

Siguldas Sporta skolas atklatas sacensibas KOMPLEKSS 2026
Sigulda, 17.4.2026

Event 5
17.04.2026

Women, 400m Medley

2014 and older
Results

Points: AQUA 2025

| Rank | | | YB | | | | | | Time | Pts | | |
|------|-------------------------|---------|---------|-----------------------|---------|---------|-------|---------|----------------|-------|---------|-------|
| 1. | FOGELE, Anna Aleksandra | | 14 | Siguldas Sporta skola | | | | | 5:58.53 | 361 | | |
| | 50m: | 39.80 | 39.80 | 150m: | 2:11.93 | 46.10 | 250m: | 3:49.74 | 53.67 | 350m: | 5:21.65 | 39.55 |
| | 100m: | 1:25.83 | 46.03 | 200m: | 2:56.07 | 44.14 | 300m: | 4:42.10 | 52.36 | 400m: | 5:58.53 | 36.88 |
| 2. | STRASSERE, Enija | | 11 | Siguldas Sporta skola | | | | | 6:34.48 | 271 | | |
| | 50m: | 44.11 | 44.11 | 150m: | 2:27.64 | 50.35 | 250m: | 4:11.37 | 55.37 | 350m: | 5:53.53 | 46.31 |
| | 100m: | 1:37.29 | 53.18 | 200m: | 3:16.00 | 48.36 | 300m: | 5:07.22 | 55.85 | 400m: | 6:34.48 | 40.95 |
| 3. | ZELNINA, Lizbete | | 13 | Siguldas Sporta skola | | | | | 7:52.81 | 157 | | |
| | 50m: | 53.76 | 53.76 | 150m: | 2:57.54 | 1:00.53 | 250m: | 5:01.78 | 1:03.71 | 350m: | 7:03.16 | 56.31 |
| | 100m: | 1:57.01 | 1:03.25 | 200m: | 3:58.07 | 1:00.53 | 300m: | 6:06.85 | 1:05.07 | 400m: | 7:52.81 | 49.65 |