

NACIONALNO PRVENSTVO NA MAKEDONIJA_2024
Skopje, 29. - 30.6.2024

Event 9
29.6.2024 - 19:02

Women, 400m Freestyle

Open
Results

Points: FINA 2023

Rank			YB					Time	Pts	
Postari Pionerki										
1.	KIRANDJIK, Anastasija		11	PK Skopje				5:06.58	429	
	50m:	35.60 35.60	150m:	1:52.86	39.14	250m:	3:11.02	38.79	350m:	4:29.78 39.13
	100m:	1:13.72 38.12	200m:	2:32.23	39.37	300m:	3:50.65	39.63	400m:	5:06.58 36.80
2.	ZDRAVKOSKA, Simona		11	Atlantida				5:39.01	317	
	50m:	35.82 35.82	150m:	2:00.04	43.49	250m:	3:29.40	44.75	350m:	4:58.42 44.19
	100m:	1:16.55 40.73	200m:	2:44.65	44.61	300m:	4:14.23	44.83	400m:	5:39.01 40.59
Kadetki										
1.	JANKOVIK, Sara		08	PK Skopje				4:19.43	708	
	50m:		150m:		250m:	2:40.84	33.33	350m:	3:47.14 33.02	
	100m:	1:01.80	200m:	2:07.51	300m:	3:14.12	33.28	400m:	4:19.43 32.29	
2.	KIRANDJIK, Anastasija		11	PK Skopje				5:06.58	429	
	50m:	35.60 35.60	150m:	1:52.86	39.14	250m:	3:11.02	38.79	350m:	4:29.78 39.13
	100m:	1:13.72 38.12	200m:	2:32.23	39.37	300m:	3:50.65	39.63	400m:	5:06.58 36.80
3.	ZDRAVKOSKA, Simona		11	Atlantida				5:39.01	317	
	50m:	35.82 35.82	150m:	2:00.04	43.49	250m:	3:29.40	44.75	350m:	4:58.42 44.19
	100m:	1:16.55 40.73	200m:	2:44.65	44.61	300m:	4:14.23	44.83	400m:	5:39.01 40.59
Mladinki										
1.	JANKOVIK, Sara		08	PK Skopje				4:19.43	708	
	50m:		150m:		250m:	2:40.84	33.33	350m:	3:47.14 33.02	
	100m:	1:01.80	200m:	2:07.51	300m:	3:14.12	33.28	400m:	4:19.43 32.29	
2.	NEDELKOSKA, Ivana		06	PK Skopje				4:43.21	544	
	50m:	32.44 32.44	150m:	1:43.84	36.00	250m:	2:55.47	35.95	350m:	4:08.45 36.68
	100m:	1:07.84 35.40	200m:	2:19.52	35.68	300m:	3:31.77	36.30	400m:	4:43.21 34.76
3.	NEDELKOSKA, Jovana		06	PK Skopje				4:50.52	504	
	50m:	32.95 32.95	150m:	1:44.82	36.18	250m:	2:58.59	36.96	350m:	4:13.97 37.74
	100m:	1:08.64 35.69	200m:	2:21.63	36.81	300m:	3:36.23	37.64	400m:	4:50.52 36.55
4.	GOSHEVA, Rosana		07	PK Skopje				4:59.57	460	
	50m:		150m:		250m:	3:06.37	37.17	350m:		
	100m:	1:12.11	200m:	2:29.20	300m:			400m:	4:59.57	
5.	KIRANDJIK, Anastasija		11	PK Skopje				5:06.58	429	
	50m:	35.60 35.60	150m:	1:52.86	39.14	250m:	3:11.02	38.79	350m:	4:29.78 39.13
	100m:	1:13.72 38.12	200m:	2:32.23	39.37	300m:	3:50.65	39.63	400m:	5:06.58 36.80
6.	ZDRAVKOSKA, Simona		11	Atlantida				5:39.01	317	
	50m:	35.82 35.82	150m:	2:00.04	43.49	250m:	3:29.40	44.75	350m:	4:58.42 44.19
	100m:	1:16.55 40.73	200m:	2:44.65	44.61	300m:	4:14.23	44.83	400m:	5:39.01 40.59
Seniorki										
1.	JANKOVIK, Sara		08	PK Skopje				4:19.43	708	
	50m:		150m:		250m:	2:40.84	33.33	350m:	3:47.14 33.02	
	100m:	1:01.80	200m:	2:07.51	300m:	3:14.12	33.28	400m:	4:19.43 32.29	
2.	NEDELKOSKA, Ivana		06	PK Skopje				4:43.21	544	
	50m:	32.44 32.44	150m:	1:43.84	36.00	250m:	2:55.47	35.95	350m:	4:08.45 36.68
	100m:	1:07.84 35.40	200m:	2:19.52	35.68	300m:	3:31.77	36.30	400m:	4:43.21 34.76
3.	NEDELKOSKA, Jovana		06	PK Skopje				4:50.52	504	
	50m:	32.95 32.95	150m:	1:44.82	36.18	250m:	2:58.59	36.96	350m:	4:13.97 37.74
	100m:	1:08.64 35.69	200m:	2:21.63	36.81	300m:	3:36.23	37.64	400m:	4:50.52 36.55

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Event 9, Women, 400m Freestyle, Seniorki

Rank			YB					Time	Pts		
4.	GOSHEVA, Rosana		07	PK Skopje				4:59.57	460		
	50m:		150m:	250m:	3:06.37	37.17	350m:				
	100m:	1:12.11	200m:	300m:			400m:	4:59.57			
5.	KIRANDJIK, Anastasija		11	PK Skopje				5:06.58	429		
	50m:	35.60 35.60	150m:	1:52.86	39.14	250m:	3:11.02	38.79	350m:	4:29.78	39.13
	100m:	1:13.72 38.12	200m:	2:32.23	39.37	300m:	3:50.65	39.63	400m:	5:06.58	36.80
6.	ZDRAVKOSKA, Simona		11	Atlantida				5:39.01	317		
	50m:	35.82 35.82	150m:	2:00.04	43.49	250m:	3:29.40	44.75	350m:	4:58.42	44.19
	100m:	1:16.55 40.73	200m:	2:44.65	44.61	300m:	4:14.23	44.83	400m:	5:39.01	40.59
EXH	DONEVSKA, Angela		09	Oktopod				5:18.13	384		
	50m:	36.15 36.15	150m:	1:56.78	40.92	250m:	3:19.17	40.93	350m:	4:40.01	40.13
	100m:	1:15.86 39.71	200m:	2:38.24	41.46	300m:	3:59.88	40.71	400m:	5:18.13	38.12