

Event 28
07/03/2026 - 12:25

Men, 400m Freestyle

Open Category
Results

NR	4:00.17	CACHIA, Dylan	SLM	Gzira	14/07/2021
AG D	4:07.40	WOODS, Thomas Gabriel	NEP	Siracusa-Palermo (ITA)	29/05/2021
AG C	4:21.59	CAMILLERI, Andre	NEP	Budapest (HUN)	22/12/2019
AG B	4:25.03	HICK, John	NEP	Porto Alegre (BRA)	21/11/2019

Points: AQUA 2025

Rank			Age					Time	Pts	
Age Group B - 9 to 13 years										
1.	MANGION, Matthias		12	Aquahub				5:40.54	269	
	50m:	39.73 39.73	150m:	2:05.33	42.27	250m:	3:32.09	43.05	350m:	4:58.59 42.56
	100m:	1:23.06 43.33	200m:	2:49.04	43.71	300m:	4:16.03	43.94	400m:	5:40.54 41.95
2.	SCHEMBRI, Teo Javier		13	Neptunes WPSC				5:41.94	266	
	50m:	38.98 38.98	150m:	2:05.41	43.27	250m:	3:32.63	43.38	350m:	5:00.43 42.59
	100m:	1:22.14 43.16	200m:	2:49.25	43.84	300m:	4:17.84	45.21	400m:	5:41.94 41.51
3.	RIZZO NAUDI, Sebastian		12	Neptunes WPSC				6:09.40	211	
	50m:	42.13 42.13	150m:	2:16.16	47.42	250m:	3:51.02	47.90	350m:	5:25.64 46.70
	100m:	1:28.74 46.61	200m:	3:03.12	46.96	300m:	4:38.94	47.92	400m:	6:09.40 43.76

Age Group C - 14 to 15 years

1.	D'ASCARI, Tiago		14	Sliema ASC				4:44.19	464	
	50m:	31.12 31.12	150m:	1:42.36	36.32	250m:	2:56.50	36.73	350m:	4:09.63 36.19
	100m:	1:06.04 34.92	200m:	2:19.77	37.41	300m:	3:33.44	36.94	400m:	4:44.19 34.56
2.	MERCIECA, Aiden		14	Southwaves Swimming Club				5:11.10	353	
	50m:	34.23 34.23	150m:	1:53.35	40.03	250m:	3:14.62	40.80	350m:	4:33.98 39.42
	100m:	1:13.32 39.09	200m:	2:33.82	40.47	300m:	3:54.56	39.94	400m:	5:11.10 37.12

Age Group D - 16 to 17 years

1.	CARUANA, Josef		16	Neptunes WPSC				4:37.99	496	
	50m:	30.09 30.09	150m:	1:39.99	35.42	250m:	2:51.90	35.83	350m:	4:03.63 35.53
	100m:	1:04.57 34.48	200m:	2:16.07	36.08	300m:	3:28.10	36.20	400m:	4:37.99 34.36

Open Age Group - 18 years and over

1.	CACHIA, Nathan		20	Sliema ASC				4:18.71	615	
	50m:	29.66 29.66	150m:	1:34.17	32.30	250m:	2:40.53	32.89	350m:	3:47.45 33.27
	100m:	1:01.87 32.21	200m:	2:07.64	33.47	300m:	3:14.18	33.65	400m:	4:18.71 31.26
2.	VASSALLO, Thomas		18	Southwaves Swimming Club				4:51.81	428	
	50m:	30.97 30.97	150m:	1:43.61	37.27	250m:	2:59.45	37.56	350m:	4:15.88 37.93
	100m:	1:06.34 35.37	200m:	2:21.89	38.28	300m:	3:37.95	38.50	400m:	4:51.81 35.93