

101st Latvian Championships
Riga, 20. - 22.2.2026

Event 9
20.02.2026 - 17:55

Women, 400m Freestyle

Open
Results

Latvian Records 4:19.81 MALUKA Ieva RDSN Riga 28.02.2020

Points: AQUA 2025

Rank	Name	YOB	Team	Time	Points	RTLevel
1.	KOROLKO Anastasia	10	SK Zolitude	4:32.09	647	+0.79
	50m: 31.84 31.84	150m: 1:40.04	34.75	250m: 2:49.17	34.50	350m: 3:58.74 34.95
	100m: 1:05.29 33.45	200m: 2:14.67	34.63	300m: 3:23.79	34.62	400m: 4:32.09 33.35
2.	ROOP Adele	09	Ujumise SK	4:34.22	632	+0.76
	50m: 30.82 30.82	150m: 1:38.98	34.59	250m: 2:49.10	35.10	350m: 3:59.87 35.33
	100m: 1:04.39 33.57	200m: 2:14.00	35.02	300m: 3:24.54	35.44	400m: 4:34.22 34.35
3.	JANSONE Beate	08	Dobeles SS	4:39.99	594	+0.81
	50m: 31.00 31.00	150m: 1:41.01	35.67	250m: 2:53.06	35.87	350m: 4:05.41 36.14
	100m: 1:05.34 34.34	200m: 2:17.19	36.18	300m: 3:29.27	36.21	400m: 4:39.99 34.58
4.	ROMANJUK Darja	06	SK Garant	4:40.10	593	+0.71
	50m: 31.11 31.11	150m: 1:40.42	35.40	250m: 2:52.18	36.02	350m: 4:04.53 36.02
	100m: 1:05.02 33.91	200m: 2:16.16	35.74	300m: 3:28.51	36.33	400m: 4:40.10 35.57
5.	ANSPOKA Anete	09	Siguldas SS	4:41.25	586	+0.75
	50m: 32.19 32.19	150m: 1:42.53	35.54	250m: 2:55.19	36.45	350m: 4:07.54 36.08
	100m: 1:06.99 34.80	200m: 2:18.74	36.21	300m: 3:31.46	36.27	400m: 4:41.25 33.71
6.	NIINEP Karolina	11	Kohtla-Jarve VSK	4:41.32	585	+0.87
	50m: 31.07 31.07	150m: 1:40.77	35.38	250m: 2:53.30	36.33	350m: 4:06.44 36.45
	100m: 1:05.39 34.32	200m: 2:16.97	36.20	300m: 3:29.99	36.69	400m: 4:41.32 34.88
7.	ANNUS Isabel	08	Ujumise SK	4:45.27	561	+0.77
	50m: 34.80 34.80	150m: 1:46.95	36.29	250m: 2:59.80	36.17	350m: 4:10.46 34.98
	100m: 1:10.66 35.86	200m: 2:23.63	36.68	300m: 3:35.48	35.68	400m: 4:45.27 34.81
8.	LYAKH Kira	07	RSS Ridzene-DSN	4:47.10	551	+0.66
	50m: 31.27 31.27	150m: 1:42.00	35.88	250m: 2:56.18	37.16	350m: 4:10.75 37.17
	100m: 1:06.12 34.85	200m: 2:19.02	37.02	300m: 3:33.58	37.40	400m: 4:47.10 36.35
9.	GUSTINA Marta	12	Dobeles SS	4:52.47	521	+0.75
	50m: 31.66 31.66	150m: 1:44.72	37.15	250m: 2:59.85	37.66	350m: 4:15.10 37.64
	100m: 1:07.57 35.91	200m: 2:22.19	37.47	300m: 3:37.46	37.61	400m: 4:52.47 37.37
10.	SIRJAJEVA Arina	06	RSS Ridzene-DSN	4:57.53	495	+0.74
	50m: 32.37 32.37	150m: 1:47.43	37.84	250m: 3:03.94	38.24	350m: 4:20.64 38.20
	100m: 1:09.59 37.22	200m: 2:25.70	38.27	300m: 3:42.44	38.50	400m: 4:57.53 36.89
11.	SIPKOVA Elza	05	Jurmalas SS	4:58.70	489	+0.71
	50m: 31.53 31.53	150m: 1:43.86	37.18	250m: 3:01.64	39.45	350m: 4:20.36 39.47
	100m: 1:06.68 35.15	200m: 2:22.19	38.33	300m: 3:40.89	39.25	400m: 4:58.70 38.34
12.	SKRABE Liene Evelina	11	Valmieras SS	5:05.00	459	+0.64
	50m: 32.79 32.79	150m: 1:48.86	38.65	250m: 3:06.87	38.79	350m: 4:26.84 39.36
	100m: 1:10.21 37.42	200m: 2:28.08	39.22	300m: 3:47.48	40.61	400m: 5:05.00 38.16
13.	KRAVALE Kamilla	13	Daugavpils SS	5:09.34	440	+0.73
	50m: 34.30 34.30	150m: 1:52.87	39.98	250m: 3:12.72	40.32	350m: 4:31.66 39.26
	100m: 1:12.89 38.59	200m: 2:32.40	39.53	300m: 3:52.40	39.68	400m: 5:09.34 37.68

