

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

4	/F, 400m	/Free	/
18.11.2023 - 18:10			/Final
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	4:16.39	759
--- Nov rekord na mtingot ---				
50m: 29.43	29.43	150m: 1:33.40	32.08	250m: 2:38.45
100m: 1:01.32	31.89	200m: 2:05.85	32.45	300m: 3:11.72
				350m: 3:44.37
				400m: 4:16.39
				32.65
				32.02
2. Jana Milkovska	06	Vardar 2018, SK	4:33.33	626
50m: 30.50	30.50	150m: 1:37.58	34.07	250m: 2:47.23
100m: 1:03.51	33.01	200m: 2:12.24	34.66	300m: 3:22.87
				350m: 3:58.64
				400m: 4:33.33
				35.77
				34.69
3. Era Budima	07	Step, PR	4:37.33	600
50m: 30.56	30.56	150m: 1:38.91	34.87	250m: 2:50.32
100m: 1:04.04	33.48	200m: 2:14.46	35.55	300m: 3:26.51
				350m: 4:02.57
				400m: 4:37.33
				36.06
				34.76
4. Olta Berisha	08	Step, PR	4:41.86	571
50m: 32.10	32.10	150m: 1:42.45	35.69	250m: 2:54.37
100m: 1:06.76	34.66	200m: 2:18.29	35.84	300m: 3:30.70
				350m: 4:06.72
				400m: 4:41.86
				36.02
				35.14
5. Jana Konstandinovska	03	Mladost, SK	4:49.31	528
50m: 32.30	32.30	150m: 1:43.16	35.94	250m: 2:57.21
100m: 1:07.22	34.92	200m: 2:19.76	36.60	300m: 3:35.36
				350m: 4:13.14
				400m: 4:49.31
				37.78
				36.17
6. Joana Jasiqi	10	Step, PR	4:53.30	507
50m: 33.40	33.40	150m: 1:48.03	37.59	250m: 3:03.12
100m: 1:10.44	37.04	200m: 2:25.65	37.62	300m: 3:40.44
				350m: 4:17.32
				400m: 4:53.30
				36.88
				35.98
7. Llazari, Briseida	11	Future SA, SH	5:01.33	467
50m: 32.96	32.96	150m: 1:47.43	38.14	250m: 3:04.23
100m: 1:09.29	36.33	200m: 2:25.90	38.47	300m: 3:43.65
				350m: 4:23.13
				400m: 5:01.33
				39.48
				38.20
8. Nita Zhushi	11	Step, PR	5:08.37	436
50m: 34.28	34.28	150m: 1:51.75	39.22	250m: 3:11.20
100m: 1:12.53	38.25	200m: 2:31.61	39.86	300m: 3:51.17
				350m: 4:30.92
				400m: 5:08.37
				39.75
				37.45