



**Mare Nostrum Monaco**  
MONACO  
from 20th to 21st May 2023 - 50m pool



**Program**

**Session start, warm-up start - Saturday, 20 May 2023 16:30**

**Warm-up stop, pool evacuation - Saturday, 20 May 2023 16:45**

**Records du 400 Nage Libre Messieurs**

Record du Monde: **3:40.07** Paul BIEDERMANN (1986) GER 26/07/2009 ROME  
Record d'Europe: **3:40.07** Paul BIEDERMANN (1986) GER 26/07/2009 ROME  
Monaco Record: **3:41.71** Ian THORPE (1982) AUS 12/06/2001 MONACO  
Mare Nostrum Record: **3:41.71** Ian THORPE (1982) AUS 12/06/2001 MONACO

**400 Freestyle Men (Final A) - Saturday, 20 May 2023 17:00**

1. Theo DRUENNE	2005	MON	FEDERATION MONEGASQUE DE NATATION	<b>4:07.65</b>
2. Albert ESCRITS MANOSA	1998	ESP	FEDERACIO CATALANA NATACIO	<b>3:58.93</b>
3. Kregor ZIRK	1999	EST	ESTONIAN SWIMMING FEDERATION	<b>3:56.79</b>
4. Tommy-Lee CAMBLONG	2001	FRA	CANET 66 NATATION	<b>3:52.91</b>
5. Ryo NAKAMITSU	2005	JPN	JAPAN SWIMMING FEDERATION	<b>3:56.34</b>
6. Roman FUCHS	1998	FRA	FFN - INSEP	<b>3:56.89</b>
7. Paul BEAUGRAND	2000	FRA	CANET 66 NATATION	<b>3:59.74</b>
8. Lluís ESCRITS MANOSA	2001	ESP	FEDERACIO CATALANA NATACIO	<b>4:11.19</b>

**Records du 400 4 Nages Dames**

Record du Monde: **4:26.36** Katinka HOSSZU (1989) HUN 06/08/2016 RIO DE JANEIRO  
Record d'Europe: **4:26.36** Katinka HOSSZU (1989) HUN 06/08/2016 RIO DE JANEIRO  
Monaco Record: **4:32.87** Katinka HOSSZU (1989) HUN 08/06/2019 MONACO  
Mare Nostrum Record: **4:30.75** Katinka HOSSZU (1989) HUN 11/06/2016 BARCELONA

**400 Medley Women (Final A) - Saturday, 20 May 2023 17:06**

1. Laura CABANES	2006	ESP	ROYAL SPANISH SWIMMING FEDERATION	<b>5:03.30</b>
2. Lea POLONSKY	2002	ISR	ISRAEL	<b>4:56.48</b>
3. Alba VAZQUEZ	2002	ESP	ROYAL SPANISH SWIMMING FEDERATION	<b>4:55.46</b>
4. Zsuzsanna JAKABOS	1989	HUN	GYORI USZO SE	<b>4:50.13</b>
5. Dakota TUCKER	2004	RSA	WATERBORN SWIMMING CLUB	<b>4:55.04</b>
6. Louna KASVIO	2006	FIN	FINNISH SWIMMING FEDERATION	<b>4:56.22</b>
7. Giulia VIACAVALA	2006	ITA	AS. SP. MONACO NATATION	<b>4:59.44</b>
8. Lou-Anne BARNIET	2002	FRA	SAINT-RAPHAEL NATATION	<b>5:11.03</b>

**Victory Ceremony 400 freestyle Men & 400 IM Women - Saturday, 20 May 2023 17:13**



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**Records du 200 Brasse Messieurs**

Record du Monde: **2:05.95** Zac STUBBLETY-COOK (1999) AUS 19/05/2022 ADELAIDE  
Record d'Europe: **2:06.12** Anton CHUPKOV (1997) RUS 26/07/2019 GWANGJU  
Monaco Record: **2:07.56** Ipeei WATANABE (1997) JPN 16/06/2018 MONACO  
Mare Nostrum Record: **2:07.23** Arno KAMMINGA (1995) NED 05/06/2021 BARCELONA

