older												
1.	Tiana TEMELKOVA		06	Vsi						4:32.39	645	
	50m:	31.66	31.66	150m:	1:40.15	34.55	250m:	2:48.79	34.27	350m:	3:58.12	34.77
	100m:	1:05.60	33.94	200m:	2:14.52	34.37	300m:	3:23.35	34.56	400m:	4:32.39	34.27
2.	Svetla ZGUROVA		03	Nsa						4:49.66	536	
	50m:	32.61	32.61	150m:	1:46.11	37.35	250m:	3:00.51	37.18	350m:	4:14.39	36.68
	100m:	1:08.76	36.15	200m:	2:23.33	37.22	300m:	3:37.71	37.20	400m:	4:49.66	35.27
3.	Ivet SHUMKOVA		00	Swim For All Ages						5:14.26	420	
	50m:	33.85	33.85	150m:	1:49.47	38.70	250m:	3:10.14	40.66	350m:	4:33.22	41.88
	100m:	1:10.77	36.92	200m:	2:29.48	40.01	300m:	3:51.34	41.20	400m:	5:14.26	41.04

15 - 17 years

1.	Simona IVANOVA		09	Olimp						4:25.24	698	
	50m:	30.45	30.45	150m:	1:36.47	33.32	250m:	2:43.98	33.96	350m:	3:52.11	33.83
	100m:	1:03.15	32.70	200m:	2:10.02	33.55	300m:	3:18.28	34.30	400m:	4:25.24	33.13
2.	Dariya MIHAILOVA		10	Trayana						5:01.39	476	
	50m:	32.78	32.78	150m:	1:48.11	38.17	250m:	3:05.88	38.82	350m:	4:24.16	39.27
	100m:	1:09.94	37.16	200m:	2:27.06	38.95	300m:	3:44.89	39.01	400m:	5:01.39	37.23
3.	Antonia NACHEVA		09	Bolyari 2009						5:02.17	472	
	50m:	32.51	32.51	150m:	1:47.07	37.47	250m:	3:05.40	39.10	350m:	4:24.92	40.01
	100m:	1:09.60	37.09	200m:	2:26.30	39.23	300m:	3:44.91	39.51	400m:	5:02.17	37.25
4.	Anita RADULOVA		10	Plovdiv 2019						5:02.23	472	
	50m:	32.91	32.91	150m:	1:48.85	37.89	250m:	3:05.79	38.20	350m:	4:23.82	38.59
	100m:	1:10.96	38.05	200m:	2:27.59	38.74	300m:	3:45.23	39.44	400m:	5:02.23	38.41
5.	Lubomira POPOVA		10	Mladost'91						5:03.88	464	
	50m:	32.28	32.28	150m:	1:46.72	37.68	250m:	3:05.67	39.69	350m:	4:25.91	40.03
	100m:	1:09.04	36.76	200m:	2:25.98	39.26	300m:	3:45.88	40.21	400m:	5:03.88	37.97
6.	Ralica ILIEVA		08	Vsi						5:08.98	442	
	50m:	34.69	34.69	150m:	1:51.42	38.63	250m:	3:09.98	39.24	350m:	4:29.85	39.83
	100m:	1:12.79	38.10	200m:	2:30.74	39.32	300m:	3:50.02	40.04	400m:	5:08.98	39.13
7.	Klavdia YANAKIEVA		09	Nsa						5:17.31	408	
	50m:	35.61	35.61	150m:	1:55.58	40.37	250m:	3:18.41	41.30	350m:	4:39.58	40.63
	100m:	1:15.21	39.60	200m:	2:37.11	41.53	300m:	3:58.95	40.54	400m:	5:17.31	37.73

13 - 14 years

1.	Ema DIMITROVA		11	Vsi						4:40.30	592	
	50m:	32.25	32.25	150m:	1:42.96	35.52	250m:	2:54.32	35.67	350m:	4:05.68	35.69
	100m:	1:07.44	35.19	200m:	2:18.65	35.69	300m:	3:29.99	35.67	400m:	4:40.30	34.62
2.	Gabriela BOBEVA		11	Lokomotiv						4:54.32	511	
	50m:	32.91	32.91	150m:	1:47.52	37.83	250m:	3:03.70	37.75	350m:	4:18.51	37.07
	100m:	1:09.69	36.78	200m:	2:25.95	38.43	300m:	3:41.44	37.74	400m:	4:54.32	35.81
3.	Andrea GEORGIEVA		11	Vsi						4:58.85	488	
	50m:	32.94	32.94	150m:	1:46.56	37.39	250m:	3:03.70	39.11	350m:	4:21.06	38.81
	100m:	1:09.17	36.23	200m:	2:24.59	38.03	300m:	3:42.25	38.55	400m:	4:58.85	37.79
4.	Deya DOBREVA		12	Delfin Varna						5:02.15	472	
	50m:	33.86	33.86	150m:	1:48.75	38.25	250m:	3:06.30	39.23	350m:	4:24.47	39.40
	100m:	1:10.50	36.64	200m:	2:27.07	38.32	300m:	3:45.07	38.77	400m:	5:02.15	37.68

