

8th European Open Down Syndrome Swimming
Albufeira, 27/10 - 1/11/2025

Event 42 Women, 400m Medley 13 years and older
31/10/2025 - 10:25 Results

WR T21 Sen	7:05.76	Amalia, Freeland	GBR	Guildford (GBR)	15/06/2024
WR T21 Open	7:05.76	Amalia, Freeland	GBR	Guildford (GBR)	15/06/2024
WR T21 Jun	7:38.45	Helen, Thompson	GBR	Thurrock (GBR)	06/10/2019
WR M1 T21	7:15.47	Jennifer, Higgins	RSA	Truro (CAN)	22/07/2018
WR M2 T21	8:04.19	Delphine, Andre	FRA	Ferrara (ITA)	06/10/2021
ER T21 Sen	7:05.76	Amalia, Freeland	GBR	Guildford (GBR)	15/06/2024
ER T21 Open	7:05.76	Amalia, Freeland	GBR	Guildford (GBR)	15/06/2024
ER T21 Jun	7:38.45	Helen, Thompson	GBR	Thurrock (GBR)	06/10/2019
ER M1 T21	7:24.75	Dalila, Vignando	ITA	Truro (CAN)	22/07/2018
ER M2 T21	8:04.19	Delphine, Andre	FRA	Ferrara (ITA)	06/10/2021
WR MO Sen	59:00.00	,			
WR MO Open	9:14.62	Alexandra, Edwards	GBR	Crawley (GBR)	16/11/2024
WR MO Jun	59:00.00	,			
WR M1 MO	9:14.62	Alexandra, Edwards	GBR	Crawley (GBR)	16/11/2024
WR M2 MO	59:00.00	,			
ER MO Sen	59:00.00	,			
ER MO Open	9:14.62	Alexandra, Edwards	GBR	Crawley (GBR)	16/11/2024
ER MO Jun	59:00.00	,			
ER M1 MO	9:14.62	Alexandra, Edwards	GBR	Crawley (GBR)	16/11/2024
ER M2 MO	59:00.00	,			

MQT A M: 9:07.77; S21: 9:07.77 / MQT B M: 9:14.80; S21: 9:14.80

Rank	Name	Age	Class	Country	Competition	Time	TT					
T21 - Open												
1.	Amalia, Freeland	19	SM21	Great Britain		7:04.87	9,00					
	<i>World Record T21</i>											
	50m:	43.21	43.21	150m:	2:32.19	55.66	250m:	4:27.03	1:00.88	350m:	6:18.34	49.45
	100m:	1:36.53	53.32	200m:	3:26.15	53.96	300m:	5:28.89	1:01.86	400m:	7:04.87	46.53
2.	Matilde Lucia, Gaspar	19	SM21	Portugal		7:32.59	7,00					
	50m:	52.13	52.13	150m:	2:54.23	59.91	250m:	4:51.11	58.01	350m:	6:42.27	52.81
	100m:	1:54.32	1:02.19	200m:	3:53.10	58.87	300m:	5:49.46	58.35	400m:	7:32.59	50.32
3.	Filipa Sa, Reis	25	SM21	Portugal		7:52.31	6,00					
	50m:	49.38	49.38	150m:	2:51.42	1:00.56	250m:	4:56.09	1:05.72	350m:	6:58.88	55.67
	100m:	1:50.86	1:01.48	200m:	3:50.37	58.95	300m:	6:03.21	1:07.12	400m:	7:52.31	53.43
4.	Jemima, Rudd-Jones	29	SM21	Great Britain		8:27.68	5,00					
	50m:	56.68	56.68	150m:	3:07.79	1:09.62	250m:	5:24.68	1:09.72	350m:	7:32.99	58.95
	100m:	1:58.17	1:01.49	200m:	4:14.96	1:07.17	300m:	6:34.04	1:09.36	400m:	8:27.68	54.69

T21 - Seniors												
1.	Amalia, Freeland	19	SM21	Great Britain		7:04.87	9,00					
	<i>World Record T21</i>											
	50m:	43.21	43.21	150m:	2:32.19	55.66	250m:	4:27.03	1:00.88	350m:	6:18.34	49.45
	100m:	1:36.53	53.32	200m:	3:26.15	53.96	300m:	5:28.89	1:01.86	400m:	7:04.87	46.53
2.	Matilde Lucia, Gaspar	19	SM21	Portugal		7:32.59	7,00					
	50m:	52.13	52.13	150m:	2:54.23	59.91	250m:	4:51.11	58.01	350m:	6:42.27	52.81
	100m:	1:54.32	1:02.19	200m:	3:53.10	58.87	300m:	5:49.46	58.35	400m:	7:32.59	50.32

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Event 42, Women, 400m Medley

T21 - Masters 1

1. Filipa Sa, Reis	25	SM21 Portugal	7:52.31	6,00
50m: 49.38 49.38	150m: 2:51.42 1:00.56	250m: 4:56.09 1:05.72	350m: 6:58.88 55.67	
100m: 1:50.86 1:01.48	200m: 3:50.37 58.95	300m: 6:03.21 1:07.12	400m: 7:52.31 53.43	
2. Jemima, Rudd-Jones	29	SM21 Great Britain	8:27.68	5,00
50m: 56.68 56.68	150m: 3:07.79 1:09.62	250m: 5:24.68 1:09.72	350m: 7:32.99 58.95	
100m: 1:58.17 1:01.49	200m: 4:14.96 1:07.17	300m: 6:34.04 1:09.36	400m: 8:27.68 54.69	

M - Open

1. Jagoda, Litner	21	M Poland	6:59.54	9,00
<i>World Record MO</i>				
50m: 46.96 46.96	150m: 2:34.41 52.69	250m: 4:25.89 59.46	350m: 6:13.96 49.55	
100m: 1:41.72 54.76	200m: 3:26.43 52.02	300m: 5:24.41 58.52	400m: 6:59.54 45.58	

Mosaic - Seniors

1. Jagoda, Litner	21	M Poland	6:59.54	9,00
<i>World Record MO</i>				
50m: 46.96 46.96	150m: 2:34.41 52.69	250m: 4:25.89 59.46	350m: 6:13.96 49.55	
100m: 1:41.72 54.76	200m: 3:26.43 52.02	300m: 5:24.41 58.52	400m: 6:59.54 45.58	