

ZIMSKO NACIONALNO PRVENSTVO DEKEMVRI 2022
SKOPJE, 9. - 10.12.2023

15	/F, 1500m	/Free	/
09.12.2023 - 18:10			
MKD /	16:14.79		
MKD - 16	16:56.30	APSK	12.12.2020
MKD - 14	17:13.23	SKO	20.11.2022

: FINA 2020

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1. Eva Petrovska	04	A.Pro. AMS, SK	16:50.01	750
100m: 1:03.62 1:03.62	500m: 5:33.39 1:08.32	900m: 10:04.14 1:08.39	1300m: 14:36.28 1:08.37	
200m: 2:10.55 1:06.93	600m: 6:40.65 1:07.26	1000m: 11:11.76 1:07.62	1400m: 15:45.04 1:08.76	
300m: 3:18.11 1:07.56	700m: 7:48.07 1:07.42	1100m: 12:20.58 1:08.82	1500m: 16:50.01 1:04.97	
400m: 4:25.07 1:06.96	800m: 8:55.75 1:07.68	1200m: 13:27.91 1:07.33		
2. Jana Milkovska	06	Vardaar 2018, SK	17:47.80	635
100m: 1:05.59 1:05.59	500m: 5:48.57 1:11.69	900m: 10:37.17 1:12.01	1300m: 15:26.41 1:12.06	
200m: 2:15.20 1:09.61	600m: 7:02.45 1:13.88	1000m: 11:49.92 1:12.75	1400m: 16:37.82 1:11.41	
300m: 3:25.95 1:10.75	700m: 8:12.96 1:10.51	1100m: 13:02.13 1:12.21	1500m: 17:47.80 1:09.98	
400m: 4:36.88 1:10.93	800m: 9:25.16 1:12.20	1200m: 14:14.35 1:12.22		
3. Jovana Nedelkoska	06	Skopje, SK	18:37.45	554
100m: 1:08.15 1:08.15	500m: 6:04.37 1:14.80	900m: 11:04.86 1:15.49	1300m: 16:06.96 1:15.87	
200m: 2:21.29 1:13.14	600m: 7:19.08 1:14.71	1000m: 12:20.38 1:15.52	1400m: 17:23.19 1:16.23	
300m: 3:17.86 56.57	700m: 8:34.01 1:14.93	1100m: 13:35.75 1:15.37	1500m: 18:37.45 1:14.26	
400m: 4:49.57 1:31.71	800m: 9:49.37 1:15.36	1200m: 14:51.09 1:15.34		
4. Neda Milenkovska	10	Mladost, SK	19:08.56	510
100m: 1:10.20 1:10.20	500m: 6:11.10 1:15.41	900m: 11:19.29 1:17.69	1300m: 16:33.88 1:19.03	
200m: 2:24.26 1:14.06	600m: 7:27.73 1:16.63	1000m: 12:37.60 1:18.31	1400m: 17:51.74 1:17.86	
300m: 3:38.87 1:14.61	700m: 8:44.43 1:16.70	1100m: 13:56.27 1:18.67	1500m: 19:08.56 1:16.82	
400m: 4:55.69 1:16.82	800m: 10:01.60 1:17.17	1200m: 15:14.85 1:18.58		
5. Jana Konstandinovska	03	Mladost, SK	19:15.11	501
100m: 1:09.34 1:09.34	500m: 6:12.30 1:17.07	900m: 11:22.69 1:19.11	1300m: 16:39.35 1:18.04	
200m: 2:23.35 1:14.01	600m: 7:28.18 1:15.88	1000m: 12:42.22 1:19.53	1400m: 17:57.89 1:18.54	
300m: 3:41.31 1:17.96	700m: 8:46.63 1:18.45	1100m: 14:01.46 1:19.24	1500m: 19:15.11 1:17.22	
400m: 4:55.23 1:13.92	800m: 10:03.58 1:16.95	1200m: 15:21.31 1:19.85		
6. Rosana Gosheva	07	Skopje, SK	20:16.40	429
100m: 1:14.53 1:14.53	500m: 6:40.08 1:21.51	900m: 12:11.89 1:22.84	1300m: 17:37.67 1:20.37	
200m: 2:35.52 1:20.99	600m: 8:03.90 1:23.82	1000m: 13:33.60 1:21.71	1400m: 18:58.78 1:21.11	
300m: 3:56.78 1:21.26	700m: 9:26.54 1:22.64	1100m: 14:55.82 1:22.22	1500m: 20:16.40 1:17.62	
400m: 5:18.57 1:21.79	800m: 10:49.05 1:22.51	1200m: 16:17.30 1:21.48		
7. Jana Velkovska	10	Vardaar 2018, SK	22:19.78	321
100m: 1:19.01 1:19.01	500m: 7:15.55 1:30.76	900m: 13:18.45 1:30.92	1300m: 19:20.10 1:32.10	
200m: 2:46.82 1:27.81	600m: 8:47.04 1:31.49	1000m: 14:49.09 1:30.64	1400m: 20:50.75 1:30.65	
300m: 4:15.71 1:28.89	700m: 10:17.22 1:30.18	1100m: 16:18.13 1:29.04	1500m: 22:19.78 1:29.03	
400m: 5:44.79 1:29.08	800m: 11:47.53 1:30.31	1200m: 17:48.00 1:29.87		
8. Tamara Turmakoska	10	Vardaar 2018, SK	23:13.18	286
100m: 1:21.47 1:21.47	500m: 7:38.60 1:35.62	900m: 13:58.41 1:33.41	1300m: 20:08.60 1:32.68	
200m: 2:52.74 1:31.27	600m: 9:14.99 1:36.39	1000m: 15:30.78 1:32.37	1400m: 21:41.33 1:32.73	
300m: 4:28.21 1:35.47	700m: 10:49.88 1:34.89	1100m: 17:03.27 1:32.49	1500m: 23:13.18 1:31.85	
400m: 6:02.98 1:34.77	800m: 12:25.00 1:35.12	1200m: 18:35.92 1:32.65		

