

ZIMSKO NACIONALNO PRVENSTVO DEKEMVRI 2022  
SKOPJE, 17. - 18.12.2022

Disciplina 25 Ženski/F, 400m Slobodno/Free Otvoreno/Open  
18.12.2022 - 10:20 Rezultati

MKD Otvoreno/Open	4:12.03		
MKD - 16	4:15.84	APSK	17.10.2020
MKD - 14	4:20.10		
MKD - 12	4:33.49		
MKD - 10	5:03.67		

Bodova: FINA 2020

Rang			G.R.			Vreme	Bodova	
Otvoreno/Open								
1.	Eva Petrovska		04	A.Pro AMS,SK		<b>4:19.38</b>	733	
	50m: 30.60	30.60	150m: 1:35.94	32.80	250m: 2:41.92	32.99	350m: 3:47.62	32.83
	100m: 1:03.14	32.54	200m: 2:08.93	32.99	300m: 3:14.79	32.87	400m: 4:19.38	31.76
2.	Jana Milkovska		06	Vardar 2018, SK		<b>4:36.22</b>	607	
	50m: 31.20	31.20	150m: 1:40.09	34.75	250m: 2:50.29	34.93	350m: 4:01.89	35.87
	100m: 1:05.34	34.14	200m: 2:15.36	35.27	300m: 3:26.02	35.73	400m: 4:36.22	34.33
3.	Iva Kitanovik		07	Orion, SK		<b>4:49.42</b>	527	
	50m: 33.04	33.04	150m: 1:46.19	36.50	250m: 2:59.87	37.00	350m: 4:13.71	36.80
	100m: 1:09.69	36.65	200m: 2:22.87	36.68	300m: 3:36.91	37.04	400m: 4:49.42	35.71
4.	Jana Konstandinovska		03	Mladost, SK		<b>4:53.70</b>	505	
	50m: 32.35	32.35	150m: 1:45.87	37.73	250m: 3:01.74	36.59	350m: 4:16.08	37.50
	100m: 1:08.14	35.79	200m: 2:25.15	39.28	300m: 3:38.58	36.84	400m: 4:53.70	37.62
5.	Emilija Velkova		09	Neptun, SK		<b>4:56.33</b>	491	
	50m: 32.47	32.47	150m: 1:46.28		250m: 3:01.76	37.87	350m: 4:20.25	40.02
	100m:		200m: 2:23.89	37.61	300m: 3:40.23	38.47	400m: 4:56.33	36.08
6.	Neda Milenkovska		10	Mladost, SK		<b>4:56.88</b>	489	
	50m: 32.80	32.80	150m: 1:46.63	37.32	250m: 3:02.86	38.34	350m: 4:19.76	38.37
	100m: 1:09.31	36.51	200m: 2:24.52	37.89	300m: 3:41.39	38.53	400m: 4:56.88	37.12
7.	Kalina Kuzmanovska		08	Beta Sharks, SK		<b>5:01.38</b>	467	
	50m: 32.38	32.38	150m: 1:45.61	37.34	250m: 3:03.83	38.66	350m: 4:23.34	40.24
	100m: 1:08.27	35.89	200m: 2:25.17	39.56	300m: 3:43.10	39.27	400m: 5:01.38	38.04
8.	Sara Anastasovska		09	Neptun, SK		<b>5:06.21</b>	445	
	50m: 32.31	32.31	150m: 1:47.01	38.58	250m: 3:06.48	39.77	350m: 4:27.07	40.53
	100m: 1:08.43	36.12	200m: 2:26.71	39.70	300m: 3:46.54	40.06	400m: 5:06.21	39.14
9.	Neda Tanurovska		08	Orion, SK		<b>5:15.94</b>	405	
	50m: 35.19	35.19	150m: 1:52.98	39.22	250m: 3:14.57	40.76	350m: 4:36.74	40.86
	100m: 1:13.76	38.57	200m: 2:33.81	40.83	300m: 3:55.88	41.31	400m: 5:15.94	39.20
10.	Sofija Stefanovska		08	Neptun, SK		<b>5:19.80</b>	391	
	50m: 34.34	34.34	150m: 1:53.13	40.17	250m: 3:15.81	41.83	350m: 4:39.46	41.92
	100m: 1:12.96	38.62	200m: 2:33.98	40.85	300m: 3:57.54	41.73	400m: 5:19.80	40.34
11.	Neda Jordanovska		08	Mladost, SK		<b>5:21.42</b>	385	
	50m: 34.65	34.65	150m: 1:53.24	40.05	250m: 3:16.17	41.68	350m: 4:40.76	42.41
	100m: 1:13.19	38.54	200m: 2:34.49	41.25	300m: 3:58.35	42.18	400m: 5:21.42	40.66
12.	Teodora Kolceska		12	Mladost, SK		<b>5:28.97</b>	359	
	50m: 36.34	36.34	150m: 2:01.04	42.36	250m: 3:25.16	41.87	350m: 4:49.79	41.83
	100m: 1:18.68	42.34	200m: 2:43.29	42.25	300m: 4:07.96	42.80	400m: 5:28.97	39.18
	Jana Velkovska		10	Vardar 2018, SK		<b>5:28.97</b>	359	
	50m: 36.48	36.48	150m: 1:59.57	42.07	250m: 3:24.01	42.08	350m: 4:48.42	41.83
	100m: 1:17.50	41.02	200m: 2:41.93	42.36	300m: 4:06.59	42.58	400m: 5:28.97	40.55
14.	Kalina Dimitrovska		11	Vardar 2018, SK		<b>5:33.10</b>	346	
	50m: 38.45	38.45	150m: 2:02.58	43.41	250m: 3:26.97	42.78	350m: 4:51.30	42.23
	100m: 1:19.17	40.72	200m: 2:44.19	41.61	300m: 4:09.07	42.10	400m: 5:33.10	41.80
15.	Milica Siljanovska		09	Beta Sharks, SK		<b>5:33.38</b>	345	
	50m: 36.56	36.56	150m: 2:02.11	43.13	250m: 3:27.93	41.96	350m: 4:54.21	43.16
	100m: 1:18.98	42.42	200m: 2:45.97	43.86	300m: 4:11.05	43.12	400m: 5:33.38	39.17

