

XV NEMO KUP 2019
SKOPJE, 1.12.2019

Event 21
01.12.2019

Women, 400m Freestyle

Open
Results

Points: FINA 2018

Rank		YB		Time	Pts	100m	200m	300m	400m
Open									
1.	ZEQIRI, Eda	04	STEP	4:36.36	626	1:05.49	1:10.36	1:09.80	1:10.71
	50m: 31.23	31.23	150m: 1:40.64	35.15	250m: 2:50.58	34.73	350m: 4:09.91		
	100m: 1:05.49	34.26	200m: 2:15.85	35.21	300m: 3:25.65	35.07	400m: 4:36.36		
2.	MILKOVSKA, Jana	06	PK Skopje	4:37.54	618	1:05.59	1:10.78	1:11.52	1:09.65
	50m: 31.67	31.67	150m: 1:40.96	35.37	250m: 2:51.99	35.62	350m: 4:09.77		
	100m: 1:05.59	33.92	200m: 2:16.37	35.41	300m: 3:27.89	35.90	400m: 4:37.54		
3.	KOSTADINOVSKA, Jana	03	PK Mladost	4:38.44	612	1:05.75	1:10.12	1:10.80	1:11.77
	50m: 31.77	31.77	150m: 1:40.81	35.06	250m: 2:50.93	35.06	350m: 4:09.77		
	100m: 1:05.75	33.98	200m: 2:15.87	35.06	300m: 3:26.67	35.74	400m: 4:38.44		
4.	XHEMOLLARI, Vivian	06	TRADITA	4:45.89	565	1:06.18	1:12.88	1:13.78	1:13.05
	50m: 31.26	31.26	150m: 1:42.29	36.11	250m: 2:56.06	37.00	350m: 4:09.77		36.93
	100m: 1:06.18	34.92	200m: 2:19.06	36.77	300m: 3:32.84	36.78	400m: 4:45.89		36.12
5.	BUDIMA, Era	07	STEP	4:52.10	530	1:07.40	1:14.11	1:15.44	1:15.15
	50m: 34.95	34.95	150m: 1:43.32	35.92	250m: 2:59.06	37.55	350m: 4:21.20		44.25
	100m: 1:07.40	32.45	200m: 2:21.51	38.19	300m: 3:36.95	37.89	400m: 4:52.10		30.90
6.	KITANOVIC, Iva	07	Swimmin and Waterpolo CI	4:56.43	507	1:10.59	1:16.32	1:17.15	1:12.37
	50m: 33.47	33.47	150m: 1:48.41	37.82	250m: 3:05.68	38.77	350m: 4:21.61		37.55
	100m: 1:10.59	37.12	200m: 2:26.91	38.50	300m: 3:44.06	38.38	400m: 4:56.43		34.82
7.	BEQIRI, Jona	06	STEP	4:56.45	507	1:11.37	1:16.54	1:15.18	1:13.36
	50m: 33.56	33.56	150m: 1:49.85	38.48	250m: 3:05.68	37.77	350m: 4:20.95		37.86
	100m: 1:11.37	37.81	200m: 2:27.91	38.06	300m: 3:43.09	37.41	400m: 4:56.45		35.50
8.	STOJANOVSKA, KALINA	06	NEPTUN	4:57.11	504	1:10.07	1:15.97	1:16.06	1:15.01
	50m: 33.28	33.28	150m: 1:48.00	37.93	250m: 3:04.23	38.19	350m: 4:21.21		39.11
	100m: 1:10.07	36.79	200m: 2:26.04	38.04	300m: 3:42.10	37.87	400m: 4:57.11		35.90
9.	NEDELKOSKA, Ivana	06	PK Skopje	4:57.19	503	1:09.86	1:16.46	1:16.42	1:14.45
	50m: 33.38	33.38	150m: 1:47.80	37.94	250m: 3:04.51	38.19	350m: 4:20.85		38.11
	100m: 1:09.86	36.48	200m: 2:26.32	38.52	300m: 3:42.74	38.23	400m: 4:57.19		36.34
10.	NEDELKOSKA, Jovana	06	PK Skopje	4:59.02	494	1:10.44	1:16.42	1:16.85	1:15.31
