



Event 3

Women, 400m Freestyle

11 years and older

06/02/2025 - 14:56

Results

Points: AQUA 2024

Rank	YB								Time	Pts		
Seniores												
1.	SOFFIO, Mara								06	Lycee Hubert-Clement Esch/Alzette	5:01.58	475
	50m:	34.29	34.29	150m:	1:51.35	38.90	250m:	3:08.24	38.14	350m:	4:24.22	37.39
	100m:	1:12.45	38.16	200m:	2:30.10	38.75	300m:	3:46.83	38.59	400m:	5:01.58	37.36
Juniores												
1.	BLESES, Joyce								08	Sportlycee Luxembourg	4:51.89	524
	50m:	32.09	32.09	150m:	1:45.21	37.13	250m:	3:00.35	37.46	350m:	4:15.47	37.32
	100m:	1:08.08	35.99	200m:	2:22.89	37.68	300m:	3:38.15	37.80	400m:	4:51.89	36.42
2.	MOUSEL, Sarah								07	Sportlycee Luxembourg	5:28.10	369
	50m:	36.20	36.20	150m:	1:56.63	40.76	250m:	3:20.19	41.99	350m:	4:46.36	42.92
	100m:	1:15.87	39.67	200m:	2:38.20	41.57	300m:	4:03.44	43.25	400m:	5:28.10	41.74
3.	LANSBERGEN, Sara								08	St George's International School	5:53.80	294
	50m:	38.55	38.55	150m:	2:05.13	44.00	250m:	3:36.93	46.00	350m:	5:09.11	45.93
	100m:	1:21.13	42.58	200m:	2:50.93	45.80	300m:	4:23.18	46.25	400m:	5:53.80	44.69
4.	DELSAUX, Laura								07	Lycee Ermesinde Mersch	6:37.61	207
	50m:	41.79	41.79	150m:	2:17.64	49.08	250m:	4:00.61	51.76	350m:	5:46.96	53.14
	100m:	1:28.56	46.77	200m:	3:08.85	51.21	300m:	4:53.82	53.21	400m:	6:37.61	50.65
Cadettes												
1.	BARTHEL, Emma								10	Sportlycee Luxembourg	4:41.38	585
	50m:	31.22	31.22	150m:	1:41.73	35.59	250m:	2:53.74	36.08	350m:	4:05.94	35.95
	100m:	1:06.14	34.92	200m:	2:17.66	35.93	300m:	3:29.99	36.25	400m:	4:41.38	35.44
2.	WINDISCH, Kristina								10	Lycee Aline Mayrisch Luxembourg	5:04.87	460
	50m:	33.05	33.05	150m:	1:49.04	38.79	250m:	3:08.13	39.82	350m:	4:27.04	39.22
	100m:	1:10.25	37.20	200m:	2:28.31	39.27	300m:	3:47.82	39.69	400m:	5:04.87	37.83
3.	GRUJIC MARTINS, Teodora								09	Sportlycee Luxembourg	5:05.21	458
	50m:	34.93	34.93	150m:	1:52.71	39.26	250m:	3:10.53	38.62	350m:	4:28.19	38.33
	100m:	1:13.45	38.52	200m:	2:31.91	39.20	300m:	3:49.86	39.33	400m:	5:05.21	37.02
4.	FRADET, Maelle								09	Lycee Guillaume Kroll	5:18.30	404
	50m:	35.49	35.49	150m:	1:55.03	40.38	250m:	3:17.97	41.77	350m:	4:40.08	40.71
	100m:	1:14.65	39.16	200m:	2:36.20	41.17	300m:	3:59.37	41.40	400m:	5:18.30	38.22
5.	RYBARCZYK, Weronik								10	Ecole Europeenne de Luxembourg I (Kirchberg)	5:29.23	365
	50m:	36.46	36.46	150m:	1:59.26	41.88	250m:	3:23.87	42.59	350m:	4:48.76	42.21
	100m:	1:17.38	40.92	200m:	2:41.28	42.02	300m:	4:06.55	42.68	400m:	5:29.23	40.47
6.	SCHILTZ, Manon								10	Sportlycee Luxembourg	5:31.64	357
	50m:	36.22	36.22	150m:	1:57.65	41.79	250m:	3:21.81	41.94	350m:	4:49.37	43.79
	100m:	1:15.86	39.64	200m:	2:39.87	42.22	300m:	4:05.58	43.77	400m:	5:31.64	42.27
7.	WEIS, June								09	Sportlycee Luxembourg	5:41.94	326
	50m:	39.85	39.85	150m:	2:05.88	43.14	250m:	3:33.41	44.13	350m:	5:00.26	43.74
	100m:	1:22.74	42.89	200m:	2:49.28	43.40	300m:	4:16.52	43.11	400m:	5:41.94	41.68
8.	WIEBER, Josephine								10	Ecole Europeenne de Luxembourg I (Kirchberg)	6:41.04	202
	50m:	38.06	38.06	150m:	2:12.25	48.80	250m:	3:57.70	54.10	350m:	5:49.55	54.94
	100m:	1:23.45	45.39	200m:	3:03.60	51.35	300m:	4:54.61	56.91	400m:	6:41.04	51.49
9.	MANZATO, Nina								10	Ecole internationale Differdange	6:44.40	197
	50m:	40.80	40.80	150m:	2:20.52	51.48	250m:	4:05.58	53.55	350m:	5:53.53	53.91
	100m:	1:29.04	48.24	200m:	3:12.03	51.51	300m:	4:59.62	54.04	400m:	6:44.40	50.87