ZIMSKO NACIONALNO PRVENSTVO DEKEMVRI 2022  
SKOPJE, 17. - 18.12.2022

Disciplina 25, Ženski/F, 400m Slobodno/Free, Otvoreno/Open

Rang					G.R.					Vreme Bodova		
16.	Darija Paneva				11	Beta Sharks, SK				<b>5:38.08</b> 331		
	50m:	37.28	37.28	150m:	2:03.69	42.04	250m:	3:31.51	43.77	350m:	4:59.68	42.83
	100m:	1:21.65	44.37	200m:	2:47.74	44.05	300m:	4:16.85	45.34	400m:	5:38.08	38.40
17.	Angelina Dzugomanova				11	Beta Sharks, SK				<b>5:45.98</b> 309		
	50m:	40.32	40.32	150m:	2:08.91	44.63	250m:	3:38.50	44.81	350m:	5:05.86	43.31
	100m:	1:24.28	43.96	200m:	2:53.69	44.78	300m:	4:22.55	44.05	400m:	5:45.98	40.12
18.	Kalina Penovska				10	Beta Sharks, SK				<b>5:48.64</b> 302		
	50m:	40.06	40.06	150m:	2:09.50	45.21	250m:	3:40.01	45.25	350m:	5:08.04	43.34
	100m:	1:24.29	44.23	200m:	2:54.76	45.26	300m:	4:24.70	44.69	400m:	5:48.64	40.60
19.	Neda Stefanovska				10	Neptun, SK				<b>5:49.52</b> 299		
	50m:	36.88	36.88	150m:	2:05.56	45.35	250m:	3:37.03	45.52	350m:	5:06.11	44.64
	100m:	1:20.21	43.33	200m:	2:51.51	45.95	300m:	4:21.47	44.44	400m:	5:49.52	43.41
20.	Ivana Simjanovska				09	Beta Sharks, SK				<b>6:02.96</b> 267		
	50m:	37.57	37.57	150m:	2:11.32	48.15	250m:	3:45.97	48.67	350m:	5:20.40	47.27
	100m:	1:23.17	45.60	200m:	2:57.30	45.98	300m:	4:33.13	47.16	400m:	6:02.96	42.56
21.	Isidora Nestorovska				09	Beta Sharks, SK				<b>6:03.51</b> 266		
	50m:	38.75	38.75	150m:	2:08.28	46.05	250m:	3:41.53	46.63	350m:	5:15.68	46.94
	100m:	1:22.23	43.48	200m:	2:54.90	46.62	300m:	4:28.74	47.21	400m:	6:03.51	47.83
22.	Mila Blazhevaska				09	Beta Sharks, SK				<b>6:04.10</b> 265		
	50m:	39.34	39.34	150m:	2:11.56	47.51	250m:	3:44.83	47.30	350m:	5:19.75	46.76
	100m:	1:24.05	44.71	200m:	2:57.53	45.97	300m:	4:32.99	48.16	400m:	6:04.10	44.35
23.	Kalina Trpcevska				10	Delfin, SK				<b>6:04.67</b> 263		
	50m:	37.38	37.38	150m:	2:08.96	47.82	250m:	3:43.31	47.61	350m:	5:18.61	47.47
	100m:	1:21.14	43.76	200m:	2:55.70	46.74	300m:	4:31.14	47.83	400m:	6:04.67	46.06
24.	Tamara Turmakoska				10	Vardar 2018, SK				<b>6:17.19</b> 238		
	50m:	41.06	41.06	150m:	2:16.89	48.35	250m:	3:54.89	49.51	350m:	5:32.71	47.90
	100m:	1:28.54	47.48	200m:	3:05.38	48.49	300m:	4:44.81	49.92	400m:	6:17.19	44.48
25.	Simona Zdravkovska				11	Atlantida, SK				<b>6:35.11</b> 207		
	50m:	44.15	44.15	150m:	2:25.55	51.07	250m:	4:06.05	51.78	350m:	5:48.13	50.93
	100m:	1:34.48	50.33	200m:	3:14.27	48.72	300m:	4:57.20	51.15	400m:	6:35.11	46.98
26.	Aleksandra Penovska				12	Beta Sharks, SK				<b>6:39.02</b> 201		
	50m:	43.71	43.71	150m:	2:23.37	50.61	250m:	4:06.77	52.12	350m:	5:50.24	51.64
	100m:	1:32.76	49.05	200m:	3:14.65	51.28	300m:	4:58.60	51.83	400m:	6:39.02	48.78

