

LETNO NACIONALNO PRVENSTVO 2019
Skopje, 29.6. - 30.7.2019

Event 25
30.07.2019 - 9:52

Women, 400m Freestyle

Open
Results

Points: FINA 2013

Rank	Age		Time	Pts	100m	200m	300m	400m
2007 and younger								
1.	11	Swimming Club Orion	5:12.22	449	1:14.32	1:20.22	1:21.24	1:16.44
		50m:	150m:	250m:	350m:			
		100m: 1:14.32	200m: 2:34.54	300m: 3:55.78	400m: 5:12.22			
2.	10	PK Skopje	5:32.59	371	1:18.49	1:24.95	1:25.75	1:23.40
		50m:	150m:	250m:	350m:			
		100m: 1:18.49	200m: 2:43.44	300m: 4:09.19	400m: 5:32.59			
3.	11	PK Skopje	5:51.99	313	1:23.65	1:30.04	1:30.88	1:27.42
		50m:	150m:	250m:	350m:			
		100m: 1:23.65	200m: 2:53.69	300m: 4:24.57	400m: 5:51.99			
4.	10	SC Beta Sharks Skopje	6:02.24	287	1:24.56	1:33.58	1:33.49	1:30.61
		50m:	150m:	250m:	350m:			
		100m: 1:24.56	200m: 2:58.14	300m: 4:31.63	400m: 6:02.24			
5.	11	Vardar 2018	6:18.13	252	1:29.25	1:36.93	1:36.89	1:35.06
		50m:	150m:	250m:	350m:			
		100m: 1:29.25	200m: 3:06.18	300m: 4:43.07	400m: 6:18.13			
6.	11	SC Beta Sharks Skopje	6:24.80	240	1:31.28	1:40.66	1:40.88	1:31.98
		50m:	150m:	250m:	350m:			
		100m: 1:31.28	200m: 3:11.94	300m: 4:52.82	400m: 6:24.80			
7.	8	PK Mladost	7:01.55	182	1:38.30	1:47.55	1:48.28	1:47.42
		50m:	150m:	250m:	350m:			
		100m: 1:38.30	200m: 3:25.85	300m: 5:14.13	400m: 7:01.55			
2005 and younger								
1.	12	PK Skopje	5:08.48	465	1:13.91	1:20.09	1:18.54	1:15.94
		50m:	150m:	250m:	350m:			
		100m: 1:13.91	200m: 2:34.00	300m: 3:52.54	400m: 5:08.48			
2.	11	Swimming Club Orion	5:12.22	449	1:14.32	1:20.22	1:21.24	1:16.44
		50m:	150m:	250m:	350m:			
		100m: 1:14.32	200m: 2:34.54	300m: 3:55.78	400m: 5:12.22			
3.	12	PK Skopje	5:21.21	412	1:16.41	1:22.22	1:23.32	1:19.26
		50m:	150m:	250m:	350m:			
		100m: 1:16.41	200m: 2:38.63	300m: 4:01.95	400m: 5:21.21			
4.	12	PK Skopje	5:23.06	405				1:20.15
		50m:	150m:	250m:	350m:			
		100m:	200m:	300m: 4:02.91	400m: 5:23.06			
5.	12	PK Skopje	5:28.67	385	1:17.85	1:25.78	1:24.48	1:20.56
		50m:	150m:	250m:	350m:			
		100m: 1:17.85	200m: 2:43.63	300m: 4:08.11	400m: 5:28.67			
6.	10	PK Skopje	5:32.59	371	1:18.49	1:24.95	1:25.75	1:23.40
		50m:	150m:	250m:	350m:			
		100m: 1:18.49	200m: 2:43.44	300m: 4:09.19	400m: 5:32.59			
7.	11	PK Skopje	5:51.99	313	1:23.65	1:30.04	1:30.88	1:27.42
		50m:	150m:	250m:	350m:			
		100m: 1:23.65	200m: 2:53.69	300m: 4:24.57	400m: 5:51.99			
8.	13	PK Skopje	5:55.44	304	1:21.16	1:32.93	1:32.69	1:28.66
		50m:	150m:	250m:	350m:			
		100m: 1:21.16	200m: 2:54.09	300m: 4:26.78	400m: 5:55.44			
9.	12	VARDAR	6:00.44	292	1:23.76	1:35.35	1:33.34	1:27.99
		50m:	150m:	250m:	350m:			
		100m: 1:23.76	200m: 2:59.11	300m: 4:32.45	400m: 6:00.44			
10.	10	SC Beta Sharks Skopje	6:02.24	287	1:24.56	1:33.58	1:33.49	1:30.61
		50m:	150m:	250m:	350m:			
		100m: 1:24.56	200m: 2:58.14	300m: 4:31.63	400m: 6:02.24			
11.	13	KARPOSH	6:09.01	272	1:22.86	1:35.41	1:36.54	1:34.20
		50m:	150m:	250m:	350m:			
		100m: 1:22.86	200m: 2:58.27	300m: 4:34.81	400m: 6:09.01			

