

Nordic Open Masters Championships
Tallinn, 10. - 11.10.2025

Event 3
10.10.2025 - 16:51

Women, 400m Freestyle

20 years and older
Results

Points: AQUA Master 2025

Rank				Age					Time	Pts		
25 - 29 years												
1.	AMORIM, Marina			25	Turun Urheiluliitto				4:44.43	709		
	50m:	32.76	32.76	150m:	1:44.24	36.19	250m:	2:56.77	35.90	350m:	4:09.75	36.07
	100m:	1:08.05	35.29	200m:	2:20.87	36.63	300m:	3:33.68	36.91	400m:	4:44.43	34.68
2.	JENSEN, Nicole			29	Hovedstad				5:14.10	526		
	50m:	34.66	34.66	150m:	1:52.40	39.59	250m:	3:12.96	40.24	350m:	4:34.67	41.59
	100m:	1:12.81	38.15	200m:	2:32.72	40.32	300m:	3:53.08	40.12	400m:	5:14.10	39.43
3.	RUUSKANEN, Irene			26	ORCA Helsinki				5:33.98	438		
	50m:	34.43	34.43	150m:	1:52.72	40.39	250m:	3:19.32	43.62	350m:	4:48.68	45.28
	100m:	1:12.33	37.90	200m:	2:35.70	42.98	300m:	4:03.40	44.08	400m:	5:33.98	45.30
4.	OJALA, Meri			25	Hu				5:49.89	381		
	50m:	37.45	37.45	150m:	2:03.39	43.61	250m:	3:32.67	44.67	350m:	5:04.70	46.08
	100m:	1:19.78	42.33	200m:	2:48.00	44.61	300m:	4:18.62	45.95	400m:	5:49.89	45.19
5.	KRAMARE, Anzelika			28	PK Kobras				6:24.86	286		
	50m:	42.34	42.34	150m:	2:18.47	48.82	250m:	3:59.76	50.63	350m:	5:38.52	48.36
	100m:	1:29.65	47.31	200m:	3:09.13	50.66	300m:	4:50.16	50.40	400m:	6:24.86	46.34
6.	MIKKANEN, Heidi			29	Kempeleen Pyrinto				6:25.48	285		
	50m:	41.93	41.93	150m:	2:17.74	48.76	250m:	3:56.38	49.36	350m:	5:36.96	50.05
	100m:	1:28.98	47.05	200m:	3:07.02	49.28	300m:	4:46.91	50.53	400m:	6:25.48	48.52
7.	LANNES, Sarah			25	Tuk				7:05.18	212		
	50m:	45.04	45.04	150m:	2:31.85	54.44	250m:	4:21.16	54.90	350m:	6:12.15	56.81
	100m:	1:37.41	52.37	200m:	3:26.26	54.41	300m:	5:15.34	54.18	400m:	7:05.18	53.03
8.	LANNES, Sandra			25	Nord Sport				7:16.01	197		
	50m:	43.13	43.13	150m:	2:28.20	53.63	250m:	4:23.07	59.15	350m:	6:20.42	57.93
	100m:	1:34.57	51.44	200m:	3:23.92	55.72	300m:	5:22.49	59.42	400m:	7:16.01	55.59
30 - 34 years												
1.	PONOMAREVA, Alisa			34	Uinti Turku - Abo Simning ry				4:46.64	700		
	50m:	32.85	32.85	150m:	1:44.91	36.34	250m:	2:57.62	36.19	350m:	4:09.84	36.52
	100m:	1:08.57	35.72	200m:	2:21.43	36.52	300m:	3:33.32	35.70	400m:	4:46.64	36.80
2.	WALDEN, Laura			32	Lahden Uimaseura				4:49.45	680		
	50m:	32.57	32.57	150m:	1:45.16	36.55	250m:	2:58.44	36.63	350m:	4:12.70	37.12
	100m:	1:08.61	36.04	200m:	2:21.81	36.65	300m:	3:35.58	37.14	400m:	4:49.45	36.75
3.	ORSTED, Ditte			31	Hovedstad				4:52.89	656		
	50m:	33.66	33.66	150m:	1:46.48	36.76	250m:	3:00.93	36.88	350m:	4:15.56	37.52
	100m:	1:09.72	36.06	200m:	2:24.05	37.57	300m:	3:38.04	37.11	400m:	4:52.89	37.33
4.	ERKINARO, Aino			30	Oulun Uinti 1906				4:58.83	618		
	50m:	32.57	32.57	150m:	1:44.81	36.39	250m:	3:00.89	38.27	350m:	4:20.18	40.53
	100m:	1:08.42	35.85	200m:	2:22.62	37.81	300m:	3:39.65	38.76	400m:	4:58.83	38.65
5.	SANGLA, Riina			31	GoSwim Ujumisklubi				6:25.71	287		
	50m:	40.03	40.03	150m:	2:12.56	47.68	250m:	3:52.52	50.36	350m:	5:36.69	51.97
	100m:	1:24.88	44.85	200m:	3:02.16	49.60	300m:	4:44.72	52.20	400m:	6:25.71	49.02

