

Nordic Open Masters Championships  
Tallinn, 10. - 11.10.2025

Event 32  
11.10.2025 - 17:59

Women, 400m Medley

20 years and older  
Results

Points: AQUA Master 2025

Rank				Age					Time	Pts		
<b>25 - 29 years</b>												
1.	ALITALO, Aino			28	Turun Urheiluliitto				<b>5:44.90</b>	564		
	50m:	37.24	37.24	150m:	2:07.69	46.15	250m:	3:39.71	46.62	350m:	5:06.79	40.55
	100m:	1:21.54	44.30	200m:	2:53.09	45.40	300m:	4:26.24	46.53	400m:	5:44.90	38.11
2.	KRAMARE, Anzelika			28	PK Kobras				<b>7:15.74</b>	279		
	50m:	44.95	44.95	150m:	2:36.91	53.02	250m:	4:32.37	1:04.43	350m:	6:28.78	50.47
	100m:	1:43.89	58.94	200m:	3:27.94	51.03	300m:	5:38.31	1:05.94	400m:	7:15.74	46.96
<b>30 - 34 years</b>												
1.	WALDEN, Laura			32	Lahden Uimaseura				<b>5:34.51</b>	618		
	50m:	35.41	35.41	150m:	2:01.16	43.66	250m:	3:31.94	47.38	350m:	4:59.13	38.40
	100m:	1:17.50	42.09	200m:	2:44.56	43.40	300m:	4:20.73	48.79	400m:	5:34.51	35.38
2.	PONOMAREVA, Alisa			34	Uinti Turku - Abo Simning ry				<b>5:37.27</b>	603		
	50m:	33.34	33.34	150m:	1:59.60	47.55	250m:	3:31.60	45.70	350m:	4:59.18	40.64
	100m:	1:12.05	38.71	200m:	2:45.90	46.30	300m:	4:18.54	46.94	400m:	5:37.27	38.09
3.	ANDERSSON, Sofia			33	Goeteborg				<b>6:06.46</b>	470		
	50m:	38.25	38.25	150m:	2:09.47	45.15	250m:	3:49.40	55.08	350m:	5:26.90	42.39
	100m:	1:24.32	46.07	200m:	2:54.32	44.85	300m:	4:44.51	55.11	400m:	6:06.46	39.56
<b>35 - 39 years</b>												
1.	AVRAMOVIC, Biljana			39	Vojvodina				<b>7:32.19</b>	271		
	50m:	45.54	45.54	150m:	2:44.54	1:01.87	250m:	4:50.11	1:08.24	350m:	6:46.28	49.13
	100m:	1:42.67	57.13	200m:	3:41.87	57.33	300m:	5:57.15	1:07.04	400m:	7:32.19	45.91
<b>40 - 44 years</b>												
1.	WESTERGREN-FALK, Katja			41	Angelholms Swim Team				<b>6:07.92</b>	546		
	50m:	40.90	40.90	150m:	2:17.84	48.77	250m:	3:56.18	50.25	350m:	5:28.57	40.85
	100m:	1:29.07	48.17	200m:	3:05.93	48.09	300m:	4:47.72	51.54	400m:	6:07.92	39.35
2.	PIRKKALAINEN, Sari			44	Espoon Kilpauinti				<b>6:14.17</b>	519		
	50m:	37.92	37.92	150m:	2:16.40	52.95	250m:	3:58.88	51.34	350m:	5:33.43	45.07
	100m:	1:23.45	45.53	200m:	3:07.54	51.14	300m:	4:48.36	49.48	400m:	6:14.17	40.74
3.	MAKSIMOVIC, Zeljka			44	Vojvodina				<b>7:23.71</b>	311		
	50m:	47.86	47.86	150m:	2:43.18	57.88	250m:	4:43.37	1:04.96	350m:	6:37.58	49.87
	100m:	1:45.30	57.44	200m:	3:38.41	55.23	300m:	5:47.71	1:04.34	400m:	7:23.71	46.13
4.	LEHTINEN, Monica			41	Lahden Uimaseura				<b>7:37.84</b>	283		
	50m:	52.54	52.54	150m:	2:54.04	1:02.05	250m:	4:57.23	1:02.24	350m:	6:51.10	52.83
	100m:	1:51.99	59.45	200m:	3:54.99	1:00.95	300m:	5:58.27	1:01.04	400m:	7:37.84	46.74
<b>45 - 49 years</b>												
1.	ARUSOO, Kristiina			46	Meisterujumise U-Klubi				<b>6:26.75</b>	468		
	50m:	42.74	42.74	150m:	2:23.73	49.02	250m:	4:06.69	54.02	350m:	5:45.62	44.61
	100m:	1:34.71	51.97	200m:	3:12.67	48.94	300m:	5:01.01	54.32	400m:	6:26.75	41.13
2.	HILLUKKALA, Mervi			47	Haukiputaan Heitto				<b>6:55.33</b>	377		
	50m:	44.41	44.41	150m:	2:33.90	55.52	250m:	4:26.96	57.98	350m:	6:12.00	46.37
	100m:	1:38.38	53.97	200m:	3:28.98	55.08	300m:	5:25.63	58.67	400m:	6:55.33	43.33