VSI - Swimming Cup '25
Plovdiv, 28.2. - 2.3.2025

Event 18, Girls, 400m Freestyle, 13 - 14 years

Rank			YB					Time	Pts
5.	Antoaneta	STOICHEVA	11	Trayana				5:03.60	466
	50m:	33.54	33.54	150m:	1:49.46	38.86	250m:	3:07.85	39.50
	100m:	1:10.60	37.06	200m:	2:28.35	38.89	300m:	3:47.44	39.59
							350m:	4:26.07	38.63
							400m:	5:03.60	37.53
6.	Lilya	MEDNIKAROVA	11	Delfin Varna				5:08.57	443
	50m:	32.59	32.59	150m:	1:48.99	38.76	250m:	3:09.54	40.12
	100m:	1:10.23	37.64	200m:	2:29.42	40.43	300m:	3:50.02	40.48
							350m:	4:29.62	39.60
							400m:	5:08.57	38.95
7.	Eliya	DASKALOVA	12	Vsi				5:08.71	443
	50m:	33.10	33.10	150m:	1:51.12	40.42	250m:	3:11.05	40.05
	100m:	1:10.70	37.60	200m:	2:31.00	39.88	300m:	3:50.83	39.78
							350m:	4:30.45	39.62
							400m:	5:08.71	38.26
8.	Bozhidara	GERZILOVA	12	Smolian				5:11.66	430
	50m:	34.41	34.41	150m:	1:52.92	39.77	250m:	3:12.86	40.20
	100m:	1:13.15	38.74	200m:	2:32.66	39.74	300m:	3:53.70	40.84
							350m:	4:33.62	39.92
							400m:	5:11.66	38.04
9.	Viktorya	DINEVA	12	Akulite				5:17.35	408
	50m:	34.68	34.68	150m:	1:52.94	39.62	250m:	3:14.77	40.64
	100m:	1:13.32	38.64	200m:	2:34.13	41.19	300m:	3:56.62	41.85
							350m:	4:37.43	40.81
							400m:	5:17.35	39.92
10.	Vera	KOZOVSKA	11	Delfin Varna				5:19.05	401
	50m:	34.23	34.23	150m:	1:54.03	40.77	250m:	3:18.17	42.10
	100m:	1:13.26	39.03	200m:	2:36.07	42.04	300m:	3:58.98	40.81
							350m:	4:40.33	41.35
							400m:	5:19.05	38.72
11.	Margarita	GUSHEVA	12	Torpedo				5:19.98	398
	50m:	34.51	34.51	150m:	1:55.40	41.23	250m:	3:18.19	41.46
	100m:	1:14.17	39.66	200m:	2:36.73	41.33	300m:	3:59.38	41.19
							350m:	4:40.53	41.15
							400m:	5:19.98	39.45
12.	Katerina	RAICHEVA	11	Vsi				5:21.27	393
	50m:	36.75	36.75	150m:	1:59.26	42.10	250m:	3:21.37	41.23
	100m:	1:17.16	40.41	200m:	2:40.14	40.88	300m:	4:02.80	41.43
							350m:	4:42.38	39.58
							400m:	5:21.27	38.89
13.	Nia	SESTRIMSKA	11	Levski 2014				5:26.75	373
	50m:	33.22	33.22	150m:	1:53.99	40.84	250m:	3:18.29	42.02
	100m:	1:13.15	39.93	200m:	2:36.27	42.28	300m:	4:01.74	43.45
							350m:	4:44.21	42.47
							400m:	5:26.75	42.54
14.	Sofia	GEORGIEVA	12	Bolyari 2009				5:28.88	366
	50m:	35.99	35.99	150m:	2:00.38	42.36	250m:	3:24.73	42.03
	100m:	1:18.02	42.03	200m:	2:42.70	42.32	300m:	4:07.52	42.79
							350m:	4:49.43	41.91
							400m:	5:28.88	39.45
15.	Mariya	SHOPOVA	12	Smolian				5:29.12	365
	50m:	35.39	35.39	150m:	1:57.86	42.14	250m:	3:23.03	42.33
	100m:	1:15.72	40.33	200m:	2:40.70	42.84	300m:	4:05.69	42.66
							350m:	4:47.67	41.98
							400m:	5:29.12	41.45
16.	Elena	ASENOVA	12	Olimp				5:36.56	342
	50m:	35.41	35.41	150m:	1:59.55	43.33	250m:	3:26.42	43.31
	100m:	1:16.22	40.81	200m:	2:43.11	43.56	300m:	4:11.17	44.75
							350m:	4:55.22	44.05
							400m:	5:36.56	41.34
17.	Nikol	CHOLAKOVA	11	Sprint Sofia				5:52.41	297
	50m:	37.32	37.32	150m:	2:06.84	46.27	250m:	3:40.58	47.03
	100m:	1:20.57	43.25	200m:	2:53.55	46.71	300m:	4:27.54	46.96
							350m:	5:12.84	45.30
							400m:	5:52.41	39.57
18.	Preslava	PENEVA	11	Delfin Varna				5:53.53	295
	50m:	35.44	35.44	150m:	2:01.72	44.58	250m:	3:34.73	46.23
	100m:	1:17.14	41.70	200m:	2:48.50	46.78	300m:	4:21.96	47.23
							350m:	5:09.04	47.08
							400m:	5:53.53	44.49
19.	Simona	BORISOVA	11	Torpedo				5:56.87	286
	50m:	36.62	36.62	150m:	2:04.55	45.20	250m:	3:38.51	47.59
	100m:	1:19.35	42.73	200m:	2:50.92	46.37	300m:	4:25.45	46.94
							350m:	5:12.00	46.55
							400m:	5:56.87	44.87