

VIII Siguldas akvatlons
Sigulda, 12.4.2025

Event 6
12.04.2025 - 12:43

Women, 400m Freestyle

YOB 1966 - 2009
Results

Points: AQUA 2024

YB											Time	Pts
YOB 2008 - 2009												
106	GUSTINA Eliza				09	Triatlona akademija				5:13.34	402	
	50m:	35.67	35.67	150m:	1:54.10	39.27	250m:	3:13.04	39.61	350m:	4:33.84	40.74
	100m:	1:14.83	39.16	200m:	2:33.43	39.33	300m:	3:53.10	40.06	400m:	5:13.34	39.50
12	SULAINE Nadezda				09	DTC Jauniba				5:41.80	309	
	50m:	39.86	39.86	150m:	2:08.08	44.33	250m:	3:34.95	42.73	350m:	5:01.50	43.08
	100m:	1:23.75	43.89	200m:	2:52.22	44.14	300m:	4:18.42	43.47	400m:	5:41.80	40.30
97	BOMBINA Katrina				08	Babites SC				6:47.52	182	
	50m:	42.21	42.21	150m:	2:21.35	51.36	250m:	4:08.57	54.14	350m:	5:55.80	53.58
	100m:	1:29.99	47.78	200m:	3:14.43	53.08	300m:	5:02.22	53.65	400m:	6:47.52	51.72
YOB 2006 - 2007												
103	BULA Beate				06	Triatlona akademija				4:38.30	574	
	50m:	31.22	31.22	150m:	1:39.73	34.79	250m:	2:50.66	35.57	350m:	4:02.88	36.22
	100m:	1:04.94	33.72	200m:	2:15.09	35.36	300m:	3:26.66	36.00	400m:	4:38.30	35.42
YOB 1986 - 2005												
130	MASKAVA-PUDANE Kristiana				01	TRI KAN				4:55.49	479	
	50m:	31.99	31.99	150m:	1:44.52	37.30	250m:	3:00.44	38.28	350m:	4:18.18	38.57
	100m:	1:07.22	35.23	200m:	2:22.16	37.64	300m:	3:39.61	39.17	400m:	4:55.49	37.31
29	PAUNINA Ieva				99	Baltijas triatlona klubs				5:49.01	291	
	50m:	38.66	38.66	150m:	2:05.80	44.50	250m:	3:36.23	44.81	350m:	5:06.15	44.94
	100m:	1:21.30	42.64	200m:	2:51.42	45.62	300m:	4:21.21	44.98	400m:	5:49.01	42.86
144	BALMAKA Baiba				89	Rigas pilseta				7:03.42	163	
	50m:	44.42	44.42	150m:	2:27.82	53.34	250m:	4:19.30	56.26	350m:	6:10.15	55.87
	100m:	1:34.48	50.06	200m:	3:23.04	55.22	300m:	5:14.28	54.98	400m:	7:03.42	53.27
YOB 1976 - 1985												
129	SNIEGA Ilze				83	TRIRUNPRO				6:53.41	175	
	50m:	43.27	43.27	150m:	2:25.52	53.14	250m:	4:15.17	54.41	350m:	6:05.78	54.72
	100m:	1:32.38	49.11	200m:	3:20.76	55.24	300m:	5:11.06	55.89	400m:	6:53.41	47.63
YOB 1966 - 1975												
40	ROGA Antra				73	Baltijas triatlona klubs				6:11.24	241	
	50m:	41.88	41.88	150m:	2:14.71	47.01	250m:	3:49.92	48.02	350m:	5:25.83	48.08
	100m:	1:27.70	45.82	200m:	3:01.90	47.19	300m:	4:37.75	47.83	400m:	6:11.24	45.41