**200 Breaststroke Men (Final A) - Saturday, 20 May 2023 17:20**

1. Ipeei WATANABE	1997	JPN	JAPAN SWIMMING FEDERATION	<b>2:15.42</b>
2. Luka MLADENOVIC	2004	AUT	AUSTRIA	<b>2:15.31</b>
3. Angus MENZIES	2002	AUS	KNOX	<b>2:14.54</b>
4. Andrius SIDLAUSKAS	1997	LTU	LITHUANIAN SWIMMING FEDERATION	<b>2:13.51</b>
5. Adam John CHILLINGWORTH	1997	HKG	HONG KONG CHINA SWIMMING ASSOCIATION	<b>2:14.45</b>
6. Melaine LAINÉ	2001	FRA	SAINT-RAPHAEL NATATION	<b>2:14.92</b>
7. Anton MCKEE	1993	ISL	ICELANDIC SWIMMING ASSOCIATION	<b>2:15.37</b>
8. Riku YAMAGUCHI	2005	JPN	JAPAN SWIMMING FEDERATION	<b>2:15.53</b>

**Records du 100 Brasse Dames**

Record du Monde: **1:04.13** Lilly KING (1997) USA 25/07/2017 BUDAPEST  
Record d'Europe: **1:04.35** Ruta MEILUTYTE (1997) LTU 29/07/2013 BARCELONA  
Monaco Record: **1:05.20** Ruta MEILUTYTE (1997) LTU 08/06/2013 MONACO  
Mare Nostrum Record: **1:04.82** Yuliya EFIMOVA (1992) RUS 17/06/2017 CANET

**100 Breaststroke Women (Final A) - Saturday, 20 May 2023 17:24**

1. Sophie ANGUS	1999	CAN	SWIMMING CANADA	<b>1:08.90</b>
2. Anastasia GORBENKO	2003	ISR	ISRAEL	<b>1:08.18</b>
3. Reona AOKI	1995	JPN	JAPAN SWIMMING FEDERATION	<b>1:08.08</b>
4. Macarena CEBALLOS	1995	ARG	ARGENTINE SWIMMING FEDERATION	<b>1:07.86</b>
5. Lydia JACOBY	2004	USA	SEWARD TSUNAMI SWIM CLUB	<b>1:08.02</b>
6. Dominika SZTANDERA	1997	POL	POLISH SWIMMING FEDERATION	<b>1:08.14</b>
7. Lisa ANGIOLINI	1995	ITA	CS CARABINIERI / VIRTUS BUONCONVENTO SSD	<b>1:08.84</b>
8. Mia FRANCO	2007	ITA	QSWIM SSD A R.L.	<b>1:11.57</b>

**Victory Ceremony 200 breaststroke Men & 100 breaststroke Women - Saturday, 20 May 2023 17:27**

**Records du 100 Nage Libre Messieurs**

Record du Monde: **46.86** David POPOVICI (2004) ROU 13/08/2022 ROME  
Record d'Europe: **46.86** David POPOVICI (2004) ROU 13/08/2022 ROME  
Monaco Record: **48.21** Alexander POPOV (1971) RUS 18/06/1994 MONACO  
Mare Nostrum Record: **48.08** Nathan ADRIAN (1988) USA 14/06/2014 BARCELONA

**100 Freestyle Men (Final A) - Saturday, 20 May 2023 17:33**

1. Mateusz CHOWANIEC	2003	POL	POLISH SWIMMING FEDERATION	<b>49.96</b>
2. Kamil SIERADZKI	2002	POL	POLISH SWIMMING FEDERATION	<b>49.79</b>
3. Maxime GROUSSET	1999	FRA	FFN - INSEP	<b>49.34</b>
4. Ruslan GAZIEV	1999	CAN	SWIMMING CANADA	<b>49.16</b>
5. Katsuhiko MATSUMOTO	1997	JPN	JAPAN SWIMMING FEDERATION	<b>49.16</b>
6. Nandor NEMETH	1999	HUN	HUNGARIAN SWIMMING FEDERATION	<b>49.45</b>
7. Kacper MAJCHRZAK	1992	POL	POLISH SWIMMING FEDERATION	<b>49.95</b>
8. Ralph DALEIDEN	2003	LUX	SWIMMING LUXEMBOURG	<b>49.99</b>



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**Records du 200 Nage Libre Dames**

Record du Monde: **1:52.98** Federica PELLEGRINI (1988) ITA 29/07/2009 ROME  
Record d'Europe: **1:52.98** Federica PELLEGRINI (1988) ITA 29/07/2009 ROME  
Monaco Record: **1:55.21** Camille MUFFAT (1989) FRA 09/06/2012 MONACO  
Mare Nostrum Record: **1:54.66** Camille MUFFAT (1989) FRA 06/06/2012 CANET