	50m: 33.80	33.80	150m: 1:48.23	37.79	250m: 3:05.40	38.54	350m: 4:22.10		38.39
	100m: 1:10.44	36.64	200m: 2:26.86	38.63	300m: 3:43.71	38.31	400m: 4:59.02		36.92
11.	ZUNGULOVA, Bela	06	PK Skopje	5:01.32	483	1:12.31	1:17.00	1:17.15	1:14.86
	50m: 34.28	34.28	150m: 1:50.68	38.37	250m: 3:08.18	38.87	350m: 4:24.63		38.17
	100m: 1:12.31	38.03	200m: 2:29.31	38.63	300m: 3:46.46	38.28	400m: 5:01.32		36.69
12.	JANKOVIC, Sara	08	PK Skopje	5:14.44	425	1:14.23	1:19.84	1:19.97	1:20.40
	50m: 34.90	34.90	150m: 1:53.87	39.64	250m: 3:14.43	40.36	350m: 4:35.44		41.40
	100m: 1:14.23	39.33	200m: 2:34.07	40.20	300m: 3:54.04	39.61	400m: 5:14.44		39.00
13.	GOSHEVA, Rosana	07	PK Skopje	5:28.61	372	1:17.52	1:25.32	1:24.73	1:21.04
	50m: 36.66	36.66	150m: 2:00.39	42.87	250m: 3:25.60	42.76	350m: 4:49.81		42.24
	100m: 1:17.52	40.86	200m: 2:42.84	42.45	300m: 4:07.57	41.97	400m: 5:28.61		38.80
14.	SHABANI, AURORA	06	TERMOPAN	5:36.87	345	1:17.72	1:26.55	1:26.05	1:26.55
	50m: 36.58	36.58	150m: 1:59.31	41.59	250m: 3:27.93	43.66	350m: 4:54.46		44.14
	100m: 1:17.72	41.14	200m: 2:44.27	44.96	300m: 4:10.32	42.39	400m: 5:36.87		42.41
15.	KARALIEVA, Anja	08	SC Beta Sharks	5:41.14	333	1:19.30	1:28.97	1:27.90	1:24.97
	50m: 36.38	36.38	150m: 2:03.93	44.63	250m: 3:31.56	43.29	350m: 5:00.74		44.57
	100m: 1:19.30	42.92	200m: 2:48.27	44.34	300m: 4:16.17	44.61	400m: 5:41.14		40.40
16.	ALEKSANDROVA, Bistra	09	Levski	5:48.22	313	1:18.90	1:31.40	1:32.42	1:25.50
	50m: 36.50	36.50	150m: 2:04.69	45.79	250m: 3:35.98	45.68	350m: 5:06.56		43.84
	100m: 1:18.90	42.40	200m: 2:50.30	45.61	300m: 4:22.72	46.74	400m: 5:48.22		41.66
17.	JORDANOVSKA, Neda	08	PK Mladost	5:56.46	291	1:23.73	1:32.25	1:30.82	1:29.66
	50m: 39.77	39.77	150m: 2:09.83	46.10	250m: 3:41.73	45.75	350m: 5:12.41		45.61
	100m: 1:23.73	43.96	200m: 2:55.98	46.15	300m: 4:26.80	45.07	400m: 5:56.46		44.05
18.	TRIFUNOVSKA, Tamara	10	PK Mladost	6:21.28	238	1:29.09	1:37.12	1:38.55	1:36.52
	50m: 35.68	35.68	150m: 2:16.91	47.82	250m: 3:55.07	48.86	350m: 5:33.93		49.17
	100m: 1:29.09	53.41	200m: 3:06.21	49.30	300m: 4:44.76	49.69	400m: 6:21.28		47.35
19.	ZISO, Shirli	09	TIRANA	6:27.13	227	1:28.77	1:40.94	1:38.24	1:39.18
	50m: 40.57	40.57	150m: 2:21.39	52.62	250m: 3:58.46	48.75	350m: 5:38.89		50.94
	100m: 1:28.77	48.20	200m: 3:09.71	48.32	300m: 4:47.95	49.49	400m: 6:27.13		48.24

