

ZIMSKO NACIONALNO PRVENSTVO 2020
SKOPJE, 12. - 13.12.2020

Disciplina 23 Ženski/F, 400m Slobodno/Free Otvoreno/Open
13.12.2020 - 9:52 Rezultati

MKD Otvoreno/Open	4:12.03		
MKD - 16	4:15.84	AQUA PRO	17.10.2020
MKD - 14	4:20.10		
MKD MP	4:33.49		
MKD - 10	5:03.67		

Bodova: FINA 2020

Rang			G.R.	Vreme Bodova								
Otvoreno/Open												
1.	Eva PETROVSKA		04	Aqua P. AMS, SK					4:21.47	716		
	50m:	30.73	30.73	150m:	1:36.76	33.32	250m:	2:43.34	33.20	350m:	3:49.36	32.83
	100m:	1:03.44	32.71	200m:	2:10.14	33.38	300m:	3:16.53	33.19	400m:	4:21.47	32.11
2.	Jana KOSTANDINOVSKA		03	Neptun, SK					4:43.54	561		
	50m:	31.44	31.44	150m:	1:41.01	35.37	250m:	2:52.67	36.06	350m:	4:06.49	36.95
	100m:	1:05.64	34.20	200m:	2:16.61	35.60	300m:	3:29.54	36.87	400m:	4:43.54	37.05
3.	Iva KITANOVIK		07	Orion, SK					4:46.40	544		
	50m:	32.48	32.48	150m:	1:45.20	37.13	250m:	2:59.41	37.15	350m:	4:13.32	36.92
	100m:	1:08.07	35.59	200m:	2:22.26	37.06	300m:	3:36.40	36.99	400m:	4:46.40	33.08
4.	Jana MILKOVSKA		06	Vardar 2018, SK					4:46.78	542		
	50m:	30.95	30.95	150m:	1:41.49	35.87	250m:	2:57.03	37.87	350m:	4:11.97	37.56
	100m:	1:05.62	34.67	200m:	2:19.16	37.67	300m:	3:34.41	37.38	400m:	4:46.78	34.81
5.	Katja TANASKOSKA		08	Skopje, SK					4:47.98	535		
	50m:	33.45	33.45	150m:	1:45.89	36.21	250m:	2:59.64	36.89	350m:	4:12.45	36.44
	100m:	1:09.68	36.23	200m:	2:22.75	36.86	300m:	3:36.01	36.37	400m:	4:47.98	35.53
6.	Sara JANKOVIK		08	Skopje, SK					4:48.60	532		
	50m:	33.13	33.13	150m:	1:43.78	35.84	250m:	2:58.17	37.35	350m:	4:12.55	37.24
	100m:	1:07.94	34.81	200m:	2:20.82	37.04	300m:	3:35.31	37.14	400m:	4:48.60	36.05
7.	Jovana NEDELKOSKA		06	Skopje, SK					4:49.31	528		
	50m:	32.79	32.79	150m:	1:45.03	36.48	250m:	2:58.91	36.99	350m:	4:13.40	37.15
	100m:	1:08.55	35.76	200m:	2:21.92	36.89	300m:	3:36.25	37.34	400m:	4:49.31	35.91
8.	Bela ZUNGULOVA		06	Skopje, SK					4:50.72	520		
	50m:	32.94	32.94	150m:	1:46.70	37.38	250m:	3:00.92	36.87	350m:	4:15.17	37.12
	100m:	1:09.32	36.38	200m:	2:24.05	37.35	300m:	3:38.05	37.13	400m:	4:50.72	35.55
9.	Ivana NEDELKOSKA		06	Skopje, SK					4:56.27	492		
	50m:	32.50	32.50	150m:	1:45.85	37.20	250m:	3:01.89	38.18	350m:	4:19.55	38.67
	100m:	1:08.65	36.15	200m:	2:23.71	37.86	300m:	3:40.88	38.99	400m:	4:56.27	36.72
10.	Anja KARALIEVA		08	Skopje, SK					5:12.14	420		
	50m:	34.37	34.37	150m:	1:53.59	40.29	250m:	3:13.58	39.86	350m:	4:33.56	39.67
	100m:	1:13.30	38.93	200m:	2:33.72	40.13	300m:	3:53.89	40.31	400m:	5:12.14	38.58
11.	Neda TANUROVSKA		08	Orion, SK					5:29.24	358		
	50m:	36.17	36.17	150m:	1:58.44	42.19	250m:	3:24.62	43.37	350m:	4:48.58	41.15
	100m:	1:16.25	40.08	200m:	2:41.25	42.81	300m:	4:07.43	42.81	400m:	5:29.24	40.66
12.	Bisera ATANASOVSKA		06	Vardar, SK					5:33.06	346		
	50m:	35.44	35.44	150m:	2:00.67	42.91	250m:	3:28.32	43.79	350m:	4:54.58	43.12
	100m:	1:17.76	42.32	200m:	2:44.53	43.86	300m:	4:11.46	43.14	400m:	5:33.06	38.48
13.	Sofija TREDAFILOVA		07	Oktopod, SK					5:33.28	345		
	50m:	37.78	37.78	150m:	2:01.82	42.61	250m:	3:28.52	43.31	350m:	4:54.28	42.80
	100m:	1:19.21	41.43	200m:	2:45.21	43.39	300m:	4:11.48	42.96	400m:	5:33.28	39.00
14.	Kalina KUZMANOVSKA		08	Beta Sharks, SK					5:33.34	345		
	50m:	36.83	36.83	150m:	2:02.03	43.30	250m:	3:29.36	43.33	350m:	4:54.87	43.12
	100m:	1:18.73	41.90	200m:	2:46.03	44.00	300m:	4:11.75	42.39	400m:	5:33.34	38.47
15.	Ana KOLEVSKA		08	Oktopod, SK					5:41.97	320		
	50m:	38.46	38.46	150m:	2:04.23	43.26	250m:	3:32.21	44.29	350m:	5:00.89	41.10
	100m:	1:20.97	42.51	200m:	2:47.92	43.69	300m:	4:19.79	47.58	400m:	5:41.97	41.08

