

ZIMSKO NACIONALNO PRVENSTVO DEKEMVRI 2022
SKOPJE, 17. - 18.12.2022

Disciplina 8
17.12.2022 - 11:00

Ženski/F, 400m Mešovito/Medley

Otvoreno/Open
Rezultati

MKD Otvoreno/Open	4:40.47									
MKD - 16	4:49.10									
MKD - 14	5:05.00					SKO				20.11.2022
MKD - 12	5:15.92									
MKD - 10	5:58.02									

Bodova: FINA 2020

Rang			G.R.								Vreme	Bodova	
Otvoreno/Open													
1.	Kalina Stojanovska		06	Neptun, SK								5:39.10	445
	50m:	39.14	39.14	150m:	2:05.29	40.02	250m:	3:33.77	48.22	350m:	5:01.00	38.79	
	100m:	1:25.27	46.13	200m:	2:45.55	40.26	300m:	4:22.21	48.44	400m:	5:39.10	38.10	
2.	Iva Kitanovik		07	Orion, SK								5:45.06	422
	50m:	34.38	34.38	150m:	2:02.81	45.32	250m:	3:38.72	51.21	350m:	5:07.94	37.37	
	100m:	1:17.49	43.11	200m:	2:47.51	44.70	300m:	4:30.57	51.85	400m:	5:45.06	37.12	
3.	Sara Anastasovska		09	Neptun, SK								5:50.65	402
	50m:	35.80	35.80	150m:	2:04.89	45.85	250m:	3:39.63	51.29	350m:	5:11.66	39.62	
	100m:	1:19.04	43.24	200m:	2:48.34	43.45	300m:	4:32.04	52.41	400m:	5:50.65	38.99	
4.	Neda Tanurovska		08	Orion, SK								6:04.30	359
	50m:	39.01	39.01	150m:	2:59.03	1:34.72	250m:			350m:			
	100m:	1:24.31	45.30	200m:	3:52.38	53.35	300m:	4:47.49		400m:	6:04.30		
5.	Leona Velichkovska		06	Beta Sharks, SK								6:05.87	354
	50m:	36.38	36.38	150m:	2:08.34	47.41	250m:	3:48.19	54.18	350m:	5:25.23	42.42	
	100m:	1:20.93	44.55	200m:	2:54.01	45.67	300m:	4:42.81	54.62	400m:	6:05.87	40.64	
6.	Elena Nikolovska		08	Neptun, SK								6:37.86	275
	50m:	43.33	43.33	150m:	2:27.71	51.32	250m:	4:13.30	55.27	350m:	5:54.41	45.23	
	100m:	1:36.39	53.06	200m:	3:18.03	50.32	300m:	5:09.18	55.88	400m:	6:37.86	43.45	
7.	Angela Trajcev		07	Vardar 2018, SK								6:41.08	269
	50m:	42.26	42.26	150m:	3:10.73	1:37.84	250m:	4:56.56	54.68	350m:	6:26.86	43.69	
	100m:	1:32.89	50.63	200m:	4:01.88	51.15	300m:	5:43.17	46.61	400m:	6:41.08	14.22	

2004 i mla i

1.	Kalina Stojanovska		06	Neptun, SK								5:39.10	445
	50m:	39.14	39.14	150m:	2:05.29	40.02	250m:	3:33.77	48.22	350m:	5:01.00	38.79	
	100m:	1:25.27	46.13	200m:	2:45.55	40.26	300m:	4:22.21	48.44	400m:	5:39.10	38.10	
2.	Iva Kitanovik		07	Orion, SK								5:45.06	422
	50m:	34.38	34.38	150m:	2:02.81	45.32	250m:	3:38.72	51.21	350m:	5:07.94	37.37	
	100m:	1:17.49	43.11	200m:	2:47.51	44.70	300m:	4:30.57	51.85	400m:	5:45.06	37.12	
3.	Sara Anastasovska		09	Neptun, SK								5:50.65	402
	50m:	35.80	35.80	150m:	2:04.89	45.85	250m:	3:39.63	51.29	350m:	5:11.66	39.62	
	100m:	1:19.04	43.24	200m:	2:48.34	43.45	300m:	4:32.04	52.41	400m:	5:50.65	38.99	
4.	Neda Tanurovska		08	Orion, SK								6:04.30	359
	50m:	39.01	39.01	150m:	2:59.03	1:34.72	250m:			350m:			
	100m:	1:24.31	45.30	200m:	3:52.38	53.35	300m:	4:47.49		400m:	6:04.30		
5.	Leona Velichkovska		06	Beta Sharks, SK								6:05.87	354
	50m:	36.38	36.38	150m:	2:08.34	47.41	250m:	3:48.19	54.18	350m:	5:25.23	42.42	
	100m:	1:20.93	44.55	200m:	2:54.01	45.67	300m:	4:42.81	54.62	400m:	6:05.87	40.64	
6.	Elena Nikolovska		08	Neptun, SK								6:37.86	275
	50m:	43.33	43.33	150m:	2:27.71	51.32	250m:	4:13.30	55.27	350m:	5:54.41	45.23	
	100m:	1:36.39	53.06	200m:	3:18.03	50.32	300m:	5:09.18	55.88	400m:	6:37.86	43.45	
7.	Angela Trajcev		07	Vardar 2018, SK								6:41.08	269
	50m:	42.26	42.26	150m:	3:10.73	1:37.84	250m:	4:56.56	54.68	350m:	6:26.86	43.69	
	100m:	1:32.89	50.63	200m:	4:01.88	51.15	300m:	5:43.17	46.61	400m:	6:41.08	14.22	