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Skopje, 29.6. - 30.7.2019

Event 25, Girls, 400m Freestyle, 2005 and younger

Rank	Age	Time	Pts	100m	200m	300m	400m		
12.	CENEVSKA, Mihaela	11	Vardar 2018	6:18.13	252	1:29.25	1:36.93	1:36.89	1:35.06
	50m:		150m:	250m:		350m:			
	100m: 1:29.25		200m: 3:06.18	300m: 4:43.07		400m: 6:18.13			
13.	SIMONOVSKA, Mila	11	SC Beta Sharks Skopje	6:24.80	240	1:31.28	1:40.66	1:40.88	1:31.98
	50m:		150m:	250m:		350m:			
	100m: 1:31.28		200m: 3:11.94	300m: 4:52.82		400m: 6:24.80			
14.	MILENKOVSKA, Neda	8	PK Mladost	7:01.55	182	1:38.30	1:47.55	1:48.28	1:47.42
	50m:		150m:	250m:		350m:			
	100m: 1:38.30		200m: 3:25.85	300m: 5:14.13		400m: 7:01.55			

2003 and younger

1.	KOSTADINOVA, Jana	15	PK Mladost	4:57.12	521	1:08.84	1:14.87	1:16.52	1:16.89
	50m:		150m:	250m:		350m:			
	100m: 1:08.84		200m: 2:23.71	300m: 3:40.23		400m: 4:57.12			
2.	NEDELKOSKA, Ivana	12	PK Skopje	5:08.48	465	1:13.91	1:20.09	1:18.54	1:15.94
	50m:		150m:	250m:		350m:			
	100m: 1:13.91		200m: 2:34.00	300m: 3:52.54		400m: 5:08.48			
3.	KITANOVIK, Iva	11	Swimming Club Orion	5:12.22	449	1:14.32	1:20.22	1:21.24	1:16.44
	50m:		150m:	250m:		350m:			
	100m: 1:14.32		200m: 2:34.54	300m: 3:55.78		400m: 5:12.22			
4.	SHUKULOVSKA, Marija	14		5:12.69	447	1:11.46	1:20.03	1:21.28	1:19.92
	50m:		150m:	250m:		350m:			
	100m: 1:11.46		200m: 2:31.49	300m: 3:52.77		400m: 5:12.69			
5.	ZUNGULOVA, Bela	12	PK Skopje	5:21.21	412	1:16.41	1:22.22	1:23.32	1:19.26
	50m:		150m:	250m:		350m:			
	100m: 1:16.41		200m: 2:38.63	300m: 4:01.95		400m: 5:21.21			
6.	NEDELKOSKA, Jovana	12	PK Skopje	5:23.06	405				1:20.15
	50m:		150m:	250m:		350m:			
	100m:		200m:	300m: 4:02.91		400m: 5:23.06			
7.	ANGELOVSKA, Jana	12	PK Skopje	5:28.67	385	1:17.85	1:25.78	1:24.48	1:20.56
	50m:		150m:	250m:		350m:			
	100m: 1:17.85		200m: 2:43.63	300m: 4:08.11		400m: 5:28.67			
8.	JANKOVIK, Sara	10	PK Skopje	5:32.59	371	1:18.49	1:24.95	1:25.75	1:23.40
	50m:		150m:	250m:		350m:			
	100m: 1:18.49		200m: 2:43.44	300m: 4:09.19		400m: 5:32.59			
9.	GOSHEVA, Rosana	11	PK Skopje	5:51.99	313	1:23.65	1:30.04	1:30.88	1:27.42
	50m:		150m:	250m:		350m:			
	100m: 1:23.65		200m: 2:53.69	300m: 4:24.57		400m: 5:51.99			
10.	JANEVA, Sofija	13	PK Skopje	5:55.44	304	1:21.16	1:32.93	1:32.69	1:28.66
	50m:		150m:	250m:		350m:			
	100m: 1:21.16		200m: 2:54.09	300m: 4:26.78		400m: 5:55.44			
11.	ATANSOVSKA, Bisera	12	VARDAR	6:00.44	292	1:23.76	1:35.35	1:33.34	1:27.99
	50m:		150m:	250m:		350m:			
	100m: 1:23.76		200m: 2:59.11	300m: 4:32.45		400m: 6:00.44			
12.	KARALIEVA, Anja	10	SC Beta Sharks Skopje	6:02.24	287	1:24.56	1:33.58	1:33.49	1:30.61
	50m:		150m:	250m:		350m:			
	100m: 1:24.56		200m: 2:58.14	300m: 4:31.63		400m: 6:02.24			
13.	PEETRUSEVSKA, Irina	14	Swimming Club Orion	6:08.05	274	1:23.49	1:35.23	1:35.87	1:33.46
	50m:		150m:	250m:		350m:			
	100m: 1:23.49		200m: 2:58.72	300m: 4:34.59		400m: 6:08.05			
14.	SIMOVSKA, MELanija	13	KARPOSH	6:09.01	272	1:22.86	1:35.41	1:36.54	1:34.20
	50m:		150m:	250m:		350m:			
	100m: 1:22.86		200m: 2:58.27	300m: 4:34.81		400m: 6:09.01			
15.	CENEVSKA, Mihaela	11	Vardar 2018	6:18.13	252	1:29.25	1:36.93	1:36.89	1:35.06
	50m:		150m:	250m:		350m:			
	100m: 1:29.25		200m: 3:06.18	300m: 4:43.07		400m: 6:18.13			
16.	SIMONOVSKA, Mila	11	SC Beta Sharks Skopje	6:24.80	240	1:31.28	1:40.66	1:40.88	1:31.98
	50m:		150m:	250m:		350m:			
	100m: 1:31.28		200m: 3:11.94	300m: 4:52.82		400m: 6:24.80			

