

RSR: Championnats Romand Masters OPEN  
Cossonay, 25/4/2026

Epreuve 7

Dames, 400m Libre

19 ans et plus

25/04/2026 - 9:55

Liste résultats

Swiss Master Records 95 - 99	59:59.99	,								
Swiss Master Records 90 - 94	59:59.99	,								
Swiss Master Records 85 - 89	59:59.99	,								
Swiss Master Records 80 - 84	59:59.99	,								
Swiss Master Records 75 - 79	6:47.36		NESTOR, Irene		BA		Gau-Algesheim (GER)			18/01/2025
Swiss Master Records 70 - 74	6:35.40		NESTOR, Irene		BA		Gau-Algesheim (GER)			18/01/2020
Swiss Master Records 65 - 69	59:59.99	,								
Swiss Master Records 60 - 64	5:43.55		BOHNET, Rita		SCSH		Prilly			03/11/2024
Swiss Master Records 55 - 59	5:18.13		TANNÒ, Susanne		GLAR		Chur			02/11/2025
Swiss Master Records 50 - 54	5:11.30		TANNÒ, Susanne		GLAR		Brugg			05/11/2023
Swiss Master Records 45 - 49	5:22.08		MC LAUGHLIN, Melania		NSG		Nyon			03/11/2019
Swiss Master Records 40 - 44	5:11.21		MITTAZ, Monika		SPB		Prilly			03/11/2024
Swiss Master Records 35 - 39	5:14.52		GAFNER, Simone		GEN		Meyzieu (FRA)			26/01/2020
Swiss Master Records 30 - 34	4:54.91		MANZONI, Isabella		SKBE		Nyon			02/11/2019
Swiss Master Records 25 - 29	4:50.88		PERRUCHOUD, Sophie		VN		Bulle			08/02/2020

Points: AQUA Master 2025

Rank			AG			Temps			Pts
<b>45 - 49 ans</b>									
1.	FITZ, Isabell		78	SC Delphin Uetendorf		<b>5:29.65</b>			518D
	50m:	35.61 35.61	150m:	1:56.73 41.37	250m:	3:20.88 42.07	350m:	4:47.52 43.52	
	100m:	1:15.36 39.75	200m:	2:38.81 42.08	300m:	4:04.00 43.12	400m:	5:29.65 42.13	
<b>40 - 44 ans</b>									
1.	MITTAZ, Monika		83	Sporting Bulle Natation		<b>5:14.18</b>			578D
	50m:	35.56 35.56	150m:	1:54.71 40.04	250m:	3:14.86 40.21	350m:	4:35.18 39.87	
	100m:	1:14.67 39.11	200m:	2:34.65 39.94	300m:	3:55.31 40.45	400m:	5:14.18 39.00	
<b>35 - 39 ans</b>									
1.	MARUCA, Rosalba		91	Renens-Natation		<b>6:08.83</b>			350D
	50m:	37.61 37.61	150m:	2:10.55 48.60	250m:	3:47.38 48.19	350m:	5:23.23 47.42	
	100m:	1:21.95 44.34	200m:	2:59.19 48.64	300m:	4:35.81 48.43	400m:	6:08.83 45.60	
<b>25 - 29 ans</b>									
1.	CAPATI, Giulia		99	Lausanne Aquatique		<b>5:07.03</b>			564D
	50m:	34.75 34.75	150m:	1:50.64 38.29	250m:	3:08.61 39.13	350m:	4:27.77 39.49	
	100m:	1:12.35 37.60	200m:	2:29.48 38.84	300m:	3:48.28 39.67	400m:	5:07.03 39.26	
2.	DESIRE VALDOR, Paula		99	Natation Sportive Genève		<b>5:18.68</b>			504D
	50m:	34.82 34.82	150m:	1:54.16 40.35	250m:	3:16.36 41.04	350m:	4:38.67 41.08	
	100m:	1:13.81 38.99	200m:	2:35.32 41.16	300m:	3:57.59 41.23	400m:	5:18.68 40.01	
3.	MALMBERG, Aurelia		01	Natation Sportive Genève		<b>5:26.03</b>			471D
	50m:	35.28 35.28	150m:	1:54.46 40.31	250m:	3:17.13 41.96	350m:	4:42.51 43.45	
	100m:	1:14.15 38.87	200m:	2:35.17 40.71	300m:	3:59.06 41.93	400m:	5:26.03 43.52	