18 godina i mla i

1. Jana Milkovska	06	Vardaar 2018, SK	17:47.80	635
100m: 1:05.59 1:05.59	500m: 5:48.57 1:11.69	900m: 10:37.17 1:12.01	1300m: 15:26.41 1:12.06	
200m: 2:15.20 1:09.61	600m: 7:02.45 1:13.88	1000m: 11:49.92 1:12.75	1400m: 16:37.82 1:11.41	
300m: 3:25.95 1:10.75	700m: 8:12.96 1:10.51	1100m: 13:02.13 1:12.21	1500m: 17:47.80 1:09.98	
400m: 4:36.88 1:10.93	800m: 9:25.16 1:12.20	1200m: 14:14.35 1:12.22		
2. Jovana Nedelkoska	06	Skopje, SK	18:37.45	554
100m: 1:08.15 1:08.15	500m: 6:04.37 1:14.80	900m: 11:04.86 1:15.49	1300m: 16:06.96 1:15.87	
200m: 2:21.29 1:13.14	600m: 7:19.08 1:14.71	1000m: 12:20.38 1:15.52	1400m: 17:23.19 1:16.23	
300m: 3:17.86 56.57	700m: 8:34.01 1:14.93	1100m: 13:35.75 1:15.37	1500m: 18:37.45 1:14.26	
400m: 4:49.57 1:31.71	800m: 9:49.37 1:15.36	1200m: 14:51.09 1:15.34		