2004 i mla i

1.	Eva Petrovska				04	A.Pro AMS,SK				<b>4:19.38</b> 733		
	50m:	30.60	30.60	150m:	1:35.94	32.80	250m:	2:41.92	32.99	350m:	3:47.62	32.83
	100m:	1:03.14	32.54	200m:	2:08.93	32.99	300m:	3:14.79	32.87	400m:	4:19.38	31.76
2.	Jana Milkovska				06	Vardar 2018, SK				<b>4:36.22</b> 607		
	50m:	31.20	31.20	150m:	1:40.09	34.75	250m:	2:50.29	34.93	350m:	4:01.89	35.87
	100m:	1:05.34	34.14	200m:	2:15.36	35.27	300m:	3:26.02	35.73	400m:	4:36.22	34.33
3.	Iva Kitanovik				07	Orion, SK				<b>4:49.42</b> 527		
	50m:	33.04	33.04	150m:	1:46.19	36.50	250m:	2:59.87	37.00	350m:	4:13.71	36.80
	100m:	1:09.69	36.65	200m:	2:22.87	36.68	300m:	3:36.91	37.04	400m:	4:49.42	35.71
4.	Emilija Velkova				09	Neptun, SK				<b>4:56.33</b> 491		
	50m:	32.47	32.47	150m:	1:46.28		250m:	3:01.76	37.87	350m:	4:20.25	40.02
	100m:			200m:	2:23.89	37.61	300m:	3:40.23	38.47	400m:	4:56.33	36.08
5.	Neda Milenkovska				10	Mladost, SK				<b>4:56.88</b> 489		
	50m:	32.80	32.80	150m:	1:46.63	37.32	250m:	3:02.86	38.34	350m:	4:19.76	38.37
	100m:	1:09.31	36.51	200m:	2:24.52	37.89	300m:	3:41.39	38.53	400m:	4:56.88	37.12
6.	Kalina Kuzmanovska				08	Beta Sharks, SK				<b>5:01.38</b> 467		
	50m:	32.38	32.38	150m:	1:45.61	37.34	250m:	3:03.83	38.66	350m:	4:23.34	40.24
	100m:	1:08.27	35.89	200m:	2:25.17	39.56	300m:	3:43.10	39.27	400m:	5:01.38	38.04

