

Valmieras novada cempionats  
Valmiera, 17. - 18.10.2025

Event 11  
18.10.2025 - 10:46

Women, 400m Freestyle

Open  
Results

Points: AQUA 2025

Rank			YB					Time	Pts		
<b>2014 and younger</b>											
1.	SMIRNOVA Milana		14	Valmieras SS				<b>5:51.50</b>	281		
	50m:	38.66 38.66	150m:	2:08.24	45.48	250m:	3:39.36	45.02	350m:	5:09.86	45.35
	100m:	1:22.76 44.10	200m:	2:54.34	46.10	300m:	4:24.51	45.15	400m:	5:51.50	41.64
2.	FREIMANE Katrina		14	Valmieras SS				<b>6:13.64</b>	234		
	50m:	43.01 43.01	150m:	2:18.83	48.00	250m:	3:56.20	48.89	350m:	5:29.62	46.33
	100m:	1:30.83 47.82	200m:	3:07.31	48.48	300m:	4:43.29	47.09	400m:	6:13.64	44.02
3.	BADRETDINOVA Anastasija		14	RSS Ridzene-ZIEP				<b>6:27.29</b>	210		
	50m:	40.23 40.23	150m:	2:19.64	50.58	250m:	4:01.13	51.24	350m:	5:40.94	48.57
	100m:	1:29.06 48.83	200m:	3:09.89	50.25	300m:	4:52.37	51.24	400m:	6:27.29	46.35
4.	AISPURE Anna		15	RSS Ridzene-ZIEP				<b>6:28.84</b>	207		
	50m:	42.15 42.15	150m:	2:19.22	49.57	250m:	4:00.25	50.37	350m:	5:42.45	50.52
	100m:	1:29.65 47.50	200m:	3:09.88	50.66	300m:	4:51.93	51.68	400m:	6:28.84	46.39
<b>YOB 2012 - 2013</b>											
1.	POULSENA Liva		13	Valmieras SS				<b>5:34.17</b>	327		
	50m:	38.33 38.33	150m:	2:04.86	43.64	250m:	3:31.71	42.58	350m:	4:54.62	41.02
	100m:	1:21.22 42.89	200m:	2:49.13	44.27	300m:	4:13.60	41.89	400m:	5:34.17	39.55
2.	RUDAKOVA Agate		12	RSS Ridzene-DSN				<b>6:02.15</b>	257		
	50m:	38.39 38.39	150m:	2:09.34	46.26	250m:	3:42.92	47.47	350m:	5:16.50	47.39
	100m:	1:23.08 44.69	200m:	2:55.45	46.11	300m:	4:29.11	46.19	400m:	6:02.15	45.65
3.	MAGNUSA Elza		13	RSS Ridzene				<b>6:02.94</b>	255		
	50m:	40.75 40.75	150m:	2:15.18	47.89	250m:	3:50.17	46.63	350m:	5:21.68	45.30
	100m:	1:27.29 46.54	200m:	3:03.54	48.36	300m:	4:36.38	46.21	400m:	6:02.94	41.26
4.	GROZA Kate		13	RSS Ridzene				<b>6:24.88</b>	214		
	50m:	41.87 41.87	150m:	2:20.71	49.82	250m:	4:02.06	50.80	350m:	5:44.15	51.11
	100m:	1:30.89 49.02	200m:	3:11.26	50.55	300m:	4:53.04	50.98	400m:	6:24.88	40.73
5.	OGSTE Rebeka		12	Valmieras SS				<b>6:25.25</b>	213		
	50m:	42.08 42.08	150m:	2:20.94	49.70	250m:	4:01.02	51.21	350m:	5:41.40	50.17
	100m:	1:31.24 49.16	200m:	3:09.81	48.87	300m:	4:51.23	50.21	400m:	6:25.25	43.85
6.	VIDAUSKA Adina		13	RSS Ridzene				<b>6:29.11</b>	207		
	50m:	42.33 42.33	150m:	2:21.29	49.08	250m:	4:03.40	51.39	350m:	5:44.44	50.35
	100m:	1:32.21 49.88	200m:	3:12.01	50.72	300m:	4:54.09	50.69	400m:	6:29.11	44.67
<b>2011 and older</b>											
1.	SIRJAJEVA Arina		06	RSS Ridzene-DSN				<b>4:46.78</b>	517		
	50m:	31.85 31.85	150m:	1:45.54	37.37	250m:	2:59.32	37.04	350m:	4:12.51	36.34
	100m:	1:08.17 36.32	200m:	2:22.28	36.74	300m:	3:36.17	36.85	400m:	4:46.78	34.27
2.	SKRABE Liene Evelina		11	Valmieras SS				<b>5:04.95</b>	430		
	50m:	34.06 34.06	150m:	1:50.54	39.32	250m:	3:09.68	39.60	350m:	4:28.34	38.91
	100m:	1:11.22 37.16	200m:	2:30.08	39.54	300m:	3:49.43	39.75	400m:	5:04.95	36.61
3.	MEZALE Karlina		11	Valmieras SS				<b>5:19.83</b>	373		
	50m:	34.73 34.73	150m:	1:56.11	41.27	250m:	3:18.65	40.61	350m:	4:40.44	40.56
	100m:	1:14.84 40.11	200m:	2:38.04	41.93	300m:	3:59.88	41.23	400m:	5:19.83	39.39
4.	LAURSONE Andzelina		11	Valmieras SS				<b>5:23.28</b>	361		
	50m:	36.35 36.35	150m:	1:59.13	42.34	250m:	3:23.38	41.75	350m:	4:45.17	40.87
	100m:	1:16.79 40.44	200m:	2:41.63	42.50	300m:	4:04.30	40.92	400m:	5:23.28	38.11
5.	KUBLICKA Elza Monika		08	Valmieras SS				<b>5:23.39</b>	360		
	50m:	35.77 35.77	150m:	1:58.64	41.89	250m:	3:22.71	41.85	350m:	4:45.42	41.03
	100m:	1:16.75 40.98	200m:	2:40.86	42.22	300m:	4:04.39	41.68	400m:	5:23.39	37.97

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Rank							YB					Time	Pts
6.	FREIBERGA Una						10	RSS Ridzene-DSN				<b>5:47.57</b>	290
	50m:	38.21	38.21	150m:	2:06.17	44.13	250m:	3:35.41	44.46	350m:	5:06.56	45.15	
	100m:	1:22.04	43.83	200m:	2:50.95	44.78	300m:	4:21.41	46.00	400m:	5:47.57	41.01	
7.	BERZINA Marta						07	BJAC Gauja Incukalns				<b>6:37.66</b>	194
	50m:	42.20	42.20	150m:	2:20.94	50.10	250m:	4:05.53	52.93	350m:	5:49.68	51.97	
	100m:	1:30.84	48.64	200m:	3:12.60	51.66	300m:	4:57.71	52.18	400m:	6:37.66	47.98	