

Kohtla- Järve Lahtised Meistrivõistlused 2026  
Kohtla-Järve, 4.4.2026

Event 11  
04.04.2026 - 12:50

Women, 400m Freestyle

Open  
Results

Points: AQUA 2025

Rank			YB					Time	Pts	
<b>2011 and younger</b>										
1.	DALETSKAJA, Anastassia		11	Ujumisklubi Aktiiv				<b>4:56.33</b>	469	
	50m:	32.73 32.73	150m:	1:47.84	38.12	250m:	3:03.88	37.88	350m:	4:20.69 38.24
	100m:	1:09.72 36.99	200m:	2:26.00	38.16	300m:	3:42.45	38.57	400m:	4:56.33 35.64
2.	SAHAKYAN, Nare		11	Yess				<b>5:06.29</b>	424	
	50m:	33.60 33.60	150m:	1:49.67	38.39	250m:	3:07.63	39.43	350m:	4:26.80 39.75
	100m:	1:11.28 37.68	200m:	2:28.20	38.53	300m:	3:47.05	39.42	400m:	5:06.29 39.49
3.	HINN, Anna		12	Ujumisklubi Aktiiv				<b>5:06.48</b>	424	
	50m:	35.12 35.12	150m:	1:52.41	39.04	250m:	3:10.85	39.38	350m:	4:29.37 39.10
	100m:	1:13.37 38.25	200m:	2:31.47	39.06	300m:	3:50.27	39.42	400m:	5:06.48 37.11
4.	SAHAKYAN, Sona		13	Yess				<b>5:07.77</b>	418	
	50m:	33.58 33.58	150m:	1:51.28	39.74	250m:	3:10.52	39.50	350m:	4:29.14 38.81
	100m:	1:11.54 37.96	200m:	2:31.02	39.74	300m:	3:50.33	39.81	400m:	5:07.77 38.63
5.	ZIGADLO, Anastassia		12	Ujumisklubi Aktiiv				<b>5:10.38</b>	408	
	50m:	35.35 35.35	150m:	1:53.19	39.05	250m:	3:11.58	38.70	350m:	4:30.73 39.54
	100m:	1:14.14 38.79	200m:	2:32.88	39.69	300m:	3:51.19	39.61	400m:	5:10.38 39.65
6.	METSPALU, Grete		13	Yess				<b>5:11.08</b>	405	
	50m:	35.63 35.63	150m:	1:55.28	40.22	250m:	3:15.94	40.43	350m:	4:35.11 39.38
	100m:	1:15.06 39.43	200m:	2:35.51	40.23	300m:	3:55.73	39.79	400m:	5:11.08 35.97
7.	SILD, Helena		13	Yess				<b>5:11.30</b>	404	
	50m:	34.24 34.24	150m:	1:52.72	39.68	250m:	3:12.28	39.76	350m:	4:32.97 40.85
	100m:	1:13.04 38.80	200m:	2:32.52	39.80	300m:	3:52.12	39.84	400m:	5:11.30 38.33
8.	POJO, Kristina		13	Ujumisklubi Aktiiv				<b>5:22.53</b>	363	
	50m:	34.23 34.23	150m:	1:55.01	40.77	250m:	3:19.35	42.98	350m:	4:41.86 41.22
	100m:	1:14.24 40.01	200m:	2:36.37	41.36	300m:	4:00.64	41.29	400m:	5:22.53 40.67
9.	GLUDINA, Alia		12	Ujumisklubi Aktiiv				<b>5:23.06</b>	362	
	50m:	34.28 34.28	150m:	1:54.58	40.94	250m:	3:17.23	41.65	350m:	4:41.91 42.86
	100m:	1:13.64 39.36	200m:	2:35.58	41.00	300m:	3:59.05	41.82	400m:	5:23.06 41.15
10.	FEDORENKO, Maria		13	Johvi Spordikool				<b>5:27.41</b>	347	
	50m:	35.18 35.18	150m:	1:57.79	41.83	250m:	3:22.02	42.03	350m:	4:46.18 42.14
	100m:	1:15.96 40.78	200m:	2:39.99	42.20	300m:	4:04.04	42.02	400m:	5:27.41 41.23
11.	LEMBINEN, Viktoria		15	Ujumisklubi Aktiiv				<b>5:41.79</b>	305	
	50m:	37.48 37.48	150m:	2:04.47	43.90	250m:	3:31.51	43.62	350m:	4:59.82 44.24
	100m:	1:20.57 43.09	200m:	2:47.89	43.42	300m:	4:15.58	44.07	400m:	5:41.79 41.97
12.	FEDOTENKOVA, Alisa		15	Ujumisklubi Aktiiv				<b>5:41.92</b>	305	
	50m:	37.66 37.66	150m:	2:03.56	43.13	250m:	3:32.86	45.10	350m:	5:02.12 44.66
	100m:	1:20.43 42.77	200m:	2:47.76	44.20	300m:	4:17.46	44.60	400m:	5:41.92 39.80
<b>2010 and older</b>										
1.	TERENTJEVA, Veronika		09	Kohtla-Jarve FC Jarve				<b>6:35.04</b>	198	
	50m:	40.80 40.80	150m:	2:17.75	49.69	250m:	4:00.58	52.48	350m:	5:46.01 52.49
	100m:	1:28.06 47.26	200m:	3:08.10	50.35	300m:	4:53.52	52.94	400m:	6:35.04 49.03