ZIMSKO NACIONALNO PRVENSTVO DEKEMVRI 2022
SKOPJE, 9. - 10.12.2023

15, /F, 1500m /Free, 18 godina i mla i

3.	Neda Milenkovska	10	Mladost, SK	19:08.56	510
	100m: 1:10.20 1:10.20	500m: 6:11.10 1:15.41	900m: 11:19.29 1:17.69	1300m: 16:33.88 1:19.03	
	200m: 2:24.26 1:14.06	600m: 7:27.73 1:16.63	1000m: 12:37.60 1:18.31	1400m: 17:51.74 1:17.86	
	300m: 3:38.87 1:14.61	700m: 8:44.43 1:16.70	1100m: 13:56.27 1:18.67	1500m: 19:08.56 1:16.82	
	400m: 4:55.69 1:16.82	800m: 10:01.60 1:17.17	1200m: 15:14.85 1:18.58		
4.	Rosana Gosheva	07	Skopje, SK	20:16.40	429
	100m: 1:14.53 1:14.53	500m: 6:40.08 1:21.51	900m: 12:11.89 1:22.84	1300m: 17:37.67 1:20.37	
	200m: 2:35.52 1:20.99	600m: 8:03.90 1:23.82	1000m: 13:33.60 1:21.71	1400m: 18:58.78 1:21.11	
	300m: 3:56.78 1:21.26	700m: 9:26.54 1:22.64	1100m: 14:55.82 1:22.22	1500m: 20:16.40 1:17.62	
	400m: 5:18.57 1:21.79	800m: 10:49.05 1:22.51	1200m: 16:17.30 1:21.48		
5.	Jana Velkovska	10	Vardaar 2018, SK	22:19.78	321
	100m: 1:19.01 1:19.01	500m: 7:15.55 1:30.76	900m: 13:18.45 1:30.92	1300m: 19:20.10 1:32.10	
	200m: 2:46.82 1:27.81	600m: 8:47.04 1:31.49	1000m: 14:49.09 1:30.64	1400m: 20:50.75 1:30.65	
	300m: 4:15.71 1:28.89	700m: 10:17.22 1:30.18	1100m: 16:18.13 1:29.04	1500m: 22:19.78 1:29.03	
	400m: 5:44.79 1:29.08	800m: 11:47.53 1:30.31	1200m: 17:48.00 1:29.87		
6.	Tamara Turmakoska	10	Vardaar 2018, SK	23:13.18	286
	100m: 1:21.47 1:21.47	500m: 7:38.60 1:35.62	900m: 13:58.41 1:33.41	1300m: 20:08.60 1:32.68	
	200m: 2:52.74 1:31.27	600m: 9:14.99 1:36.39	1000m: 15:30.78 1:32.37	1400m: 21:41.33 1:32.73	
	300m: 4:28.21 1:35.47	700m: 10:49.88 1:34.89	1100m: 17:03.27 1:32.49	1500m: 23:13.18 1:31.85	
	400m: 6:02.98 1:34.77	800m: 12:25.00 1:35.12	1200m: 18:35.92 1:32.65		

