

Epreuve 22
 11.04.2026 - 9:30

Dames, 400m Libre

 Cat. générale
 Liste résultats Eliminatoires

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 | | |
|------|-------------------|---------|-------|-------|----------------------|-------|-------|---------|----------------|-------|---------|-------|
| 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 |

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| Rang | An | | | | | | TR | Temps | Pts | |
|------|---|-------|---------------|-------|---------------|-------|---------------|----------------|-----|-----|
| 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 | | |