ZIMSKO NACIONALNO PRVENSTVO DEKEMVRI 2022  
SKOPJE, 17. - 18.12.2022

Disciplina 25, Ženski/F, 400m Slobodno/Free, 2004 i mla i

Rang			G.R.				Vreme Bodova			
7.	Sara Anastasovska		09 Neptun, SK				<b>5:06.21</b> 445			
	50m:	32.31 32.31	150m:	1:47.01 38.58	250m:	3:06.48 39.77	350m:	4:27.07 40.53		
	100m:	1:08.43 36.12	200m:	2:26.71 39.70	300m:	3:46.54 40.06	400m:	5:06.21 39.14		
8.	Neda Tanurovska		08 Orion, SK				<b>5:15.94</b> 405			
	50m:	35.19 35.19	150m:	1:52.98 39.22	250m:	3:14.57 40.76	350m:	4:36.74 40.86		
	100m:	1:13.76 38.57	200m:	2:33.81 40.83	300m:	3:55.88 41.31	400m:	5:15.94 39.20		
9.	Sofija Stefanovska		08 Neptun, SK				<b>5:19.80</b> 391			
	50m:	34.34 34.34	150m:	1:53.13 40.17	250m:	3:15.81 41.83	350m:	4:39.46 41.92		
	100m:	1:12.96 38.62	200m:	2:33.98 40.85	300m:	3:57.54 41.73	400m:	5:19.80 40.34		
10.	Neda Jordanovska		08 Mladost, SK				<b>5:21.42</b> 385			
	50m:	34.65 34.65	150m:	1:53.24 40.05	250m:	3:16.17 41.68	350m:	4:40.76 42.41		
	100m:	1:13.19 38.54	200m:	2:34.49 41.25	300m:	3:58.35 42.18	400m:	5:21.42 40.66		
11.	Teodora Kolceska		12 Mladost, SK				<b>5:28.97</b> 359			
	50m:	36.34 36.34	150m:	2:01.04 42.36	250m:	3:25.16 41.87	350m:	4:49.79 41.83		
	100m:	1:18.68 42.34	200m:	2:43.29 42.25	300m:	4:07.96 42.80	400m:	5:28.97 39.18		
	Jana Velkovska		10 Vardar 2018, SK				<b>5:28.97</b> 359			
	50m:	36.48 36.48	150m:	1:59.57 42.07	250m:	3:24.01 42.08	350m:	4:48.42 41.83		
	100m:	1:17.50 41.02	200m:	2:41.93 42.36	300m:	4:06.59 42.58	400m:	5:28.97 40.55		
13.	Kalina Dimitrovska		11 Vardar 2018, SK				<b>5:33.10</b> 346			
	50m:	38.45 38.45	150m:	2:02.58 43.41	250m:	3:26.97 42.78	350m:	4:51.30 42.23		
	100m:	1:19.17 40.72	200m:	2:44.19 41.61	300m:	4:09.07 42.10	400m:	5:33.10 41.80		
14.	Milica Siljanovska		09 Beta Sharks, SK				<b>5:33.38</b> 345			
	50m:	36.56 36.56	150m:	2:02.11 43.13	250m:	3:27.93 41.96	350m:	4:54.21 43.16		
	100m:	1:18.98 42.42	200m:	2:45.97 43.86	300m:	4:11.05 43.12	400m:	5:33.38 39.17		
15.	Darija Paneva		11 Beta Sharks, SK				<b>5:38.08</b> 331			
	50m:	37.28 37.28	150m:	2:03.69 42.04	250m:	3:31.51 43.77	350m:	4:59.68 42.83		
	100m:	1:21.65 44.37	200m:	2:47.74 44.05	300m:	4:16.85 45.34	400m:	5:38.08 38.40		
16.	Angelina Dzugomanova		11 Beta Sharks, SK				<b>5:45.98</b> 309			
	50m:	40.32 40.32	150m:	2:08.91 44.63	250m:	3:38.50 44.81	350m:	5:05.86 43.31		
	100m:	1:24.28 43.96	200m:	2:53.69 44.78	300m:	4:22.55 44.05	400m:	5:45.98 40.12		
17.	Kalina Penovska		10 Beta Sharks, SK				<b>5:48.64</b> 302			
	50m:	40.06 40.06	150m:	2:09.50 45.21	250m:	3:40.01 45.25	350m:	5:08.04 43.34		
	100m:	1:24.29 44.23	200m:	2:54.76 45.26	300m:	4:24.70 44.69	400m:	5:48.64 40.60		
18.	Neda Stefanovska		10 Neptun, SK				<b>5:49.52</b> 299			
	50m:	36.88 36.88	150m:	2:05.56 45.35	250m:	3:37.03 45.52	350m:	5:06.11 44.64		
	100m:	1:20.21 43.33	200m:	2:51.51 45.95	300m:	4:21.47 44.44	400m:	5:49.52 43.41		
19.	Ivana Simjanovska		09 Beta Sharks, SK				<b>6:02.96</b> 267			
	50m:	37.57 37.57	150m:	2:11.32 48.15	250m:	3:45.97 48.67	350m:	5:20.40 47.27		
	100m:	1:23.17 45.60	200m:	2:57.30 45.98	300m:	4:33.13 47.16	400m:	6:02.96 42.56		
20.	Isidora Nestorovska		09 Beta Sharks, SK				<b>6:03.51</b> 266			
	50m:	38.75 38.75	150m:	2:08.28 46.05	250m:	3:41.53 46.63	350m:	5:15.68 46.94		
	100m:	1:22.23 43.48	200m:	2:54.90 46.62	300m:	4:28.74 47.21	400m:	6:03.51 47.83		
21.	Mila Blazhevaska		09 Beta Sharks, SK				<b>6:04.10</b> 265			
	50m:	39.34 39.34	150m:	2:11.56 47.51	250m:	3:44.83 47.30	350m:	5:19.75 46.76		
	100m:	1:24.05 44.71	200m:	2:57.53 45.97	300m:	4:32.99 48.16	400m:	6:04.10 44.35		
22.	Kalina Trpcevska		10 Delfin, SK				<b>6:04.67</b> 263			
	50m:	37.38 37.38	150m:	2:08.96 47.82	250m:	3:43.31 47.61	350m:	5:18.61 47.47		
	100m:	1:21.14 43.76	200m:	2:55.70 46.74	300m:	4:31.14 47.83	400m:	6:04.67 46.06		
23.	Tamara Turmakoska		10 Vardar 2018, SK				<b>6:17.19</b> 238			
	50m:	41.06 41.06	150m:	2:16.89 48.35	250m:	3:54.89 49.51	350m:	5:32.71 47.90		
	100m:	1:28.54 47.48	200m:	3:05.38 48.49	300m:	4:44.81 49.92	400m:	6:17.19 44.48		
24.	Simona Zdravkovska		11 Atlantida, SK				<b>6:35.11</b> 207			
	50m:	44.15 44.15	150m:	2:25.55 51.07	250m:	4:06.05 51.78	350m:	5:48.13 50.93		
	100m:	1:34.48 50.33	200m:	3:14.27 48.72	300m:	4:57.20 51.15	400m:	6:35.11 46.98		

ZIMSKO NACIONALNO PRVENSTVO DEKEMVRI 2022  
SKOPJE, 17. - 18.12.2022

Disciplina 25, Ženski/F, 400m Slobodno/Free, 2004 i mla i

Rang			G.R.				Vreme Bodova				
25.	Aleksandra Penovska		12 Beta Sharks, SK				<b>6:39.02</b> 201				
	50m:	43.71 43.71	150m:	2:23.37	50.61	250m:	4:06.77	52.12	350m:	5:50.24	51.64
	100m:	1:32.76 49.05	200m:	3:14.65	51.28	300m:	4:58.60	51.83	400m:	6:39.02	48.78