NOSAC TIE APZ M JUMI:

Event - distance;

Points - punkti;

DSQ - diskvalifikacija;

DNS - nestartaja;

WDR - atteicis no starta;

Women - sievietes; Men - vīri; Mixed - jaukt;

Butterfly - tauri stils; Backstroke - mugura;

Breastroke - brass; Freestyle - brvais stils;

Medley - komplekss;

Best Performance by Points - augstvērtīgākie rezultāti pēc punktiem;

Open - atklātā grupa;

Results - rezultāti;

Prelim - priekšpeldējumi;

Finals - fināli

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Rank	Name	YOB	Team	Time	Points	RTLevel		
14.	SIRMA Dzenifera	08	RSS Ridzene	5:13.77	422	+0.75		
	50m: 33.74	33.74	150m: 1:51.70	39.84	250m: 3:12.82	40.77	350m: 4:34.17	40.65
	100m: 1:11.86	38.12	200m: 2:32.05	40.35	300m: 3:53.52	40.70	400m: 5:13.77	39.60
15.	LUNEVA Kira	13	Kohtla-Jarve VSK	5:18.67	402	+0.79		
	50m: 34.38	34.38	150m: 1:55.87	41.70	250m: 3:18.33	41.81	350m: 4:39.27	40.56
	100m: 1:14.17	39.79	200m: 2:36.52	40.65	300m: 3:58.71	40.38	400m: 5:18.67	39.40
16.	JANSONE Laura	12	Dobeles SS	5:20.43	396	+0.87		
	50m: 35.01	35.01	150m: 1:55.90	41.15	250m: 3:18.16	41.23	350m: 4:40.17	40.94
	100m: 1:14.75	39.74	200m: 2:36.93	41.03	300m: 3:59.23	41.07	400m: 5:20.43	40.26
17.	ZARINA Eva	12	PK Ogre	5:20.73	395	+0.78		
	50m: 34.61	34.61	150m: 1:56.31	41.58	250m: 3:19.55	41.51	350m: 4:41.34	41.20
	100m: 1:14.73	40.12	200m: 2:38.04	41.73	300m: 4:00.14	40.59	400m: 5:20.73	39.39
18.	GLOTOVA Adriana	12	Daugavpils SS	5:26.09	376	+0.70		
	50m: 36.29	36.29	150m: 1:58.78	41.57	250m: 3:24.29	42.40	350m: 4:48.50	41.21
	100m: 1:17.21	40.92	200m: 2:41.89	43.11	300m: 4:07.29	43.00	400m: 5:26.09	37.59
19.	NICIPORE Elizabete	12	Valmieras SS	5:31.57	357	+0.74		
	50m: 36.46	36.46	150m: 1:59.71	42.47	250m: 3:25.15	43.46	350m: 4:50.75	47.10
	100m: 1:17.24	40.78	200m: 2:41.69	41.98	300m: 4:03.65	38.50	400m: 5:31.57	40.82
20.	FABRICIUSA Alise	12	Ventspils SS Spars	5:31.88	356	+0.73		
	50m: 36.52	36.52	150m: 2:02.12	43.07	250m: 3:28.25	42.55	350m: 4:52.86	41.29
	100m: 1:19.05	42.53	200m: 2:45.70	43.58	300m: 4:11.57	43.32	400m: 5:31.88	39.02
21.	GEDROITE Karolina	11	Daugavpils SS	5:35.85	344	+0.73		
	50m: 35.51	35.51	150m: 1:58.71	42.51	250m: 3:25.15	43.36	350m: 4:53.26	43.96
	100m: 1:16.20	40.69	200m: 2:41.79	43.08	300m: 4:09.30	44.15	400m: 5:35.85	42.59
22.	UPENIKA Erika	14	Daugavpils SS	5:39.42	333	+0.78		
	50m: 37.65	37.65	150m: 2:04.49	43.80	250m: 3:33.32	44.63	350m: 4:59.80	43.27
	100m: 1:20.69	43.04	200m: 2:48.69	44.20	300m: 4:16.53	43.21	400m: 5:39.42	39.62

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