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Rang			G.R.				Vreme Bodova				
16.	Tamara TRIFUNOVSKA		10	Mladost, SK		5:45.79	309				
	50m:	38.40 38.40	150m:	2:06.61 44.76	250m:	3:35.29 44.35	350m:	5:03.73 43.81			
	100m:	1:21.85 43.45	200m:	2:50.94 44.33	300m:	4:19.92 44.63	400m:	5:45.79 42.06			
17.	Neda JORDANOVSKA		08	Mladost, SK		5:46.26	308				
	50m:	37.62 37.62	150m:	2:04.80 44.52	250m:	3:34.45 44.77	350m:	5:03.77 44.63			
	100m:	1:20.28 42.66	200m:	2:49.68 44.88	300m:	4:19.14 44.69	400m:	5:46.26 42.49			
18.	Sara ANASTASOVSKA		09	Beta Sharks, SK		5:50.63	296				
	50m:	39.15 39.15	150m:	2:08.37 44.98	250m:	3:39.15 45.34	350m:	5:08.43 44.50			
	100m:	1:23.39 44.24	200m:	2:53.81 45.44	300m:	4:23.93 44.78	400m:	5:50.63 42.20			
19.	Kalina JORDANOVSKA		08	Beta Sharks, SK		5:55.57	284				
	50m:	38.84 38.84	150m:	2:08.33 45.81	250m:	3:40.03 45.59	350m:	5:13.16 46.37			
	100m:	1:22.52 43.68	200m:	2:54.44 46.11	300m:	4:26.79 46.76	400m:	5:55.57 42.41			
20.	Angela SMILEVSKA		05	Olimpik, BI		6:09.11	254				
	50m:	39.03 39.03	150m:	2:11.08 46.87	250m:	3:46.74 48.35	350m:	5:22.43 48.01			
	100m:	1:24.21 45.18	200m:	2:58.39 47.31	300m:	4:34.42 47.68	400m:	6:09.11 46.68			
21.	Tea MAMUCEVSKA		09	Vardar 2018, SK		6:10.99	250				
	50m:	41.16 41.16	150m:	2:13.86 47.47	250m:	3:49.37 47.66	350m:	5:25.35 47.62			
	100m:	1:26.39 45.23	200m:	3:01.71 47.85	300m:	4:37.73 48.36	400m:	6:10.99 45.64			
22.	Jana VELKOVSKA		10	Vardar 2018, SK		6:29.73	216				
	50m:	44.18 44.18	150m:	2:23.31 49.96	250m:	4:03.33 50.42	350m:	5:43.84 50.14			
	100m:	1:33.35 49.17	200m:	3:12.91 49.60	300m:	4:53.70 50.37	400m:	6:29.73 45.89			
23.	Milica SILJANOVSKA		09	Beta Sharks, SK		6:29.88	215				
	50m:	42.41 42.41	150m:	2:21.85 50.68	250m:	4:04.83 51.66	350m:	5:44.72 50.60			
	100m:	1:31.17 48.76	200m:	3:13.17 51.32	300m:	4:54.12 49.29	400m:	6:29.88 45.16			