2006 i mla i

1.	Jana Milkovska		06 Vardar 2018, SK				<b>4:36.22</b> 607				
	50m:	31.20 31.20	150m:	1:40.09	34.75	250m:	2:50.29	34.93	350m:	4:01.89	35.87
	100m:	1:05.34 34.14	200m:	2:15.36	35.27	300m:	3:26.02	35.73	400m:	4:36.22	34.33
2.	Iva Kitanovik		07 Orion, SK				<b>4:49.42</b> 527				
	50m:	33.04 33.04	150m:	1:46.19	36.50	250m:	2:59.87	37.00	350m:	4:13.71	36.80
	100m:	1:09.69 36.65	200m:	2:22.87	36.68	300m:	3:36.91	37.04	400m:	4:49.42	35.71
3.	Emilija Velkova		09 Neptun, SK				<b>4:56.33</b> 491				
	50m:	32.47 32.47	150m:	1:46.28		250m:	3:01.76	37.87	350m:	4:20.25	40.02
	100m:		200m:	2:23.89	37.61	300m:	3:40.23	38.47	400m:	4:56.33	36.08
4.	Neda Milenkovska		10 Mladost, SK				<b>4:56.88</b> 489				
	50m:	32.80 32.80	150m:	1:46.63	37.32	250m:	3:02.86	38.34	350m:	4:19.76	38.37
	100m:	1:09.31 36.51	200m:	2:24.52	37.89	300m:	3:41.39	38.53	400m:	4:56.88	37.12
5.	Kalina Kuzmanovska		08 Beta Sharks, SK				<b>5:01.38</b> 467				
	50m:	32.38 32.38	150m:	1:45.61	37.34	250m:	3:03.83	38.66	350m:	4:23.34	40.24
	100m:	1:08.27 35.89	200m:	2:25.17	39.56	300m:	3:43.10	39.27	400m:	5:01.38	38.04
6.	Sara Anastasovska		09 Neptun, SK				<b>5:06.21</b> 445				
	50m:	32.31 32.31	150m:	1:47.01	38.58	250m:	3:06.48	39.77	350m:	4:27.07	40.53
	100m:	1:08.43 36.12	200m:	2:26.71	39.70	300m:	3:46.54	40.06	400m:	5:06.21	39.14
7.	Neda Tanurovska		08 Orion, SK				<b>5:15.94</b> 405				
	50m:	35.19 35.19	150m:	1:52.98	39.22	250m:	3:14.57	40.76	350m:	4:36.74	40.86
	100m:	1:13.76 38.57	200m:	2:33.81	40.83	300m:	3:55.88	41.31	400m:	5:15.94	39.20
8.	Sofija Stefanovska		08 Neptun, SK				<b>5:19.80</b> 391				
	50m:	34.34 34.34	150m:	1:53.13	40.17	250m:	3:15.81	41.83	350m:	4:39.46	41.92
	100m:	1:12.96 38.62	200m:	2:33.98	40.85	300m:	3:57.54	41.73	400m:	5:19.80	40.34
9.	Neda Jordanovska		08 Mladost, SK				<b>5:21.42</b> 385				
	50m:	34.65 34.65	150m:	1:53.24	40.05	250m:	3:16.17	41.68	350m:	4:40.76	42.41
	100m:	1:13.19 38.54	200m:	2:34.49	41.25	300m:	3:58.35	42.18	400m:	5:21.42	40.66
10.	Teodora Kolceska		12 Mladost, SK				<b>5:28.97</b> 359				
	50m:	36.34 36.34	150m:	2:01.04	42.36	250m:	3:25.16	41.87	350m:	4:49.79	41.83
	100m:	1:18.68 42.34	200m:	2:43.29	42.25	300m:	4:07.96	42.80	400m:	5:28.97	39.18
	Jana Velkovska		10 Vardar 2018, SK				<b>5:28.97</b> 359				
	50m:	36.48 36.48	150m:	1:59.57	42.07	250m:	3:24.01	42.08	350m:	4:48.42	41.83
	100m:	1:17.50 41.02	200m:	2:41.93	42.36	300m:	4:06.59	42.58	400m:	5:28.97	40.55
12.	Kalina Dimitrovska		11 Vardar 2018, SK				<b>5:33.10</b> 346				
	50m:	38.45 38.45	150m:	2:02.58	43.41	250m:	3:26.97	42.78	350m:	4:51.30	42.23
	100m:	1:19.17 40.72	200m:	2:44.19	41.61	300m:	4:09.07	42.10	400m:	5:33.10	41.80
13.	Milica Siljanovska		09 Beta Sharks, SK				<b>5:33.38</b> 345				
	50m:	36.56 36.56	150m:	2:02.11	43.13	250m:	3:27.93	41.96	350m:	4:54.21	43.16
	100m:	1:18.98 42.42	200m:	2:45.97	43.86	300m:	4:11.05	43.12	400m:	5:33.38	39.17
14.	Darija Paneva		11 Beta Sharks, SK				<b>5:38.08</b> 331				
	50m:	37.28 37.28	150m:	2:03.69	42.04	250m:	3:31.51	43.77	350m:	4:59.68	42.83
	100m:	1:21.65 44.37	200m:	2:47.74	44.05	300m:	4:16.85	45.34	400m:	5:38.08	38.40
15.	Angelina Dzugomanova		11 Beta Sharks, SK				<b>5:45.98</b> 309				
	50m:	40.32 40.32	150m:	2:08.91	44.63	250m:	3:38.50	44.81	350m:	5:05.86	43.31
	100m:	1:24.28 43.96	200m:	2:53.69	44.78	300m:	4:22.55	44.05	400m:	5:45.98	40.12
16.	Kalina Penovska		10 Beta Sharks, SK				<b>5:48.64</b> 302				
	50m:	40.06 40.06	150m:	2:09.50	45.21	250m:	3:40.01	45.25	350m:	5:08.04	43.34
	100m:	1:24.29 44.23	200m:	2:54.76	45.26	300m:	4:24.70	44.69	400m:	5:48.64	40.60