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50 - 54 years

1.	THOMSEN, Gitte Rud	53	Hillerod Svømmeklub	<b>6:06.06</b>	612
	50m: 37.83 37.83	150m: 2:12.26 49.55	250m: 3:52.41 51.66	350m: 5:25.74 41.63	
	100m: 1:22.71 44.88	200m: 3:00.75 48.49	300m: 4:44.11 51.70	400m: 6:06.06 40.32	
2.	STARK, Sofia	50	Pitea Sim	<b>6:10.84</b>	589
	50m: 42.12 42.12	150m: 2:18.23 47.15	250m: 3:57.61 53.16	350m: 5:32.44 40.47	
	100m: 1:31.08 48.96	200m: 3:04.45 46.22	300m: 4:51.97 54.36	400m: 6:10.84 38.40	
3.	STEFFEN, Paivi	54	ORCA Helsinki	<b>6:33.49</b>	493
	50m: 42.46 42.46	150m: 2:25.23 51.47	250m: 4:14.21 57.97	350m: 5:52.40 42.37	
	100m: 1:33.76 51.30	200m: 3:16.24 51.01	300m: 5:10.03 55.82	400m: 6:33.49 41.09	
4.	LUNDE, June	54	Roma	<b>7:22.77</b>	346
	50m: 47.86 47.86	150m: 2:47.66 57.33	250m: 4:42.11 59.73	350m: 6:34.42 51.63	
	100m: 1:50.33 1:02.47	200m: 3:42.38 54.72	300m: 5:42.79 1:00.68	400m: 7:22.77 48.35	

60 - 64 years

1.	NORDIN SVENSSON, Asa	60	Dalregementets IF	<b>6:27.64</b>	580
	50m: 42.60 42.60	150m: 2:23.87 51.21	250m: 4:07.13 53.54	350m: 5:45.50 44.44	
	100m: 1:32.66 50.06	200m: 3:13.59 49.72	300m: 5:01.06 53.93	400m: 6:27.64 42.14	
2.	VANTSI, Merle	60	Meisterujumise U-Klubi	<b>6:42.48</b>	518
	50m: 44.14 44.14	150m: 2:28.27 49.33	250m: 4:13.36 57.23	350m: 5:57.31 46.50	
	100m: 1:38.94 54.80	200m: 3:16.13 47.86	300m: 5:10.81 57.45	400m: 6:42.48 45.17	

75 - 79 years

1.	PEDERSEN, Berit Marx	75	Swim Team Taastrup	<b>9:03.33</b>	500
	50m: 57.49 57.49	150m: 3:16.70 1:11.42	250m: 5:40.01 1:10.75	350m: 7:59.70 1:09.03	
	100m: 2:05.28 1:07.79	200m: 4:29.26 1:12.56	300m: 6:50.67 1:10.66	400m: 9:03.33 1:03.63	