**200 Freestyle Women (Final A) - Saturday, 20 May 2023 17:36**

1. Daria GOLOVATI	2005	ISR	ISRAEL	<b>2:00.21</b>
2. Hiroko MAKINO	1999	JPN	JAPAN SWIMMING FEDERATION	<b>2:00.11</b>
3. Nikolett PADAR	2006	HUN	HUNGARIAN SWIMMING FEDERATION	<b>1:59.56</b>
4. Siobhan-Bernadette HAUGHEY	1997	HKG	HONG KONG CHINA SWIMMING ASSOCIATION	<b>1:58.74</b>
5. Mary-sophie HARVEY	1999	CAN	SWIMMING CANADA	<b>1:59.44</b>
6. Brooklyn DOUTHRIGHT	2003	CAN	SWIMMING CANADA	<b>1:59.66</b>
7. Ella JANSEN	2005	CAN	SWIMMING CANADA	<b>2:00.14</b>
8. Snaefridur-Sol JORUNNARDOTTIR	2000	ISL	ICELANDIC SWIMMING ASSOCIATION	<b>2:01.24</b>

**Victory Ceremony 100 freestyle Men & 200 freestyle Women - Saturday, 20 May 2023 17:40**

**Records du 200 Papillon Messieurs**

Record du Monde: **1:50.34** Kristof MILAK (2000) HUN 21/06/2022 BUDAPEST  
Record d'Europe: **1:50.34** Kristof MILAK (2000) HUN 21/06/2022 BUDAPEST  
Monaco Record: **1:54.68** Daiya SETO (1994) JPN 13/06/2015 MONACO  
Mare Nostrum Record: **1:53.89** Kristof MILAK (2000) HUN 26/05/2022 BARCELONA

**200 Butterfly Men (Final A) - Saturday, 20 May 2023 17:46**

1. Arbidel GONZALEZ	2002	ESP	ROYAL SPANISH SWIMMING FEDERATION	<b>1:59.26</b>
2. Miguel MARTINEZ	2000	ESP	ROYAL SPANISH SWIMMING FEDERATION	<b>1:58.23</b>
3. Richard MARTON	1999	HUN	HUNGARIAN SWIMMING FEDERATION	<b>1:57.60</b>
4. Tomoru HONDA	2001	JPN	JAPAN SWIMMING FEDERATION	<b>1:56.30</b>
5. Noe PONTI	2001	SUI	SWISS AQUATICS	<b>1:57.38</b>
6. Krzysztof CHMIELEWSKI	2004	POL	POLISH SWIMMING FEDERATION	<b>1:57.96</b>
7. So OGATA	2003	JPN	JAPAN SWIMMING FEDERATION	<b>1:58.48</b>
8. Ryo NAKAMITSU	2005	JPN	JAPAN SWIMMING FEDERATION	<b>1:59.28</b>

**Records du 100 Papillon Dames**

Record du Monde: **55.48** Sarah SJOESTROM (1993) SWE 07/08/2016 RIO DE JANEIRO  
Record d'Europe: **55.48** Sarah SJOESTROM (1993) SWE 07/08/2016 RIO DE JANEIRO  
Monaco Record: **56.20** Sarah SJOESTROM (1993) SWE 10/06/2017 MONACO  
Mare Nostrum Record: **55.76** Sarah SJOESTROM (1993) SWE 17/06/2017 CANET

**100 Butterfly Women (Final A) - Saturday, 20 May 2023 17:50**

1. Isabelle VIDEMENT	2007	FRA	SAINT-RAPHAEL NATATION	<b>1:03.67</b>
2. Agostina HEIN	2008	ARG	ARGENTINE SWIMMING FEDERATION	<b>1:01.70</b>
3. Dalma SEBESTYEN	1997	HUN	HUNGARIAN SWIMMING FEDERATION	<b>59.95</b>
4. Katerine SAVARD	1993	CAN	SWIMMING CANADA	<b>59.15</b>
5. Sara JUNEVIK	2000	SWE	SWEDEN AQUATICS	<b>59.82</b>
6. Laura LAHTINEN	2003	FIN	FINNISH SWIMMING FEDERATION	<b>1:00.98</b>
7. Amalie MIKKELSEN	1997	DEN	GLADSAXE SVOEMMEKLUB	<b>1:02.17</b>
8. Lillie FREULON	2006	FRA	FFN - INSEP	<b>1:05.04</b>

**Victory Ceremony 200 butterfly Men & 100 butterfly Women - Saturday, 20 May 2023 17:53**



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**Records du 100 Dos Messieurs**