ZIMSKO NACIONALNO PRVENSTVO DEKEMVRI 2022  
SKOPJE, 17. - 18.12.2022

Disciplina 25, Ženski/F, 400m Slobodno/Free, 2006 i mla i

Rang			G.R.				Vreme Bodova			
17.	Neda Stefanovska		10 Neptun, SK				<b>5:49.52</b> 299			
	50m:	36.88 36.88	150m:	2:05.56 45.35	250m:	3:37.03 45.52	350m:	5:06.11 44.64		
	100m:	1:20.21 43.33	200m:	2:51.51 45.95	300m:	4:21.47 44.44	400m:	5:49.52 43.41		
18.	Ivana Simjanovska		09 Beta Sharks, SK				<b>6:02.96</b> 267			
	50m:	37.57 37.57	150m:	2:11.32 48.15	250m:	3:45.97 48.67	350m:	5:20.40 47.27		
	100m:	1:23.17 45.60	200m:	2:57.30 45.98	300m:	4:33.13 47.16	400m:	6:02.96 42.56		
19.	Isidora Nestorovska		09 Beta Sharks, SK				<b>6:03.51</b> 266			
	50m:	38.75 38.75	150m:	2:08.28 46.05	250m:	3:41.53 46.63	350m:	5:15.68 46.94		
	100m:	1:22.23 43.48	200m:	2:54.90 46.62	300m:	4:28.74 47.21	400m:	6:03.51 47.83		
20.	Mila Blazhevaska		09 Beta Sharks, SK				<b>6:04.10</b> 265			
	50m:	39.34 39.34	150m:	2:11.56 47.51	250m:	3:44.83 47.30	350m:	5:19.75 46.76		
	100m:	1:24.05 44.71	200m:	2:57.53 45.97	300m:	4:32.99 48.16	400m:	6:04.10 44.35		
21.	Kalina Trpcevska		10 Delfin, SK				<b>6:04.67</b> 263			
	50m:	37.38 37.38	150m:	2:08.96 47.82	250m:	3:43.31 47.61	350m:	5:18.61 47.47		
	100m:	1:21.14 43.76	200m:	2:55.70 46.74	300m:	4:31.14 47.83	400m:	6:04.67 46.06		
22.	Tamara Turmakoska		10 Vardar 2018, SK				<b>6:17.19</b> 238			
	50m:	41.06 41.06	150m:	2:16.89 48.35	250m:	3:54.89 49.51	350m:	5:32.71 47.90		
	100m:	1:28.54 47.48	200m:	3:05.38 48.49	300m:	4:44.81 49.92	400m:	6:17.19 44.48		
23.	Simona Zdravkovska		11 Atlantida, SK				<b>6:35.11</b> 207			
	50m:	44.15 44.15	150m:	2:25.55 51.07	250m:	4:06.05 51.78	350m:	5:48.13 50.93		
	100m:	1:34.48 50.33	200m:	3:14.27 48.72	300m:	4:57.20 51.15	400m:	6:35.11 46.98		
24.	Aleksandra Penovska		12 Beta Sharks, SK				<b>6:39.02</b> 201			
	50m:	43.71 43.71	150m:	2:23.37 50.61	250m:	4:06.77 52.12	350m:	5:50.24 51.64		
	100m:	1:32.76 49.05	200m:	3:14.65 51.28	300m:	4:58.60 51.83	400m:	6:39.02 48.78		

2008 i mla i

1.	Emilija Velkova		09 Neptun, SK				<b>4:56.33</b> 491			
	50m:	32.47 32.47	150m:	1:46.28 37.61	250m:	3:01.76 37.87	350m:	4:20.25 40.02		
	100m:		200m:	2:23.89 37.61	300m:	3:40.23 38.47	400m:	4:56.33 36.08		
2.	Neda Milenkovska		10 Mladost, SK				<b>4:56.88</b> 489			
	50m:	32.80 32.80	150m:	1:46.63 37.32	250m:	3:02.86 38.34	350m:	4:19.76 38.37		
	100m:	1:09.31 36.51	200m:	2:24.52 37.89	300m:	3:41.39 38.53	400m:	4:56.88 37.12		
3.	Kalina Kuzmanovska		08 Beta Sharks, SK				<b>5:01.38</b> 467			
	50m:	32.38 32.38	150m:	1:45.61 37.34	250m:	3:03.83 38.66	350m:	4:23.34 40.24		
	100m:	1:08.27 35.89	200m:	2:25.17 39.56	300m:	3:43.10 39.27	400m:	5:01.38 38.04		
4.	Sara Anastasovska		09 Neptun, SK				<b>5:06.21</b> 445			
	50m:	32.31 32.31	150m:	1:47.01 38.58	250m:	3:06.48 39.77	350m:	4:27.07 40.53		
	100m:	1:08.43 36.12	200m:	2:26.71 39.70	300m:	3:46.54 40.06	400m:	5:06.21 39.14		
5.	Neda Tanurovska		08 Orion, SK				<b>5:15.94</b> 405			
	50m:	35.19 35.19	150m:	1:52.98 39.22	250m:	3:14.57 40.76	350m:	4:36.74 40.86		
	100m:	1:13.76 38.57	200m:	2:33.81 40.83	300m:	3:55.88 41.31	400m:	5:15.94 39.20		
6.	Sofija Stefanovska		08 Neptun, SK				<b>5:19.80</b> 391			
	50m:	34.34 34.34	150m:	1:53.13 40.17	250m:	3:15.81 41.83	350m:	4:39.46 41.92		
	100m:	1:12.96 38.62	200m:	2:33.98 40.85	300m:	3:57.54 41.73	400m:	5:19.80 40.34		
7.	Neda Jordanovska		08 Mladost, SK				<b>5:21.42</b> 385			
	50m:	34.65 34.65	150m:	1:53.24 40.05	250m:	3:16.17 41.68	350m:	4:40.76 42.41		
	100m:	1:13.19 38.54	200m:	2:34.49 41.25	300m:	3:58.35 42.18	400m:	5:21.42 40.66		
8.	Teodora Kolceska		12 Mladost, SK				<b>5:28.97</b> 359			
	50m:	36.34 36.34	150m:	2:01.04 42.36	250m:	3:25.16 41.87	350m:	4:49.79 41.83		
	100m:	1:18.68 42.34	200m:	2:43.29 42.25	300m:	4:07.96 42.80	400m:	5:28.97 39.18		
	Jana Velkovska		10 Vardar 2018, SK				<b>5:28.97</b> 359			
	50m:	36.48 36.48	150m:	1:59.57 42.07	250m:	3:24.01 42.08	350m:	4:48.42 41.83		
	100m:	1:17.50 41.02	200m:	2:41.93 42.36	300m:	4:06.59 42.58	400m:	5:28.97 40.55		