XV NEMO KUP 2019
SKOPJE, 1.12.2019

Event 21, Women, 400m Freestyle, Open

Rank	YB		Time		Pts	100m	200m	300m	400m			
20.	ZASHEVSKA, Veronika	05	CELICNI	7:42.40	133	1:41.53	2:01.10	2:02.03	1:57.74			
	50m:	45.69	45.69	150m:	2:42.19	1:00.66	250m:	4:43.80	1:01.17	350m:	6:44.35	59.69
	100m:	1:41.53	55.84	200m:	3:42.63	1:00.44	300m:	5:44.66	1:00.86	400m:	7:42.40	58.05

YOB 2004 - 2005

1.	ZEQIRI, Eda	04	STEP	4:36.36	626	1:05.49	1:10.36	1:09.80	1:10.71			
	50m:	31.23	31.23	150m:	1:40.64	35.15	250m:	2:50.58	34.73	350m:		
	100m:	1:05.49	34.26	200m:	2:15.85	35.21	300m:	3:25.65	35.07	400m:	4:36.36	
2.	ZASHEVSKA, Veronika	05	CELICNI	7:42.40	133	1:41.53	2:01.10	2:02.03	1:57.74			
	50m:	45.69	45.69	150m:	2:42.19	1:00.66	250m:	4:43.80	1:01.17	350m:	6:44.35	59.69
	100m:	1:41.53	55.84	200m:	3:42.63	1:00.44	300m:	5:44.66	1:00.86	400m:	7:42.40	58.05

YOB 2006 - 2007

1.	MILKOVSKA, Jana	06	PK Skopje	4:37.54	618	1:05.59	1:10.78	1:11.52	1:09.65			
	50m:	31.67	31.67	150m:	1:40.96	35.37	250m:	2:51.99	35.62	350m:		
	100m:	1:05.59	33.92	200m:	2:16.37	35.41	300m:	3:27.89	35.90	400m:	4:37.54	
2.	XHEMOLLARI, Vivian	06	TRADITA	4:45.89	565	1:06.18	1:12.88	1:13.78	1:13.05			
	50m:	31.26	31.26	150m:	1:42.29	36.11	250m:	2:56.06	37.00	350m:	4:09.77	36.93
	100m:	1:06.18	34.92	200m:	2:19.06	36.77	300m:	3:32.84	36.78	400m:	4:45.89	36.12
3.	BUDIMA, Era	07	STEP	4:52.10	530	1:07.40	1:14.11	1:15.44	1:15.15			
	50m:	34.95	34.95	150m:	1:43.32	35.92	250m:	2:59.06	37.55	350m:	4:21.20	44.25
	100m:	1:07.40	32.45	200m:	2:21.51	38.19	300m:	3:36.95	37.89	400m:	4:52.10	30.90
4.	KITANOVIK, Iva	07	Swimmin and Waterpolo Cl	4:56.43	507	1:10.59	1:16.32	1:17.15	1:12.37			
	50m:	33.47	33.47	150m:	1:48.41	37.82	250m:	3:05.68	38.77	350m:	4:21.61	37.55
	100m:	1:10.59	37.12	200m:	2:26.91	38.50	300m:	3:44.06	38.38	400m:	4:56.43	34.82
5.	BEQIRI, Jona	06	STEP	4:56.45	507	1:11.37	1:16.54	1:15.18	1:13.36			
	50m:	33.56	33.56	150m:	1:49.85	38.48	250m:	3:05.68	37.77	350m:	4:20.95	37.86
	100m:	1:11.37	37.81	200m:	2:27.91	38.06	300m:	3:43.09	37.41	400m:	4:56.45	35.50
6.	STOJANOVSKA, KALINA	06	NEPTUN	4:57.11	504	1:10.07	1:15.97	1:16.06	1:15.01			
	50m:	33.28	33.28	150m:	1:48.00	37.93	250m:	3:04.23	38.19	350m:	4:21.21	39.11
	100m:	1:10.07	36.79	200m:	2:26.04	38.04	300m:	3:42.10	37.87	400m:	4:57.11	35.90
7.	NEDELKOSKA, Ivana	06	PK Skopje	4:57.19	503	1:09.86	1:16.46	1:16.42	1:14.45			
	50m:	33.38	33.38	150m:	1:47.80	37.94	250m:	3:04.51	38.19	350m:	4:20.85	38.11
	100m:	1:09.86	36.48	200m:	2:26.32	38.52	300m:	3:42.74	38.23	400m:	4:57.19	36.34
8.	NEDELKOSKA, Jovana	06	PK Skopje	4:59.02	494	1:10.44	1:16.42	1:16.85	1:15.31			
	50m:	33.80	33.80	150m:	1:48.23	37.79	250m:	3:05.40	38.54	350m:	4:22.10	38.39
	100m:	1:10.44	36.64	200m:	2:26.86	38.63	300m:	3:43.71	38.31	400m:	4:59.02	36.92
9.	ZUNGULOVA, Bela	06	PK Skopje	5:01.32	483	1:12.31	1:17.00	1:17.15	1:14.86			
	50m:	34.28	34.28	150m:	1:50.68	38.37	250m:	3:08.18	38.87	350m:	4:24.63	38.17
	100m:	1:12.31	38.03	200m:	2:29.31	38.63	300m:	3:46.46	38.28	400m:	5:01.32	36.69
10.	GOSHEVA, Rosana	07	PK Skopje	5:28.61	372	1:17.52	1:25.32	1:24.73	1:21.04			
	50m:	36.66	36.66	150m:	2:00.39	42.87	250m:	3:25.60	42.76	350m:	4:49.81	42.24
	100m:	1:17.52	40.86	200m:	2:42.84	42.45	300m:	4:07.57	41.97	400m:	5:28.61	38.80
11.	SHABANI, AURORA	06	TERMOPAN	5:36.87	345	1:17.72	1:26.55	1:26.05	1:26.55			
	50m:	36.58	36.58	150m:	1:59.31	41.59	250m:	3:27.93	43.66	350m:	4:54.46	44.14
	100m:	1:17.72	41.14	200m:	2:44.27	44.96	300m:	4:10.32	42.39	400m:	5:36.87	42.41