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Event 3, Women, 400m Freestyle

35 - 39 years

1.	ROHTLA, Birgit		38	Meisterujumise U-Klubi		5:30.91	484					
	50m:	35.75	35.75	150m:	1:57.35	41.31	250m:	3:22.68	42.97	350m:	4:49.38	43.62
	100m:	1:16.04	40.29	200m:	2:39.71	42.36	300m:	4:05.76	43.08	400m:	5:30.91	41.53
2.	ARON, Sirli		39	MyFitness		6:39.11	276					
	50m:	40.12	40.12	150m:	2:20.78	51.82	250m:	4:05.84	52.61	350m:	5:50.70	51.89
	100m:	1:28.96	48.84	200m:	3:13.23	52.45	300m:	4:58.81	52.97	400m:	6:39.11	48.41
3.	TENSING, Karin		39	Keila Swimclub		8:33.37	129					
	50m:	56.21	56.21	150m:	3:04.60	1:05.38	250m:	5:17.97	1:06.86	350m:	7:30.63	1:05.97
	100m:	1:59.22	1:03.01	200m:	4:11.11	1:06.51	300m:	6:24.66	1:06.69	400m:	8:33.37	1:02.74

40 - 44 years

1.	WESTERGREN-FALK, Katja		41	Angelholms Swim Team		5:15.82	569					
	50m:	35.50	35.50	150m:	1:53.49	39.68	250m:	3:14.19	40.73	350m:	4:36.10	41.02
	100m:	1:13.81	38.31	200m:	2:33.46	39.97	300m:	3:55.08	40.89	400m:	5:15.82	39.72
2.	LARSSON, Anna		44	Klippan		5:16.66	564					
	50m:	34.43	34.43	150m:	1:51.49	39.52	250m:	3:13.98	41.67	350m:	4:36.49	41.32
	100m:	1:11.97	37.54	200m:	2:32.31	40.82	300m:	3:55.17	41.19	400m:	5:16.66	40.17
3.	POHJALAINEN, Tiina		40	Lane 4 Swimming Triathlon Club		5:21.12	541					
	50m:	36.36	36.36	150m:	1:56.71	40.48	250m:	3:18.36	40.86	350m:	4:40.89	41.07
	100m:	1:16.23	39.87	200m:	2:37.50	40.79	300m:	3:59.82	41.46	400m:	5:21.12	40.23
4.	LEHTONEN, Tiina		42	Jarvenpaan Uintklubi ry		5:50.52	416					
	50m:	40.95	40.95	150m:	2:10.09	44.74	250m:	3:38.96	44.03	350m:	5:07.28	44.42
	100m:	1:25.35	44.40	200m:	2:54.93	44.84	300m:	4:22.86	43.90	400m:	5:50.52	43.24
5.	SEIKOLA, Hanna-Katariina		40	Lane 4 Swimming Triathlon Club		5:58.66	388					
	50m:	38.49	38.49	150m:	2:07.52	46.32	250m:	3:42.32	47.42	350m:	5:16.16	46.82
	100m:	1:21.20	42.71	200m:	2:54.90	47.38	300m:	4:29.34	47.02	400m:	5:58.66	42.50
6.	LAINEN, Essi		41	Lahden Uimaseura		6:00.50	382					
	50m:	36.91	36.91	150m:	2:02.41	44.26	250m:	3:36.20	47.44	350m:	5:12.84	48.77
	100m:	1:18.15	41.24	200m:	2:48.76	46.35	300m:	4:24.07	47.87	400m:	6:00.50	47.66
7.	KULLERKUPP, Keidi		42	Ujumisklubi Briis		6:23.56	317					
	50m:	41.56	41.56	150m:	2:15.85	48.33	250m:	3:54.73	49.78	350m:	5:35.39	50.26
	100m:	1:27.52	45.96	200m:	3:04.95	49.10	300m:	4:45.13	50.40	400m:	6:23.56	48.17