ZIMSKO NACIONALNO PRVENSTVO DEKEMVRI 2022  
SKOPJE, 17. - 18.12.2022

Disciplina 25, Ženski/F, 400m Slobodno/Free, 2008 i mla i

Rang			G.R.				Vreme Bodova				
10.	Kalina Dimitrovska		11	Vardar 2018, SK		<b>5:33.10</b>	346				
	50m: 38.45	38.45	150m: 2:02.58	43.41	250m: 3:26.97	42.78	350m: 4:51.30	42.23			
	100m: 1:19.17	40.72	200m: 2:44.19	41.61	300m: 4:09.07	42.10	400m: 5:33.10	41.80			
11.	Milica Siljanovska		09	Beta Sharks, SK		<b>5:33.38</b>	345				
	50m: 36.56	36.56	150m: 2:02.11	43.13	250m: 3:27.93	41.96	350m: 4:54.21	43.16			
	100m: 1:18.98	42.42	200m: 2:45.97	43.86	300m: 4:11.05	43.12	400m: 5:33.38	39.17			
12.	Darija Paneva		11	Beta Sharks, SK		<b>5:38.08</b>	331				
	50m: 37.28	37.28	150m: 2:03.69	42.04	250m: 3:31.51	43.77	350m: 4:59.68	42.83			
	100m: 1:21.65	44.37	200m: 2:47.74	44.05	300m: 4:16.85	45.34	400m: 5:38.08	38.40			
13.	Angelina Dzugomanova		11	Beta Sharks, SK		<b>5:45.98</b>	309				
	50m: 40.32	40.32	150m: 2:08.91	44.63	250m: 3:38.50	44.81	350m: 5:05.86	43.31			
	100m: 1:24.28	43.96	200m: 2:53.69	44.78	300m: 4:22.55	44.05	400m: 5:45.98	40.12			
14.	Kalina Penovska		10	Beta Sharks, SK		<b>5:48.64</b>	302				
	50m: 40.06	40.06	150m: 2:09.50	45.21	250m: 3:40.01	45.25	350m: 5:08.04	43.34			
	100m: 1:24.29	44.23	200m: 2:54.76	45.26	300m: 4:24.70	44.69	400m: 5:48.64	40.60			
15.	Neda Stefanovska		10	Neptun, SK		<b>5:49.52</b>	299				
	50m: 36.88	36.88	150m: 2:05.56	45.35	250m: 3:37.03	45.52	350m: 5:06.11	44.64			
	100m: 1:20.21	43.33	200m: 2:51.51	45.95	300m: 4:21.47	44.44	400m: 5:49.52	43.41			
16.	Ivana Simjanovska		09	Beta Sharks, SK		<b>6:02.96</b>	267				
	50m: 37.57	37.57	150m: 2:11.32	48.15	250m: 3:45.97	48.67	350m: 5:20.40	47.27			
	100m: 1:23.17	45.60	200m: 2:57.30	45.98	300m: 4:33.13	47.16	400m: 6:02.96	42.56			
17.	Isidora Nestorovska		09	Beta Sharks, SK		<b>6:03.51</b>	266				
	50m: 38.75	38.75	150m: 2:08.28	46.05	250m: 3:41.53	46.63	350m: 5:15.68	46.94			
	100m: 1:22.23	43.48	200m: 2:54.90	46.62	300m: 4:28.74	47.21	400m: 6:03.51	47.83			
18.	Mila Blazhevska		09	Beta Sharks, SK		<b>6:04.10</b>	265				
	50m: 39.34	39.34	150m: 2:11.56	47.51	250m: 3:44.83	47.30	350m: 5:19.75	46.76			
	100m: 1:24.05	44.71	200m: 2:57.53	45.97	300m: 4:32.99	48.16	400m: 6:04.10	44.35			
19.	Kalina Trpcevska		10	Delfin, SK		<b>6:04.67</b>	263				
	50m: 37.38	37.38	150m: 2:08.96	47.82	250m: 3:43.31	47.61	350m: 5:18.61	47.47			
	100m: 1:21.14	43.76	200m: 2:55.70	46.74	300m: 4:31.14	47.83	400m: 6:04.67	46.06			
20.	Tamara Turmakoska		10	Vardar 2018, SK		<b>6:17.19</b>	238				
	50m: 41.06	41.06	150m: 2:16.89	48.35	250m: 3:54.89	49.51	350m: 5:32.71	47.90			
	100m: 1:28.54	47.48	200m: 3:05.38	48.49	300m: 4:44.81	49.92	400m: 6:17.19	44.48			
21.	Simona Zdravkovska		11	Atlantida, SK		<b>6:35.11</b>	207				
	50m: 44.15	44.15	150m: 2:25.55	51.07	250m: 4:06.05	51.78	350m: 5:48.13	50.93			
	100m: 1:34.48	50.33	200m: 3:14.27	48.72	300m: 4:57.20	51.15	400m: 6:35.11	46.98			
22.	Aleksandra Penovska		12	Beta Sharks, SK		<b>6:39.02</b>	201				
	50m: 43.71	43.71	150m: 2:23.37	50.61	250m: 4:06.77	52.12	350m: 5:50.24	51.64			
	100m: 1:32.76	49.05	200m: 3:14.65	51.28	300m: 4:58.60	51.83	400m: 6:39.02	48.78			