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Event 25, Girls, 400m Freestyle, 2003 and younger

Rank	Age		Time	Pts	100m	200m	300m	400m	
17.	MILENKOVSKA, Neda	8	PK Mladost	7:01.55	182	1:38.30	1:47.55	1:48.28	1:47.42
	50m:		150m:	250m:		350m:			
	100m: 1:38.30		200m: 3:25.85	300m: 5:14.13		400m: 7:01.55			
2001 and younger									
1.	KRSTEVSKA, Mia	17	Swimming Club Orion	4:40.86	617	1:06.40	1:10.92	1:11.47	1:12.07
	50m:		150m:	250m:		350m:			
	100m: 1:06.40		200m: 2:17.32	300m: 3:28.79		400m: 4:40.86			
2.	KOSTADINOVA, Jana	15	PK Mladost	4:57.12	521	1:08.84	1:14.87	1:16.52	1:16.89
	50m:		150m:	250m:		350m:			
	100m: 1:08.84		200m: 2:23.71	300m: 3:40.23		400m: 4:57.12			
3.	NEDELKOSKA, Ivana	12	PK Skopje	5:08.48	465	1:13.91	1:20.09	1:18.54	1:15.94
	50m:		150m:	250m:		350m:			
	100m: 1:13.91		200m: 2:34.00	300m: 3:52.54		400m: 5:08.48			
4.	KITANOVIK, Iva	11	Swimming Club Orion	5:12.22	449	1:14.32	1:20.22	1:21.24	1:16.44
	50m:		150m:	250m:		350m:			
	100m: 1:14.32		200m: 2:34.54	300m: 3:55.78		400m: 5:12.22			
5.	SHUKULOVSKA, Marija	14		5:12.69	447	1:11.46	1:20.03	1:21.28	1:19.92
	50m:		150m:	250m:		350m:			
	100m: 1:11.46		200m: 2:31.49	300m: 3:52.77		400m: 5:12.69			
6.	BOZINOVSKA, Lina	16	VARDAR	5:19.95	417	1:16.74	1:22.21	1:21.34	1:19.66
	50m:		150m:	250m:		350m:			
	100m: 1:16.74		200m: 2:38.95	300m: 4:00.29		400m: 5:19.95			
7.	ZUNGULOVA, Bela	12	PK Skopje	5:21.21	412	1:16.41	1:22.22	1:23.32	1:19.26
	50m:		150m:	250m:		350m:			
	100m: 1:16.41		200m: 2:38.63	300m: 4:01.95		400m: 5:21.21			
8.	NEDELKOSKA, Jovana	12	PK Skopje	5:23.06	405				1:20.15
	50m:		150m:	250m:		350m:			
	100m:		200m:	300m: 4:02.91		400m: 5:23.06			
9.	ANGELOVSKA, Jana	12	PK Skopje	5:28.67	385	1:17.85	1:25.78	1:24.48	1:20.56
	50m:		150m:	250m:		350m:			
	100m: 1:17.85		200m: 2:43.63	300m: 4:08.11		400m: 5:28.67			
