

Epreuve 22
11.04.2026 - 18:15

Dames, 400m Libre

Cat. générale
Liste résultats Finales

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

Points: AQUA 2026

Rang			An				TR	Temps	Pts
Finale A									
1.	Djakovic, Vanna		2005 SC Uster				+0.78	4:17.63	751
	50m: 29.91	29.91	150m: 1:34.05	32.26	250m: 2:39.63	32.63	350m: 3:45.90	33.13	
	100m: 1:01.79	31.88	200m: 2:07.00	32.95	300m: 3:12.77	33.14	400m: 4:17.63	31.73	
2.	Bertschi, Amelie		2005 AST Savosa				+0.70	4:25.96	682
	50m: 30.00	30.00	150m: 1:36.13	33.64	250m: 2:44.04	34.19	350m: 3:52.72	34.52	
	100m: 1:02.49	32.49	200m: 2:09.85	33.72	300m: 3:18.20	34.16	400m: 4:25.96	33.24	
3.	Balthasar, Julia		2006 Lausanne Aquatique				+0.78	4:26.43	679
	50m: 30.83	30.83	150m: 1:38.25	33.86	250m: 2:46.71	33.81	350m: 3:54.87	33.78	
	100m: 1:04.39	33.56	200m: 2:12.90	34.65	300m: 3:21.09	34.38	400m: 4:26.43	31.56	
4.	Papais, Suami		2008 AST Savosa				+0.70	4:27.74	669
	50m: 30.50	30.50	150m: 1:37.02	33.81	250m: 2:45.67	34.85	350m: 3:54.90	34.70	
	100m: 1:03.21	32.71	200m: 2:10.82	33.80	300m: 3:20.20	34.53	400m: 4:27.74	32.84	
5.	Bruhin, Anina		2006 SC Uster				+0.72	4:28.62	662
	50m: 31.23	31.23	150m: 1:37.41	32.95	250m: 2:44.87	33.64	350m: 3:53.91	34.72	
	100m: 1:04.46	33.23	200m: 2:11.23	33.82	300m: 3:19.19	34.32	400m: 4:28.62	34.71	
6.	Mani, Nina		2009 Swim Regio Solothurn				+0.71	4:32.61	633
	50m: 31.24	31.24	150m: 1:39.33	34.64	250m: 2:49.08	35.39	350m: 3:59.36	35.55	
	100m: 1:04.69	33.45	200m: 2:13.69	34.36	300m: 3:23.81	34.73	400m: 4:32.61	33.25	
7.	Déverin, Soyala		2007 SC Aarefisch				+0.69	4:33.67	626
	50m: 31.16	31.16	150m: 1:39.46	34.33	250m: 2:49.10	34.78	350m: 3:59.59	35.19	
	100m: 1:05.13	33.97	200m: 2:14.32	34.86	300m: 3:24.40	35.30	400m: 4:33.67	34.08	
8.	Piccirilli, Lisa		2006 Red-Fish Neuchâtel				+0.76	4:34.51	620
	50m: 31.28	31.28	150m: 1:39.56	34.71	250m: 2:49.85	35.09	350m: 4:00.83	35.10	
	100m: 1:04.85	33.57	200m: 2:14.76	35.20	300m: 3:25.73	35.88	400m: 4:34.51	33.68	
9.	Rossi, Elisabetta		2007 Mendrisiotto Nuoto				+0.77	4:36.42	608
	50m: 30.90	30.90	150m: 1:38.01	34.01	250m: 2:48.43	36.02	350m: 4:00.63	36.56	
	100m: 1:04.00	33.10	200m: 2:12.41	34.40	300m: 3:24.07	35.64	400m: 4:36.42	35.79	
10.	von Burg, Alicia		2008 Swim Regio Solothurn				+0.83	4:42.46	569
	50m: 31.35	31.35	150m: 1:40.69	35.30	250m: 2:53.03	36.01	350m: 4:07.51	37.07	
	100m: 1:05.39	34.04	200m: 2:17.02	36.33	300m: 3:30.44	37.41	400m: 4:42.46	34.95	
Finale B									
11.	D'Iorio, Micol		2009 Turríta Nuoto				+0.74	4:28.49	663
	50m: 30.87	30.87	150m: 1:37.16	33.45	250m: 2:45.57	34.64	350m: 3:55.27	35.17	
	100m: 1:03.71	32.84	200m: 2:10.93	33.77	300m: 3:20.10	34.53	400m: 4:28.49	33.22	
12.	Rochat, Leane		2010 Lausanne Aquatique				+0.73	4:34.60	620
	50m: 31.00	31.00	150m: 1:40.07	34.86	250m: 2:50.77	35.30	350m: 4:01.76	35.37	
	100m: 1:05.21	34.21	200m: 2:15.47	35.40	300m: 3:26.39	35.62	400m: 4:34.60	32.84	
13.	Benelli, Lou Anna		2010 SK Bern				+0.70	4:35.49	614
	50m: 32.05	32.05	150m: 1:40.89	34.83	250m: 2:51.72	35.86	350m: 4:02.22	34.71	
	100m: 1:06.06	34.01	200m: 2:15.86	34.97	300m: 3:27.51	35.79	400m: 4:35.49	33.27	
14.	Egger, Linda		2007 SC Aarefisch				+0.81	4:36.83	605
	50m: 31.37	31.37	150m: 1:40.03	34.71	250m: 2:51.24	35.47	350m: 4:02.56	35.44	
	100m: 1:05.32	33.95	200m: 2:15.77	35.74	300m: 3:27.12	35.88	400m: 4:36.83	34.27	
15.	Fontana, Sofia		2010 Turríta Nuoto				+0.74	4:37.23	602
	50m: 31.20	31.20	150m: 1:39.83	34.89	250m: 2:51.34	36.14	350m: 4:02.87	35.96	
	100m: 1:04.94	33.74	200m: 2:15.20	35.37	300m: 3:26.91	35.57	400m: 4:37.23	34.36	

