



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



Results

[FINA quotation]

Records du 400 Nage Libre Messieurs

Record du Monde: **3:39.96** Lukas MAERTENS (2001) GER 12/04/2025 STOCKHOLM

Record d'Europe: **3:39.96** Lukas MAERTENS (2001) GER 12/04/2025 STOCKHOLM

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

Final A : 400 Freestyle Men

[Saturday, 17/05/2025]

1.	Attila KOVACS	2004	HUN	HUNGARY	+0.65	3:50.08	875 pts		
50 m :	25.85 (25.85)	100 m :	54.04 (28.19)	[54.04]	150 m :	1:23.05 (29.01)	200 m :	1:52.29 (29.24)	[58.25]
250 m :	2:21.37 (29.08)	300 m :	2:51.07 (29.70)	[58.78]	350 m :	3:20.81 (29.74)	400 m :	3:50.08 (29.27)	[59.01]
2.	Fabio DALU	2000	ITA	ESPERIA CAGLIARI ASD	+0.67	3:53.60	836 pts		
50 m :	27.06 (27.06)	100 m :	55.93 (28.87)	[55.93]	150 m :	1:25.37 (29.44)	200 m :	1:55.11 (29.74)	[59.18]
250 m :	2:24.81 (29.70)	300 m :	2:54.69 (29.88)	[59.58]	350 m :	3:24.76 (30.07)	400 m :	3:53.60 (28.84)	[58.91]
3.	Kamil SIERADZKI	2002	POL	POLAND	+0.67	3:56.88	801 pts		
50 m :	27.14 (27.14)	100 m :	56.52 (29.38)	[56.52]	150 m :	1:26.50 (29.98)	200 m :	1:56.69 (30.19)	[1:00.17]
250 m :	2:27.34 (30.65)	300 m :	2:57.67 (30.33)	[1:00.98]	350 m :	3:28.02 (30.35)	400 m :	3:56.88 (28.86)	[59.21]
4.	Kushagra RAWAT	2000	IND	INSPIRE INSTITUTE OF SPORT -VIJA...	+0.71	3:58.02	790 pts		
50 m :	27.27 (27.27)	100 m :	56.71 (29.44)	[56.71]	150 m :	1:26.73 (30.02)	200 m :	1:56.66 (29.93)	[59.95]
250 m :	2:27.07 (30.41)	300 m :	2:57.70 (30.63)	[1:01.04]	350 m :	3:28.13 (30.43)	400 m :	3:58.02 (29.89)	[1:00.32]
5.	Marin MOGIC	1999	CRO	CROATIA	+0.67	4:02.49	747 pts		
50 m :	28.20 (28.20)	100 m :	58.03 (29.83)	[58.03]	150 m :	1:28.71 (30.68)	200 m :	1:59.52 (30.81)	[1:01.49]
250 m :	2:30.20 (30.68)	300 m :	3:01.27 (31.07)	[1:01.75]	350 m :	3:32.28 (31.01)	400 m :	4:02.49 (30.21)	[1:01.22]
6.	Izan ARROYO LOPEZ DEL CASTILLO	2007	ESP	FEDERACIO CATALANA DE NATACIO	+0.64	4:08.13	697 pts		
50 m :	27.24 (27.24)	100 m :	57.39 (30.15)	[57.39]	150 m :	1:28.09 (30.70)	200 m :	1:59.66 (31.57)	[1:02.27]
250 m :	2:31.54 (31.88)	300 m :	3:04.02 (32.48)	[1:04.36]	350 m :	3:36.39 (32.37)	400 m :	4:08.13 (31.74)	[1:04.11]
7.	Raphaël SIROUR	2007	FRA	AS MONACO NATATION	+0.67	4:08.41	695 pts		
50 m :	27.84 (27.84)	100 m :	58.52 (30.68)	[58.52]	150 m :	1:30.05 (31.53)	200 m :	2:02.67 (32.62)	[1:04.15]
250 m :	2:34.49 (31.82)	300 m :	3:06.55 (32.06)	[1:03.88]	350 m :	3:38.36 (31.81)	400 m :	4:08.41 (30.05)	[1:01.86]
8.	Aryan NEHRA	2004	IND	INSPIRE INSTITUTE OF SPORT -VIJA...	+0.69	4:10.98	674 pts		
50 m :	28.76 (28.76)	100 m :	59.32 (30.56)	[59.32]	150 m :	1:30.89 (31.57)	200 m :	2:02.30 (31.41)	[1:02.98]
250 m :	2:33.84 (31.54)	300 m :	3:05.47 (31.63)	[1:03.17]	350 m :	3:37.00 (31.53)	400 m :	4:10.98 (33.98)	[1:05.51]