

Wettkampf 22
11.04.2026 - 9:30

Damen, 400m Freistil

allg. Kategorie
Rangliste Vorläufe

Swiss National Records 4:09.29 Rigamonti, Flavia AST Austin (USA) 06.06.2008

Limite : 4:42.77 / Limite 2x : 4:48.77 / Limite 3x : 4:54.77

Punkte: AQUA 2026

Rang				An				RT	Temps	Pkt.		
1.	Djakovic, Vanna			2005 SC Uster			+0.79	4:26.73	676	A		
	50m:	30.72	30.72	150m:	1:37.35	33.37	250m:	2:44.80	33.25	350m:	3:51.55	32.94
	100m:	1:03.98	33.26	200m:	2:11.55	34.20	300m:	3:18.61	33.81	400m:	4:26.73	35.18
2.	Bertschi, Amelie			2005 AST Savosa			+0.72	4:29.49	656	A		
	50m:	30.58	30.58	150m:	1:38.45	34.27	250m:	2:47.25	34.48	350m:	3:56.51	34.78
	100m:	1:04.18	33.60	200m:	2:12.77	34.32	300m:	3:21.73	34.48	400m:	4:29.49	32.98
3.	Fredersdorf, Emma			2005 Basel Aquatics			+0.70	4:30.07	651	A		
	50m:	30.77	30.77	150m:	1:38.53	34.07	250m:	2:46.91	34.18	350m:	3:56.13	35.09
	100m:	1:04.46	33.69	200m:	2:12.73	34.20	300m:	3:21.04	34.13	400m:	4:30.07	33.94
4.	Papais, Suami			2008 AST Savosa			+0.72	4:32.35	635	A		
	50m:	31.25	31.25	150m:	1:39.13	34.03	250m:	2:49.01	34.56	350m:	3:59.27	34.79
	100m:	1:05.10	33.85	200m:	2:14.45	35.32	300m:	3:24.48	35.47	400m:	4:32.35	33.08
5.	Balthasar, Julia			2006 Lausanne Aquatique			+0.83	4:32.86	632	A		
	50m:	31.06	31.06	150m:	1:39.73	34.80	250m:	2:49.50	34.95	350m:	3:59.00	34.72
	100m:	1:04.93	33.87	200m:	2:14.55	34.82	300m:	3:24.28	34.78	400m:	4:32.86	33.86
6.	Rossi, Elisabetta			2007 Mendrisiotto Nuoto			+0.77	4:33.81	625	A		
	50m:	31.26	31.26	150m:	1:40.44	34.74	250m:	2:50.44	34.56	350m:	4:00.28	34.73
	100m:	1:05.70	34.44	200m:	2:15.88	35.44	300m:	3:25.55	35.11	400m:	4:33.81	33.53
7.	Déverin, Soyala			2007 SC Aarefisch			+0.69	4:33.91	624	A		
	50m:	31.22	31.22	150m:	1:40.02	34.72	250m:	2:49.72	34.73	350m:	4:00.17	35.26
	100m:	1:05.30	34.08	200m:	2:14.99	34.97	300m:	3:24.91	35.19	400m:	4:33.91	33.74
8.	Piccirilli, Lisa			2006 Red-Fish Neuchâtel			+0.75	4:34.50	620	A		
	50m:	31.52	31.52	150m:	1:40.13	34.14	250m:	2:50.19	34.53	350m:	4:00.74	34.58
	100m:	1:05.99	34.47	200m:	2:15.66	35.53	300m:	3:26.16	35.97	400m:	4:34.50	33.76
9.	Bruhin, Anina			2006 SC Uster			+0.72	4:34.99	617	A		
	50m:	31.71	31.71	150m:	1:39.82	33.85	250m:	2:48.88	34.60	350m:	3:59.40	35.51
	100m:	1:05.97	34.26	200m:	2:14.28	34.46	300m:	3:23.89	35.01	400m:	4:34.99	35.59
10.	Mani, Nina			2009 Swim Regio Solothurn			+0.71	4:35.59	613	A		
	50m:	31.85	31.85	150m:	1:41.93	35.82	250m:	2:52.64	36.02	350m:	4:02.79	35.45
	100m:	1:06.11	34.26	200m:	2:16.62	34.69	300m:	3:27.34	34.70	400m:	4:35.59	32.80
11.	D'Iorio, Micol			2009 Turruta Nuoto			+0.72	4:37.37	601	B		
	50m:	31.42	31.42	150m:	1:39.73	34.76	250m:	2:50.97	36.10	350m:	4:02.29	35.79
	100m:	1:04.97	33.55	200m:	2:14.87	35.14	300m:	3:26.50	35.53	400m:	4:37.37	35.08
12.	Harrison, Lea			2006 SC Uster			+0.67	4:38.89	592	B		
	50m:	30.75	30.75	150m:	1:40.10	35.33	250m:	2:51.60	36.06	350m:	4:03.71	36.05
	100m:	1:04.77	34.02	200m:	2:15.54	35.44	300m:	3:27.66	36.06	400m:	4:38.89	35.18
13.	Fontana, Sofia			2010 Turruta Nuoto			+0.74	4:39.05	591	B		
	50m:	31.46	31.46	150m:	1:41.17	35.20	250m:	2:52.09	35.79	350m:	4:04.31	36.38
	100m:	1:05.97	34.51	200m:	2:16.30	35.13	300m:	3:27.93	35.84	400m:	4:39.05	34.74
14.	Egger, Linda			2007 SC Aarefisch			+0.80	4:40.39	582	B		
	50m:	31.92	31.92	150m:	1:42.70	35.53	250m:	2:54.87	35.95	350m:	4:06.20	35.16
	100m:	1:07.17	35.25	200m:	2:18.92	36.22	300m:	3:31.04	36.17	400m:	4:40.39	34.19
15.	Benelli, Lou Anna			2010 SK Bern			+0.67	4:40.70	580	B		
	50m:	32.48	32.48	150m:	1:43.33	36.30	250m:	2:55.28	36.39	350m:	4:06.48	35.80
	100m:	1:07.03	34.55	200m:	2:18.89	35.56	300m:	3:30.68	35.40	400m:	4:40.70	34.22
16.	Pitzer, Anna			2005 Basel Aquatics			+0.71	4:41.51	575	B		
	50m:	32.27	32.27	150m:	1:44.28	35.77	250m:	2:55.29	34.95	350m:	4:05.77	34.95
	100m:	1:08.51	36.24	200m:	2:20.34	36.06	300m:	3:30.82	35.53	400m:	4:41.51	35.74

