

Event 13
 14/03/2026 - 15:32

Women, 400m Freestyle

 Open
 Results Final

Points: AQUA 2025

Rank					YB					Time	Pts	
1.	JOMINET, Lou				05	Luxembourg Sharks Swimming Club				4:19.42	746	
	50m:	30.27	30.27	150m:	1:36.01	32.99	250m:	2:42.70	33.08	350m:	3:48.71	32.64
	100m:	1:03.02	32.75	200m:	2:09.62	33.61	300m:	3:16.07	33.37	400m:	4:19.42	30.71
2.	FERCH, Sydney Savannah				09	SV Suedwestfalen				4:19.45	746	
	50m:	29.92	29.92	150m:	1:35.68	32.97	250m:	2:42.05	32.90	350m:	3:47.89	32.56
	100m:	1:02.71	32.79	200m:	2:09.15	33.47	300m:	3:15.33	33.28	400m:	4:19.45	31.56
3.	SELIMOVIC, Zarina				10	SV Suedwestfalen				4:20.77	735	
	50m:	30.19	30.19	150m:	1:35.69	33.01	250m:	2:42.25	33.03	350m:	3:48.54	32.93
	100m:	1:02.68	32.49	200m:	2:09.22	33.53	300m:	3:15.61	33.36	400m:	4:20.77	32.23
4.	PREHN, Yvonne				05	SC Wiesbaden 1911				4:23.74	710	
	50m:	30.96	30.96	150m:	1:38.07	33.85	250m:	2:45.43	33.44	350m:	3:52.12	33.11
	100m:	1:04.22	33.26	200m:	2:11.99	33.92	300m:	3:19.01	33.58	400m:	4:23.74	31.62
5.	STROHALM, Marie				07	LSV Hessen				4:23.88	709	
	50m:	30.76	30.76	150m:	1:37.31	33.64	250m:	2:45.43	34.27	350m:	3:52.51	33.57
	100m:	1:03.67	32.91	200m:	2:11.16	33.85	300m:	3:18.94	33.51	400m:	4:23.88	31.37
6.	REINESCH, Leelo				07	Schwammclub Deifferdang				4:27.00	685	
	50m:	30.83	30.83	150m:	1:38.56	34.29	250m:	2:46.62	33.60	350m:	3:54.89	34.14
	100m:	1:04.27	33.44	200m:	2:13.02	34.46	300m:	3:20.75	34.13	400m:	4:27.00	32.11
7.	PAULY, Emma Lia				09	LSV Hessen				4:27.23	683	
	50m:	30.95	30.95	150m:	1:38.45	33.89	250m:	2:46.67	34.28	350m:	3:55.03	34.07
	100m:	1:04.56	33.61	200m:	2:12.39	33.94	300m:	3:20.96	34.29	400m:	4:27.23	32.20
8.	YEPIFANOVA, Mariia				09	SV Suedwestfalen				4:30.88	656	
	50m:	31.12	31.12	150m:	1:39.15	34.61	250m:	2:48.64	34.90	350m:	3:57.47	34.48
	100m:	1:04.54	33.42	200m:	2:13.74	34.59	300m:	3:22.99	34.35	400m:	4:30.88	33.41
9.	RISKA, Molly				11	Finland				4:34.54	630	
	50m:	31.15	31.15	150m:	1:39.60	34.71	250m:	2:49.32	35.14	350m:	4:00.22	35.55
	100m:	1:04.89	33.74	200m:	2:14.18	34.58	300m:	3:24.67	35.35	400m:	4:34.54	34.32
10.	MANISE, Naelle				12	Aqua Club Braine L'Alleud				4:36.86	614	
	50m:	32.02	32.02	150m:	1:41.34	35.42	250m:	2:51.92	35.55	350m:	4:02.58	35.07
	100m:	1:05.92	33.90	200m:	2:16.37	35.03	300m:	3:27.51	35.59	400m:	4:36.86	34.28