

15th Kokneses rudens
Koknese, 8.11.2025

Event 24
08.11.2025 - 13:25

Women, 400m Medley

18 - 94 years
Results

Points: AQUA Master 2025

Rank				YB						Time	Pts	
25 - 29 years												
1.	KRAMARE Anzelika			97	PK Kobras			7:27.33			258	
	50m:	46.68	46.68	150m:	2:40.11	53.53	250m:	4:40.89	1:06.54	350m:	6:39.58	50.85
	100m:	1:46.58	59.90	200m:	3:34.35	54.24	300m:	5:48.73	1:07.84	400m:	7:27.33	47.75
50 - 54 years												
1.	SKABE Aiga			74	PK Kobras			7:02.06			399	
	50m:	47.88	47.88	150m:	2:40.90	55.27	250m:	4:27.83	55.88	350m:	6:13.86	52.30
	100m:	1:45.63	57.75	200m:	3:31.95	51.05	300m:	5:21.56	53.73	400m:	7:02.06	48.20