ZIMSKO NACIONALNO PRVENSTVO DEKEMVRI 2022
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Disciplina 8, Ženski/F, 400m Mešovito/Medley

2006 i mla i

1.	Kalina Stojanovska		06	Neptun, SK					5:39.10	445		
	50m:	39.14	39.14	150m:	2:05.29	40.02	250m:	3:33.77	48.22	350m:	5:01.00	38.79
	100m:	1:25.27	46.13	200m:	2:45.55	40.26	300m:	4:22.21	48.44	400m:	5:39.10	38.10
2.	Iva Kitanovik		07	Orion, SK					5:45.06	422		
	50m:	34.38	34.38	150m:	2:02.81	45.32	250m:	3:38.72	51.21	350m:	5:07.94	37.37
	100m:	1:17.49	43.11	200m:	2:47.51	44.70	300m:	4:30.57	51.85	400m:	5:45.06	37.12
3.	Sara Anastasovska		09	Neptun, SK					5:50.65	402		
	50m:	35.80	35.80	150m:	2:04.89	45.85	250m:	3:39.63	51.29	350m:	5:11.66	39.62
	100m:	1:19.04	43.24	200m:	2:48.34	43.45	300m:	4:32.04	52.41	400m:	5:50.65	38.99
4.	Neda Tanurovska		08	Orion, SK					6:04.30	359		
	50m:	39.01	39.01	150m:	2:59.03	1:34.72	250m:			350m:		
	100m:	1:24.31	45.30	200m:	3:52.38	53.35	300m:	4:47.49		400m:	6:04.30	
5.	Leona Velichkovska		06	Beta Sharks, SK					6:05.87	354		
	50m:	36.38	36.38	150m:	2:08.34	47.41	250m:	3:48.19	54.18	350m:	5:25.23	42.42
	100m:	1:20.93	44.55	200m:	2:54.01	45.67	300m:	4:42.81	54.62	400m:	6:05.87	40.64
6.	Elena Nikolovska		08	Neptun, SK					6:37.86	275		
	50m:	43.33	43.33	150m:	2:27.71	51.32	250m:	4:13.30	55.27	350m:	5:54.41	45.23
	100m:	1:36.39	53.06	200m:	3:18.03	50.32	300m:	5:09.18	55.88	400m:	6:37.86	43.45
7.	Angela Trajcev		07	Vardar 2018, SK					6:41.08	269		
	50m:	42.26	42.26	150m:	3:10.73	1:37.84	250m:	4:56.56	54.68	350m:	6:26.86	43.69
	100m:	1:32.89	50.63	200m:	4:01.88	51.15	300m:	5:43.17	46.61	400m:	6:41.08	14.22

2008 i mla i

1.	Sara Anastasovska		09	Neptun, SK					5:50.65	402		
	50m:	35.80	35.80	150m:	2:04.89	45.85	250m:	3:39.63	51.29	350m:	5:11.66	39.62
	100m:	1:19.04	43.24	200m:	2:48.34	43.45	300m:	4:32.04	52.41	400m:	5:50.65	38.99
2.	Neda Tanurovska		08	Orion, SK					6:04.30	359		
	50m:	39.01	39.01	150m:	2:59.03	1:34.72	250m:			350m:		
	100m:	1:24.31	45.30	200m:	3:52.38	53.35	300m:	4:47.49		400m:	6:04.30	
3.	Elena Nikolovska		08	Neptun, SK					6:37.86	275		
	50m:	43.33	43.33	150m:	2:27.71	51.32	250m:	4:13.30	55.27	350m:	5:54.41	45.23
	100m:	1:36.39	53.06	200m:	3:18.03	50.32	300m:	5:09.18	55.88	400m:	6:37.86	43.45