Wettkampf 22, Damen, 400m Freistil, Vorlauf, allg. Kategorie

Rang	An						RT	Temps	Pkt.			
17.	Hirsch, Frida						2011	SC Kreuzlingen	+0.77	4:41.68	574	B
	50m:	33.01	33.01	150m:	1:44.54	35.90	250m:	2:56.75	36.39	350m:	4:07.86	35.61
	100m:	1:08.64	35.63	200m:	2:20.36	35.82	300m:	3:32.25	35.50	400m:	4:41.68	33.82
18.	Giglio, Lara						2010	SV Baar	+0.68	4:42.37	570	B
	50m:	32.49	32.49	150m:	1:43.19	35.64	250m:	2:55.32	36.11	350m:	4:07.66	36.10
	100m:	1:07.55	35.06	200m:	2:19.21	36.02	300m:	3:31.56	36.24	400m:	4:42.37	34.71
19.	Mantegani, Sofia						2009	Lugano Aquatics	+0.83	4:42.56	569	B
	50m:	31.91	31.91	150m:	1:41.91	34.62	250m:	2:53.65	35.60	350m:	4:06.33	36.12
	100m:	1:07.29	35.38	200m:	2:18.05	36.14	300m:	3:30.21	36.56	400m:	4:42.56	36.23
20.	Rochat, Leane						2010	Lausanne Aquatique	+0.73	4:42.80	567	B *
	50m:	31.92	31.92	150m:	1:42.46	35.80	250m:	2:54.42	36.26	350m:	4:07.85	37.07
	100m:	1:06.66	34.74	200m:	2:18.16	35.70	300m:	3:30.78	36.36	400m:	4:42.80	34.95
21.	Waser, Shayenne						2010	Swim Team Lucerne	+0.71	4:43.77	562	R *
	50m:	32.50	32.50	150m:	1:43.53	36.05	250m:	2:56.16	36.59	350m:	4:08.66	36.05
	100m:	1:07.48	34.98	200m:	2:19.57	36.04	300m:	3:32.61	36.45	400m:	4:43.77	35.11
22.	Schnellmann, Aline						2011	SV St.Gallen-Witten	+0.63	4:44.08	560	*
	50m:	32.89	32.89	150m:	1:44.35	36.22	250m:	2:57.04	36.77	350m:	4:09.40	36.11
	100m:	1:08.13	35.24	200m:	2:20.27	35.92	300m:	3:33.29	36.25	400m:	4:44.08	34.68
23.	Giaimo, Leona						2008	Swim Team Lucerne	+0.70	4:44.23	559	*
	50m:	32.18	32.18	150m:	1:44.80	36.29	250m:	2:57.87	35.64	350m:	4:10.51	35.48
	100m:	1:08.51	36.33	200m:	2:22.23	37.43	300m:	3:35.03	37.16	400m:	4:44.23	33.72
24.	Armandi, Michelle						2006	SC Aarefisch	+0.78	4:45.00	554	*
	50m:	31.35	31.35	150m:	1:41.72	35.55	250m:	2:54.25	36.10	350m:	4:08.71	37.54
	100m:	1:06.17	34.82	200m:	2:18.15	36.43	300m:	3:31.17	36.92	400m:	4:45.00	36.29
25.	Griffis, Kalyssa						2006	Basel Aquatics	+0.74	4:45.50	551	*
