



4th Africa Youth Games - Angola 2025
Luanda, 12 - 16/12/2025

Prova 17
14/12/2025 - 18:00

Femin., 400m Livres

14 - 16 anos
Resultados Final

QT : 5:30.00

Pontos: AQUA 2025

Place	NatiAge	Final Time	Pts	100m	200m	300m	400m
1. MARKGRAAFF, Leah	RS/16 Republic of South Africa	4:32.67	643	1:04.62	1:09.85	1:09.69	1:08.51
50m:	150m:	250m:		350m:			
100m: 1:04.62	200m: 2:14.47	300m: 3:24.16		400m: 4:32.67			
2. VYNCKE, Giuliana	RS/15 Republic of South Africa	4:37.31	611	1:05.20	1:10.30	1:10.98	1:10.83
50m:	150m:	250m:		350m:			
100m: 1:05.20	200m: 2:15.50	300m: 3:26.48		400m: 4:37.31			
3. BERGH, Madison S	NAM16 Namibia	4:40.10	593	1:04.93	1:11.62	1:12.09	1:11.46
50m:	150m:	250m:		350m:			
100m: 1:04.93	200m: 2:16.55	300m: 3:28.64		400m: 4:40.10			
4. AYARI, Kenza	TUN15 Tunisia	4:40.79	589	1:06.33	1:12.00	1:12.70	1:09.76
50m:	150m:	250m:		350m:			
100m: 1:06.33	200m: 2:18.33	300m: 3:31.03		400m: 4:40.79			
5. SAIDI, Zaineb	TUN14 Tunisia	4:46.71	553	1:06.55	1:13.67	1:13.06	1:13.43
50m:	150m:	250m:		350m:			
100m: 1:06.55	200m: 2:20.22	300m: 3:33.28		400m: 4:46.71			
6. DE SOUSA, Vitoria J	NAM15 Namibia	4:46.78	552	1:05.35	1:14.36	1:13.66	1:13.41
50m:	150m:	250m:		350m:			
100m: 1:05.35	200m: 2:19.71	300m: 3:33.37		400m: 4:46.78			
7. KAMILIA AMALIE, M.	ALC16 Algeria	4:52.57	520	1:08.71	1:14.32	1:16.10	1:13.44
50m:	150m:	250m:		350m:			
100m: 1:08.71	200m: 2:23.03	300m: 3:39.13		400m: 4:52.57			
8. JONES, Kristin	ZIM15 Zimbabwe	5:07.40	448	1:13.34	1:18.16	1:19.70	1:16.20
50m:	150m:	250m:		350m:			
100m: 1:13.34	200m: 2:31.50	300m: 3:51.20		400m: 5:07.40			