Record du Monde: **51.60** Thomas CECCON (2001) ITA 20/06/2022 BUDAPEST  
Record d'Europe: **51.60** Thomas CECCON (2001) ITA 20/06/2022 BUDAPEST  
Monaco Record: **53.08** Ryosuke IRIE (1990) JPN 07/06/2014 MONACO  
Mare Nostrum Record: **53.02** Ryosuke IRIE (1990) JPN 29/05/2022 CANET

**100 Backstroke Men (Final A) - Saturday, 20 May 2023 17:59**

1. David GERCHIK	2001	ISR	ISRAEL	<b>55.41</b>
2. Tomas FRANTA	1998	CZE	TJ SLAVIE CHOMUTOV	<b>55.22</b>
3. Miroslav KNEDLA	2005	CZE	PLAVECKY KLUB ZLIN	<b>54.96</b>
4. Thomas CECCON	2001	ITA	FF.OO LEOSPORT	<b>54.53</b>
5. Ksawery MASIUK	2004	POL	POLISH SWIMMING FEDERATION	<b>54.54</b>
6. Yohann NDOYE-BROUARD	2000	FRA	FFN - INSEP	<b>54.99</b>
7. Ulises SARAVIA	2005	ARG	ARGENTINE SWIMMING FEDERATION	<b>55.39</b>
8. Mathys CHOUCHAOU	2003	FRA	OLYMPIC NICE NATATION	<b>55.64</b>

**Records du 200 Dos Dames**

Record du Monde: **2:03.35** Regan SMITH (2002) USA 26/07/2019 GWANGJU  
Record d'Europe: **2:04.94** Anastasia ZUEVA (1990) RUS 01/08/2009 ROME  
Monaco Record: **2:07.02** Kathleen BAKER (1997) USA 16/06/2018 MONACO  
Mare Nostrum Record: **2:06.66** Emily SEEBOHM (1993) AUS 17/06/2017 CANET

**200 Backstroke Women (Final A) - Saturday, 20 May 2023 18:02**

1. Dora MOLNAR	2006	HUN	HUNGARIAN SWIMMING FEDERATION	<b>2:14.90</b>
2. Mio NARITA	2006	JPN	JAPAN SWIMMING FEDERATION	<b>2:13.80</b>
3. Adela PISKORSKA	2003	POL	POLISH SWIMMING FEDERATION	<b>2:12.99</b>
4. Emma TEREBO	1998	FRA	FFN - INSEP	<b>2:12.36</b>
5. Laura BERNAT	2005	POL	POLISH SWIMMING FEDERATION	<b>2:12.41</b>
6. Pauline MAHIEU	1999	FRA	CANET 66 NATATION	<b>2:13.48</b>
7. Bertille COUSSON	2002	FRA	BETHUNE PELICAN CLUB	<b>2:14.32</b>
8. Anastasia GORBENKO	2003	ISR	ISRAEL	<b>2:15.27</b>

**Victory Ceremony 100 backstroke Men & 200 backstroke Women - Saturday, 20 May 2023 18:06**

**Records du 200 4 Nages Messieurs**

Record du Monde: **1:54.00** Ryan LOCHTE (1984) USA 28/07/2011 SHANGHAI  
Record d'Europe: **1:55.18** Laszlo CSEH (1985) HUN 29/07/2009 ROME  
Monaco Record: **1:57.43** Matthew SATES (2003) RSA 21/05/2022 MONACO  
Mare Nostrum Record: **1:56.31** Hugo GONZALEZ (1999) ESP 06/06/2021 BARCELONA

**200 Medley Men (Final A) - Saturday, 20 May 2023 18:12**

1. Daniil PANCEREVAS	2004	LTU	LITHUANIAN SWIMMING FEDERATION	<b>2:05.29</b>
2. Riku YAMAGUCHI	2005	JPN	JAPAN SWIMMING FEDERATION	<b>2:03.32</b>
3. Tomoyuki MATSUSHITA	2005	JPN	JAPAN SWIMMING FEDERATION	<b>2:02.96</b>
4. Yakov-Yan TOUMARKIN	1992	ISR	ISRAEL	<b>2:02.78</b>
5. Jaouad SYOUD	1999	ALG	OLYMPIC NICE NATATION	<b>2:02.88</b>
6. Finlay KNOX	2001	CAN	SWIMMING CANADA	<b>2:03.17</b>
7. Lorne WIGGINTON	2005	CAN	SWIMMING CANADA	<b>2:03.46</b>
8. Hector MORALES CEBEY	2002	ESP	FEDERACIO CATALANA NATACIO	<b>2:06.46</b>

**Victory Ceremony 200 IM Men - Saturday, 20 May 2023 18:16**



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**Program**

**Session stop - Saturday, 20 May 2023 18:19**