10.	JANKOVIK, Sara	10	PK Skopje	5:32.59	371	1:18.49	1:24.95	1:25.75	1:23.40
	50m:		150m:	250m:		350m:			
	100m: 1:18.49		200m: 2:43.44	300m: 4:09.19		400m: 5:32.59			
11.	GOSHEVA, Rosana	11	PK Skopje	5:51.99	313	1:23.65	1:30.04	1:30.88	1:27.42
	50m:		150m:	250m:		350m:			
	100m: 1:23.65		200m: 2:53.69	300m: 4:24.57		400m: 5:51.99			
12.	JANEVA, Sofija	13	PK Skopje	5:55.44	304	1:21.16	1:32.93	1:32.69	1:28.66
	50m:		150m:	250m:		350m:			
	100m: 1:21.16		200m: 2:54.09	300m: 4:26.78		400m: 5:55.44			
13.	ATANSOVSKA, Bisera	12	VARDAR	6:00.44	292	1:23.76	1:35.35	1:33.34	1:27.99
	50m:		150m:	250m:		350m:			
	100m: 1:23.76		200m: 2:59.11	300m: 4:32.45		400m: 6:00.44			
14.	KARALIEVA, Anja	10	SC Beta Sharks Skopje	6:02.24	287	1:24.56	1:33.58	1:33.49	1:30.61
	50m:		150m:	250m:		350m:			
	100m: 1:24.56		200m: 2:58.14	300m: 4:31.63		400m: 6:02.24			
15.	PEETRUSEVSKA, Irina	14	Swimming Club Orion	6:08.05	274	1:23.49	1:35.23	1:35.87	1:33.46
	50m:		150m:	250m:		350m:			
	100m: 1:23.49		200m: 2:58.72	300m: 4:34.59		400m: 6:08.05			
16.	SIMOVSKA, MELanija	13	KARPOSH	6:09.01	272	1:22.86	1:35.41	1:36.54	1:34.20
	50m:		150m:	250m:		350m:			
	100m: 1:22.86		200m: 2:58.27	300m: 4:34.81		400m: 6:09.01			
17.	CENEVSKA, Mihaela	11	Vardar 2018	6:18.13	252	1:29.25	1:36.93	1:36.89	1:35.06
	50m:		150m:	250m:		350m:			
	100m: 1:29.25		200m: 3:06.18	300m: 4:43.07		400m: 6:18.13			
18.	SIMONOVSKA, Mila	11	SC Beta Sharks Skopje	6:24.80	240	1:31.28	1:40.66	1:40.88	1:31.98
	50m:		150m:	250m:		350m:			
	100m: 1:31.28		200m: 3:11.94	300m: 4:52.82		400m: 6:24.80			

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Event 25, Women, 400m Freestyle, 2001 and younger

Rank	Age	Time	Pts	100m	200m	300m	400m		
19.	MILENKOVSKA, Neda	8	PK Mladost	7:01.55	182	1:38.30	1:47.55	1:48.28	1:47.42
	50m:		150m:	250m:		350m:			
	100m: 1:38.30		200m: 3:25.85	300m: 5:14.13		400m: 7:01.55			

