

Valmieras meistarsacikstes
Valmiera, 13. - 14.3.2026

Event 21
14.03.2026 - 11:45

Women, 400m Freestyle

2011 and older
Results

Points: AQUA 2025

| Rank | YB | | | | | | | | Time | Pts | | |
|------|----------------------|---------|-------|-------|---------|-------|-------|---------|----------------|-------|---------|-------|
| 1. | SIRJAJEVA Arina | | | | | | | | 4:50.53 | 497 | | |
| | 50m: | 32.09 | 32.09 | 150m: | 1:45.98 | 37.22 | 250m: | 3:00.46 | 37.22 | 350m: | 4:14.93 | 37.05 |
| | 100m: | 1:08.76 | 36.67 | 200m: | 2:23.24 | 37.26 | 300m: | 3:37.88 | 37.42 | 400m: | 4:50.53 | 35.60 |
| 2. | MEZALE Karlina | | | | | | | | 5:15.53 | 388 | | |
| | 50m: | 36.13 | 36.13 | 150m: | 1:58.77 | 41.94 | 250m: | 3:19.56 | 40.27 | 350m: | 4:39.51 | 39.43 |
| | 100m: | 1:16.83 | 40.70 | 200m: | 2:39.29 | 40.52 | 300m: | 4:00.08 | 40.52 | 400m: | 5:15.53 | 36.02 |
| 3. | SKRABE Liene Evelina | | | | | | | | 5:17.44 | 381 | | |
| | 50m: | 34.11 | 34.11 | 150m: | 1:53.83 | 40.76 | 250m: | 3:16.81 | 41.52 | 350m: | 4:39.05 | 40.55 |
| | 100m: | 1:13.07 | 38.96 | 200m: | 2:35.29 | 41.46 | 300m: | 3:58.50 | 41.69 | 400m: | 5:17.44 | 38.39 |
| 4. | KUBLICKA Elza Monika | | | | | | | | 5:32.87 | 330 | | |
| | 50m: | 36.40 | 36.40 | 150m: | 1:59.66 | 42.35 | 250m: | 3:25.65 | 42.56 | 350m: | 4:50.78 | 42.47 |
| | 100m: | 1:17.31 | 40.91 | 200m: | 2:43.09 | 43.43 | 300m: | 4:08.31 | 42.66 | 400m: | 5:32.87 | 42.09 |
| 5. | FREIBERGA Una | | | | | | | | 5:34.60 | 325 | | |
| | 50m: | 36.83 | 36.83 | 150m: | 2:00.62 | 42.37 | 250m: | 3:28.17 | 44.21 | 350m: | 4:55.68 | 43.54 |
| | 100m: | 1:18.25 | 41.42 | 200m: | 2:43.96 | 43.34 | 300m: | 4:12.14 | 43.97 | 400m: | 5:34.60 | 38.92 |
| 6. | BERZINA Marta | | | | | | | | 6:26.58 | 211 | | |
| | 50m: | 42.84 | 42.84 | 150m: | 2:21.33 | 49.90 | 250m: | 4:01.47 | 50.18 | 350m: | 5:41.43 | 49.52 |
| | 100m: | 1:31.43 | 48.59 | 200m: | 3:11.29 | 49.96 | 300m: | 4:51.91 | 50.44 | 400m: | 6:26.58 | 45.15 |
| 7. | VEBERSTE Elza Marika | | | | | | | | 6:47.96 | 179 | | |
| | 50m: | 42.67 | 42.67 | 150m: | 2:27.16 | 53.34 | 250m: | 4:12.61 | 53.05 | 350m: | 5:57.99 | 52.83 |
| | 100m: | 1:33.82 | 51.15 | 200m: | 3:19.56 | 52.40 | 300m: | 5:05.16 | 52.55 | 400m: | 6:47.96 | 49.97 |
| DNF | LAURSONE Andzelina | | | | | | | | | | | |
| | 50m: | 36.12 | 36.12 | 150m: | | | 250m: | | | 350m: | | |
| | 100m: | 1:16.90 | 40.78 | 200m: | | | 300m: | | | 400m: | | |