Event 3, Women, 400m Freestyle

Minimes

1.	RESL, Dana		11	Lycee Hubert-Clement Esch/Alzette		5:11.13	432	
	50m: 35.45	35.45	150m: 1:53.26	39.55	250m: 3:12.45	39.87	350m: 4:32.54	39.84
	100m: 1:13.71	38.26	200m: 2:32.58	39.32	300m: 3:52.70	40.25	400m: 5:11.13	38.59
2.	KUNEN, Greta		11	Lycee Aline Mayrisch Luxembourg		5:11.69	430	
	50m: 35.78	35.78	150m: 1:56.60	40.41	250m: 3:16.62	39.75	350m: 4:35.05	38.82
	100m: 1:16.19	40.41	200m: 2:36.87	40.27	300m: 3:56.23	39.61	400m: 5:11.69	36.64
3.	GRILO MACHADO, Diana		11	Lycee Hubert-Clement Esch/Alzette		5:21.01	394	
	50m: 35.84	35.84	150m: 1:56.18	41.03	250m: 3:19.60	41.60	350m: 4:41.29	40.72
	100m: 1:15.15	39.31	200m: 2:38.00	41.82	300m: 4:00.57	40.97	400m: 5:21.01	39.72
4.	KIRCH, Emma		11	Lycee Aline Mayrisch Luxembourg		5:22.06	390	
	50m: 36.24	36.24	150m: 1:57.64	41.04	250m: 3:19.96	40.91	350m: 4:42.37	40.10
	100m: 1:16.60	40.36	200m: 2:39.05	41.41	300m: 4:02.27	42.31	400m: 5:22.06	39.69
5.	MULLER, Liz		11	Lycee de Garcons Luxembourg		5:22.14	390	
	50m: 35.96	35.96	150m: 1:57.71	41.42	250m: 3:20.46	41.30	350m: 4:42.46	40.38
	100m: 1:16.29	40.33	200m: 2:39.16	41.45	300m: 4:02.08	41.62	400m: 5:22.14	39.68
6.	ROLL, Eloise		13	Ecole Europeenne de Luxembourg II (Mamer)		5:35.26	346	
	50m: 38.19	38.19	150m: 2:03.18	42.84	250m: 3:29.35	42.51	350m: 4:54.18	41.83
	100m: 1:20.34	42.15	200m: 2:46.84	43.66	300m: 4:12.35	43.00	400m: 5:35.26	41.08
7.	KNAPIK, Julia		11	Sportlycee Luxembourg		5:44.06	320	
	50m: 36.49	36.49	150m: 2:03.22	43.78	250m: 3:32.84	45.08	350m: 5:02.04	44.35
	100m: 1:19.44	42.95	200m: 2:47.76	44.54	300m: 4:17.69	44.85	400m: 5:44.06	42.02
8.	SIMON, Nora		12	Sportlycee Luxembourg		6:10.10	257	
	50m: 39.25	39.25	150m: 2:09.64	46.32	250m: 3:47.63	49.60	350m: 5:24.55	47.83
	100m: 1:23.32	44.07	200m: 2:58.03	48.39	300m: 4:36.72	49.09	400m: 6:10.10	45.55
9.	KOHN, Olivia		12	Sportlycee Luxembourg		6:26.20	226	
	50m: 41.96	41.96	150m: 2:21.25	50.84	250m: 4:00.84	49.81	350m: 5:40.10	49.06
	100m: 1:30.41	48.45	200m: 3:11.03	49.78	300m: 4:51.04	50.20	400m: 6:26.20	46.10