Open

1.	KRSTEVSKA, Mia	17	Swimming Club Orion	4:40.86	617	1:06.40	1:10.92	1:11.47	1:12.07
	50m:		150m:	250m:		350m:			
	100m: 1:06.40		200m: 2:17.32	300m: 3:28.79		400m: 4:40.86			
2.	KOSTADINOVA, Jana	15	PK Mladost	4:57.12	521	1:08.84	1:14.87	1:16.52	1:16.89
	50m:		150m:	250m:		350m:			
	100m: 1:08.84		200m: 2:23.71	300m: 3:40.23		400m: 4:57.12			
3.	NEDELKOSKA, Ivana	12	PK Skopje	5:08.48	465	1:13.91	1:20.09	1:18.54	1:15.94
	50m:		150m:	250m:		350m:			
	100m: 1:13.91		200m: 2:34.00	300m: 3:52.54		400m: 5:08.48			
4.	KITANOVIK, Iva	11	Swimming Club Orion	5:12.22	449	1:14.32	1:20.22	1:21.24	1:16.44
	50m:		150m:	250m:		350m:			
	100m: 1:14.32		200m: 2:34.54	300m: 3:55.78		400m: 5:12.22			
5.	SHUKULOVSKA, Marija	14		5:12.69	447	1:11.46	1:20.03	1:21.28	1:19.92
	50m:		150m:	250m:		350m:			
	100m: 1:11.46		200m: 2:31.49	300m: 3:52.77		400m: 5:12.69			
6.	BOZINOVSKA, Lina	16	VARDAR	5:19.95	417	1:16.74	1:22.21	1:21.34	1:19.66
	50m:		150m:	250m:		350m:			
	100m: 1:16.74		200m: 2:38.95	300m: 4:00.29		400m: 5:19.95			
7.	ZUNGULOVA, Bela	12	PK Skopje	5:21.21	412	1:16.41	1:22.22	1:23.32	1:19.26
	50m:		150m:	250m:		350m:			
	100m: 1:16.41		200m: 2:38.63	300m: 4:01.95		400m: 5:21.21			
8.	NEDELKOSKA, Jovana	12	PK Skopje	5:23.06	405				1:20.15
	50m:		150m:	250m:		350m:			
	100m:		200m:	300m: 4:02.91		400m: 5:23.06			
9.	ANGELOVSKA, Jana	12	PK Skopje	5:28.67	385	1:17.85	1:25.78	1:24.48	1:20.56
	50m:		150m:	250m:		350m:			
	100m: 1:17.85		200m: 2:43.63	300m: 4:08.11		400m: 5:28.67			
10.	JANKOVIK, Sara	10	PK Skopje	5:32.59	371	1:18.49	1:24.95	1:25.75	1:23.40
	50m:		150m:	250m:		350m:			
	100m: 1:18.49		200m: 2:43.44	300m: 4:09.19		400m: 5:32.59			
11.	GOSHEVA, Rosana	11	PK Skopje	5:51.99	313	1:23.65	1:30.04	1:30.88	1:27.42
	50m:		150m:	250m:		350m:			
	100m: 1:23.65		200m: 2:53.69	300m: 4:24.57		400m: 5:51.99			
12.	JANEVA, Sofija	13	PK Skopje	5:55.44	304	1:21.16	1:32.93	1:32.69	1:28.66
	50m:		150m:	250m:		350m:			
	100m: 1:21.16		200m: 2:54.09	300m: 4:26.78		400m: 5:55.44			
13.	ATANSOVSKA, Bisera	12	VARDAR	6:00.44	292	1:23.76	1:35.35	1:33.34	1:27.99
	50m:		150m:	250m:		350m:			
	100m: 1:23.76		200m: 2:59.11	300m: 4:32.45		400m: 6:00.44			
14.	KARALIEVA, Anja	10	SC Beta Sharks Skopje	6:02.24	287	1:24.56	1:33.58	1:33.49	1:30.61
	50m:		150m:	250m:		350m:			
	100m: 1:24.56		200m: 2:58.14	300m: 4:31.63		400m: 6:02.24			
15.	PEETRUSEVSKA, Irina	14	Swimming Club Orion	6:08.05	274	1:23.49	1:35.23	1:35.87	1:33.46
	50m:		150m:	250m:		350m:			
	100m: 1:23.49		200m: 2:58.72	300m: 4:34.59		400m: 6:08.05			
16.	SIMOVSKA, MELanija	13	KARPOSH	6:09.01	272	1:22.86	1:35.41	1:36.54	1:34.20
	50m:		150m:	250m:		350m:			
	100m: 1:22.86		200m: 2:58.27	300m: 4:34.81		400m: 6:09.01			
17.	CENEVSKA, Mihaela	11	Vardar 2018	6:18.13	252	1:29.25	1:36.93	1:36.89	1:35.06
	50m:		150m:	250m:		350m:			
	100m: 1:29.25		200m: 3:06.18	300m: 4:43.07		400m: 6:18.13			
18.	SIMONOVSKA, Mila	11	SC Beta Sharks Skopje	6:24.80	240	1:31.28	1:40.66	1:40.88	1:31.98
	50m:		150m:	250m:		350m:			
	100m: 1:31.28		200m: 3:11.94	300m: 4:52.82		400m: 6:24.80			

LETNO NACIONALNO PRVENSTVO 2019
Skopje, 29.6. - 30.7.2019

Event 25, Women, 400m Freestyle, Open

Rank		Age		Time	Pts	100m	200m	300m	400m
19.	MILENKOVSKA, Neda	8	PK Mladost	7:01.55	182	1:38.30	1:47.55	1:48.28	1:47.42
	50m:		150m:	250m:		350m:			
	100m: 1:38.30		200m: 3:25.85	300m: 5:14.13		400m: 7:01.55			