45 - 49 years

1.	VILJANEN, Meri		45	Hydra Platypus		5:38.44	479					
	50m:	36.20	36.20	150m:	2:00.04	42.81	250m:	3:27.33	43.75	350m:	4:55.84	44.09
	100m:	1:17.23	41.03	200m:	2:43.58	43.54	300m:	4:11.75	44.42	400m:	5:38.44	42.60
2.	HILLUKKALA, Mervi		47	Haukiputaan Heitto		5:59.70	399					
	50m:	38.60	38.60	150m:	2:07.49	45.98	250m:	3:41.21	47.06	350m:	5:15.37	46.80
	100m:	1:21.51	42.91	200m:	2:54.15	46.66	300m:	4:28.57	47.36	400m:	5:59.70	44.33
3.	WATKINS, Ylva		49	Alands Simforening		6:07.42	374					
	50m:	39.64	39.64	150m:	2:10.59	46.60	250m:	3:45.95	47.63	350m:	5:21.77	47.24
	100m:	1:23.99	44.35	200m:	2:58.32	47.73	300m:	4:34.53	48.58	400m:	6:07.42	45.65
4.	AKER, Linn Lovoll		47	Asker SK		6:12.38	359					
	50m:	40.64	40.64	150m:	2:12.50	46.95	250m:	3:48.17	48.32	350m:	5:24.43	48.20
	100m:	1:25.55	44.91	200m:	2:59.85	47.35	300m:	4:36.23	48.06	400m:	6:12.38	47.95

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Tallinn, 10. - 11.10.2025

Event 3, Women, 400m Freestyle, 45 - 49 years

Rank			Age						Time	Pts
5.	NEIMISEVA, Elizabete		45	PK Kobras					6:40.00	290
	50m:	43.91 43.91	150m:	2:24.23	51.67	250m:	4:07.25	52.19	350m:	5:51.55 52.04
	100m:	1:32.56 48.65	200m:	3:15.06	50.83	300m:	4:59.51	52.26	400m:	6:40.00 48.45

