

Event 3  
 14/03/2026 - 18:08

Women, 400m Medley

 Open  
 Results Final

Points: AQUA 2025

Rank					YB					Time	Pts	
1.	LHOIR, Eloise				10	Aqua Club Braine L'Alleud				<b>5:09.81</b>	621	
	50m:	31.87	31.87	150m:	1:48.94	39.80	250m:	3:13.64	44.61	350m:	4:34.30	35.69
	100m:	1:09.14	37.27	200m:	2:29.03	40.09	300m:	3:58.61	44.97	400m:	5:09.81	35.51
2.	RISKA, Molly				11	Finland				<b>5:15.29</b>	589	
	50m:	31.76	31.76	150m:	1:51.34	41.99	250m:	3:18.21	45.15	350m:	4:40.28	35.47
	100m:	1:09.35	37.59	200m:	2:33.06	41.72	300m:	4:04.81	46.60	400m:	5:15.29	35.01
3.	BENSALAH, Lara-Maria				12	LSV Hessen				<b>5:16.99</b>	580	
	50m:	33.69	33.69	150m:	1:56.82	43.14	250m:	3:21.08	43.06	350m:	4:42.12	36.59
	100m:	1:13.68	39.99	200m:	2:38.02	41.20	300m:	4:05.53	44.45	400m:	5:16.99	34.87
4.	WEGRIA, Elena				11	Liege Natation				<b>5:18.93</b>	569	
	50m:	33.53	33.53	150m:	1:53.03	40.66	250m:	3:20.23	47.72	350m:	4:43.84	35.77
	100m:	1:12.37	38.84	200m:	2:32.51	39.48	300m:	4:08.07	47.84	400m:	5:18.93	35.09
5.	KOLMANS, Nika				10	SC Wiesbaden 1911				<b>5:21.13</b>	558	
	50m:	33.79	33.79	150m:	1:57.29	43.77	250m:	3:24.58	45.04	350m:	4:46.17	35.81
	100m:	1:13.52	39.73	200m:	2:39.54	42.25	300m:	4:10.36	45.78	400m:	5:21.13	34.96
6.	STRASSHEIM, Luna				12	LSV Hessen				<b>5:24.41</b>	541	
	50m:	33.91	33.91	150m:	1:57.80	43.00	250m:	3:26.01	46.59	350m:	4:49.62	36.99
	100m:	1:14.80	40.89	200m:	2:39.42	41.62	300m:	4:12.63	46.62	400m:	5:24.41	34.79
7.	RAHTU, Inari				11	Finland				<b>5:24.66</b>	540	
	50m:	33.67	33.67	150m:	1:57.60	43.56	250m:	3:25.90	46.70	350m:	4:49.36	35.88
	100m:	1:14.04	40.37	200m:	2:39.20	41.60	300m:	4:13.48	47.58	400m:	5:24.66	35.30
8.	WEIGEL, Lara				09	WSV Grosskrotzenburg				<b>5:32.71</b>	501	
	50m:	33.12	33.12	150m:	1:57.42	44.74	250m:	3:28.37	46.18	350m:	4:55.62	39.29
	100m:	1:12.68	39.56	200m:	2:42.19	44.77	300m:	4:16.33	47.96	400m:	5:32.71	37.09
9.	MANISE, Naelle				12	Aqua Club Braine L'Alleud				<b>5:33.98</b>	496	
	50m:	34.89	34.89	150m:	2:00.55	44.40	250m:	3:33.25	50.12	350m:	4:58.37	35.86
	100m:	1:16.15	41.26	200m:	2:43.13	42.58	300m:	4:22.51	49.26	400m:	5:33.98	35.61
10.	STEVENS, Eleonore				09	Aqua Club Braine L'Alleud				<b>5:41.38</b>	464	
	50m:	35.16	35.16	150m:	2:01.39	43.80	250m:	3:32.28	47.99	350m:	5:02.67	40.79
	100m:	1:17.59	42.43	200m:	2:44.29	42.90	300m:	4:21.88	49.60	400m:	5:41.38	38.71