16 godina i mla i

1.	Neda Milenkovska	10	Mladost, SK	19:08.56	510
	100m: 1:10.20 1:10.20	500m: 6:11.10 1:15.41	900m: 11:19.29 1:17.69	1300m: 16:33.88 1:19.03	
	200m: 2:24.26 1:14.06	600m: 7:27.73 1:16.63	1000m: 12:37.60 1:18.31	1400m: 17:51.74 1:17.86	
	300m: 3:38.87 1:14.61	700m: 8:44.43 1:16.70	1100m: 13:56.27 1:18.67	1500m: 19:08.56 1:16.82	
	400m: 4:55.69 1:16.82	800m: 10:01.60 1:17.17	1200m: 15:14.85 1:18.58		
2.	Rosana Gosheva	07	Skopje, SK	20:16.40	429
	100m: 1:14.53 1:14.53	500m: 6:40.08 1:21.51	900m: 12:11.89 1:22.84	1300m: 17:37.67 1:20.37	
	200m: 2:35.52 1:20.99	600m: 8:03.90 1:23.82	1000m: 13:33.60 1:21.71	1400m: 18:58.78 1:21.11	
	300m: 3:56.78 1:21.26	700m: 9:26.54 1:22.64	1100m: 14:55.82 1:22.22	1500m: 20:16.40 1:17.62	
	400m: 5:18.57 1:21.79	800m: 10:49.05 1:22.51	1200m: 16:17.30 1:21.48		
3.	Jana Velkovska	10	Vardaar 2018, SK	22:19.78	321
	100m: 1:19.01 1:19.01	500m: 7:15.55 1:30.76	900m: 13:18.45 1:30.92	1300m: 19:20.10 1:32.10	
	200m: 2:46.82 1:27.81	600m: 8:47.04 1:31.49	1000m: 14:49.09 1:30.64	1400m: 20:50.75 1:30.65	
	300m: 4:15.71 1:28.89	700m: 10:17.22 1:30.18	1100m: 16:18.13 1:29.04	1500m: 22:19.78 1:29.03	
	400m: 5:44.79 1:29.08	800m: 11:47.53 1:30.31	1200m: 17:48.00 1:29.87		
4.	Tamara Turmakoska	10	Vardaar 2018, SK	23:13.18	286
	100m: 1:21.47 1:21.47	500m: 7:38.60 1:35.62	900m: 13:58.41 1:33.41	1300m: 20:08.60 1:32.68	
	200m: 2:52.74 1:31.27	600m: 9:14.99 1:36.39	1000m: 15:30.78 1:32.37	1400m: 21:41.33 1:32.73	
	300m: 4:28.21 1:35.47	700m: 10:49.88 1:34.89	1100m: 17:03.27 1:32.49	1500m: 23:13.18 1:31.85	
	400m: 6:02.98 1:34.77	800m: 12:25.00 1:35.12	1200m: 18:35.92 1:32.65		

14 godina i mla i

1.	Neda Milenkovska	10	Mladost, SK	19:08.56	510
	100m: 1:10.20 1:10.20	500m: 6:11.10 1:15.41	900m: 11:19.29 1:17.69	1300m: 16:33.88 1:19.03	
	200m: 2:24.26 1:14.06	600m: 7:27.73 1:16.63	1000m: 12:37.60 1:18.31	1400m: 17:51.74 1:17.86	
	300m: 3:38.87 1:14.61	700m: 8:44.43 1:16.70	1100m: 13:56.27 1:18.67	1500m: 19:08.56 1:16.82	
	400m: 4:55.69 1:16.82	800m: 10:01.60 1:17.17	1200m: 15:14.85 1:18.58		
2.	Jana Velkovska	10	Vardaar 2018, SK	22:19.78	321
	100m: 1:19.01 1:19.01	500m: 7:15.55 1:30.76	900m: 13:18.45 1:30.92	1300m: 19:20.10 1:32.10	
	200m: 2:46.82 1:27.81	600m: 8:47.04 1:31.49	1000m: 14:49.09 1:30.64	1400m: 20:50.75 1:30.65	
	300m: 4:15.71 1:28.89	700m: 10:17.22 1:30.18	1100m: 16:18.13 1:29.04	1500m: 22:19.78 1:29.03	
	400m: 5:44.79 1:29.08	800m: 11:47.53 1:30.31	1200m: 17:48.00 1:29.87		

ZIMSKO NACIONALNO PRVENSTVO DEKEMVRI 2022
SKOPJE, 9. - 10.12.2023

15, /F, 1500m /Free, 14 godina i mla i

3. Tamara Turmakoska	10	Vardaar 2018, SK	23:13.18	286			
100m: 1:21.47	1:21.47	500m: 7:38.60	1:35.62	900m: 13:58.41	1:33.41	1300m: 20:08.60	1:32.68
200m: 2:52.74	1:31.27	600m: 9:14.99	1:36.39	1000m: 15:30.78	1:32.37	1400m: 21:41.33	1:32.73
300m: 4:28.21	1:35.47	700m: 10:49.88	1:34.89	1100m: 17:03.27	1:32.49	1500m: 23:13.18	1:31.85
400m: 6:02.98	1:34.77	800m: 12:25.00	1:35.12	1200m: 18:35.92	1:32.65		