50 - 54 years

1.	STARK, Sofia		50	Pitea Sim					5:10.04	689
	50m:	35.24 35.24	150m:	1:52.68	39.04	250m:	3:12.24	40.16	350m:	4:31.77 39.69
	100m:	1:13.64 38.40	200m:	2:32.08	39.40	300m:	3:52.08	39.84	400m:	5:10.04 38.27
2.	THOMSEN, Gitte Rud		53	Hillerod Svømmeklub					5:14.99	657
	50m:	36.37 36.37	150m:	1:54.08	39.40	250m:	3:14.66	40.48	350m:	4:35.22 40.48
	100m:	1:14.68 38.31	200m:	2:34.18	40.10	300m:	3:54.74	40.08	400m:	5:14.99 39.77
3.	SORENSEN, Margit		53	Ringsted Svoemmeklub					5:24.28	602
	50m:	35.97 35.97	150m:	1:57.57	41.21	250m:	3:20.30	41.36	350m:	4:43.30 41.54
	100m:	1:16.36 40.39	200m:	2:38.94	41.37	300m:	4:01.76	41.46	400m:	5:24.28 40.98
4.	STEFFEN, Paivi		54	ORCA Helsinki					5:28.84	577
	50m:	35.62 35.62	150m:	1:57.25	41.24	250m:	3:21.92	42.11	350m:	4:47.70 43.09
	100m:	1:16.01 40.39	200m:	2:39.81	42.56	300m:	4:04.61	42.69	400m:	5:28.84 41.14
5.	HORUP, Anja		54	Swim Team Taastrup					5:45.04	500
	50m:	39.76 39.76	150m:	2:03.13	42.59	250m:	3:30.10	43.49	350m:	5:01.02 45.40
	100m:	1:20.54 40.78	200m:	2:46.61	43.48	300m:	4:15.62	45.52	400m:	5:45.04 44.02
6.	SIPARI, Sari		50	Kouvolan Uimarit					5:58.09	447
	50m:	39.58 39.58	150m:	2:07.78	45.34	250m:	3:42.41	47.16	350m:	5:14.74 45.66
	100m:	1:22.44 42.86	200m:	2:55.25	47.47	300m:	4:29.08	46.67	400m:	5:58.09 43.35
7.	SKABE, Aiga		51	PK Kobras					6:11.62	400
	50m:	40.34 40.34	150m:	2:13.45	47.34	250m:	3:49.41	47.98	350m:	5:26.07 48.11
	100m:	1:26.11 45.77	200m:	3:01.43	47.98	300m:	4:37.96	48.55	400m:	6:11.62 45.55
8.	LUNDE, June		54	Roma					6:18.96	377
	50m:	40.55 40.55	150m:	2:13.35	47.40	250m:	3:51.46	49.70	350m:	5:31.63 50.12
	100m:	1:25.95 45.40	200m:	3:01.76	48.41	300m:	4:41.51	50.05	400m:	6:18.96 47.33
9.	FADEEVA, Elena		51	Stockholmspolisens IF					6:43.49	312
	50m:	41.78 41.78	150m:	2:22.41	51.48	250m:	4:07.62	53.11	350m:	5:53.50 52.85
	100m:	1:30.93 49.15	200m:	3:14.51	52.10	300m:	5:00.65	53.03	400m:	6:43.49 49.99

55 - 59 years

1.	METZSCH, Susanne		57	Swim Team Odense					5:03.05	766
	50m:	34.21 34.21	150m:	1:47.86	36.88	250m:	3:03.56	37.93	350m:	4:22.79 40.09
	100m:	1:10.98 36.77	200m:	2:25.63	37.77	300m:	3:42.70	39.14	400m:	5:03.05 40.26
2.	LAGERFORS, Camilla		55	SK Neptun					5:15.54	679
	50m:	36.95 36.95	150m:	1:54.99	39.55	250m:	3:15.44	40.56	350m:	4:36.17 40.33
	100m:	1:15.44 38.49	200m:	2:34.88	39.89	300m:	3:55.84	40.40	400m:	5:15.54 39.37
3.	SEKKESAETER, Trine Aasland		58	Roma					5:28.82	600
	50m:	36.64 36.64	150m:	1:58.52	41.57	250m:	3:23.50	42.45	350m:	4:48.30 42.22
	100m:	1:16.95 40.31	200m:	2:41.05	42.53	300m:	4:06.08	42.58	400m:	5:28.82 40.52
4.	THUNEE, Camilla		58	Solna Sundbyberg SS 04					5:34.95	567
	50m:	38.27 38.27	150m:	2:03.38	42.90	250m:	3:28.37	42.58	350m:	4:53.07 42.03
	100m:	1:20.48 42.21	200m:	2:45.79	42.41	300m:	4:11.04	42.67	400m:	5:34.95 41.88