Omladinke

1.	Jana KOSTANDINOVSKA		03	Neptun, SK		4:43.54	561				
	50m:	31.44 31.44	150m:	1:41.01 35.37	250m:	2:52.67 36.06	350m:	4:06.49 36.95			
	100m:	1:05.64 34.20	200m:	2:16.61 35.60	300m:	3:29.54 36.87	400m:	4:43.54 37.05			

Kadetkinje

1.	Eva PETROVSKA		04	Aqua P. AMS, SK		4:21.47	716				
	50m:	30.73 30.73	150m:	1:36.76 33.32	250m:	2:43.34 33.20	350m:	3:49.36 32.83			
	100m:	1:03.44 32.71	200m:	2:10.14 33.38	300m:	3:16.53 33.19	400m:	4:21.47 32.11			
2.	Angela SMILEVSKA		05	Olimpik, BI		6:09.11	254				
	50m:	39.03 39.03	150m:	2:11.08 46.87	250m:	3:46.74 48.35	350m:	5:22.43 48.01			
	100m:	1:24.21 45.18	200m:	2:58.39 47.31	300m:	4:34.42 47.68	400m:	6:09.11 46.68			

Starije pionirke

1.	Iva KITANOVIK		07	Orion, SK		4:46.40	544				
	50m:	32.48 32.48	150m:	1:45.20 37.13	250m:	2:59.41 37.15	350m:	4:13.32 36.92			
	100m:	1:08.07 35.59	200m:	2:22.26 37.06	300m:	3:36.40 36.99	400m:	4:46.40 33.08			
2.	Jana MILKOVSKA		06	Vardar 2018, SK		4:46.78	542				
	50m:	30.95 30.95	150m:	1:41.49 35.87	250m:	2:57.03 37.87	350m:	4:11.97 37.56			
	100m:	1:05.62 34.67	200m:	2:19.16 37.67	300m:	3:34.41 37.38	400m:	4:46.78 34.81			
3.	Jovana NEDELKOSKA		06	Skopje, SK		4:49.31	528				
	50m:	32.79 32.79	150m:	1:45.03 36.48	250m:	2:58.91 36.99	350m:	4:13.40 37.15			
	100m:	1:08.55 35.76	200m:	2:21.92 36.89	300m:	3:36.25 37.34	400m:	4:49.31 35.91			
4.	Bela ZUNGULOVA		06	Skopje, SK		4:50.72	520				
	50m:	32.94 32.94	150m:	1:46.70 37.38	250m:	3:00.92 36.87	350m:	4:15.17 37.12			
	100m:	1:09.32 36.38	200m:	2:24.05 37.35	300m:	3:38.05 37.13	400m:	4:50.72 35.55			

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Disciplina 23, Devojice, 400m Slobodno/Free, Starije pionirke

Rang			G.R.				Vreme Bodova			
5.	Ivana NEDELKOSKA		06 Skopje, SK				4:56.27 492			
	50m:	32.50 32.50	150m:	1:45.85 37.20	250m:	3:01.89 38.18	350m:	4:19.55 38.67		
	100m:	1:08.65 36.15	200m:	2:23.71 37.86	300m:	3:40.88 38.99	400m:	4:56.27 36.72		
6.	Bisera ATANASOVSKA		06 Vardar, SK				5:33.06 346			
	50m:	35.44 35.44	150m:	2:00.67 42.91	250m:	3:28.32 43.79	350m:	4:54.58 43.12		
	100m:	1:17.76 42.32	200m:	2:44.53 43.86	300m:	4:11.46 43.14	400m:	5:33.06 38.48		
7.	Sofija TREDAFILOVA		07 Oktopod, SK				5:33.28 345			
	50m:	37.78 37.78	150m:	2:01.82 42.61	250m:	3:28.52 43.31	350m:	4:54.28 42.80		
	100m:	1:19.21 41.43	200m:	2:45.21 43.39	300m:	4:11.48 42.96	400m:	5:33.28 39.00		

