

Event 213  
 2024-02-03 - 18:50

Women, 400m Freestyle

 Open  
 Results

Points: FINA 2023

Rank					Age					Time	Pts	
1.	MULLINS, Keira				17	Nepean Kanata Barracudas				<b>4:33.77</b>	643	
	50m:	31.26	31.26	150m:	1:39.38	34.63	250m:	2:49.28	34.98	350m:	3:59.69	35.67
	100m:	1:04.75	33.49	200m:	2:14.30	34.92	300m:	3:24.02	34.74	400m:	4:33.77	34.08
2.	SMART, Natalie				22	Memorial University SeaHawks				<b>4:37.25</b>	619	
	50m:	31.62	31.62	150m:	1:41.19	35.16	250m:	2:51.94	35.44	350m:	4:02.83	35.32
	100m:	1:06.03	34.41	200m:	2:16.50	35.31	300m:	3:27.51	35.57	400m:	4:37.25	34.42
3.	IONCE, Marie-Anne				16	Elite				<b>4:38.39</b>	612	
	50m:	31.97	31.97	150m:	1:40.45	34.71	250m:	2:50.10	34.82	350m:	4:02.75	36.71
	100m:	1:05.74	33.77	200m:	2:15.28	34.83	300m:	3:26.04	35.94	400m:	4:38.39	35.64
4.	MARQUIS, Jade				19	Club de Natation SAMAK de Bros				<b>4:41.84</b>	590	
	50m:	32.55	32.55	150m:	1:43.56	35.65	250m:	2:55.03	35.51	350m:	4:06.96	36.09
	100m:	1:07.91	35.36	200m:	2:19.52	35.96	300m:	3:30.87	35.84	400m:	4:41.84	34.88
5.	PONTON, Emma				17	Ddo				<b>4:42.29</b>	587	
	50m:	32.12	32.12	150m:	1:43.21	35.71	250m:	2:55.27	35.84	350m:	4:07.47	35.90
	100m:	1:07.50	35.38	200m:	2:19.43	36.22	300m:	3:31.57	36.30	400m:	4:42.29	34.82
6.	PAYANT, Lea				16	Dorval Swim Club				<b>4:42.93</b>	583	
	50m:	32.74	32.74	150m:	1:42.90	35.10	250m:	2:54.66	35.81	350m:	4:08.08	36.65
	100m:	1:07.80	35.06	200m:	2:18.85	35.95	300m:	3:31.43	36.77	400m:	4:42.93	34.85
7.	MARCON, Isabella				17	Ddo				<b>4:43.03</b>	582	
	50m:	32.22	32.22	150m:	1:42.69	35.67	250m:	2:55.64	36.53	350m:	4:07.84	35.93
	100m:	1:07.02	34.80	200m:	2:19.11	36.42	300m:	3:31.91	36.27	400m:	4:43.03	35.19
8.	MOUSTGAARD, Maizie				16	Nepean Kanata Barracudas				<b>4:49.56</b>	544	
	50m:	31.91	31.91	150m:	1:44.39	36.60	250m:	2:58.56	36.96	350m:	4:12.90	36.74
	100m:	1:07.79	35.88	200m:	2:21.60	37.21	300m:	3:36.16	37.60	400m:	4:49.56	36.66
9.	LELIEVRE, Karelle				16	Club de Natation SAMAK de Bros				<b>4:49.68</b>	543	
	50m:	32.62	32.62	150m:	1:44.35	36.27	250m:	2:58.55	37.25	350m:	4:13.84	38.00
	100m:	1:08.08	35.46	200m:	2:21.30	36.95	300m:	3:35.84	37.29	400m:	4:49.68	35.84
10.	AMARAL, Abigail				14	Nepean Kanata Barracudas				<b>4:53.18</b>	524	
	50m:	33.14	33.14	150m:	1:46.32	37.02	250m:	3:01.35	37.66	350m:	4:16.70	37.66
	100m:	1:09.30	36.16	200m:	2:23.69	37.37	300m:	3:39.04	37.69	400m:	4:53.18	36.48