Nordic Open Masters Championships
Tallinn, 10. - 11.10.2025

Event 3, Women, 400m Freestyle, 55 - 59 years

Rank				Age					Time	Pts		
5.	TERVONEN, Mari			57	Keravan Uimarit				6:20.63	386		
	50m:	42.01	42.01	150m:	2:16.59	48.09	250m:	3:54.62	49.29	350m:	5:33.33	49.56
	100m:	1:28.50	46.49	200m:	3:05.33	48.74	300m:	4:43.77	49.15	400m:	6:20.63	47.30
6.	MAISNIEMI, Niina			57	Lahden Uimaseura				6:31.64	355		
	50m:	43.23	43.23	150m:	2:19.87	48.75	250m:	3:59.00	50.23	350m:	5:41.78	51.52
	100m:	1:31.12	47.89	200m:	3:08.77	48.90	300m:	4:50.26	51.26	400m:	6:31.64	49.86
60 - 64 years												
1.	ELMBERG, Karin			60	Kristianstad SLS				5:28.62	635		
	50m:	37.92	37.92	150m:	2:00.89	41.71	250m:	3:25.19	41.69	350m:	4:48.51	41.51
	100m:	1:19.18	41.26	200m:	2:43.50	42.61	300m:	4:07.00	41.81	400m:	5:28.62	40.11
2.	ARKTOFT, Ann-Louise			61	SK Neptun				5:28.72	635		
	50m:	35.75	35.75	150m:	1:57.19	41.43	250m:	3:21.83	42.41	350m:	4:46.65	42.37
	100m:	1:15.76	40.01	200m:	2:39.42	42.23	300m:	4:04.28	42.45	400m:	5:28.72	42.07
3.	KARAJAMIES, Anne-Mari			61	Hydra Platypus				5:29.70	629		
	50m:	36.52	36.52	150m:	1:58.22	41.47	250m:	3:22.85	42.60	350m:	4:48.56	42.97
	100m:	1:16.75	40.23	200m:	2:40.25	42.03	300m:	4:05.59	42.74	400m:	5:29.70	41.14
4.	VILIMIENE, Aida			63	Nendre				5:40.41	572		
	50m:	37.29	37.29	150m:	2:01.32	42.84	250m:	3:28.14	43.24	350m:	4:56.50	44.60
	100m:	1:18.48	41.19	200m:	2:44.90	43.58	300m:	4:11.90	43.76	400m:	5:40.41	43.91
5.	MELLETT, Wendy			62	Chirk				6:47.86	332		
	50m:	40.31	40.31	150m:	2:16.60	50.01	250m:	4:04.30	54.39	350m:	5:54.40	55.45
	100m:	1:26.59	46.28	200m:	3:09.91	53.31	300m:	4:58.95	54.65	400m:	6:47.86	53.46
65 - 69 years												
1.	TUNZI, Kerstin			69	Gavle Simsallskap				6:08.41	551		
	50m:	40.15	40.15	150m:	2:11.98	47.14	250m:	3:47.22	47.62	350m:	5:22.46	47.66
	100m:	1:24.84	44.69	200m:	2:59.60	47.62	300m:	4:34.80	47.58	400m:	6:08.41	45.95
70 - 74 years												
1.	MARKKULA, Kaarina			73	Cetus Espoo				6:58.02	441		
	50m:	45.42	45.42	150m:	2:26.19	51.56	250m:	4:12.34	52.51	350m:	6:01.75	55.04
	100m:	1:34.63	49.21	200m:	3:19.83	53.64	300m:	5:06.71	54.37	400m:	6:58.02	56.27
2.	VOOLMAA, Sirje			72	Meisterujumise U-Klubi				8:08.55	276		
	50m:	49.37	49.37	150m:	2:51.84	1:03.50	250m:	4:59.60	1:04.18	350m:	7:08.44	1:04.84
	100m:	1:48.34	58.97	200m:	3:55.42	1:03.58	300m:	6:03.60	1:04.00	400m:	8:08.55	1:00.11
75 - 79 years												
1.	SIIKARLA, Pirkko			79	Uintiklubi Nereus				8:12.98	418		
	50m:	57.98	57.98	150m:	3:05.05	1:03.41	250m:	5:10.57	1:03.00	350m:	7:14.81	1:01.98
	100m:	2:01.64	1:03.66	200m:	4:07.57	1:02.52	300m:	6:12.83	1:02.26	400m:	8:12.98	58.17
80 - 84 years												
1.	RAYNAUD, Mariane			81	France				8:33.55	415		
	50m:	53.37	53.37	150m:	3:01.03	1:05.17	250m:	5:14.54	1:07.40	350m:	7:28.05	1:07.18
	100m:	1:55.86	1:02.49	200m:	4:07.14	1:06.11	300m:	6:20.87	1:06.33	400m:	8:33.55	1:05.50