

Latvian U20 Championships
Jelgava, 1. - 2.4.2026

Event 11 Women, 400m Medley 2006 and younger
01.04.2026 - 17:42 Meitenes, 400m komplekss Results

Latvijas rekords 4:47.99 MALUKA Ieva LAT Glasgow (GBR) 04.12.2019
Sacens bu rekords 4:51.95 MALUKA Ieva LAT Jelgava 05.04.2019

SKSM Open: 4:32.95 / SM Open: 4:56.45 / SMK Open: 5:13.73 / I Open: 5:35.89 / II Open: 6:09.70 / III Open: 6:56.97 /
IV Open: 8:24.32

Points: AQUA 2025

Vieta	UZV	RDS,	V	rd	Dz.g.	Komanda	Laiks	Punkti	L	menis	RL	KP
1.	SIRJAJEVA	Arina	06	RSS Ridzene-DSN I	5:14.74	534 I	+0.76	18.00				
	50m:	32.79	32.79	150m:	1:53.10	41.13	250m:	3:17.53	45.17	350m:	4:39.75	36.57
	100m:	1:11.97	39.18	200m:	2:32.36	39.26	300m:	4:03.18	45.65	400m:	5:14.74	34.99
2.	LYAKH	Kira	07	RSS Ridzene-DSN I	5:20.16	508 I	+0.70	16.00				
	50m:	33.83	33.83	150m:	1:55.14	43.13	250m:	3:20.89	44.01	350m:	4:43.72	37.50
	100m:	1:12.01	38.18	200m:	2:36.88	41.74	300m:	4:06.22	45.33	400m:	5:20.16	36.44
3.	SIRMA	Dzenifera	08	RSS Ridzene	5:27.35	475 I	+0.77	15.00				
	50m:	34.17	34.17	150m:	1:58.65	43.69	250m:	3:26.57	45.40	350m:	4:50.35	37.57
	100m:	1:14.96	40.79	200m:	2:41.17	42.52	300m:	4:12.78	46.21	400m:	5:27.35	37.00
4.	KUZMINA	Ksenija	12	Daugavpils SS I	5:31.87	456 I	+0.72	14.00				
	50m:	34.59	34.59	150m:	1:59.63	44.16	250m:	3:28.90	46.27	350m:	4:55.30	38.69
	100m:	1:15.47	40.88	200m:	2:42.63	43.00	300m:	4:16.61	47.71	400m:	5:31.87	36.57
5.	MONOKANDILOSE	Darija	10	Kipsalas peldbaseins	5:34.34	446 I	+0.23	13.00				
	50m:	35.06	35.06	150m:	1:57.04	42.15	250m:	3:26.41	48.13	350m:	4:55.72	40.73
	100m:	1:14.89	39.83	200m:	2:38.28	41.24	300m:	4:14.99	48.58	400m:	5:34.34	38.62
6.	ZUJEVA	Sara	13	Kipsalas peldbaseins	5:37.52	433 II	+0.74	12.00				
	50m:	36.66	36.66	150m:	2:04.17	43.83	250m:	3:32.35	46.57	350m:	4:59.77	40.81
	100m:	1:20.34	43.68	200m:	2:45.78	41.61	300m:	4:18.96	46.61	400m:	5:37.52	37.75
7.	GIPTERE	Marta	12	Daugavpils SS I	5:59.53	358 II	+0.73	11.00				
	50m:	40.30	40.30	150m:	2:14.85	46.53	250m:	3:51.32	51.37	350m:	5:23.31	40.66
	100m:	1:28.32	48.02	200m:	2:59.95	45.10	300m:	4:42.65	51.33	400m:	5:59.53	36.22
8.	UPENIKA	Erika	14	Daugavpils SS I	6:21.86	299	+0.82	-				
	<i>*Rezult ta l menis neatbilst 4.1. punktam</i>											
	50m:	41.28	41.28	150m:	2:22.43	49.62	250m:	4:01.79	50.90	350m:	5:39.96	44.79
	100m:	1:32.81	51.53	200m:	3:10.89	48.46	300m:	4:55.17	53.38	400m:	6:21.86	41.90
DSQ	ZARINA	Eva	12	PK Ogre	5:51.80	II	+0.77	-				
	<i>(Time: 17:59), Nav pieskariens ar ab m rok m pagriezien 300m</i>											
	50m:	36.32	36.32	150m:	2:02.96	42.60	250m:	3:38.68	52.69	350m:	5:12.04	39.78
	100m:	1:20.36	44.04	200m:	2:45.99	43.03	300m:	4:32.26	53.58	400m:	5:51.80	39.76