



Mare Nostrum Monaco
MONACO
from 17th to 18th May 2025 - 50m pool



Results

[FINA quotation]

Records du 400 Nage Libre Dames

Record du Monde: **3:55.38** Ariarne TITMUS (2000) AUS 23/07/2023 FUKUOKA
Record d'Europe: **3:59.15** Federica PELLEGRINI (1988) ITA 26/07/2009 ROME
Monaco Record: **4:02.84** Camille MUFFAT (1989) FRA 09/06/2013 MONACO
Mare Nostrum Record: **4:02.84** Camille MUFFAT (1989) FRA 09/06/2013 MONACO

Final A : 400 Freestyle Women

[Sunday, 18/05/2025]

1.	Lilla SZABO	2009	HUN	HUNGARY	+0.75	4:14.10	794 pts		
50 m :	30.16 (30.16)	100 m :	1:02.29 (32.13)	[1:02.29]	150 m :	1:34.28 (31.99)	200 m :	2:06.44 (32.16)	[1:04.15]
250 m :	2:38.43 (31.99)	300 m :	3:10.69 (32.26)	[1:04.25]	350 m :	3:42.71 (32.02)	400 m :	4:14.10 (31.39)	[1:03.41]
2.	Giorgia TONONI	2003	ITA	FIN LOMBARDIA	+0.71	4:16.33	774 pts		
50 m :	30.36 (30.36)	100 m :	1:02.50 (32.14)	[1:02.50]	150 m :	1:34.85 (32.35)	200 m :	2:07.51 (32.66)	[1:05.01]
250 m :	2:39.81 (32.30)	300 m :	3:12.32 (32.51)	[1:04.81]	350 m :	3:44.94 (32.62)	400 m :	4:16.33 (31.39)	[1:04.01]
3.	Valentine LECLERCQ	2005	FRA	GRENOBLE ALP'38 ECHIROLLES MEYLA...	+0.71	4:17.29	765 pts		
50 m :	30.22 (30.22)	100 m :	1:02.28 (32.06)	[1:02.28]	150 m :	1:34.38 (32.10)	200 m :	2:06.84 (32.46)	[1:04.56]
250 m :	2:39.21 (32.37)	300 m :	3:12.07 (32.86)	[1:05.23]	350 m :	3:44.69 (32.62)	400 m :	4:17.29 (32.60)	[1:05.22]
4.	Lisa POU	1999	MON	FEDERATION MONEGASQUE DE NATATION	+0.74	4:19.08	749 pts		
50 m :	30.43 (30.43)	100 m :	1:02.84 (32.41)	[1:02.84]	150 m :	1:35.21 (32.37)	200 m :	2:08.13 (32.92)	[1:05.29]
250 m :	2:40.81 (32.68)	300 m :	3:14.11 (33.30)	[1:05.98]	350 m :	3:46.68 (32.57)	400 m :	4:19.08 (32.40)	[1:04.97]
5.	Wiktoria GUSC	2004	POL	POLAND	+0.71	4:20.87	734 pts		
50 m :	30.18 (30.18)	100 m :	1:02.82 (32.64)	[1:02.82]	150 m :	1:35.50 (32.68)	200 m :	2:08.57 (33.07)	[1:05.75]
250 m :	2:41.36 (32.79)	300 m :	3:14.47 (33.11)	[1:05.90]	350 m :	3:47.90 (33.43)	400 m :	4:20.87 (32.97)	[1:06.40]
6.	Emma FREDERSDORF	2005	SUI	SCHWIMMVEREIN BEIDER BASEL	+0.70	4:30.97	655 pts		
50 m :	31.19 (31.19)	100 m :	1:04.90 (33.71)	[1:04.90]	150 m :	1:38.95 (34.05)	200 m :	2:13.49 (34.54)	[1:08.59]
250 m :	2:47.67 (34.18)	300 m :	3:22.41 (34.74)	[1:08.92]	350 m :	3:56.83 (34.42)	400 m :	4:30.97 (34.14)	[1:08.56]
7.	Roberta MARCHESI	2006	ITA	SPORTING MI 3 SSD	+0.73	4:32.89	641 pts		
50 m :	31.00 (31.00)	100 m :	1:04.19 (33.19)	[1:04.19]	150 m :	1:38.82 (34.63)	200 m :	2:13.60 (34.78)	[1:09.41]
250 m :	2:48.51 (34.91)	300 m :	3:23.53 (35.02)	[1:09.93]	350 m :	3:58.86 (35.33)	400 m :	4:32.89 (34.03)	[1:09.36]
8.	Amelie SCHOLER	2008	LUX	SWIMMING LUXEMBOURG	+0.76	4:35.21	625 pts		
50 m :	31.63 (31.63)	100 m :	1:05.70 (34.07)	[1:05.70]	150 m :	1:40.38 (34.68)	200 m :	2:15.56 (35.18)	[1:09.86]
250 m :	2:51.01 (35.45)	300 m :	3:26.24 (35.23)	[1:10.68]	350 m :	4:01.36 (35.12)	400 m :	4:35.21 (33.85)	[1:08.97]