2010 i mla i

1.	Neda Milenkovska		10	Mladost, SK		<b>4:56.88</b>	489				
	50m: 32.80	32.80	150m: 1:46.63	37.32	250m: 3:02.86	38.34	350m: 4:19.76	38.37			
	100m: 1:09.31	36.51	200m: 2:24.52	37.89	300m: 3:41.39	38.53	400m: 4:56.88	37.12			
2.	Teodora Kolceska		12	Mladost, SK		<b>5:28.97</b>	359				
	50m: 36.34	36.34	150m: 2:01.04	42.36	250m: 3:25.16	41.87	350m: 4:49.79	41.83			
	100m: 1:18.68	42.34	200m: 2:43.29	42.25	300m: 4:07.96	42.80	400m: 5:28.97	39.18			
	Jana Velkovska		10	Vardar 2018, SK		<b>5:28.97</b>	359				
	50m: 36.48	36.48	150m: 1:59.57	42.07	250m: 3:24.01	42.08	350m: 4:48.42	41.83			
	100m: 1:17.50	41.02	200m: 2:41.93	42.36	300m: 4:06.59	42.58	400m: 5:28.97	40.55			
4.	Kalina Dimitrovska		11	Vardar 2018, SK		<b>5:33.10</b>	346				
	50m: 38.45	38.45	150m: 2:02.58	43.41	250m: 3:26.97	42.78	350m: 4:51.30	42.23			
	100m: 1:19.17	40.72	200m: 2:44.19	41.61	300m: 4:09.07	42.10	400m: 5:33.10	41.80			

ZIMSKO NACIONALNO PRVENSTVO DEKEMVRI 2022  
SKOPJE, 17. - 18.12.2022

Disciplina 25, Ženski/F, 400m Slobodno/Free, 2010 i mla i

Rang	G.R.						Vreme Bodova	
5. Darija Paneva	11 Beta Sharks, SK						<b>5:38.08</b>	331
50m: 37.28 37.28	150m: 2:03.69 42.04	250m: 3:31.51 43.77	350m: 4:59.68 42.83	100m: 1:21.65 44.37	200m: 2:47.74 44.05	300m: 4:16.85 45.34	400m: 5:38.08 38.40	
6. Angelina Dzugomanova	11 Beta Sharks, SK						<b>5:45.98</b>	309
50m: 40.32 40.32	150m: 2:08.91 44.63	250m: 3:38.50 44.81	350m: 5:05.86 43.31	100m: 1:24.28 43.96	200m: 2:53.69 44.78	300m: 4:22.55 44.05	400m: 5:45.98 40.12	
7. Kalina Penovska	10 Beta Sharks, SK						<b>5:48.64</b>	302
50m: 40.06 40.06	150m: 2:09.50 45.21	250m: 3:40.01 45.25	350m: 5:08.04 43.34	100m: 1:24.29 44.23	200m: 2:54.76 45.26	300m: 4:24.70 44.69	400m: 5:48.64 40.60	
8. Neda Stefanovska	10 Neptun, SK						<b>5:49.52</b>	299
50m: 36.88 36.88	150m: 2:05.56 45.35	250m: 3:37.03 45.52	350m: 5:06.11 44.64	100m: 1:20.21 43.33	200m: 2:51.51 45.95	300m: 4:21.47 44.44	400m: 5:49.52 43.41	
9. Kalina Trpcevska	10 Delfin, SK						<b>6:04.67</b>	263
50m: 37.38 37.38	150m: 2:08.96 47.82	250m: 3:43.31 47.61	350m: 5:18.61 47.47	100m: 1:21.14 43.76	200m: 2:55.70 46.74	300m: 4:31.14 47.83	400m: 6:04.67 46.06	
10. Tamara Turmakoska	10 Vardar 2018, SK						<b>6:17.19</b>	238
50m: 41.06 41.06	150m: 2:16.89 48.35	250m: 3:54.89 49.51	350m: 5:32.71 47.90	100m: 1:28.54 47.48	200m: 3:05.38 48.49	300m: 4:44.81 49.92	400m: 6:17.19 44.48	
11. Simona Zdravkovska	11 Atlantida, SK						<b>6:35.11</b>	207
50m: 44.15 44.15	150m: 2:25.55 51.07	250m: 4:06.05 51.78	350m: 5:48.13 50.93	100m: 1:34.48 50.33	200m: 3:14.27 48.72	300m: 4:57.20 51.15	400m: 6:35.11 46.98	
12. Aleksandra Penovska	12 Beta Sharks, SK						<b>6:39.02</b>	201
50m: 43.71 43.71	150m: 2:23.37 50.61	250m: 4:06.77 52.12	350m: 5:50.24 51.64	100m: 1:32.76 49.05	200m: 3:14.65 51.28	300m: 4:58.60 51.83	400m: 6:39.02 48.78	