YOB 2008 - 2009

1.	JANKOVIK, Sara	08	PK Skopje	5:14.44	425	1:14.23	1:19.84	1:19.97	1:20.40			
	50m:	34.90	34.90	150m:	1:53.87	39.64	250m:	3:14.43	40.36	350m:	4:35.44	41.40
	100m:	1:14.23	39.33	200m:	2:34.07	40.20	300m:	3:54.04	39.61	400m:	5:14.44	39.00
2.	KARALIEVA, Anja	08	SC Beta Sharks	5:41.14	333	1:19.30	1:28.97	1:27.90	1:24.97			
	50m:	36.38	36.38	150m:	2:03.93	44.63	250m:	3:31.56	43.29	350m:	5:00.74	44.57
	100m:	1:19.30	42.92	200m:	2:48.27	44.34	300m:	4:16.17	44.61	400m:	5:41.14	40.40
3.	ALEKSANDROVA, Bistra	09	Levski	5:48.22	313	1:18.90	1:31.40	1:32.42	1:25.50			
	50m:	36.50	36.50	150m:	2:04.69	45.79	250m:	3:35.98	45.68	350m:	5:06.56	43.84
	100m:	1:18.90	42.40	200m:	2:50.30	45.61	300m:	4:22.72	46.74	400m:	5:48.22	41.66
4.	JORDANOVSKA, Neda	08	PK Mladost	5:56.46	291	1:23.73	1:32.25	1:30.82	1:29.66			
	50m:	39.77	39.77	150m:	2:09.83	46.10	250m:	3:41.73	45.75	350m:	5:12.41	45.61
	100m:	1:23.73	43.96	200m:	2:55.98	46.15	300m:	4:26.80	45.07	400m:	5:56.46	44.05

XV NEMO KUP 2019
SKOPJE, 1.12.2019

Event 21, Girls, 400m Freestyle, YOB 2008 - 2009

Rank		YB				Time	Pts	100m	200m	300m	400m	
5.	ZISO, Shirli	09	TIRANA			6:27.13	227	1:28.77	1:40.94	1:38.24	1:39.18	
	50m:	40.57	40.57	150m:	2:21.39	52.62	250m:	3:58.46	48.75	350m:	5:38.89	50.94
	100m:	1:28.77	48.20	200m:	3:09.71	48.32	300m:	4:47.95	49.49	400m:	6:27.13	48.24