	50m:	33.18	33.18	150m:	1:46.59	37.25	250m:	2:59.86	36.48	350m:	4:12.14	35.89
	100m:	1:09.34	36.16	200m:	2:23.38	36.79	300m:	3:36.25	36.39	400m:	4:45.50	33.36
26.	Petersdorf, Marielena Sophie						2007	SV St.Gallen-Witten	+0.71	4:45.52	551	*
	50m:	32.53	32.53	150m:	1:45.07	36.96	250m:	2:58.17	36.82	350m:	4:11.39	36.71
	100m:	1:08.11	35.58	200m:	2:21.35	36.28	300m:	3:34.68	36.51	400m:	4:45.52	34.13
27.	von Burg, Alicia						2008	Swim Regio Solothurn	+0.73	4:47.09	542	*
	50m:	32.43	32.43	150m:	1:43.73	36.42	250m:	2:56.92	36.73	350m:	4:11.35	37.58
	100m:	1:07.31	34.88	200m:	2:20.19	36.46	300m:	3:33.77	36.85	400m:	4:47.09	35.74
28.	Mariotti, Rebecca						2011	Lugano Aquatics	+0.74	4:48.37	535	*
	50m:	31.60	31.60	150m:	1:42.10	35.83	250m:	2:55.77	36.90	350m:	4:11.31	37.66
	100m:	1:06.27	34.67	200m:	2:18.87	36.77	300m:	3:33.65	37.88	400m:	4:48.37	37.06
29.	Flückiger, Fiona						2010	SC Liestal	+0.69	4:48.68	533	*
	50m:	32.84	32.84	150m:	1:45.50	36.68	250m:	2:58.71	36.72	350m:	4:13.37	37.29
	100m:	1:08.82	35.98	200m:	2:21.99	36.49	300m:	3:36.08	37.37	400m:	4:48.68	35.31
30.	Mecic, Emma						2007	Nuoto Sport Locarno	+0.97	4:50.05	526	**
	50m:	32.89	32.89	150m:	1:44.98	35.76	250m:	2:58.99	36.68	350m:	4:13.27	36.67
	100m:	1:09.22	36.33	200m:	2:22.31	37.33	300m:	3:36.60	37.61	400m:	4:50.05	36.78
31.	Pitzer, Julia						2007	Basel Aquatics	+0.67	4:50.85	521	**
	50m:	33.12	33.12	150m:	1:45.38	36.48	250m:	2:58.77	36.88	350m:	4:13.70	37.60
	100m:	1:08.90	35.78	200m:	2:21.89	36.51	300m:	3:36.10	37.33	400m:	4:50.85	37.15
32.	Dibbern, Lucia						2007	SK Bern	+0.80	4:50.88	521	**
	50m:	33.24	33.24	150m:	1:45.60	36.64	250m:	3:00.33	37.67	350m:	4:15.27	37.68
	100m:	1:08.96	35.72	200m:	2:22.66	37.06	300m:	3:37.59	37.26	400m:	4:50.88	35.61
33.	Beljean, Thaline						2007	Red-Fish Neuchâtel	+0.70	4:52.71	512	**
	50m:	33.21	33.21	150m:	1:46.68	37.02	250m:	3:01.23	37.34	350m:	4:16.63	37.39
	100m:	1:09.66	36.45	200m:	2:23.89	37.21	300m:	3:39.24	38.01	400m:	4:52.71	36.08