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Rang	An						TR	Temps	Pts			
16.	Pitzer, Anna						2005	Basel Aquatics	+0.79	4:40.69	580	
	50m:	32.39	32.39	150m:	1:43.19	35.56	250m:	2:54.29	35.46	350m:	4:05.52	35.43
	100m:	1:07.63	35.24	200m:	2:18.83	35.64	300m:	3:30.09	35.80	400m:	4:40.69	35.17
17.	Hirsch, Frida						2011	SC Kreuzlingen	+0.75	4:42.28	570	
	50m:	31.91	31.91	150m:	1:42.32	35.45	250m:	2:54.99	36.47	350m:	4:07.88	36.68
	100m:	1:06.87	34.96	200m:	2:18.52	36.20	300m:	3:31.20	36.21	400m:	4:42.28	34.40
18.	Waser, Shayenne						2010	Swim Team Lucerne	+0.69	4:43.74	562 *	
	50m:	32.24	32.24	150m:	1:42.99	35.81	250m:	2:55.54	36.32	350m:	4:08.56	36.24
	100m:	1:07.18	34.94	200m:	2:19.22	36.23	300m:	3:32.32	36.78	400m:	4:43.74	35.18
19.	Schnellmann, Aline						2011	SV St.Gallen-Witten	+0.62	4:43.99	560 *	
	50m:	32.23	32.23	150m:	1:43.37	36.41	250m:	2:56.46	37.13	350m:	4:09.36	36.38
	100m:	1:06.96	34.73	200m:	2:19.33	35.96	300m:	3:32.98	36.52	400m:	4:43.99	34.63
20.	Giglio, Lara						2010	SV Baar	+0.65	4:47.26	541 *	
	50m:	32.13	32.13	150m:	1:43.12	35.70	250m:	2:57.18	37.27	350m:	4:10.91	37.02
	100m:	1:07.42	35.29	200m:	2:19.91	36.79	300m:	3:33.89	36.71	400m:	4:47.26	36.35