

INTERNATIONAL SWIM MEET 13 NOVEMBAR SKOPJE  
SKOPJE, 18. - 19.11.2023

4		/F, 400m		/Free		A CATEGORY	
18.11.2023 - 9:35						/	
MKD	/	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					
MR		4:18.04	Eva Petrovska	MKD	Skopje	17.10.2019	

: FINA 2020

1.	Sara Jankovik		08	Skopje, SK		<b>4:29.29</b>	655	Q
	50m: 30.53	30.53	150m: 1:38.87	34.37	250m: 2:47.12	34.21	350m: 3:56.30	34.36
	100m: 1:04.50	33.97	200m: 2:12.91	34.04	300m: 3:21.94	34.82	400m: 4:29.29	32.99
2.	Jana Milkovska		06	Vardar 2018, SK		<b>4:32.65</b>	631	Q
	50m: 31.06	31.06	150m: 1:39.07	34.31	250m: 2:48.01	34.37	350m: 3:58.36	35.14
	100m: 1:04.76	33.70	200m: 2:13.64	34.57	300m: 3:23.22	35.21	400m: 4:32.65	34.29
3.	Era Budima		07	Step, PR		<b>4:38.88</b>	590	Q
	50m: 30.87	30.87	150m: 1:39.97	34.97	250m: 2:51.12	35.75	350m: 4:03.66	36.50
	100m: 1:05.00	34.13	200m: 2:15.37	35.40	300m: 3:27.16	36.04	400m: 4:38.88	35.22
4.	Olta Berisha		08	Step, PR		<b>4:39.95</b>	583	Q
	50m: 32.23	32.23	150m: 1:41.76	35.14	250m: 2:53.15	35.81	350m: 4:05.32	36.02
	100m: 1:06.62	34.39	200m: 2:17.34	35.58	300m: 3:29.30	36.15	400m: 4:39.95	34.63
5.	Joana Jasiqi		10	Step, PR		<b>4:50.94</b>	519	Q
	50m: 33.10	33.10	150m: 1:46.97	37.15	250m: 3:01.12	36.64	350m: 4:15.33	36.96
	100m: 1:09.82	36.72	200m: 2:24.48	37.51	300m: 3:38.37	37.25	400m: 4:50.94	35.61
6.	Jana Konstandinovska		03	Mladost, SK		<b>4:52.29</b>	512	Q
	50m: 32.73	32.73	150m: 1:45.03	36.63	250m: 3:00.02	37.40	350m: 4:15.61	37.79
	100m: 1:08.40	35.67	200m: 2:22.62	37.59	300m: 3:37.82	37.80	400m: 4:52.29	36.68
7.	Nita Zhushi		11	Step, PR		<b>5:05.60</b>	448	Q
	50m: 34.05	34.05	150m: 1:50.74	39.07	250m: 3:09.47	39.01	350m: 4:28.48	39.04
	100m: 1:11.67	37.62	200m: 2:30.46	39.72	300m: 3:49.44	39.97	400m: 5:05.60	37.12
8.	Llazari, Briseida		11	Future SA, SH		<b>5:08.57</b>	435	Q
	50m: 34.37	34.37	150m: 1:51.85	39.63	250m: 3:11.21	40.08	350m: 4:30.99	40.27
	100m: 1:12.22	37.85	200m: 2:31.13	39.28	300m: 3:50.72	39.51	400m: 5:08.57	37.58
9.	Sofija Stefanovska		08	Neptun, SK		<b>5:10.70</b>	426	R
	50m: 33.69	33.69	150m: 1:49.93	38.83	250m: 3:09.43	40.50	350m: 4:31.25	41.34
	100m: 1:11.10	37.41	200m: 2:28.93	39.00	300m: 3:49.91	40.48	400m: 5:10.70	39.45
10.	Georgina Stavreska		11	Vardar 2018, SK		<b>5:11.39</b>	423	R
	50m: 35.21	35.21	150m: 1:54.06	40.25	250m: 3:13.86	39.97	350m: 4:34.04	39.90
	100m: 1:13.81	38.60	200m: 2:33.89	39.83	300m: 3:54.14	40.28	400m: 5:11.39	37.35
11.	Rosana Gosheva		07	Skopje, SK		<b>5:11.76</b>	422	
	50m: 35.31	35.31	150m: 1:55.12	40.14	250m: 3:15.18	39.26	350m: 4:34.61	39.48
	100m: 1:14.98	39.67	200m: 2:35.92	40.80	300m: 3:55.13	39.95	400m: 5:11.76	37.15
12.	Luesa Berila		09	Step, PR		<b>5:12.94</b>	417	
	50m: 33.00	33.00	150m: 1:50.50	39.58	250m: 3:10.23	39.89	350m: 4:32.19	41.36
	100m: 1:10.92	37.92	200m: 2:30.34	39.84	300m: 3:50.83	40.60	400m: 5:12.94	40.75
13.	Toska Thaci		10	Step, PR		<b>5:18.65</b>	395	
	50m: 35.12	35.12	150m: 1:54.89	40.69	250m: 3:17.97	41.49	350m: 4:41.43	41.71
	100m: 1:14.20	39.08	200m: 2:36.48	41.59	300m: 3:59.72	41.75	400m: 5:18.65	37.22
14.	Esma Ibrahimimi		09	Step, PR		<b>5:24.40</b>	374	
	50m: 35.23	35.23	150m: 1:55.84	41.34	250m: 3:20.37	42.05	350m: 4:43.45	41.34
	100m: 1:14.50	39.27	200m: 2:38.32	42.48	300m: 4:02.11	41.74	400m: 5:24.40	40.95
15.	Riga Kastrati		11	Step, PR		<b>5:24.79</b>	373	
	50m: 35.48	35.48	150m: 1:57.28	41.58	250m: 3:21.63	42.76	350m: 4:46.27	42.56
	100m: 1:15.70	40.22	200m: 2:38.87	41.59	300m: 4:03.71	42.08	400m: 5:24.79	38.52