Mlađe Pionirke

1.	Katja TANASKOSKA		08 Skopje, SK				4:47.98 535			
	50m:	33.45 33.45	150m:	1:45.89 36.21	250m:	2:59.64 36.89	350m:	4:12.45 36.44		
	100m:	1:09.68 36.23	200m:	2:22.75 36.86	300m:	3:36.01 36.37	400m:	4:47.98 35.53		
2.	Sara JANKOVIK		08 Skopje, SK				4:48.60 532			
	50m:	33.13 33.13	150m:	1:43.78 35.84	250m:	2:58.17 37.35	350m:	4:12.55 37.24		
	100m:	1:07.94 34.81	200m:	2:20.82 37.04	300m:	3:35.31 37.14	400m:	4:48.60 36.05		
3.	Anja KARALIEVA		08 Skopje, SK				5:12.14 420			
	50m:	34.37 34.37	150m:	1:53.59 40.29	250m:	3:13.58 39.86	350m:	4:33.56 39.67		
	100m:	1:13.30 38.93	200m:	2:33.72 40.13	300m:	3:53.89 40.31	400m:	5:12.14 38.58		
4.	Neda TANUROVSKA		08 Orion, SK				5:29.24 358			
	50m:	36.17 36.17	150m:	1:58.44 42.19	250m:	3:24.62 43.37	350m:	4:48.58 41.15		
	100m:	1:16.25 40.08	200m:	2:41.25 42.81	300m:	4:07.43 42.81	400m:	5:29.24 40.66		
5.	Kalina KUZMANOVSKA		08 Beta Sharks, SK				5:33.34 345			
	50m:	36.83 36.83	150m:	2:02.03 43.30	250m:	3:29.36 43.33	350m:	4:54.87 43.12		
	100m:	1:18.73 41.90	200m:	2:46.03 44.00	300m:	4:11.75 42.39	400m:	5:33.34 38.47		
6.	Ana KOLEVSKA		08 Oktopod, SK				5:41.97 320			
	50m:	38.46 38.46	150m:	2:04.23 43.26	250m:	3:32.21 44.29	350m:	5:00.89 41.10		
	100m:	1:20.97 42.51	200m:	2:47.92 43.69	300m:	4:19.79 47.58	400m:	5:41.97 41.08		
7.	Tamara TRIFUNOVSKA		10 Mladost, SK				5:45.79 309			
	50m:	38.40 38.40	150m:	2:06.61 44.76	250m:	3:35.29 44.35	350m:	5:03.73 43.81		
	100m:	1:21.85 43.45	200m:	2:50.94 44.33	300m:	4:19.92 44.63	400m:	5:45.79 42.06		
8.	Neda JORDANOVSKA		08 Mladost, SK				5:46.26 308			
	50m:	37.62 37.62	150m:	2:04.80 44.52	250m:	3:34.45 44.77	350m:	5:03.77 44.63		
	100m:	1:20.28 42.66	200m:	2:49.68 44.88	300m:	4:19.14 44.69	400m:	5:46.26 42.49		
9.	Sara ANASTASOVSKA		09 Beta Sharks, SK				5:50.63 296			
	50m:	39.15 39.15	150m:	2:08.37 44.98	250m:	3:39.15 45.34	350m:	5:08.43 44.50		
	100m:	1:23.39 44.24	200m:	2:53.81 45.44	300m:	4:23.93 44.78	400m:	5:50.63 42.20		
10.	Kalina JORDANOVSKA		08 Beta Sharks, SK				5:55.57 284			
	50m:	38.84 38.84	150m:	2:08.33 45.81	250m:	3:40.03 45.59	350m:	5:13.16 46.37		
	100m:	1:22.52 43.68	200m:	2:54.44 46.11	300m:	4:26.79 46.76	400m:	5:55.57 42.41		
11.	Tea MAMUCEVSKA		09 Vardar 2018, SK				6:10.99 250			
	50m:	41.16 41.16	150m:	2:13.86 47.47	250m:	3:49.37 47.66	350m:	5:25.35 47.62		
	100m:	1:26.39 45.23	200m:	3:01.71 47.85	300m:	4:37.73 48.36	400m:	6:10.99 45.64		
12.	Jana VELKOVSKA		10 Vardar 2018, SK				6:29.73 216			
	50m:	44.18 44.18	150m:	2:23.31 49.96	250m:	4:03.33 50.42	350m:	5:43.84 50.14		
	100m:	1:33.35 49.17	200m:	3:12.91 49.60	300m:	4:53.70 50.37	400m:	6:29.73 45.89		
13.	Milica SILJANOVSKA		09 Beta Sharks, SK				6:29.88 215			
	50m:	42.41 42.41	150m:	2:21.85 50.68	250m:	4:04.83 51.66	350m:	5:44.72 50.60		
	100m:	1:31.17 48.76	200m:	3:13.17 51.32	300m:	4:54.12 49.29	400m:	6:29.88 45.16		